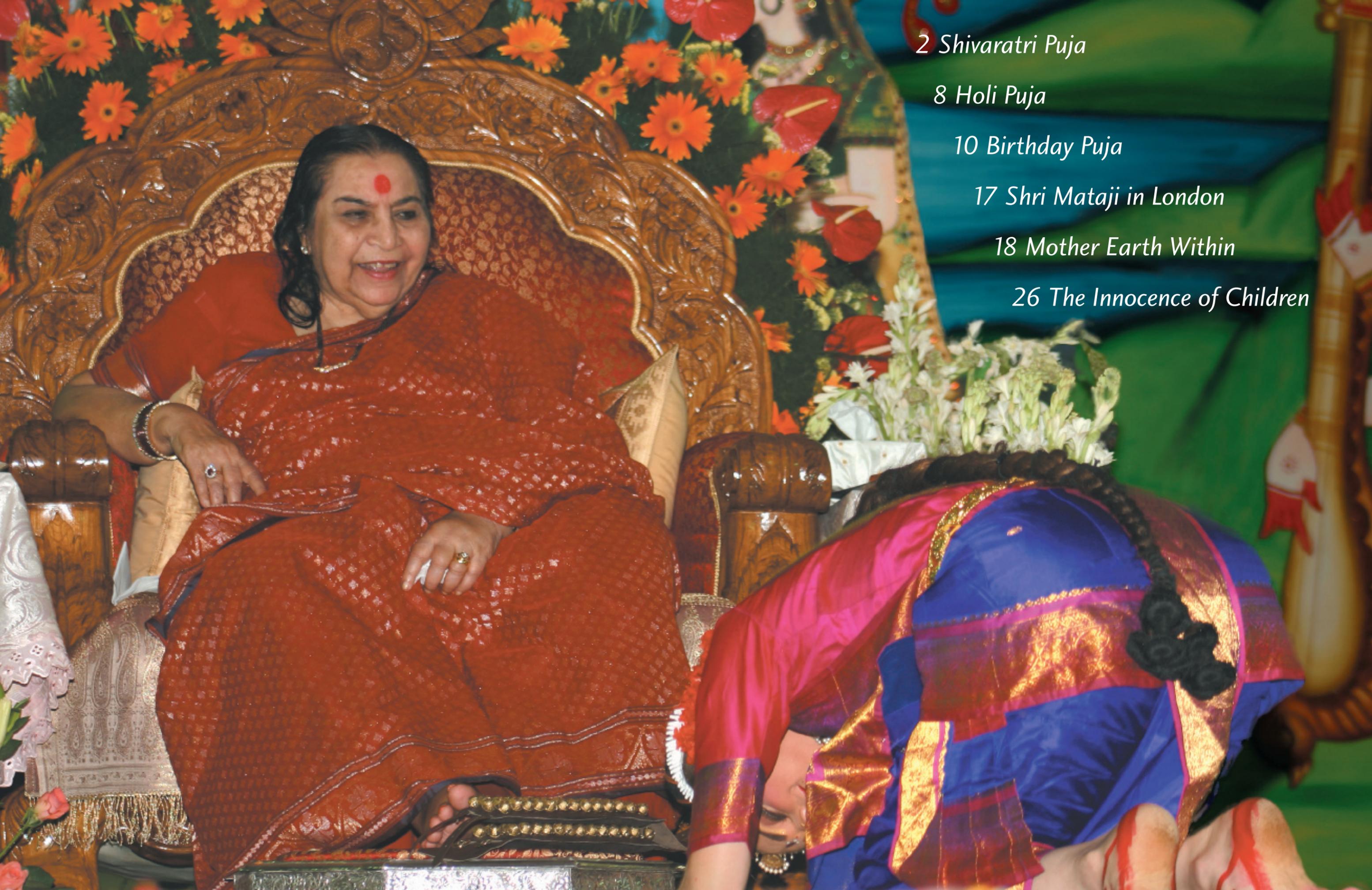


THE DIVINE COOL BREEZE



January - February 2004 volume seventeen number one



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# that

Shivaratri Puja • 15 February 2003 • Pune

The complete  
solution to  
everything  
comes into you.

*Shri Mataji first spoke in Hindi:*

“Today we are here to worship the Guru. The Guru is regarded to be the highest of all the deities. Who is this Guru in reality? Which is the power that flows in it in abundance?”

“This Guru tattwa is the Shiva. We should regard the power that is in the form of Shiva to be the power of the Guru because when you get this power of the Guru and it starts flowing in you, then you become the Guru yourselves. But the job of this power is your well-being (*kalyana*). The one who gets this power should understand that now he has been blessed. It is difficult to explain the word ‘kalyana’ in simple words. Kalyana means success in every way, to be nourished and glorified fully.

“What should be the meaning when someone blesses us and says, ‘May you have kalyana’? What does it mean? What is this kalyana? This kalyana is what we call Self Realization (*Atma Sakshatkara*). There would be no kalyana without Self Realization. It could neither be understood nor can it be absorbed. All these things become blissful and the person finds himself very comfortable and splendid (*tejaswi*).

“All that could be done for you to achieve this state has been done. All the labour has been done. But now when you have got this

# state

*of complete peace and joy*

path of the kalyana, what will happen? The complete solution to everything (*samadhana*) comes into you. Now there is nothing to search for. You have become gurus yourselves. Nothing special is now going to be achieved. But you will experience the blessings of this samadhana, of this state that is samadhana. You will understand it and get established in it.

“The first and foremost thing is physical – physical problems, physical weaknesses. All these problems disappear with this path of kalyana. You will get rid of your physical problems. If it has not yet taken place, then one has to think that the state of kalyana has not yet been achieved.

“Secondly, mental weaknesses, the obstructions that persist in your achieving the state of kalyana, will be finished – the mental weakness that still persists in you and because of which you cannot blossom fully. That power lies in this: when you achieve this power, then you really have the kalyana solution to all the problems. This means you get self-realized.



“Shri Mahadeva is helpful in this, too. When your kundalini pierces the Sahasrara, Shri Mahadeva is seated there. That is why He is called Mahadeva, the God of Gods....

“There are many other achievements in this path of kalyana [Self Realization]. The biggest of them is peace, mental peace, physical peace and, above all, worldly peace. Many problems and difficulties are there in the world. They could all be got rid of after achieving this kalyana Self Realization. They cease to exist. You find many people in this world who after achieving this power, get established in meditation while acting at their places. This is kalyana, through which man gets complete balance.

“You should take refuge in the Guru to attain this balance. By taking refuge at the Holy Feet of the Guru, you will get such a perfect balance that you will feel as if you had achieved everything and have nothing more to get.

“Such a balance gives tremendous power. I call it the power of love. When one receives it, the whole body gets thrilled as if some Divine Power has embraced him. In that state, the person rises above all the worldly turmoils and imbalances and lives in perfect balance. This is the reason why people put a lot of effort to attain this power. But this power could be got from some other people, from someone who himself has already achieved it and has become godly.”

