

DIVINE COOL BREEZE



MY VISION



You have to love people, spread your love.
Gradually this love can go all over the world and then the vision of Mine I can see working out....
Love should have no fear. It should have just free love. Without any fear, without any aggression,
enjoy that pure love. And that is what is missing in the human beings today as it is.
When the day will come when human beings will be understanding the beauty of love,
then from the heavens there will be flowers pouring on us.



My vision is too great for one life.
I want global Realization.
I want people all over the world
to have Realization.



Is it not our duty to make this world beautiful?
Isn't it our duty to make this world rhythmic, rhyming with the spirit?
It is not that you are all the time worried about yourself,
but you are worried about others, what's happening in the world.
That is love.

It would be such a tremendous day when Mahadeva will be able
to close His third eye and would be peaceful in His heart.
It is My vision. It is the future for you, to see how peacefully you can talk to people,
how sweetly you can love others, how much you can give to others.

Everybody must love and a pure love will change your life. It will change the whole world.



WISDOM

Wisdom you have already within you.

Shri Ganesha is already there, who gives you the wisdom.

But you must take to Shri Ganesh.... Does your Ganesha gives you wisdom?

Now you must count how many wise things have you done so far?

Where did you take a very wise decision?

Have you been wise to do something or have you been just doing it
because you are identified with a particular type of life?



Can you leave everything to Paramchaitanya in your wisdom?

If you cannot, then yet you have not felt the real knowledge within you.

That is the level of some people.... With experience they learn. With meeting people, they learn.

The pure wisdom is difficult for them because they do not rely entirely on the Paramchaitanya.

Everything happens. Paramchaitanya knows. It understands. It organizes. It loves.

It does everything. That is the energy it is. It does everything.



WITHIN

The wisdom is your glory.
By wisdom you will be fair
to yourself and fair to others.



Wisdom is a thing that gives you, first of all, complete peace.
If your wisdom is developed then you become very peaceful
because whatever people may say, whatever they may do, whatever aggression they may do,
whatever it is, you are peaceful. And you see the stupidity of the other person,
of the other nations and you understand why they are doing it.
This wisdom is such an important thing in human beings.



Wisdom is not apparent outside.
You cannot say somebody is wise by looking at that person.
But in vibrations you will know that that person is extremely wise.
He may speak, he may not speak. If he speaks he will speak about something
so deep, so wise and so nice without hurting you. This kind of a temperament,
if you develop, is to become wise for every question.

Dedication should not give you any other ideas,
but of a light which shines, which corrects others, guides the path of other people....
You become dynamic. You become real power – not of destruction, but of construction....
And that power – sustained power, flowing power – has to be there.
For that, dedication is needed. Holding on to your source of power,
you have to stand firm, courageously, without any fear. That is the truth.
That is the truth you have to achieve. That is very important.



Try to fix your nails higher and higher and try to cling on to them
and cling on to them because Sahaja Yoga is something so miraculous and so great.
The whole thing is so great that it is not possible for human beings
to conceive what they are achieving. You have really entered into the Kingdom of God.
But you still cannot conceive this with your brain what you have got.
So must know that the greatest of greatest has happened to you.
And to keep it up you must try to achieve higher levels and
higher levels of spirituality and forget all that, forget other things.
Just try to go higher and higher with your dedication to yourself and to Sahaja Yoga.

