

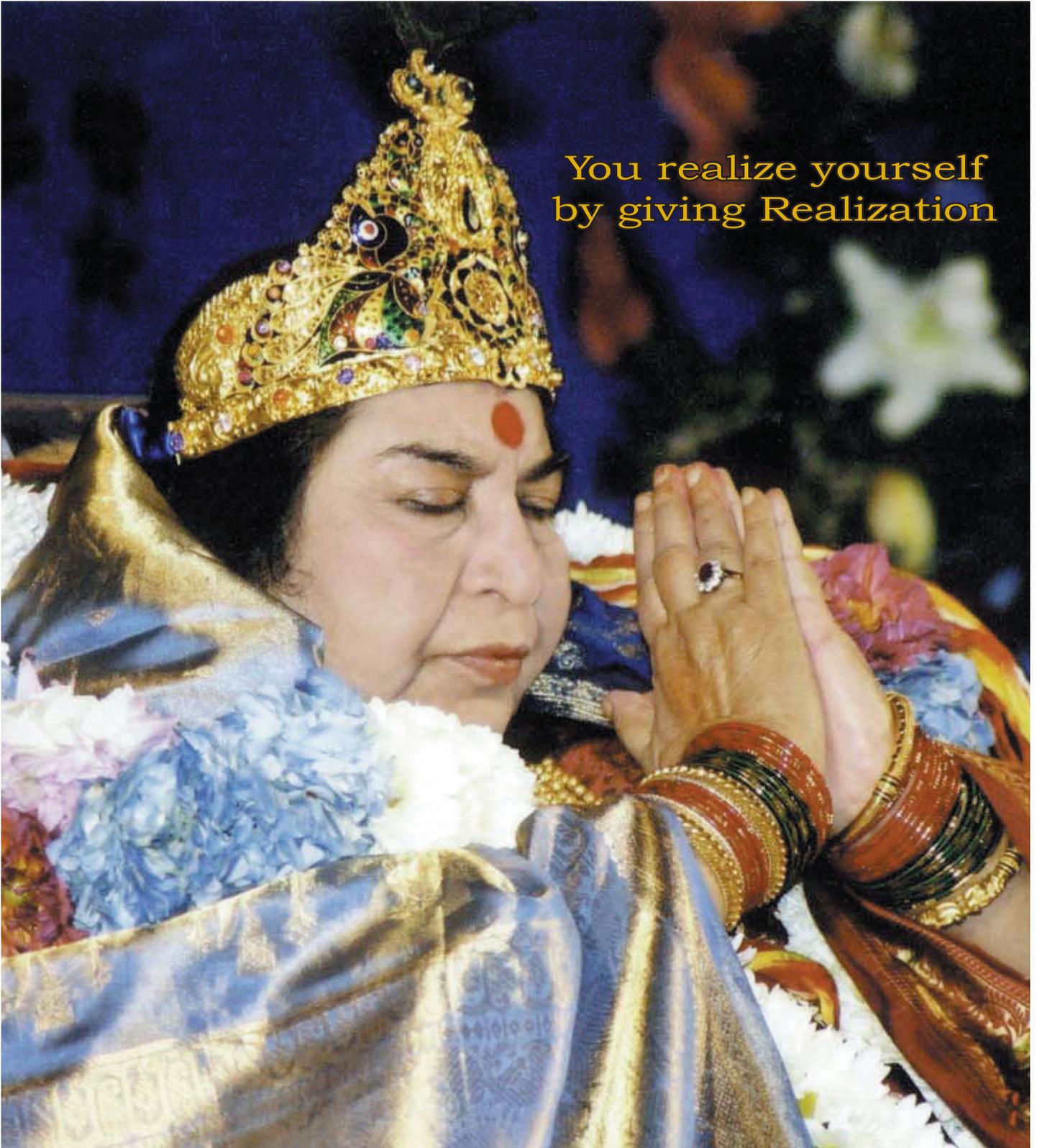
THE INTERNATIONAL JOURNAL OF SAHAJA YOGA

B DIVINE COOL **BREEZE**



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*You realize yourself
by giving Realization*



with these



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hands

These two hands also are from Vishuddhi chakra and, with that, you have to spread Sahaja Yoga. You have to go to different worlds, different countries. Even to small villages you have to spread Sahaja Yoga.

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GURU PUJA
8 JULY 2001
CABELLA FIGURE

“You don’t know how your Mother feels to see so many people who have become really gurus themselves. They have been seeking the Truth in very difficult times.” These times have acted upon our minds to tell us “there is something definitely very wrong and we have to go beyond.”

Face Yourself



Face yourself in the most honest manner and you will be amazed to see how nice it is, just to see the pure Self shining within you.

The devotion of seeking

“In the seeking, one thing is very important, that the person should have a great devotion about it. And also untold miseries you have to go through.” In seeking you are struggling within yourself and outside you find nothing satisfactory. “This is how the seeking has a double edge.... It seems it’s a very difficult thing, but you can’t help it because you are not satisfied with what exists around you.

“See the world today, it’s full of strife.... People are fighting for nothing at all ... thinking they are doing a very great service to humanity.

“The thinking today of human beings is not at all deep. It is very superficial and that’s how you find this world full of turmoil.” Torture and killing continues on a large scale. “The saints were all tortured ... by all kinds of different stupid ideas.” Such ideas created aggression throughout the world, as well as in families, institutions and organizations.

Many people tried to fight back, but “fighting begets nothing but murders.... It’s an impossible situation to convince anybody that they are aggressive and they are nowhere near the truth because nobody wants to accept such a thing.... This war-mongering cannot be cured.”

Self Realization is the solution

“The solution is that we should give all of them Self Realization.... It has to be done very genuinely.

“If they are seeking the truth, they will be surprised that this world is one, all human beings are one and that is the destiny of human beings. But for that, so many are to be killed, so many are to be destroyed because they don't learn the lesson in an easy way.

“Now your job is to give them Self Realization and change the people. That's the real thing you have to do as gurus.” If you are not doing that, “you are working only on the periphery.” You worry about yourselves, instead of trying to see yourselves.

“You have to cleanse yourself and accept your own problems, your own misgivings.... Challenge yourself. What are you doing? You are a Sahaja Yogi, how can you hate someone? How can you trouble someone? How can you torture someone? This is the beginning of introspection. It's very important. I can make out a person who meditates, in the real sense of the word, and the one who just meditates.... If you are deceiving yourself, then how can you become a guru?”

Purification and Introspection

“For becoming a good guru, you have to first of all be very honest within yourself and find out what are you doing.” Instead, we justify our failings. “This is the biggest thing human beings have is justification.... Human beings can do all kinds of wrong things and can justify it. This justification doesn't help you in your ascent.... One should try to introspect and see for yourself what is the justification....

“Purification within is only possible if you can see yourself clearly.... When you start seeing the truth and comparing yourself with that, then only you can clear out yourself. But the identification should be with the truth.... When you are climbing ahead into the new path of righteousness, of godness, of compassion and love, you should see yourself, watch yourself.... You should not cheat yourself.”

Let others cheat you, but don't cheat yourself. “You have your self-respect and you have your self-honour, which you value more than anybody else. And you don't yield to anything that will spoil your image in the mirror.” This is the first step of introspection.

“Now what helps for this introspection is your sense of love.” If you cannot love a person who is distressful, aggressive, hot-tempered or one who cheats, then how can you love yourself?



What we
need are the
people who are
completely
drenched into
the purity
of love.



“So the first thing is the pure love for yourself.... If you love yourself, you don't want anything because you enjoy your Self. To enjoy your Self is the greatest enjoyment.”

When you have Realization, you know your own beauty and so are not bothered by nonsensical things. “This pure love is one of the most beautiful things you have which you can do to yourself.” When you are selfish, unkind or aggressive, you are not loving your Self because you are loving those things instead. Your Self is “absolutely pure and beautiful and it loves all that is beautiful and good.”

Self love

“This is the beginning of your Self Realization, when you realize how important is your Self. You don't have wrong ideas about yourself, you don't justify all the wrong things you do because you understand that is a blemish on your Self. Face yourself in the most honest manner and you will be amazed to see how nice it is, just to see the pure Self shining within you.

“When that Self starts shining, you start seeing many other things which you have not seen so far and one of them you see is that love is not only for yourself, but for everyone. It's a pure love for everyone else. It's not only for yourself.” You don't love for money, advantage, power or gain, “but you love for love because pure love is so joy-giving.” All lesser ideas are to no avail.

“Really if you love, then you just love. You love everyone.” You may even love a crook, even though you have nothing to do with him. If you are pure love, they will change. “If they do not, then you don’t bother.

“Those who come into the ocean of love, those who are really pure, loving people, they are your friends. They are the ones who are needed on this Earth, not the people who are crooks.... What we need are the people who are completely drenched into the purity of love.”

Purity is very powerful

“You should be pure.... Purity is that which purifies others. If you are a pure person, then others will be purified. They have to be purified.”

You may think you are highly placed and full of love, but “does your purity purify others? Can it give them awakening? Can they be realized souls?” You should value the power of purity by giving Realization. “Purity has to be spread....

“Purity is very powerful.... It will have an effect on very many sensitive persons who want to become Sahaja Yogis.... The Paramchaitanya, this all-pervading power of Divine Love, flows through you because you are pure. If you are impure, then it will stop at different chakras. It won’t work.”

Purity of temperament and love means “that you love somebody because that person has got spirituality. You love that person because there is purity and you go to places just to spread the purity among them. A pure person will never create a problem....