*Shri Mataji then spoke in English:*

“This is a subject which you can only explain in Hindi language.” This *guru-pad* is a power which you get from somebody else. That person has “the power of peace of mind, to begin with, and also the power to overcome all kinds of ... mental problems, physical problems,” all the great problems. “All these problems you can solve through your mental balance and mental blessings from your guru.

“When you become the guru, you yourself have the power to bless others.” You can make many others into gurus. “And once the guru is created and there is a guru who has this power, it’s very satisfying and it’s very ennobling. The satisfaction is so much that you don’t want anything. This is the power of Shiva.

“We have seen Shiva doesn’t have many clothes. He doesn’t decorate Himself. He’s just sitting in a meditative mood all the time and ... He’s so satisfied with Himself that He doesn’t want anything. And that is the power you get after Self Realization if you have a guru ... of that level and calibre. One should not try to become a guru. That’s very impractical. If you try to become your level, it has to come to you automatically, without any asking, without any effort.

“So the only way you can get to it is through *dhyana*. Dhyana is meditation. When you meditate, just meditate and meditate. Do not ask for anything. Meditation itself gives you that instrument which can bear this great power of the guru and then automatically you give this power to others. You don’t try to work it out. Just in your presence people can get this power of complete satisfaction. And there is salvation for you and for others.

“So all the problems which are faced for the journey of ascent are finished and you are drenched in the bliss of heavenly peace and joy. That’s why it is called as *kaywalya*.” It is only the blessings. “That means there is no other word to translate it. There’s no other way of explaining it. It’s a state, is the *sthiti*.... In that state you have to rise and you know that you are in that state.

“It’s a very remarkable thing that once you’ve reached that state you don’t have to ask for anything. It’s all there and you are so satisfied.

“I can go on talking about this special power, but I think whatever I have said, please meditate on that. And you are all capable of reaching that state, that state of complete peace and joy. May God bless you.”



*Once you’ve reached that state,  
you don’t have to ask for anything.  
It’s all there and you are so satisfied.*



*You may not become what I am, agreed.  
But please try and get all the powers that I have.  
This is not a difficult thing.  
This is what is*

# God's Realization

“One cannot become God Almighty. This one has to understand. But what is God's Realization is to know about God.

“You see, to know about God is to know how His powers are working, how He controls, by becoming part and parcel of God Almighty.

“Like My finger doesn't know the My brain, but it acts according to My brain. The finger cannot become the brain, but it has to act absolutely according to My brain because it is so connected. It is so one.

“Here when you have the God's Realization, then you know about the brain, you know about God, you know about His powers. You know everything about it.

“As far as I am concerned, it's a difficult task for you because I'm a Mahamaya. It's very difficult for you to know each and everything about Me. I am quite an elusive person, as you know that very well. And whatever I do or whatever I achieve, it is just for you to see and understand that, after all, this is Adi Shakti and She can do all these things.

“You can also do all the things, but you cannot become Me. But you have to know ... through love, through devotion, through prayers.” To know God's powers “is the way that you are God-realized.” With that knowledge of God within you, you can control everything. “For that, a complete humility is needed that you cannot become God, cannot become God Almighty, you cannot become the deities, but definitely you can become God-realized. This means God acts through you, uses you as His power, as His channel and ... you know what He's doing to you, what He's telling, what His vision is and what is the information. The connection is like that.

Once you do that, clearly knowing “how things are working out, with what power you have achieved it, then it's a God's Realization. Such people become extremely powerful in the sense that they can control so many things.”

Those who are realized and have humility, know that it can only be achieved through surrender. “If you cannot surrender, you can never know God. It's clearly said that until you know yourself, you will not know about God.



“So, as Sahajis, you have to know all the little, little things, all the big things and all the great visions, that you can do it because of the grace of God ... because of His love for you, that you have entered into the kingdom of God.”

All of you should be in the beautiful state of thoughtless awareness. “In that, you are not dominating, nor you're compromising. You stand on your own legs and you know for definite that you are not swayed away by any idea or any domination or any subjection....

“You become completely a free bird – absolutely a free bird– and then it becomes your job to achieve your flight.

“One flight is up to the thoughtless awareness. The second one is up to the doubtless awareness. And the third one is to God's Realization....

“What I want is that you all should get all My powers. You may not become what I am, agreed. But please try and get all the powers that I have, which is not a difficult thing.

“This is what is God's Realization. That's what it is to know Shiva and Sadashiva. Through the Shiva, you know Sadashiva. You see the reflection and from the reflection you know who is the original. From the reflection you learn, thus you reach that state where you think you are now definitely settled in the kingdom of God and that you can see that, you can feel God, you can understand God. And you can love God.”

Until you  
know yourself,  
you will not  
know about God.

**Mahashivaratri Puja**

6 March 1996  
Sydney Australia

*By the blessings of Her Holiness Shri Mataji Nirmala Devi,  
there was a puja in celebration of the festival of Holi  
at Her home at Pratishtan, Pune, on March 6th 2004.  
Shri Mataji did not give a formal puja talk at that time,  
but here is a portion of the Holi Puja talk from 2002 in Delhi.*

# *the festival of* HOLI



*Shri Rama incarnated at a period in history when human beings were turning away from dharma and leading lives devoted to anti-God activities. His life was a model of steady devotion to the Divine and a pure relationship with his wife, Shri Sita, based on honesty and trust. Family life and keeping to one wife was important. Under His guidance and through his example, people became more serious and devout. As is the way with humans, this was taken to extremes and people became dry and ritualistic. Shri Krishna delighted in fun and used His powers to counteract the dryness of the people. He vibrated the waters of the Yamuna River, from where the ladies took water for the household in their terra cotta pots. By breaking the pots, He caused the water to cascade down their backs to awaken their kundalinis. The festival of Holi reminds us of this when we decorate each other with the power of water and the joy of the bright colours. Prasad Desai*

There is no need to fight. There is no need to criticize. These all come from rakshasi natures and we don't want to get into the rakshasi nature because we are Sahaja Yogis....

Nowadays these rakshasi things have spread everywhere in large amounts. We don't need to do all these rakshasi things now because we are Sahaja Yogis. You have such great powers within yourself that even if someone will try to do something against you, you will be saved ... by the Divine. No one can destroy you. You are in real protection. No one can harm you. That's why you should not keep any anger and jealousy about someone or about something in your mind.

We should think of others. We should think of their problems and we should think how we can help them. We have to forgive them. Then everything will be all right....

Keeping bad thoughts about others or allowing our rakshasi nature to take over brings us towards our descent.... By loving others, forgiving, caring, this kind of nature can take us towards our ascent.



# BIRTHDAY PUJA

Birthday Puja  
21 March Delhi

# with what words

## Birthday Puja

*Shri Mataji spoke in English:* “I wanted to thank you all for giving Me such a hearty welcome.... I don't know what words to use to thank you.”

