

Sometimes the words are not sufficient
to hold the outpour of your joy.

2 sahaha yoga is not

14 collectivity

16 what is beauty?

18 day of the goddess

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30 incarnations have to come

32 no problem

*Sahaja Yoga is not so simple as you think
because there are lots of temptations.*

Easter Puja 1998

Sahaja Yoga is
Not

Sahaja Yoga is not meant for people who are lousy.

Mahalakshmi Puja 1985 Sangli

Sahaja Yoga is not meant for people who are shallow by nature or not meant for people who are not deep enough to seek. It is for a special category of people who are seekers. They are the only ones who can really become Sahaja Yogis. *10 September 1983*

You have to be honest and you have to be intelligent. Sahaja Yoga is not meant for idiots. Frankly, try to understand why are you on this Earth.

9 July 1994

Sahaja Yoga is not meant for people who do not want their salvation. It is meant for people who really want their salvation. *24 July 1992*

There are many who are Sahaja Yogis and not at all Sahaja Yogis. Sahaja Yoga is not for hypocrites at all. You cannot be a hypocrite. You have to be what you preach, what you say, what you understand and what we stand for. *5 March 1986*

Sahaja Yoga is not meant for
frivolous people, nor for the
stupid or idiots. It is meant for
people of courage, people of
dignity and who are honest
and truthful and want to know
the truth. 8 July 1988

Sahaja Yoga is not meant for
arrogant people. If you try to be
arrogant, you will drop out.
2 June 1982

Sahaja Yoga is not meant
for useless people.
Shri Krishna Puja 1992

If there are stupid people, if there
are idiotic people, Sahaja Yoga
is not meant for such people.
In the Sanskrit language they
are called as *mudhahs*. Neither
is this meant for people who are
over-smart and trying to cheat
themselves – intelligence has
that capacity – and to indulge
into things which are not Sahaj.
Sahasrara Puja 1987

Do not be enamoured by
nonsensical things. These
nonsensical things can only be
appreciated by stupid and idiotic
people and Sahaja Yoga is not
meant for idiots. It is meant for
people who are alert and aware
and who want the truth.
4 October 1993

Not
for the lousy

for the idiotic

for the stupid

for the useless

for the shallow

for the arrogant

for the frivolous

for the hypocritical

for those not wanting salvation

Sahaja Yoga is not some sort of a club
where you can just put a label on your head.
It is the becoming. It is nothing artificial.
What you become within is the point.

26 October 1987

Sahaja Yoga is not an individual
movement, but a collective movement.
You cannot just practise it at home alone.
You have to please come to the collective.

28 July 1992

Sahaja Yoga is not meant for a few or for
very few individuals – it is collective –
but it is made for the whole of the collective
and it has to work out that way.

27 December 1988

We have to be one with the subtleties.
Sahaja Yoga is not possible if you
want to see it from a gross level.
You cannot understand.

Shri Durga Puja 1982

Sahaja Yoga is not going to benefit by you,
but you have to be benefitted.

6 January 1990

The job of Sahaja Yoga

*is not to cure, but to
create doctors.*

9 May 1985

Sahaja Yoga is not going to work by advertisement,
nor by My photographs. It is going to work by your
work, by your responsibility, by your shouldering
Sahaja Yoga. It is your responsibility to spread
Sahaja Yoga and to establish it. But first of all, your
shoulders should be strong.... Life for us is nothing
but Sahaja Yoga and Sahaja Yoga is nothing but
enlightening ourselves and others.

Shri Virata Puja 1989

Sahaja Yoga is not a cult.

It is your evolution.

It is your natural thing that is happening to you.

It is not a cult where there is

nothing like bad and good....

It is not like this.

In a cult everybody is good.

There is nothing like a bad thing....

But in natural processes, we have discretion

and we know what is good and what is bad.

If you have seen a sunflower,

it knows which way to turn its face.

The trees know which way to turn their faces,

which way to move. The roots know where to go,

how to go towards the sources of water.

7 April 1982

Sahaja Yoga is not like this,
that you just put some spirit into
somebody and the person feels
absolutely elated for a time being
and then is finished, but it is
something that has to grow.
It is a living process.

It grows within us. It takes time.

Shri Mahakali Puja 1989

Sahaja Yoga is not a craze.

It is a power that should give you
greater powers instead of making
you frightened personalities.

You are not excluded people,
excluded from the rest of them.

You are not excluded.

You are exclusive, but not
excluded. This is discretion.

Sahasrara Puja 1984

Sahaja Yoga is not a thing where
you can just enrol yourself and
make some money and become
wealthy. You have to grow and
become the tree yourself.

It is your own. *22 March 1981*

Sahaja Yoga is not for Me at all.
I do not have to do it. It is for you
to do it to gain that knowledge
which is in yourself.

26 November 1979

Sahaja Yoga is not only meant for
your ascent, but for the ascent
of the whole world.

10 October 1993

Sahaja Yoga is not meant for
the individual. It is not meant
for you. It is not meant for any
collective Sahaja Yogis. It is meant
for the whole world. You have to
bring the light of God's love and
compassion everywhere.

Navaratri Puja 1988

Many people do not understand
that Sahaja Yoga is not for them
only. It is for the whole world.
You have to give it to others and
you have to bring forth what
you call unity of love.

Shri Adi Shakti Puja 2007

In Sahaja Yoga, there is not such a
hard and fast rule about anything.

I mean you are absolutely free
people and you have to use all the
freedom, absolutely.

Shri Vishnumaya Puja 1992

Sahaja Yoga is not part time.
It is not a side issue.
It should be always with you.