“The character of a yogi is to worship the purity of your own and the purity of others.” We have to face and correct ourselves every day and separate from ourselves to see how far we have gone.

The modern guru

The ancient guru did not care if he gave Realization or not. They only enjoyed themselves. “But you must share this enjoyment. I think that is the sign of a good guru. Attention has to be for the whole world....

“It has reached such a stage that you have to worry about the complete humanity. It’s not only you or a few Sahaja Yogis ... but all over the world, whatever is the problem, you people have to solve it. But first get out of your own little, little problems....

“You are a guru — means you are such a high, highly electrified person with spirituality. Why should you worry about all these nonsensical things?” The consciousness that you are purified should make you humble, not proud or arrogant.

To be a guru, “you have to first of all make your Self your disciple, must look after your Self first of all.” See if you have the qualities, if you are the one who can do it.

“All this introspection within you should be with a very clean heart and understanding because you are not incarnations, which are born absolutely pure, but you are human beings and you are rising to the level of those incarnations.

So you have to cleanse, you have to watch yourself, see for yourself and then understand, if you are a Sahaja Yogi, have you got the beauty of purity and love?

You are not incarnations, which are born absolutely pure, but you are human beings and you are rising to the level of those incarnations.

You realize
yourself
by giving
Realization to
another person.
What you have
done is to
give him the
Truth itself.

*After the puja I went up to
take photos, which I haven't
done now for some years,
and never went back to
where I had been sitting.
I just remained seated
through the whole
present-giving on the
ground at the edge of the
stage, as the vibrations
literally seemed to cascade off
the stage like a waterfall.
Ken Williams*

“Now this love is not relative, is not conditional, is not limited, but it is absolutely like an ocean. And you like to swim in that ocean, like to be drenched in that ocean of love.”

The Sahaj guru

Formerly a guru was a person of discipline and oppression, “but in Sahaja Yoga it's very different. Even the spiritual gurus who were real were like that — very harsh.... They didn't mean anything bad, but the method I didn't like.”

The technique of the guru in Sahaja Yoga is not anger, repulsion or hatred. In Sahaja Yoga “you suggest your love. This is how one has to understand the difference between a Sahaja Yogi guru and other gurus.... Love is the most powerful thing.” It works with most people “because God has made us out of His love and we have a capacity to yield to that love and to enjoy that love.”

If you understand the powers of love, it will grow within you. The Paramchaitanya “is the power of God's love — or, you can say, Mother's love. This power works so beautifully, in such a secret manner, that you call it as a miracle” because it works invisibly.

“So first and foremost thing is try to develop the sense of love within you.... Pure love can be very easily understood, that it gives you joy, that it helps others to improve. It works in a very subtle manner.

“Now try to remember when you came to Sahaja Yoga. Try to remember how you got your Realization. Try to remember how you started growing. These are like the seeds within us, of love, which sprouted. Slowly and gradually, we started the showers of blessings of love. Then we started enjoying it and understanding it.”

The embodiment of love

“When we are about to become gurus and we are already gurus, should be nothing but embodiment of love. It's a very different theory I am telling you.” This is not the method of other gurus.

“All the knowledge that you have got in Sahaja Yoga has been already told by those gurus long time back.... But all the knowledge, the total knowledge about your being, your chakras, everything which you know now, is with you. That is the truth. You have the complete subtle knowledge which nobody had before.... All the knowledge of Sahaja Yoga is simple, very subtle and is real.”

This knowledge should not be just mental. “It should be spiritual. And to make it spiritual, what have you to do is to love. When you love others, you will start working on them.” A Sahaja Yogi “takes up a challenge that ‘with my pure love I can cure....’

“That person who is with you also is not afraid because of your temperament, because of your nature — the way you are handling the patient, the way you are talking to a person who has come to know about the truth. Thus, you give him also the truth. Also you teach him what the truth is. And the truth is very simple — that you are the Spirit. This is the Truth, is revealed loud to another person. Thus, you realize yourself by giving Realization to another person. What you have done is to give him the truth itself, absolute truth....

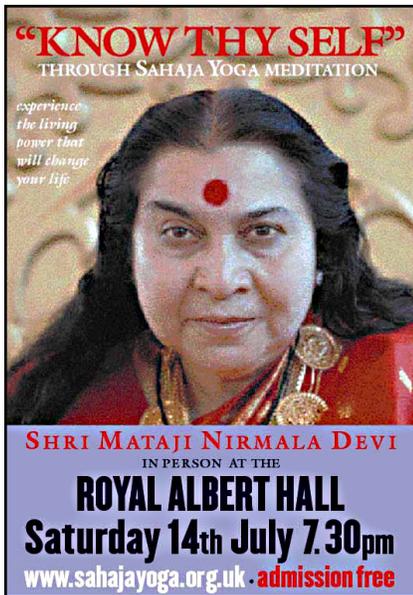
“These days people find it very difficult to find any time for Sahaja Yoga, for spreading Sahaja Yoga. They are looking out for holidays. Whatever it is, whatever is happening, I am very sure with your great powers that you have, you can really show great, great success, very great success. And this success can bring forth the vision I have of saving the humanity all over the world.

“May God bless you.”



Becoming is the Point

I bow to all the seekers of truth.



ROYAL ALBERT
HALL PUBLIC
PROGRAM
14 JULY 2001
LONDON

Some of you have found the truth, some of you have not found it fully and some of you have not found it at all. But if you look around in today's situation, you will have to admit there is a big turmoil going on. Countries after countries are taking to all kinds of wrong things. A lot of cold war is on. People are killing each other, destroying beautiful places, cutting each other's throat for nothing at all. We are all human beings created by God. God Almighty has created them and has brought them to this level of human awareness....

I have told you this is the Last Judgement. And this Last Judgement will really decide who are to be saved and who are to be doomed completely. It is a very, very serious thing. All of them who are aware should think about it. Little patchwork here and a little patchwork is not going to do. Whatever you may try, unless and until you transform human beings, it cannot be saved.

This transformation is not an impossible thing. It is not difficult. This is the time for transformation. This is a chance for transformation. And within us it is placed ... the mystical feminine power within us....

You are born, not only to be human beings, but you have to be superhuman. You have to enjoy yourself. Your life should be enjoyable. It should be blissful. It should not be a curse, morning till evening worried about this, worried about that. That is why you are created, because God had no intention of creating people who will be all the time worried ... but people who will live in complete harmony, peace and joy. That is why we are created. That is our destiny....

These are emergencies. You are living in very emergent conditions. Try to understand. And I want to warn you that if you do not go deep into yourself and find out what you are and take to your transformation, anything is possible. All kinds of diseases happening to you, all kinds of new problems of children coming up, all kinds of national problems are there. All kinds of international problems are there, that people cannot help it. So we have to get out of this and become a solid personality of truth....

You have to be very, very strong within yourself. Feel your Self. Your Self is the Spirit, is the differentiation of God Almighty within you. You can be very strong, you can be very heavy and you can be absolutely balanced, if you become the Spirit....

Nobody has to tell you that you get united. You lose all misidentifications. Your misidentifications are that you belong to this country, you belong to this religion, you belong to that. You belong to nothing. You belong to the kingdom of God. That is what we have to achieve....



Just imagine,
you are the soldiers
who are going to
save the world
from its destruction.
Try to understand
your importance.

You are wasting your time. The time is running short.... I worked very hard, but what I find, that people do not realize what they are supposed to do. They like people who will just say something very simple or who are to serve visual entertainment....

We have to decide that we have to become the Spirit. That is what all the religions have brought, but how to do it was not so very much explained and it did not work out. Some of them did get it, but they were not trusted. Nobody listened to them. Even people killed them and tortured them and crucified them. But now please, all of you, try to understand....

Why are you humans? Why are you created? What is the purpose behind this? Are you going to be driven by nonsensical ideas? Are you going to be finished by all sorts of dividing factors? No, no, you are all going to get your Self Realization and you are going to understand the value of your life....

Tonight we can have the experience, the experience of the Spirit. It is a very unusual rare thing, never used to have one like that. But it is now, so why not take advantage of it. Please, be ready for that, accept it, take it and become.

Becoming is the point. What you become is the point and what you make out of this whole human civilization is your problem, not mine. I can help. I can work it out....

Just imagine, you are the soldiers who are going to save the world from its destruction. Try to understand your importance....

May God bless you.

Her Boundless

Shri Mataji came into the Royal Albert Hall, sat down, listened to a bhajan and then, sitting forward in Her chair and earnestly surveying the crowd, gave a dramatically uncompromising speech about the necessity of getting Self Realization because the calamity is coming and we had better decide if we are going to heaven or to hell. She is not here for entertainment, She told them, and it is no use just listening and saying, “What a nice lecture.”

Shri Mataji then gave Realization in the same simple manner which has characterized the past few years — no affirmations, no placement of the hands anywhere except towards Her and even that for just seconds — before She was asking them to feel at the top of their heads for the cool or hot breeze and immediately asking for those who had felt it to raise both their hands.

I was sitting well off to the side of the stage and could see the whole auditorium. I could not detect one person who was not raising their hands. Afterwards scores of children came onto the stage to give Her flowers and each got a hug and a kiss.

Two days later, Shri Mataji’s boundless generosity was once again amply demonstrated as She took into Her Heart the hundreds of seekers who attended the follow-up program at Holland Park School in London on July 16th.

As the bhajan group began singing, it felt like the time before puja in Cabella before Our Holy Mother arrives. If everyone had been dressed in kurta and sari, one would not feel any difference to Cabella.