*Hindi:* “Today, in every moment, I am enjoying it. I am very happy.... Your love and respect is beyond My strength, beyond My expectation.... The thing which you all wanted to have, you have got it. I haven't done anything for you all.”

*English:* “I was over-joyed to see the way you all welcomed and you are singing songs of happiness and joy. I don't know how to express Myself because I am Myself very happy and I don't know what to say in your praise, where you have taken to Sahaja Yoga so easily and have assimilated it.

“Whatever it is, it's a very mutual admiration society, I should say, that we are enjoying each other.

“May God bless you all with this happiness and joy and complete oneness with the Divine. Thank you very much. Thank you.”

# *Incomparably soothing* *is the shade of Your sari*



**Felicitations Evening**

20 March 2004  
Delhi

So many of you have come and it has given Me the greatest pleasure.

I don't know what is the felicitation you want to perform because, after all, I am a mother and the mother has to do her job. There's no felicitation with it, just love, love for My children. And that is how I have worked. And it has worked out. You can see for yourself how you have learned to love each other.

I wish all over the world people developed that love, that universal love for each other. All of our problems will be finished – no wars, no ill feeling, nothing. Only there will be a beautiful wave of love among ourselves. All these things can happen and we can reside in a very calm and collective way all the time.

What is happening today is not of My liking because they to Me they are all one – or what is the need to have fights and to have differences. If they could just meditate, they will know they are all one. There's no difference at all.

My only wish is that all of you should get your Realization and that you meditate.

May God bless you. Thank you.



I begin by addressing your Mataji, to whom I have been married now for fifty-six years.

Shri Balbir Punj-ji, Shri Munilal-ji, Shri Ramesh Chand Tomar, Shri Vijay Singh and dear Sahaja Yogis and Sahaja Yoginis,

When I stand before you every year I am really wondering whether there's a part of this Earth or there's really a part of the heavens to which we have been transported.

Quite honestly, this is heaven, where the Goddess is presiding and it's my great good fortune that I happen to be a part of this gathering.

You have already heard what She has done. I want to tell you that for the last thirty-three years, your Mataji has been travelling incessantly to all parts of the world in order to spread Sahaja Yoga and there is no precedent in human history where the results of that kind of effort have been so wonderful as they are in the case of Shri Mataji.

**Sir CP Srivastava**

Birthday Felicitations  
20 March 2004

She has come  
to this Earth  
with a mission  
and She will  
have to remain  
here until  
that mission  
is completed.

*Shri Mataji had a musical program in Pratishthan on April 20th. It was a beautiful evening with the divine presence of our Holy Mother blessing all of us, present or not. Sir C.P. also graced the evening, wearing a beautiful sherwani. The Hyderabad qawwals performed for ninety minutes. Shri Mataji was very happy and, as usual, the radiance on Her face was incomparable. Sahaja Yogis were dancing with joy in Her presence. Everyone was on their feet enjoying the divine Sufi qawwalis. It was another opportunity for all of us to have Her darshan. On April 22nd Shri Mataji departed Pune for London.*

The Almighty has incarnated in the past and disciples have been galore. Now the world has grown, the numbers have grown and the world needed at this time another incarnation because we have had tremendous industrial development, tremendous technological development. But unfortunately, with that, there has not been the same kind of inner human development and that is the problem with the world.

The problem of the world is men and women are searching for a new path. They don't know which way to go. Materialism has its own attractions, but it has its limitations. It creates selfishness. It has led to a division of the world. It has led to conflict. It has led to problems. That is the world we are living in and we needed an Avatar to come and unite the world....

The religions have divided. We needed someone to come and unite the world. Now, it's easily said, but very difficult to do.

To bring the people of the world together, that is Her mission, to bring people of all colours, of all races, of all faiths, of all continents – black, white, blue, whatever they are – into one human family as brothers and sisters.

She has achieved it. And this is your achievement. You are here.

I cannot honestly say that I know of any other gathering of this kind in the world where there is genuine love, there's genuine integrity, there is genuine morality, there's truth – all combined into one and all because She has come to this Earth and She has uplifted you all.

She has been a wonderful wife. Quite honestly I tell you, I would not be alive if She was not my wife. I am going to be eighty-four. Who on Earth can believe that, but because of Her. She has been an absolutely wonderful mother, wonderful grandmother and now a wonderful great-grandmother.

But my dear Sahaja Yogis and Sahaja Yoginis, Her task is not done. There is a tremendous task ahead and I have to make one request to you and one request to Her. She has done Her very best. As you have heard, She has given every moment of Her life to Sahaja Yoga and She has created a beautiful world, but it's still a partial world.

Now She has been doing this for thirty-three years. It is now your turn, each one of you.

I beg of you, I urge you, I ask you, I implore you and I charge you with that responsibility. You now take up this Sahaja Yoga movement in your hands and spread it throughout the world. If each one of you throughout the world were to decide to find ten more human beings and make them Sahaja Yogis, there would be Sahaja Yogis all over the world in not too long a time.

So please remember that that is your primary responsibility. And I have one request to make to your Mother also. She has come to this Earth with a mission and She will have to remain here until that mission is completed.

I wish you all great happiness and I want to see – I hope I will be there to see it – you, your children and your grandchildren sitting there and singing bhajans for Shri Mataji.



On the morning of Friday, April 23rd, Shri Mataji Nirmala Devi, Sir C.P. and their family arrived at Heathrow Airport in London. It was the feast day of St. George, the patron saint of England and the dragon-slayer, who is also Shri Bhairava.

All the yogis were there at the airport to greet Her with flowers. The Yuva Shakti offered a handmade, painted card with flowers and, of course, the vibrations, attention and awareness of the occasion were all extremely strong.

In the car on Her way out, She said how it was all “too much” and later said how the Heart is really opened in England, much more than ever before. She also said that the love is very strong.

Sir C.P. said that all Mother can do is to have tears from so much love. She commented how the yogis were very disciplined and silent with their attention inside, and with such open smiles and open hearts. She said that it is only through the love that the world will change.

She commented again that the English police are the best in the world, that they do not wish to hurt anyone, but just to keep the people behaving themselves and in peace. It was put to Shri Mataji that the policeman who escorted Her in the airport was carrying a very heavy two-handed gun, clasped at all times. She replied that he only kept it pointed upwards. His face was very full and open by the time Shri Mataji's car had left. He had been, as a bodyguard, closer to Her throughout Her arrival than any other person.

