

THE DIVINE COOL BREEZE



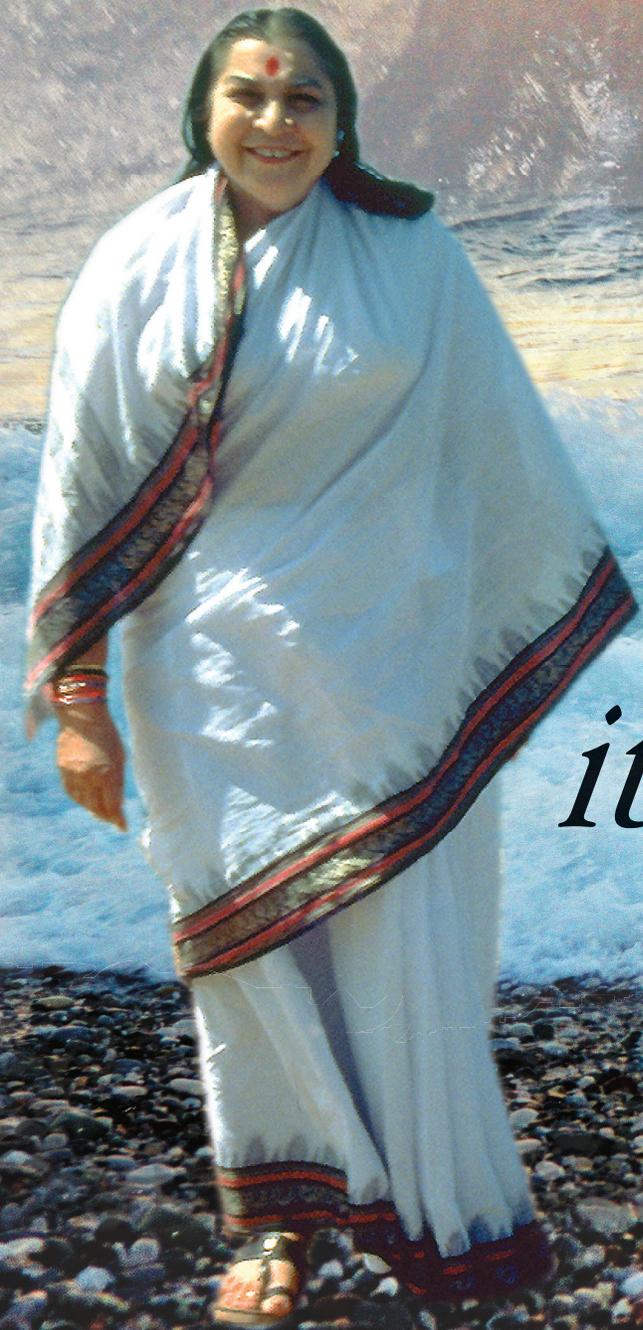
May - June 2002 volume fifteen number three



to become the s

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*when the river flows,
all kinds of dirt, filth flows into it ...*



*but when it meets the sea
it becomes the*



*sea what you have to do
s to forget all these tributaries
which were coming into you*

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United Arab Emirates • April 16 to 18

Divinity in Dubai



We arranged for a public program, which we consider as a historic event in a country like the United Arab Emirates with all its restrictions.

We were really blessed to have Shri Mataji here in Dubai

for just for few hundred people, especially after the big public program in Delhi, where eighty thousand people attended. This itself speaks about our Mother's love for us, where numbers do not really matter.

Shri Mataji arrived here on the 16th of April at about 11:45 am and was received at the airport by all the Sahaja Yogis. She looked very happy and we all could feel the Divinity that had descended on Dubai that day. Mere words cannot express our joy and happiness.

Shri Mataji was driven to Her place of stay, where She had informal talks with all the yogis, about a hundred of them. She discussed political problems around the world, such as the religious fights in India. She was also very much concerned about the fake gurus who take the innocent people for a ride and said the people are themselves to be blamed for accepting the falsehood.

We presented to Her Holiness our request to grant us a puja and musical evening and then a public program the next day. Our desire was granted.

On that evening, we were blessed with the puja of Shri Mataji. She revealed that this was the day of the Goddess Chandraganta, a form of Shri Durga with a moon on Her head. During the puja we had bhajans, followed by dance and drama.

Shri Mataji was very happy and the message She gave was that all the Sahaja Yogis should transform as

many people as possible and should not worry about personal problems such as jobs. Everything will be taken care by the Divine once we become the instrument of God.

She also said Sahaja Yogis should not take an active part in political matters and instead transform people, so that good people will reach the helm of affairs.

On the evening of the 17th, we arranged for a public program, which we consider as a historic event in a country like the United Arab Emirates with all its restrictions. This was a long-cherished dream for us to have a program in the divine presence of Shri Mataji.

Around four hundred people attended. Most of them were Indian expatriates living in Dubai. Shri Mataji spoke about the knowledge of truth and what is Sahaja Yoga. She let the public ask questions and answered them all.

Later She gave everyone present in the hall Self Realization.

On the morning of the 18th, Her Holiness launched a temporary website of Sahaja Yoga in the United Arab Emirates by a touch of a button and we are working on it to make it permanent. After this, we had a full aarti.

Shri Mataji then left for Istanbul along with six yogis and yoginis including myself.

Suresh Ananthnarayan

Sbri Mataji arrived in Istanbul on April 18th about 6 pm.

One hundred fifty to two hundred Sahaja Yogis were at the airport, singing songs of welcome.

Even after a long trip from India, She was smiling and spreading joy enough for everyone.

Some of Her arrival messages were:



“I was waiting for the time to come in Turkey.”

“I feel so much joy that I don’t know what to say.”

“I hope Sahaja Yoga will spread very fast all over
because the people are so good.”

“I don’t know your language,
but I know your heart.”

This Loving Capacity

Easter Puja

21 April 2002

Istanbul

“Today we have come here to worship Jesus Christ and His Mother.

It’s such a coincidence that the mother of Christ came and stayed in Turkey. Isn’t it surprising that She should come here after the crucifixion of Christ and stayed here? I wonder if He also came with Her later on? But they say then He went to Kashmir and She was also there.” It is quite possible that on their way they went to Turkey.

“So we are here to worship Him.” Mary was the incarnation of Maha-lakshmi “and She’s the one who sacrificed Her Son for the sake of religion. But unfortunately, nobody understood Her value.... Only through Sahaja Yoga you can understand that She was a very great personality who gave birth to Christ.”

All this love will
help you all your life.
This is the message
of Christ.

The human religion

“It is very unfortunate that She was not respected, especially in the Islamic world. Because of that, the women in the Islamic culture have no place. My experience is very sad about them.” Many of them have become destitute, even though Muhammed said, ‘You must look after your mother.’ We have to look after these women “because we don’t believe in all these small types of ideas about religion. Most important is human religion.

“We have to combine all these religions together.” Muslims, Hindus and Christians won’t respect each other. “There’s no love. On the contrary, they’re all quarrelling, fighting, killing everywhere. It’s very sad that in the name of religion and God, people should become so cruel and so absurd....

“The only solution is to give them Self Realization.” In the Koran it is called *miraj*. “But they have said that nobody can get miraj,” only Muhammed. “They have banned people from getting Self Realization, which is not true. All human beings can get Self Realization.... They all can get their miraj. One should understand that no human being is created in this world to fight....

“In the name of God, Christ came on this Earth just to create oneness of religion, but even the Christians, they only started fighting, dominating others. It’s a big world of turmoil, where everybody’s fighting in the name of God and in the name of religion.



This time the location of the Easter Puja place was on the Black Sea side of Istanbul, some thirty kilometres out of the city, surrounded by beautiful trees. Some of these trees were left inside the puja tent to provide a very pleasant, natural decoration. The tent was newly built and this was its first use.

“So our religion is global, is one religion.” We respect and worship all the Deities. “They are all one. Also, after getting Realization, you realize that all these exist on our central nervous system. They exist on our chakras. They are not there just because people have told us in history.... All of them are there together, working out the resurrection of the whole world.

“So the greatest thing that Christ has done is the resurrection.... He had to go through lots of ordeals and then His body itself was resurrected.

“Your Realization means your resurrection. All your wrong ideas disappear. All your nonsense disappears and nothing but love, understanding comes in.”

In the Name of Religion

In the beginning, Sahaja Yoga work was difficult. People were ignorant and hated each other. Hitler came into power “because he hated human beings. He was a satanic force who incarnated and did all kinds of horrible things.... It’s so inhuman to behave like that, to kill people under some circumstances, under certain conceptions and wrong ideas....

