

WISDOM FROM THE PAGES

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BOOK ONE AND TWO



Anant Ashirvad: Eternal Blessings
Anant Ashirvad: Infinite Blessings

the words of SHRI MATAJI NIRMALA DEVI

paperbacks, hardcovers, limited editions and ebook

two volumes 666 pages 2019

blessings

Count your blessings. The best way to be happy is to count your blessings. Count them: how much God has given you. First of all, there is your Realization.

Count your blessings, then you will be cheerful. Thank God. It will make you very cheerful and happy.

Just start thinking about what you were and what you are. Just start. Know it for sure.

The first thing one should do is to thank.

All your gloom will vanish.

Anant Ashirvad: Eternal Blessings and **Anant Ashirvad: Infinite Blessings** are a collection of blessings and boons bestowed upon us by Shri Mataji Nirmala Devi.

ANANT ASHIRVAD

Where is your attention? Either you are counting your money, counting your votes or some people even count lamp-posts I am told. If they have nothing to do, they can go on doing whatever they like.

Count your blessings. Count your blessings and your ascent will start. That is how you ascend in the Realm of God.

If there is no ascent, then you will move from left to right, right to left. You will be a wobbly person. Count your blessings with your heart. Feel it, the thankfulness.

There is nothing to be said to feel the gratefulness and thankfulness for the great blessings of God.

For ascent, it is not a mental procedure. It is a procedure of the heart which is thanksgiving.

Look at the flowers. They are giving thanks to God. Their whole being is nothing but thanksgiving. They are not worried that they are being plucked. They will die tomorrow. They are not worried. As long as they live, they are giving thanks.

Look at everything. Look at this candle. What is it? It is thanksgiving. Everything that is created is giving thanks.

So get to that ecstasy. It is such a great protection. It is such a great pleasure. It is such a great blessing.

Get to that ecstasy of feeling how God has been gracious.

BOOK THREE

ASHRAM
symbol of an ideal world

THE WORDS OF SHRI MATAJI NIRMALA DEVI

Ashram: Symbol of an Ideal World

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover and ebook

70 pages 2020

new world

Shri Mataji tells us of the importance of ashrams for the growth of Sahaja Yogis and seekers of the Spirit.

“The ashram is a small world, which is a symbol of an ideal world of enlightened people.”

I think, I hope, I bless you, that you develop beautiful ashrams. May you mature and become beautiful people, move as one personality, deep, dignified, joyous. Then you will say, “See, Sahaja Yoga will work out.”

Ashram: Symbol of an Ideal World are is a collection of Shri Mataji’s advice about ashrams and their role in Sahaja Yoga.

ASHRAM: SYMBOL OF AN IDEAL WORLD

I was finding out the meaning of the word *ashram*.

It means a place for the ascetics to live. An ashram is a place. If you have to go there, do not carry all your luggage. You have to take very few things.

You should be able to live with two or three clothes in an ashram.

An ashram is a place where you are trained to be temperate, where you are trained how to control your senses and how to control your attention.

We have ashrams and ashrams and ashrams everywhere.

The ashram is a small world, which is a symbol of an ideal world of enlightened people.

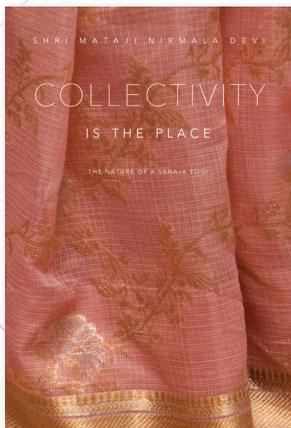
It is not that it is only for those who are having no house. It is meant for people who are of quality.

In the ashram, one has to realize that you are under complete observation. You have to be alert. Somebody is watching you.

Now you have come in the camera. You are now in the ashram.

We want to create a new world of people who love each other, who will enjoy each other and who understand each other – and not only that, but those who have a collective consciousness manifested in their own lives.

