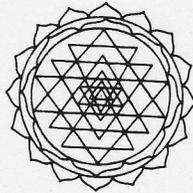


# *The Divine Cool Breeze*



*North American Newsletter*

January/February 1988

Volume 2, No. 1

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|| Aum Shri Nirmala Devi, Namoh Namah ||

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**"You may not eat your food one day,  
You may not sleep one day,  
You may not go to your office one day,  
You may not do anything that you are doing everyday,  
But you must meditate everyday."**

**--Shri Mataji**

**Sankrant Puja, January 10, 1988,  
Bombay**

## Excerpts from Shri Mataji's Puja Address at Aurangabad, 1987

"... Those who do not have the experience of the Spirit are not only incomplete but are limited people. ... People have diverted from the right path and have come to the wrong path and are indulging into self-created religions which have no relationship with reality or with the incarnations. ... You all have to be extremely strong. If you are not strong enough, how can you pull out the rest of them? People who are mediocre think that gradually they'll be all right and that they'll come up. But I would suggest that you should make all-out effort to become strong Sahaja Yogis. To become strong Sahaja Yogis is not difficult because you have all the powers within yourselves.

... All the permutations and combinations of this left and right starts working and then you get into trouble and then you get into problems. But actually it is a very simple thing to get out of your ego. Should be the simplest, and that is where you try to understand yourself, to see yourself, how you are reacting, *where is your attention*, what are you doing, what is your attitude towards Sahaja Yoga. ... You are completely blinded by this ego. First of all, you should say that *nothing is mine*. ... But this ego is so much identified with you that you think that I am this ego and ego is me. And in that ego you start doing all kinds of nonsensical things. This ego takes you nowhere, it takes you nowhere but into a complete mire of ignorance about yourself. Ultimately you become stupid. ... [The road of ego] is a very slippery road.

... The movement on the left side, is emotional side, you develop habits with the left side. Now some people have very dangerous habits. ... As Sahaja Yogis all your habits should be under your control. Now the habits we have formed through drugs, from drinking, from anything are very dangerous habits. Also people have their attention being all the time around, all the time this attention ... here, there and there, attracting people, looking after them, not looking after yourself. This attention has to be brought under control. It's very important. That's very simple, that whenever it happens you just put down your eyes, keep your eyes down. That's one of the ways we allow our attention to fritter away and also our growth becomes static. This is a very, very dangerous thing which in the West specially we have developed.

... So the attention, wherever it goes, has to be under our control. We have to keep it all the time under our control. ... Whatever you are doing, your attention should be on your Spirit. Then everything is under control.

... So please try when you are not meditating to keep your attention on your Spirit. Now the person who is left-sided or right-sided, he has developed a mechanism within himself to justify himself through his intellect, or maybe if they are ladies they have water power. They'll start crying and you just don't know what to say to them. If

you tell them anything, first thing they'll do is to cry, means sometimes I feel there are thousand arrows on my head when they start crying. It's impossible to say anything to them. And if you talk to some men they'll give so many explanations that you would feel like just going off to sleep it's so boring. It's easy to read some book like War and Peace than to listen to the arguments of such people. But they don't want to see that this is all ego which is talking. It is not they are talking, it is not their Spirit, and *if the Spirit has to evolve we have to be extremely witnessing in a full way, very alert, extremely alert and witnessing ourselves what are we doing.* Then only we'll reach the completion of our realization. Unless and until you reach the completion of your realization you can never be masters of your attention and you can never be the enjoyer of your joy and you can never know the Truth fully.

... You have to be extremely careful about the instrument that God has given you -- this body, mind and emotions. You have to keep them in check because whatever your habits are they can never be joy-giving. It's a joyless pursuit. And wherever your ego is it's a destructive effort. So both things are detrimental to your growth. Apart from that they are extremely dangerous thing for yogis. So as you are, in whatever conditions you are in, whatever situations you are, whatever may be the surroundings like a dirty mire full of creatures and filth, you can become like lotuses. When you become like lotuses, all that is filth, all that is horrible can become fragrant and this is what we have to achieve. When people will see the lotuses they'll come to you, not to see the worms and to see the filth but to see the lotuses.