“All kinds of things have happened on this Earth, all in the name of religion. This is the worst part of it. Throughout, people have been killing in the name of religion.” Religion should teach you how to love God and each other. “This kind of a nonsense is still going on. It’s only Sahaja Yoga that can stop this nonsense and it should because, after all, we all are human beings.

“For that, you have to have your resurrection, as Christ had. And this resurrection is possible on this Earth, very easily now with Sahaja Yoga.” Muhammed called it miraj, but the people don’t want it. “All of them have suffered because of the ignorance of human beings.” They also criticize Me, “but I am much more powerful because love is much more powerful than anything else and it’s working out all over the world now. Everywhere people are realizing that this kind of a hatred, this kind of a wrong idea about others is absolutely dangerous. And so, once a large number of people know this, I’m sure it will all finish....

I am much more powerful because love is much more powerful than anything else.

He was teaching
about love.
None of them liked
this idea of loving
each other.

“Just because you follow a particular religion, people hate you.” It is “very wrong to hate any human being in the name of God, who has created you. They don’t understand God and His love.”

Christ “was hardly thirty-three years of age when He was crucified. His mother had to suffer so.” They crucified Him “because He was teaching about love. None of them liked this idea of loving each other.” You cannot help others if you don’t love them. “Because you love, that’s why you want to enjoy others and to understand. Once you start loving others, then this myth finishes off.”

Whether you are born a Christian, Muslim or Hindu, you are no different from others. “You are born the same way. You are conceived by your mother the same way. You look the same way.... I think it’s something political about it, something very mean to separate people in the name of God and religion....

“Sahaja Yoga is to unite all the people in the name of God, to make them one in the name of God.”

Even Sahaja Yogis in a far off place such as Benin are your brothers and sisters. “They’re your own. You go there and they will treat you just like their own children, their own relations.” They will never think as to which religion or sect you belong. “I was surprised the way they have love. Actually, loving is an innate quality of human beings. It’s an innate quality. Every human being has been given this treasure of loving.”

But that capacity has been so reduced that people fight and kill each other. “It’s a greatest sin to kill people in the name of religion.” By killing, a person does not go to heaven. “They’ll go to the worst hell.”

Think about what religion into which you have been born. “You have to be born in some religion. You cannot drop from heaven. So whatever religion you are born, you’re not bound by that. You are bound by the religion of love and joy.” And yet people cry and weep and teach unhappiness and fighting. “If you hate others, you will also become hateful.... The whole human life and civilization has nothing to do but to hate.

“Sahaja Yoga is such a blessing to you ... because it has given to you all the Deities within you, enlightened and now you know you are belonging to the whole. You know you are not belonging to some stupid ideas.”

The Capacity to Love

When I came to Turkey, I knew that Christ had lived here. “I knew Mother Mary lived here. There is a house of Mother Mary. That gave Me a very great joy to know that She had lived here and so I said we must worship Her. After all, She was a Mother of Christ. Mother is a mother.” It does not matter if She was a Hindu, Christian or Muslim. “She allowed Her son to be sacrificed for the whole world and for the universe – what a mother. Can you find such a mother in this world who will allow Her own son to be crucified?” She was “a courageous, loving and global personality.”

Why did Mary come to Turkey? She could have gone directly to India. Her house is here. “Now with this house only, the Christians will start a cult. They’ll fight with the Muslims and the Muslims will fight with the Christians. Anything you do, they will fight.” Their “main character is to fight, not to help others....

“In India, we have had so many nice people who taught that we must love each other. Despite that, in India people are fighting.” But the saints “are worshipped separately and people fight even in their names.... They haven’t got a human quality within them, which is love, which is affection.” You “must enjoy your love for each other.... They have lost their capacity to love.” No matter where a person is born, he is a human being with “the capacity to love and you should also have the capacity to love....



The other side of it is Sahaja Yoga, in which you love all human beings because they're human beings.

With love, you get enlightened. With love, you get understanding. And such deep love exists within you.”

Politicians and others will tell people to fight. “Now they're changing. All this world has to change because it has suffered a lot. This is no religion. This is not the teachings of the saints.... It is devilish, that teaches you to hate others, is the worst thing.... All the enjoyment of love, all the enjoyment of affection, you don't know.”

Nowadays the churches are having many problems. The poor children are suffering. “They have no sense of pure love. Nobody understands what is pure love.” It is their innate property, “but they don't know how you can love somebody purely. It's all something very, very wretched. It doesn't behove human beings to be like that.... The whole wealth of beauty, the whole wealth of creativity, the whole wealth of art, artistic temperament, the whole wealth of enjoying life is finished.

“If you are a fighting cock, you can't see anything, any good in anyone, in anything. They will fight others and they'll fight among themselves also. They will torture their own brothers and sisters.... They don't love anyone.... It's not only among Christians, Hindus, Muslims, but everywhere human beings have become very dirty and filthy. They say it is Kali Yuga.... How can you lose the power to love?”

Christ “talked about love very clearly. He said, ‘Love thy neighbour as thyself.’ ... You don't find all such people.” There is nowhere that Christians are like Christ, Muslims like Mohammed or Hindus like Shri Rama. This is “because they had no Realization. They didn't know their spirit. If you have no Realization, you cannot understand anything.”

The atrocities of the Second World war are the extreme. “The other side of it is Sahaja Yoga, in which you love all human beings because they're human beings. They're born with you in this time. You have to help each other and love each other. This is the main thing.

If you can develop this, you'll be very, very strong Sahaja Yogis and you will be supported and blessed by the Divine. The Divine will help you and take you out of all troubles and tribulations and all kinds of difficulties, if you are a loving personality. This is what is the blessing of Kali Yuga. It didn't exist like this before.”



You can do marvels and miracles
if you have developed the
understanding of love.

The Guidance of the Divine

“Now, if you are a loving person, the Divine will go out of the way to help you, to sort out your problems, to punish those who are troubling you.... I never do anything. I never curse anybody. I don’t fight. I don’t shout. Automatically, it works. I don’t even tell the Divine to do anything. The Divine is at the greatest.” The Divine is a just personality. “That is the one who does all the justice. Nobody can suffer under the guidance and love of Divine, take it from Me. This is the blessing of Kali Yuga....

“Kali Yuga is horrible ... but there’s one thing, that this Divine has become very alert. It was never that alert. If Christ was born at this time, He could not have been crucified. It’s only because He was not born during Kali Yuga. That’s a very big blessing for us. Nobody can be tortured. Nobody can be troubled. Only thing, you have to be a humble person. You have to have a good character and you have to have a very loving personality. That’s all. You’ll enjoy the loving personality. You’ll get the blessings because you’re a loving personality....

The Divine has become extremely alert towards human beings who are good and nice. It will look after. It will support. It will do everything. It’s very surprising that it has become so alert.... Now the Sahaja Yogis won’t suffer. Take it from Me, they’re looked after by the Divine itself. Everything is looked after....

“We have to trust in ourselves and we have to really love people. We should be humble and love. All this love will help you all your life. This is the message of Christ. Christ has said, ‘Forgive them.’ How lovingly He said, ‘But they don’t know what they’re doing.’ Very lovingly He pleads for all the bad people who crucified Him, that ‘Oh, Lord, please forgive them because they don’t know what they are doing.’ Can you imagine such a loving character of Christ?

“When we are celebrating and worshipping Him, we have to worship that character within us, that we are also loving people.... All over the world, all the Sahaja Yogis love each other. Of course, there could be one or two who are not so good, but mostly, ninety-nine percent Sahaja Yogis love each other.

“My blessings to you is this – on this day, may God give you lots of love and loving capacity within you, that you should have, which will change your life completely and you’ll become such a powerful personality, very powerful Sahaja Yogis. You can do marvels and miracles, if you have developed the understanding of love. May God bless you.”