BOOK FOUR



Collectivity is the Place: The Nature of a Sahaja Yogi

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

73 pages 2019

belong

*Collectivity is a thing to be understood
in a much deeper way than we have thought.*

Collectivity is the nature of a Sahaja Yogi.

It is to be grown within you.

Collectivity is the place where you belong.

Collectivity is the Place is a collection of Shri Mataji's words of advice on the topic of collectivity, given to us between the years 1979 and 1991.

COLLECTIVITY IS THE PLACE

You needed a Mother to look after you, to care for you and to be able to transform you with a lot of wisdom.

I find that Sahaja Yogis are expanding their hearts and realizing that they are no more drops, but they are part and parcel of the ocean and that the ocean itself is going to strengthen them and look after them. It is the ocean that is going to nourish them. And the same ocean is going to guide them.

So the connection between a drop and an ocean has to be fully established. The limitations of a drop have to be absolutely dissolved into the greatness of the ocean.

With care and with nice things to say, we can improve the depth of the collectivity – with a sincere desire to be collective. The desire to be collective has to be very sincere so that this expanse of your being will start.

Collectivity is the nature of a Sahaja Yogi.

That is what one has to realize.

BOOK FIVE



Dharma is Your Sustenance

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

79 pages 2019

dharma

An explanation of the role and importance that dharma plays in our spiritual ascent.

More than just a code of right conduct, dharma is our sustenance and the point where the gravity of sin does not act.

Dharma is Your Sustenance is Shri Mataji's description of dharma – something deeper and more fundamental to our being than we might have first assumed.

DHARMA IS YOUR SUSTENANCE

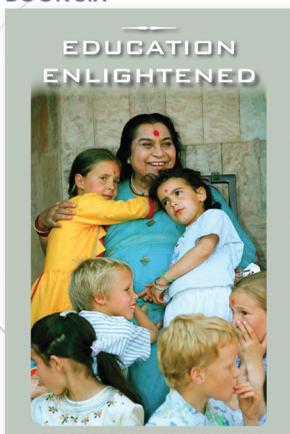
This is how I describe dharma in short:

Dharma is the sustenance of all things that are born or created. It is the super-nature that gives valences to atoms in an element. It is dharma that is expressed as the quality of these elements. For instance, gold has a quality that it is untarnishable.

The human beings are like perfected instruments, like computers. Of course, if their dharma is in balance, they are the best receptors. You can understand that the divine awareness is like the main electrical current which starts the computer (Self-realization). If the dharma in the instrument is lacking, Self-realization does not give full results. It becomes like a second-hand car.

Dharma is the fulcrum and the one who is in dharma never gets into imbalance. So the attention has to be on dharma, the point where the gravity of sin does not act.

BOOK SIX



Education Enlightened

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

69 pages 2018

also available in Hindi, Mandarin and Marathi

Love

Children are not looked after by you.

They are looked after by God.

The more you are with God, the better are your children.

You know how to handle them. You are kinder to them.

You know how to solve their problems.

You are looking after them better if you are getting your love from God.

Gathered from Shri Mataji's words of advice about children and education, ***Education Enlightened*** is a guide for both teachers and for parents, in the schools and at home.

The primary concern of education is awakening the Spirit.

The purpose of Sahaja education is universal love and sharing through self-discipline. Sahaja schools foster unique relationships among students and establish purity, innocence and awareness of chastity.

The emphasis is on dignity, decency and decorum of good manners, so that students learn to respect their sense of morality and sacredness of the body, which is the temple of God.

One of the main objects is to undertake a comparative study of all the religions to show that the essence of all the religions is the same. This keeps the attention of the students towards the spiritual life of sharing, tolerance, real peaceful co-existence and the mutual solving of problems with joy of sacrifice and generosity.

The atmosphere of Sahaja schools is peaceful and serene, as such an atmosphere allows for greater absorption with less distraction of the attention.