DEDICATION

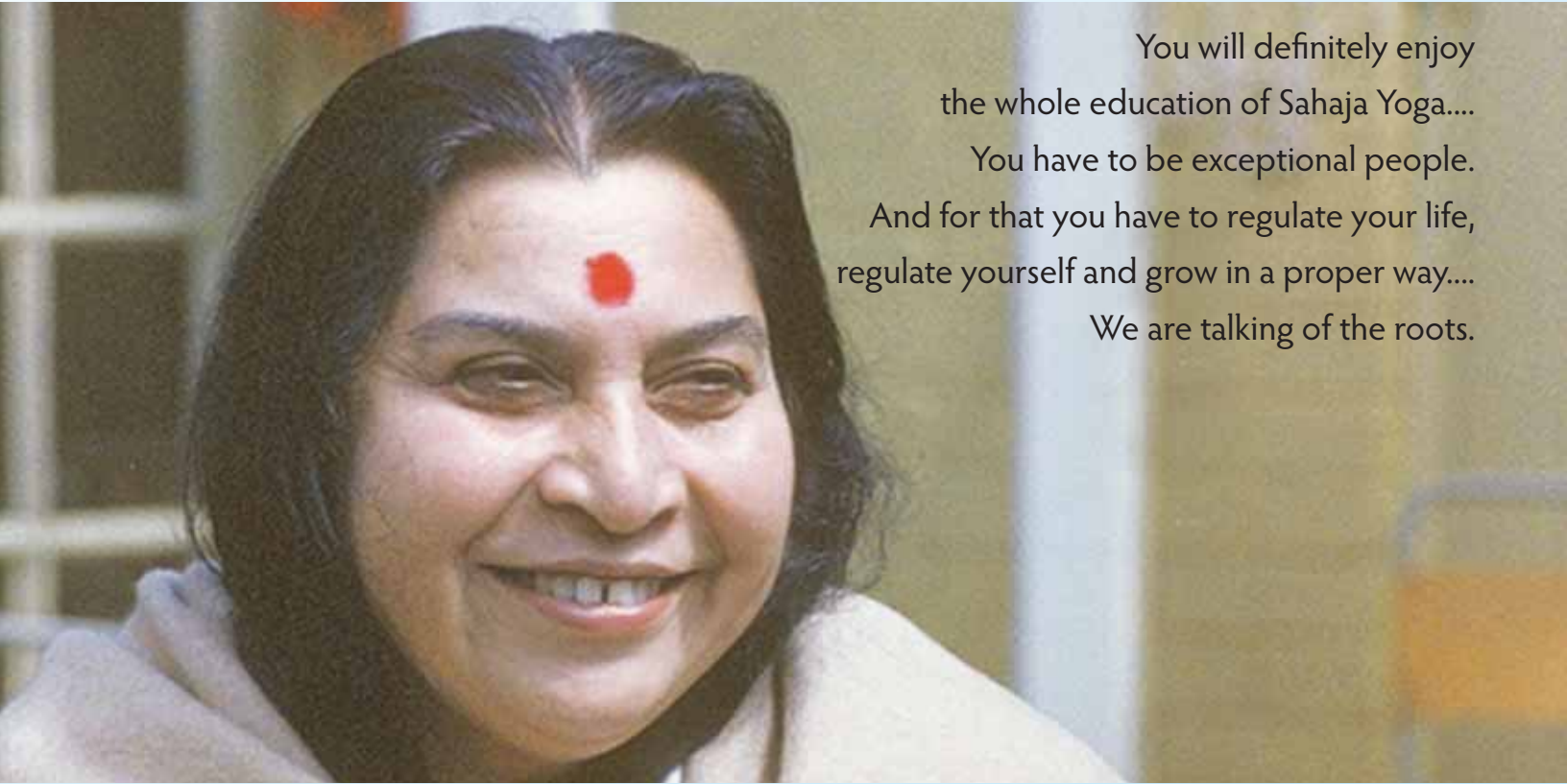


Dedication is actually turning back to yourself and looking forward towards the divine personality in you. Once there is divine personality in you, there is no problem of devotion. You will just become one with it. You will start enjoying it.

I bless you again and again
for a higher ascent in your being
and a deeper enjoyment in life.



A SPIRITUAL



You will definitely enjoy
the whole education of Sahaja Yoga....

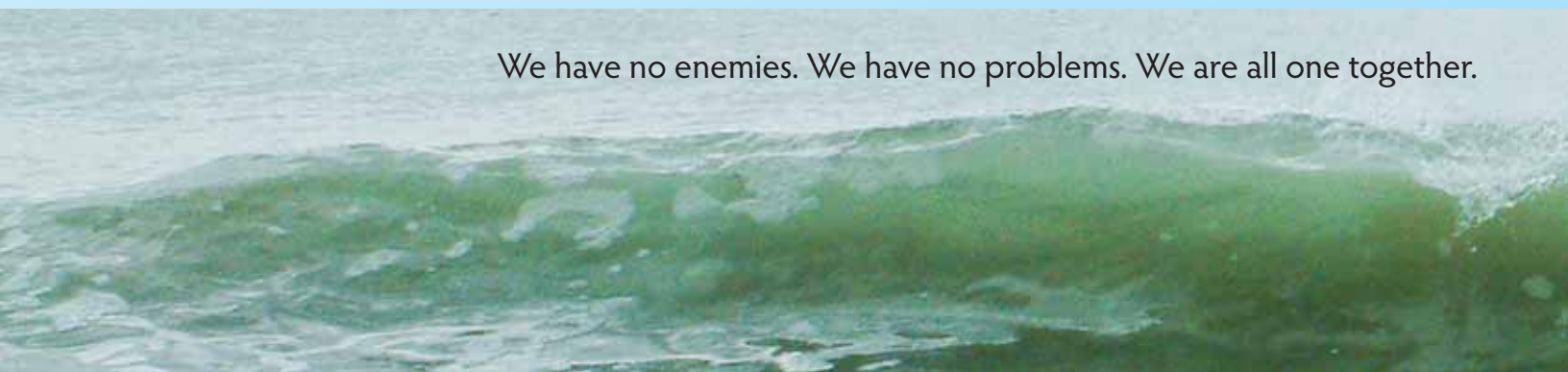
You have to be exceptional people.
And for that you have to regulate your life,
regulate yourself and grow in a proper way....

We are talking of the roots.

Sahaja Yogis are the roots of the whole universe.

You are the roots and as roots you have to know how to journey
through these deeper parts of spiritual life, to grow. When you grow deep, the tree grows up.
It is through you only, the nourishment of this overgrown universe is going to be looked after.
And the more it overgrows, you must grow deeper. But for that, you must have education.

We have no enemies. We have no problems. We are all one together.



