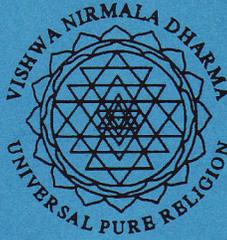


The Divine Cool Breeze

September and October 1993



Volume 7, Nos. 8 and 9

International Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||



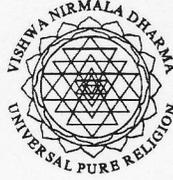
Bhajans before Guru Puja, Cabella, Italy, July 27, 1991

"Meditate every day and see for yourself how the expression of your Sahasrara is penetrating into your being.... Then you don't have to anymore doubt yourself and others will never doubt you."

— Shri Mataji Nirmala Devi, Shri Krishna Puja, August 15, 1993, Cabella, Italy

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|| Aum Shri Nirmala Devi, Namohi Namah ||

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Shri Krishna Puja Talk Synopsis 1993

August 15, 1993, Cabella, Italy

“**S**hri Krishna is a very, very important Deity within us because He is the Vishnu who resides in the Void, in the Nabhi. He is the one who generates dharma within us.” When we got our realization, no one had to tell us what is right or wrong because Shri Vishnu was awakened within us. If He is awakened, He removes our ignorance and we start seeing the things that are destructive for us “and that’s how the dharma is established. Of course, the dharma was established also by all the ten Gurus who came on this earth, the prophets who taught us about dharma.... So this combination of Shri Vishnu and the ten Gurus is to establish dharma within us.”

The prophets talked about the ten commandments and taught about dharma, and Christ also talked about it when He said, “‘Thou shalt not have adulterous eyes.’ But Shri Krishna is the one who says that, ‘I come on this earth when there is a *glani*,’ means demise of dharma. When the dharma becomes weak then He comes on this earth and then He destroys the people who are responsible for bringing dharma to this level of doom.”

“The second thing He says that, ‘I protect the saints... and I kill all those who are devils or who are satanic, who are destructive.’ These are His promises which He gave long time back as Shri Krishna. As Vishnu, we know Him only as the one who is the giver of dharma mainly, but all His potent qualities really were expressed when He came as Shri Krishna.”

“So Shri Krishna’s first half of His life He spent in Gokul and Vrindavan where He showed His beautiful expression of His character.... He was *Leeladhara*, the one who said that you become a witness, you witness the whole world like a drama, *sakshi swarupa*. And then once you see the whole world as just a child watches, in a childlike mirth and joy, you enjoy life. That has happened to you people, that you have become like citizens of Vrindavan and Gokul, the way you are enjoying yourself, enjoying each other’s

company, enjoying the bliss of God. Then He showed also, by killing Kaliya, by killing Putana and other people, that if anybody tries to trouble such joyous children of God, He is the one who will definitely protect and kill all such evil forces which are troublesome.”

But later on when He becomes the king He uses His powers in a different way. Shri Krishna even killed his own uncle Kamsa because he was such a bad man. One quality that many saints and incarnations have is forgiveness. “Shiva used to even love rakshasas, and in His innocence He used to give them also blessings. But Shri Krishna did not believe in forgiveness at all because it was important that there should be somebody with a very stern mind, with such a stern understanding that a devil is a devil and devil must be killed.... That doesn’t mean that we have right to kill anybody. He was Shri Krishna, we are not. We have to forgive because we are human beings. Once we forgive we transfer all our anger, all our attitude of taking revenge to Shri Krishna. He takes over... and if it is justifiable, if it is necessary, He will punish the people who are torturing saints, who are destroying the dharma.”

“Now it is very surprising that whatever is preached by the person, that area becomes just the opposite of it.” For example, Christians have the most adulterous eyes which is contrary to Christ’s teachings, Hindus believe in different castes and fight with each other instead of understanding that everybody has the spirit, and Muslims don’t practice compassion as Mohammed taught. “When such things happen, the dharma goes down.”

Shri Krishna’s country is America. “He rules over America so it is a rich country because Shri Krishna is Kubera. He is the Lord of wealth so He has given wealth to America. Then He is *Parjana*, means communication... so the communication part is one of His greatest qualities that is working in America.” If there is a problem or war anywhere—with Sadam

Hussein or in Korea—America has to go. “One can ask a question, ‘Who are you? Why are you bothered? Keep to your own country, enjoy yourself! ... Why are you looking after everyone?’ ... They play a very important part in the formation of these United Nations and ‘one world’ and peace and all sorts of things.”

“But... the main thing that Krishna had taught they are missing. They are all right for communication, they are all right for establishing relationships between countries, but the worst thing they have done is that there is no idea of dharma, no morality. Democracy without morality. To talk of morality in America is something out of the blue. They cannot understand anyone who talks of morality. Now of course the pangs of their doings is really torturing them. And also they are realizing, some of them, that because of immoral behaviour they have come to a point where 65 percent people of that country who are Americans may suffer from some disease or may just die out at a very young age.”

Despite all of these incurable diseases which come out of immorality, they are still going on with it and thinking that it is all right, it is not for us and why worry? “Now His punishment has started which they don’t realize.... But the worst part is they cannot even say that immorality is wrong. They cannot even openly admit that immoral behaviour leads to these things. And this immorality is completely neglected in a country of Shri Krishna where He was born... just to establish morality.”

Hindus, Christians and Muslims can be artificial, secretive, and hypocritical, but Americans do not even bother to hide their immorality. “This has led this... vast, beautiful, rich, prosperous country into such a ditch that I do not know how it is going to recover unless and until it takes to Sahaja Yoga.”

“A dharmic person is one who is always introspective by nature. He tries to see, ‘Am I doing things all right? Is it correct?’ He doesn’t allow his mind to justify wrong things... but that capacity is completely gone in America. They never try to introspect themselves. On the

contrary, they always say ‘What’s wrong?’” Those who go on like this will have no moral conduct or guidance. “It is introspection, which gives you an awakened conscience... which tells you, ‘This is wrong.’” They may be guided in some areas, such as banking or railways, but they are superficial. “The inside is all managed by the conscience and also through moral inspection of yourself. Conscience is there... all the time but a person has to be conscious about it.... That conscience that is within us is the light of Shri Krishna within us even before realization. As you know, the ascent takes place of Kundalini through the Sushumna which is guided by Mahalakshmi. She is the power of Shri Krishna. By listening to your conscience, you develop a proper channel of Mahalakshmi within yourself.”

In an era when people from many countries invaded so many other countries and tried to overpower them, America was the only country that never went out of its bounds to become an empire. It’s very surprising. The reason is very simple. At that time some great people with great conscience were born in that country—like George Washington and Abraham Lincoln. Their lives were full of conscience, and they didn’t allow the nation to be drifted away to the ambition of gathering other countries and making them their slaves. They settled down after the era in which they conquered people there, and then started talking about freedom, of democracy, of higher values. “But the karmas of their past, the way they killed so many aboriginals, so many red Indians will not be forgiven by Shri Krishna unless and until now they take to Sahaja Yoga.”

Despite the fact that they did not try to overpower other countries to spread their empire or perpetrate all kinds of cruelties like Hitler, and despite their attempt at propagating idealism and world unity, ideas of self-destruction started working in them. “I would say it is nothing but their karmas are working against them and that’s how the violence is so much rampant there. So many diseases, so many things. It is very remarkable that all these troubles have started very, very recently in America because the exposure is coming up. To

add up to that, we had lots of false gurus who went there and captured innocent, simple people who were seeking the truth. We have lost so many of them in America. Also there... in the atmosphere were these curses of the people whom they had killed which reacted and they took to something that was wrong."

"Why should they have taken to wrong things as far as their personal life is concerned? Freedom was given to them but they thought freedom is there also to ruin themselves or to make a mess out of their lives. This is a wrong idea which worked in them. Then the whole idea became collective. When it became collective, they found out that people like all those things which are destructive. So we have Hollywood there, we have all such organizations and musicians and big destructive forces which have formed groups, and militant organizations which openly say that we are bad." For example, only in America we have satan's and witchcraft organizations that are openly registered. "To such an extent they have gone and accepted collectively! The reason is the punishment. That's why America is the most difficult place for us for Sahaja Yoga. One must have real sympathy for them. They are now passing through the phase of punishment because their forefathers did all kinds of wrong things and they too never accepted dharma as a principle of life. They thought that dharma means killing your freedom."

"So to establish dharma in America, what can we do? I have been to America at least ten times more than I have been to Russia and I want to really somehow or other bring to their notice that, 'You have lost your dharma.' But this will never appeal to them because they are very egoistical... so it's a difficult task in that country to make people understand that, 'You are under punishment, that this punishment you can only overcome if you become Sahaja Yogis.' With Sahaja Yoga, their dharma will be awakened, and all their punishments and all their curses will be over. It is America which needs Sahaja Yoga much more than any other country."