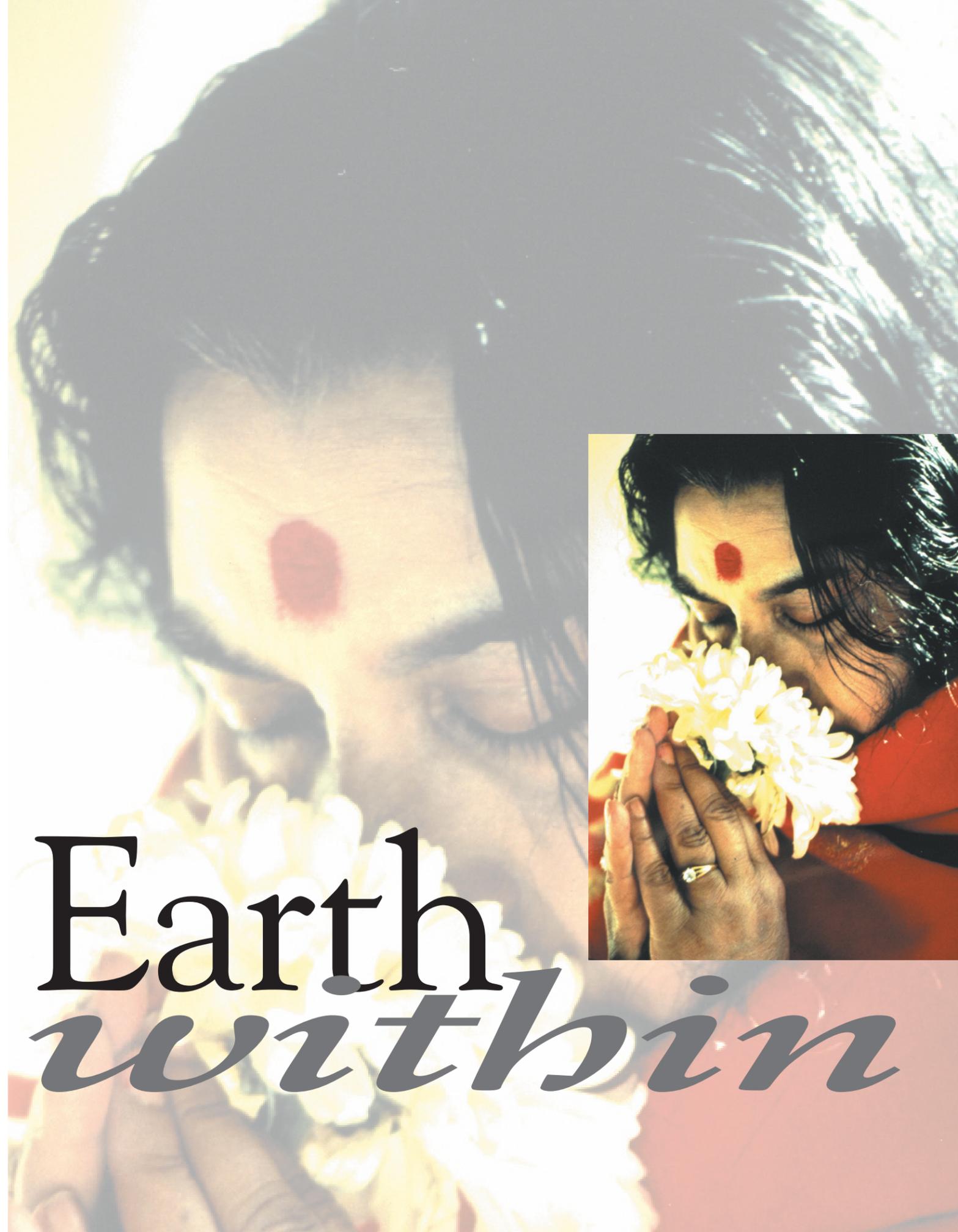
**Shri Mataji in the  
United Kingdom**

April 2004

*“It is very important, that we must understand  
the value of the Mother Earth.  
She has been very kind to all of you.  
She has been sucking your vibrations.  
She has given you everything that you see around.*

**We have to understand the connection  
and the symbolic expression of the**

# Mother Earth *within*



“...Kundalini, which is in three and a half coils, is placed within the triangular bone. Now this abode of the kundalini is called as Mooladhara and is represented in the universe as this Mother Earth. Or in the puja it is represented as the kumbha....

“So far in the movement of our consciousness, we have been trying to understand God Almighty and all other five elements that we call as important.” Until the first four elements are brought to a certain degree of understanding, “the Mother Earth cannot express itself” – like if your four chakras are caught up, you cannot raise your kundalini.

Through yagyas and other methods, water, air, sky, the firmament and light were worshipped. At the time of Christ, light was worshipped. “In this modern Sahaja Yoga, we are actually at the level of the Mother Earth because, as they say, it is the age of Aquarius. And Aquarius is the same as the kumbha. It is the Mother Earth.”

### **The feminine expression of life**

The consciousness of both men and women “is moving more towards the feminine expression of life.” But stupidly, feminists “are fighting on the level of rationality, of economics, of politics, all useless things.” If equality is won on these issues, they will become just like men. “If you are argumentative, if you are rational, if you talk like a man, it’s a masculine development. But the mother’s development, the feminine development, is not equality in the way the men have been stupid.” The whole world is today expressing that nonsense, “the competition, the aggression, the oppression. So the other side of the woman, which was called as the dominated one, the dark side, the oppressed and all that, has to express itself in a different way. The whole mode, the style, has to change.”

The major religions, especially Christianity, have no place for women. Men “have practically brought this world to such a ruinous state.... It is the time for the motherly qualities to develop. Even a man, when he becomes motherly, only becomes a great man. Like Christ, when He had compassion, He was called as a saint. So the quality of a woman as a mother – and the Goddess is always as a mother – she’s the power most important to ignite Sahaja Yoga.”

As a limited analogy, there is a zero which has no meaning. “In the same way, God Almighty has no meaning till you put some sort of one or two before it. It’s a zero. It has an existence, but it has no capacity or a power to express itself. So it’s a zero. Like that, we should say the masculine growth is a zero.”

Similarly, high capacity electrical power lines, until they are connected to the earth have no power. They are harmless. Since “this high powered thing, whatever it is, is not connected with the earth, it has no meaning. But earth is very different from this dynamic power that is flowing through those wires, which is zero, which means nothing.”

### **Kundalini as womb**

“The womb of a woman is the kundalini.... The Mother Earth is also like the womb.” The womb receives the sperm and “nourishes, looks after it, corrects it and allows it to grow, and not in an aggressive way, but in a very compassionate and a sensible way, till it is expelled out of the womb when it is grown. So the idea of the womb is that the expression has to be in such a manner that it does not dominate. It does not dominate the embryo. If it dominates, how can it grow? So it nourishes it and makes it grow.

“This is what today Sahaja Yoga is – that now the Mother Earth is the one who is symbolized within you as the Mooladhara, symbolized as the Adi Shakti here, is sitting down before you to nourish you, to make you grow into new personalities, into mature personalities. This concept we must understand.

“So the women of the West must understand that the nonsensical ideas they have taken from men must be completely discarded. They have to become women. Those women who just start talking like men, can never help in Sahaja Yoga.” Humans have stupidly exploited Mother Earth, but She bears it.

“But then a time reaches where She becomes explosive. Then She starts consuming people inside Herself. And when She consumes people, then you see the earthquakes and the droughts.” Humans blame the Mother Earth, but they have to pay for their aggressions.