Kundalini Puja 1992

Knowledge of Sahaja Yoga is not the way you
understand. It is not the knowledge of chakras.

It is the knowledge of attitudes. It is not the knowledge
of any system. We do not want to have systems because
every system creates a bondage, a kind of a slavery.

We have to develop attitudes within us which are
attitudes that are tried and tested on experience.

So it is not what you can talk elaborately about.

Chakras and things are important, but it is what
you express in your personality, in your attitude

toward things. *6 September 1986*

Sahaja Yoga is not just to pass energy through us like
all other material things are passing energy....

You have to absorb that flow of the Ganges within you
and assimilate it and transform yourself.

27 January 1980



a club

a cult

a craze

a thought

a new thing

a profession

an extreme thing

an organized religion

a mental understanding

Sahaja Yoga is not a new thing. In the tradition of spirituality, it is mentioned about fourteen thousand years back by Markandeya. *5 September 1984*

Coming to Sahaja Yoga is not just for your personal limited personalities and their problems, but it is you on one side who has to grow and, on the other side, everyone has to grow through you. *Sahasrara Puja 1994*

It is not that it is compulsory – “If you don’t meditate you’ll go to hell” – nothing of the kind. Sahaja Yoga is not like that. Only in Sahaja Yoga one thing is there: if you have to grow, then you have to meditate. And that is the best time for individual meditation, for individual meditation. And that is how one has to do it.

31 August 1991

Sahaja Yoga is not any religion outside. It is not an organized religion by human beings. It is a thing that is within us, that is spontaneously happening within us and it works out absolutely without any concern to your community, race or to your colour or to the nationality or to the position or whatever may be the relationship you may have with each other. *15 June 1979*

Sahaja Yoga is not just by saying
“I am a Sahaja Yogi,” but it is a
very deep personality. And that
deep personality has to be felt by
others as the wise, very wise thing.

Not that how much you talk or
shout or give lectures is important,
it is the peace, the tranquility, the
capacity to love within you which
are important. And that is how
people can judge whether you
are really clearly blessed by
your Mother or not.

Navaratri Puja 2002

If they are married, they are not
happy. If they are divorced, they
must be married again – all sorts
of things and complications for
which I am not prepared.

Sahaja Yoga is not for that.

Christmas Puja 2001

Many Sahaja Yogis feel that
Sahaja Yoga is for solving
problems all which are of a very
mundane nature. Sahaja Yoga is
for giving you spiritual light.

It is not for solving your
problems. But, as a result, the
problems are solved.

13 November 1980

Sahaja Yoga is not meant for such
people who want to go into all
this surplus [activity] and all these
kinds of actions. It is a very simple
thing.

20 October 1980

Sahaja Yoga is not done through brain activities.

Many people think that if you just tell yourself,

“You have to be like this,” it will work out – if you

have to all the time inform yourself that “Oh, you must
get rid of a particular problem,” it will be all right.

Or some people think that if they tell somebody that

“This is wrong with you and you should get well,”

it will be all right. It is not so because Sahaja Yoga does
not work on a mental level. It works on a spiritual
level, which is a much higher level. *16 January 1983*

Perhaps we do not realize how important it is to be

a Sahaja Yogi. Sahaja Yoga is not only for saying,

“Mother, I am full of joy, I’m enjoying myself, I got
purified, everything is fine.” But for what? Why

did you get all these blessings? Why have you been

cleansed? So that this knowledge of the will of God

should be apparent in you. Not only that, it should be

a part and parcel of you. So we have to raise our level.

We have to come up. *Sahasrara Puja 1992*

Some people have a hankering after money.

Some people think they can make money by coming

to Sahaja Yoga. Some people think they will become

leaders or something, they will have fame or

something, that they will achieve a kind of a very

dominant position and some think that they can befool

Me also. At the right time, we will realize that Sahaja

Yoga is not for this. Sahaja Yoga is for making you the

wisest person, the sanest person, the most generous and

the most confident person in the world because you

have to fight. You have to fight the dark ignorance

of Kali Yuga.... As you know, Sahaja Yoga is

not meant for a few or for very few individuals.

It is collective. But it is made for the whole of the

collective and it has to work out that way.

26 December 1988

You have to transform. It is the transmutation that has to take place. Sahaja Yoga is not for sale.

20 July 1981

Sahaja Yoga is not for people who want to go to hell. It is very easy.

But to deny Sahaja Yoga and to defy it after coming to it and not to accept the verdict of Sahaja Yoga and to displease the Deities is the worst thing one can do.

Shri Krishna Puja 1981

Sahaja Yoga is not a thought.

It is an experience. It is not a thought. Enter *nirvichara samadhi* – only you can grow, otherwise you cannot grow. *18 July 1994*

We are so conditioned that we take to things which superficially are very appealing. Sahaja Yoga is not like that. It is truth.

It is reality. *10 June 1982*

Sahaja Yoga is not individualistic. It is not for one person to become a saint and sit somewhere.

It is not like that. It is not meant for one person, for oneself.

It is not individualistic.

It is a collective happening.

Shri Adi Shakti Puja 1997

Coming to Sahaja Yoga
is not what we have gained,
what we have got. There are
people who say, “We’ve done
so much for Sahaj Yoga and
what has Sahaja Yoga given us?”
It has given you Self Realization.
It has given you the angel status.

Shri Hanuman Puja 1989

Sahaja Yoga is not done by
Adi Shakti. She has created these
powers in everyone, which work out,
but Sahaja Yoga is not. Sahaja Yoga
works through the innate qualities
that are in the Mother Earth and that
are in the seed. So I am here not as
Adi Shakti. I am here as the Mother
[of the Sahaja Yogis], as their Holy
Mother. And as the Holy Mother,
I have guided them.