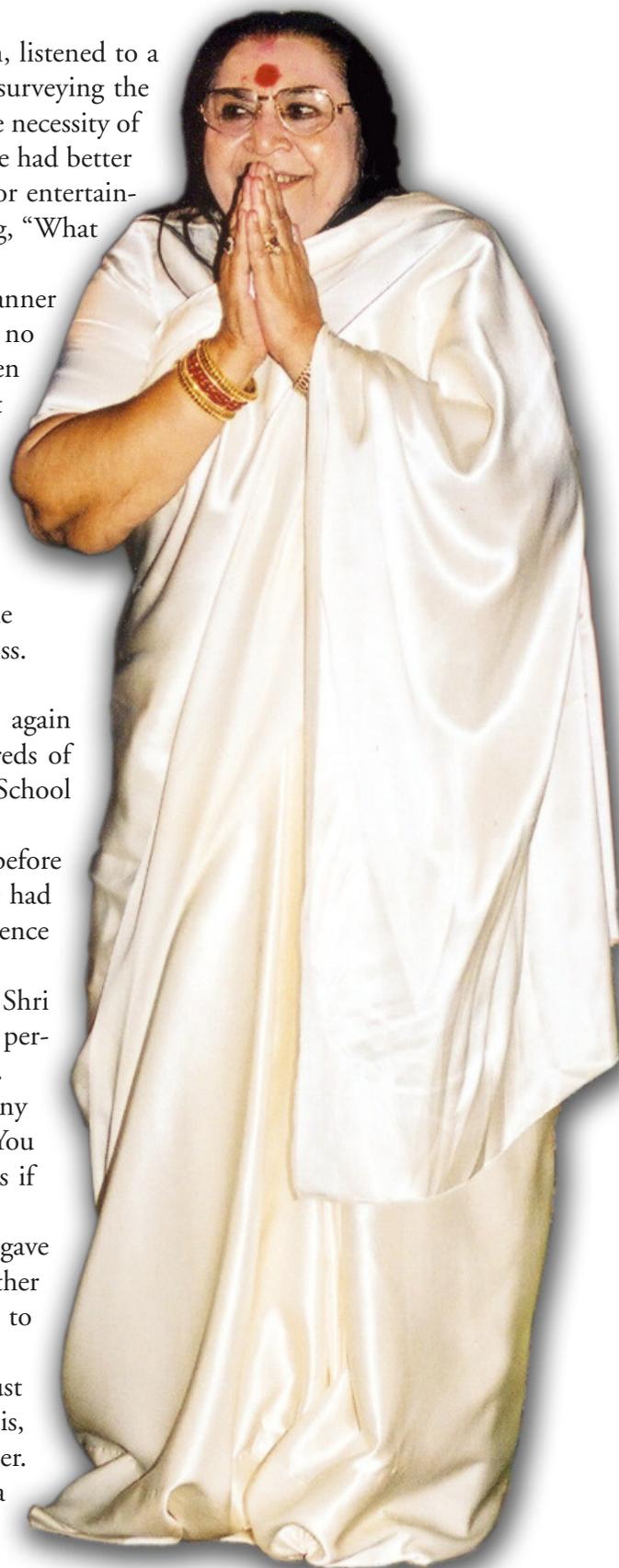
The meditation and joy were overwhelming. And then Shri Mataji arrived. The evening continued as a puja. Aarti was performed, a garland was given and then Shri Mataji spoke to us.

From Her opening words, “I am very happy to see so many of you here tonight. I cannot call you the seekers any more. You are the ones who have found the truth,” She made all feel as if they were already Sahaja Yogis, that She was their Mother.

With Her infinite boundless generosity, She not only gave another thirty minute talk, but entertained questions for a further forty to forty-five minutes with incredibly succinct answers to some very deep questions.

In answer to one question, Shri Mataji said that we must forgive. The boy who asked the question said that he says this, but he doesn’t mean it. Shri Mataji said that it does not matter. He should continue saying, “I forgive everyone.” It is a mantra

and will work. We should also forgive ourselves.



Generosity

With the second question, Shri Mataji commented that when a thought comes, we say, “Not this, not this.” In addition, we should practise watching the thought and find out from where this thought has come.

The third question was asked. “Shri Mataji, please, You tell us to forgive and to go into thoughtless awareness. It sounds so easy and simple when You tell us this. However, when we try to practise this and go into meditation it becomes difficult and frustrating.” Shri Mataji simply said that we can practise watching things without thinking, without reacting. In this practice, the Agnya will clear.

She was all in praise of the Russian yogis, whom She said are very deep and dedicated to Sahaja Yoga. She said that the Russians had said that they were all completely satisfied, but for one thing and that is they wanted a nice national leader. Shri Mataji then said that now today the leader has also accepted Sahaja Yoga in Russia and that it is recognized as a religion.

She also talked about the seeking in the USA, which She said that, despite being just a two hundred year old country, has become very, very deep in its seeking. Even in the USA, She said that Sahaja Yoga is an official religion.

She also talked about yogis from Israel and Palestine. She said that yogis from Israel telephoned Her and told Her that the Israelis were going to bomb a place in Palestine where some Palestinian yogis were staying and asked Her to put Her attention there. In this way, Shri Mataji was illustrating the love and understanding that Sahaja Yoga has brought forth.

Shri Mataji explained that Sahaja Yoga encompasses the essence of all the religions and that the only way for emancipation is Sahaja Yoga. It is a universal movement driven only through love.

After the questions, Shri Mataji asked everyone to experience their Self Realization. She asked them to hold out their hands and feel the vibrations. It was a very powerful moment and the vibrations were just flowing.

She accepted flowers from children and from yogis, as well as new people, before She came off the stage.

Then the bhajans leapt into a joyous frenzy and we danced and danced. The whole atmosphere was electrifying. Prasad was given to all and chairs were stacked together. People slowly wandered out to the entrance and we awaited the departure of Shri Mataji. We awaited amidst chatting and more chatting. At one point we all suddenly hushed and everyone stood, waiting ... within themselves ... in meditation. The silence was incredible and sustained. There was not a murmur of conversation or a rustling of paper, hardly even a peep from a child as we all stood outside. It was nearly perfect silence for twenty minutes until Shri Mataji arrived and those lucky enough to be along the pathway were able to offer flowers. Only when She appeared did a gentle waft of angel voices, singing *Mother We Adore You* offer Her a cushion of love to take Her from the door of the school to Her waiting car.

Ken Williams, Dara Tittjung and Karthik Chandrasekharan



The first program at Royal Albert Hall felt like the cosmic dance of Shri Shiva. The follow-up felt like the bliss and joy of the Heart chakra dancing in unison with the Sahasrara chakra.

*“Today we have gathered here to worship Shri Krishna,
the one who was Virat, who fought all kinds of evil
without entering into the arena.”*

Ours is Gnyanamarg

“Shri Krishna’s life ... is a very beautiful, creative and loving thing, but to understand Him, it is not easy.” Shri Krishna described a saint as stithyapragya, “a person who is absolutely at peace with himself and at peace with his atmosphere.”



SHRI KRISHNA PUJA
29 JULY 2001
CANAJOHARIE USA

Detachment and action

In the Gita, He spoke about gnyanamarga. “That is Sahaj Yoga, by which you get the subtle knowledge.” There He spoke of spirituality and detachment, but at Kurukshetra, He told Arjuna to fight. He told him, ‘They are already dead people.’

SHRI KRISHNA PUJA

“This conflict is difficult to understand, that how could Shri Krishna, the same person who is preaching that you have to all become stithyapragya, suddenly starts telling Arjuna that you go and fight the force? One side it is complete detachment and another side is the war....

Once you are a realized soul and you have reached that highest position in your awareness, to you everything is futile. But just now, what you have to do is to save the dharma — not the dharma that people talk about, but the dharma means the evolutionary process of human beings, which is going on. And if all the good people, those who stand for righteousness, are finished, then how will this evolutionary power be saved?

“So you have to save them and for that, if you have to kill, you don’t kill anybody, they’re already dead because they’re not evolved souls and they don’t care for their Realization....

“You have to fight the negative forces. You have to fight the wrongdoers.” Within us we have three powers. By the middle power we rise above “all these problems facing us into a new realm of spirituality.” That is what Shri Krishna wanted to save from the cruel, aggressive and misleading people.

“Who is your relation? Who is your brother? Who is your sister? Those who are evolved souls are your relations. They are your own and, for them, if you have to fight the people who are aggressive, you better do it. You have to do it. That is the way of dharma.”

Three paths

We have three paths. “One is of bhakti. Bhakti is where you sing the praise of God, have devotion, do all kinds of rituals.... You think that you are very close to God.” This path is accepted by many so-called religions, but how can you have dedication to God if you are not connected?

The second path is karma. “You go on doing your work with a detached mind.... It’s not possible, but that’s what they say” — doing things, going places for cleansing, meeting great spiritual people, praying. That is karma yoga, which is the right side.

Right-sided people are full of ego and think no end of themselves. Shri Krishna said you cannot know the fruits of your actions. “He said it in a very uncertain manner because definitely, if He had said it with certainty, people would never have understood Him. So He said it is not possible that whatever karmas you are doing could be the karmas which will get you the blessings of the Divine — *karmineya paleshu ma kadajanye.*”

People did not know which actions to do or whether to give up all action. “This is the style of Shri Krishna, is to put people in two minds so they use their discretion.”