“To stop this kind of a movement of aggressiveness, which brings all kinds of disturbances, one has to recede back and should develop the sense of totality of compassion.” The totality means “the complete, the whole. That’s the womb. That’s your Mother. As long as you try to be individualistic, you cannot be a good Sahaja Yogi. You have to become one with the whole....

“We have to face ourselves” and not have attention on material things or on privacy. That is “another realm of aggressiveness.... You have become one with the whole. And to feel that you are one with the whole, you should try to give up all your individualistic attitudes.” A mother has no time to have likes and dislikes. “The attention is on the upbringing of the child.”

**The child as spirit**

For a Sahaja Yogi, “the spirit is the child which has been born within him. Now he has to nourish it through the kundalini. He has to water it. He has to look after it. He has to make it grow. Now where is the time for other nonsensical things? You have a child in hand. You are all mothers looking after your child. That’s your spirit.”

Within you, the motherhood must take over more than the fatherhood. And the motherhood is towards yourself as the child. “This dedication can only be developed if you realize that you have to mother your child.... If the mother is ugly, the child will be ugly too because it is the mother who is expressed in the child.” The mother doesn’t dominate the child, “but she definitely can corrupt the image of the child. And that’s what exactly happens when we, the Sahaja Yogis, are not bothered as to look after our spirit and our spiritual growth....

“In Sahaja Yoga it’s not the child which is an individual child you have to look after.” It is not your own child. Some are not concerned about others or collective responsibility, but “once you become collective, you take responsibility.... But in Sahaja Yoga, as it is, the motherhood is universal because if you are the nose, then somebody is the eye. If you are the ears, somebody is the lips. So it is essential for you to understand that if anybody who is a Sahaja Yogi is in trouble, you are in trouble. It is a threat to your growth because it is the whole that is growing....

“You must worry about the whole. And you have to take up the responsibility. Those who do not take up the responsibility are not the people who have yet matured their child, that is the spirit.” Lack of responsibility results in poor Vishuddhis.

“So one has to understand that the child is your responsibility. You have to look after the child. And the whole is also your responsibility.”

You can manoeuvre  
the kundalini,  
but not the spirit.

**The spirit-kundalini connection**

The biggest problem we face is to keep the connection between this spirit and the womb or kundalini. “Our connections are very loose and that’s why this kundalini cannot look after the spirit.

“I wonder if you have noticed one thing in Sahaja Yoga, that you can manoeuvre the kundalini, but not the spirit. You can raise your hand, the kundalini will move. You can manoeuvre it. You can give it a bandhan. It will go around.” But the spirit cannot be manoeuvred. “There’s only one mantra to awaken the spirit, in the sense that to please him you have to say you are the spirit.” You have to bring in the kundalini to look after it. “You have to take kundalini there, to the heart, so that this child, which is the little offspring just now, has to be carefully developed and matured.”

**Men and women**

“Men, when they are dominating, they have to understand that they have to be compassionate. They have to be kind. They have to be considerate, but never subservient.... Now the women, what they have to be is to be great, large, receptive, receiving and nourishing all the time.” When a woman becomes dominating, she loses “that power of giving that nourishment of a woman’s love, which is the power of a woman....

“But supposing somebody is a very good mechanic, the woman will also become a mechanic.... She is not there for doing mechanical work. She is there for the mechanics of the emotions.

One of the biggest problems of the West today is “that men are neither men and women are not women.... A woman must try to be a woman and a man must try to be a man.”

The masculine effect can be seen in the development of science and knowledge and things which are outside. So now “the feminine nature has to rise up.”

**The awakened kundalini**

“Now everything is ready. It has to just spark. All the chakras are ready. Now awaken the kundalini. The kundalini is as important as the other chakras are. So now awaken the kundalini.

“Now kundalini’s behaviour and mode of action is very different from the mode of action of the chakras. If the kundalini becomes the chakras and the chakras become the kundalini, how will you manage Sahaja Yoga? But we must assume our own nature in all dignity and in all pride, not to feel any way lower down” because you are a woman.

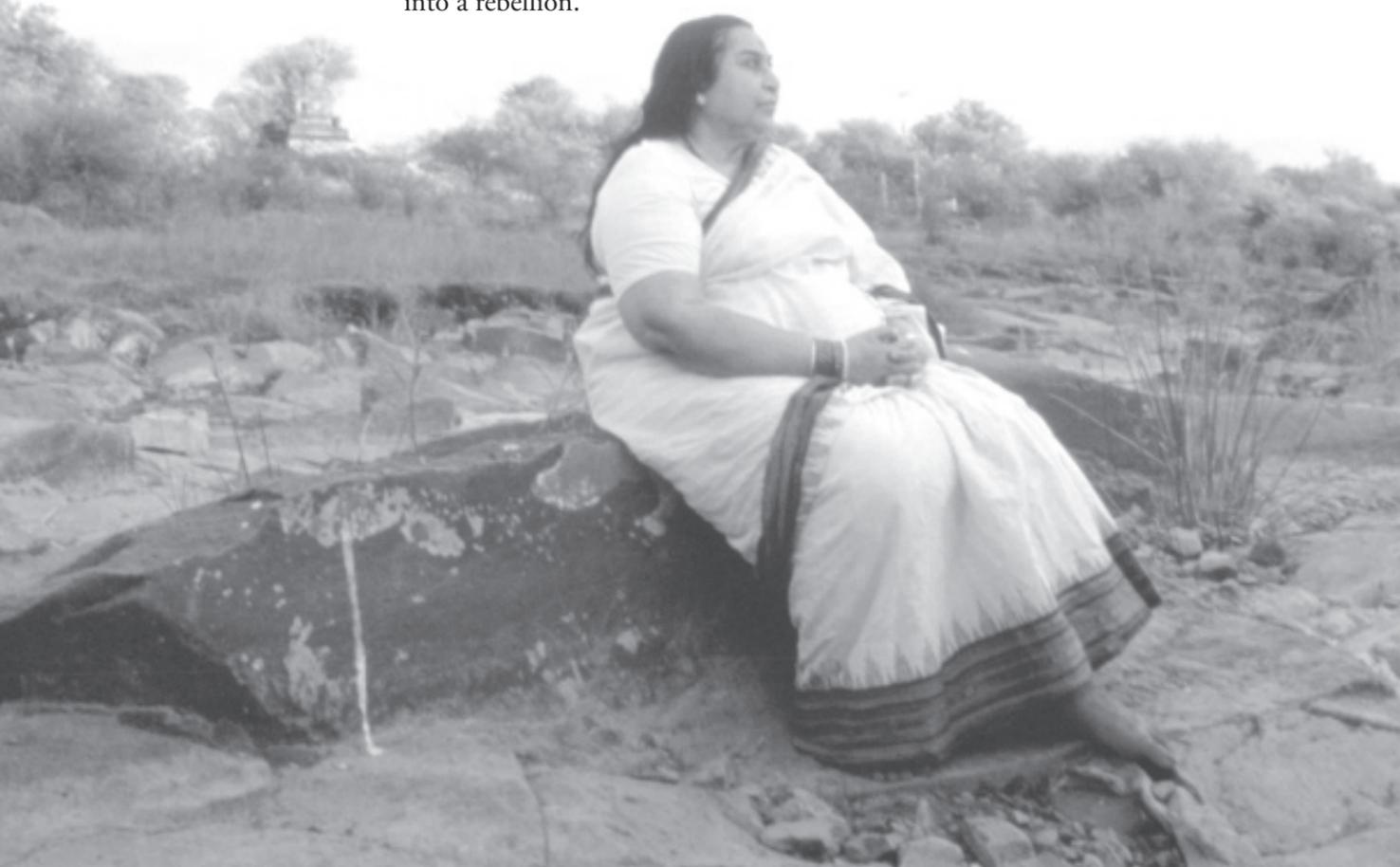
“There is no need for women to do all the things that men have already done.... The whole preparation has been made for this Aquarius Age to come in, to bring in the kundalini upward and to make the whole thing work out in such a way that the left and right meet and you all become ignited, enlightened.” It’s a question of us sharing the job “in a proper understanding.