EDUCATION

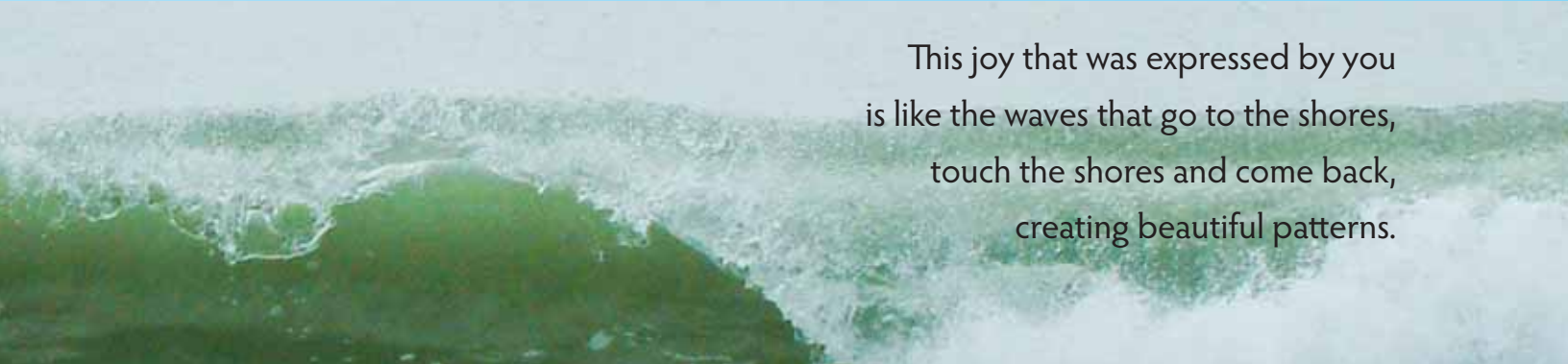
We must understand that our education now is going to be sincerity, to speak from your own heart and not from outside.



The spiritual education in Sahaja Yoga, under Mataji Nirmala Devi, is absolutely left to your own wisdom. There is no force. There is no compulsion. There is no organization. It is you who has to feel the joy of your spirit and it is you who has to share it with others. It is you who has to raise the Kundalini of others.

It is important.

All this education you have to get through your experiences and by all the time saying humbly, "I have to learn." That is very important, that we have to have that humility to educate ourselves because, with that education, you will embed this tremendous task into the minds of people, which is a very difficult thing.



This joy that was expressed by you is like the waves that go to the shores, touch the shores and come back, creating beautiful patterns.

KINGDOM

Every individual has to
work it out for himself
so that the whole
can be all right.



Without any discretion of colour, without any discretion of nations, we all have to live as human beings.

Sometimes you feel you have lost it,
sometimes you feel you have gained it,
but it is there as much as an expanse of a sea.

OF VIRAT



You have entered into the Kingdom of God, into the Kingdom of Virat where you are a part and parcel of a collective being. You are not alone, you cannot be singled out, you cannot separate yourself. Now you are awakened in the body of Virata.... You have now become part and parcel of that collectivity and, in that collectivity, Virat is going to look after you, going to nourish you, going to do the everything that is necessary for your spiritual, physical, mental, emotional, even financial development.



Be wise and stand firm. Every movement has a thousand directions.
Let your rays spread in different directions. You will do the welfare to the whole world.
Get over your inaction to act. You are to be captains.
Let God's melodies be sounded from your flutes.

THE BEAUTY



The all-pervading power of divine love
– this is not love which is stupid.
This is love that thinks, love that is truth, love that is joy.
All this is built-in within you.



If you have love, you can correct people
without saying anything to them
because love is a supreme intelligence.

OF LOVE

You are transmitters.

Everywhere you are sitting in meditation you are transmitting vibrations, do you know that? At that time, if you are thinking of your jobs and your other things which you have been thinking before, the transmission is poorer. Think of love. Think of the whole country, think of the whole world at that time. You are transmitters of these waves of love, and love will flow from you.



What do we have to achieve?

Not your position, not your wealth, not all these outward things, but you have to achieve a loving heart.



AS YOUR



Please remember
that you are worshipping Me as Paramchaitanya
and so you have to just think that you are dealing with reality itself.



When you are worshipping Me as the Guru, you must know
that any amount of My talking, any amount of My giving you blessings or anything
is not going to work out unless and until we really develop our own guru principle
and the depth because a guru makes his disciple cross the Bhavasagara.

He is like the boat that takes his disciples and crosses with love
and with proper direction that has to be with all of you.
As it is, you are all realized souls and as I have told you, you are all angels....