BOOK SEVEN



***Every Day with Shri Mataji:
words of guidance and wisdom
for each day of the year***

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition, ebook and app

408 pages 2018

every day

Many people who really have achieved a very great height in their spiritual life did not need a birthday.

Every day they felt it is a birthday to start, to go ahead, to understand, to learn.

Every day is a new year for them.

Every Day with Shri Mataji is a collection of 366 inspirational passages, one from each day of the year, for the day on which it was spoken.

EVERY DAY WITH SHRI MATAJI

The first gift you have to give is that you should express peacefulness through your own character. It does not mean that you should be people who are timid or people who are morbid or who tolerate nonsense – no, but the people who are of peaceful resistance.

You are not afraid of anything. You are not going to bow down to anything, compromise with anything, but you have that sort of a temperament which you should develop and express is very important.

And the second one is that this peace and all this should express your love – love to others.

In that understanding of what one should do to make this world happy, beautiful, for that one has to really work hard, so-called. And in that working one thinks, “Isn’t it our duty to make this world beautiful? Isn’t it our job to make this world rhythmic, rhyming with the spirit?”

It is our duty. We have to do it – not only taking Sahaja Yoga for yourself, but for others. It is not that you are all the time worried about yourself, but you are worried about others, what’s happening in the world.

That is love. That love is spontaneous and when it works, it works wonders.

BOOK EIGHT



The Experience of Truth

the words of SHRI MATAJI NIRMALA DEVI

paperback and hardcover

142 pages 2022

experience

*You become the joy,
the source of joy
and the giver of joy.
You enjoy yourself
because your Self is glorious.*

The Experience of Truth is a collection four continuous talks from the summer of 1984, one complete introduction to the truth of Sahaja Yoga.

People can ask, "Why the religion?"

Why should we have a balance? What is the need?"

Religion is the valency of human beings. Just as carbon has four valences, human beings have ten valences, which matter does not have. Animals have nine and human beings have ten valences and when these ten valences go out of balance, then they go out of the quality of a human being. But still one can ask, "Why should we have those ten valences?"

Because you have to ascend, because in the evolutionary process you have to ascend and you can never be satisfied with yourself unless and until you have achieved it – especially the seekers.

That is why I say they are the special category because, in this special category, men of God will have to become prophets. "They will have powers to make others prophets," as said by William Blake.

In your great country, William Blake has said this. When is that going to happen?

It has to happen today, tonight.

BOOK NINE



Foundations of Sahaja Yoga

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

133 pages 2020

enjoy

The human mind is used to doing things in a ritual way.

To raise this house, you have to first dig the foundation, then the piling up and then you have those pillars and the roof. That is how they plan out things.

But in God's own kingdom there is no planning.

You just sit down and you just enjoy.

Foundations of Sahaja Yoga looks back at ten days in India between 1972 and 1977 when Shri Mataji spoke to us: unique moments, insights said only once.

FOUNDATIONS OF SAHAJA YOGA

Sahaja Yoga is a new discovery.

In reality, how does the discovery take place for that which is placed, for that which is?

Just as Columbus had started a journey to find India, then was India not there? If it was not there, then what would he be finding?

Sahaja Yoga has been there from before. It has been found out only now.

Sahaja Yoga is the way of the Supreme Essence.

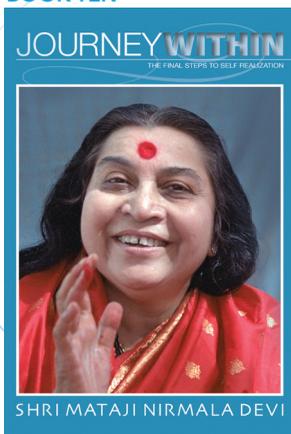
This is the way of nature's own method. This is the only way where mankind can, through evolution, be taken to that dimension, by which mankind can be acquainted with that consciousness, can be absorbed with that consciousness, by the support of which this entire creation and the heart of man is moving.