“Now see how Mother Earth Herself was created. It’s also a very simple thing. First the movement of the energy started flowing.” This was a combined energy. “Then the combined energy went round and round and round like that, and when it consolidated there was a big, big bang.” This big bang was the manly work “because still the Mother Earth is not produced. So then these little fragments again went round and round. With the momentum, they became roundish. Out of them, Mother Earth was selected for one job.... Onto the Mother Earth, out of the water, came the life. The carbon came in. Everybody helped there and a human being was created. Then the men went round to improve their societies and whatever they have done to it, whatever was possible with their ego.”

The Kundalini waited all the many years until the blossomtime arrived, “in such a way that the completion of the whole work takes place. It is simple.”

“So there is no competition between men or women, but the style of work is different. If you understand that, then only this kind of revolution will take place and not turn into a rebellion.”

Everything  
is ready.  
It has to  
just spark.

**The revolution of the spirit**

“So the revolution has to take place and the revolution is only possible when we understand what part is left out now to be done.... That part is now Realization, our awakening of the kundalini. For that, your feminine qualities are going to help you, not your masculine qualities. So aggressiveness must be given up by men. Also, because they are Sahaja Yogis now, they have to take feminine qualities, not of fighting. If women fight, they are not women.”

We must now understand what is to be done with our lives. “A turning point has come. Now the evolution is not rebellion at all.... It is a spiral movement. So every time you achieve any evolution, you are at a higher level than before.... We have to rise in a way that we move in such a way that it is not in a pendulum way, but in a spiral way. And to move spirally, you have to use another kind of force.... That’s the feminine qualities of women” and it must be “from inside, from the heart.” Christ showed a feminine heart in that He forgave. “Only a woman can forgive. Man cannot because he’s aggressive.”

Christ forgave “to such an extent to show that He is now giving a turn to the spiral and now a feminine quality has to be developed among human beings.... That kindness, that gentleness should be in your behaviour towards each other.”

**Giving back to Mother Earth**

“One has to accept that to be like the Mother Earth, we have to be forbearing.... She’s the sustenance of everything. She takes everything. The vibrations are sucked in. She doesn’t talk about it. And now, for the first time after Realization, you can give Her back what you have got from Her. You can give vibrations to Her trees that are created. You can make them beautiful. You can transform a flower into a more beautiful flower. Now whatever you have got from the Mother Earth, you can give because your Mother Earth is awakened within you now.

“So you return Her back everything that you got from Her and give it to others – generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing everything for love. And for the mother to save her child, she’ll starve herself. She’ll do everything to save her child. Complete dedication she has for her child. That’s a real Mother.... That’s the real image of a mother and you have Her image before you.”

**A consciousness of affection, love and compassion**

“This is what one has to develop now. Whether you are men or women, as Sahaja Yogis, you must develop a new consciousness of affection, love and compassion. Getting angry, getting into a temper, shouting at people, screaming at people is not going to help us much.”

If you have to help the growth of the whole, “try to make yourself a milder person, be angry with yourself that you are losing tempers and you are so unkind to others. All the problems have come out of the overgrowth of the masculinity....

“But also femininity, at a lower level, without Realization could be very, very small-hearted, chicken-hearted, could be all the time worried about her own child. That’s what one has to change, is to have love and affection for every Sahaja Yogi, for every person. When it comes to fighting others, you are all one. But among yourselves, you can look after each other....

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

“I hope you have understood the whole thing. In a nutshell, it is that we have to change the whole mode. Radical change has come in the society of Sahaja Yogis.”

So the feeling  
is that the other  
is myself.

Be kind and  
gentle. Try to  
improve and  
help in that  
manner.



CHILDREN ARE THE MOST INTERESTING THINGS IN THE WORLD.

For me roses are very beautiful, but children are the most interesting thing and they teach you so many things that you are surprised at their innocence. *Shri Ganesha Puja 2000*

# They are coming from Innocence

You have to come up to a point when it has to click in such a way that you start feeling the awareness of that unbinding love. In the small children it clicks very fast because they're so innocent. *Switzerland 1983*

WHAT IS SO SWEET ABOUT THE CHILD is the innocence, the way he speaks, the way he talks, the way he behaves, the way he expresses his love. It's so simple, but it has something in the essence, this innocence of Shri Ganesha. Anywhere there's a question of children, the whole world gets worried about it. The whole world wants to solve the problem. If a child is in trouble anywhere, all over the world it will be circulated that such and such a thing is happening to such a child and everybody will be worried. If you just see a child anywhere, the faces change.... The expression changes automatically because that child is emitting that innocence without any deliberations, without any special way of doing it, but just spontaneously. *Shri Ganesha Puja 1995*



WHEN WE ARE BORN AS CHILDREN, it is Shri Ganesha who is acting and we are very innocent. And it is such a powerful thing that, with this innocence, children survive under many circumstances. And we love them because they're innocent. We enjoy them because they're innocent.

*Shri Ganesha Puja 2002*

To love someone in a divine way is to first understand the value of innocence.... Christ has said that you have to be like children to enter into the kingdom of God. You are already in the kingdom of God, but you have to be like children – how innocent they are, how simple they are and they're happy with small, small things. They don't want something very extraordinary. It's very surprising how our love, which is actually enlightened by divine love, can change the whole world.

*Birthday Puja 2002*

Child means purity, innocence. With this innocence, we have to look towards ourselves and cover ourselves with it. This innocence is very lovable. If you look at children, the love you feel towards them is because they are innocent. They don't know cleverness, don't feel their importance, nothing at all. What do they know? They know that all these people are related to us. They are our brothers, sisters and everything. But how do they know this? That is the question. In the same way that these children know, we have forgotten that we are like an innocent child and that we have innocence within us.