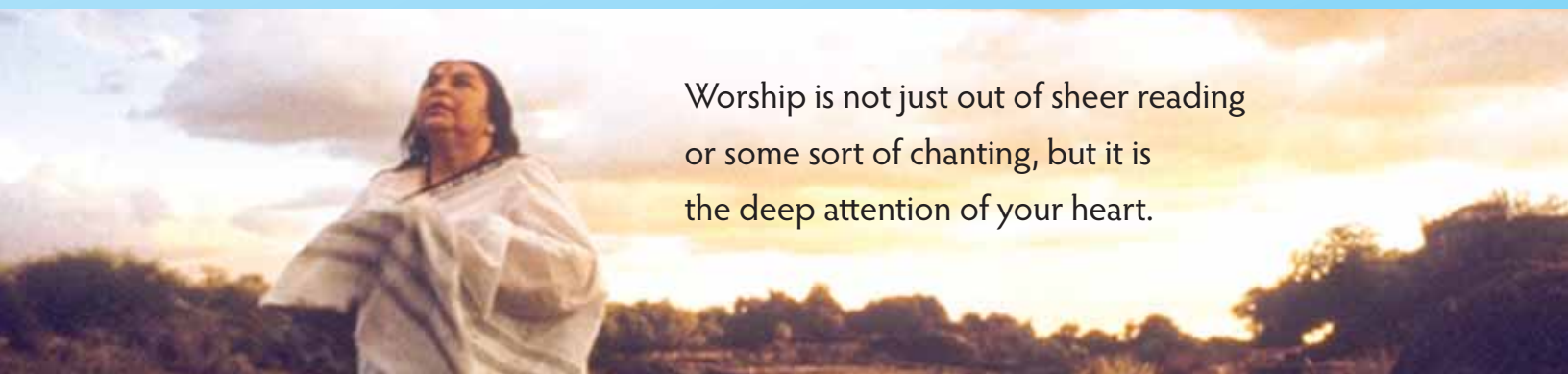
GURU



The character of a yogi is to worship your own purity and the purity of others.
It is true that we have to face ourselves every day.
It is true we have to correct ourselves every day.
It is true that we have to separate ourselves from ourselves
to see how far we have gone, what are we doing, what have we done.



So be careful. It is easy to be an angel, but difficult to maintain it.
It is difficult to be the Gods and Goddesses, but easy to maintain it....
I am very happy to see that you have come to worship Me as your guru.
And I would expect that My children are after My own image,
that My image should be such that My children should feel that oneness with My image
and I should be a proud Mother of so many children who have come from so many countries.



Worship is not just out of sheer reading
or some sort of chanting, but it is
the deep attention of your heart.

VIBRATIONS



Without quietude
you cannot enjoy
the cool vibrations
of the Divine.



Vibrations are
nothing but
divine love.



The Joy ... is the stillness, the quietude within your Self,
the peace of your being, of your spirit, that asserts itself into vibrations which you feel,
that when you feel that peace, you feel like the light of the sun,
the whole rays of that beauty spreading.



You have to take
to quietude and
look at yourself.

What is the awareness of a realized soul...? The awareness is such that you should now know what is happening in this world and how you can help it. How can you help people to get to this awareness? Unless you have this full knowledge about yourself, complete strength about yourself and the confidence, you cannot do it.... Strengthen your bond with the Divine so that your consciousness becomes absolutely enlightened and you see the right point in everything.



SURRENDER



"Buddham Sharanam Gachhami." I surrender myself to the enlightened one, to the spirit.
Then I surrender myself to the collectivity – "Sangham Sharanam Gachhami."
Then "Dharmam Sharanam Gachhami" – to dharma, I surrender myself to dharma.
These are the three parts. These are the most important three chantings.



Silence, as a form of discourse, occupies a space even more vast than does language.

The message of Shri Krishna was to surrender.

Now the surrendering that we think in the gross way is like an enemy surrenders to another enemy. So when the word "surrender" is spoken, we build up our barriers by thinking that now we have to surrender, leave something to the other party. But when Shri Krishna talked about surrender, He was saying, "Surrender your enemies to Me, so that I will get rid of them."



Surrender is not that you should give up your family, give up your children or give up your houses and homes and your properties. Surrendering is here: give up your ego to begin with and then give up your conditionings.... In surrendering, actually you develop a kind of a state where I would say you become a sanyasi from within. That means nothing can dominate you. A sanyasi is a person who is above everything else. Nothing can stick to him. He just looks at things and he knows what it is. He may not say. He knows everything and he does not do whatever is wrong. He is so detached, that in that detachment only he can see what is wrong.



TO BE



It talks and sings and tells about the born order,
born power, the original, the Adi, the primordial.
And this is the one responsible for creating this great universe.
That is what we have to achieve – that oneness within ourselves.

We are one personality and these are all the different hands of one personality, one God.



To be one with the Divine is the greatest blessing for human beings.

ONE



More than you,
the Divine wants this world to change,
wants to transform this whole universe.



REALITY

We have to face reality.
And reality is beauty.
Reality is joy. It is knowledge.
It is the thing you have to have.
How long are you going to be satisfied with the artificial thing?
You are not.



The state of being one with the reality means that the whole of reality is at your feet.
The whole of it works for you. And once you even get a glimpse of that state, I tell you, you become so much peaceful within yourself. If you say, "I am the king, I am the king," if you say, "I am the beggar, I am the beggar," what difference does it make to that state which is like a purest of pure gold which cannot be tarnished? Such a state of mind we have to develop.

Reality is only possible
if you are in the realm of joy.



IS



As a mother would see her child,
you should see the whole world
as the beautiful place
that God has created for you.

It is more of a challenge to us. We are Sahaja Yogis, all right. We have got Realization, all right. We can sing very well, all right. We have achieved good positions, all right. We are nicely married, all right. We have got nice children. We have got everything.... Now suddenly, one negative force comes in to trouble you – so what. Otherwise how will you know what you are? If there is no darkness, how will you know you are the light?



TO BE

I have to tell you one thing – that you are all one.



The oneness
in the whole world
of brotherhood
is something to
be really enjoyed,
enjoyed
so beautifully.