Shri Hanumana Puja 1989

Sahaja Yoga is not in the market.
This you must have known because
you cannot pay for Sahaja Yoga.
It is an insult even to think of money.

This is your own right.

You are made for it.

7 March 1981

Sahaja Yoga is not just raising the
Kundalini, but giving the complete
knowledge about Sahaja Yoga and
also empowering the person with the
power to give others Realization.

It was a tremendous task.

Shri Krishna Puja 1991

The understanding of Sahaja Yoga is not mental.

It is not a mental understanding. You cannot
understand it through the brain. If you try to
understand it through the brain, you get away from it
because you cannot explain how it works out.

It is a miraculous thing. It is a mystery. God is a
mystery for man, will remain a mystery to a point,
but he can become His power. He can become an
instrument of His power. So you cannot comprehend
the complete thing through your brains. You cannot
even comprehend a little bit through your brains.

The only thing is when you see it happening, you see it
working out. The effects of that experience which are
put on your brain, that gives you faith.

8 September 1980

for sale

for a few

for curing

for the individual

for making money

for material well-being

for solving mundane problems

for seeing imperfections of others

Sahaja Yoga is not only doing the course, but it is for your well-being, for your benevolence. And you have to go further with it and you have to grow. Now do not leave it half way. It is not like just sprouting in the seed, but it has to become the tree, otherwise nobody can be helped.

Shri Saraswati Puja 1990

Sahaja Yoga is not a profession because a profession means the individuality of a drop. This is a collective work. Sahaja Yoga is a surrender. It is not a profession. It is a surrender.

Shri Devi Shakti Puja 1995

Sahaja Yoga is not going to be like other religions where people abuse children, do what they like, make money, this, that, all nonsense like a mafia. You are people who are chosen and are special people who believe in a good moral life and a peaceful life.

Shri Adi Shakti Puja 1995

Sahaja Yoga is not only for your enjoyment like some drunkards sitting and drinking together. It is to fill up your cups to be given to others, to many others who are there. *Easter Puja 1992*

Sahaja Yoga is not for sticking on to something like somebody who had learned certain lessons about Sahaja Yoga in the beginning of it, certain mantras they had learned, and still they are sticking onto the same step. No, no, no, no – you have to go ahead. This is just a staircase. Do not get stuck at a point. *Guru Puja 1987*

If you do not want to accept Me or if you react, it is not going to help you. Sahaja Yoga is not for Me. It is for you. If you are truthfully, honestly, if you are seekers, then you must know that “my aim is to rise spiritually.”
1 January 1990

In no way should you be just women who do not know anything of Sahaja Yoga. Sahaja Yoga is not only made for men. It is made for you, much for you because you are shakti and I am your Mother. *1 January 1990*

Sahaja Yoga is not only for the physical being because you are not only the physical being.... It is not for the mental being. It is not for the emotional being. But it is for your spiritual being. But as you are the temple of God, the temple has to be cleansed.
31 July 1984

The most important thing is that Sahaja Yoga is not a cult. You have to be absolutely normal people.

5 December 1980

To do the work of Sahaja Yoga is not to feel that you are doing it, but it is Shri Ganesha who is doing it.

Shri Ganesha Puja 1995

Sahaja Yoga is not one lecture.

It is not two. It can be hundreds.

But the happening takes a split of a second.

13 June 1983

The first principle of Sahaja Yoga is not to see others' imperfections. What is the gain?

Shri Krishna Puja 1981

Not

This is a serious work, I must say.

Sahaja Yoga is not possible in people who are frivolous, who are cheap, who have no respect for themselves, who are people who have wavered, who do not care for their Realization and for higher life. You see, that is how Sahaja Yoga spreads very slowly.

It does not spread so fast.

28 February 1983

Some people have an opening introduction lecture free and then the second one is banking.

Sahaja Yoga is not like that. All this nonsense is not in Sahaja Yoga. It is reality and reality cannot be purchased.

7 December 1991

Sahaja Yoga is not going to work out individually. Anybody who thinks that “I am something greater than the others” is a gone case. *15 October 1979*

If they are interested in material well-being, Sahaja Yoga is not for such people at all. If they do not want to have God, forget them.

3 February 1983

Sahaja Yoga is not an extreme thing.
Shri Devi Puja 1985

Sahaja Yoga is not what I say.

That is not Sahaja Yoga.

What you say, what you talk, you must walk.

Because I say so, that does not mean

by listening to Me you become Sahaja Yogis.

No – you have to practise it.

And practising is very easy.

It is very easy to practise Sahaja Yoga

because it is innately within you.

It is joy-giving. You enjoy your virtues.

And you are so secure, so confident.

12 February 1992

Let us see how we miss out in collectivity.

There is a very practical down-to-earth understanding.

First, we must know that without collectivity we cannot exist. As the body has to be in connection with the brain, in the same way, without collectivity, Sahaja Yoga cannot exist.

Once you understand that, then you have to work it out that collectivity is absolutely established, within and without. It is more within that you have to establish, than without. Whatever you have within is manifested outside.

Now how do we establish it within ourselves? First of all, we have to understand that now we are the relations of each other. Gyaneshwari said, “Techi Soyarik hoti.” (“They will be your relatives.”)

So the first thing is that within ourselves we have to see introspection. With introspection, what are we doing against collectivity in our mind? How is our mind working?

