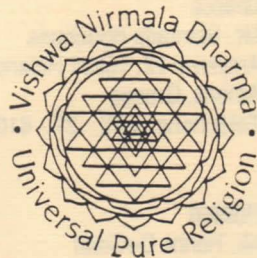


The Divine Cool Breeze

November, 1989



International Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||

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*** 1989 = volume 3,
so "Volume 5" is
probably an error.



"But the honesty lies in honestly understanding what your job as a Sahaja Yogi is. You are not there to point out the bad points, but you are there to cover all the bad points, all the loopholes with your love."

--Shri Mataji, Diwali Puja, Italy, November 1989

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DIWALI PUJA SYNOPSIS

Italy, November 1989

"The purpose of Diwali Puja," Shri Mataji told the Sahaja Yogis gathered in Italy, "is to feel the joy of God's love." Diwali comes from the word "Dipawali," meaning rows of lights. It was first celebrated to mark the coronation of Shri Rama, who was the benevolent king as described by Socrates. This was possible only because the people choosing the king had no other consideration than the benevolence of all the people. Shri Mataji explained that only Sahaja Yogis can realize the importance of benevolence in a king. In the two major theories of modern government, communism and democracy, one is power-oriented and the other is money oriented.

Mother then spoke of the remarkable progress of Sahaja Yoga in Russia. She spoke of the obedience there; the people have not been affected by ideas of so-called "freedom." In the West, people think that freedom means that they can do whatever they like so they do not develop the wisdom and depth to understand what is benevolent or good for them. As a result, they become slaves to those who set the fashions, and become overly concerned about how others might criticize them for not doing what everyone else is doing. Everyone becomes a critic, and in this process, the benevolence is lost. In Russia, they have no fashionable things. They have only what is convenient and good for their climate, and they disregard anyone who challenges or ridicules them.

She spoke of the great quality of artists and musicians in Russia. Art grows in conditions where we are free inside and not bound by what others will say. In most Western countries, only boring art and critics are produced. The only freedom is to criticize others which kills the enjoyment. To enjoy others, we must first enjoy the goodness of others, not mentally but from the heart, and that will bring about benevolence.

The second day of Diwali celebrates the day evil was killed. On this day, Shri Kartikeya, with the power of the Goddess, killed the demon Narakasura. But today the brain has again become perverted: for example, evil people win peace awards. The reason for this is that people use their so-called freedom to become evil. Shri Mataji explained that Narakasura is sitting on the heart of such people, teaching evil and how to do evil to others. If we come to enjoy doing evil to others then we can never truly enjoy. This has to be faced in ourselves, not in other people. It is easy to criticize others, but what's the use? If we start finding fault with others, we do not become clean. For example, our own clothes do not become clean by finding that others' clothes are not clean. Shri Mataji said that some Sahaja Yogis feel that they are something great and that others have problems. She warned that if we cannot mix with the collective, there is something wrong with us, not with others. It is difficult to admit to and improve a problem in ourselves.

But when we see ourselves honestly, the heart opens, we enjoy, bad conditionings drop away, and Narakasura sitting on our heart is killed. We must use our freedom to seek benevolence and to kill this evil within us. By watching ourselves, our hearts will open, and if we are sensitive, we will catch the subtle ripples of joy in small things. We shouldn't find fault with others, but instead, we should try to improve ourselves.

The third aspect of Diwali is the Puja to Shri Lakshmi. We should try to become beautiful like Her as She stands on the water on only a lotus. She has no pride and She doesn't assert Herself, She doesn't put pressure on others. Although She has a big body, She is light enough to stand on a lotus. She does this by sucking all Her weight within Herself. In the same way, we must suck in all the weight of money, position, family, and education, all of which make us sink with their heaviness. Shri Lakshmi stands in complete balance on the lotus, without disturbing any of its petals. If we are balanced and grounded in the Mother Earth, if anything happens to us, we again come back to a balance.

Two of Her four hands are holding pink lotuses. Pink is Her "fragrance, spread on the sky;" Her nature is pink - inviting, loving, a very fond hostess. She has a cozy, beautiful, comfortable house and She wants everybody to come into Her house. Our houses should not be compulsively clean, nor should they be dirty or messy. If a guest drops something on the carpet, for example, it is bad manners to clean it in their presence. If something breaks, we should show that we are glad that some bad thing has gone out. Shri Mataji explained that these things happen to see how open-hearted we are, or to make us realize that there may be something wrong in what we are thinking. When we have the Lakshmi principle in us, we wish to give joy to others, not to show off but to make them feel comfortable and very happy. Shri Mataji used the lotus as another example. When a horrible beetle with thorny legs enters into the lotus to sleep for the night, "the lotus closes down its coziness and it sleeps very comfortably." The next day it opens and the beetle flies out. Our homes, our ashrams, and our hearts must be beautiful so that anybody can feel soothed and comforted in our company.

When the Lakshmi principle is awakened, we can do many things to make our houses interesting and beautiful. But if someone compliments our house or comments that it must have been expensive, our response should be to explain how cheaply we acquired things in order to give joy to the guests.