So please this time correct yourself. You don't need anybody to correct you. Just correct yourself, watch out for yourself and see for yourself. If something doesn't work out just give up. Don't go to extremes for anything. Must learn to give up at a point and be happy about it. ... Whatever is needed to put you back into right frame you must accept and whatever is needed to understand Sahaja Yoga you have to do. ..."

[Note: This talk is from the second puja on the '87-'88 India Tour.]

## The '87 - '88 India Tour

As usual, the India Tour seemed to begin even before it had begun. We witnessed the orchestration managed by the Divine of our various travels from and through all corners of the world to arrive in the country of our roots, most blessed India. After a brief stop in Bombay, we travelled to Alibag under the palm trees, by the sea. There stood a lovely house built for Shri Mataji in which She was staying, and around which our tents were clustered. It was here that the beautiful reunions and meetings of brothers and sisters took place. The weather was hot and humid -- even rainy! -- a special

arrangement of our Holy Mother's to see that the trees, flowers and plants also arriving from all corners of the world had an ideal climate in which to begin their new lives at Mother's house in Pune.

Shri Mataji's talk at the Alibag Puja was stern. She stated that "there has to be an all-out effort to become strong Sahaja Yogis." She also told us to forget about our different nationalities and countries, that we were now all part of just one country of Sahaja Yoga. After puja, the people of the nearby fishing village sang beautiful, childlike songs and danced innocent and engaging dances in honor of the Goddess. Mother praised them for their heartfeltness, using the word "intimate" to describe the manner in which, these people, Her children, were singing of Her. Soon after, all joined in the dancing enthusiastically -- no one wanted to stop -- and the flood of joy seemed to open up so strongly as one and all truly realized where and before Whom they were celebrating. Mother told us that all the Deities were at that moment present also, pleased to witness the beautiful scene.

Leaving Alibag reluctantly, we boarded the buses for a brief stay near Pune dam, where we were hosted so warmly by the attentive Pune Sahaja Yogis. Due to our late night arrival, the incredible beauty and majesty of our surroundings was not revealed until the next day. We were situated on a hill above a peaceful river valley with a still, mirror-like reservoir. Though our visit was short, it was characteristic of the tour in general, for we had the day to ourselves, while all around us the land and the water and the very atmosphere beckoned us into deep and blissful meditation. We are reminded that if Mother grants us relaxation and leisure, it is for the purpose of going DEEPER, and we should take advantage of it.

While in Aurangabad, we had the opportunity to visit the Ajanta Caves and the Ellora Temple, to witness how much can be accomplished through steadfast dedication and devotion. The Ajanta Caves, a vast and many-chambered temple to Shri Buddha, was carved over the course of ten generations. Ellora, a majestic Shiva Temple, paid tribute also to Shri Vishnu and to the Goddess as Shri Durga.

The Aurangabad Puja was tremendously powerful. Many of the newer Sahaja Yogis, of which there were quite a few on this tour, were brought into Mother's attention and allowed to deepen themselves or alternatively, in one or two cases, required to leave. It was also a time for the ladies on the Tour (who made up about two-thirds of the people present) to remember and recognize their great responsibility and influence on the state of the collective as a whole.

We were given an excellent music program by two top-notch singers from Aurangabad. Their music was exhilarating and uplifting, as a fitting conclusion to the puja and the stay at Aurangabad. Throughout the tour, Shri Mataji worked on us through the music, from the pujas, where song after devotional song took the place of spoken mantras, to the evening performances of classical music by accomplished professionals from all parts of Maharashtra. Shri Mataji referred to Indian classical music unequivocally as "Divine music." At one point, She even suggested that hearing the music might be working it out better than if She were speaking!

In Rahuri we camped on the shores of a reservoir very near a Sahaj Temple at the Ekadesha Rudra Swayambu (a place where something which is not created by man and which emits vibrations has come out of the earth). We could really see and feel how Rahuri is the "heartland" of the new world emerging. There was a tremendous puja at the Dhumal's house, accompanied by the gentle sound of cattle lowing. Here Shri Mataji gave a very sweet and motherly talk, telling us how much She loves us and never wants to hurt us, that we must be joyful and happy saints and never insecure. Bhajans lasted well into the night, during which many engagements were finalized by Mother. The weather was surprisingly cold in the evenings. Even Mother remarked on it, saying we must have brought the cold with us. Talented, youthful Rahuri Sahaja Yogis presented an excellent set of musical dramas, offering a lesson for those who were able to see it in an unselfconscious, unegotistical, generous, heart-opening way.