If Columbus was not able to find India, it does not mean that he was any less. Later those people who found it, they did not do it to belittle the ones who could not. This is not a collective search. You all think separately, so the thought comes to many that Mataji is saying something different.

No. I am telling you about all the searching of all the searches.

Until now man has borne tremendous hardships to put their attention on this.

BOOK TEN



Journey Within *The Final Steps to Self Realization*

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

228 pages 2012

connection

We are all enveloped. It is only the waves that we see.

*We are on the waves, so we see it as dislocated,
separated.*

*These are just folds of the sari of the Paramchaitanya,
the all-pervading power. They look separated, but they
are not separated. They are continuous. The connection
is absolutely complete.*

Journey Within is a comprehensive introduction to Sahaja Yoga and Self Realization edited from the words of Shri Mataji Nirmala Devi.

My father felt that I would do something great in this life.

I don't know if he dreamed it or simply understood it, but all the time he used to say, "You have to find out the way of giving en masse Realization." By Realization he was meaning the need for a deep, spiritual awakening in people.

He gave me a good education in different religions and also a good education about human beings: what are their problems, why do they act the way they do, why don't they take to God, why are they hypocritical. All kinds of things he told me.

I knew all about it from my very childhood. I was a very aware person, but I did not know who to talk to because people did not have the same awareness then. You could not talk to anyone just like that.

My parents were great people, realized souls. My father was a person who knew why I was on this Earth. Even my mother knew about it. When I was small, I used to tell my father that it was my desire that like the stars in the sky, many people on Earth should also shine and spread the light of God.

So there was a special rapport between us, and they could understand why I was busy meditating or finding out about how to give Realization to others.

BOOK ELEVEN



Meta Modern Era

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

290 pages 2018 edition

truth

Actually, I did not want to write a book of this kind. I am a person who is in the complete joy of divinity. There is the all-pervading joy of divine love and I want everyone to enjoy it. Especially in the West, I have seen that there are many seekers of absolute truth. There are many scientists who have written voluminous books about consciousness, about awareness. One can give a list of them. But all these books really weary you completely because they do not emit any knowledge of the ultimate truth.

Meta Modern Era is Shri Mataji's book addressed to all the seekers of the world.

META MODERN ERA

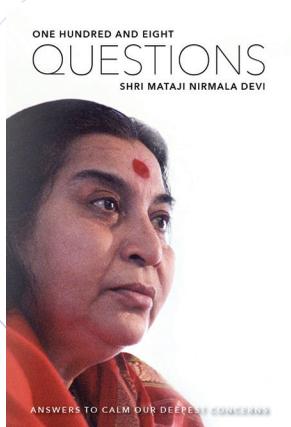
In this book we are concerned about dealing with the profound changes in culture and thought in Western countries in modern times. The concern is heartfelt. It is very important to know why these changes have been so evident and effective in the West in particular. In the West, people pride themselves on being the defenders of democratic rights and the champions of freedom. But if the Western world really cares for the benevolence of the whole world, it will have to turn to introspection.

Due to their blessings of material prosperity and technological advancement, which have gone out of balance, it is Western people who will have to take the responsibility for the creation of a new age and the transformation of human beings.

However, if the countries of the West try to solve their problems by indulging in a fascist type of reorganisation and limit their concern only to their stagnated own kind in the developed countries, then they will have completely failed in their duty to face up to their moral responsibility and one cannot say where they will finish up in destroying themselves from within. Materialism without any control cannot establish peace from within or without.

In my opinion, every Westerner has, as a matter of urgency, to understand the vital role he has to play in this great age of transformation and of the Last Judgement.

BOOK TWELVE



One Hundred and Eight Questions: Answers to Calm Our Deepest Concerns

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

230 pages 2018

answers

At public programs, informal gatherings and media interviews, Shri Mataji often invited questions – from Sahaja Yogis, seekers, journalists. She satisfied our curiosity, our concerns. And calmed our confusions.