Shri Mataji further enlightened us about attitudes to honesty, saying that so-called honesty that involves criticizing others is not wanted in Sahaja Yoga. We should keep our "honest opinions" to ourselves and check whether we are trying to hurt others or to please them, and talk only if we wish to please them. Shri Mataji gave many examples of the subtle ways that, with our love, we could encourage others and create confidence in their personality. She used the illustration of the lotus born on a dirty, filthy pond, which as it grows, covers the pond with its beautiful fragrance and covers the dirt with its big leaves. There is nothing "honest" about it. One could say, "Let's see all the worms and filth growing around it." But the honesty lies in understanding the role of a Sahaja Yogi. We are not here to point out the bad points, but rather to cover all the bad points and faults with our love.

By being in a joyous mood, alert and aware, we can have a childlike heart and enjoy Sahaja Yoga. Like children, who play with one thing, then play with another thing but don't get involved with anything, we should not get attached to anything. Shri Mataji advised that if there are people who never smile and never laugh, we are allowed to tickle them.

One of Shri Lakshmi's left hands suggests giving. Those who have money must give to those who need it, but in a secret, sweet way so that the person can easily accept it and doesn't feel that something is being given. We should be aware of what others need, especially what is needed for spiritual growth, and find the right moment to give. This giving elevates the heart, and spiritually the person feels comforted and joyous.

The fourth hand offers protection to all the Sahaja Yogis. Our Holy Mother said She would stand by any Sahaja Yogi under criticism from any person. Even if the Sahaja Yogi is wrong, he must be protected because of his Spirit. We also have to protect each other as well as so many others who need our protection: not only our husbands, wives, and children, but we should also pray in our hearts for Shri Mataji's protection for artists and writers producing work of spiritual value and politicians who are good, honest and benevolent. We should understand that it is goodness and peace that we are protecting. Whether or not they are Sahaja Yogis, those who are virtuous should be protected. We must see ourselves as kings who are in charge of the world, and take on the responsibility to know and care about what's happening worldwide. For this purpose we should read newspapers and watch TV (but not glued to it, watching dirty, nonsensical programs). Ladies must also become well-informed so that, as Shaktis, they can put their attention and love on all these things.

The Diwali can be completed only when we realize that we are unlimited, eternal beings, like flames that burn forever. Once the Lakshmi principle is established in us, the Mahalakshmi principle starts. Then we realize our responsibilities as Sahaja Yogis to work out all kinds of problems, using the help and suggestions Our Mother gives us. We should take responsibility in our respective professional fields to spread goodness and to elevate people. In this way, we will be respected and we need not fear getting caught up since we are covered with the protection of spirituality.

If we keep to the central path, the Sushumna, nobody can touch us. Out of the Lakshmi principle, we get all the tattwas, all the principles are satisfied and the Mahalakshmi principle can flow through our beings. We can see for ourselves how this principle is working in the silence, with the Paramachaitanya looking after our benevolence. We must have a beautiful personality, with the depth of the sea to receive all the rivers into it, and the height of Mount Kailash which is above everything.

From Shri Mataji's Talks in Vienna, July 1989

Music has no words; it does not give rise to any thoughts. That is how thoughts can be removed. We live on the cusps of thoughts. When we are in the past or the future we cannot be in the present. When one thought falls the next one rises. Before the next one rises, there is a gap: this is the present. When the Kundalini rises the thought becomes smaller, the center expands and we go into thoughtlessness. For instance, when there is a thought that my carpet should not be spoilt, then I cannot enjoy the beauty of its creation. However, when the Kundalini rises and I am thoughtless then I can enjoy its beauty.

The first step is to establish thoughtlessness. This can be done if we understand the chakra of the Agnya. When the Kundalini passes through it, She awakens its deity, Lord Jesus Christ. He was first conceptualized by the Divine in the Mooladhara Chakra. He is the deity of innocence which incarnates on earth. The body of Christ was made of vibrations; that is why He could walk on water. He has said that we should forgive. Thus, as soon as we forgive others, then this deity is awakened and He sucks the ego and the super ego. The brain opens up like a lotus inside the limbic area and the Kundalini passes through the fontanel bone area. But this center has to completely open...

Diabetes is caused by overthinking. When we think, grey cells are produced by the Swadisthana Chakra. This chakra converts fat cells into grey cells for the use of the brain. If you think too much, then this chakra does only this work. But it has many other functions. It has to look after the liver, etc. When you think too much all these organs are neglected. In India they eat so much sugar, but they do not get diabetes because they do not think too much. But it is very difficult to stop thinking when the brain becomes modern. To cure it the thinking must be brought under control. If thoughts are bombarding you say, "I forgive" three times and silence will settle down...

Sahaja Yoga is for your benevolence, but it is also a study. Study the tapes. Somebody told me that my child is ill. This means you have not studied Sahaja Yoga. I have said on many occasions the things you should be doing for children. If you do them they would never fall sick.

This is the other side of the Guru tattawa. We should be very knowledgeable and not sound like some sort of slaves of Shri Mataji. If you do not have knowledge in your brain, then you cannot be a guru. All the knowledge is in the brain. Just put your attention and you will get ideas - but the attention must be pure.

Sayings of Shri Mataji

"In the Meditative State"

"In thoughtless awareness nobody can touch you. That is your fortress. By meditation, one must establish thoughtless awareness that is the sign that you are rising higher. Many people do meditation and say, 'All right, Mother, we are doing.' Mechanically they do and say, 'I did this, I did this, I did this.' But did you achieve your thoughtless awareness, minimum of minimum? Have you felt your cool breeze coming out of your head? Otherwise, if you are doing something mechanically, it is not going to help anyone, help you or help anyone."