Near Sangamner, we took part in the one and only procession of the tour. It was in the evening in a small town called Akole which Mother had never visited before. Fireworks preceded Mother's cart as a crowd of some 8,000 people gathered and made their way to the program site. Though at moments the crowd seemed unruly and almost unmanageable, by the end Mother's presence had acted on those attending -- calming, soothing, and giving realization to all. It was one of the most powerful programs many of us had ever seen.

Afterwards, Mother came to speak to us and hear some songs. The Americans gave a performance of a new song, a Marathi bhajan, and a rendition of "She's Got the Whole World in Her Hands," after which Mother said, "and you've got all the desires in your hands. You must desire higher and higher things."

We were in the city of Pune for Christmas. On Christmas Eve Mother warned us that *it may be said that sins will be forgiven, but "not after realisation. After realisation, they multiply."* We have to be careful. On Christmas Day in a most powerful talk, Shri Mataji said that the essence of Christ was Tapasya -- not forgiveness, but Tapasya: to give up everything external out of love for Mother as He did and be totally within; to deny every thought because every thought takes us away from reality. "No excuses anymore." By the end of the puja, which we later felt was the second most powerful puja EVER, all Mother's vibrations had been absorbed, and She said that we were now giving off vibrations. As night turned into morning, each country gave Christmas gifts to Mother, and each country had its chance to sing Her songs. Daylight came and still Mother was fresh and sweetly smiling -- a truly blessed Christmas for us all.

Throughout the tour, Shri Mataji was also supervising the construction of Her house in Pune. Shri Mataji stayed in Pune to attend to matters relating to the house while we were at Brahmपुरi. We enjoyed a restful and cleansing sojourn on the banks of the Krishna River. At morning meditations we greeted sunrise on the ghat (the stoned-in area on the river bank). Baths were taken in this tremendously vibrated river where Mother has washed Her feet many times before. Though She was not "personally" with us this time, Her presence was very much felt and the cleansing power of the flowing waters was no less great.

Kohlapur is the city of Shri Mahalaxshmi, and the location of the "pitha" or seat of this great aspect of our Mother. As marriages continued to be arranged we were again called upon to remain centered, control our attention and focus on our ascent. We faced the challenge of "shopping like saints" in a city well-known for its silver, gold, bangles, chappels (Indian leather sandals), and much more. In the evening, we were entertained with music and dancing in the thrilling style for which Kohlapur has come to be known on India Tours. The artists performed musical dramas, all with the purpose of teaching about spiritual values and self-realization. On the same evening Mother gave us a lot of instruction on the kinds of things which damage the Vishuddhi, such as a lot of nodding (essentially coming from the ego), excessive gesturing and arm waving, and shrugging the shoulders. She also spoke against over-romanticism for the benefit of engaged couples, saying, "What's the rush? You'll have your whole lives together."

Back to the sea in Ganesha's place of Ganapatipule. No words could ever really relate the wealth of joy and happiness we experience in that place. Each day of our week-long stay had a similar shape to it. Our mornings were free for down-to-earth activities, such as clothes washing or bathing in the ocean. Then we boarded buses shortly after noon to go to lunch at the main pendal. More free time after lunch gave us a chance to spend time together and enjoy each other's company, as Indian and other Western yogis had just joined the collective for the week at Ganapatipule. By evening we were gathered at the pendal to await Mother's arrival and the song, dance and festivities of each evening.

Mother's brother, Baba Mama, was the main organizer of the musicians, many of whom had come from Nagpur, the place of Mother's family. He himself had written the words to several songs ("one of the greatest miracles of Sahaja Yoga," said Mother), which Shri Mataji praised for their depth and poetic beauty. At other times, the exuberance of the Sahaja Yogis overflowed as one and all jumped up in almost wild exultation and danced both on and off the stage. Mother enjoyed these moments greatly, describing them as "very natural and childlike." Every drop of our joy is completely justified and deserves fullest expression from the heart -- after all, Adi Shakti is before us!

At the Puja to Shri Ganesha, held toward the end of our stay in Ganapatipule, Mother cited three essential qualities to be imbibed by Sahaja Yogis: Patience, Sweetness and Genuineness. She emphasized that patience was the quality of Hers that She enjoyed the most. This patience implies a sense of complete contentment and happiness, no matter what situation we find ourselves in.