Here are 108 of those questions, some naive, some misguided, but mostly insightful, rich and relevant. Each one is answered with love and patience. As one seeker prefaced his query, “We are not human beings having a spiritual experience, but we are spiritual beings having a human experience.” Shri Mataji agreed. “You have just become loving angels,” She said.

One Hundred and Eight Questions is a selection of answers to the many questions we asked Shri Mataji between 1976 and 2001.

ONE HUNDRED AND EIGHT QUESTIONS

I searched for the truth for so long. I know the truth is in You. I know that. Thirty-three years I've searched for someone who really speaks the truth and doesn't bend the truth.

Truth is the most joy-giving thing.

I mean it is joy. Truth is joy and that is beauty, satchitanand.

It is not a harsh thing. Truth is not harsh. People think truth means harsh stuff. No, it is not. It is the most beautiful thing. It is the most delicate thing. It is a very subtle thing and it is the most joy-giving thing. It is the truth that, when it ripples, see when it pulsates, then you get the joy.

The pulsation of truth is joy. It is not harsh. It is extremely kind, compassionate.

The love of God is truth. They say, "God is love and love is God," but people do not understand what does that mean.

Truth is silent. It does not speak. It just works. Start getting the cool breeze in your hand and go into meditation, breeze-like.

BOOK THIRTEEN



Sahaja Yoga

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook

101 pages 2018 edition

culture

India is a very ancient country and it has been blessed by many seers and saints who wrote treatises about reality and guidelines on how to achieve it.

The knowledge of Sahaja Yoga cannot be described in a few sentences or one small book, but one should understand that all this great work of creation and evolution is done by some great subtle organization, which is in the great divine form.

This book is both an introduction to Sahaja Yoga and a step-by-step handbook on how to be a good Sahaja Yogi.

SAHAJA YOGA

Sahaja Yogis are the people who have been enlightened, who have got their Self-realization by kundalini awakening, by the spontaneous Sahaj method. They are like seeds which have been sprouted whose living process in spirituality has started.

They are not Sahaja Yogis until they have felt the vibrations of the all-pervading power (*brahmachaitanya*) which does all the living work.

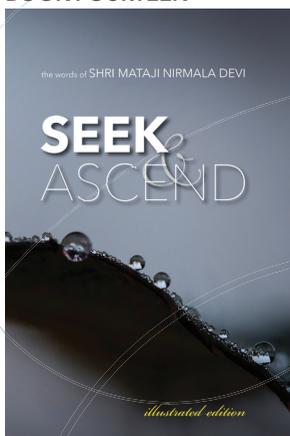
They are not Sahaja Yogis if they have not got full knowledge of their inner being, the inner instrument and the residual power of kundalini. They must feel the all-pervading power of God's love and know about the decoding of their feelings on their fingertips.

The divine vibrations of this all-pervading power should flow all the time. They should know about all the subtle things about themselves and also about others.

Sahaja Yogis are always joyous. They do not get bored.

Sahaja Yogis have a sparkle in their eyes.

BOOK FOURTEEN



Seek & Ascend

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

with full colour photographs

103 pages 2018

seekers

Seekers are that special category of people who are aware that they have to seek something more than material well-being or power or the so-called pleasures of life.

There is a special category born out of the people who have had this seeking before they came on this Earth. They worked it out and today they are ready to receive the knowledge.

This book is a welcoming message to those seekers of truth.

Seek & Ascend is a book about seeking, the quality of that special category of human being who is a spiritual seeker.

SEEK & ASCEND

In the Sanskrit language, a bird is called a *dvijaha* and a brahmin is called a *dvijaha*. *Brahmin* means the one who has known the Brahma. Brahma is the divine power of the love of God.

It is just love.