I do not know what thing comes first in the human mind about another person, but the first thing is that these are your real relations and nobody else is your relation. These children are your children and these men are your brothers and these ladies are your sisters and we are one big family together. We are part and parcel of one body and this hand cannot hit another hand. Thank God it does not think, otherwise, as human beings, they might start thinking against another hand, but they do not because they are connected to one brain activity.

So the first thing one has to understand is that do not try to see the defects of another person, but the goodness of another person. That is really going to help you the most.

without
collectivity
sahaja yoga
cannot exist



they will be your relatives



One has to know that Sahaja Yogis have to be with great potential manifesting. If they are, then it triggers very well. Otherwise I cannot work it out.

For that, we have to understand that in Sahaja Yoga there is no sacrifice of any kind. You do not have to sacrifice anything. It is all the time blessings throughout. You do not have to sacrifice anything and you do not have to suffer anything also – nothing of the kind.

I have told you about how My father was in jail, My mother was in jail and how many times we suffered during the war of independence. We lost everything, all our properties, everything for the war of independence only. But this is the independence, the freedom of an absolute nature, not only for you, but for the whole world, for your children, for everyone. It is a tremendous work. It is a very great achievement. In the history of spirituality, in the history of the world, this is the greatest thing that has happened. It is that people are transformed into a new awareness. Perhaps you are not aware of it and we take it for granted, we do not understand the importance of it....

20 March 1990 You are very safe in Sahaja Yoga. Stay in Sahaja Yoga. Grow in Sahaja Yoga. Enjoy in Sahaja
Sydney Yoga. Everything is there available for you. And you do not have to do anything else except that keep together. It is a collective happening. It is a collective.

what is beauty?

If you are not in the collective, the Divine is not interested in you at all. You are out of it. Only the collective gets the power. Only the collective is magnetic. A single person who lives away from the collective all the time, there is something wrong with that person. If you cannot be collective, there is something wrong. Such a person should sit down and find out what is wrong.... If you want to lead a happy, healthy, good life, then be sensible, have some wisdom about it. And so some people who have been negative are still negative and just thinking on the same lines....

We are not like common people. We are not ordinary people. We are saints. We are to respect each other, to love each other, to understand and enjoy each other. What will the children say tomorrow...?

Let us see how we start diverting our energies to a collective beauty, collective love, collective understanding. And if it is not, there is something wrong with you. Take it from Me – something is wrong.

So either you are right-sided or left-sided. Find out and just get yourself cleared out. Treat it out yourself and you will understand that there was something wrong with you, nothing wrong with Sahaja Yoga. All such ideas are going to completely blast Sahaja Yoga and finish it off. They are selfish, self-oriented, absolutely out-of-date ideas for Sahaja Yoga....

It is like one family. It is like one body. If something hurts here, the whole body knows. You must know how many there are with us. You feel so strong and happy. But first of all, you must develop that rapport. You must develop that love. You must develop that personality....

The right-sided are over-confident. The left-sided are diffident.... The left-sided trouble themselves and the right-sided trouble others. They try to show off....

There is nobody great in Sahaja Yoga. Everybody is just the same. Just like all fingers are the same, every cell is the same, everybody is the same. So nobody is higher and lower. There is no hierarchy in Sahaja Yoga. Everybody must understand that we are all one, part and parcel of one body and we do not have to consider ourselves higher or lower....

A Sahaja Yogi has to be very dignified, otherwise why will people come to Sahaja Yoga if we are just like them?

We have to be exceptional, isn't it?

And that is what I call dignified, loving, affectionate, kind, sweet.

That's what is the beauty.

Day of the Goddess

Shri Durga Puja • Rahuri India February 1982

Today

is a special day. There is a combination of two things happening....

It was a very important day that started at 8:15 in the morning called as Rath Saptami. It is the seventh day and it is said that the sun travels with his seven forces, seven colours in a big chariot. And today they celebrate this day as a day when the sun travels with divine vibrations all over the world and illumines....

The second thing today we do is a very great puja of Ashtami. It is the day when the Goddess killed nine rakshasas together with Her eight hands. So today is a very special day for which a very special attention is needed.

It is only at the behest of the bhaktas that the Goddess took Her form and killed all these rakshashas. Also with Her eight hands She killed Mahishasur. That is why She is called as Mahishasur Mardini. She is called as Nav-Chandi, the one who has killed nine chandas. It means nine rakshashas She has killed. So it is a very important day and very vital and very deep.

It is very simple to say, “Mother, we have fixed Your puja on such and such date.” Nobody thinks what Mother has to work behind these things. You cannot fix My puja. It is not proper. It is I who can tell you what time is the best for you to do the puja.

It starts at two minutes past twelve. So now we can start it....





That is how it is going



to work.

Today is the day of the Goddess, a very important day that you are here. Somehow we are having all the pujas on Mondays. That is why I am wearing this special type of a sari, which is to be used for Ashta Puja's Vahana. It is a tiger as well as a lion.

Imagine – where I am staying there is a photograph of a tiger and a lion, both in that photo. You can go and see for yourself. Normally, you never get these, but that is there, a beautiful photograph enlarged, a tiger and a lion.

So in the morning, the Surya was very beautiful. I don't know if you saw the morning sun. At least tomorrow try to see. It is not important how long you sleep here, what food you eat, whether you get it in time and all that. You should get rid of these habits. It is very important. And these regularities and all these mundane type of things, the bounding of timing and all that, you must get out of this space, time – everything. And you should not go on worrying about things because you get so exhausted. Without doing any work, you feel exhausted because you are so fixed up, so fixed up that you cannot get out of these habits, you see, while the Indians are not fixed up like this. They know that Mother knows the best. She will come at the time when the puja has to start. So one should try to understand that if I am the God, then why should you worry?