Each night (or morning) after the programs, we enjoyed serene homeward walks along the beach under the cooling full-moonlight beside surging yet soothing ocean waves. It was a chance to recall and assimilate all the experiences of the day and evening that had gone before.

As always, the stay in Ganapatipule culminated with the auspiciousness of the marriages. Mother gave us all Her blessings, describing how the Tour had been like a journey through each of the chakras and now we were at Sahasrara. Ganapatipule gives a glimpse of how things will grow, how the world will change, and the beauty it can and will become.

Though the Tour is ended, many have expressed how at special moments we realize that it has never ended and never will end, just as we realize that we as brothers and sisters are never apart, and that our Mother is always, always completely with us. May that joygiving realization stay with each of us. Jai Shri Mataji!

--Christine Kirby and Pam Lean, Boston

## Reflections on the India Tour

Returning from India, there's so much to say.. as well as nothing to say! Those who were there were reminded once again of how important it is for us to be on the Tour. Because it is so easy to forget -- just a little bit, but that's all it takes -- as we get involved with our affairs in the West. But when we return to Mother India, we are nourished. We regain our strength and our vision clears. That which seemed so important at home is reduced to its proper size. And that which is of ultimate import, that for which we live and breathe -- our yoga, in the presence Shri Adi Shakti Herself -- is our only concern.

Shri Mataji's parting admonishment at the end of last year's Tour was that we should look after our livers, as all of us in the West had bad livers. And this year, the Tour seemed to take up where She had left off. Shri Mataji worked on our livers, and on our attention -- and this year, because of the very physical manifestation of liver clearing, we realized how very important it was-- and just what a poor condition our livers were in.

Of course, medically speaking, one would say that there was nothing wrong: our medicine cannot detect the beginnings of a problem, only the later, acute stages. But we are yogis, and our attention -- chitta -- is to be perfected. Therefore, the seat of the attention, the liver, is to be completely purified and made strong. It is a process. In other words, we cannot force our attention to be correct. Practically since birth, our attention has been under attack. This in itself has damaged our livers. It's a vicious circle. Therefore, to correct the attention, one can, and should, after realization, practice Chitta Nirodh -- withdrawing the attention from all that is not the Spirit. But also one must look to the physical side, or the mechanics of the thing, and take certain measures, such as diet, to improve our livers. Then we will find, by

the grace of Our Holy Mother, our attention will automatically begin to improve, without any effort.

Shri Mataji's message to America is that we must go deeper. She warned us of our frivolity, and emphasized that we had to go deeper. And this was the subject also of Her last puja talk in Bombay on January 10, 1988, when we had the privilege to perform Surya Puja -- at Suryavaunshi Hall.

So it is particularly important for us Americans to do everything we possibly can to improve our attention, in order to go deeper in our yoga. We should strive to go inside, to be serious about our yoga, to put aside all frivolities. This does not mean becoming a pompous, serious bore. Much the contrary. It means being truly responsible, joyful people, strong in our Spirit.

Which brings up another aspect of this year's Tour: more than ever, we enjoyed wonderful music programs -- during which we both sang and danced! And Shri Mataji graciously explained that when we lost our (small, conditioned) selves in the dancing, our Kundalinis were able to come up very high, collectively. Thus She revealed to us the joy aspect through the singing of beautiful and vigorous songs -- particularly the Marathi songs -- the being drenched in joy and cleansed.

So this year, 1988, we must see to purifying our attention, going deeper. Also to our tapas -- withdrawal of the attention to either left or right. And to our joy! The India Tour doesn't end when we return to our countries: it is only the beginning! As the year unfolds, we shall witness the unfolding of the country's blessings we have received -- both those who were there, and those who were not.

Jai Shri Mataji!

Christine de Kalbermatten, New York

### Videotapes of the Tour

Phil Trumbo was able to film all of Shri Mataji's Puja talks on the American standard. He has compiled them onto two videotapes. The videos cost \$15. each, and he will be happy to send copies. Send orders to Phil Trumbo, 96 Shadow Lane, New Rochelle, NY 10801.