"I am not saying so much about South America, but more about the North America. But even in South America what I found is that it is a kind

of a nation where they have no guidance at all about dharma.... Openly they are doing carnival.... They are following the footsteps of North America.... This is working against them very much.... It is not easy to explain why they are going to that limit. Like thirteen year old girls are made into prostitutes in Brazil—openly!" There are gold smuggling, corrupt politicians, and what dharma is this Catholic Church teaching them? Many of these countries are very poor. "That shows that Kubera's attention is not there on that country." Normally poor people are dharmic because money gives ego and ideas to do nonsensical things, but in these countries it is different because they indulge into black magic too much.

"Now we have to understand that these problems also exist within ourselves on our Vishuddhi chakra.... So the right side is the Vishuddhi chakra which is speaking, which is talking about dharma, which is on the aggressive side we can say.... Those people who are right sided can cover up any sin that they have committed, any wrong they have done, any murder they have done by their talk. It could be a talk which is very aggressive, blatant.... In this way we too as ordinary human beings indulge into all kinds of nonsensical things and then we try to justify it by talking, wriggling out of it.... If you start justifying all your wrong things then you will be punished, and you will be punished very badly in so many ways that you will not know how to get out of it—physically, mentally, emotionally—every way you will be."

For our right Vishuddhi, "we have to have a temperament, a culture, a style, a behaviour which has got the quality of Shri Krishna which is called as *madhurya*, means melodious. You should talk in such a manner that it should be melodious. A person who listens to you listens as if he is listening to the flute of Shri Krishna. The voice of a Sahaja Yogi should be sweet like that. When you talk to someone it should be melodious. It should not be aggressive at all.... It should not be sarcastic at all, it should not hurt another person. Any word that hurts others cannot be coming from the proper type of right Vishuddhi."

“While talking to someone there are so many gestures by which you can express your *madhurya*.... The hands must be used in such a way that it should create *madhurya*. I have seen this in Russia or especially in Eastern Blocs where people they have to express their love—very, very sweet things they express through their hands, through their eyes. It is the tears, you see, that really create... very dense clouds of compassion in My Heart when I see their eyes expressing their love for Me.... You can also use the same eyes for showing your temper and getting angry. Many people use eyes for controlling others... or for condemning someone.... So in the behaviour also you must have a kind of sweetness.”

“As far as possible, try to put your eyes on the greenery.... Then it soothes down and also you develop the soothing quality of the greenery.... In the same way you should try to soothe the other person when you talk to that person. The person must melt. Instead of that, if you start arguing and fighting with that person, that person will never melt. On the contrary, you will be adding fire, more fire to that person. That was the quality of Shri Krishna—is the *madhurya*, and that is expressed in His lifetime—how he beautifully managed to say things in His own sweetness, especially in His childhood.”

“The another quality which Shri Krishna has which we can express through our right Vishuddhi is diplomacy. But there are two types of diplomacies: one is genuine, one is artificial. In the genuine diplomacy... you don't have to read some books to know what is diplomacy. Genuinely it comes to you. The whole thing works very sweetly in such a genuine manner. I have used it many a times Myself and you all can use it also many times. That's only possible if you don't get angry with someone.... The diplomacy is not convincing anybody with his intellect, or by temper or anything but it is to melt away another person by your goodness, by your good words, by your sweet words, by your forgiving nature. This quality He had and He tried this on many people. It worked on some, it did not work on some. He didn't feel it's a failure. It's the reaction of the another person which is important to be seen.... I hope in

America people develop this quality and try to improve relations with each other.”

Actually to talk to, they are very sweet, I must say. They get very friendly with you. You give them any number of presents, they will be very happy, but they will never give you any present. You call them for dinner, anything, ten times they will come to your house for dinner, but they will never call you for dinner. You see, they are very friendly as long as you are doing anything for them, but when it comes to returning it they find it difficult. They don't do it. So you see, the whole thing amounts to be a very sweet exploitation of another person. This is what is to be understood that by sweetness you are not going to exploit anyone. But by sweetness you are going to melt that person and bring him to the level that he can understand what is goodness.”

“Now about South America I have already told you that they are... very poor, simple, innocent, but what has entered into them is this black magic, and which they are now realizing luckily that this is black magic which is troubling them. But somehow they have depended on it so much on the left side. They feel very guilty about it.... All the time you find them absolutely guilty. Their whole behaviour is as if they have done something wrong, but they do not know how to correct themselves. So for us it is important not to feel guilty about anything. We are all Sahaja Yogis. How can we have guilt, after all, when we are the spirit? Spirit cannot have the guilt, so this guilt has to go away. But by guilt, what do we do? What we lose is the witness power.... We cannot see, we cannot witness what's wrong and we do not want to face our mistakes or the difficulty we have.”

“For example, a man, or say a woman is very cruel by nature. Then suddenly she realizes that she has been cruel, or whatever it is, so she puts it down there... but she doesn't face it. Facing means she should know, why was I cruel? What was the need for me? I should not have been cruel and now I will not be cruel anymore. Let's finish this off. 'I'm very guilty about it, I'm very guilty about it' doesn't help.”

"On the contrary, you know what the problems are of the guilt, and the same problems are today faced by South America." In Brazil, the man who was the topmost there said, "Oh, we know we have lots of defects, we know we are no good." "I was just saying, 'Why doesn't he correct it? If he knows this is the mistake, this is the thing, why shouldn't he correct it?'... So then one journalist came and we told him and now I think... they are trying to improve it and things will improve definitely."

"I've found that Russia is very different. In Russia, they never said we are guilty or anything.... They said, 'That time is over now, we are in the Kingdom of God... and we have to enjoy life.' Everything positive—never talked of their past, of their governments, or this happened, or Stalin, or Lenin or anyone. They were not concerned. They were above it.... They think, 'Our problems are solved, we are now realized souls, we are enjoying ourselves, let us enjoy.' Very straightforward way of understanding Sahaja Yoga."

"But I've seen people, they write to Me ten pages of their confessions as if I am a priest.... I don't want to read it. Just throw it or I burn it off.... There's no need to confess. There's nothing to say and not to dwell upon what wrongs we have done, but now enjoy what you have got.... Once you are in the kingdom of God, know that you are in the kingdom of God."

"But this black magic business is very, very dangerous and it can act through anyone. It can act through your relations, act through your friends, act through anyone. So one has to be very careful that you do not become, because of your guilt business, or whatever it is, you become vulnerable to black magic. It can ruin you, it can ruin your families, even if you are a Sahaja Yogi it can ruin you."

"So this guilt business has to be given up completely. You should not be guilty, or guilt is put into you. Somebody can say, 'Oh, you are so bad, you didn't do this for me, you didn't do that.'... They put ideas. Then you start feeling, 'Oh, I should have done this for them. It was wrong on my part,' or something. And then the guilt starts. Instead of doing something for that

person, or instead of understanding that it's all nonsense, they go on brooding on that, brooding, and then suddenly they find they are in the trouble of getting possessed or being affected by black magic. So one has to forget it, and get into the atmosphere where you know that you are now in the kingdom of God."

Shri Krishna's "main work is through our brain. That is Virat. He works through our brain.... After enlightenment, all the subtleties of the brain and the knowledge starts manifesting and expressing itself. But the greatest thing that happens—that integration takes place in your brain. It's not that your heart wants one thing and your brain wants another thing.... [Then] it's so easy to lead a very dharmic life... Innately you become dharmic because your brain which normally is used for rationality, for justifying all that is wrong becomes dharmic, becomes Divine. This is the greatest thing that Shri Krishna does to you—is to make your brain—brain itself dharmic. It becomes a vehicle of understanding dharma, of leading a dharmic life, and of standing firmly on dharma.... It is the brain which really, mostly takes you away from dharma, apart from black magic."

"But once your Sahasrara is opened out, Virata is expressed, then you are amazed at yourself.... Suddenly you become a prophet. This is the greatest blessing of Shri Krishna—that He is Virata and the Virata is your brain and the brain of God Almighty is Virata.... After realization a person gets ideas that are always constructive. And if they are not, then you are not yet a Sahaja Yogi. Constructive and dharmic. That is very, very important for us to understand. Where is our mind going? Is it contradicting, is it telling something else than what it is? We have to just keep a watch and you'll be amazed to see how your brain has changed its ways. The upside down brain has become normal. This you can get very easily if you just meditate every day and see for yourself how the expression of your Sahasrara is penetrating into your being and is acting in your life. Then all the powers of Sahaja Yogis will be manifested and you don't have to anymore doubt yourself and others will never doubt you. May God bless you."

Mahakali Puja Talk Synopsis

Paris, France, July 11, 1993

“Today we have decided to have the puja of the Devi. This time we are not talking about Adi Shakti, about Kundalini, or about Saraswati, Mahalakshmi. We are talking about the Mahakali. That’s the Goddess which is the first one which comes first and establishes Shri Ganesha in the form of Gauri. She is the complete form of Mahasaraswati and Mahalakshmi. Out of Her only these energies emit. So She’s the one who is the power of desire of God and within us also, She creates desires. These desires within us start emitting outside and we develop a kind of a reaction to all our desires.”