But I have one problem with the Western mind. It is that if they cannot conceive it, they start criticizing instead of making yourself subtler and subtler to conceive the beauty of the Divine. If you do not get it, you will start criticizing on any point – anything you can get hold of and you will start criticizing.

So that is not the way we can grow. That is why I am telling you beforehand that this puja is very important and, at this puja, you have to request that nine chandas, who are still there, be killed. And this Mahishasur also should be killed. They should be driven out and that is how it is going to work out.

It is very important.... It is a much deeper significance. Much deeper work has to be done. So many things have to be worked out. It is a very subtle thing. And the more you discuss it, the more you talk about it, you lose. You should keep quiet and absorb.

So today is not a day of such a mundane type. It is very important in this small place where we are sitting. We are doing a tremendous job and you people, who have suffered the most on account of these rakshashas, should be absolutely intensive, be careful that these sinners must go out. Something has to be done instead of thinking about yourself and your inconveniences, your troubles and whatever you call them, which are not so important at all.

You are saints and you must support all divine work with complete understanding. On the contrary, if you are so much worried about your own things – I mean you are a fool, you yourself are a fool, so I would say that even some people will say that this happened, that happened. Perhaps the group is bit too big.... I always had a feeling that this group is increasing a bit too much. We did not have any idea of so many people coming in. But then they are sharing, they are settled down, there is some place to sleep. And if you can understand, see that these things are not important then you go to England and just sleep or you go to Australia and just sleep. I mean you have all the time. Just now you are here to become subtler and subtler....

We have to be one with the subtleties. Sahaja Yoga is not possible if you want to see it from a gross level. You cannot understand. I have already told you that, without Realization, you cannot have Sahaja Yoga. But even after Realization, if you stick on to those old things which belong to the egg ... you will have no advantage. So try to become subtler and subtler. And do not think about it. You will relax. You will feel better ... that you should have food in the right time – “this at the right time, this should be the food.” I mean it is such a stuck-up thing. We cannot be stuck-up with food. We cannot be stuck-up with all these things.

You are going to a level where nobody has reached. With this understanding, if you surrender, it means not to give Me anything, but to get rid of your ego and your stuck-up ideas which there have been. It would be a very good thing.

When you discuss also among yourselves, nobody should discuss inconveniences.... I live with many more conveniences and comforts than any one of you live, but I can adjust Myself much more. So you should also try to forget about it. Do not talk of your inconveniences. That will make you very gross. The one who becomes subtler and subtler only can achieve something....

to be one with the subtleties



Today is Ashtami ... and the morning is Rath Saptami. Getting a puja on Ashtami is a very big thing and at Rahuri, My maternal home, is also there. On this day of Ashtami, we celebrate this day, Rama Devi as Ashta Bhuja Devi, who made great conquests, prominent conquests, being the killing of the big, big, bad rakshasas, destroying them, killing them. She is called as Nav Chandi, also as Chandika, Ashta Bhuja, Durga and many other names are there and She has destroyed all these chanda, munda and others, all the Nav Chandas. That is why She is called Nav Chandi. She has also destroyed Mahishasura and, after killing Mahishasura, the Gods showered praises on Her, but those bhaktas who called Her, they were all very dharmic, sattvik, with very good qualities.

Having been very much pleased with their qualities, the Devi took incarnation. So those qualities should be in us. What are our feelings towards the Devi? "Mataji, we have fixed Your puja, just like we have arranged one program, so You please come in many villages. Mataji, we have kept the puja at this time."

Keeping will not do and you cannot keep like this. If I am pleased, I will sit for the puja, otherwise not. It depends on Me. You have to invite the Devi first ... otherwise the Devi will not sit. The Devi is not in need of the puja. You are in need of the puja. She has to be pleased.... Her children have made a lot of mistakes.... Her children are still making mistakes. They have shraddha, some have shraddha, but they make mistakes. In some, there is no shraddha at all, but are superficial. They will outwardly show they are very good. Seeing all these things, the Devi's mind becomes saddened and feels why the puja should be given to such people who do not deserve this.



It is for the whole universe.

So you should become *sadguni* [virtuous]. In sadgunas, the highest quality is. Adi Shankaracharya was asked which is the greatest quality. He said Devi bhakti, Mother's bhakti. She is Devi. Your Mother is the Devi. Understanding that, do Her bhakti. In that bhakti there should not be any false thing. The first quality, the highest quality, if it is seen in a human being from his heart, all his bad qualities will be destroyed. He will get light and attain moksha. That is why he has always praised the Devi. In the beginning he has described a lot, written lots of books like *Vivek Chudamani*. Lastly, he said that only by pleasing the Devi one can get everything. Then why do these things? Why to do debates? Why to do discourses and break one's head? Just praise the Devi and you will get whatever you want. His intelligence very few people have.

When that intelligence comes into us, then you will get the authority. In the same way, without doing anything, also I am prasanna chitta now and any number of mistakes you make, I will forgive them all. Without doing that, it will not be possible because I have come with a very big heart and will forgive all your mistakes, but cheating on Me you should not do and all the time crying and repeatedly saying that "I have committed mistakes" will also not do. Then it becomes a problem for the Devi. You should ask for forgiveness from the Devi and take a vow today that hereafter we will not repeat the mistakes.