- Nirmala Yoga, Vol. 5.28, July 1985, p.24

"So, as in the car, as I told you, you can not just sit down and 'think' and do the job. In the same way, you have to 'run' this machine, and you have to see that you get all this movement. There should be 'gati' (movement) in you. Otherwise, there is no sense just talking about Sahaja Yoga thinking about Sahaja Yoga and convincing yourself that you are a great Sahaja Yogi. It is 'how you manifest' is the point, which very few people understand. Very, very few people understand that it has to be 'manifesting,' it has to be 'karyanvit.' It is not just talk, talk, talk, talk, morning till evening."

- Nirmala Yoga, Vol. 5.28, July 1982, p.38

"Now you all have realized by this time that within us lies the peace, the beauty, the glory of our being. There's an ocean of all that. We cannot seek it outside. We have to go 'within' - what they call 'in the meditative state' you seek, you enjoy it. Like when you are thirsty you go to a river, you go to an ocean, and try to quench your thirst. But even the ocean cannot give you sweet water. So how can anything that is spread outside give you that deep thing that is within you? You are trying to find it outside where it does not lie. It is within us, absolutely within us. It is so simple because it is your own. It is within your reach. Just there."

- Nirmala Yoga, Vol. 5.28, July 1982, p.39

DIWALI PUJA, NOVEMBER 1989

MONTECATINI, ITALY

Several hundred of Shri Mataji's adoring children from around the world were at the airport in Pisa, Italy, to greet Her the Friday before Diwali Puja. There was a welcome banner, hundreds of flowers, and someone presented Her with a giant heart-shaped balloon with "I love You" on it. From the fringe of the crowd, which began to sing songs of adoration, one could see the balloon which Mother was holding, meandering this way and that over the throng, and feel the surges of joy that poured out around Her. That afternoon Shri Mataji, accompanied by Her husband, Mr. C.P. Shrivastava and some of the Sahaja Yogis went shopping in Pisa. As the sun was setting, Shri Mataji pointed out that the sky was pink with joy.

We were treated to a concert of the most sublime Indian classical music that evening in a tent-covered theater in Montecatini. Shri Mataji had requested the puja organizers to try to arrange for sitar artist Debu Chaudhuri to play for the puja because She wanted the finest music. Mr. Chaudhuri was, at the time, on tour in America and difficult to locate, but when finally contacted, he said, "Of course," and came with his talented son and an excellent tabla artist to play for Mother and the enthralled Sahaja Yogis.

Bright and early the following morning, a beautiful sunny day, Sahaja Yogis converged on the train station from their various hotels to board a train reserved just for us to Florence. It was suggested that we visit at least the Uffizi Gallery and the Pitti Palace to see some of the staggering wealth of realized art that was produced in that area of the world. Some of us found our way to the Academy to pay homage to Michelangelo's towering statue of David, almost more alive than a real person. Hundreds of paintings of astonishing beauty seemed to be waiting just for us to fully enjoy. As we were enjoying the bath of vibrations pouring out of "Coronation of the Virgin" by Fra Angelico, a man nearby was drawn into sharing the experience with us; it was a profound moment. There was no fixed itinerary so Sahaja Yogis spread out over the city, and it was a continual delightful surprise to see which shining faces one would encounter at the next turn of the corner on the street or in the museum. Since it was to be a Laxmi puja, shopping was also suggested and many of us enjoyed browsing in the outdoor markets.

Some of us arrived in the huge central plaza of the Santa Maria Novelle, a magnificent cathedral covered in intricate designs of pink, white and green marble, to find our Holy Mother seated for Her portrait by a street artist, as was Mr. Shivastiva and Mr. Chaudhuri. When the artist was finished with Her portrait, Shri Mataji made suggestions as to how to improve the not very good likeness (in Her inimitably diplomatic way) and ultimately took the chalk Herself at the artist's suggestion, to put on the finishing touches. She commented that She used to enjoy doing art work, and would like to have more time for it. When we finally boarded the train in late afternoon, it seemed that we had had such a full and leisurely day that Mother must have stretched the time for us to enable it all to happen.

After dinner in our hotels, we gathered at the school auditorium, which was also to be the puja site, and prepared for our Mother's arrival and the evening of bhajans. When the car bearing the Goddess arrived, all the Sahaja Yogis were holding sparklers or torches, creating a dazzling corridor through the parking lot to the door. As the car

neared the door, the adjoining field erupted in a spectacular fireworks display and Shri Mataji emerged, beaming, with Mr. Shrivastava, to preside over the tumultuous greeting. As She opened the door, a candle-lit auditorium awaited Her. After a brief address by Shri Mataji, and then Mr. Shrivastava, the Sahaja Yogis further saluted Her by detonating hundreds of tiny firecrackers that shot colored paper streamers into the air. Mother expressed how much joy She was feeling, saying it was the most joyful Diwali, and that She just wanted us all to enjoy some bhajans and to give us some gifts. And so it happened. Great mountains of gifts appeared. All of the children received gifts: shirts or pajamas or baby dresses, and necklaces or hair ornaments. As bhajan after bhajan was sung, hundreds of individuals were called by name to come and receive gifts from the hands of Shri Laxmi Herself. There were dresses, belts, necklaces and bangles for the ladies, pens for the men. Enthusiasm soared as fur hats from Russia were presented to the men who had gone to Russia to help with the programs there, and an exuberant version of Russian folk dancing broke out on stage amongst the recipients. The little 3,4 and 5 year olds from the Rome school, dressed in petaled costumes in an assortment of rainbow colors and holding candles, sang "This little light of mine, I'm gonna let it shine..." for our Holy Mother. It was so sweet and beautiful in its simplicity, such a blessing to behold the little ones adoring Shri Mataji. Finally, in the wee hours, Mother blessed us and sent us to bed, weary, but vibrating with joy, and ready for the puja.