“The first and foremost desire, ...the most primitive, is to feed yourself, and this is given to us by the Goddess.... It is very important that we should feed ourselves sufficiently enough to exist on this earth, and also we have seen that when this kind of desire grows very much more than normal, then you become slaves of this desire and any amount of food cannot satisfy you.”

“But this desire starts acting through your ego so it satisfies you. And also those people who are manufacturing food or who are supplying food in hotels and all that, know how to satisfy your desires. So they bring it in a way, show it round, place it before you so that you approve of it, ... and then they serve it. They know how to befool you and you feel quite happy also.... So this desire gets completely controlled by your ego. And when it becomes a kind of a collective desire and a collective ego expression then you become like gluttons,... sophisticated.... Of course, if ego is not there then people would like to see to please others by feeding them. This desire reacts and then the new desire comes in through the blessings of the Mahakali—that you like to see others eating the food. You enjoy when others eat the food cooked by you, served by you, given by you. You just want to watch. That gives you satisfaction. But food, to any extent you may go, you will never be satisfied.”

“Now in the western life today, it has become very important to ask the child everyday, ‘What will you have?’ In olden days the food was cooked for all the family.... But now you must ask the child, ‘What will you have?’ then the child has to say, ‘I’ll have this.’ Now supposing you don’t have that in the fridge, you are finished.... How will you please that boy in his ego because he wants a particular thing? So gradually we build up even the ego of our children. We have to say, ‘This is cooked, this is nice, and you eat this.’ It’s the duty of parents not to allow children to grow their ego by what they want. You should know what they have to have.”

“So actually the blessings of the Devi on this point is that She gives you a desire that you should serve others. Also you then get concerned about people who are starving, want to find out why they are starving. Another extreme of this could be that some people think they should not eat so much, a kind of a sacrificing nonsense. Whatever one has to eat, one should eat.... There’s no wisdom in this kind of austerity. And when the people enter into this kind of austerity, then they have sufferings and troubles and such people become extremely... ascetic and hot tempered.... So a person who is hungry is as bad as a person who is overfed. I think hungry is worse.”

“The second desire that comes to you is that everyone should love you. This comes because that makes you a good person. You know that everybody likes goodness. So people try to be good to others, nice to others.... By pleasing others they think others will like us very much, but then it develops again out of bounds and then all the time you try to please others so that you become absolutely slavish. You become so artificial that people can make out that there’s nothing natural in this gentleman, he’s just trying to please us.... If you please another one with a detached manner, not expecting anything that should be done for you or that could be

achieved through that pleasing is very pure pleasing and is very good. That makes you really righteous and good.”

“But supposing you try to please others only just to take advantage of that person, then you develop hypocrisy... of the worst type, and you get lost. People mock at you, laugh at you, they are never pleased. They know that you are a hypocrite and you are doing it for some sort of an advantage or an exploitation. You are not doing it because you want to be good really, to be nice. A person who is good automatically pleases others, but he doesn't try to please. He is just, his nature is such, his temperament is such that he just pleases people.”

“Now what does the Devi do? She brings the truth before them. She shows that what you have been doing for a particular exploitation doesn't work out. Up to a point it does, She exposes them. The exposure starts and with that exposure, they are surprised, ‘How am I exposed? How am I caught? How people know?’ This is the job of the power of Mahakali.” She exposes all that is wrong, falsehood, and untruth.

“Then the third desire people have is to possess material things from which materialism has come. But there is no end to it... because they have no satisfaction in getting one thing... and you cannot enjoy anything that you get. This is also a human failing and this human failing creates economics.... Economics is created because wants in general are not satiable.” So we go on jumping from one thing to another and then become slaves of entrepreneurs “so much so that you lose your individuality completely.” People do it because they are brainless. “But for Sahaja Yogis, the Mahakali power works and She teaches them, ‘All right, this dress suits you, have this one, and it's the best for you. Once for all your lifelong problem is solved.’” The desire is there to impress others with outside things like dress, hairstyles, and other fads.

“So this kind of stupidity comes in our heads when we start using our ego. With the ego a

person becomes absolutely stupid.... It is really difficult to tell people to do right things, but wrong things people take to like that. For example, I told everyone that you put oil—if not everyday, just before bath—lot of oil in your head and wash. Now I find many people getting bald, but they didn't put the oil. What can I do about it? But such a simple thing they would not believe—that you need something for your nourishment. But they will do something which is absurd, nonsensical, without even thinking what is going to harm us. Here the Mahakali, what does she do? She punishes you. Your body is punished. If you wear very tight clothes, you develop problems of your legs. If you wear holey pants, then you get cramps. Anything you do abnormal, you have to pay for it. First you have to pay for doing it, and then you have to pay for it physically.”

“So many things can be avoided if we just have a simple life.... So the Mahalakshmi principle in us raises higher and higher. Despite that, we are pulled down. Then this Mahakali, She comes forward and shows what wrong we have done—how we have gone wrong, how we have missed the point.... Then another thing She does, which is a very beautiful thing She does... She creates an illusion, to test your intelligence, to test your sensibility.... *Bhranti Rupena Samsthita*. She makes a *Bhranti* in your head, illusion. So you become illusive, or others become illusive, or a situation becomes illusive. And you are lost in it. Then you really understand that, ‘It's a wrong thing I have done.’”

“This Mahakali power puts this ego right by creating illusion, *Bhranti*. And this is responsible for many illusions we run after—it's a mirage.... Once we are satisfied within ourselves, then we don't run after mirages. This illusion, if it is not created, people would be so egoistical that whole world would be finished. So this is the great work of Mahakali power within us, that She creates illusions. Many people talk of maya. ‘This is Mother's maya. This is maya, that is maya.’ It is the work of Mahakali. She wants to test you.... But in Sahaja Yoga, it's not such a strong one.”

“So to test Sahaja Yogis also, this Mahakali helps you.... So this is how the illusion corrects you. If there is no illusion, you would not ever be corrected directly. Supposing I say, ‘Don’t do this.’ You may not like. Of course, mostly you like, but sometimes you don’t. And then the illusion works and then you realise, ‘Where was I and where am I now? I should not have done this. How is it I have landed into this problem? What has made me so stupid?’ So this is something which She does.”

“Another is, She’s the one who relaxes you completely. When you are tired and fed up, when you don’t know what to do, then She makes you sleep.... All day’s work you do, ultimately the Mahakali power acts on you, and She makes you sleep, sleep like a child. At that time, all the wrong we have done to ourselves and to others are forgiven. In Her lap we sleep nicely, quietly, and all our problems are solved. In those dreams, when you are, She brings forth solutions to you. So many people told Me that, ‘Mother, you came in my dream and told me that this is the medicine you should take. You came in my dream and You told me that this particular type of life will suit you.’ They see Me clearly coming, but there it is not whole of Me but... the Mahakali powers act. Into very deep sleep you are, it is called, at the *Sushupti*. There She appears.... In the dream She guides you and tells you.”

“But the greatest thing that She does is to give you the sense of chastity and security. When the children are born they have sense of chastity, shame, decency, decorous behaviour. But gradually when they see others misbehaving, they start misbehaving. To them decency becomes a bondage. But naturally She’s there to tell you that this is indecent, you shouldn’t do it, this is wrong.” But as you grow up and mature, “you start disrespecting your chastity, and you start

becoming like immature, stupid people. All this if it’s understood through meditation, the Mahakali helps you a lot... because She’s the one who creates the proper passage for Kundalini to rise. Mahakali is the same as the Kundalini because She is the residual energy of Mahakali power. Full of *vidya*. But the function is different. The function of Mahakali is to protect you, is to guide you, to give you wisdom. And the function of the Kundalini is to cleanse you, to clear it out, not to play about with you, to forgive you and help you to grow properly.”

“Now in your life, as Sahaja Yogis, you will see how Mahakali helps you in every way. It is so interesting to watch Her work—how She brings forth all kinds of satisfactions to you.” The greed, the temptations, and the temper go away. “The most helpful thing She does—that you get rid of your bad habits. Absolutely. Automatically, in the light of Mahakali’s power, you just do not want anything destructive to be practiced. If you have been practicing anything destructive, you try to get rid of it.... It’s the Mahakali power within you which is awakened, does all these things. And She has made you so beautiful, so angelic. By Her corrections, and by Her illusions, She has made you like this. So you don’t get so much attached to money, to greed, to lust—all these things which are responsible for putting you down.”

“Also possessiveness for children, possessiveness for husband, possessiveness of matter. You just start understanding that the joy is in sharing. You want to share everything with others, and that sharing starts when these Mahakali powers start giving you blessings of joy, of sharing, of being collective, of being pure. These blessings come to you from the Mahakali power. So today we are going to worship that Mahakali power. May God bless you.”