The third path is discretion, “which He calls as the gnyanamarg, is the central path by which you evolve ... into a new state of your mind, a new state of your being, by which you become absolutely above every nonsense.... At that stage, you are equipped with a divine power that you can finish off anything that is negative around you.”

This is an actual state, not just words or beliefs. “If you come up to that state where you are beyond all these things and you have all the knowledge, pure knowledge, the subtle knowledge of being, this is the gnyanamarg.”

What you have to do is to save the dharma — not the dharma that people talk about, but the dharma means the evolutionary process of human beings.



Ours is a gnyanamarg.
That is the knowledge,
the path of knowledge
in which you have
to know all
the knowledge.

Gnyanamarg

“Many people say that everybody cannot go to gnyanamarg and, for that, you have to have a special type of personality, but this is very misleading.” Everyone can attain this state. “It is very, very innately built within us, this evolutionary attainment.” Because of lack of confidence, we take to cheaper things such as rituals and other nonsense “which doesn’t give you the evolutionary ascent by which you know the knowledge, the pure knowledge, the real knowledge.”

So far, all your knowledge has come from books, your parents or outside yourself. “But the knowledge which is the purest ... you can only get through your ascent and establishing yourself properly in that state. If you go on denying it, you cannot get it. But everyone has a right to get it.” Your education and wealth does not matter, so long as you are humble and desire to attain this state.

“At that state you become absolutely knowledgeable” about yourself, others and everything around you. “But this state must be maintained and try to go above that state where you have no more doubts left in you. This is what Shri Krishna taught and this is what one has to achieve, but He, being a diplomat, He tried to tell you other stories.” He suggested other things, “but actually what He has praised is gnyanamarg.

“Ours is a gnyanamarg. That is the knowledge, the path of knowledge in which you have to know all the knowledge. Unless and until you have the whole knowledge, you are not yet a *gnyani*, a person who knows. In this way, He has established that our evolutionary process has to come beyond all other human awareness.” Other human awareness is of no value for a spiritual personality. “All this knowledge is just useless, is not the real knowledge.”

A gnyani knows “the knowledge about your being, knowledge about the whole universe, which is not how many stars there are or how many universes there are.... It is the subtle inner personality of everything, he knows.... You reach a state of great knowledgeable personality. This is what we have to achieve.

“This knowledge doesn’t come through your reading or through your intellectual pursuit or for your emotional movement. No, it is *shashvat*. It is all the time there. It exists. It will exist. And it is just to be understood, just to be known to yourself what it is. It cannot change. It cannot be remolded. It is what it is. And that is what you know now....

“With the open heart and an open brain, when you know that, that is the real truth and that is what is to be known.”

Ananyabhakti

To attain this state, “according to Shri Krishna, you have to go through various tests. One is you go on praying to Him.” Whatever you give to Him, He will take. What you make out of that is important. He doesn’t say He will give anything in return.

“You should do ananyabhakti.... *Ananya* means when there is not the other, when we are one, when we are connected, then the bhakti you do that time. Whatever music you have of devotion, whatever flowers you give, whatever expression you have, it should be ananya.... He’ll take everything. He’s the one who is the only. *Gopta* means He is the only enjoyer.”

But what will you get when you do ananyabhakti and are one with Shri Krishna? “Ananyabhakti is within yourself, when you are in that state, when you are one with the Divine. Unless and until that state you have achieved, not only that, but have established, it doesn’t give you anything.”

True knowledge

Many people do what they think is bhakti yoga, but they do not attain anything. “The reason is that you are not one with God. And when you are one with God, then what does He give you? He won’t give you cheap things which will vanish in no time, but of some eternal nature. So He gives you peace, peace of the heart. He gives you balance. Also He gives you a tranquil temperament, joy of life. All these things are there within us if we have the bhakti which is after being united, after the yoga, with the Yogeshwara. This is what one has to understand.”

Many karma yogis go on working madly, thinking they are serving the people or the nation. You may get money or a house or such things, “but you don’t get peace of heart. You don’t get peace of mind. You don’t get that joy, that joy which has no boundaries, which cannot be explained, which cannot be described. That boundless joy, you don’t have. And you don’t get that eternal peace, which can stop wars. Completely, it can abolish this cruel nature of human beings. That you don’t get.”

With the true knowledge, “you know about everyone.... This knowledge you get, not in the college or in the schools, but within yourself is the ocean of knowledge.” Whatever you want to achieve is there. “That is what is the real knowledge ... the subtle knowledge, knowledge about chakras, knowledge about the universe. Everything you can get out of this. But then you get more interested in giving knowledge to others. You don’t want to know so many things then.” Mundane knowledge is of no interest. “Your whole attitude changes and what you get is nothing but a kind of a tranquil mind which knows everything that is to be known. That is what one has to achieve.”

America is a karmakandi

“Now this country of yours, America, is very *karmakandi*.... They’re workaholics.” The result is drug-addicted children, wives running here and there, broken families, no peace and a country that supports wars. America has been protected, even though it has destroyed so many things, including so many aboriginals. “A day may come when they will realize that this is what they have been doing and this was very wrong. A day will come when we’ll have so many realized souls in America. But just now the situation is the people are just gone mad with the idea of making money.” The only solution is to come to Sahaja Yoga.

“Do Sahaj Yoga, then you will get the treasures of your being which are within you, which will give you all the comfort, all the joy and all the supremacy that any amount of money, any amount of power can give. This is what we have to do, is to take to Sahaja Yoga and make others also Sahaja Yogis, so that they also get that peace, joy and satisfaction and this madness of running from one thing to another will be finished.... You don’t get any joy out of what you are desiring. So your pure desire, it should be to be one with the Divine. That is how it will work out.”

What you get is nothing but a kind of a tranquil mind which knows everything that is to be known. That is what one has to achieve.

It was a blessing for Sahaja Yoga all over the world and especially in America, when Shri Mataji graced us with Her presence at Canajoharie.
Nirmal Mukhi



You know
what is right
and what is wrong.
And that is what
Shri Krishna's gift is.

Shri Krishna's gift

"Shri Krishna's specialty was that He always supported people who were realized souls, who were on the right path, who were doing righteous things." To Him, a realized soul was higher than a king.

"Discrimination between good and bad becomes one in your mind, becomes one with your inner temperament, then you are always very much satisfied because you know you have not been doing something which is wrong....

"Apart from anything else, He gives us the gift of discrimination." He teaches you how to discriminate. You become experts on discrimination on vibrations. On vibrations, you can judge everything so clearly.... You know what is right and what is wrong. And that is what Shri Krishna's gift is."

Shri Krishna controls sixteen sub-chakras, as well as the throat, nose, eyes and ears. But ultimately, "He says He is the Virat. *Virat* means the one who is the great, great lord.... Because it is in a poetry, it's partly clear, partly not clear.... He's the one who is great, absorbing everything and He's the one who is taking out everything. He's Yama. He is the one who is the god of death. He's so many. You know His names are there written down. All these powers are within, which He uses wherever it is needed."

Satisfaction and collectivity

“The Sahaja Yogis first have the power of satisfaction. It’s tremendous practice, satisfaction.” Your enjoyment and happiness show that you are satisfied. “This collectivity also is the blessing of Shri Krishna. He teaches you to be collective, the fun of collectivity, the enjoyment of collectivity....

“The one who is one with Shri Krishna enjoys everyone who is there. Specially if they are all realized souls, that person enjoys their company very much. That is something so easily understood in your lives if you see how you live happily, morally, absolutely perfect.... It’s something surprising that has happened to you, that you are all living so happily in one place together with *satya*.

“His collectivity is to be understood because I always say that Shri Krishna is the deity of America. America is also very collective — like it will be interested in every country. It will be bothered about everyone, but in a wrong way tries to help. Always it is never in the right way.”

Until you have the power of discrimination, “you cannot use your power of collectivity properly.” America is collective, but does not do collective work. “They want to say they are separate, they are different. ‘Whatever problems we are facing are our own...’

“Collectivity has been so much minimized in a country of Shri Krishna itself.” America has the feeling to talk to every country, to lead and consult, yet they “always take a wrong decision about those countries. This comes because they are not discriminating. They should be discriminating.”

The Vishuddhi chakra

“So many things can be said about Vishuddhi chakra, but specially I am more concerned about ... the Lalita chakra on left side and Shri chakra on the right side.”

It is important for ladies to keep these chakras covered. “They are the feminine powers of Shri Krishna.... Whatever way you respect your body, that is the way your chakras are and that is the way you suffer....

“Body reacts to outside influences in such a manner that you start seeing there is something wrong somewhere and that’s why you behave like this....

“Eyes are supplied by this chakra also, so when you look at something, it should be very pure glance. The purer it is, the better you will enjoy. But if the glance is not pure ... you are actually going against your dharma, against your evolutionary process.”

Speaking harshly is very bad for the tongue. “This is what Shri Krishna doesn’t like.” Harshness, sarcasm and abuse will cause a strong physical reaction on the tongue. Also you will not know what you are talking about. You may not be able to say anything. The tongue is not for abuse. “Some people try to be extra kind and gentle ... to achieve some ends.” This is dangerous for the tongue and can cause blisters and even cancer.

Bearing up under oppression is also not good. “You can move to the left and you can get horrible things like cancer.” Those who are aggressive can get diseases, but those who bear the aggression can also get into trouble.

“You should be in a balanced state, should not accept anything. Supposing anybody calls you a name, just keep quiet, look at that person — that’s all. Know that he’s a stupid fool, but don’t accept it. If you accept it and go on crying about it and weeping about it, then you can get cancer....