*In Istanbul,
all the people knew about Shri Mataji
and they were asking us in the streets about Her.*

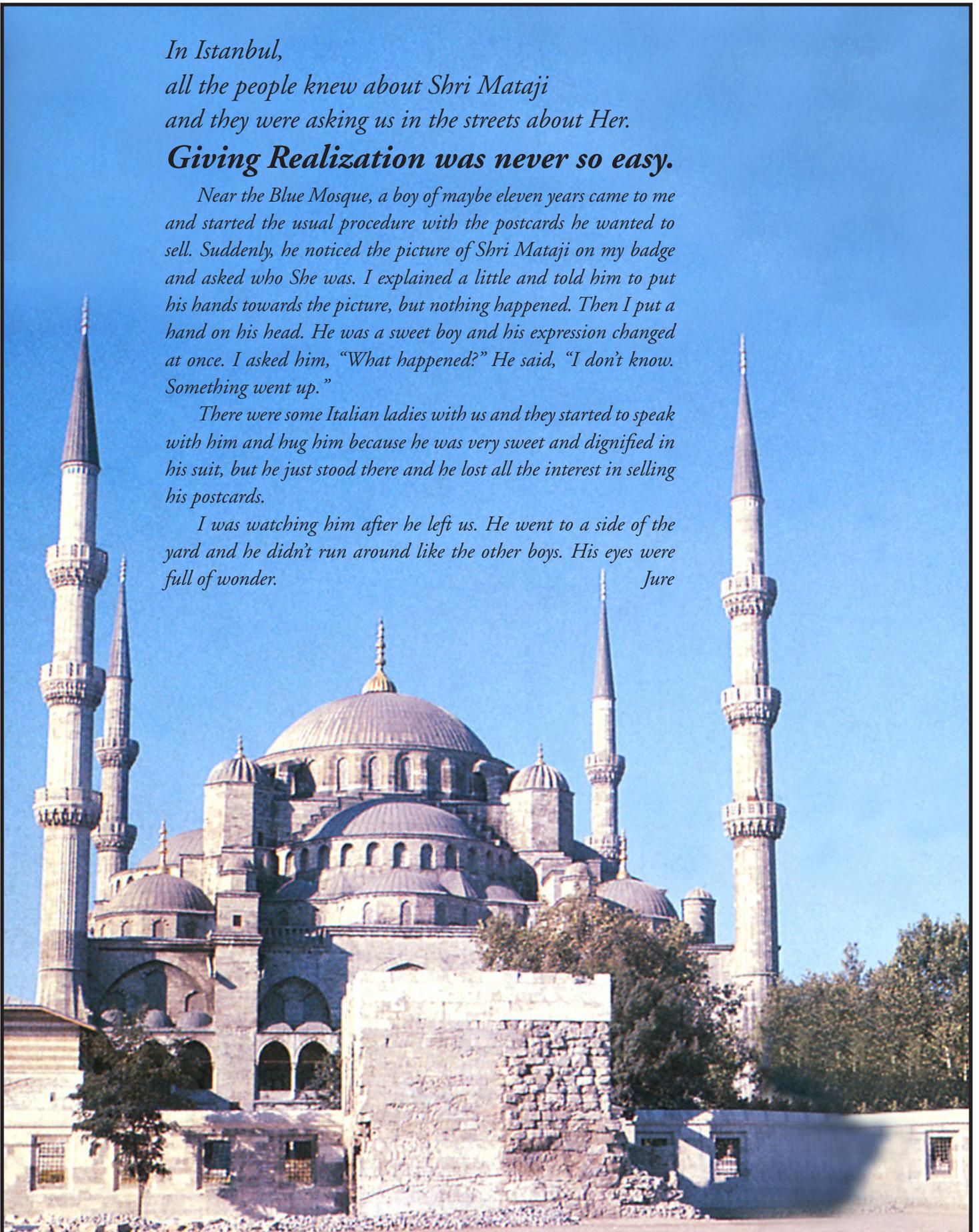
Giving Realization was never so easy.

Near the Blue Mosque, a boy of maybe eleven years came to me and started the usual procedure with the postcards he wanted to sell. Suddenly, he noticed the picture of Shri Mataji on my badge and asked who She was. I explained a little and told him to put his hands towards the picture, but nothing happened. Then I put a hand on his head. He was a sweet boy and his expression changed at once. I asked him, "What happened?" He said, "I don't know. Something went up."

There were some Italian ladies with us and they started to speak with him and hug him because he was very sweet and dignified in his suit, but he just stood there and he lost all the interest in selling his postcards.

I was watching him after he left us. He went to a side of the yard and he didn't run around like the other boys. His eyes were full of wonder.

Jure





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On the day of the public program on April 23rd, the whole auditorium was as full as last year.



There were approximately seven thousand people — one thousand yogis and maybe six thousand seekers. First, there was a brief introduction, then Shri Mataji spoke. Shri Mataji pointed out the parallel between Sufism and Sahaja Yoga, as in last year's talk. A surprise was that this time Shri Mataji blamed French people, their eating, drinking of alcohol and some of their other habits and their influence on some African countries and Turkey. She said that French playwright Molière wrote about their stupidity.

“Some French people try to influence you, your TVs. Be careful. They do just the opposite of Christ.” She also said that we should keep our culture. “The Mother of Christ came in Turkey and I came also because the people are so good here.”

She said that Turkish people should follow their common sense and not undergo the French influence, which is spread around and labelled as culture.

After that, maybe fifty people left. Then She said that people should not do the things that they don't understand. She was referring to specific false practices. Another fifty people left.



ISTANBUL

Shri Mataji invited the audience to ask Her questions before Self Realization. She answered them with honesty and simplicity. Here are some of them:

Question: Mevlana Jelalettin Rumi [the great Islamic Sufi] said, "If I reveal the secret, I'll get burned as well as all the humans."

Shri Mataji: It's true. That was the time the people were not aware. They crucified Christ. They tortured Muhammed-sahib. I am not afraid. Let them burn Me. I don't care.

Question: All you said about French people acting against world peace, does it concern the whole of the French people?

Shri Mataji: Of course not, there are exceptions.

Question: What about death?

Shri Mataji: That we'll discuss later. You are very young. Don't think of death. Think of the present. So much has to be done in the present. Thinking of death is trying to escape the present.

Question: Why do people lie?

Shri Mataji: Because they don't know the truth and the power of truth.

Question: Is yoga attained by the power of the mind?

Shri Mataji: It's beyond the mind. You'll see this when you'll get Realization.

Question: Where did you get your Realization? Do you see yourself as a prophet? Where is your place near God?

Shri Mataji: Don't worry about Me. Worry about yourself.

Then came the Self Realization session, a very short one, not even taking off shoes. Shri Mataji said that ten thousand people got their Realization.

The audience celebrated this rebirth by listening and dancing with the joyful qawwali music of the *Allahu* song for twenty-five minutes.

The next day all the TV channels broadcast many scenes from the public program, all very positively, except one, but these others were enough to spread the message and the vibrations of Shri Mataji. Also one TV channel, Star TV, broadcast online a part of the Self Realization session.

Shri Mataji left Istanbul on Saturday, the 27th. Yogis were a bit sad because She was leaving us and also because of this hostile TV coverage. But surprisingly, one of the customs officers said to a yogini, "Don't worry about the TV programs. She is a very spiritual person. We know that." We were surprised and all the lost joy came back again.

Another surprise was that a police chief, a bit impressed by this same TV program, was at the airport trying to create some difficulties, asking about Shri Mataji. He was invited to get his Self Realization. By Shri Mataji's simple right hand gesture, he was surprised by the strong cool breeze he felt, asking, embarrassingly, "What's happening to me?" So everything was switched to the positive. He found out who She is.

Ender Enön and Jure



Sahasrara

The Italians had prepared a beautiful welcome for Shri Mataji's arrival at the Milan airport on April 27th. There were decorations, music, a lot of flowers and a few hundred people.

When Shri Mataji arrived, there was a complete plane crew following Her with hands upwards. Shri Mataji appeared beautiful, fresh and radiant in Her light orange sari. Shri Mataji said Sahasrara Day is the most important day in spiritual history because it was the moment when it was possible to give Realization en masse.

Shri Mataji also gave us advice. The talks help less, what's important is to give Realization to everybody. She was very satisfied with the Italians.

She said that they are Her family, they really understand Sahaja Yoga and there has never been any obstacle or attack on Sahaja Yoga in Italy.

She said that the Italians have a big heart and this is probably the reason why Sahaja Yoga is spreading so well there.

The Italians have a role to be an example for other countries. She said,

"I want to stay in Italy forever." The applause and screaming after that was louder than the noise of the planes taking off. Shri Mataji also said, "Practically, I know every one of you."

The great Puja of Sahasrara was celebrated on Sunday the 5th of May in Cabella and all over the world.

Shri Mataji arrived at the pendal on the night before the puja and the German Sahaja Yoga leader paid homage to Shri Mataji in accordance with the *sankalpa* protocol in a very humble and poetic fashion. He began with the geographical location of this puja – Cabella, near the river Borbera, in Piedmont, between Milan and Genoa, in Italy, in Europe, which represents the Void of the Virata, in the year 2002.