Mahalakshmi Puja Talk Synopsis

Sofia, Bulgaria, September 8, 1993

“Today is a great day when we are celebrating Mahalakshmi’s puja. You must be knowing that today is the day of Mary, Mother of Christ, who was Mahalakshmi.” Mahalakshmi establishes our dharma by which we become righteous and religious in the real sense. “This transformation takes place automatically... with the grace of Mahalakshmi. Then She starts bestowing blessings on you. First the blessing is of physical well-being by which your parasympathetic nervous system gets into proper shape and the balance is established.... You cannot go too much to the left or to the right. By this principle you realise what is wrong with the outside religions. You realise also that, inside, all the religions are born like flowers on the same tree of spirituality and automatically you start worshipping all the prophets.”

“By the ascent with this principle, you achieve a personality by which you become a universal being. You understand the problems of your country and of your race, and you transcend to see what’s wrong with them and how to correct them. When the Mahalakshmi principle is awakened, you realise that outside we may be different, inside you are just the same.”

The Mahalakshmi principle is affected because of left or right side movement of our attention. “One has to keep a proper watch because you have come to Sahaja Yoga to ascend. Now if you go to the right side, then you start fighting with your leader, finding faults with the leader and, as Christ has said, you become murmuring souls. I have appointed Myself the leaders, and I know what’s wrong with them. They are in close contact to Me so you don’t have to judge them.”

“Then there are other people who try to find out new methods. Such people are extremely difficult because their ego conditions them so much that they don’t see what’s wrong with

them and they don’t know they are doing anti-God activities.... Anybody who starts like this suffers a lot. There is no joy on their face. They just try to show off and it is very, very dangerous. I’ve seen people who have tried all these tricks and fallen into lots of problems because Sahaja Yoga has its own culture, it has its own methods which are absolutely approved by Me. There is no need to start some new methods. If so, they should get out of Sahaja Yoga. It is the worst type of ego and one should not have anything to do with such people.... This comes from a kind of ego which doesn’t feel vibrations very well and then you try to push away from the Mahalakshmi principle.”

Left sided people fall into a trap of other types of gurus. Sometimes people get too attached to their wives, their children, or their family. “They have no joy and they don’t want others to enjoy. Such people should also go out of Sahaja Yoga till they overcome their attachments.... Mahalakshmi principle is extremely helpful, extremely nourishing, and it’s the only way we can achieve our realisation and enlightenment, but one has to have proper balance.”

Mahalakshmi’s principle first incarnated as Shri Sita, then as Shri Radha, and then as the Mother of Christ. “Christianity has failed because they did not recognise the powers of Mary. This Paul was a hater of women and showed no respect to women. As a result of that, the women who are following so-called Christianity became very insecure.” They accepted exposing and selling their body because they have no identity. In India, if a man tries to have a relationship with another woman, the wife will have nothing to do with him, and the whole society will support the wife. But in the West the position of women is very low, absolutely primitive. “I didn’t understand why the women in the West are so anxious to attract the men.... I can’t understand because it is the

Adi Shakti who has created this universe, not Sada Shiva. If women are not respected and not respectable, the Gods cannot reside in that country. So we have to understand that women should have their own dignity and they should not yield to the pressures of men where they try to debase them. At the same time, they must respect their husbands... and they have to be extremely loving and compassionate.”

In Western thinking they can't understand an immaculate conception, and they don't understand that God and Divinity can do anything. “Shri Ganesha was created by Parvati Herself, without Her Husband, and Indians do not doubt it.... When I told that Ganesha is our Lord Jesus Christ, people would not believe it.... But now it is scientifically proved. There are many other things about soul, and now they are working on genes and they have found out that a person who is evil, who is wrong, who is not normal is because of a bad gene—that we call it a bhoot. So this is how the science is coming closer to Sahaja Yoga. But scientists find it very difficult to accept Me. They can't understand that I could be the Source of Divine Power. Till you have vibrations, how can you tell, how can you understand? Despite that, now Sahaja Yoga is spreading in 55 countries.”

“But the most important thing is to keep your Mahalakshmi principle clean and open.... A woman who is Mahalakshmi is a very good housewife, very good queen, Raja Lakshmi.” There are eight forms of Lakshmi which are to be expressed and manifested by a Sahaja Yogini. “And the men must respect this Mahalakshmi principle within them. First of all, they have to be dharmic, and the basis of dharma is respect... and dedication. If you cannot surrender and detach, you cannot enter into Mahalakshmi. Either you will be money-oriented or power-oriented. You have to be detached from money and power. Then

Mahalakshmi principle starts working and you become a seeker. On every chakra, Mahalakshmi gives you Her blessings, but at the Sahasrara She gives you the collective consciousness.” She gives you depth in Sahaja Yoga practice and understanding. “I've seen gradually Sahaja Yogis have become very subtle, and I can talk to them on a very subtle level.”

“I'm so happy today we are here to celebrate Mahalakshmi principle at the time of Mother Mary's birthday. She passed through the greatest ordeal to see Her son crucified, but She knew what was the purpose of this crucifixion and She accepted.... If somebody is wearing a cross I say, “Take out that cross,” because the message of Christ is resurrection, not crucifixion. But perhaps the Christians, especially Paul, must have thought that he should use the cross to make everybody feel guilty.”

“With this Mahalakshmi principle, our attention should be on our virtues.” We must enjoy our generosity, our purity, our innocence and chastity. “Even men have to do that. We should enjoy our detachments. All this is already within your reach. I have felt these people when they were dancing that they are all from Kashmir, from India. And Adi Shakti incarnated first in Kashmir. I find Bulgarians very close to Indians, and also Romanians. Your talent in music I've seen and that's why you all can sing Indian music so easily. I bless you all Sahaja Yogis that you develop a proper sense of balance and that you spread Sahaja Yoga all over Bulgaria, making everyone joyous and happy as you are. We are to change the world—is a tremendous task—is the greatest event in the history of spirituality, and you are the participants at that. So you have to understand that your purity is very important and your surrendering will definitely help you to ascend faster and faster. May God bless you.”

Advice Given By H. H. Shri Mataji Gudi Padwa, March 24, 1993

This is the first day of the year of Satya Yuga. Nature will show you that Satya Yuga has started. Sahaja Yoga has brought Satya Yuga. You should have faith in yourself, you have to believe in yourself, you are realised souls. You should have faith in the working of Sahaja Yoga. What works is your enlightened faith. Complete trust should be there. Look at Me, single handed I have spread Sahaja Yoga. Just have faith in Param Chaitanya. If you have any doubts, just ask Me. God is not there but at least I am there to talk to you. Hence Sahaja Yogis should now be free from doubts.

1. Leaders should be very careful. They should become free of all arrogance. They are only a communication link like I have to put a letter in the envelope and post it. They should be careful of possessions.

2. Whenever we are planning something we should keep our attention on the most

important thing. You should keep your priorities clear.

3. If there is negativity, you should tell Me, I will work it out.

4. Often organisers get worried about money. In Sahaja Yoga you will always get money but if you worry about money then you will not get it. Money is not so important.

5. We should have wisdom about each other.

6. You should not have any fear. It is all a drama going on, there is nothing to worry. If you say that I am afraid then what am I to say? Even if you make a mistake, you should not mind. If there is something to correct, I will correct it. If you are afraid then your ego will come up, then I will simply pierce it. At least you should not be afraid of Me. We learn from our mistakes. We should not be afraid to make mistakes.

The above article originally appeared in the English-language Indian edition of the Divine Cool Breeze.

Touring with Shri Mataji in Europe, 1993

Being with Shri Mataji is such a great event that words and images are not rich enough to convey its real meaning or impression. How can we describe being constantly surrounded by vibrations and feeling one's own vibrations increase and develop constantly during fifteen days? How can we describe what a Mahakali Puja (Paris, 11th of July) or a Ganesha Puja (Berlin, 21st of July) does to our subtle system? Or to the function of those countries in the whole of the universe? These events are working out on a scale that the human brain and heart cannot understand.

France will undoubtedly become a more vigorous country, more open to the world, less insular within its own French language and culture, less fearful of losing its own identity, more open to other people and civilisations, so that the message of the Adi Shakti can be spread on a broader scale.

Could that be the meaning of the presence of a very important Ayatollah at the public program on the 12th of July in Paris and of his long conversation with Shri Mataji the next day? (Remember that on the 21st of March of this

year a great Sufi leader came to see Shri Mataji in India!)

In the Ganesha Puja address in Berlin Shri Mataji told us that the most important quality of Shri Ganesha is wisdom and that His other qualities such as innocence, chastity, patience, humility and harmony can only be generated through wisdom. Only wisdom, respect and discrimination will probably be able to stop the negativity that has overpowered some German minds.

In the public programmes of the next days (Hamburg and Berlin), Shri Mataji gave the Germans heart by telling them that the start of Sahaja Yoga had been a bit hesitating in Germany, but that it would be steadily spreading from now on, and that Germany would set an example to the rest of the western world.