*Shri Krishna Puja 2003 (translated from Hindi)*

Our main achievement should be that loving attention for children. All over the world, whether he belongs to your family or to some other family or has some sort of detached attention with you, still because he's a child, he's innocent. The innocence within itself, your own innocence, will try to protect.... If you cannot love children, you cannot love anything. I have not come across anyone so far who says that they don't love children – luckily. But maybe some might say, "We love flowers." Why? Why do you love flowers? Because they're innocent. Because that beauty of innocence is within them. You love nature – why? Because it is innocent. But the greatest innocence is seen among human beings who are Sahaja Yogis.

*Shri Ganesha Puja 2001*

**AN INNOCENT CHILD KNOWS THE PROTOCOL.** I remember there was a child who came to see Me in Oxsted and I said, "Let's go upstairs." So it was a small, little staircase of wood.

He said, "What? Is She going to go up without a red carpet?" This came into his head.

So for innocent children, the worship, everything is not ritualistic. It is heartfelt. You feel it from the heart, how to do the worship, how to show your love. It's a very sweet way an innocent person does it....

If you do it with your heart, with your open heart, innocently, anything is all right. It is the open heart which is necessary, not the closed heart....

It is so remarkable, even I have seen among children how they just want love. They don't accept anything else but love.

*Shri Ganesha Puja 1993*

If you cannot  
love children,  
you cannot  
love anything.



**INNOCENCE GIVES JOY TO PEOPLE.** Anything said innocently, anything done innocently is very, very joy-giving. And in that, you see the person so transparent, so beautiful, that you enjoy that transparency and that sanctified innocence.

*Shri Ganesha Puja 2000*

We have to learn a lot from them because they're innocent, because they have the quality of innocence. So they are to be respected.

*Shri Ganesha Puja 2002*

The way we take to all odd things and bad habits, children never take. They know that it is bad. It should not be done. By their innocence, they know it should not be done. They may sometimes play with fire, do something like that, but once they're bitten by it, they'll never touch it. They're extremely fast in learning because that is the age they are. They're growing.

*Shri Ganesha Puja 2002*

A person who is innocent should not fear because God looks after innocent people. They're always protected. If anybody tries to harm the innocent, God protects them and that's how you have seen many children who fall from high stories they are saved.... It's not the child, but the innocence of the child that generates that feeling that we have to save them, that innocent, little thing which is having a problem.

*Shri Ganesha Puja Germany 1993*

There have been stories that children who have fallen from a very great height were completely saved. Nothing happened to them. Their innocence is such a powerful thing that it doesn't harm anyone who is not to be harmed. It has all the wisdom of the world, all the understanding of the world. And anybody who tries to harm the innocence, the world, the whole world – which may not have cared so much for innocence, might not have worshipped innocence so much – but they all stand, stand up against anybody who tries to harm the innocence. You can see in your own lives around you, anybody tries to trouble children – all of the them, whatever they are, whatever they are coming from, whatever may be their nationality – they all jump, all jump to control and to safeguard that child. What is it within us that makes us so very conscious to protect the innocence?

*Shri Ganesha Puja 2001*

The greatest sympathy comes when innocence is being challenged. And that's what human beings have. Within themselves they have the power, power of Shri Ganesha, which gives you that feeling, that capacity, that understanding that you have to protect the innocent – innocent children, innocent people.

*Shri Ganesha Puja 2001*

LEARNING FROM  
CHILDREN

INNOCENCE IS SOMETHING TO BE APPRECIATED, to be understood, to be enjoyed. Like you see animals are innocent, the children they are innocent, flowers they are innocent. Divert your attention to all these things.... Walking on the street, what is there to see? Best – it is all at three feet height, to see at three feet height all the flowers, all the beautiful grass. All the children, who are about three feet, are the best. You need not see people who are above that. Just see on three feet level. You can see the legs of somebody – that's all right – but you don't see the eyes of a person who is not innocent.

*Shivaratri Puja 1991*

What you enjoy is the beauty and the beauty with innocence are the children. If you see the children, you see the beauty. You see in them the innocent child.

*Wamuran Australia 1994*

Small children ... are extremely patronizing sometimes. They see their parents and this and that. So they come and tell you that "Don't worry. Everything will be all right. After all, God is there to look after you." And they can be extremely, extremely loving and kind and the way they talk, they will neutralize the whole thing. So we have to learn a lot from our children, from all the little babies that we have and that we ourselves should have that Ganesha Principle within us. With innocence, we should work it out. Innocence is the most intelligent thing and the most effective thing.

*Shri Krishna Puja 1991*

Innocence dissolves the ego. An innocent person cannot be aggressive and if the aggression is there, that is also a very loving aggression. Like a child would come and say that "Why don't you give my clothes to this boy?" And if you say, "Oh God, I paid so much money and you want to give it to this boy," so he'd say, "All right, next time again you buy for me, but let me give this to this boy" – innocently. Innocent children do not have a sense of possession. Also they do not hesitate to share their things if they're innocent. But if they're brought up in a way that they show that this is yours and this should be kept as yours, all the time put into his head "this is yours," then they start becoming possessive of their things. The best thing to enjoy life is to live with children and to be like them and to enjoy them. This is how our innocence gets nourishment.

*Shri Ganesha Puja 1994*

These small, little children, their Ganesha is awakened in them. Everybody's Ganesha is awakened when you are born.... Though Shri Ganesha is the child, but He is the giver of wisdom. So we can say our children are the givers of wisdom if we keep them on the line of wisdom. You listen to them, how they talk, how wisely they talk.

*Shri Ganesha Puja 1990*

We should have to learn so much from the children, how innocent they are, how simple they are. They are very generous and children will give away everything that they have – everything. They don't understand possession of things. Just imagine, if somebody likes something, "All right, have it." And they'll keep something for a person who likes something. They are wonderful people and we have to learn a lot from children. And their smiling faces and their joy should teach us how to behave because Ganesha shines through them very clearly.

*Shri Ganesha Puja 2002*



ONLY BY INNOCENCE YOU CAN TRANSCEND YOUR LIMITED IDEAS. I have seen parents who are extremely racist. Their children take to other people in no time. An innocent person is like that. He can just carry on with any type of person, without even thinking what sort of a colour he has, what sort of a face he has or what sort of hair he has done. These things do not matter. These are superficial. But children do not bother about superficial things. They just want to see the heart of the person. If the person is loving – whatever may be the race, religion, anything – children will jump.

*Shri Ganesha Puja 1994*

We have to learn a lot from our children, from all the little babies that we have and that we ourselves should have that Ganesha Principle within us.

With innocence, we should work it out.

**Innocence is the most intelligent and most effective thing.**

*Shri Krishna Puja 1991*

## CHILDREN

SUPPOSING YOU'RE IN THE AIRPORT and it's late. The plane is late. All the others, all the older people will be very upset. But children will start playing with something which is in the airport, anything. A railing is there or steps are there, they will go up and down, enjoy this. They don't want to make a sort of a life miserable by just bringing everything to some meticulous definition. I've seen in the airport many a times, people just feeling very bored and terrible and while the children are running up and down and playing and enjoying and making friends with other children, whom they have never met. Only by innocence you can transcend your limited ideas.