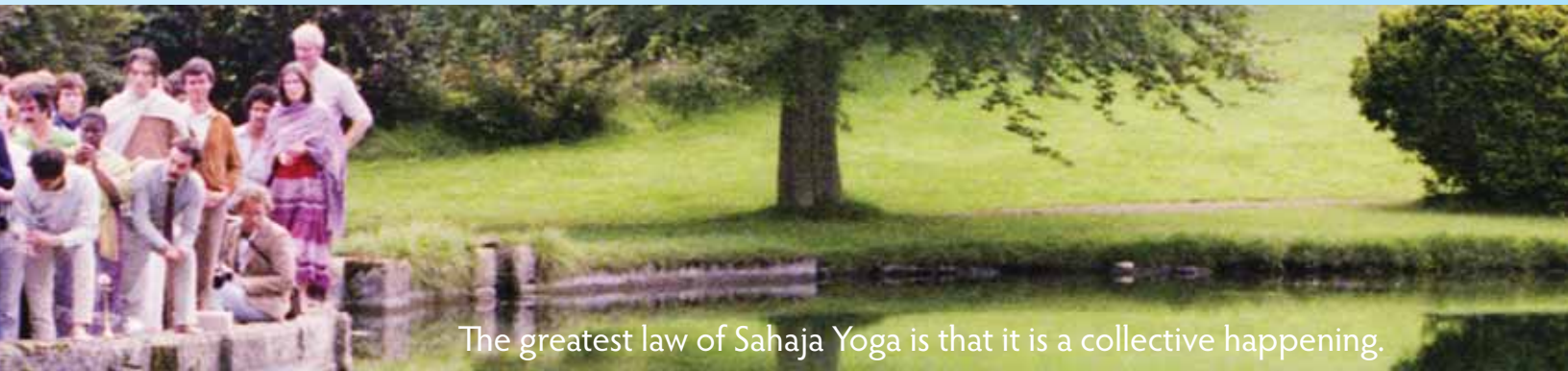


They are ordinary villagers.
They have never read any yoga.
They do not understand anything more
about vibrations than these feelings that you get....
This is what is Sahaja, such loving people.
And at that time, I just thought of how
once with Rama, how you felt those things with people,

ENJOYED



The feeling is that the other is myself.
Be kind and gentle.
Try to improve and help in that manner.



The greatest law of Sahaja Yoga is that it is a collective happening.



with very simple people,
of very simple heart and shraddha,
how they had those feelings
of receiving your love and feeling it.
Everyone needs love in this world.
You cannot exist without love.
Your whole being is based on love.

HAVE

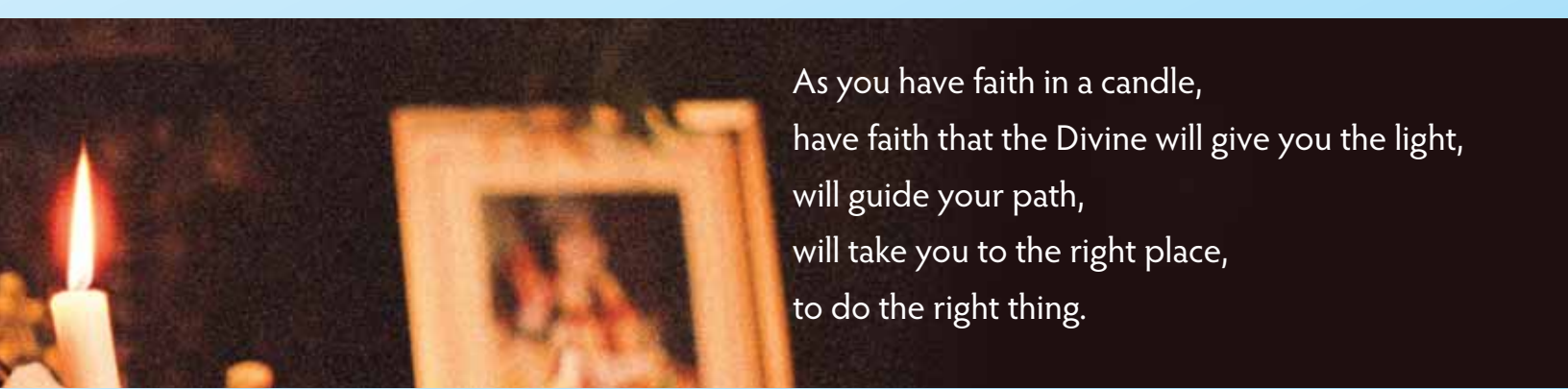
Your intellect will start working
for the pursuit of the spirit.
That is what faith means.



If you have faith in Sahaja Yoga,
then you must know you are here
for a tremendous work of human emancipation.
You have a very great responsibility.
You represent that part of creation which is the most important, the most vital.
And if you fail it, it is absolutely fatal also.



FAITH



All this works out in such a manner that it builds up a tremendous sense of security within you, that you know you are standing on the truth. Hold it with both your hands. You will grow on it. You will enjoy yourself. Life will be so much better, much more beautiful. And it is only through you the whole world is going to be saved. So strengthen yourself, strengthen your arms and strengthen your feet. The faith is the strength of Sahaja Yoga, not the brainwaves that you have about it.