A gentle rain washed Montecatini in the morning before the puja. Inside the auditorium, Shri Laxmi's throne awaited, behind it a painting of two elephants in magnificent regalia with their trunks raised in salutation to the Goddess, as in the traditional Indian depictions of Her. The crown to be presented was a resplendent copy of the crown of a Russian czar with some Sahaja modifications: paisleys and Shri Laxmi medallions. The joyful and expectant atmosphere that had been built over the previous two days could be felt as the nearly 800 Sahaja Yogis settled into meditation and awaited Shri Mataji with brim-full hearts. Time disappeared, Shri Mataji arrived and She spoke to us. So sweetly She reminded us that Shri Laxmi is an ample woman, but She can stand on a lotus because She exerts no weight, She puts no pressure on anyone. She is pink and joy-giving, holding two lotuses in two hands, and giving blessings and gifts with two hands. And so we, too, should exert no pressure on anyone with our wealth, with our giving. We should find ways of giving that are subtle and sweet, and not embarrass people so that they feel only the love and benevolence of God. Coins from around the world had been collected and were offered, and when they were returned to us after the puja, it indeed felt that money was not the same thing that it had been before, that "financial reality" had been altered.

The puja was beautiful, and was pervaded by a sense of deep contentment. After it, Shri Mataji gave out silver medallions emblazoned with Her likeness on one side and the Shri Chakra on the other to various people in recognition of some personal expression of creativity. Awards were given for painting, for making the puja crown, for music, for sewing, for keeping accounts, and even for football. The list went on and on, inspiring us all to carry on our work with light hearts and make use of our individual abilities in Sahaja Yoga. Then the Sahaja Yogis had their turn to come to Shri Mataji with their gifts, humble homage to the source of life itself. Finally the puja was over and it seemed impossible that we were already saying goodbye to our Holy Mother and then to each other, to return to see how we, and the world, had changed in just a few days.

Diana Hughes, Miami

THE PUBLIC PROGRAMS IN TURKEY

Because of the success of the programs in Istanbul earlier this year, Our Holy Mother decided to bless that country with a second visit. After a most auspicious and joyous Diwali Puja Shri Mataji and a small group of western Sahaja Yogis boarded a plane bound for Turkey.

We were greeted at the door of the airplane by Akbar and our new brothers and sisters from Istanbul. We were all then taken to a waiting mini-bus and driven to the V.I.P. lounge where the manager of the airport personally welcomed Shri Mataji and wished Her success for Her programs. One by one the Turkish Sahaja Yogis went to our Mother's feet and greeted Her. She was then taken to Carla's flat on a hillside overlooking the Bosphorus. A reporter came soon after that and was very serious until Shri Mataji said she had got her realization by just asking the questions. The woman felt the cool breeze and for the rest of the interview just giggled like a young girl. That night Shri Mataji wanted to go out to dinner to sample various types of Turkish cuisine. To the surprise of the yogis seated at a long table in a restaurant, Our Mother sampled nearly every item on the menu and then passed it to everyone to also taste, including ten different desserts. What a blessing of Annapurna Herself was bestowed upon us.

The next morning two more reporters came for an interview and the second one got her realization by just taking pictures of Mother. The programs were held at an elegant hotel downtown and the room was quickly filled to a standing room only crowd of 700. Guido gave an introduction about chakras and when he began to speak about Sahasrara, Shri Mataji arrived. Shri Mataji spoke about the beauty of the Koran and of the greatness of Mohammed. Most of the seekers easily got their realization and those that didn't got cleared out and also felt the Kundalini rise. After the program we all sat with Shri Mataji and watched the movie, "The Golden Child" with Eddie Murphy, whom Shri Mataji says is realized.

The following day began a shopping marathon that lasted three days. Beautiful crystal, silver, pottery, rugs and jewelry that, when it was all assembled back at Carla's flat, filled the balcony. To have had the blessing of accompanying the Goddess on a shopping trip through the ancient bazaars of Istanbul with shops pouring over with beautiful objects was a privilege indeed. We all were so swept up in it that gifts were bought and presented to each other and our luggage doubled in size from the purchases. At one point Shri Mataji sat in a silver shop while the pile of things grew at Her feet, spilling every which way.

That night at the second program the crowd again filled the hall to standing room only. Once again our Mother spoke the praises of Mohammed and gave the crowd their realization. Outside the hall a drama was unfolding as the building was surrounded by police to arrest Shri Mataji and the western Sahaja Yogis because an Islamic fundamentalist group said that we were speaking against the Koran. The situation was diffused when Shri Mataji's diplomatic passport was shown and the police said that someone would have to come to the police station the next day. Engin, a Turkish Sahaja Yogi, went down the next day and explained the situation to them. Upon reviewing the case, the police gave the Sahaja Yoga group official recognition, registered a complaint against the fundamentalists and also decided to investigate the activities of T.M. in Istanbul.