“So both ways one has to be careful because Krishna is playing around and He sees how far you can go....

“Throat is very important. We should look after it. Those people who shout, scream ultimately can lose their power of speech” and can develop horrible throat disease.

There’s something about the beauty and intensity of the vibrations of Canajoharie that makes it unlike any experience. That, combined with being surrounded by my brothers and sisters and having Mother on the land, made it a time that I’ll always carry in my heart.
Grace Bueti

It really felt like playing in Mother’s garden — with eight hundred to a thousand of your siblings. All I really remember from the puja itself was how beautiful Shri Mataji looked, how the vibrations flow so strongly doing Her puja and how clear and joyful and playful I felt afterwards. Thank you Shri Mataji again and again and again.
Mark Mays

Krishna Puja 2001, in Satya Yuga, was one memorable event and really was a live preview of our Mother's vision of what is to come in the future.
Sujata Gulati



In the hands
first you see the
cool breeze.
That means
you feel the
universal power
of the Divine
in your life.

“When you talk to someone, talk clearly, in a sweet manner, but don't shout at the person.” Peevishness can cause cancer. “Both ways you have to be careful, as you are Sahaja Yogis.... You're not Christ. You don't have His powers....”

“So try to be in a way just in the centre, watching everything, if there's aggression or if there's recession — one of the two things — you must not give in to any of these attitudes, but develop an attitude of standing very firmly on your own grounds....”

“That's what is the character you should have, is not to bend to something because somebody is aggressive and also not to aggress others....”

“We have very subtle knowledge about the Vishuddhi chakra.” We should also know what may happen if our Vishuddhi chakra is not looked after.”

Shri Krishna also looks after the teeth and ears. These are His sixteen works. “We can call them as *karias*.... You must try to develop our powers of our Vishuddhi chakra by so many ways and so many exercises, by understanding what goes wrong with us when we do not understand and value our Vishuddhi chakra.

“Now America is the Vishuddhi of the whole world, so it is very important that the people who are in charge here should know all the powers of Vishuddhi, plus how to preserve it and how to expand it to the whole world.

“These two hands also are from Vishuddhi chakra and, with that, you have to spread Sahaja Yoga. You have to go to different worlds, different countries. Even to small villages you have to spread Sahaja Yoga. Only in the hands first, you see the cool breeze. That means ... you feel the universal power of the Divine in your life.

“So this is the collective, universal love that comes to your hand and teaches you. That is why the Vishuddhi is important.

“In the same way, America's very important and, as citizens of America, you should try to maintain the religion, the dharma here and to create a great understanding for world problems and try to give love to all the people from whatever country they will be coming.

“May God bless you all.”

SHRI MATAJI NIRMALA DEVI
Palazzo Doria
Via Martiri Della Libert
15060 Cabella Ligure (AL)
Italy

18 September, 2001

To: Honourable George W. Bush,
President of the United States of America,
White House,
Washington, D.C.



Dear Mr President,

I wanted to write to you earlier but I felt that you were too busy with the crisis in your great country. All the while I have been watching you and your activities through Television. I had conveyed to you earlier that I had a vision about you. It was that you would be the one chosen to destroy the evil of terrorism all over the world and completely redeem the world from the agony of satanic forces. Now you see there are many persons talking of compassion and forgiveness, may be out of fear or blindness. A sinner who asks for forgiveness can be forgiven but not a devil at any cost.

In the Geeta, there is an answer given by Shri Krishna to Arjuna, his disciple. Arjuna was full of remorse and compassion. He puts down his bow and does not want to fight. He says to Lord Krishna: "You have told me about a state where a spiritually equipped person should be a witness (sthitapragna)." Lord Krishna observed: "A person in the witness state has no confusion at all and he has a clear mind. He develops the power and the will to destroy evil doers. (dushta krutam)." Lord Jesus Christ also hit with a hunter those who were doing business in the temple of God. Lord Krishna asks Arjuna very emphatically to fight and destroy the evil so that the truth should prevail. This is the great message of Geeta, resounding all over the world which has been tortured by the cowardly acts of evil-doers.

Now in this 'Kali Yuga' you are the one chosen for this act of redemption from evil. All the spiritual beings of the past and present bless you with courage and power to destroy the cowards who have perpetuated this most heinous crime. All the Sahaja Yogis all over the world convey to you their sincerest wishes for complete success in your noble and historic mission.

May God bless you and the beloved people of America. May truth succeed under your leadership.

With all my love and blessings.
Yours faithfully

(MATAJI NIRMALA DEVI)

A Question of Love

It's a great thing to see so many of you looking very happy and looking forward for a very happy married life.

I'm to tell you that it is the woman who makes the marriage happy or unhappy. She should know how to handle the situation and to understand because it's a question of love. If you have love in your heart, you can win over anybody.

So first you must think of showing, expressing in a very gentle manner your love for your husband and for his family and try to control yourself in a way that they do not get upset with you, he does not get upset with you.



Sometimes you may not like some things. At that moment you should keep quiet and later on you can correct it, but the best thing is how you love your husband, how you look after him, how you suggest that you love him very much.

This is not understood sometimes. Sometimes the brides think that once you are married, "We can demand this, we can demand that." There should be no demand at all, no demand of any kind, but only thing if you develop, the love will look after you and give all that is necessary that you want to have.

You don't have to open your mouth and ask, "Give me this, I want this." No, there's no need at all. It's the love that you have shown or given that will be valued the most and will be granting whatever is your need and whatever is necessary.

But you should never open your mouth. That's the secret. Never ask for anything and it may be that he may also complain that "You are not saying anything to me." It's all right. Whatever is proper is all right.

You see, you have to build up this self-respect of your husband. You have to respect his self-reliance. It's all you have to do ... because you are the supporting personality, but actually you are his energy. You are the one who is going to completely fulfill his life with your love and with your attention.

If you have decided on that, you won't see small, small things. You won't bother about small things, what sort of a dress he's wearing, what sort of a thing he does because he comes from a different family, different background and he has his own style of doing things. So you should not try to criticize him on that point.... So there's nothing to be expected that it should be in a very perfect way that you think.

So he should be left to himself in the way that he wants to express. If you find anything very wrong, then when he's quiet, then tell him very quietly, make him

With you it should be the maximum amount of enjoyment, love, peace and blessings.

understand. This in no way makes you subservient to your husband. On the contrary, he will become subservient to you. He'll try to always keep you happy and keep you pleased because this is a Sahaj match. This is not an ordinary marriage. Sahaj marriage means two realized souls are married to each other. Those who have achieved their spirit are married, so whatever may be the case with others, with you it should be the maximum amount of enjoyment, love, peace and blessings....

Maybe something is different from yours.... It doesn't matter. It's not important. It's superficial. But if anything has to be done to keep them pleased, better do it because in return they'll always look after your pleasures, your happiness, your joy.

In case they fail and they cannot adjust themselves to a proper married life, then also we allow divorce....

But first is the duty of a wife, I personally think, to see that you make a beautiful home, a beautiful house, family and beautiful children....

A woman thinks she works very hard in the house and that she should have more rest, she should be more sort of going outside and all that. Husband also thinks he works very hard. So the point is never think about yourself. Think about the other, how much he works, how much he's putting his effort, how much time he gets. If you think like that, from your heart, then you will understand his difficulties and there won't be any problem. But if he also starts thinking about himself, it's wrong....

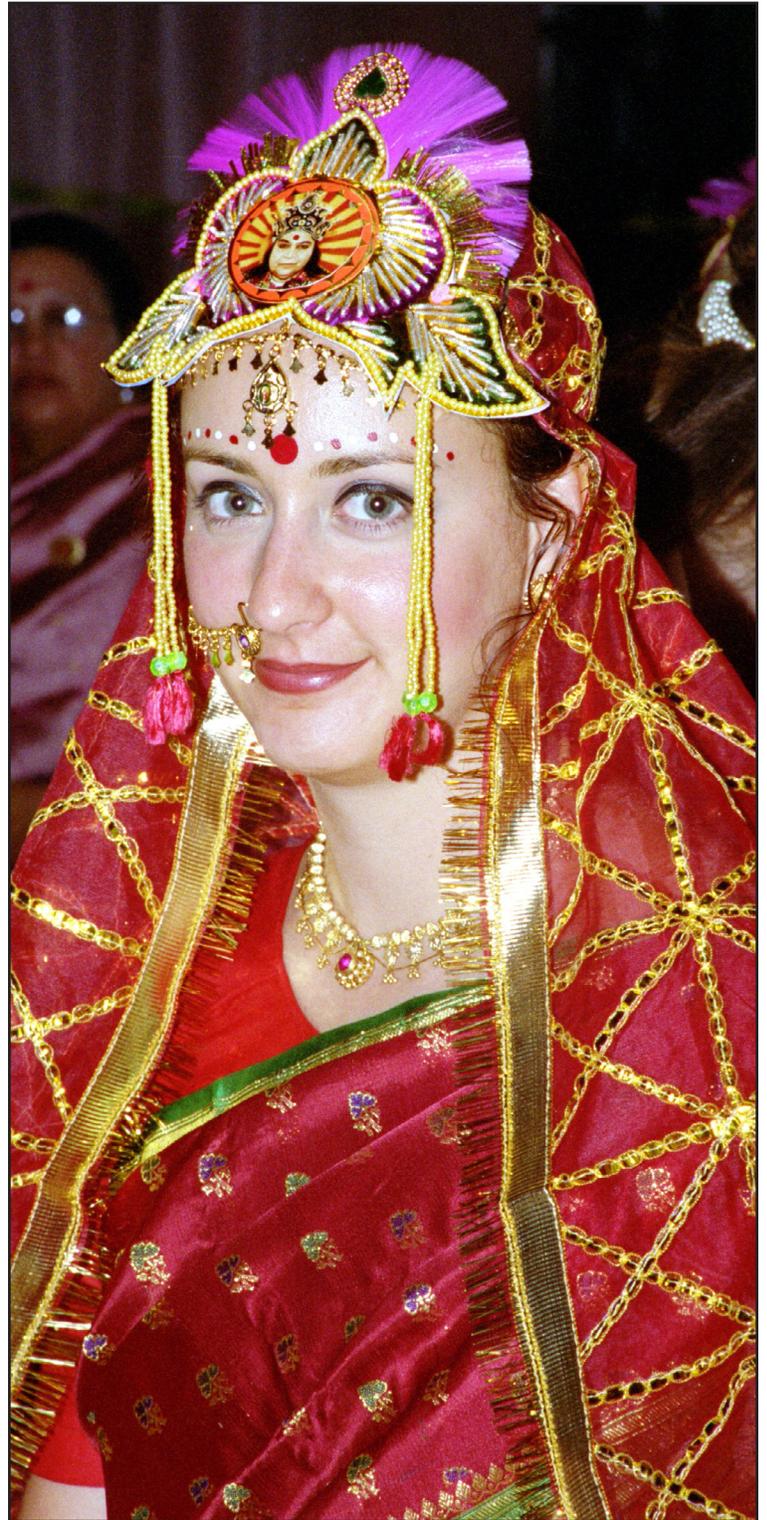
So it has to be very mutually understood and you have to prove that Sahaj marriages are excellent. They give the greatest joy and the greatest happiness and greatest morality.