Today is Ashtami. It is called as Bhishma Ashtami. Now Bhishma had taken a vow which you all know. That vow was never broken by him under any circumstances, therefore today you have to take a vow. On this Ashtami, you all take a vow that, because of this vow, all the world will be benefitted from it fruits. You should not think how will it happen from this small place. This is a very big centre, so whatever vow you take now, with complete devotion and utmost faith, the fruits of which will be for the whole world. That is how you should think.

Today is another day. It is called as Bhishma Ashtami. It is the day when Bhishma, a great saint, took a great vow and that vow he carried out all his life. It was a great vow he took. So today also is the day of the vow he took on an Ashtami day ... so today is another day for you to take a vow. So also we should try to take a vow. And with that vow, you should be able to achieve something which has not been yet achieved.

This achievement is not only for these people. It is not only for Maharashtra, it is not only for India, it is not only for the whole world, but for the whole universe. So you are playing a very important, vital role and one should try to improve one's quality of life.... Unless and until you have that substantial quality, nothing is going to work out....

You must work it out in such a way that you become substantially dedicated to Sahaja Yoga, not just for your sake, not just for your family or for your country, but for the whole universe.

So you are the seeds who are going to create that great atmosphere that will bring forth the great change that we are expecting of Mahayoga.

a stupid worrying fall Fear

It should be brought to a proper balance between the understanding of the poor and the rich and the rich and the poor. After some time, you will find that people will not consider poverty or riches as so important, but the richness of the spirit will become very important. That is what is going to be the Sahaj nations, where the richness of the heart, the spirituality, oneness with the Divine will become the greatest boon for everyone.

But still we are struggling to be in that state. Many are. And still we go into materialistic tantrums or some sort of a stupid worrying fall. All these must be carefully watched. If you can keep this chariot of new progress progressing faster, we are going to create a new world of complete harmony, complete peace, joy and love. But for that, you are the ones who have to do it. I cannot do it. If I could have done it, I would not have asked you to join Sahaja Yoga. It is like the horses and the charioteer. Horses are to be driven. The charioteer does not drive the chariot. In the same way, you must understand your responsibility that this is the greatest work we are doing. It is not only the industry or the labour and the capital I am talking about, but I am talking about the totality of well-being. Of course, all of this is a part and parcel of that, no doubt. But the balance should be with the totality.

So we have to think of a total well-being. Once we start thinking of the total well-being, then the first thing that should come to us is are we capable of bringing up that total well-being? Are we? Have we got the total well-being within ourselves or not? Have we? We are still worried if the plane is coming or not. I mean we are so mundane, so little, so small. With one bandhan you can control any plane, any atmosphere and here you are still worried about things which are absolutely under your control.

So this totality has to be thought over. What is this totality that Mother is talking about? In this totality, a world has to be created of people, by the people, who have no fear. This fear has to be given up. Behind all this nonsensical nervousness is fear. So for that, what She does is to give ... Her protection. You are beyond fear. You are protected. But if you do not want to believe in yourself and you do not believe into Her protection, then nobody can help you because everything is mythical for you.

In every venture that we take up, we should not have any fear because God is with you. It is a fact. It is the truth. You just try. But when you try through your ego, you fall into the trap of fear. I have seen egotistical people are the most frightened people, and panicked, because they panic others and so they think they can be panicked one day....

This fear creeps into our minds and we start getting all kinds of these stupid tantrums out of this mythical fear. The fear is created by our ego. A person who has no ego, he will have no fear because he has not harmed anyone. Why should he have any fear? And such a man or such a woman will be looked after by God because God takes over. When you surrender your ego to God, He takes over. But for those who have ego, He says, "All right, go ahead, use your ego, try to protect yourself, cut your throat." That's what it is.

So when I talk of total benevolence, I am talking about your own total benevolence. So first is the fear, which should go out of your mind completely if you believe in the Almighty God. We will say, "You are Almighty God, You are almighty...." It is all lip-service. If you believe that God is almighty and you are connected with God, then why should you have any fear of anything? But when we say, "Don't have fear," another extreme comes up: we do not have fear, we can do what we like, we can perform everything ourselves, we need not tell anyone. You have to tell God whatever you are doing. You have to take permission. You have to inform in His darbar, in His court, that "Sir, we are thinking of doing such and such thing." But you think you are God. You are not.

And that is why the other part of non-fear is this kind of an arbitrary behaviour which is very dangerous for Sahaja Yoga, for yourself and for everybody else.

Mahalakshmi Puja 1992 Kalve

Ganesha has no fear at all. In the same way, you should have no fear, no fear at all – no fear. As long as your Mother is with you, why should you have any fear? Fear of this, fear of that, "I'm frightened, I can't do this, I can't do that." That children never do. They will try everything if you tell them. You should have no fear.

I do not know what fear is. In the same way, you should have no fear, no fear of anything. Nothing is going to go wrong with you, but do not do wrong things. If you do wrong things it will repel. It will work out on you. But do not do wrong things. Be straightforward and nothing can harm you. Nothing can harm you.

We have had so many experiences of this, how everywhere laid down for you, everybody is looking after you. There are so many Deities who are working out things for you. But you have to be, you have to be extremely careful that you do not develop this fear business because fear takes you to the left side and once you go to the left side, you know the problems of the left side. First of all, you go against Ganesha. Ganesha is standing at the base of the left. And then you develop cancers, you develop all these things, fear, fear, fear and emotional problems and all these things come. In emotions you should be bubbling with joy. Joy is your emotion. In action you should be thoughtless. And in ascent you should be surrendered. That's all. It is very simple.

31 December 1985

When you are standing on the truth, what is there to fear? Truth is such a light that it gives you a complete picture of the whole thing.