Our brothers and sisters in Istanbul were gaining the understanding of the protection that a Sahaja Yogi has. On the fourth day of Her stay a banquet was arranged so that all the Turkish Sahaja Yogis could sit with our Mother; it was a nice affair. Gifts were given and Mother spoke to Her new children, praising them for the work they had done in putting on the programs. She invited them all to come to the flat the next day and there they all had a chance to ask Her questions and be worked on by Her. To see the love and attention that She pours out in these new countries is a blessing indeed.

The next morning we all gathered at the airport to see Her off again and She was once again treated to the V.I.P. lounge. Security was tight because the Prime Minister of Turkey was to arrive but somehow the Sahaja Yogis had no problem getting through to see our Mother off.

That night, the follow-up program hall was filled with well over 200 people. It worked out spontaneously that the program was conducted by an Iranian and an American in a part of the world where this would have been thought impossible. After the program the Sahaja Yogis were invited to eat in the private restaurant of the university where the programs were held. When we entered there was a man playing very sleepy dinner music at the piano who spontaneously began to play the music that is "Viva Mataji." We took our cue and began to sing and dance. The piano player then played lively folk tunes of Russia, Turkey, Spain, and others and we all danced. After a few minutes everyone in the restaurant had joined the Sahaja Yogis in a joyous celebration. It was a miracle of the transformative power of joy.

The second follow-up was equally crowded and we were once again impressed with the sincerity and warmth of the people of Turkey. After the program we had an emotional goodbye as most of us were flying back early the next day to the West. It was moving indeed to discover how close we had become to these people in just a short time and we all know that it will work out quickly with people of such quality.

A final note: Shri Mataji said in passing one morning that Turkey was the birthplace of the Virgin Mary but she left us all without much more comment on the subject. It must be a special place to have deserved such a great blessing.

Patrick Hughes, Miami and Bernadette, France

How to Present Sahaja Yoga

Note: This was part of the Guru Puja Seminar in Italy in July, 1989.

The promised Golden Years of Sahaja Yoga have come. Sahaja Yoga is spreading fast and many new centers are opening all over the world. During the Guru Puja Seminar in July, over a thousand Sahaja Yogis gathered by a most enchanting lake, overlooking snow clad peaks to worship the Mother of all the Gurus and to discuss how to spread Sahaja Yoga.

We were all very excited by the good news Akbar brought from Turkey. The Sahaja Yogis from Greece told us how they all prayed to Shri Ganesha for the success of Shri Mataji's program. Fifteen hundred seekers had come, and the press, including radio and television, covered the event. We must remember to pay sufficient attention to the press.

Sahaja Yoga touches every single aspect of life, from the gross to the subtle. We have to think of a variety of ways to present it. It is the duty of the older Sahaja Yogis to make it easier for the new ones. In most countries it is being presented in a structured course. In eight days, usually over a two-month period, newcomers are well-informed, better prepared and like this method.

The Austrian Sahaja Yogis prepared a special questionnaire asking newcomers what impresses them most and what distresses them. They praised the compassionate attitude of older Sahaja Yogis but remarked on the arrogance of some of them. They noticed that some older Sahaja Yogis like to show off their knowledge and boast of the number of years they have been in Sahaja Yoga.

We should speak to their hearts rather than to their heads. By speaking to their heads, we only provoke reactions in their ego. The Australian Sahaja Yogis played a beautiful music tape that appealed to the heart but also contained words to convey the meaning.

The seminar concluded with a keynote that the success of a public program is the acid test of the collectivity. If the collectivity is impressive enough, the seekers will be attracted by their example. Therefore, the desire and effort of every Sahaja Yogi is of the utmost importance. While being a good instrument, we must remember that Shri Mataji does everything.

SHRI MATAJI VISITS THE SOVIET UNION

August 4, 1989 was an historic day. The Soviet Union opened its heart to Shri Mataji. Shri Mataji told the Soviet bureaucrats and press about Sahaja Yoga and even gave them realization. The Chairman of the prominent Indo-Soviet joint corporation touched Her feet and they all felt the cool breeze. Their chakras are strong and healthy, well preserved under a disciplined life style. The Soviet Union is the front Agnya and China is the back Agnya.

Scientists, doctors and psychologists at the Ministry of Health were most impressed by Sahaja Yoga and their experience. A protocol was signed with the Soviet Union and the Life Eternal Trust for a joint venture in the research and use of Sahaja Yoga curatives. The Soviet Union is the first country of the world to recognize the greatness of this Maha Yoga. The Soviets are truly Her children being the descendants of Luv. Because of their pure intelligence they can easily recognize this ultimate truth.

On the 18th of August Shri Mataji addressed a mammoth gathering of over 2000 seekers at the Palace of Youth in Leningrad. Some 3000 seekers had to turn back because the hall was full to capacity. The same spectacle followed in Moscow on the 20th. The Russians are coming, but in thousands...