About the same message was given to the Germans during the public program in Frankfurt on the 19th of July. After this program there was an enjoyable dance session for the yogis, who, as usual, had gathered around their Divine Mother from all over the world. As usual the fraternisation was steered by Nirmal Sangeet Sarita, with an extended "crew" of nine musicians, under the brave direction of Baba Mama.

During the public programmes in Amsterdam, Brussels, and Antwerp, Shri Mataji warned strongly against the machinations of the Catholic church and the other churches in their ruthless pursuit of power and money.

In the public programmes of Brno and Prague, Shri Mataji asked the audience to be very careful about all those religions, cults and other movements that are competing to gain their attention... and money. She also warned them against "americanism." That, as history shows, leads to individualism and materialism, which is a blind alley, at the end of which there is only AIDS, schizophrenia, heart disease and other diseases of civilisation. After Shri Mataji had gone, a lot of local people wouldn't or couldn't leave the hall. The Czech yogis sang a few songs and distributed the flowers that were on the scene during the program, and still many stayed

with their hands stretched to Shri Mataji's chair. It was a very emotional moment that felt like the blessings of a puja.

The program in Prague was held in the open air in an exhibition area because in 1992 the hall could only contain 2,500 people and many had to be refused. There was a lot of disturbance as the organisers had to delay a water ballet because the program lasted a bit longer than foreseen. A lot of people came into the area for the ballet and not for the program. Some of them were impatient and even angry. A few were shouting their dissatisfaction but quite a lot of them took off their shoes, closed their eyes and got their realisation. Right after the realisation, the sky above the area, which was covered with black and white clouds, turned to deep strawberry red (Shri Ganesha's colour) for a minute or so, and then suddenly became normal again.

In the morning of the same day there had been a meeting with the press. The Czech leader told us that at a certain moment a reporter was asking if Shri Mataji, being a Goddess as She claimed to be, could speak the Czech language. Shri Mataji answered, "No, but I do understand it." She explained that She feels waves and sub-waves inside that tell Her what has been said... which was proven during the rest of the interview. For yogis this is not really new, as they have all experienced Shri Mataji correcting the translator (for example, in Antwerp and Prague) for not translating properly.

On the 26th of July we went to the Prague airport to see Shri Mataji off. It was a very emotional moment. Lots of yogis were openly shedding tears in a mixture of sadness and joy at the same time. Shri Mataji was collecting flowers and nodding Her head gracefully from the left to the right when She saw all that love. After She and Her husband passed the control, they were waving all the time. We saw Her even waving through the windows of the plane when it started the taking off procedures. All our love was flying away with her, but at the same time our hearts were filled with indescribable blessings. Jai Shri Mataji!

—Ridavindra, Belgium

Muslim Update

In Turkey

In June of this year, about 500 people came to an unprecedented program held by Shri Mataji in Istanbul. The day before the program, there was a very successful visit to the sufi quarters of the Turk capital. (See the July/August issue.) To show once more that Shri Mataji's attention seems to be now more than ever on the Muslim community's coming to Sahaja Yoga (especially the sufis), here is what happened afterwards.

After Shri Mataji's visit in June, a group of Sahaja Yogis went again to the sufis to tighten the relationships with them. Their leader is a man called Baba; no one knows where he is, when he comes, where he is travelling. He is respected with deep reverence by everyone and regarded as a great saint, and he rarely addresses a word to anyone. When the Yogis came to the sufi quarters (the sufis having no idea that they were coming), Baba appeared all of a sudden and sat with them. And then, to the great surprise of everyone, he spoke.

He said he regretted that he wasn't there when the Lady came, that he knows that She is a great Saint who came on this earth to take with Her in the Kingdom of Heavens all the people who stretch their hands towards Her. He said, "This Lady is Shri Fatima, nay, She is much more than that."

This happened before Guru Puja. When the Turkish Yogis went to Guru Puja at Cabella, they told Shri Mataji about all that happened, and Shri Mataji gave them two big garlands of flowers to give to Baba when they went back to Turkey. She didn't say anything at all, She just gave them these two garlands.

When they came back, Baba was dead. And the sufis seem all to be lost, not knowing in which direction they should go, whom to follow now. But we know! So there is a great chance that the sufis from Turkey will all come to Sahaja Yoga. This would be probably one of the greatest Sahaj events (among all events that have brought people to Sahaja Yoga), since the sufis must be

in thousands in Turkey, and if they are going to come, they will come all at the same time. It is not clear whether this Baba was the leader of the sufis from Turkey only, or an international leader, but in any case if the Turkish sufis come to Sahaja Yoga, it will be just a matter of time until the sufis from all countries (who have connections with each other) come also 'as a bloc.' We can imagine what a great opening this would be for the Muslims of the world to finally take the right step, and what a blow to Muslim fundamentalism this would be.

So there is a request from our brothers and sisters in Turkey and the neighboring countries from southeastern Europe, that we try to help this situation by mentioning it at havans and putting our attention and desire on it.

In Paris

During Shri Mataji's visit to Paris after Guru Puja this year, another momentous event occurred related to Muslims. One of the four Ayatollahs in the world who lives in Paris and who had openly attacked Muslim fundamentalism came to meet Shri Mataji. Shri Mataji spoke with him at length about Islam and gave him advice about how to handle a troublesome situation in another country. He was very respectful and received his realisation. Shri Mataji explained to him that Muslims should no longer be in mourning for Mohammed because the resurrection time has now come. For this reason, Shri Mataji asked him not to wear a black robe anymore, but instead to wear a white robe and turban which She Herself would have made for him. He agreed, and the next day he returned with his whole family. He put on the white robe from Shri Mataji, and sat humbly as Shri Mataji tied his new white turban on.

About 900 people came to fill the hall at the public program in Paris, and at the end Shri Mataji almost had tears in Her eyes and told the yogis, "Look at Paris! After so much time, they have come...". The Paris Ayatollah had written a beautiful letter to Shri Mataji. At the program,

Shri Mataji knew that he was in the hall and invited him on the stage with Her. She read his letter aloud herself for the whole audience during the program, showing what fundamentalism is, what true spirituality is, and how even a Muslim who is highly placed in his religious hierarchy has realised this.

With these events, it seems that one of the dreams that many of us have had, the coming of Muslims to Sahaja Yoga, is beginning to take shape. May Shri Mataji make it come true and unite all the lost seekers of the world at Her Lotus Feet!

—Calin Costian, USA

Impressions from the 1993 Russian Tour

The Austrians' experience in Russia began with a short bus ride to an indoor sports stadium. There a large group of Sahaja Yogis waited eagerly outside of the rear exit to catch the darshan of their Divine Mother. (We had arrived near the end of the second public program in Saint Petersburg.) Some yoginis, dressed in colourful traditional costumes, lined Shri Mataji's path like bright flowers. Behind them, their brothers had prepared a row of fireworks. After a long wait, everyone watched and listened in breathless anticipation as some commotion inside indicated that the Adi Shakti was approaching. Finally, Shri Mataji appeared in the doorway with Sir C.P., amidst a sea of shining smiles. Fireworks flashed and voices sang in praise as all hearts crested the wave of love that rose there. A few timeless moments later Shri Mataji drove away into the Russian evening, leaving everyone very "blessed out."

Baba Mama and the other members of Nirmal Sangeet Sarita were there giggling, teasing and joking in their usual high-spirited manner. Some leaders were reorganizing in one corner of the crowd. Many Sahaja yogis and yoginis moved away toward buses that would take them to the train station or the place in town where they were staying. Everyone laughed and talked and many eyes shone with beautiful tears of joy.

The Austrians organised themselves into two groups, one of which was whisked away to catch the train to Tagliatti with the local Sahaja yogis.

A few hundred brothers and sisters would join them in Moscow. The rest of us were to fly. We tried to board one of the buses to the school where we would sleep, but it sped off without us, taking someone's suitcase with it. (The owner recovered it two days and two thousand kilometers later in Tagliatti.)

So there we stood in the middle of an empty parking lot, enjoying the cool, vibrant air of our first night in Russia. A few Russian Sahaja yogis sat and talked happily on the grass not far away. On another side one of us noticed, in the dim electric light, a big chair and a lot of flowers. Gradually most of us drifted over in that direction, drawn by the strong vibrations. While holding hands out to it, one could feel the waves of love that had been flowing, to and from Shri Mataji inside the stadium. The whole inside of the chest became light and cool and somehow floating on that tide of vibrations. Shri Mataji had even remarked on the tremendous love that had flowed at the program.

The next stage of our journey was an unforgettable treat: flying in an airplane full of Sahaja yogis with Shri Mataji. The chartered flight turned out to be over-booked, and at first it looked like a couple of our brothers would be left behind, but in the end they were given the two seats facing Shri Mataji and Sir C.P. ("The first shall be last and the last shall be first."). We had a peaceful flight over the simple Russian landscape, and in a short time we glided down

toward Tagliatti, an industrial town on the Volga River, named after the Italian car manufacturer who developed the industry there. Shri Mataji disembarked first. She was met outside of the small arrival building by hundreds of local yogis and yoginis. They had put chairs for Her and Her husband under a street lamp on the edge of the parking lot, where they joyfully greeted Her with songs and dances. We couldn't see much due to the density of the crowd. The next time we saw Shri Mataji was the following afternoon in puja.