There is nothing to fear. Your Father, He is compassion. He is an ocean of compassion. And He is an ocean of love and an ocean of forgiveness. And He is now within you. Who is more powerful than Him? It is very easy for many human beings to say, "Oh, we don't believe in God." You believe it or not. He is there.

7 October 1981

Joy is your emotion.

In action you should be thoughtless.

And in ascent you should be surrendered.





Our Story

SHE IS EVERYWHERE

It happened in the year 1972.

One day, 9:30 pm.

We finished our meals. All the members of our family were chit-chatting. All of a sudden, my wife began to feel acute pain in the stomach.

She said, "O Mother, had You been here at this time, I would have got immediate relief from You."

Hardly a minute might have passed when we heard the jungling noise of our door-bell. I opened the door. It was a surprise of surprises – our Divine Mother Mataji smiling and entering the front room.

We were overjoyed and wondered how our Mataji had come to our place at that particular time. (My wife had remembered Her just a minute ago.)

I inquired and our Poojya Mataji told us that She had gone to Santa Cruz Airport to give a send-off to Shri Srivastava-sahib. While returning, She thought of us and paying a visit to our place, which was on the way.

When She came to know that my wife had acute pain in the stomach at that time, She immediately gave Her healing touch on the stomach and cured her within no time.

That day we had great pleasure with tremendous vibrations in our home for about two hours. This is our significant experience.

Really, our Divine Mother Mataji is omnipotent. She comes to the rescue of Her devotees when remembered.

I can say that one must have sincere dedication, complete surrender and obedience at the Holy Feet of Her Holiness Mataji.

B.G. Pradhan

*Anant Jeevan
Feb-Apr 1980*

THE MOVING FINGER

*The moving finger writes; and, having writ,
Moves on: nor all thy Piety nor Wit
Shall lure it back to cancel half a Line*

A young girl of sixteen was fascinated by these lines so much that she lived on them for twenty-six years. If there was a Moving Finger who could control our lives, then what was the need for temples, churches and worship? – a question which haunted her for many, many years.

Then one day she heard a saying, “Arise, awake and stop not until the goal is reached.” It appealed all right and so she got up at 4 am, called herself a karma yogi and kept on working. But still the problem of life and its meaning were not being solved. Everything appeared existing, but what was her role in life? This was a question, probably an eternal one!

Maybe we were not the lucky ones like those born when Shri Ram and Sita, Radha and Krishna, Lord Jesus and Mother Mary came down on Earth to bless the people.

Sometimes I thought that maybe we could still get a darshan of Mahavishnu or have a vision of Sakshat Shakti Herself. I kept on thinking and lo! we were blessed.

In 1980, Her Holiness Mataji Nirmala Devi was in Delhi. She was here to waken the Kundalini.

This young girl, now a mother of grown-up children, went to meet Her Holiness as She happened to be her Mamaji (aunt) by relationship. But when she bowed to touch Her Lotus Feet, she realized that, more than a Mami, a “Mother” was needed.

The change was all in a few micro-seconds.

She asked Her Holiness to bless her daughter, Ratna, who was accompanying her. Ratna, a student, felt completely relaxed in H.H. Mataji’s presence.

H.H. Mataji: How are you, Bete?

Ratna: I am all right, Mataji, but I would like to know about the third eye which Lebsang Rampa wrote about.

H.H. Mataji: Bete, can anyone operate between the eyebrows and the third eye? In that case, all the surgeons would be much sought for. (laughter)

Ratna: Mataji, is it possible that the Divine Power can be converted into evil as shown in the latest movies, *The Omen*, *The Exorcist*?

H.H. Mataji: The Divine Power always remains divine. There is no doubt in it. It is a power which can never finish. If you forget your path, I may give you a little jolt, that’s all. My love for all of you is always there.

Ratna: In the spiritual path, is it necessary to wear good clothes?

H.H. Mataji: Once the Kundalini is awakened, she passes through six chakras, touching the Sahasrara, which is the final destination. All these chakras have Deities to guard them. Once the Mahalakshmi chakra is aroused, you have to respect Her by putting on your best and being scrupulously clean. Mahasaraswati demands precision and neatness.

The goal was reached. Her Holiness Mataji with Her glances and touches had given Ratna her Self Realization.

The Moving Finger moved on and blessed everyone in the room. And now we understood that all that had been written for us could be scratched down with all H.H. Mataji’s blessings.

With Ratna and her whole family meditating and taking salt water treatment in the night, life seems to have developed a new meaning.

No hurry, no worries, no taxis, no cars to rush you up to any place of pilgrimage. She was the lucky one to have made it!

Yes! Mataji’s looks and glances are enough. Even Her photograph vibrates. It is absolutely true. Our beloved and revered Mataji absorbs all our sorrows and this keeps us always smiling. Smiling as we always are, others want to know the secret.

Then, as there are no secrets in Sahaja Yoga, we tell them, say, “Jai Mataji.”