Love is knowledge and love is joy. When the whole being, the attention of your being, is filled with this love, you just become the joy. You just talk with joy and every throbbing of yours is love. And that love gives you the knowledge of others. If you purely love somebody, then you know everything about that person. But when it is pure love, you just know. It becomes subjective, absolutely subjective because you become the subject of love. You know everything about everyone and everything is known through its essence. When you get this Realization, all your body, mind, everything gets integrated and whatever you do emits joy.

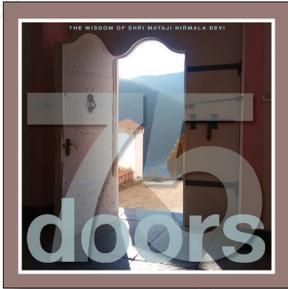
Now this is all too fantastic for you. I know it is too much – much too much for you. But you should know that it is the most important thing. It is the only thing that you have to achieve. Do not go in for useless miracles. Ask for the miracles of your Spirit. When the Spirit manifests, you will be amazed how beautiful you feel and how beautifully you work it out because you have found out your whole. You have found out your destination. You have reached your goal.

We have to get the real within us. We have to know ourselves fully. It has to happen.

This is for people of that calibre who are seeking reality.

the words of Shri Mataji Nirmala Devi

BOOK FIFTEEN



75 DOORS:
The Wisdom of Shri Mataji

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook
with full colour photographs

96 pages 2018

opportunity

*One should know this is the greatest of greatest
opportunity for you, not for the Divine.*

For yourself, understand what is written, what is said.

And try to relate it to your wisdom.

And then you will know.

It is such a beautiful life just waiting at your door.

75 DOORS is the advice and wisdom of Shri Mataji presented as seventy-five opportunities for spiritual ascent.

75 DOORS

We are here to give joy and happiness to everyone, to make everyone happy. When you make them happy, you feel that joy within yourself. A ripple moves and moves to the end of the shore and then from the shore it returns back to you. In the same way, when your joy reaches the joy of others, then the ripples that come up make a beautiful pattern of your life. Just think of such situations where you did something good to others, been very nice to others and then you found the joy in that person and how that joy came back to you. Think of that pattern that you felt so subtly in your life, how it is built-in. Whenever you think of that time or that moment or that area, the whole picture comes to you. You think, "What a time!" But that time is eternally within you all the time.

There is no other way out. *Vraja* means the one who is twice-born, like a solid personality. When you are solid, then you must dedicate. When you are perfected, then you must dedicate. It will help you to get out of the mire and then it will help the great cause. No one understands why Mother is trying to help us. They think She is too generous. I am not. I have a lot of common sense because you are the ones who are capable of manifesting God's joy on this Earth. You are the flutes who are going to play the melody of God. You are going to be used and maneuvered by God. I am doing all this to perfect you to be the most beautiful instrument of God, to be the right instrument of God. I do not know if you understand how sweet and beautiful a life it would be.

BOOK SIXTEEN

SHRI MATAJI
TELLS A STORY



SIXTY-FOUR STORIES TOLD BY SHRI MATAJI NIRMALA DEVI

Shri Mataji Tells a Story

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

148 pages 2020

stories

We should talk of stories and laughter and enjoyment.

The stories are there,

but behind these stories, as Sahaja Yogis,

you have to see the subtle things.

Shri Mataji Tells a Story is a collection of sixty-four stories, all told to us by Shri Mataji Nirmala Devi.

Shri Ganesha give wisdom.

That wisdom gives us the sense of how to behave. It gives us the balance and it gives us the sense of how to behave towards ourselves – how to preserve yourself, how to respect yourself.

In India, especially the women, they are extremely particular about their chastity.

We had a queen called Padmini and she was a very beautiful woman. One Muslim aggressor, who became a sultan, heard about her beauty, so he wanted to see her.

She refused. "I don't want to see him." Seeing a woman like that, those bad eyes are bad.

He said, "If you do not allow me to see her, I'll invade your country."

So she agreed. "All right, he can see me in a mirror so at least his bad eyes don't fall on me directly." She agreed to that and he saw her in a mirror and he saw that she was even more beautiful than he had thought her to be.