Advent of the Masters



Janaka

10,000 - 16,000 B.C. India



Abraham

2,000 B.C. Mesopotamia



Moses

1,300 B.C. Egypt



Zarathustra

1,000 B.C. Persia



Lao Tze

604 B.C. China



Confucius

551 B.C. China



Socrates

469 B.C. Greece



Muhammed

570 A.D. Mecca



Nanaka

1469 A.D. India



Sai Nath

1856 A.D. India

CREATION OF DATTATREYA

The sage Narada went to the Goddesses Saraswati, Lakshmi and Parvati, saying that Anasuya, wife of Atri, was the most virtuous woman in any of the worlds. The Goddesses sent their husbands, Brahma, Vishnu and Shiva to test the piety of this woman. Anasuya washed her husband's feet and then sprinkled the Gods, who were disguised as Brahmins, with this water. They were turned into babes. The three Gods deprived of the power to return to their original form, were trapped at her hermitage. Saraswati, Lakshmi and Parvati came in search of their husbands, but she said she had some claim as she had nursed them so long. The Gods agreed to create a combined form with three heads and six arms if she released them. This three-headed divinity was named Dattatreya. The central head represents Vishnu, the right head represents Shiva and the other Brahma. The dogs which are depicted with Dattatreya represent the perfect devotees, faithful to their master.

Adi Guru Dattatreya is the archetypal Guru. That is, He is the prototype or original model from which all gurus emerge. He is the Guru Principle. As the Adi Guru, He has incarnated many times to guide mankind. He came as the ten great Primordial Masters. From Janaka through to Sai Nath, this great principle has incarnated to give form to God's love for mankind, returning again and again to correct our mistakes and bring us back to a God-centered life.

The patience and love of the true guru is clearly illustrated in Shri Dattatreya's repeated, persevering, incarnating guidance. It is Guru Dattatreya who leads mankind across the Void, bringing us from the treacherous oceans of illusion to the safety of the far shore where Shri Mataji, as Shri Durga, waits for us with outstretched arms! Lord Dattatreya had only one job to do, to establish our dharma, so that we could evolve. Each of his manifestations had only this to do.

Lord Dattatreya himself is the essence and innocence of Shri Brahmadeva, Shri Vishnu and Shri Shiva. He is the integration of all the three Gunas, and above all is innocence itself. One is constantly reminded of Shri Mataji's emphasis on the first, and most important aspect of the Guru, Shri Ganesha. Innocence is the wellspring of the Guru, of wisdom. In His manifest forms, as Confucius, Zarathustra, Lao Tze, Nanaka, Moses, Abraham and Muhammad, Lord Dattatreya has been the foundation of great religions, preserving man's dharma.

Shri Mataji has explained, "Adi Guru Dattatreya worshipped Mother along the banks of the River Tamasa. Tamasa is the same as your Thames. And He Himself came and worshipped here... in this great country of Shiva, of the Spirit."

RAJA JANAKA AND THE BOWL OF MILK

There is a beautiful story told by Shri Mataji about Raja Janaka:
 "You know, King Janaka was called as 'Videha.' The great sage Narada asked him one day, 'Revered Sir, how are you called as Videha? You live in this world. How can you be a Videha?' Raja Janaka said, 'This is very simple. I will tell you about it in the evening. Now, please do this little job for me. There is milk in this bowl. You take this bowl and come along with me. Please see that not a single drop of milk is spilled on the earth. Then only will I tell you why I am called Videha.'

Narada took the bowl and followed Janaka everywhere. He had to be very careful because the bowl was such that by the slightest movement the milk might have spilled. He got quite tired. When they retired for the evening, Narada asked, 'Please tell me now. I am getting quite fed up with carrying this bowl and following you everywhere at the same time.' Raja Janaka said, 'First of all tell me what you have seen?' Narada replied, 'Nothing except this bowl of milk so that it won't spill.' Raja Janaka said, 'Didn't you see there was a big procession in My honour, then there was a court wherein there was a program of dancing? Didn't you see anything?' Narada answered, 'No, Sir, I have not seen anything.' Raja Janaka said, 'My Child, likewise with Me, I also see nothing. All the time, I just watch my attention, where it is going, making sure that it won't spill away like the milk.'

Explaining Chitta-nirodh, Shri Mataji said, "This sort of attention one has to develop by watching attention. Chitta-Nirodh. Nirodh means the saving of your attention. So your attention should not be on saving money and worldly things and all that, but attention itself must be saved. As you watch your money, as you watch your road when you drive, as you watch your child when it is growing, as you watch the beauty of your wife, or the care of your husband - all put together you watch yourself, your attention."

ABRAHAM

Abraham exemplified virtue, righteousness, humility and total surrender. He would rush from his tent and greet the traveler on the dusty road, beseeching them to enter his own tent and have "Just a little bread." Abraham would treat the travelers as if they were honoring the tent with their visit. So in a profusely ingratiating manner, the prophet would receive his guests as gems dropped from Heaven.

"My Lord, if I have found favour in your sight, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree, while I fetch a morsel of bread, that you may refresh yourselves, and after that you may pass on - since you have come to your servant. (Genesis 18, 3-5)

MOSES

The "Ten Commandments" contain the ten basic virtues or dharmas for all mankind. Shri Mataji says that as carbon has four valencies, as the quality of gold is its untarnishable nature, so man has ten valencies. These are the ten sustenance points representing the ten petals of the Nabhi Chakra. It is because of these that we stay spiritually pure enough to ascend. The significant difference between man's valencies and those of carbon is that man has the free will to consciously choose them, whereas carbon is bound to its valencies by the laws of nature.

These are the Commandments that God proclaimed to Moses on Mt. Sinai:

I am the Lord your God.

You shall have no other God before Me.

You shall not take the name of the Lord your God in vain.

Remember the Sabbath Day, to keep it holy.

Honour your father and your mother.

You shall not kill.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbour.
You shall not covet your neighbour's house.