We were taken in two buses to a campground on the Volga at a place where the river is swollen like a huge lake. Our accommodations were wooden A-frame cottages on the edge of a pine forest. It didn't take us long to settle into the magical environment. We found ourselves in the Ganapatipule of the north. Everywhere one looked there was beautiful earth, water, sky and Sahaja yogis! The Russians had come from almost everywhere—from the east coast near Japan to the western European regions. Someone in Siberia had started giving realisation to seekers in his city, and now he had more than a thousand yogis to meditate with, many of whom had also come. I had driven to Russia with a few other westerners four years ago for Shri Mataji's first programs. At that time there was only a handful of isolated yogis slowly working it out in Leningrad and Moscow. What a surprise to come back after such a short time to find a powerful nation of Sahaja yogis thriving there! And through the hundreds of marriages at Diwali Puja in Russia, it looks like many more great realised souls will soon be joining us in Europe and beyond!

In the camp they made themselves at home on the Mother Earth. Some slept without blankets under the trees. Here and there tent villages sprang up. It was dark when we arrived. After dropping our things in our little cottage we strolled over to the sandy beach where the full moon illuminated the lake and its surroundings with a silvery light. The water was cool and calm. We had been transported to another world. We heard later that a *swayambhu*—a huge island in the shape of an elephant's head—is the source of

the strong vibrations in Tagliatti. Some of us wondered why there were not mosquitos in the camp. Apparently, the Sahaja yogis were disturbed by wasps there last year and Shri Mataji said that the vibrations would get rid of them. Like in a garden of Eden, even our smallest discomforts had been dispelled. Maybe there will be a mid-year international seminar held there again.

The next morning we looked out from our front porch onto a stretch of forest that sloped down to the beach. At the bottom of the hill a small stage had been built. Some yoginis were busy decorating it. In the course of the morning we had a chance to meet many Russian brothers and sisters, some of whom we already knew from India tour or Diwali Puja in Romania or from previous Russia tours. We could also begin distributing many of the presents which we had brought. A Tagliatti school teacher had requested us to bring videos of Disney films to help the little children learn English. She was overjoyed to receive them. Later she asked if we could bring beginners' reading and writing books to help them develop grammar and confidence in speaking. It would be good if someone from an English speaking country could arrange to bring these to Diwali. I asked her how many children are involved and she said that she didn't know because there are so many (in the schools). So there's no chance that too much material could be brought! But when it comes to giving, the Russians are the best. They are constantly giving souvenirs to their visiting brothers and sisters. Someone even offered one of the us the precious present he had just received directly from Shri Mataji!

Shri Mataji arrived on that sunshiny scene to a huge number (I'm not very good at estimating) of joyful souls, some of whom had travelled many days to see Her there. Nirmal Sangeet Sarita, as well as some Russian counterparts, had been charging the atmosphere with heavenly vibrations and continued with their music after Shri Mataji spoke. As She sat down, everyone looked upon Her in awe and silence. She announced that we would have a Devi Puja to awaken the Shakti in Russia. She spoke mainly

about the importance of the power of love. Ganesha's Puja was performed, for which all the children eagerly crowded around Shri Mataji. Then the leaders had the great honour of offering the elements to Her Lotus Feet. The puja didn't last very long in earthly measure, but the vibrations lifted everyone into a timeless, thoughtless dimension full of beauty and wonder. Afterwards, Shri Mataji received many handmade presents from various centres and individuals.

The event of the following day began with a havan which was prepared in the middle of the basketball court adjacent to the area where we sat for the puja. The flames danced under the hot midday sun in the midst of a sea of yogis. Countless hands came up again and again in unison with the earth-shaking chorus of *Om Swaha*. Many small children sat high above the crowd on the basketball net supports, watching the powerful ceremony in amazement. Most of us experienced various degrees of intense clearing during and after the havan.

A little bit later Shri Mataji arrived again to distribute an almost endless supply of presents to individual yogis and yoginis, beginning with the children. That evening huge crowds of people, most of them realised souls, poured into an open air sports stadium in Tagliatti. The majority sat on the long grass in the big oval centre. At one end was a small stage with a colourful backdrop. The evening was filled with singing and dancing. Shri Mataji spoke quite briefly and, needless to say, all hands were stretched to the sky when She asked who felt the Chaitanya.

Part of the entertainment offered by local Sahaja yogis was Indian dancing that some of the yoginis had learned. One girl was so talented that Shri Mataji offered her a scholarship to study in India! But the most remarkable sight was the audience itself. Before Her Holiness Shri Mataji there sang and danced and cheered a beautiful garden of saints. During the bhajans long chains of yogis and yoginis danced hand-in-hand through the crowds. The last song was a devotional hymn to Shri Mataji, written and sung by some young Sahaja yogis. As Shri Mataji stood to leave, thousands of devotees, with hands

clasped in one another's high over their heads, swayed to and fro in the cool breeze and sang along with the chorus. These must have been the forests of talking Chaitanya that the Maharashtran saint foretold in his ancient song. It was an unforgettable experience.

We noticed afterwards how Shri Mataji was using our subtle systems to work out collective problems. Some of us went through emotional depression, felt intense clearing, or had strange dreams.

The next day brought more sunshine and traveling. It was hard to leave that paradise and see all our brothers and sisters dispersing, making their ways back to their homes all over Russia and adjoining lands. But there was still a lot of singing and laughing going on, and not really any signs of sadness. There were simply too many vibrations for anyone to get disheartened.

All the Moscow Sahaja yogis, as well as many other Russians, the musicians, 35 Finns, 28 Austrians, six English and some Germans and French, were taken to the train station or airport. Some of us were again greatly blessed to travel with Shri Mataji. After checking in we awaited for Her and Sir C.P. and then rode together in the bus out to the airplane! The experience was almost identical to the previous flight, with one astounding exception. Shortly after take-off the pilot announced, "Please fasten your seat belts.... Jai Shri Mataji.!" Upon our arrival in Moscow the stewardess' voice came over the intercom, and again we were thrilled to hear this praise to our Divine Mother. It seemed like there were Sahaja yogis everywhere over there.

A big, black limousine-style car (the kind formerly used only for the politicians) whisked Shri Mataji and Her husband away, followed by a whole bus for two or three yoginis who were accompanying Her. The rest of us squeezed into a second bus and, after picking up our luggage, were taken to the university. On the way we noticed many signs of the materialism that has crept into their society, including advertising for western convenience products and many luxury cars on the city streets.

The famous university, one of many communist-era monuments of its kind, stands high on a hill overlooking Moscow. It is a gigantic, imposing structure like something out of *King Kong* or *Ghostbusters*. We stayed in the residence wing of this sky-scraping castle where we shared little rooms and, on one of the floors, a kitchen and eating area. We had a lot of fun there! During our four and five day stay we saw people from all over the world, including 70 Canadians who had come to study the language and culture. We even held spontaneous introductory programs of Sahaja Yoga in English and Russian, putting hand-made posters around the campus. Some Russian seekers got their realisation. We also had a couple of dynamic bhajan sessions there with the Russian yogis and yoginis. They were always very caring and helpful and made sure that we were well fed.

The public program was again held in an indoor stadium. Those of us who hadn't gone shopping or sightseeing downtown accompanied the Indian musicians on a bus to the stadium. We arrived there early because they had to catch a flight back home after their long and wonderful tour that had begun way back at Guru Puja in Cabela. Their performance was, as always, very entertaining and uplifting, but with one uncharacteristic element: due to the shortage of time each singer had to do his part in the shortest possible time, so that all could perform before they left. Most of the audience probably didn't notice this, but for those of us who did, it was really fun to watch. For example, when our famous and beloved artist from Noida took his place in front, the others had already begun his song. But he would not be rushed! Slowly he leafed through his songbook to find the right page before joining the others with his powerful voice. Somewhere else on the stage, one of the musicians had already packed his instrument and looked like he was standing up to leave, when he slowly began dancing. Then, suddenly pretending to notice that he had misled the audience into dancing, he indicated with his hands that everyone should stay sitting and he quickly sat down, smiling. Of course, he knew it was too late as Sahaja yogis began jumping up all over the place to dance along with the rhythmic Noida bhajan. All too soon, their last performance of the tour ended

and, with plenty of hugs and laughs and tears, they slowly made their way out of the stadium.

After some Russian bhajans and a slide show of miracle photos, Shri Mataji arrived. Thousands of seekers and Sahaja yogis stood silently watching Her every gesture, in an atmosphere of intense love and joy. "I bow to all the seekers of truth. From the very outset we must understand that truth is what it is," She began. This mantra, which has been heard and felt by seekers all over the world, was absorbed by everyone there. She spoke beautifully and lovingly and announced that Her Heart resides in Russia. The whole stadium was filled with a silent lake of devotion which overflowed with all the melted hearts. Even the non-yogis were deeply touched. The exercise for self realisation was again no more than feeling alternately with the left and right hands over the head, and stretching the hands upward. In this meditative atmosphere Shri Mataji soon departed.