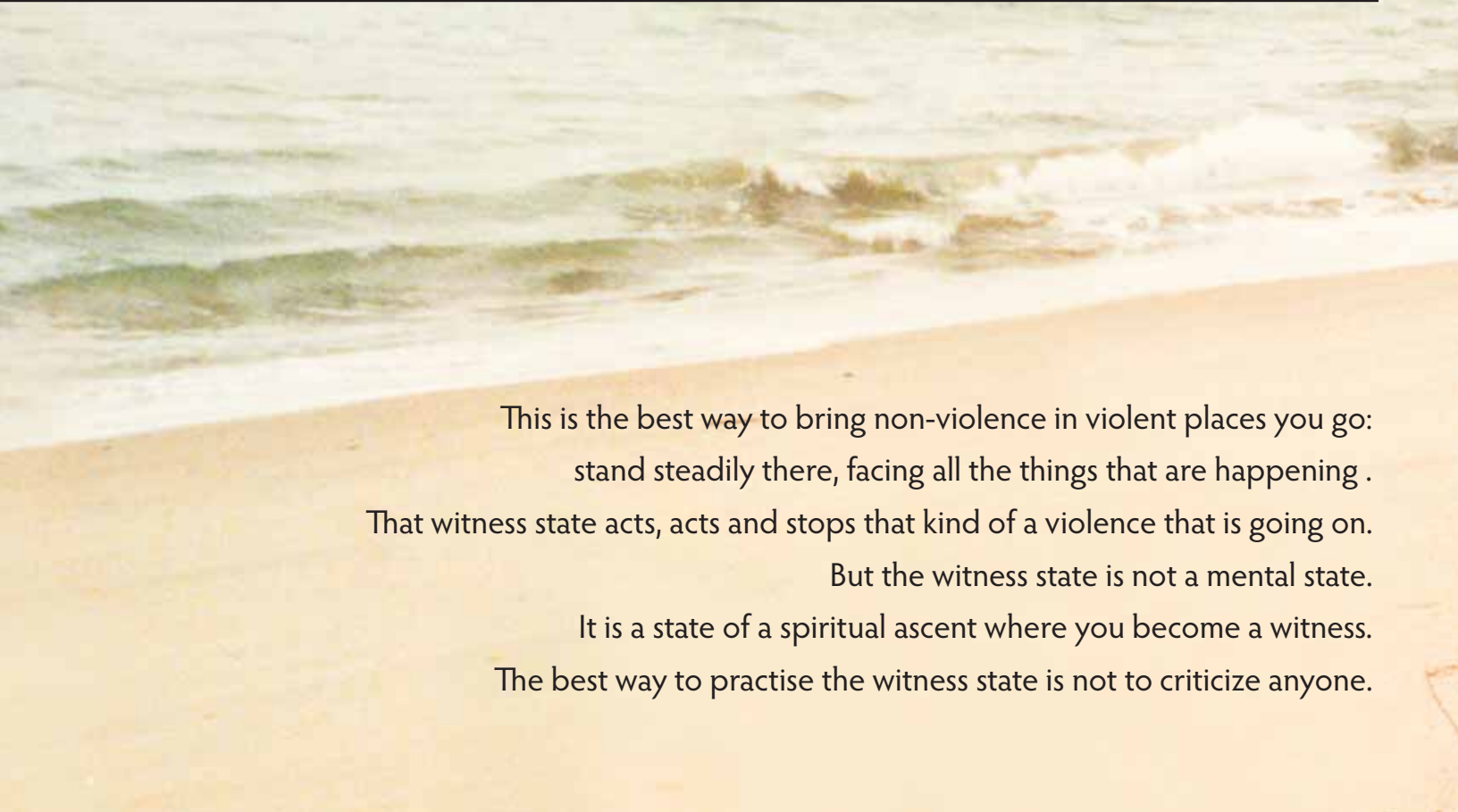


Everyone has to search for the truth within. There is no other way.

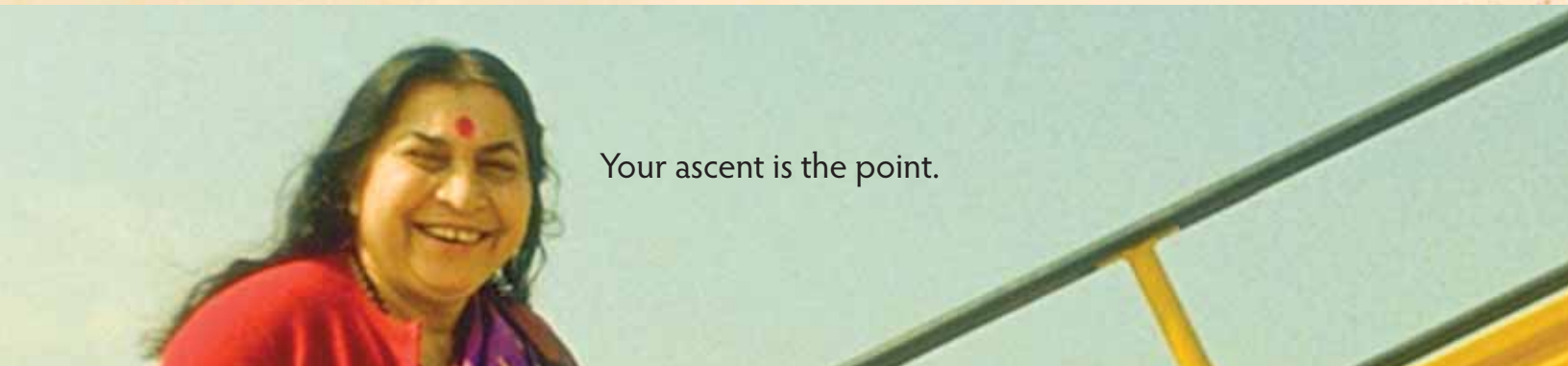
ASCENT



Ascent is the aim of your life.