ZARATHUSTRA

Ideas of good and evil, Heaven and Hell, angels and devils, are inherent. Everything was harmonious in the Universe until the angel Ahriman rebelled and was driven from Heaven. Hence the fight between good and evil will endure until the Judgment Day. Then the world will be renewed and evil will pass away. The pure soul will attain the realization of the Kingdom of Heaven.

"The soul which is afraid to fight against evil has failed to carry out its Divine mission and has wasted its life during its sojourn in this world."

"On the day of Resurrection you shall be answerable to Ahura Mazda for your thoughts, words and deeds in this world."

Joy

The Avesta tells us that the highest aim of our lives is to attain perfect happiness (Joy). The means of doing this is to know God's Will and to act in harmony with it. "Let the joy of living fill your heart to overflowing."

Marriage

Chastity is one of the chief virtues of Zoroastrianism. Marriage is one of the most inviolable contracts and children are a blessing. Women are the sustaining powers of marriage and mankind. "A chaste woman is the noblest creation of Ahura Mazda."

"Woman is the marvel of creation. Unrivalled and unequalled in form and beauty is she in the seven realms. She is the blooming flower in the garden of life that breathes perfume all around."

"Woman is the teacher of gentility to man. She helps man grow in moral height. She is the sustaining power of the Life of man."

LAO TZE

The Tao is most akin to water, since water has the quality of being able to take the form of any vessel which contains it. Hence it is the most flexible and spontaneous.

The Tao is female in nature and is described as the Mother of all things. It is obviously the Kundalini Herself.

"The spirit of the valley never dies. This is called the mysterious female. The gateway of the mysterious female is called the root of Heaven and Earth. Dimly visible it seems as it were there yet use will never drain it."

From Lao Tze's teachings we learn that a Guru's purpose is to spread the light of the Divine by becoming a channel that enlightens seekers and takes them to higher levels. Lao Tze was the embodiment of the Guru that expresses the Divine. This is not only seen through His teachings but also in His life. He could only see one thing: Tao or God as the absolute. There was no compromise. He was pure in attention.

A Guru teaches by having tremendous compassion. Lao Tze could love any seeker because He could recognize the Divine in them. It was that which He loved and it was that to which He directed His teaching. A Guru teaches that which is pure. Purity enables us to see through the illusion of the Divine and there we find detachment in joy, contentment in love and absoluteness in the Spirit. When one becomes the Guru, one is absorbed in the ocean of the Divine. We are soothed, we find nothing matters, we know it is going to be all right because we become purity.

"The world had a beginning
and this beginning could be the Mother
of the world,
When you know the Mother
go on to know the Child,
After you have known the Child
go back to holding fast to the Mother,
And to the end of your days
you will not meet with danger."

CONFUCIUS

Like His personality His teachings are natural, human and simple. Actual life was used to illustrate His points since this was easy for the people to understand. He divided life into five relationships which were:

- 1) King and minister
- 2) Husband and wife
- 3) Father and son
- 4) Brother to brother
- 5) Friend to friend

To conduct these relationships in a virtuous and respectable manner was to follow the will of heaven. He distinguished between a spiritual and a materialistic man thus: "The superior man understands what is right, the inferior man understands what is profitable." There were five virtues to nurture according to the sage: benevolence, righteousness, propriety, wisdom and sincerity.

Just as Shri Mataji has stressed the importance of sincerity in Sahaja Yoga, for example the necessity of singing and praying with love from the heart, so also Confucius said, "Sincerity is that by which self-completion is finished. The possessor of sincerity does not merely accomplish completion of himself, with this quality he completes other men." This quotation takes an added significance when it is considered in the light of Sahaja Yoga: an open, sincere heart facilitates the Kundalini's passage up the Sushumna nadi.

SOCRATES

Socrates guided his pupils to the truth by considering ideas in their various aspects until the right answer was established. He brought forward the Theory of Forms: "as above, so below." The unseen Realm of Forms is the Divine and heavenly strata of the Virata which contains the blueprint for all the earthly replicas. Everything on the earthly plane of existence is merely an imperfect reflection which is subject to changes and human imperfection, while that which exists in the absolute is divine, perfect, eternal and unchanging. The soul originates in the realm of forms and through seeking and aspiration eventually returns to it. This is the point in our spiritual evolution which we are now working towards in Sahaja Yoga - by purifying our vibrations we enter the kingdom of God. "He who enters the next world uninitiated and unenlightened shall be in the mire but he who arrives there purified and enlightened shall dwell among the Gods."

MUHAMMAD

Shri Muhammad spoke extensively about the Day of Judgment, promising Paradise to those who followed a righteous life as explained in the Koran, and Hell for those who turned against God and his Messengers. Speaking of the Day of Judgment in Sura XXIV He says:

"24. On the Day when their tongues,
Their hands, and their feet
Will bear witness against them
As to their actions.

25. On that Day God
Will pay them back
(All) their just dues,
And they will realize
That God is
The (very) Truth
That makes all things manifest."

And in Sura XXXVI:

"65. That Day shall we set
A seal on their mouths
But their hands will speak
To us, and their feet
Bear witness, to all
That they did."

From Sura VII:

"57. It is he who sendeth
The Winds like heralds
Of glad tidings, going before
His Mercy: When they have
Carried the heavy laden
Clouds, We drive them
To a land that is dead,
Make rain to descend thereon
And produce every kind
Of harvest therewith: thus
Shall we raise up the dead:
Perchance ye may remember.