Now he wanted to have her. He was so physical, so superficial. He said, "If you now do not come to me, I will again attack."

They made a plan. "Let us now decide whether we are going to surrender our queen or not."

Everybody said, "Nothing doing. We are not going to surrender her because the chastity of a woman is very important and a queen, who is a representative of all womanhood should not be sacrificed like this." They could not bear the idea.

BOOK SEVENTEEN



***Spirit is the Goal:
The Only Eternal Thing Within Us***

the words of SHRI MATAJI NIRMALA DEVI

paperback, hardcover, limited edition and ebook

62 pages 2018

goal

This is the situation in which we are, so we have to arise to the occasion and achieve our goal.

Lives after lives it goes on. Then you are born in modern times when I am here.

Now your only strong desire is to become the Spirit.

Spirit is the Goal is an explanation of the importance of the Spirit garnered from the words of Shri Mataji Nirmala Devi spoken between 1977 and 1998.

SPIRIT IS THE GOAL

The Spirit is the only eternal thing within us. All the rest are transitory and evolutionary.

What is yoga? In simple words, it is taking your attention to the Spirit. This is yoga.

What does the Kundalini do? She raises your attention and takes it to the Spirit.

Only after knowing the Spirit, can you know God, not before that. That is why all religions have failed.

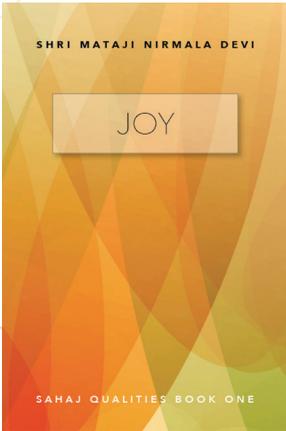
The attention has to be on the Spirit and that cannot be there unless and until something happens within you. Those who have been seeking that attention, those who have been asking, "Oh Lord, keep my attention on God and on seeking" are the people who are going to be blessed.

All the falsehood of the world is an intoxication because if it was not intoxicating or hypnotizing, why do people carry on with it? When you know it is falsehood, why should you carry on with it? Of course, you can play with it. That is a different thing, just to play like children. They build everything in the sand. They will build a big castle and they will make a house and they will make a cowshed and everything. And then they just break everything, take it out, clear out the whole thing. They know it is just a play they have done. They are conscious of it.

If this consciousness is there, then one should say that such people are seekers. That is the category of seekers: they are not satisfied with falsehood and they want to find the truth.