The next day we had the great luck of visiting Shri Mataji's dacha (summer house) in the countryside near Moscow proper. It is a lovely and cozy cottage, beautifully renovated by the yogis and decorated with varnished wood. We meditated in the garden until we heard that She was ready to go to the program. This program was held in one of the halls regularly used for collective meditations, and was held exclusively for doctors. Shri Mataji, the Doctor of all the doctors, spoke in the beginning quite severely, apparently challenging them and shaking them out of materialistic slumber. Then She spoke very sweetly and motherly about their responsibility to mankind and the historic importance of Sahaja Yoga. She asked them to join hands with the other Sahaja yogi doctors to make great advancements in their fields and reap great blessings for everyone, including themselves. The vibrations were very strong and everyone must have felt that something truly revolutionary was taking place.

We saw Shri Mataji one last time at the airport the next day. She was in a very joyful mood as She sat down on a big chair in the middle of the departure hall, surrounded by another huge crowd of Sahaja yogis. Everyone had gathered

there two or three hours earlier, and had sung many songs in praise of our Divine Mother. She received countless flowers from Her children and then slowly made Her way out of the hall. We continued to cheer, sing and wave long after She disappeared from physical view. Our eyes told us that She had left us, but our hearts knew that we

could never be separated. As we stood there in the right agnya of the Virata, we felt that we had been part of a powerful transformation that would be felt all over the world—and we were deeply grateful to Her for that.

—Edward Saugstad, Vienna

Reports from Around the World

Shri Mataji's 1993 Visit to Romania

Shri Mataji arrived in Romania on Sunday, September 5 around 7:30 pm. More than one thousand Romanian yogis were waiting at the airport. Shri Mataji was accommodated in the Palace of Elizabeth as in the previous year. A group of 7 or 8 yogis helped the Romanians with arranging events for the visit.

Monday was a free day in which Shri Mataji had some rest and some time for shopping in the afternoon. Shri Mataji bought many things for Diwali Puja from the biggest Romanian shop, Unirea, which means yoga. On Tuesday at noon all the yogis were gathered in the main sports hall of Bucharest to receive presents from Shri Mataji.

The public program was held in the evening in the same sports hall. It was a very successful and beautiful program—a royal event. About four thousand people attended. The bhajans at the beginning were very much appreciated. Before the arrival of Shri Mataji, there were two talks about Sahaja Yoga, its message, its medical background, its connection with other religions—in short, what Sahaja Yoga is and where it can take you. Everything was so peaceful, so blissful. When Shri Mataji arrived, She told the two speakers that they had done everything already so Her talk was short, touching just the main points. The audience had

a very good attitude and there were no questions.

After the talk, many people came to the base of the platform where Shri Mataji was sitting to thank Her without words, with their palms upwards towards the Mother, absorbing the vibrations. It was something tremendous. For many minutes no words were heard while the Divine Mother was shining like a thousand suns, with Her right hand blessing the people and the left hand towards the Mother Earth. Time had stopped. Just vibrations were flowing very strongly, and a large group of people were sitting at the Feet of the Queen, totally lost in joy.

On Wednesday at 1:10 pm Shri Mataji left for Sofia by plane.

The Romanian media's response to Sahaja Yoga, long before Shri Mataji came, was incredible. There were at least 40 articles published in Romanian newspapers about Sahaja Yoga two weeks before the program. A daily Romanian newspaper started a series on Sahaja Yoga in their newspaper. One of the articles had Shri Mataji's photograph and below it a note saying, "Put your hands towards Shri Mataji's picture and you will feel the cool breeze." As a result, at the next public program they had 120 new people! It seems that Sahaja Yoga has entered a new phase in Eastern Europe.

—Calin Costian and Adrian Vasii, USA

Shri Mataji's 1993 Visit to Bulgaria

This year Sofia and Bulgaria were again blessed with the presence of Shri Mataji Nirmala Devi. She arrived in Sofia on September 8, the date itself carrying a special meaning since it is the birthday of the Mother of Christ, the Holy Virgin Mary. Hundreds of Sahaja Yogis from Bulgaria, Romania, Greece and Turkey assembled at Sofia airport. They were eagerly singing our beloved bhajans to welcome Shri Mataji. The excitement grew infinitely when our Divine Mother appeared at the airport as a VIP. She allowed each one of us to greet Her personally with flowers.

In the evening Shri Mataji honoured with Her presence a program prepared especially for Her, which included Bulgarian folk songs and dances, too. Her Holiness talked affectionately to the performers. Then She personally handed presents to everyone in the hall.

After the program Shri Mataji allowed us a puja. In Her address She explained to us that on the birthday of the Holy Virgin Mary, She dedicates the Puja to Mahalakshmi. Shri Mataji told us about the incarnations of Shri Sita, Shri Radha, and the Holy Virgin Mary. She explained that the Christian religion and the creators of the Bible did not want the Mother to enter it. Shri Mataji spoke of the importance of always being in the centre and of the dangers pertinent to left-sidedness and right-sidedness. This first puja in Bulgaria which united in Sofia Sahaja Yogis from Bulgaria, Romania, Greece and Turkey went on until early morning.

On the next day, September 9, a public program was held. A lot of seekers, gathered in the hall, stood up to welcome our Divine Mother. She delivered a moving speech and gave realisation to all the people present there. Then Shri Mataji suggested that all should enjoy the wonderful bhajans. The delight was still greater when in the group of performers, the eyes spotted Sahaja Yogis from different countries of the Balkans, a wonderful proof of the principle of collectivity.

Again with many flowers, we saw Shri Mataji off to Budapest on September 10. Even when we could see Her no longer our love was aspiring after Her through the bhajans we were enthusiastically singing. On the afternoon and evening of September 10 we had a seminar and a collective meditation enlightened by the presence and the blessing of our Divine Mother.

—Sahaja Yoga, Bulgaria

She is All Pervading, She is Shiva

On September 28, Vienna was supposed to have the Darshan of our Holy Mother. We arranged a lot of advertisements, put up 2,000 posters and wrote the same amount of personal invitations. We were very sure that this was going to be the greatest program we had ever had in Vienna because collectively we never had felt so strong before. After Shri Mataji had been to Austria for a short stop on Her way to Prague about one or two months ago, we got four new ashrams. So we all expected great things from this program.

Three days before the program we were informed that Shri Mataji would not come this time. With amplifiers we arranged for Mother to speak to the collective on the telephone after we had done puja to Her. There She guaranteed us a successful program. Everybody was very excited to hear Mother's voice and we were drenched in vibrations.

The day of the program had come. We had booked a hall for 1400 people in Austria Centre which is a part of the Vienna International Centre of the United Nations. Masses of people with faces full of expectations arrived and the big hall got almost filled. On all our posters we had propagated, "SHRI MATAJI NIRMALA DEVI IN PERSON." Logically the number of persons arriving increased the importance of the question, "How to tell them that She is actually not here in person?" I had taken over the part of telling them and thought that it would be a very easy thing to do.

We started the program with a short welcome and some bhajans in order to please Mother and to soothe the people. After that we had a few words about seeking and finding the goal in Sahaja Yoga, in the Bliss of the Mother, in the cool breeze of the Holy Ghost. We tried to assure them that they are seekers and that they would get everything tonight. Actually we promised them that none of them would go home without getting realisation and inside we prayed to Mother to fulfill our promise.

Now came the part to introduce Mother. We got a wonderful video clip from Nick which was produced for Indian television and which gave impressions of Mother's life and work in a very beautiful way. Towards the end of the video I suddenly felt that I was unable to tell these people that Mother would not come, even though I have addressed people before and I never have fear of speaking. Suddenly there was a barrier which seemed to be insurmountable. That moment was hell. At the culmination point of this inner disaster I thought of the invincible Devi. I put all attention to Mother and I saw Her sitting in Her room in Cabella, Her eyes closed, directing Her love towards our program. I prayed to Her Feet. The next moment I felt absolutely light. I got up and told the people what was to be said. It was so easy now. One or two among more than a thousand people got up and went away. SHE DOES IT ALL. JAI SHRI MATAJI!

Now we showed on a big video screen a speech which Mother had given two years ago in Vienna, including the part of self realisation. The vibrations which everybody received were so soothing, loving and pleasant that the whole hall turned into a heavenly place. At the end Mother asked on the video screen for those people who had felt the vibrations to raise their hands. Without any hesitation more than two thousand hands were raised—like one person's hand—all together. Faces radiating joy, shining eyes, all had taken their seats in the Kingdom of God. Then we invited the people to meet the Yogis so that they could work on their system. About three-quarters of the newborns stayed. We continued to play bhajans with the skilled help of

Yogis from ex-Czechoslovakia, Switzerland and France. Everybody was busy working on new people, chatting, singing.... At midnight, five hours after the beginning of the program, the music band was exhausted. At that time there were still about one-quarter of the newborns in the hall. JAI SHRI MATAJI!