### India Tour 1989

This year we had quite a few problems with our travel. So we would suggest that you start planning now for next year, and give your name to either Dave Dunphy (West Coast) or Christine de Kalbermatten (East Coast) as soon as possible. This way we can make block bookings a long time in advance. The Tour is scheduled, at present, to start (from Bombay) on December 18, 1988.

## The Liver Diet

The Liver Diet is only required when the liver is damaged; otherwise, sensible eating habits are sufficient to maintain a healthy liver.

The liver is damaged by overuse of the right side, excessive thinking and mental activity, too much planning and organising. Alcohol and other drugs cause serious damage to the liver although their effects may only be noticed after several years in Sahaja Yoga. Sadly, all American Sahaja Yogis have severely damaged their livers by indulging in as many harmful substances and ego activities as possible. Please understand that this fact has to sink in, through the ego, before the cure can be effected.

We should all be thoroughly ashamed that we had to wait until Sri Mataji Herself was forced to indicate that all Americans urgently require a one-year Liver Diet. Here is the greatest Incarnation of all time, and instead of making full use of Her Presence to ascend to the highest, we trouble our Adi Guru with matters that our leaders or senior Sahaja Yogis could have dealt with. Perhaps we should ask "was it my enormous ego that came in the way?". We must really endeavor to humble down -- after all, what do we lose when we are humble -- other than ego. On the contrary, the blessings flow rapidly and the Joy within soon bursts forth.

Many Sahaja Yogis have reported that they do not feel the depth of meditation. This is because many have rarely *been* in meditation and have confused a feeling of relaxation, or even a cool breeze, for the real state of meditation -- "Meditation is when you are one with God". To enter meditation, one of the requirements is to have a capacity for concentration -- and concentration, of course, is only possible with a healthy liver. On the recent India Tour, a major concern of Sri Mataji was our poor Attention. I am sure that many Sahaja Yogis know that the seat of the attention is the Liver. By now we should understand that the liver treatment is essential -- for our own good. (Of course those who are truly devoted to our Mother will follow Her every instruction to the letter, without question or excuse.) We therefore proceed with the Liver Treatment:

First, the correct mental attitude must be present. We should all recall how earnestly we sought the Truth, and how, many of us were willing to undergo any hardship to attain our Enlightenment. We well know that attachment to various foods and tastes is a weakness to be overcome. We should be Masters of our bodies, not slaves insisting on a different menu every day of the month as was observed in one American "ashram"! Please do not be angry -- but face yourself like a courageous disciple of the Goddess. We *have* to be strict with ourselves, not with anybody else -- our Dearest Mother has told us this time and time again. So, make a firm decision to go on a liver diet for one year and then just get on with it!

Second, we must realise that diet alone is not enough. We should also slow down our overactive minds. Do not think too much

about anything -- just use the vibrations and act on them immediately. Humble yourselves down, listen to your leaders and seniors, don't argue or be aggressive. Whenever you are unhappy with a person or a situation, give a bandhan, and leave it to Mother. The livers will soon cool down, the attention improve, the Meditation enter new realms, and the Spirit reveal itself, fully immersed in Joy.

Third, the diet. The only meat allowed is chicken. Most vegetables are fine. No dairy products except yoghurt. Absolutely no coffee (decaffeinated or otherwise) or chocolate (or derivatives). Limited cups of tea (ideally none), preferably mild China teas (Jasmine). Most fruits are fine, except for tropical fruits (see the table below). Grapes and oranges are very good. The juices of these fruits have the same qualities (and restrictions). White rice is good, wholemeal bread (no white bread). Absolutely no fried foods. Ideally steamed or boiled food.

Please do not use your brains to discuss the diet, which was given by Sri Mataji. Either use your vibrations or just honestly follow it, enjoying the exciting anticipation of blissful meditation when our livers are fully healed. How pleased our Mother will be, when instead of causing Her pain, we can enjoy Her Presence in the bliss of true meditation.