This is the best way to bring non-violence in violent places you go:
stand steadily there, facing all the things that are happening .
That witness state acts, acts and stops that kind of a violence that is going on.
But the witness state is not a mental state.
It is a state of a spiritual ascent where you become a witness.
The best way to practise the witness state is not to criticize anyone.



Your ascent is the point.

IS THE AIM

The travel may not be very comfortable.
The roads are so very filled with speed-breakers
and all kinds of obstructions.
It is a journey like our ascent.



Everybody must decide to reach
a state where you can every day see the blessings of God manifesting.
This is the kingdom of God, in which you are looked after, protected,
guided and properly taken to the place of heavenly bliss.
This state, all of you must achieve
and then only the higher ascent works out.

TO BE

The beauty of Self Realization
lies in secretly working out within you everything that is virtuous,
that is beautiful, that is joyful....
It is made easy. It has to be, as it is the most vital force
that has to take place in the realm of spirituality.

Virtue is your ornament. It is not a noose round your neck.
Only people who enjoy their virtues are great men. They do not suffer it.
They do not feel unhappy, but they are proud of their virtues.
So this is what it is for you to understand.
Now whatever are your qualities for which it may appear that you suffer, it doesn't matter.



The strength is your joy.
Strength is your virtue.
Strength is your
pleasing personality.
That is your strength....

VIRTUOUS



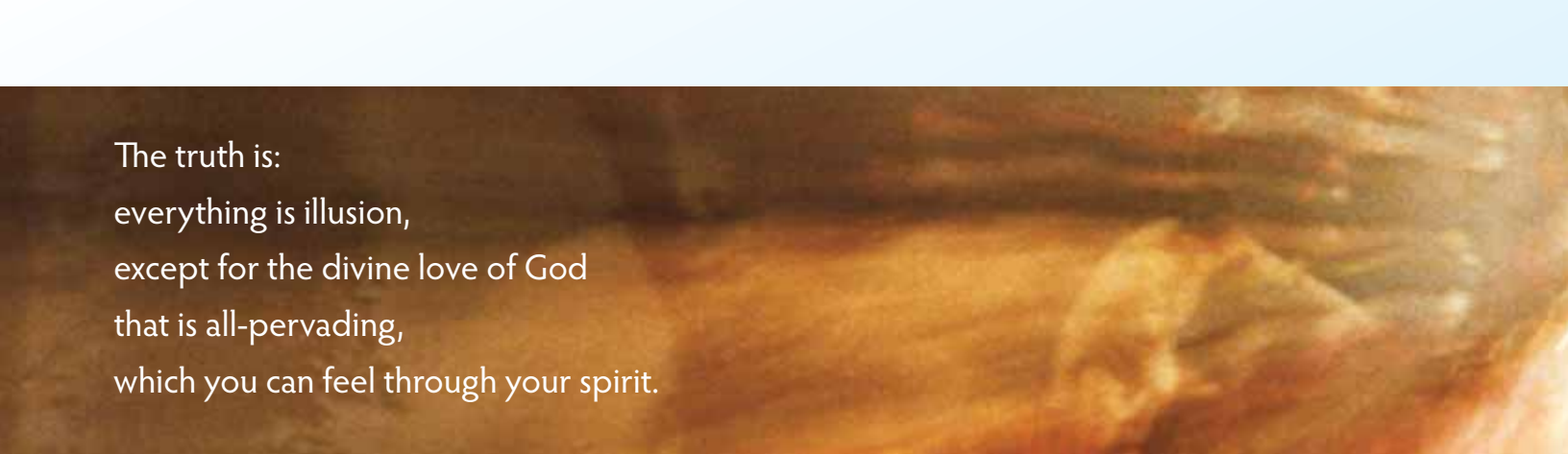
Our new race that is there of Sahaja Yogis
has to understand that you have also a universal nature.
But you are individually intelligent people and your insistence should be
in inculcating all the qualities of peace and of justice within you. We should do justice
to ourselves and to others and we should be peaceful to ourselves and to others.



The first thing is compassion and love.
When there is compassion and love, you cannot think of clubbing at all, never.
You can never club with anyone. You will love each and every person and be kind
and enjoy your compassion, the virtue of your compassion, the virtue of your love.
And that shows on your faces.



So you should be happy, joyous, pleasing.



The truth is:
everything is illusion,
except for the divine love of God
that is all-pervading,
which you can feel through your spirit.

to be sahaj is to be collective

In the collective only the maturity starts. It is a living process. Supposing a tree is growing and you take out a leaf from there and the leaf will say, "I am going to grow by myself." It cannot grow. It will be left out. So that is what one has to remember, that it is a collective happening. We all have to meet and grow together. Those who are not collective will disappear one day into thin air, like a dead leaf. I think people do not understand the meaning of collective happening. It is just like a tree growing and with the tree everything else that belongs to the tree also grows. So for the growth of this tree, one has to remember that you have to stick onto the tree. But the tree is not going to run after you, "Stick on, stick on to me...." When you do not accept the principle of Sahaja Yoga, you put a barrier in between the sap and the leaf. Now when that happens, the leaf falls off. So you have to open out yourself, your heart, everything to suck in the sap, to nourish. You have to give up your ego and superego, your conditionings and ideas you have had from before. This is what is the surrender, is the Islam. And that is to be achieved. But that is not going to help the tree. It is going to help you.