Mrs. Varma, Delhi September 1980

*Maha Avatar
Oct-Dec 1980*

Incarnations have to





come

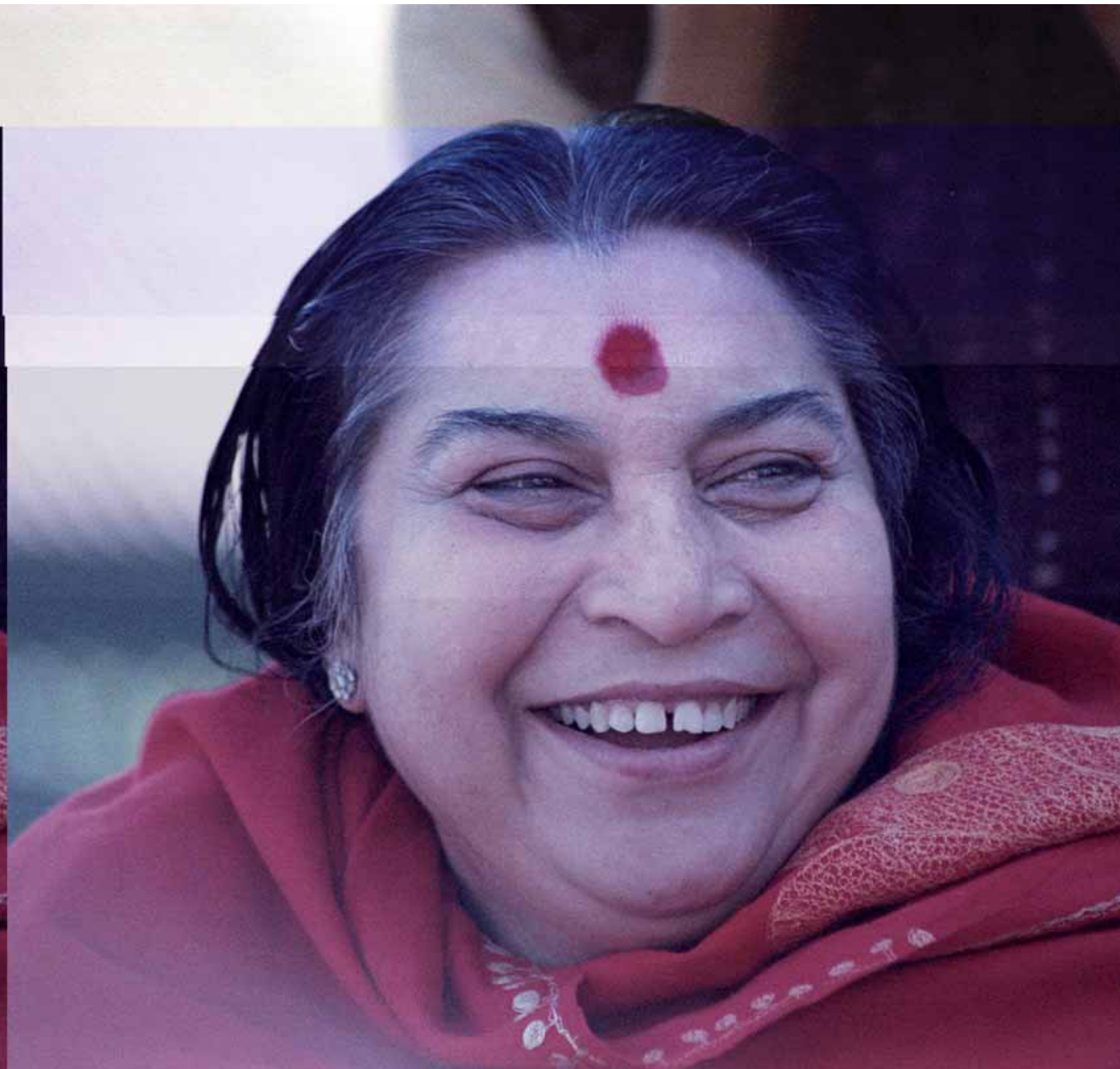
Different stages of human evolution took place when all these incarnations came on this Earth.

Incarnations have to come. If you reason it out, you will understand why an incarnation is needed to come on this Earth. The unconscious can guide you through symbols which appear in your dreams. There are so many other ways, by certain happenings, the unconscious, the Divine, can guide you – but it is all vague, extremely vague.

The unconscious must have a mouth to explain itself. It must have a proper body to be able to communicate what it has to say, otherwise how are you going to have rapport with the unconscious.

You cannot have any rapport with the Divine unless and until you know you are the Atman, your Atma. Before that, whatever you may try may create a depth in you, a serenity in you, a character in you, but still you cannot have a direct rapport.

You are to be connected. Now, somebody has to do this job. That is why many incarnations came on this Earth.



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WORDS

CONTENTS PAGES: Shri Ganesha Puja 1984

PAGE 31: "Maha Avatar" magazine October-December 1980

OPPOSITE PAGE: 26 November 1979

BACK COVER: 10 March 1985 "The love which you have should be expanded. And it is very simple. If you are attached to Me, I am a person who is so much spread out all over. It goes into the whole. It goes into the nature. It permeates everywhere. Whatever love you give Me is not like a drop in an ocean, but is this ocean in a drop. And that is what we must understand: how to love Mother."



There should be no problem for you
to understand that it is a special grace
because you are special.
Maybe I am also special.
And special people needed somebody special,
so I had to come down here.
Let's have it in a mutual admiration way.
It will be a good idea.
There is no need to feel obliged because I have to do it.
I feel loaded with it.
And I feel lighter when you get it.
Like a mother, I tell you sometimes I have to be stern...
I know the job of a mother.
You need not be afraid of Me at all.
I know everything about you – somehow.

PHOTOS

PAGES 19, 20, 23, 24: Niphad India, 1982 (Matthew Fogarty photo)
CONTENTS PAGES: Delhi, 1982 (Matthew Fogarty photo)
PAGE 16: Vaiturna India, 1982 (MF)
PAGE 28 India, 1982 (MF)
PAGE 30 and OPPOSITE: India circa 1982-83 (Matthew Fogarty photo)
BACK COVER: Axinia Samoilova

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