He continued with the astrological and cosmic configuration – Sun in Taurus, Moon in Aquarius – and informed us that there was a constellation in Gemini due to the meeting of three stars under this sign. This event appears every two thousand years and in the last two thousand years this constellation was seen only at the time of Christ and is called the Star of Bethlehem.

He said that the purpose of the meeting was that all the Sahaja Yogis from all over the world, representing there all the nations and countries, had gathered to worship Shri Mataji as the Goddess of the Sahasrara, as Shri Sakshat Sahasrara Swamini Moksha Pradayini and to bring forward the Nirmala Vidya, the Vishwa Nirmala Dharma.

He continued saying that She was to be honoured on this weekend as the World Saviour, the World Teacher, the Founder of Vishwa Nirmala Dharma, which is the world religion of the coming age, and that, on this occasion of Sahasrara Puja, the prayers were not for ourselves, for our families, for our countries, not even for world peace, but the real aim of our prayers was to spread and to establish Sahaja Yoga in the whole world.

Another Sahaj leader went on, pointing out two incredible coincidences – the Sahaja Yogis who actually made the pendal panels knew nothing about this constellation, but they surprisingly drew an immense *kundal* (coil) with planets on its path and painted the background of the pendal blue and silver, just like the colours of Shri Mataji's sari that She was wearing on that evening. The music and cultural program fulfilled everybody. The meeting of friends from all parts of the world and the smiles and jokes were filling everyone's hearts.

The Great Puja

at Cabella, near the river Borbera, in Piedmont
between Milan and Genoa, in Italy, in Europe
which represents the Void of the Virata, in the year 2002
to worship Shri Mataji as the Goddess of the Sahasrara
as Shri Sakshat Sahasrara Swamini Moksha Pradayini
and to bring forward the Nirmala Vidya
the Vishwa Nirmala Dharma
to be honoured as the World Saviour
the World Teacher, the Founder of Vishwa Nirmala Dharma



“Today is a very great day, I must say, to celebrate Sahasrara – the Puja of Sahasrara.

“It’s a very unique thing that has happened, that your Sahasraras were opened out.” There have been very few people in this world who have had their Sahasrara opened. Their words were never understood by the people. “They actually tortured them. They crucified them and did all kinds of horrible things because they couldn’t bear somebody getting this Realization.”



Sahasrara Puja

5 May 2002
Cabella Ligure

Opening the Sahasrara

“So it’s a very great day because collectively this Sahasrara has been opened. Every one of you has got it. Also, all over the world, you have many people who have got their Sahasraras open. Of course, we need many more for them to understand what is this great event of such a collective opening of Sahasrara. Some have grown very much, after getting their Realization.... They have understood Sahaja Yoga very well and they have developed their depth and their consciousness is really a great awareness of oneness with the Divine.

“To be one with the Divine is the greatest blessing for human beings. So far, they were human beings at a lower level of existence. They had all the problems of that level ... jealousies, hatred ... fighting ... troubling others, destroying others and not loving others. All these problems existed because their Sahasrara was not opened.

“So our main problem is to open the Sahasrara of the people all over the world, which is very simple, which you can all do.... It will work better if you do it collectively....

“In Sahaja Yoga, so many people have come whose Sahasrara was completely opened and they felt their depth. Firstly, you must feel your depth. If you don’t feel your depth and you are not one with your personality, which is so deep, then you cannot enjoy the Self Realization.

“First of all, you should understand yourself.” If you do not understand yourself, you cannot understand other people. “So first, this Sahasrara should be opened out fully. ‘Fully’ means complete oneness with the Divine. That is not difficult. Only you have to meditate a little bit and then it will work out. It has worked out in many people ... who have achieved such a lot of collectivity and also the awareness of a realized soul.”

This is a very important day on which we must understand the awareness of a realized soul. “The awareness is such that you should now know what is happening in this world and how you can help it.” In order to help people, you must have “this full knowledge about yourself, complete strength about yourself and the confidence.... Sahasrara Day is to be celebrated just to strengthen your bond with the Divine, so that your consciousness becomes absolutely enlightened and you see the right point in everything.”

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

The background of the page is a golden, ethereal scene. In the upper left, a large angel with feathered wings and a halo is depicted, wearing a golden robe and holding a string of pearls. To the right, another angel is partially visible, holding a trumpet. In the lower right, a golden lion stands on a dark surface, looking towards the left. The overall atmosphere is warm and divine, with soft, glowing light.

The power of Sahasrara

Realization around the world

“It has been in so many countries. I have seen, people have taken to it very, very fast. Surprising, in Africa, which is not supposed to be a very developed country, it’s good because thousands have got Realization.

Those who are developed have gone beyond a point of ascent.... They have to come back from that developed state to this state, from where they can rise.” Those who have their Realization “are not ascending so fast as the people who are not yet so much advanced and modernized. Still it has worked ... in so many people and so many have got this ascent very well.”

When you meditate, “you should develop a state of witness. You should try to find out what is the matter, what’s wrong with you, what’s wrong with others and how you can help it. Only with your vibrations, you can correct so many things in your country, in your family, everywhere.”

The growth of Sahaja Yoga is evidence of the fact “that there’s such a need and such a desire to get Self Realization, but only thing, your approach should be full of love and full of understanding. They’re coming from the darkness of ignorance and they have to go into the ... nature of the Divine, which can be very bright for them.

“So slowly, slowly if you develop this passionate kindness, love for them, I’m sure you can do much more to raise them. No use getting angry with them because they’re so ignorant. They don’t know what they are doing.”

You have “to make them understand whatever they are doing, whatever they’re understanding is still poor. It’s not so much yet expanded as it could have been if they were realized souls.

“Even after Realization, I find people have a problem. They still have the problem of the past life, which is finished, is dead, but they still carry on with that” and the illumination of the consciousness doesn’t show what’s wrong with them.

I have never attended a puja like this before in my life. It was very, very powerful and very, very deep and touching. When Shri Mataji arrived in Italy, She told everybody to attend the puja because it is a very important puja. The weather was rainy on Friday and Saturday, but Sunday, the puja day, was bright, beautiful and sunny. Shri Mataji blessed the collective with four hours of puja. May we honour Her blessings by becoming Her pure instruments to integrate this world.

If you have that
special temperament
of enjoying everything
in life and also the
collective temperament,
it will work out.

The ego and right side

“In the Western countries, where they’re so developed, ego has also developed and they have to find out what’s wrong with them. This ego comes from a certain consciousness that you have been something great” or your parents or property or position have been great. “It can come from anything and this consciousness is against your awareness because it’s not true. You are not anything being moulded by these outside things, but you are moulded by your own awareness within yourself. This awareness has to grow.” You must understand how you get this ego....

“This right side is of no help. It will create problems for you, sickness for you.” It is “no use having right-sided Sahaja Yogis.

“So the main thing is to understand the power of love. Power of love is the highest and the greatest.” If you can give up your anger, greed and ego, “you can be in Sahasrara.

“Now just see the sport of ego. It stops your ascent further.” At the ego people get lost because they move to the left or right. “They can go to any extreme of these two.

“So, first of all, we have to correct our ego.... We should watch ourselves and laugh at ourselves.” We should see what ego we have. “We are human beings, now have become divine.... With this light within us, we have to understand that we are a part and parcel of the Divine, just a drop in the ocean of love. If you can reduce your ego, if you can bring it to the actual sense of your being, then it will work out better.”

The ego is very strong in the West and “whatever they do wrong, they think is correct because ego can support you in every way.” But in the developing countries, the people’s problem is superego. “That can be corrected. But ego is your own enemy, created by you. So you have to fight it and see for yourself from where it is coming.” It might be coming from your country or family or from anywhere. “We must watch out for the ego, if it is Sahasrara we have to enter into.

“When I was looking out for a collective happening of Sahasrara opening, I found it was the ego of people which was keeping Me down. I had to fight the ego of people. Because I am a woman of very simple habits ... some people used to suppress Me ... but I understood them because they had ego problem. And once this ego evolves and tries to dominate, we can have Hitlers in this country, we can have all these horrible people all over the world.”

Never subdue those who have ego. “You shouldn’t start fighting, but you have faith in yourself that you are people who have got Self Realization. You are much more powerful than they are. My powers only work out when you are realized souls. You will be surprised. They work out many things, which may not work out with people with ego.”

The Sahaja Yogis in Africa “are so much surrendered that they get advantage of My powers.” This power of protection is very strong, especially “for people who are very much in Sahaja Yoga....

“So you must have, first of all, complete faith in yourself that you are Sahaja Yogis, but not the ego. ‘Sahaja Yogis’ means you cannot have ego.