When you get the water of the Ganges to drink, why should you take water from dirty rivers?



DIVINE

I bow to all the Sahaja Yogis of the world

I used to bow to all the seekers of the truth. And today all those seekers of truth have shown that truth is love and love is truth. They say love begets love. I loved you, no doubt, but in so many faces, when you see the reflection of that divine love, it is multiplied beyond My expectation. I cannot describe My joy. You can sing, dance, jump, say "Jai." I also feel like saying your "Jai" and singing.... This is the beginning of our collective effort. We have to go further and further with this.

COOL BREEZE

Continue to live a life of reality, of understanding. And in everything you will find there is truth.

words

from top to bottom of both pages combined **MY VISION:** Shivaratri Puja 2001, Birthday felicitations 2002, Christmas Puja 2000 **WISDOM WITHIN:** Navaratri Puja 1998 **DEDICATION:** 6 August 1982, 9 March 1983 **A SPIRITUAL EDUCATION:** 7 April 1982, Birthday Puja 1982, 23 November 1980, Birthday Puja 1982, Birthday Puja 2000 **THE KINGDOM OF VIRAT:** 16 January 1983, Shri Krishna Puja 1986, undated letter (translated from Marathi), Guru Puja 2004 **THE BEAUTY OF LOVE:** 15 October 1979, Navaratri Puja 1977, Shivaratri Puja 2001, Birthday felicitations 2002 **AS YOUR GURU:** 8 July 2001, Paramchaitanya Puja 1989, Navaratri Puja 2002, Guru Puja 1989 **VIBRATIONS:** V3.15 May.83.p10, Diwali Puja 2000, 13 October 2007, Sahasrara Puja 2002, Shri Adi Shakti Puja 1993, **SURRENDER:** 4 September 1983, 18 March 1985, Shivaratri Puja 1994, Shri Ganesha 2004 **TO BE ONE:** Guru Puja 1994, Shri Adi Shakti Puja 2004, Diwali Puja 2001, Sahasrara Puja 2002 **REALITY IS:** 20 November 1980, Shri Adi Shakti Puja 2007, Navaratri Puja 1996, Shri Ganesha Puja 2002 **TO BE ENJOYED:** Shri Adi Shakti Puja 2004, 25 May 1997, Birthday Puja 2001, Birthday celebration 1977 **HAVE FAITH:** 18 June 1983, Diwali Puja 2002, 8 September 1980, 14 March 2003 **ASCENT IS THE AIM:** Shri Adi Shakti Puja 1995, 17 December 1989, Virata Puja 1991, Shri Krishna Puja 1998, 23 July 1983, 1 February 1983 **TO BE VIRTUOUS:** 12 May 1983, 21 September 1986, 7 April 1994 **TO BE SAHAJ:** 9 July 1989 **I BOW TO ALL THE SAHAJA YOGIS left:** Mahalakshmi Puja 1987 **I BOW TO ALL THE SAHAJA YOGIS above:** Sahasrara Puja 2004

photographs

COVER top: Zermatt Switzerland 1984 (Colin Heinsen) **COVER middle:** India 1994 **COVER bottom:** Pratishtan India 1990 **MY VISION top:** Volterra Italy circa 1985 (Gregoire de Kalbermatten) **MY VISION bottom:** India circa 1980 (GK) **WISDOM WITHIN lower right:** India circa 1980 **WISDOM WITHIN bottom left:** (Gregoire de Kalbermatten) **DEDICATION top and middle:** India (GK) **SPIRITUAL EDUCATION top:** Prague **KINGDOM OF VIRAT top:** Guru Puja 1987 (Herbert Reininger) **KINGDOM OF VIRAT left:** Shri Mataji at Shri Krishna Puja 1986 (GK) **KINGDOM OF VIRAT bottom:** Elba Italy 2008 (Axinia Samoilova) **BEAUTY OF LOVE top:** (GK) **BEAUTY OF LOVE middle right:** Guru Puja 1983 **BEAUTY OF LOVE bottom:** near Capri Italy 1989 (Herbert Reininger) **VIBRATIONS top:** India 1983 (Colin Heinsen) **VIBRATIONS middle left:** (CH) **VIBRATIONS bottom:** India (Gregoire de Kalbermatten) **SURRENDER bottom:** Santa Monica USA (Jim Gallagher) **TO BE ONE bottom:** United Kingdom **REALITY IS middle:** Guru Puja 1982 London **TO BE ENJOYED top:** Lodge Hill seminar Sussex UK 1983 **TO BE ENJOYED middle:** Cowley Manor Cheltenham UK July 1982 (Mark Callaghan) **HAVE FAITH middle:** Brighton UK circa 1981 **ASCENT IS THE AIM right:** Cairns Australia 9 March 1990 (Sno Bonneau) **ASCENT IS THE AIM bottom:** Vienna airport 1984 (GK) **TO BE SAHAJ middle:** (GK) **TO BE SAHAJ bottom:** River Ganges India (Bjorn Kurt) **BACK COVER:** flower (Axinia Samoilova)

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LOOK AT THESE FLOWERS



See one by one how beautiful they are. Every one is different. Even one leaf of one flower will not match with another. One petal won't match with another. They are all different, but so relaxed, creating beauty, giving us so much of joy. All different, placed in a different manner, moving in a different manner. Every one has a different angle. But there is unison. There is oneness in them that they all want to give us joy.