"58. From the land that is clean
And good, by the will
Of its Cherisher, springs up
Produce (rich) after its kind:
But from the land that is
Bad, springs up nothing
But that which is niggardly:
Thus do we explain the Signs
By various (symbols) to those
Who are grateful."

NANAKA

At ten years of age His mother thought it was time He took part in the sacred thread ceremony. As the thread was being put over Nanaka's neck, Nanaka cried, "Wait, Sir, why must I wear this thread? Will it make me good and kind?"
"I'm not sure."

"Then it is of no use to me. Give me instead a thread of mercy and contentment."

"A tree is known from the fruits it bears, so a man's religion is known from the deeds that he performs. Robes, symbols, forms, rites, rituals and ceremonies that do not lead to righteous deeds will not take man far in the path of spiritual progress. The real problem is to rid the mind of evil propensities. If that's not accomplished all our austerities are of no avail."

"This body is a palace and it is the house of God. Within it God kept the infinite flame."

SAI NATH

"My master told me to give bounteously to all that ask. No one asks with wisdom. My treasury is open. No one brings carts to take away the real treasures. I say dig and search, but no one wants to take any pains. Be the true sons of the DIVINE MOTHER

and fully stock yourself. What is to become of us? This body will return to earth and the air we breathe will melt into air. This opportunity will not return."

"Your Mother is the Mother
of all the Adi Gurus.
She is the one who taught
all the Adi Gurus.
She created the Adi Gurus
and She creates out of you,
the Adi Gurus."

- Shri Mataji

'To the Mother of All Gurus'

Poem composed at Guru Puja

Where the emerald green lake washes the feet of the Almighty.
Where the Almighty Goddess spreads a cloak of green forests
and blushes in myriads of flowers.
Where enthralled by Her splendour time stands in awe.
Where cool winds of Spirit whisper sweet odes to the Primordial Guru.
Where iron opens its heart to love.
The Guru tattwa of the universe opens.

Here come a thousand pilgrims to anoint the Mother of All Gurus.
O' Devi we offer our gratitude from the inner most core of our hearts -
again and again.
You have opened our hearts
but give us the iron tattwa to strengthen our love.
Bless us with wisdom
But also give us humility to sustain the wisdom.
You have showered upon us Your choicest gifts
but also teach us how to share them.
Please keep us forever like the yonder emerald lake
sparkling blissfully at Your feet.

Yogi Mahajan, India

AGNYA

Our Father, which art in heaven,
 May Thy Son be the leaven of
 Our souls, to make them rise
 In glory and aflame.
 So truly hallowed be Thy name.
 For we, Thy journeying children
 Feel as one and long to see
 Thy kingdom come.
 We know the battle must be fought:
 And at what price has Jesus
 Bought our freedom to become.
 We cannot shirk the task ahead -
 We can but say as Jesus said;
 "Father, Thy will be done!"
 For here on earth with chakras
 Seven; so must we be as 'tis in heaven,
 And sallying forth - uplifted head,
 We care not for our daily bread:
 For just as He, a babe, was fed,
 So too His Mother fondly said
 To all your children here on earth;
 Each one that tries to prove his worth;
 That long before his battle wins,
 Will lovingly forgive our sins;
 Provided we likewise repay,
 Those who aggress us on the way.
 So lead us from temptation's lair
 And guide us through that evil snare
 Of Satan's make; that is so hard
 For us to spy: and once ensnared
 To break! Dear Father, all
 Is Thine we know; the power & the glory
 So - even as the lamb was slain,
 We humbly beg to rise again:
 To claim our own divinity;
 In penitence to journey home:
 To glory in Thy kingdom come
 And live there till infinity!

- Steven Taylor, Australia

I HAVE BEEN BLESSED

I have been blessed!
Beyond the expectations of the saints.
I have been raised from out the mire
Of temporal impurity.

I know not why these blessings
Fall upon my insubstantial self.
Nor why She called me forth
Out of the mists of comfortable obscurity.

I only know that what was once
A dream, a vague and flimsy paradox,
Has blossomed forth upon my waiting
Self - A Shining light of certainty.

I have been blessed.
My spirit and the Holy Ghost
Have danced upon the grave of my unrighteousness.
I lie, a new born babe, a product of divine maternity.

I hear you call my brethren.
I yearn to share the fellowship of long lost kin.
We all are cells within the one divine.
A twice born joyous laity.

I have been blessed.
My hands detect the miracle of heaven's breeze.
The love of God reverberates within my spine:
It is a vibrant, sanctified and living deity.

I have been blessed.

- Steven Taylor, Australia

Searching?

Take me to a land where fear is not
Take me to a land where love is sought
Show me where men look for no power
Show me where men build no tower
Let me become one with inner peace
And let all thoughts come to cease
When ego is vanquished

Jai Shri Nirmala Devi

- Steve Mohan Gulati, Toronto

SHRI MATAJI'S ITINERARY

Dec. 9 - 12	Delhi
Dec. 13 - 16	Pune
Dec. 17	Bombay - Tour starts

India Tour Itinerary

DECEMBER

Nasik
Rahuri
Aurangabad
Pune
Brahmapuri
Kohlapur

JANUARY

Tuesday	2 -	Ganapatipule
Friday	12	Ganapatipule
Saturday	13 -	Alibagh
Sunday	14	Alibagh