“This ego business has come from various sources ... but it has to be cleansed out. Like when the river flows, all kinds of dirt, filth, flows into it. But when it meets the sea, it becomes the sea. In the same way, you have to



The power
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become that. To become the sea, what you have to do is to forget all these tributaries which were coming into you and all these wrong ideas which came to you.... There's a big list of these sources. People are mad sometimes with this ego.

“So main thing is how to watch and witness your ego, how it works, how it spoils your temperament, how it spoils your relationships, how it makes you stupid.” Ego makes you very stupid.

“On the contrary, if you have the wisdom, if you have that peace, if you have that special temperament of enjoying everything in life and also the collective temperament, it will work out.” People will be impressed because “they can see their own stupidity, own falsehood, everything and they will realize that what they think is not true.” They will see that you are deeper than they are. “This is the main thing for all of us.”

Leaders are chosen in Sahaja Yoga because “they have a greater depth. If they don't have, they get out. If they have the depth, then they are leaders, in the sense others see them and really enjoy.... People see them and they are the ideals for them.... From the leaders, they learn a lesson and they understand that this is wrong and this is not proper.”

You should be “models of Sahaja Yoga. That is what I have been always telling you, that get rid of your ego.” Ego “is the worst thing because, first of all, it brings anger. You think you are something great ... because you are a Sahaja Yogi. It's not true....

“Become extremely humble” and do the right thing. Do not become arrogant and full of anger any more. “Anger departs from you completely.” You gain your balance and wisdom “by which you see what is your job, why are you on this Earth, why this energy has come to you, why you are a divine personality. It's a very, very great responsibility. You don't have to look after yourself.... The Divine will look after you.” But if you have this ego, “you shut out yourself from the reality, from the truth and you become a very hot-tempered and arrogant personality. This has to go away.”

Power of the Sahasrara

Sahaja Yogis are “more than saints because they can express themselves better.” They have powers which they can utilize and show to others. “You can manage things much better than what you think.”

If there is a problem for which the whole world is upset, “if you know how to witness it, it will disappear.” The world is full of turmoil, nonsensical, quarrelsome and dominating people. “If you just see this in the witness state, this will disappear because you are very powerful.... But you must know first of all that you must have the equipment to use the power. If you have that equipment within you, you can do it. But with your ego, you cannot. Ego is the greatest hurdle for your ascent.... Ego is at a place where you have to just cross to go to Sahasrara and to break Sahasrara is very easy otherwise. But if there is ego, you are already lost in that ego.”

Watch yourself. “Ego is very limited. It makes you limited and you don't see the purpose of your life.” You must understand why you became a realized soul and not be just involved in your own affairs, which are very low. “If you have an egoless temperament, then you are very effective. The whole power works....

People should feel your
love and they should
know that you are a
lovable person.

“The power of Sahasrara is so great. In some people it has worked wonders. They have worked it greatly. But because of ego, so many people are still not of that level that we can say they are Sahaja Yogis....

“I am here to tell you about it and in those days, when these saints came in, nobody was there to guide them, to tell them anything. On the contrary, they were so much destroyed by the surroundings.” People did not understand their egoless humility. They were misused. “But now you have powers. You must know how to use your powers.” That should not give you ego. “You should be humble. You have power to be humble.... You can be humble and understand that these people are not yet realized souls. They are at a lower level. Still their ego is catching them and ... they have to come up.

When you understand that, then you will have not only pity, but also understanding about them and a kind of a help will come to you from the Divine that will solve your problems.

“I find most of you have problems of a very low level sometimes and then I am surprised that why are you bothered about these problems.... You are so powerful. So in Sahasrara, you must know what powers are there. There are one thousand powers ... within you which are being enlightened.” If you understand that, then you will understand the uselessness of ego because “you have such a lot of powers within you, which you have not utilized ... but because of ego you cannot. With love you can. With love, you can manage and you can do a lot.

“So I would request all of you today to take a vow that ‘We’ll have no more chances for our egos. We’ll give it up. We’ll give up our ego.’” Ego is an obstruction. “When the Sahasrara wants to work, it cannot because of ego obstruction. So better not have ego of anything.... What we need today are people who are egoless and who have powers completely flowing in them.

“With the opening of Sahasrara, all these powers should flow.... Wherever I go, people just fall in love with Me.” They just “feel My love. That’s what it should be, that people should feel your love and they should know that you are a lovable person....

“You are made as special people ... for this whole world’s emancipation. That’s your job ... to raise the kundalini of people and make them aware of their greatness.

Human beings are not created only to war and fight, not created here to play politics and do all dirty tricks ... to lead a life which is very ... filthy and dirty. But, in this world, we are here to do such a great job of God, who has created us.”

The power of love

“So this is possible if you are aware that your Sahasraras are being opened out and that in this Sahasrara resides the purity, not all these small, little things about which you are worried. Some people try to take advantage of Sahaja Yoga, thinking that they can do better, they can have the help of others.... You can be helped by yourself. You don’t need any help.

On the contrary, you have to help others. There is no need to expect any help from anywhere.” Sahaja Yoga has worked out all over the world “by just the power of love. Only trouble is that I can use My power of love, while you don’t know how to use....

Everything is perishable.

What is not perishable is Divine Love.

What is not perishable is Divine Personality.



“In meditation, you can develop that power of love. With that, you can capture people. With that, you can understand. Their problems are that they are not Sahaja Yogis.... Imagine – you are connected with the Divine and Divine is such a great thing, which has created this whole universe, created you and has done all the great jobs.... You are a part and parcel of that divine power.” You should use our divine power fully, “with the love and with understanding, so that you develop this wisdom within you.”

Tell yourself, “‘We are realized souls. This one is something – a personality special, very much special.’ In this world, there are very few people who are realized souls, but now we have so many....

“Some problems are there because of our ego. One should not have ego of anything. Everything is perishable. What is not perishable is divine love. What is not perishable is divine personality.” Although they are dead, people remember the saints. “All their poetry is remembered.” Although they could not give Realization, “they are still respected and people know that these people have been doing marvellous things, miraculous things.

“In the same way, you can see your own miracles and you can see for yourself what you are capable of because now you are connected with the Divine. This is one fact you should know. Whenever there is danger, whenever there is a problem, you will say, ‘You’ll be saved.’”

You are the “soldiers of truth, soldiers of goodness and all that is to be done with great courage and understanding about yourself.”

Self knowledge

God has saved you and given you so much “because there’s so much to be done for this world.” You are the “soldiers of truth, soldiers of goodness and all that is to be done with great courage and understanding about yourself.

“So what you have to do is to have self knowledge. You have to know about yourself... If that you don’t have, what’s the use of opening the Sahasrara?” Self knowledge doesn’t give pride, “but gives you the duty, what you have to do, what you have to work out.”

Sahaja Yoga is not just for you, “but you are for the whole world. Please try to understand.” Sahaja Yoga is not there for our betterment or good health. “It is for the betterment of others. Your powers are there, which you are not utilizing.... If you can’t correct yourself, how can you correct others...?”

“There’s an understanding going into your understanding that you are great. You are not ordinary people and this has to be practised and to be used in a manner that will show that you are Sahaja Yogis. You are no less than any Sufi or any realized soul or any saint.... But you have powers which they didn’t have, of which they were not conscious.... Try to understand what powers you have. But, by understanding that, you should not have pride about it or anyway, but that’s your job. You have to do it. You are there and you’ll enjoy it because it is not with ego, but egoless work. If you can manage that much, it will be very good.

“Now ego has come down very much.” Still there is sometimes worrying and fighting. But “whatever work has been done all these years, people have worked it out among their selves.

“So you have to watch yourself and see for yourself what ego you have.... Some of the people have ego of their country.... It’s all mythical.... You could have been born anywhere.” To have the ego of your country is something of which you should be ashamed. “Why should you be so proud of your country? When you will work it out and they will become spiritually equipped, then, of course, you can have pride in your country,” but that is not happening “and so you have to work it out.”

Problems will be solved

I am happy to see that Sahaja Yoga has spread everywhere. “In countries where I never expected, it’s spreading out. So there are people everywhere in the world who ... want to have their Realization and they want to know what is beyond this human life. They don’t want to waste their life anymore as human beings.” They want to be super human beings, Sahaja Yogis.

Ego has to be “watched in a witness state, how it works and how it tries to dissuade us from the right path of movement. One has to be only careful on that point because that’s the last centre which has to be opened out. Once it is completely open, you are one with the Divine and all your problems will be solved. Because these problems are so frivolous and have no meaning. They’ll go away in no time, as long as you work it out....