<u>Bread</u>	<u>Dairy Products</u>	<u>Fruits/Juices</u>	<u>Meat</u>	
Wholemeal Wholewheat Chapatias	Low-fat yoghurt <u>only</u>	Most, <u>except</u> tropical fruits, including mango, chiku, peaches, bananas, apples	Chicken (No fish)	
<u>Pulses</u>	<u>Rice</u>	<u>Spices</u>	<u>Tea</u>	<u>Vegetables</u>
Lentils Split peas Chick peas	White	Most 'Western' herbs No chillies or curry powder	China	All

#### Particularly Beneficial

- 1) Radish Leaf Tea
- 2) White Cane Sugar/Sugar candy
- 3) Chana (Chick peas)
- 4) Kokum juice (in warm weather only)
- 5) Liv 52 Tablets or Liquid
- 6) Ginger (in cool/cold weather only)

#### Notes

- 1) This liver diet is for adults.
- 2) Eat a variety of vegetables to ensure sufficient nutrients.
- 1) Shri Mataji has clearly stated that Western Sahaja Yogis require a one-year strict liver diet.

Fourth, Ice Treatment: Wrap sufficient ice cubes in a small towel (or ice bag) and apply to the liver (right side of stomach, just below the rib cage) for 30 minutes every day. This should ideally be done while lying down or when comfortably seated.

Fifth, Mantra: The mantra for the liver is our standard mantra using "CHANDRA MA" as the deity.

Sixth, Using the Moon: Place left hand on liver, right towards moon -- humbly ask the Moon to clear your liver. (NOTE: Pregnant ladies are not supposed to look at the full moon.) This can be combined with the mantra.

Finally, may we earnestly request each and every one of you to follow this diet honestly. Within a few months you will notice an improvement, not only in your meditation, but also in your sensitivity. Remember what our Mother said as Sri Krishna in the Gita -- that those who are half-hearted about their spiritual practice will enjoy neither this world nor the next. We earnestly desire that every one of us will wholeheartedly carry out the liver treatment and also put our Mother's teachings into practice, so that 1988 will be a year of growth not only in numbers, but also in our inner depth and awareness.

--Bala Kanayson, Cincinnati

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**Particularly Beneficial**

- 1) Radish leaf tea
- 2) White Camu Camu/supercandy chutney
- 3) Chana (Chick peas)
- 4) Lemon juice (in warm weather only)
- 5) Live 52 Tablets or Liquid
- 6) Ginger (in cool/cold weather only)

**Notes**

- 1) This liver diet is for adults.
- 2) Eat a variety of vegetables to ensure sufficient nutrients.
- 3) Sri Mataji has clearly stated that Western Sattva Yoga requires a one-year strict liver diet.

## In Honor of Abraham Lincoln's Birthday

"We have been the recipients of the choicest bounties of heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth and power as no nation has ever grown.

*But we have forgotten God.*

We have forgotten the gracious Hand which preserved us in peace, and multiplied and enriched and strengthened us, and we have vainly imagined in the deceitfulness of our hearts, that all these blessings were produced by some superior wisdom and virtue of our own.

Intoxicated with unbroken success, we have become too self-sufficient to feel the necessity of redeeming and preserving grace, too proud to pray to the God that made us.

It behooves us then, to humble ourselves before the offended Power, to confess our sins, and to pray for clemency and forgiveness."

--Abraham Lincoln  
1863

## To Shakespeare's Source

Oh great Love, there is but one, You are it.  
In Your honor do I now dare discourse,  
With head humbled, my heart draws strength and wit,  
From your loving emissions and true force.  
Many, not so many enjoy your joy,  
Such a privilege is not just earned, is giv'n.  
Sweet service of Love through life's glossy ploy,  
And sheens of superficiality, wane.  
Through my scant verse I pray your essence shine,  
Not on deaf ears, deaf minds, but the beauty,  
Sweetly watching and awaiting the time,  
When at its height, arrogance will dizzy.  
Then will You, gentle might, surely win,  
Your eager treasure, the Spirit within.

--Greg Wolfe, Santa Cruz

## *Prayer for the New Year*

In this year we pray anew  
That all Your children come to You  
May old and young learn to Be  
One with Goddess Mataji  
May each morning's light be shed  
on Flowered altars freshly spread

America! Awaken now!  
Unfetter your welded brow!

Oh sweet Krishna, Lord Divine  
In my Mother I've seen You shine  
May I pray to You in Her  
Lord and Mother, our hearts stir

For the yogis who feel Your Mind:  
Let our closeness further bind  
Grant us Oneness of desires  
and the Innocence that requires

Give us strength to speak Your word  
Let us guide all those who've heard  
Help us better ourselves for Thee  
Help us clear that we may Be

For this land of wealth and might:  
Grant lost children divine sight  
Let not Satan pull down another  
Keep safe each sister and misguided brother

We praise Thee Lord again and again  
Thou that patiently blows chaff from grain  
May Thy mighty discus fly  
and Thy wondrous form fill the sky!