On this point, please be careful. If you try to be immoral after marriage, it's going to be impossible for Me to get you married because you get a bad reputation and it's very difficult.... Try to make it a beautiful marriage, so that others also enjoy. If they're happily married couples, then everybody enjoys their company. Otherwise there's somebody complaining, this, that. Then no one likes to talk to such people.

So keep all these things away from your family life and just give joy, which you are capable of.

So I am looking forward to your married life and to a very, very happy life that you're going to have.

May God bless you.



Make it a beautiful marriage,
so that others also enjoy.

Albany Style, Washington Location

It was the first time Shri Mataji has ever held a public program in Albany, the capital city of New York state. With a strong reception from the people and politicians alike, the hall was filled to capacity.

An introductory talk from Andrea Cousins, full of subtlety, nuance, compassion, humour and vibrations, set the scene for Shri Mataji's arrival.

Andrea introduced Shri Mataji and read out a number of proclamations — from Governor Pataki of New York State and from a number of prominent politicians. The mayor of the nearby town of Hudson, who was himself present, read out his own proclamation. Friday August 3rd 2001 was proclaimed “Shri Mataji Nirmala Devi Day” in the city of Albany and Saturday August 4th 2001 the same in the town of Hudson. The proclamations all recognized the tremendous humanitarian work that Shri Mataji had selflessly given to the world over thirty years and the changes She has brought about.

Mother's talk was brief and simple. She did not talk of politics, but rather the role of the American people in their society and the role of America in the rest of the world. She also spoke about the six things that stop people feeling the cool breeze — anger, distrust, jealousy, attachment, possessiveness and lack of forgiveness.

In the audience was a group of ten people from a drug rehabilitation facility. They had been attending Sahaja Yoga meditation programs for a few months. When they heard that Shri Mataji was coming to Albany, they wrote a proposal to the director of the facility asking his permission to attend. He was so pleased by their commitments to the practice of meditation that he not only approved their request, but arranged a van

for transportation. No one told Shri Mataji that this group of recovering addicts would be in attendance. Yet in Her talk, She spoke at length about drug addiction, how addictions can be overcome and how drug addicts can be transformed by Sahaja Yoga. As She spoke, She looked directly at the ten people from the drug treatment facility. Then, turning Her attention to the mayor of Hudson, She requested that he work to incorporate Sahaja Yoga into the local jail and prison system.

After the program and after receiving his Realization, one of the ten expressed his awe of Shri Mataji. He said, “She knows exactly who we are and what we are. She knows everything, doesn't She?”

She gave Self Realization by asking people to hold out their hands towards Her — and that was it. She asked them to forgive and to not feel guilty and the vast majority of people felt the cool breeze.

Shri Mataji said it was the first time She had ever given Self Realization without asking people to take off their shoes.

At the conclusion of the evening, Shri Mataji was presented with a gift of sage by the Mohawk people. They said to Shri Mataji that this was an offering given only to the one who they recognized as “The Creator.”

Postering for the Albany program was amazing, as the people were so receptive and so polite. On the steps of the state capital building, a group of government workers received our flyers, saying, “Wow, this is just what we need. This is exactly what we need for the legislature.” Handing information out in the park, a man stopped and spoke about having peace in his life and how everything must come from the heart.

*Alan Wherry, Gautama Payment
and Carolyn Vance Sheredeko*



During the week following the Shri Krishna Puja, Shri Mataji gave two public programs in the United States.

On August 2nd She was in Albany, a small city of 95,000 and the capital of New York state.

Two days later, She was in Washington, the home of the national government. Posters for both programs heralded Shri Mataji as "the World Savior."

Shri Mataji's program in Washington was held on August 4th, strategically in an interesting location — directly at the foot of the Washington Monument between the White House, the Capitol, the Lincoln and Jefferson Memorials, all on the Washington Mall, lined with its many museums and galleries.

The program took place in the open air, on the green meadows. The Self Realization happened "Albany-style," with shoes on feet and very short. Almost everybody raised their arms, saying they had felt the experience.

After Realization, there were some questions. Why did Shri Mataji choose this location for Her program? "Because I am a big admirer of Abraham Lincoln." She continued, praising him at length. He was a saint and the greatness and meaning of the USA comes from him. "Because of him, America has become so great," She said. He laid the foundation of democracy, which is a wonderful, highly developed form of government. From him the Americans also learned to recognize the subtle essence of things. A big quality of the Americans is their ability to be "open-minded," which can be dangerous at times. (In this, She echoed Her words from the Krishna Puja talk, where She called the Americans "collective without discrimination.") With mention that Lincoln could not give Self Realization, She came back to the present.

She was asked if the ideas of Sahaja Yoga can be incorporated in any existing religion. She said it can, but Sahaja Yoga is a new religion, a pure religion. It is not based on some books, but comes from the inside.

Shri Mataji asked us to clap strongly at the next bhajan, *Ude Bai*, to intensify the vibrations. After that, Shri Mataji left and the bhajans continued.

Roland Bumberger, with translation by Eva Touzard

Before the Washington program, Shri Mataji gave an interview for Spanish-language television. The producer was so overcome with vibrations that he let the yogis do the interview instead of the woman from his studio.

Afterwards he received Realization, along with the cameraman and interviewer, exclaiming, "Oh, my God!" Shri Mataji asked, "What did he say?" He repeated, "Oh, my God, I have never felt anything like this in my whole life. This is amazing!"

The interview was to be aired just before the public program that very day and he promised that Sahaja Yoga material would be shown continuously throughout the month. The interview will also be shown eventually in Colombia, where he and many of the people at the station are from. Shri Mataji asked about Spain, saying that this is a country where Sahaja Yoga is needed. So the producer said that perhaps, through his contacts, he could get it shown there as well. *Gautama Payment*

The Voice of His Heart

When the Symbols of the Koran Come True

*“Lit from a blessed tree,
an olive, neither of East
nor the West, whose oil is
well-high luminous, though
fire scarce touched it:
Light upon Light!”
(Koran, sûrah The Light, v35)*

*“Know this! When the tree
of the universe grew,
it produced three branches,
one springing from the right,
one from the left,
and another straight
and well-erected, the branch
of those who come first.
(Sufi master Ibn Arabi,
The Tree of the World)*

*“Behold, two guardian angels
appointed to learn his doings
and note them, one sitting on
the right and one on the left.”
(Koran, sûrah Qaf, v17-18)*

It all happened in Tunisia in November 1994 when Shri Mataji came for a three or four day seminar, the first Sahaj event in North Africa.

Faithful to the rules of these sunny hospitable countries, Tunisians showed a spontaneous open heart straightaway. They absorbed Mother’s words with sparkling eyes and jumping heart in their breast, especially the ladies. They manifested their love by kissing her hand carefully as one would hold a precious jewel, completely enamoured, or else they would surround Her on the stage without any diffidence at all, as if they had known Her from ancient times, full of love and admiration.

On the last day, Mother Herself granted a special talk for the ladies only, where She stressed the importance for them to keep close to their traditions and ways of dressing in order to neutralize fundamentalism. “No need to follow French women!” She declared.

One of these ladies particularly appreciated and experienced Mother’s divinity. She thus invited some yogis for dinner at her house one evening after Shri Mataji’s departure. There was an imam (a kind of priest in Islam), a friend of the family, well-known in the area for mastering the Koran by heart and being a high calibre Muslim. His generosity would enhance his reputation: on Aïd el Kebir, he would immolate fifty or sixty sheep to be distributed to the poorest. He also owned a large number of flats he would rent free of charge (so we were told) to families in difficulty.