“It’s very nice that today is a very special day with all these three stars ... coming together and it’s a special blessing. If your powers increase, all these people who are very bad, who are trying to capture the society with their political nonsense and all that, they all will disappear. They have no powers. They’ll all disappear.

“So, first of all your egoless nature will help, will help everyone.

“May God bless you all.”

On May 12th, the festival of Mother’s Day in Italy, the yogis in Cabella were received by Shri Mataji for a short darshan. They paid homage to Her and greeted Her on this very auspicious day. She received flowers and gifts, then a big cake was presented to Her. Everybody sat down around Her and She asked them to sing “Sitting in the Heart of the Universe.”

Joy of Spreading

I hope you all people understand the importance of spreading Sahaja Yoga.

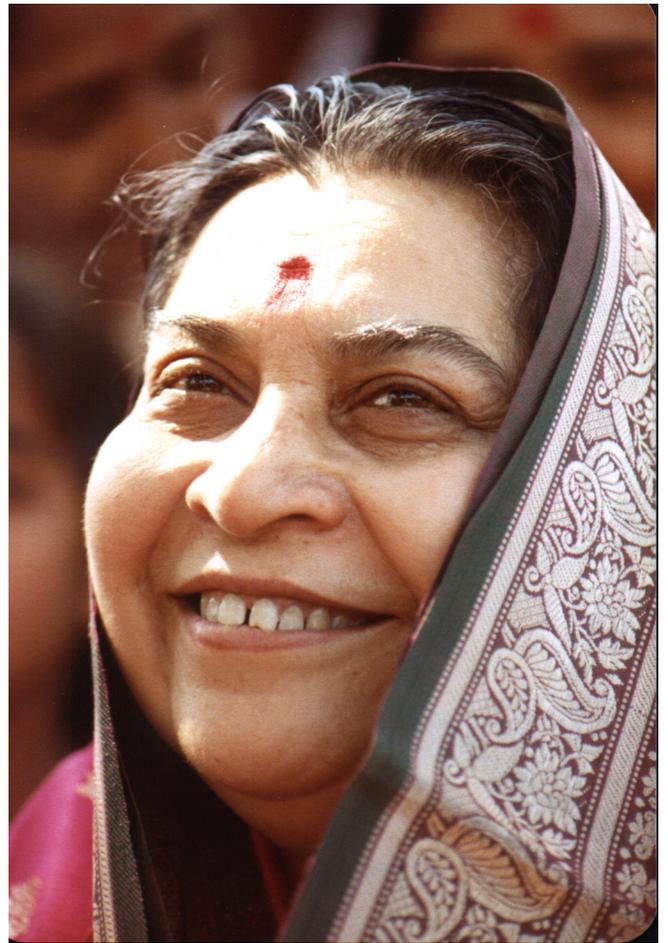
If you don't do that, you are absolutely useless. The greatest thing for Me, as you have so many lights here, we should have many more Sahaja Yogis all over the world, if you want to change this world and if you want to avoid all the trials and tribulations of the useless life they are leading, you have to save them. You have to salvage them. That's your job. That's what you have to pay for Sahaja Yoga.

25 December 2001

Work

You have to be not egoistical, but proud. Proud that you are Sahaja Yogis, proud that you have been born in such a time, when you have to carry on the duties of God's work, that God has chosen you. So first, you should come up to that level. Like some people I find suddenly become morose, recluses in Sahaja Yoga. They will never be forgiven because God has given you so much. Supposing somebody gives you a diamond. You are proud. You put it on and show off. But when you have been given your Spirit, you should be proud and not behave like recluses. Some people feel, "I shall not take any job now. I'll not go out. I'll sit at home and meditate." There's no place for such people in Sahaja Yoga. "I can't do this." The word "can't" should go away from the dictionary of people who are supposed to be Sahaja Yogis.

21 March 1983



*Everyone of you must think every day,
"What have I done for Sahaja Yoga today?"*

At Sahasrara Puja, all of the attending Sahaja Yogis were given a 103 page book, "The Joy of Spreading Sahaja Yoga." The book is entirely composed of Shri Mataji's words on this topic. This article is an excerpt from that book.



Don't think that it is for somebody else. It is for you, for all of you, each of you.



I'm working twenty-four hours. Not a single minute I waste. And in the same way, I hope you will dedicate your twenty-four hours for your emancipation and the emancipation of the whole universe.

4 May 1985

In this world, everything has to do something. But then what about Sahaja Yogis? It's such a rare thing to happen that you have got your Realization. So where should we waste out attention? Why should we neglect our meditation? Why? We have to grow. We are a different people. We are a different race altogether in this world. We are realized souls. There were hardly any number during the time of Christ, practically I mean. And even before that I was surprised that in China and other places, in one age there used to be one guru, one master. While you are so many masters, but you don't want to use your power as a master.

Why not the women use it also? I find women are more lethargic than men are in Sahaja Yoga. It should show I am a woman Myself. Single-handed, I've done all this work. And why shouldn't you do it? Because it's a tremendous task to transform people all over the world. But it's very easy for you. If I can do it, why can't you do it?

But put your complete attention to it, that "We are going to work out Sahaja Yoga, not for ourselves, but for the betterment of humanity." We need it. We need it very much. Your compassion, your love, is all being wasted if you just think about yourself, your family. What's the use? People do that even before Realization. So what is the use of completely getting attached to your family, attached to all other things? You should get attached to the whole world. You belong to the whole world now....

Now, as I said, the drop has become the ocean. Identify your-

self with the ocean. The ocean is the lowest, if you have seen, the lowest so much that the zero point starts from the ocean. The ocean is so humble. It's at the lowest point it lives, but all the rivers flow into it. And the ocean does the work of throwing clouds in the sky. And these then burst and become rain falling into the same ocean. They come back to the same ocean.

So those who are humble will attract more Sahaja Yogis. Those who are kind will attract many more Sahaja Yogis.

31 December 2000

Becoming Dynamic

You have to surrender fully from your heart. 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 on to that. For this, meditation is the only way, I should say.

Of course, rationally you can do many things. You can rationally accept Me. Emotionally, you may feel closer to Me in your heart, but through meditation, surrender. Meditation is nothing but surrendering, is complete surrendering.

31 July 1982

Now you may say, "What should we do?" Face yourself every day. In reality, see how much time you spend on mundane worries and how much on your ascent. Have you left everything, all your worries to God Almighty? Have you completely jumped out of your background? Have you come out all the way, leaving everything that was nonsensical? And how do I relate to others? How do I talk to others, who are Sahaja Yogis...?

So now there is no time for lethargy. Now you have to rise and awake. Today is the day when I hope you have to jump into nirvikalpa. But only by effort, you will stay there, otherwise you will again slip down.

So go through this lecture again and again and do not think about it. Don't think that it is for somebody else. It is for you. For all of you, each of you and you must know yourself how far you are going every day.

3 May 1986

How are we going to spread this message of love to people?

On two ways you can work it out – how individually you can do it and how collectively you can do it. So I have to make one suggestion to the leaders, that whatever suggestions come to you from the people, you must accept. You are just the leader there. Because you have to just communicate with each other, you are not to dominate anybody. You are not to sort of dictate anything to anybody, but you have to be a communication person for Me and them.

So now you should see that how these people are giving you new ideas, not put them down. Don't think you are the only one who has ideas. Get ideas from them. They might get ideas from the cosmos. They may tell you something which should be done and should be noted down and recorded that, "Yes, this was said. This was to be done." And then try to follow whatever is possible.

If you are in doubt, you can always telephone to Me and find out. But involve them in this dynamism. Everybody is involved.

1 December 1988

The drop has
become the ocean.
Identify yourself
with the ocean.

Speed

The powers that we have are for Sahaja Yoga. As Mother has powers to work for Sahaja Yoga, we too have powers to work for Sahaja Yoga and, as She works, we also have to work. But there is attachment like this. "Mother is doing everything. What can we do?" No, you have to do it.

This is a very important detachment I am telling you. You have to do it yourself. It's not that "Mother will do. After all, She is doing everything." It's correct. That's correct in a way. But you are the instrument.... So the source may be there, but the instruments deliver the goods and, like Hanumana, you are the instrument and you have to work. You have to do the job.

Another quality of Hanumana is He was beyond time.... He was doing everything very fast.... One of the qualities of Shri Hanumana was that he was a fast person. He would do it before anybody could do it....

It's very good to go to Trafalgar and beat Napoleon, but in the field of dharma, I think, people don't understand the importance of time. We are delayed masters and delayed habits we have. "All right, I'll telephone, I find out.... It will happen." That's one of the greatest defects we have....