When we informed Mother of Her wonderful program She was pleased and said, "Sometimes My attention works out better." She added, "Maybe the Divine does not want Me to travel that much."

Let us be prepared. Let our love for Her be stronger than our desire to have Her physical presence in our countries. Then love will flow into love and instead of seeing Her sitting in front of us, we will find Her residing in our hearts for ever and ever.

—Wolfgang Hackl, Vienna

Ganesha Visarjana Festival 1993

The Ganesha Visarjana Festival is an annual one-day function which brings together Indians from different associations in Australia. This year, 34 associations participated, including Sahaja Yoga, at the local Indian Temple set in beautiful rural surroundings just outside Sydney. Our stall was set up in quite a simple manner with an altar, 12 chairs, and a table with literature about Sahaja Yoga. A quick stroll among the various stalls clearly demonstrated that in reality these groups did not have a lot to offer. You could select some literature, talk to someone or view their various displays but there was nothing they could give you that you could not get from a book or from some other source. Our stall was unique in that people were offered an experience. This reality dawned on many of the visitors to the festival who flocked to our stand. Each Sahaja Yogi gave self-realisation to about 5 or 6 people each hour. Throughout the day more than 200 people received their realisation.

At 12:30 the Sahaja Yoga musicians took centre stage. Because of the number of groups represented we were supposed to perform for 10 minutes. As the music filtered around the grounds more people came and took their seats. Our allotted time expanded from 10 to 40 minutes but nobody seemed to mind. The performance of the musicians seem to come as a very pleasant surprise to many of the audience who could not believe that westerners could have such a feel for the rhythms of Indian music and such command over the language. This in itself generated much interest in Sahaja Yoga. The organisers of the Sahaja Yoga stand received phone calls for many days after the festival ended from many people commenting about the musicians and wanting to know more about Sahaja Yoga.

—Chris Kyriacou, Australia

Announcements

A Newspaper to Elevate the Spirit

Dear Sahaja Yogis,

On the occasion of the Durga Kali Puja in Paris in 1992, Shri Mataji proposed to publish a "non-sahaj" newspaper in France because the flow of international information is very poor in this country.

Some months later, a group of professionals presented a concrete project to Shri Mataji at Her birthday celebration in New Delhi. Our Mother encouraged us very much to continue and advised us to contact the seekers in all the countries.

Today we have worked out the main administrative details and we are ready to go! Now we are seeking the assistance of You, the Sahaja Yogis of all countries.

We therefore kindly ask you to send us ANYTHING that could appear in this newspaper to denounce, to educate, or simply to present something beautiful to elevate the spirit of the readers: Your cooking recipes, your scientific discoveries, a portrait of an artist or philosopher of your country; inform us about any kind of injustice you

have become aware of. (In this last case, we need well-founded and undeniable proofs.)

Please start writing now to the address below, such kind of information in your own language (cut out articles or reports written by yourselves) as well as photographs of all kinds, cartoons, comics, dates of cultural events or exact details about any well-made newspaper or magazine (if possible, send us a copy).

We thank you in advance for all your efforts and your cooperation to support this project which is in the attention of our Mother. We also need your holy enlightened attention. Jai Shri Mataji!

—Lionel Millon

If you are working with the media, if you have access to information of any kind, if you can organise and make interviews, please contact us as soon as possible at the address below:

3, avenue Pasteur
92130 Issy
Les Moulineaux, France
Telephone: (33) 1 46 45 11 91 Fax: 1 46 45 14 27

International Network of Sahaja Artists

Dear Brothers and Sisters,

Jai Shri Mataji! We want to start an International Network of Sahaj artists, relating to the arts, selling of artistic works, and art shop management. All the Sahaja countries should try to organise themselves and select one or two yogis from each country to take responsibility. At the India Tour, we will have the first world-wide meeting about producing, managing and seeking arts all over the planet to spread the vibrations of Shri Saraswati. May vibrations be all the time with us. (Please see the information form on the next page.) Contacts:

Jarakeshwara Schneider
Stelzhauerstrasse 41a
4400 Steyr, Austria
Telephone: (43-0) 7252-54353

Liallyn Fitzpatrick
13 Sutton Street
Five Dock N.S.U. 2046
Sydney NSW Australia
Telephone: (61 2) 1125118

INTERNATIONAL SAHAJA YOGA ARTISTS NETWORK

INFORMATION FORM

NAME:

BIRTH DATE: / /

ADDRESS:

PHONE:

FAX:

EMAIL:

MEDIUM CURRENTLY INVOLVED IN AND A BRIEF DESCRIPTION:

Design

Textiles

Oils/Watercolours/Acrylics

Graphics/Illustration

Wood

Glass

Metal

Ceramics/Sculpture

Lithography

Silkscreen

Jewellery/Gems

Photography

Literature/Poetry

Music

Other

IF NOT ARTISTICALLY, IN WHICH WAY WOULD YOU LIKE TO CONTRIBUTE:

Computer WP/Graphics Support

Promotion

Coordination/Liaison

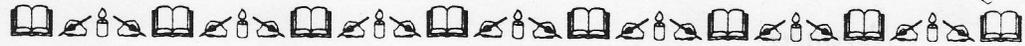
Internal Communications

Other

YOUR SUGGESTIONS FOR THE ARTISTS NETWORK (USE REVERSE ALSO):

Send to: Jarakeshwara Schneider / Stelzhauerstrasse 41a / 4400 Steyr, Austria
or to: Liallyn Fitzpatrick / 13 Sutton Street / Five Dock N.S.U. 2046 / Sydney NSW Australia

SAHAJA YOGA Universal Poetry



Dear brothers and sisters

To pay our homage to our Divine Mother, Shri Mataji Nirmala Devi, we manifest our desire to dedicate to Her a collection of universal poetry.

For this, we appeal to all the poets of Sahaja Yoga who wish to present a magnificent poem glorifying the Adi Shakti, singing the praise of the Kundalini, extolling the bounty of Mother Earth and the all-pervading Power of Love. It may be a personal feeling, full of joy, the bliss arising from a profound meditation, a luminous message to enlighten those who do have not been blessed with the bliss of the spirit and the vision of

WHERE AND HOW TO SEND YOUR POEM

• **FORMAT :**

The poems and their translations should be written on blank (no lines or squares) white A4 paper in portrait format (the paper vertical). Please use black ink for ease of photocopying.

We remind you that the book will contain the handwritten versions of the poems.

Blake's Jerusalem, a poem inspired by the cool breeze of the Holy Spirit.

We would like to receive poems hand-written, in their original language and alphabet. Please accompany this with a printed copy and a translation into English, and a transliteration into Roman script if the original alphabet is other than Roman.

We would like to present this universal collection of poetry with an English translation. Original poems may of course be in Arabic, Devanagari, Japanese, Hangul, Tamil, Chinese, Thai, Vietnamese, Hebrew, Greek, Cyrillic, etc., and will be presented in the original script accompanied

by the English translation and the transliteration.

The collection will be embellished with drawing, aquarelles, and other inspired works of art created by Sahaja Yogis and Yoginis.

For the collection to be acceptable to our publishers, and to present a document of quality to the public, it is better for the poems to be written in the traditional and classical style of each country. This book must express the beauty and depth of our Self-Knowledge which our Divine Mother, Shri Adi Shakti, has kindly bestowed upon us.

• **SENDING :**

The poems and their translations should be send, without being folded, in an A4 envelope, preferably reinforced with some strong card, to the following address:

M. Serge Crettenand
6, chemin des Cottages
CH - 1260 Nyon - Vaud
SWITZERLAND

Tel : [+41] 22 / 361. 34. 70.

contact Eric Deladoëy or Serge Crettenand

By the 31st December 1993, or during the India tour to a Swiss Sahaja Yogi.

Jai Shri Mataji

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Shri Mataji's Itinerary

Subject to Change

November

Su	28	India Tour begins: Delhi to Faridabad
Mo	29	Gurgaon
Tu	30	Rest

December

We-Su	1-5	Delhi, Puja and Public Programmes
Mo	6	Haryana (Kurukshetra) Public Programme
Tu	7	Yamuna Nagar Public Programme
We	8	Chandigarh Public Programme
Th	9	Yamuna Nagar Puja
Fr	10	Hardwar
Sa	11	Dehradun
Su-Mo	12-13	Lucknow
Tu-Fr	14-17	Jabalpur / Kanakichilli
Sa	18	Chindwara Puja
Su	19	Nagpur (Baba Mama's son's marriage)
Mo	20	Second half of India Tour begins: Pune Public Programme
Tu	21	Leave for Ganapatipule
We-We	22-28	Ganapatipule
Th	29	Leave for Kalve
Fr-Sa	30-31	Kalve

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