That night before dinner, our hostess was praising Shri Mataji endlessly, calling Her spontaneously, “Mère Mataji,” while the imam would smoke his narghileh and watch football on television. The happy and talkative lady explained to him that “Mère Mataji’s yogis” had cured her youngest child from a bad sore throat the day before, thus sparing her the usual antibiotics the child was already accustomed to at such a tender age. It became obvious very quickly that our man was irritated.

“We can do the same with the Koran!” he replied abruptly, “We just have to open our hands and read out a few verses to get the same results! Koran can cure! Why can’t you just be a Muslim?”

Overjoyed as she was, the lady did not take notice of the summon and the happier she was, the darker he was getting. We could see clearly he was just pretending to watch TV because his features were most tense. Eyes on the screen, but ears turned towards our conversation, he was throwing smoke nervously around him, though he acted quiet and non-reactive.

After dinner, we went back in the lounge and the discussion fell on Sahaja Yoga again. At one stage, the lady declared, “It’s strange, but during the follow-up meeting yesterday, I felt like the branches of a tree unfolding and coming out of my head. At the same time, I felt so great! It’s difficult to explain.”

We acknowledged such good revelations with delight.

“Oh, you!” the imam burst laughing, “You are making such a fool of yourself! Look at you! You’re off your head!”

“Well, sir,” one of us answered, “being a Muslim, it is quite fair your friend should feel and experience what has been described in the Koran and also by Sufi masters. It is said that ‘There lies a sacred tree within you, a green tree...’ As you can see, Sahaja Yoga has invented nothing! It was all there already in the Koran! As for the subtle body, Koran has described it also very clearly!”



Our man stopped smoking and his face opened up slightly. His black eyes throwing ink were now shedding a light of interest and he looked somehow reassured.

“Well,” carried on one of us, “those seven chakras have been described in the Koran as the ‘seven skies’ and the three channels of energy as the ‘invisible columns!’

Above all, the imam got flabbergasted and impressed at the same time that Westerners might know about the Koran and also show respect for it. Rightfully enough, he must have thought we were just a bunch of weird imperialists coming to eradicate Islam and propagate a foreign culture, as in the good old days of French domination. He could not believe his eyes which, in fact, were getting brighter and brighter every passing second. Without realizing it, he was slowly immersing in Nirmala’s ocean. He was absolutely surrendered now, bubbling with joy, while exchanging quotations of the Koran. The atmosphere in the lounge changed radically. We could actually feel cool breeze all around us and everywhere in the room, as if a draft was blowing between two opened doors. Quite exceptional! We also talked about the angels sitting on each man’s side, as mentioned in the Koran. “According to Shri Mataji, Gabriel is sitting on the right hand side and Michael on the left hand side,” we told him, knowing the importance of these two angels in Muslim culture.

“Well,” said the man, completely satisfied and reassured, shall I tell you now which angel I prefer?” His face was radiant.

“Please, do !”

“Well, it is the angel of the wind! You call him in summertime! You know, when the sun is scorching so much that no breath of fresh air is left around. You come out on the threshold of your house, stretch your hands towards the sky and there you pray to the angel. Then, within a few seconds, you start feeling around you a cool breeze soothing the terrible furnace! This is a magic moment, believe me!”

We remained speechless in our turn and also amused at the fact that he ignored he was surrounded by a halo of the same breeze at that moment in the lounge. Then, overjoyed, he turned to Mother’s smiling photograph which, as a traditional Muslim, he had so far kept at a distance with “I’m going to tell you!” he declared again in a sound, happy voice. “Shri Mataji is so beautiful. She looks like my own mother! I’ll even tell you what I like most about Her smile. It’s the gap between her two middle teeth, just like my mother! She is wonderful!”

He could not remove his eyes from the fascinating photograph, so much forbidden according to Islamic rules, but ... so dear to the voice of his heart.

Guillemette Metouri

Our Place in the Virat: Romania



A Collective Decade

Romania is an east European country with a territory of 238,400 square kilometres (about the size of the United Kingdom) and a population of 23 million people. It has lots of wonderful landscapes including the Carpathian Mountains, tremendous gorges and canyons, hills and plains, lakes and the Danube Delta. It has beaches at both the Black Sea and the River Danube, on which it borders to the south Romania and Bulgaria for seven hundred kilometres.

Romanian culture is largely derived from the Roman, but with strains of Slavic, Hungarian, Greek and Turkish influence. The Romanian people are known for their hospitality, crafts and artistic talents.

Romanian politics and culture have been for a long period under strong French influence. In the times of great advancement, brought about by the constitutional monarchy ruled by kings of German lineage and after gaining Independence from the Ottomans in 1878, the Romanian capital was called “Little Paris.” Most of the Romanians once spoke French and still they do in great number. All great artists took refuge in France in the times of Communist rule — sculptor Constantin Brancusi, musician and composer George Enescu, phi-

losopher and historian of comparative religion Mircea Eliade, playwright Eugene Ionescu, to name only the most prominent.

It seems that there is a subtle meaning to the fact that the French were the first to come and bring the Pure Knowledge to Romania. Referring to the same subtle level, Shri Mataji told us that Romania is the Shakti of France.

Romania was under Communist rule for forty-five years and yoga was prohibited during the last ten years before the revolution of December 1989.

Sahaja Yoga started in Bucharest in April 1990 with the help of the French and Swiss collectives, after the first yogini from Romania got her Realization in Switzerland.

On the 16th of October 1990 Shri Mataji came for the first time to Romania. Her Holiness held six public programs from 1990 to 1996 in Bucharest, with more than four thousand seekers attending each program. She initially described Romania as belonging to the Void and later as part of Left Vishuddhi. Our Holy Mother has revealed that Bucuresti means “City of Joy,” as *bucur* is the root of the word meaning “joy” in Roma-

nian. She also said that “Romania” comes from *Ramana* — in Sanskrit “to enjoy the love of God.”

Mother also told us that in ancient times, before the Christians came to our region, two great saints from India arrived and taught their knowledge. We can find relics of this influence in names of places, rivers and people all over the country. In the Meridional Carpathians (Bucegi Mountains) there is a mountaintop called Om, meaning “man” in Romanian and very near to the Sanskrit *Aum*. The mountain looks much like a human profile. Shri Mataji confirmed to us the nature of the rock as a swayambhu.

The first Diwali Puja in eastern Europe in the presence of Shri Mataji was in 1992 in Timisoara, a city in western Romania. Shri Mataji travelled there by train from Bucharest, vibrating the entire country.

On the 2nd of August 1995, after holding a conference on medical subjects, Shri Mataji was awarded the Honourary Doctor’s Degree in Cognitive Sciences by the Ecologic University in Bucharest.

As the collective grew bigger and deeper — about seven hundred yogis from forty centres all over the country come regularly to programs — it has been blessed with many talents related to music, dance and literature. In 1995, on the occasion of one musical program in Bucharest, Shri Mataji said that Romania is the place described long ago as “the Heavens” and that the Romanians and the Greeks are the Gandharvas, ancient singers who used to praise the Divine by chanting. By Mother’s grace, we have musicians who sing bhajans, ragas and qawwalis as well as the Indians. Most of them have studied at the academy in Nagpur. We also have

Indian classical dancers of Bharata Natyam and Kathak and we hope to form a theatre group very soon. Several Sahaj books were translated, others were written and published in Romanian and in English. There were Sahaj art exhibitions, some presenting Sahaja Yoga and one of miracle photographs, which toured the country. New Sahaj exhibitions are under construction, as art has proven very useful to spread Sahaja Yoga. That’s why we have many programs for beginners featuring music and dance items all around the country and even abroad. The musical groups and the dancers participated in festivals related to Indian culture, folklore or medieval art. Several CD-roms containing miracle photographs, Shri Mataji’s biography and Self Realization experience were produced and used at programs for beginners.

Shri Mataji has appreciated Romanian glassworks (including the *galle* style imported from France), porcelain and embroidery and She advised us, as everywhere in the world, to buy locally made products.

Due to collective subtle work, social and ethnic issues have improved and political extremism was avoided in the presidential elections last year.

In the last year of the millennium our actions multiplied and became more complex. But we know, of course, that we are just at the beginning of the road....

At the celebration of ten years of Sahaja Yoga in Romania, we pray to Our Divine Mother to make us more collective and more dynamic so that we may be better instruments in spreading the Truth.

With love from Romania, Bucharest,

Anca Anghelina and Mihaela Balasescu





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Today I am going to say something, this I should have said much earlier.

Now You All Know

petals of the lotus
cowley manor

As today I told you, it is necessary that you have to recognize Me and that recognition is fixed, that condition is fixed. I cannot change it.... You are Sahaja Yogis and you have to construct yourself.

Cowley Manor is set amongst some of England's most beautiful green pastures and clouded hills. Near Cheltenham, the manor lies in its own parklands, with lakes, fountains and gardens. This was the venue for the July 1982 weekend seminar, graced by the presence of our Divine Mother and attended by nearly 150 Sahaja Yogis from Britain, Europe, America and Australia. Shri Mataji spoke to the assembly about dedication. Slowly and powerfully, Her eyes closed for most of the time, Mother talked about the need for complete dedication to Herself, rather than Sahaja Yoga, which is just one of Her aspects. Nirmala Yoga magazine, September 1982

I didn't want to shatter your egos before, never to tell you in these words. Perhaps this is the first time I'm saying this to you, that you have to dedicate yourself completely to Me, not to Sahaja Yoga, but to Me. Sahaja Yoga is just one of my aspects.