Better do it quickly, immediately. That's the time to do it. "But next year, Mother, well see, you know, after Ganapatipule we can consider. We'll have discussions and then we'll have arguments and this and that." That's one thing about His character. One has to know that today, when we are worshipping Hanumana, we should have that quick vividness in us. It is to be done now. We cannot postpone it anymore. Already we are very much delayed....

To see the results, you have to become quick people, not to linger and be satisfied with other things, but positive things, what we are doing....

So attention should be on the job. And that's what we are doing about it.... You just start it. You'll get it. You have powers. Everything will be synchronized properly. We just start doing it.

But if we behave like human beings, first thing, then plan it out and then cancel it, it's not going to work out. Though it is Hanumana, is running on the Pingala Nadi, all the time, what He does is to spoil our plan because, instead of Him, we run on the Pingala. This is all right. You are running it. I'll put you right.

So He sidetracks all our plans all the time. That's how all our planning fails. We are particular about timing, about things of no importance. But we are not particular about timing about our progress in Sahaja Yoga. We must have targets. We must have fixed times....

You have to do Sahaja Yoga. You have to spread it. You have to bring it to a level where people can see it....

You have to venture. You have to venture without any fear, collectively and individually forgetting as to what will happen. I mean, you won't go to jails, you'll not be crucified, be sure on that. I mean, if you lose your job, you get another. And if you don't get a job, you can get a dole, all right. So you don't have to worry about the useless things human beings sit down and normally worry. But, despite that, they achieve work, they do their jobs....

You are not aware that you are angels, that you have to do this and nothing else is important.

I hope that by today's puja that enthusiasm, that venturesome nature will vibrate your Pingala and, without feeling any ego about it, in the most humble manner. As Hanumana was, we'll do the jobs....

You have to do
Sahaja Yoga. You
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You have to bring
it to a level where
people can
see it.



So much dynamism and so much of humility, what a combination it was. And that you have to manifest. The more you work, the more you'll assert yourself. You'll find that humility is the only thing that helps. Obedience is the only thing that helps to carry out your work and you'll become humbler and humbler.

But if you are thinking that "I am already this," then finished. But if you know that it's done by the Divine, "Paramchaitanya is doing everything, I'm just an instrument," then humility will be there and you'll be an effective instrument....

If you are doing God's work, your worries are taken over. You don't have to worry about anything, just takes over. But it's not self-propagation. It's not. It's propagation of the collective.

Inner Dynamo

When you see something, it reacts. The difference between My looking at anything is that – that reacts. When I look at you, your kundalini reacts. When I look at this, it gets vibrated – *kataksha*. Kataksha – every glance – every glance makes the thing react. And *nireekshana* means "I know what it is."

Just looking at a person, I know what it is. Looking at a thing, I know what it is – *nireekshana*. But the whole thing is in the memory there.

Like we were going and they said, "We have only black stones. I said, "No, you have red also." He said, "Where? Do you know?" So I told them the exact spot where to get the stones. He said, "How do you know, Mother?" I said, "We passed that way about eight years back and I know there are red stones."

So everything I see gets vibrated and also I note what is there and is already there to be used at the proper time....

So when you have that kind of a temperament, you will be amazed the amount of dynamism that will work it out. You don't have to create a dynamo. It is inside you. Let it work out.

22 April 1984

You don't have to
create a dynamo.

It is inside you.

Let it work out.

Holi

was started during the time of Shri Krishna.

Before Him, in the time of Shri Rama ... He was very austere.

Because of that, the society became very peaceful,
but people were devoid of all joy.



Whatever negative thoughts that we have bring about our destruction.

So He thought that there should be a way by which people should be able to laugh freely and be joyful. And as happens to all such ventures, it happened in the case of Holi also that it produced an opposite effect. They started playing Holi in a very wrong way. It brought a very bad name to this festival and it deteriorated to such an extent that I said, I will never play Holi now.

The story of how it started is like this — there was a demoness called Holika. She was the sister of Prahlad and Prahlad's father used to trouble him a lot. Holika had a boon that she would not be burnt by the fire. Prahlad's father wanted to kill him and told Holika to take the child [Prahlad] and sit on the burning pyre thinking that she would not die. But it is surprising that she died and Prahlad was not hurt in the fire and came out of it unscathed.

This is a very big happening, which demonstrated that it is very wrong to be cruel and aggressive. She had the boon, but still she got burnt. That's why we have this custom on Holi.

In our country [India], all such things have a lot of truthfulness. We have to understand that if we do wrong things, trouble others ... then these are demonic qualities.

We should not allow any such thoughts to come to our brain or give them any importance. We should love everyone. This is very important and we must understand it very well, otherwise we will all become Holika, a demon.

There is a very big lesson in this that, although Prahlad was a small child, yet he was not hurt at all. He was saved by the Almighty and this lady, who had a boon that she would not be burnt, was burnt. She had obtained this boon after a lot of penance. She got burnt and he was saved.

We can draw a conclusion from this that all these characteristics that we develop are destructive and we should get rid of them. We should have a feeling of love and charity towards all. To fight with others or shout at them are not good and these are demonic qualities.

We should not have these demonic qualities because we are Sahaja Yogis. We are a special race of people who have taken birth to transform this world and we should pay attention to that. We are very highly placed, higher than all others and we have to save all others from such tendencies. These days it has spread a lot. That's why all such hateful, cruel behaviour by which we dominate others, torture others is very, very bad and there is no need to do all that in Sahaja Yoga.

You are yourself very powerful. You have such powers within you that even if someone tries to torture you in any way, you will be saved like Prahlad. Nobody can destroy you. You are under protection. Nothing can destroy you. That's why you should not have any feeling of hatred or dislike towards anybody. You should have a feeling of love and compassion towards others and try to transform them. If you become forgiving towards such people, then he can be all right.

There is a very big example before us of Prahlad, who was a small child and he challenged his father who was a demon. But he was saved and the father was killed. It is not a question of dying, but it destroys you. Whatever negative thoughts that we have bring about our destruction.

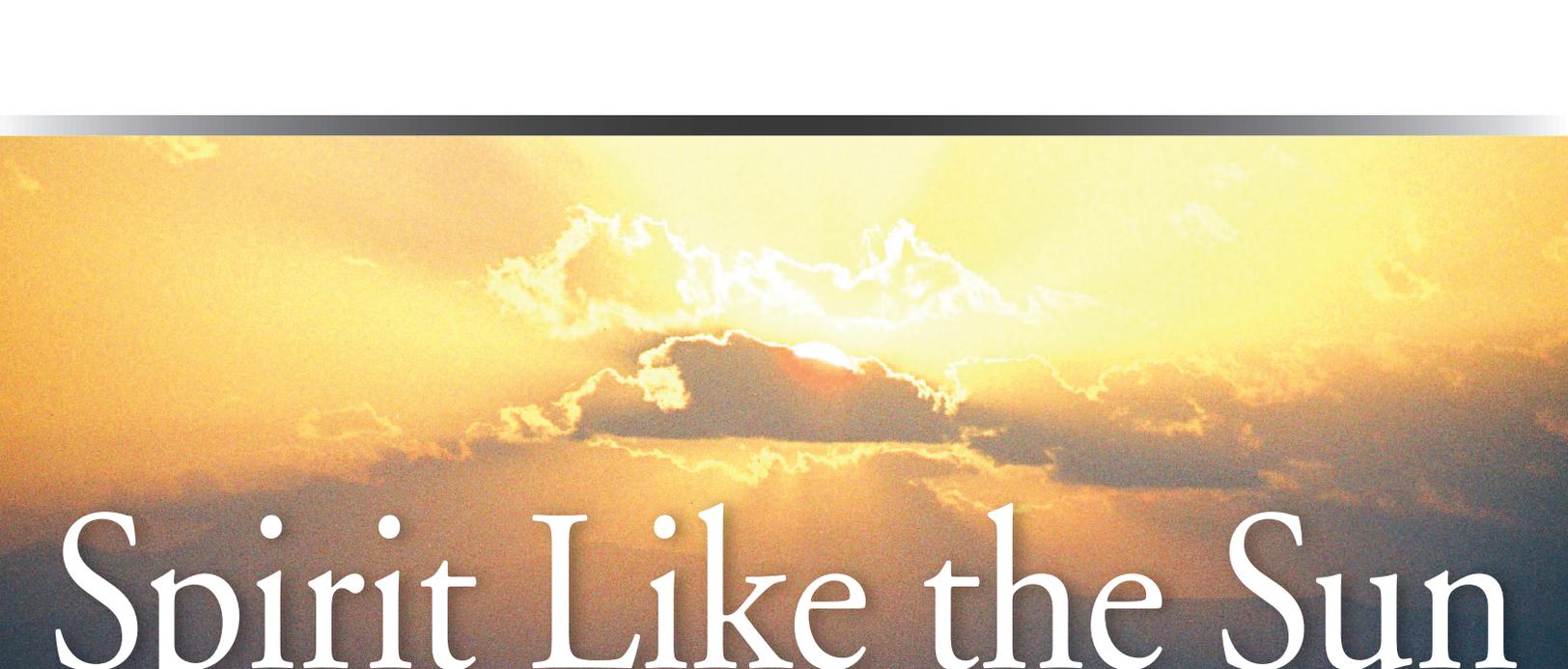
So if we ever have a feeling of hatred or revenge towards anyone, then we should take it out.