*Shri Ganesha Puja 1994*

**IF THEY HAVE AN INFLUENCE**, very beautiful influence of proper family life, proper school life, proper guidance, proper love and help in every way in their growth, then children become extremely, extremely beautiful.

And I bless all the Sahaja Yogis to have children of that nature and to look after your children.

That's very important because they are tomorrow's Sahaja Yogis and they should be a better quality because you're coming from another lot.

**They are coming from the innocence.** *Shri Ganesha Puja 2002*

*Grateful eternally for your motherly love,*

*We wish our lives be added to Yours, because*

*Incomparably soothing is the shade of Your sari.*

*You are the princess with adorable countenance,*

*But You, above all, are my most Beloved Mother.*

*Mother, how do I sing Your prayers?*

# THE DIVINE COOL BREEZE

### PHOTO CAPTIONS AND CREDITS

**Front cover:** Her Holiness Shri Mataji Nirmala Devi, Birthday Puja entertainment evening, 19 March 2004 (*Anjan Upadhyaya*)

**Contents pages:** Shri Mataji Nirmala Devi and Sahaja Yogini, Birthday Puja entertainment evening, 19 March 2004 (*Anjan Upadhyaya*)

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**Page 5:** Shri Mataji Nirmala Devi, Shivaratri Puja, date uncertain

**Page 7:** Shri Mataji Nirmala Devi

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**Page 10 and 11:** the puja stage, Birthday Puja 2004 (*Anjan Upadhyaya*)

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**Page 19:** Shri Mataji Nirmala Devi

**Page 20, 21, 24 and 25:** Shri Mataji in India

**Page 22 and 23:** Lake Piru, near Los Angeles, USA (*Jim Gallagher*)

**Page 27 and 30:** Shri Mataji Nirmala Devi with Shubangi Lanza, Preeti Lamaison, Niranjana de Kalbermatten and Siddhartha de Kalbermatten at Pratishthan, Shri Mataji's home in Pune, India, winter 1990-91

**Page 29:** Shri Mataji Nirmala Devi with Siddhi Davis, Shridhara Mathys, Priya Stahl, Preeti Lamaison, Shubangi Lanza at Pratishthan, winter 1990-91

**Page 31:** Shri Mataji and a young Sahaja Yogini

**Page 32:** Shri Mataji Nirmala Devi with Sahaja Yogis on the occasion of Holi

**Above poem and page 14:** poem by Rajiv Kumar, read at Birthday Puja 2004

**Back cover photo:** "Sierra Reflections" (*Jim Gallagher*)

**Back cover quote:** Shri Mataji Nirmala Devi, Diwali Puja, Rome, Italy, 16 November 1985



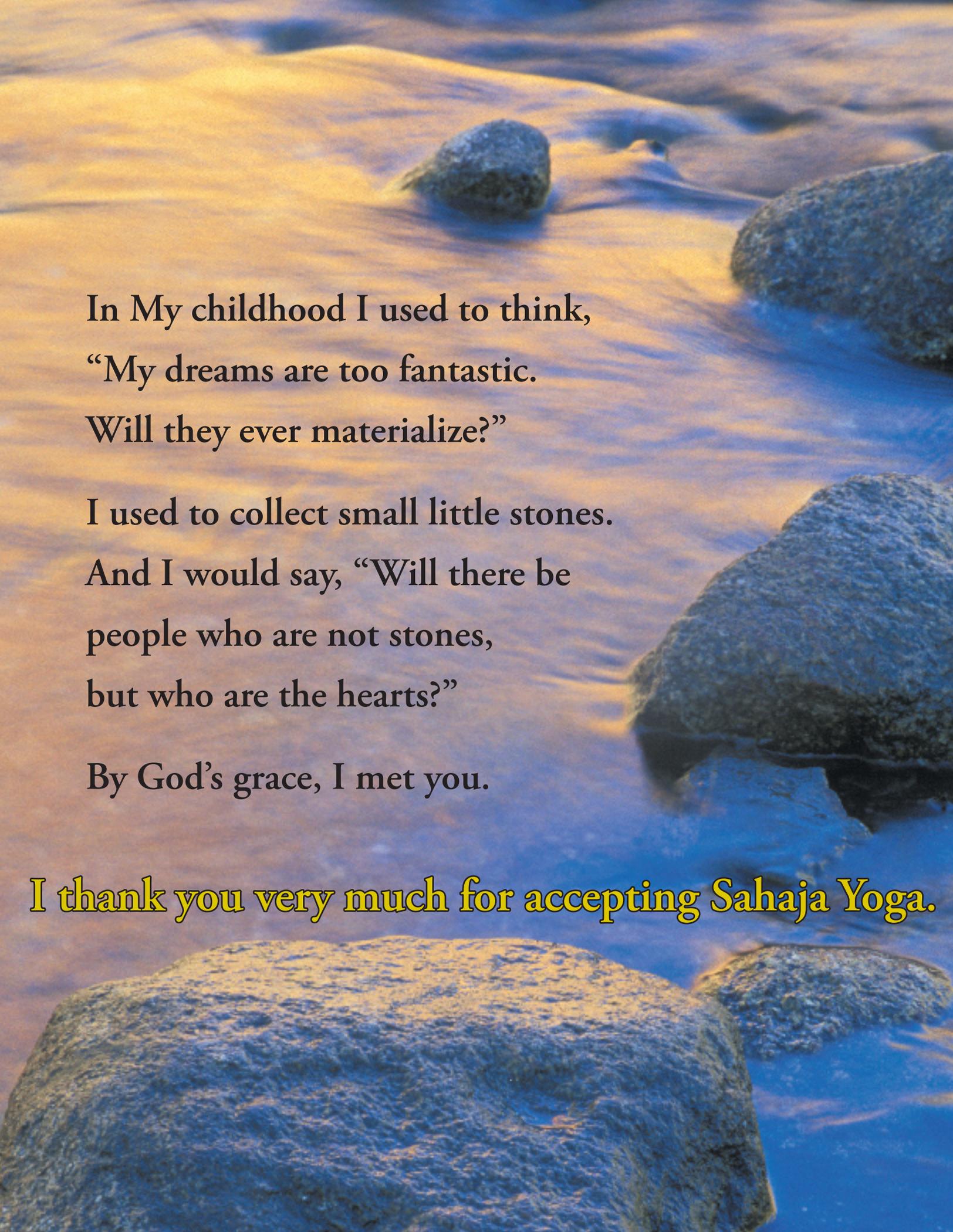
**Correction:** The issue 16-6 cover photograph was taken near Paris at the time of Sahasrara Puja in 1984

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In My childhood I used to think,  
“My dreams are too fantastic.  
Will they ever materialize?”

I used to collect small little stones.  
And I would say, “Will there be  
people who are not stones,  
but who are the hearts?”

By God’s grace, I met you.

**I thank you very much for accepting Sahaja Yoga.**