May this year bring to all  
Wisdom and patience tall  
Fill every farm, town and city  
With mercy, mildness and rightful pity

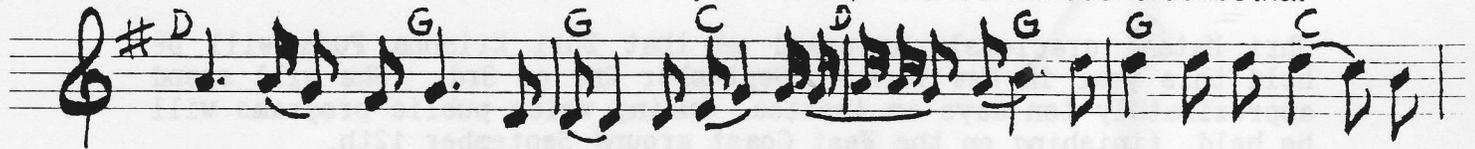
And thus may every breast beat sing  
Of divinity's covering wing  
That all may know and ignorance cease--  
And Your precious land bloom Truth and Peace

--Nick Delonas, Boston

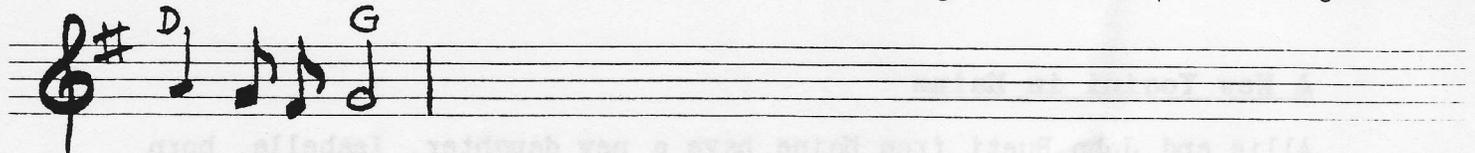
# SPREAD THE WORD



Come my dear sister and hold out your hands, And feel the cool breezes that



blow across the land. The body of spirit is awakening within, To stop all our anger and



lead us from sin.



*Spread the word: God has come to us again.*



*Born on the Earth, inviting Her children to ascend.*

The age of darkness is to be expelled.  
We've lived in it too long, we're now through with Hell.  
We ask for her purity to wash out our soul.  
Evolution to spirit becomes now our goal.

## Chorus

She is God the Mother with this human birth.  
She teaches us freedom and true human worth,  
Awakens our powers to know what is right  
And gives inner knowledge and the inner light.

## Chorus

Humbly we pray that you stay for a while  
So that we may enjoy your sweet divine smile.  
To be in your presence washes us clean.  
It's more than we've hoped for, it's more than  
our dreams.

## Chorus

## Announcements

### Shri Krishna Puja 1988

Shri Mataji graciously informed us that Shri Krishna Puja will be held this year in New York on September 2nd or 3rd. She will spend approximately ten days in America, during which public programs will be held, finishing on the West Coast around September 12th.

### A New Yogini in Maine

Allie and John Bueti from Maine have a new daughter, Isabella, born on January 29th, 1987. Congratulations and Jai Shri Mataji to parents and child.

### New Ashram in San Diego

The telephone number for the new ashram in San Diego was printed incorrectly in the last issue of The Divine Cool Breeze. The correct address and phone number is:

431 Graves Avenue  
El Cajon, CA 92020  
(619) 588-9659

## Calendar

Tuesday, Feb. 16, 1988

MahaShivaratri

This means "most holy night." Collective puja to Shri Mataji as Lord Sadashiva, the Witness and the Father. This is also one of the 3 1/2 most auspicious days of the year.

Wednesday, Feb 17

New Moon day

Thursday, March 3

Holi Purnima, Full Moon day

Good day to do puja to Shri Mataji in the form of Shri Rama. Ravanna was killed and then burned on this day by Shri Rama. In India, it is celebrated by burning the image/idol of Ravanna. Good day to burn negativity collectively.