This is the message of Holi for all of you. *(Translated from Hindi)*

If we ever have a feeling of hatred or revenge towards anyone, then we should take it out.

This is the message of Holi.





Spirit Like the Sun

I am so happy and joyous to be here with so many Sahaja Yogis and so many of them are very new, not very new to Me. Perhaps I have known all of you thousand of years back.

In Sahaja Yoga, you have all to understand one simple thing, that you are the Spirit and whatever is not the Spirit is not yourself.

We can compare the Spirit with the sun. The sun can be covered with the clouds. There can be superimposition on the sun, but sun remains as it is at this point. You cannot enlighten the sun. It is illumined by itself.

Now, when the clouds are removed, the superimposition is removed, the sun shines through the atmosphere.

Your intellect
will start working
for the pursuit of
the Spirit.

So our Spirit is also superimposed by ignorance. As long as there is superimposition, you cannot see the Spirit. And even when few clouds disappear, the superimposition exists. One has to have a clear sky to see the light of the Spirit shining through.

There are many ways by which we can try to remove the clouds. The first and foremost thing is the assumption, the faith that we are the Spirit and that the rest is superimposition. You have to assume that within yourself. After Realization, it should become very easy that you are something much more, something very different from what you have known so far.

Intellect Working the Spirit

So now the new situation arises that you do not have a blind faith, but you have a faith that has come out of an experience. So your intellect should not fight it. It should not try to challenge it. If it starts challenging it and if you hear your intellect, you will again go down.

Even if you get the glimpses of a star in the sky, then the scientist believes that there is a star. So, in the same manner, even if you get the glimpses of your Realization, you have to at least believe that you are also the Spirit. You go on sticking to that experience and keeping your attention on the fact that you are the Spirit. Tell your intellect not to cheat you anymore. You can turn the face of your intellect by this.

Now your intellect will start working for the pursuit of the Spirit. This is what faith means. Faith gives rise to pure intelligence.

The Form and Formless

28 Now, once you have seen clouds removed, still there are clouds. So you have to use the

wind to remove the clouds, wind of the Holy Ghost. And — that you know — there are many ways of taking advantage of the wind.

So the wind comes from some other source. That is the source of the Holy Ghost, your own kundalini. And also you have, in person, the Primordial Kundalini before you.

Compared to many other seekers who came before you, you are very fortunate. Because worshipping any *vigraha*, any statue of self-created vibrations of the Mother Earth, people had big problems. They had to first of all do a meditation, which was called as *sarvikalpa samadhi*. That means in that state you had to concentrate on such a statue, *vigraha* — *vigraha* means the one which is a vibrating statue — and then go on looking at that statue and try to raise your kundalini. And kundalini used to come up to Agnya, but the jumping beyond the Sahasrara was an impossible task because one has to go from form to formless. And it was so difficult to get out of form to formless and even to concentrate on abstract or formless was another impossible task, as the Muslims did or many others tried to do.

Under these circumstances it was necessary that the formless had to take a form, so that there were no more complications. As soon as you concentrated on the form, you became formless. Like if you have ice before you, as soon as you start touching the ice, it melts away and you start feeling the cool.

The Meaning of Puja

So the problem is very easily solved now. Puja is one of the things by which you can excite the forms into formless.

Now your centres are the centres of energies, but they too have a guiding deity sitting on all these chakras. They are also the formless made into forms. And when you do the puja, the forms melt into formless energies. And these formless energies start flowing and then blows the wind. And that is how these misidentifications, these superimpositions on the Spirit are removed.

Now you cannot think about the puja. These are things which happen into a realm which is beyond thinking. So you have to understand that you cannot rationalize the puja. You should have the maximum advantage on your chakras. For that, you must fully just concentrate on the puja and how the wind is blowing. And the wind will see to it that it drives out all the clouds.

So your only work is — your only method is — just to concentrate on the puja and witness. You are a seer.

Seer has double meaning — the one who sees only, just sees and he is only knowledge. He is a seer, without any thought, without any reaction, just sees and absorbs automatically. Spontaneously, he is the seer.

For Me sometimes it is burdensome because there should be some parity between you and the deities, some balance must be there. Here you are saying all the mantras and the deities are awakened and there you are who do not want to receive anything within your heart. So I am the One who has to stock up all the extra energy that is produced in My Body.

So it would be better if you all keep your hearts opened and watch the puja without thinking about it...

Shri Mataji Nirmala Devi, June 18, 1983

When you do the puja,
the forms melt into formless
energies and these formless
energies start flowing and
then blows the wind.

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Estonia with love



Estonia is situated on the Baltic Sea coast. It is a small and beautiful country. Our neighbours are Russia, Latvia and Finland. Our history is connected with such countries as Germany, Denmark, Sweden and Russia.

All these countries left some traces in Estonian architecture, art and even in the people's souls.

Estonians are closed when it comes to other people and they don't let anybody come to their mind or heart. They prefer living alone or with family on their farm. This is the classic portrait of an Estonian.

The Estonian language is very melodic, like a song. Estonian music is like our nature, a mixture of wind and sea, although Estonian bhajans are not like that.

our place in the virat *estonia*

The population of Estonia is about 1.3 million people. About sixty percent are ethnic Estonians. Most of people live in the capital, Tallinn — but not most of the yogis.

In the beginning of the 90s, Her Holiness Shri Mataji Nirmala Devi travelled with Her husband, Sir C.P., from Finland to Russia through Tallinn.

Soon after that, in 1992, Finnish and Estonian yogis held a public program in Tallinn, but Sahaja Yoga didn't start very well. It was at first only a few realized people in different towns.

Sahaja Yoga started to grow in 1993 in Pärnu and Kohtla-Järve. Sahaja Yoga has now spread to six towns — Pärnu (the summer capital of Estonia), Narva (on the Russian border), Kohtla-Järve (an industrial town with fabric mills and mines), Jõhvi (like Kohtla-Järve and Narva, a town with mostly Russian-speaking people) and Tallinn (the capital of Estonia).

We had presidential elections in Estonia in August 2001. Before the elections, all the Sahaja Yogis of Estonia had a havan and asked Shri Mataji to give us a dharmic president. In the two rounds of voting, none of the candidates had the majority. The pundits said that Estonia would stay without a president for the next five years, but, in the end, Arnold Ruutel was chosen. His surname can be translated as "knight." He had no chance of being elected, nobody expected he would become president, but he was the only dharmic person among the candidates. Time will tell if he is a good choice.

There are a lot of examples of how Paramchaitanya works here. We just enjoy watching this work.

In November, we had public programs in Tallinn, Jõhvi, Narva, Pärnu, Kunda and Sindi.

From Sahaja Yoga collective of Estonia with a lot of love!



Estonia is the smallest of the Baltic nations and was, in 1991, the first Soviet state to gain independence.

Despite centuries of foreign occupation, Estonians have maintained a distinctive culture and language. About one-third of the population live in the vicinity of the capital city, Tallinn.



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Front cover: Her Holiness Shri Mataji Nirmala Devi

Contents pages: a montage of photographs, which include (upper left) Shri Mataji Nirmala Devi, Sahasrara Puja, 5 May 2002 (Wolfgang Hollerweger); Shri Mataji at the ocean in Australia; the ocean near Navaratri Puja, Greece, 2001 a stream near the International Sahaja Public School, India (Michal Markl)

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Back cover: courtesy of *Akashwani* magazine

Back cover quote: Shri Mataji Nirmala Devi, talk to Swiss Sahaja Yogis, 1983

*You have to run in the way of the roots,
of the branches,
of the leaves,
of the flowers
and of the fruits....*

*Put the problems
of the tree
always ahead of
the problems
of the leaf.*