Leaving everything, you have to dedicate — complete dedication, otherwise you cannot ascend any further. Without questioning, without arguing, complete dedication is the only way you can achieve it....

I'm illusive. It is true. My name is Mahamaya. I am illusive no doubt, but I'm illusive just to judge you.

Now the dedication is a very important part of the ascent. Why? Because when you are precariously placed, when there is immediate danger to your existence, at this time, when the whole world is standing at a precarious position, where it is going to be destroyed completely, it is very important that you cling on to the thing that is going to save you — with complete might and complete faith.

Like you are getting drenched in ordinary water, doesn't matter, but if you are sinking in the sea and there's a question of this moment of existence and that moment of destruction, at that time, if a hand comes forward to fetch you out, there's no time for you to think any more, but cling on to it with all your might, with all your faith.

When we have badhas, when we are surrounded by negativity, we get aware of it and little bit we get confused. And that's the time we want to cling on. But the badhas give you ideas which are detrimental. So a big struggle is set. At that time, what is the best way? The best way is to forget everything else. Forget that you are possessed or there are badhas or anything. With all your might, whatever is there, you have to hold on to Me....

I am what I am. I have been that. I'll be that. I'm not going to grow any more or less. This is an eternal personality. It is now for you to get out of Me whatever is possible, to make the use of your birth in these modern times, to grow to your full maturity, to be able to work out the complete design that the Divine wants to do through you.

As soon as the dedication starts, you become dynamic, clinging onto that. For this, meditation is the only way I should say....



You are the ones
who are capable
of manifesting
God's joy
on this Earth.
You are the
flutes which are
going to play the
melody of God.

My achievement is the complete manifestation of your divine powers. It's very simple, made so simple. I'm only pleased by people who are simple, innocent, who are not tricky, who are loving, affectionate to each other. It's very easy to please Me.

When I see you loving each other, talking good of each other, helping each other, respecting each other, laughing aloud together, enjoying together each other's company, I get My first blessing, first joy.

Try to love each other in dedication because you're all My children, created out of My love.

In the womb of my love you all have resided. From My heart, I've given you these blessings. I get disturbed, My hands shake and you fall back into the maya again when I see you quarrelling among yourselves.....

The greatest possession you have is your Mother. Through Her, you have your brothers and sisters.

Get out of that past life, that past, the maya. That should be over now. You are quite aware how, with My power of love, I've protected you all. You know how, at every moment, I've helped you. At every point of your desire, I've come forward to fulfill it....

The name of your Mother is very powerful. You know that is the most powerful name than all other names, the most powerful mantra. But you must know how to take it. With that complete dedication, you have to take that name, not like any other name.

You know that in India when they take the name of Guru, they hold their ears. To take the name of their guru means "While taking the name, if I am making any mistake, please forgive me." It means that.

This mantra is a very powerful mantra. Only what you need is the dedication, the dynamite of dedication....

It was in that puja in Cowley Manor in 1982. That's the time where She said, "I reveal Myself with all My powers." It was surprising because She had obviously made that weekend to really reveal something about Herself, which was "I've come to tell you who I really am. I am the Adi Shakti." I remember just how awesome I felt. What happened was that the people had forgotten the puja stuff, the plates and silverware and we had to make do with very, very elementary things. And yet She was telling us She was Adi Shakti, who had come for all Her children with all Her powers this time to give you ordinary people this state. She tried to bring us up, instead of coming down to our level.
Ray Harris

Continued Next Page

COWLEY MANOR PUJA

Cowley Manor is in Gloucestershire England, above Cheltenham, in the Cotswold Hills. The source of the Thames is just there, the Seven Springs. Apparently, the Seven Springs are the kundalini of England. Most of London's tap water comes out of the Thames, so it is all vibrated water, being as Mother put Her Feet in it at the source.
Linda Williams

Mother drove to Seven Springs, which is the source of the River Thames. She stood in the pool where the spring waters meet. Mother asked how many Sahaja Yogis were present and, when it was found out that there were thirty-five, She pointed out that there were thirty-five crores of Devas. The whole weekend was a remarkable event and all who attended were deeply appreciative of Mother's generous blessings.
Nirmala Yoga, September 1982



No one understands that “Why Mother is trying to help me?” They think She is too generous. I am not. I have a lot of common sense because you are the ones who are capable of manifesting God's joy on this Earth. You are the flutes which are going to play the melody of God. You are going to be used and manoeuvred by God. I am doing all this to perfect you to be the most beautiful instruments of God, to be the right instrument of God.

I don't know if you understand how sweet, beautiful a life it would be, the life of dedication, with understanding, logical, completely dedicated, extracting all the nourishment and dedicating it for a higher purpose — something like [the way] the leaves extract the sun's ray and give colour, achieve colour for themselves, for a higher purpose, that they can be used by human beings later on. Nothing on this Earth works out the other way round. Everything works out for a purpose, but such an unselfish, such a wide, such a great dynamic purpose.

You become the Ocean. You become the Moon. You become the Sun. You become the Earth. You become the Ether, the firmament. And you become the Spirit. You work for all of them. All the stars and universes you become and take up their work. That's what it is.

Because you have jumped onto your principle, onto your tattwa, that is how you jump onto everybody's tattwa. But be dedicated on that tattwa because I am the principle of all these.

I am the tattwa — Tattwamaya.

I am the Principle. Keep to your principle.

I am the Kundalini.

I am essence.

We can only understand dedication of something which looks bigger in a gross way, which appears in a gross way. But we cannot dedicate ourselves to something that is so much subtler, which is so much minuter, which is so much deeper, is so much effective, which is so much dynamic, so universal and so eternal. We cannot think of dedicating ourselves to that....

The Earth that takes the end of the root to the source of water, is the same as the source. Your kundalini is the same as the Adi Kundalini and its power, the Parabrahma.

All these things are to be understood after Realization and after maturity. Before that, it is not possible. That is why for the last eight years, I did not say these things to you. I was on very patronizing and sweet terms with you. And always I made you feel that you are obliging Me. It is no obligation.

Beyond all these conceptions, you have become your Self, now ready to be responsible, to be what you are made for.

Like the ship is built, is brought to the sea, tried and found out to be seaworthy to sail out now into the sea. So this is the second phase where you have to sail out, when you know everything about the ship, everything about the sea. With complete freedom and wisdom, you have to sail now, not afraid of any storms or any gales or any typhoons because now you all know.

Your job is to cross through. May God bless you.

“Complete Dedication the Only Way,” Cowley Manor Seminar, 31 July 1982



THE DIVINE COOL BREEZE

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Photo Captions and Credits

Front cover: Her Holiness Shri Mataji Nirmala Devi, Shri Krishna Puja 2001 (Sergiy Shatokhin)
(front cover quote: Guru Puja 2001)

Contents pages: Marian Merga, a groom at the marriages, Shri Krishna Puja 2001 (Martina Jablonska)

Alia Einstein-Diez with mehendi hands, Shri Krishna Puja 2001 (Martina Jablonska)

Shri Mataji Nirmala Devi at entertainment evening, Shri Krishna Puja 2001 (Sergiy Shatokhin)

background photograph: Nirmal Nagari, near Canajoharie USA (Martina Jablonska)

(quote on contents pages: Shri Mataji Nirmala Devi, Shri Krishna Puja 2001)

Pages 2: Shri Mataji Nirmala Devi, Guru Puja 2001 (Michael Markl)

Page 3: a portrait of Quan Yin painted on silk by Sonia from Tarquinia Italy,
used in the play *The Living Tao* performed at Guru Puja 2001 (Michael Markl)

Pages 4 and 7: Shri Mataji Nirmala Devi, Guru Puja 2001 (Michael Markl)

Page 8: poster advertising the Royal Albert Hall public program 2001

Pages 9: Shri Mataji Nirmala Devi, Holland Park School, London, 16 July 2001 (Justin Garner)

Page 10: Shri Mataji Nirmala Devi, Royal Albert Hall, 14 July 2001 (Justin Garner)

Page 11: Shri Mataji Nirmala Devi, Holland Park School, London, 16 July 2001 (Justin Garner)

Page 12, 14, 16, 18: Shri Mataji Nirmala Devi, Shri Krishna Puja 2001 (Sergiy Shatokhin)

Page 19: a facsimile of the letter Shri Mataji sent to George W Bush,

with a photograph of Palazzo Doria, Shri Mataji's house in Cabella Ligure, Italy

Page 20: Miguel Diez and Alia Einstein-Diez at marriages, Shri Krishna Puja 2001 (Martina Jablonska)

Page 21: Alia Einstein-Diez, Shri Krishna Puja 2001 (Martina Jablonska)

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Page 23: Shri Mataji Nirmala Devi, Washington Public Program, 4 August 2001 (Sergiy Shatokhin)

Page 25: Shri Mataji Nirmala Devi, Fatima Puja 1988, Geneva Switzerland

Page 26: Shri Mataji Nirmala Devi at the Istanbul airport, May 1993

Page 27: Shri Mataji Nirmala Devi at the National Museum of History in Bucharest
on the occasion of the first Sahaja Yoga exhibition in Romania, 22 July 1992

Page 31: Shri Mataji Nirmala Devi

Page 32: Cowley Manor, near Cheltenham, United Kingdom

Back cover: photo montage — painting featuring Shri Mataji Nirmala Devi by Marika Rossi,

used in the play *The Living Tao* performed at Guru Puja 2001 (Michael Markl)

and Sahaja Yogis at Shri Mataji's house in Cabella Ligure Italy, Guru Puja 2001 (Michael Markl)