SAHAJ QUALITIES COLLECTION

BOOK EIGHTEEN



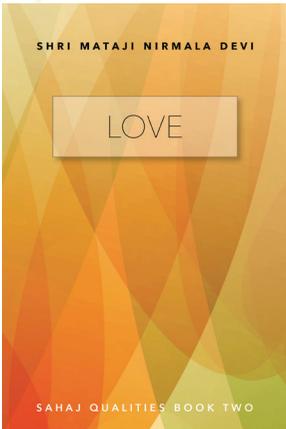
Joy

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook

112 pages 2017

BOOK NINETEEN



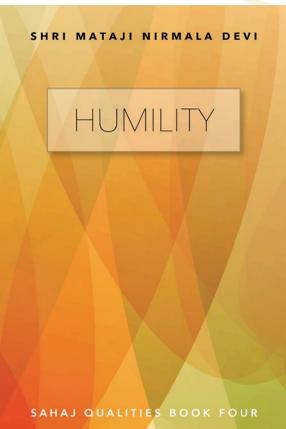
Love

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook

111 pages 2019

BOOK TWENTY



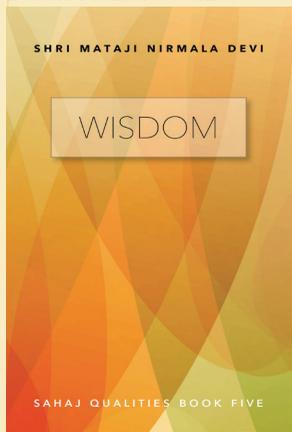
Humility

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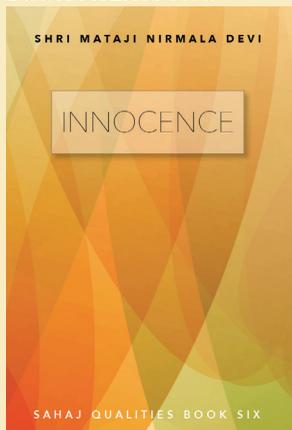
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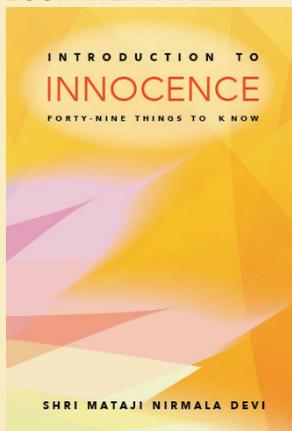
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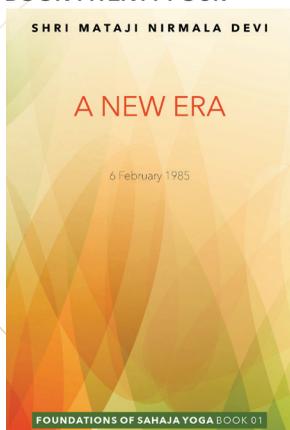
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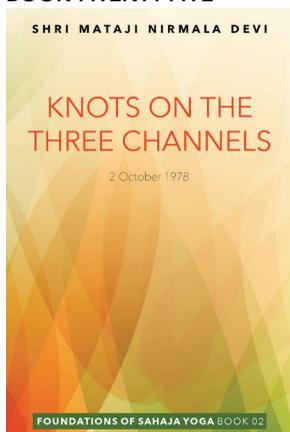
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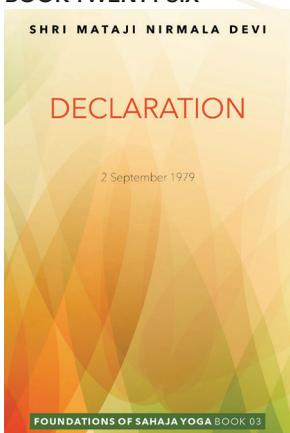
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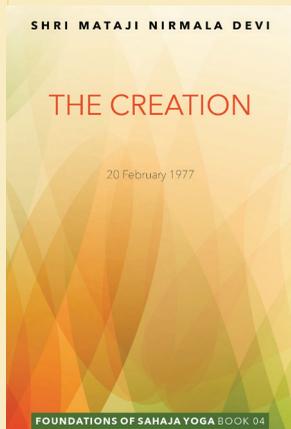
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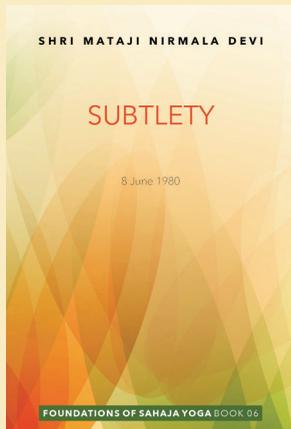
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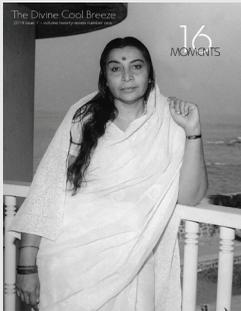


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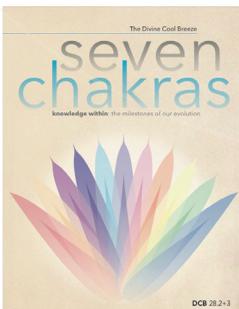


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