

PUJA

Divine Advice given by
H.H. Shri Mataji Nirmala Devi

*“Look into your heart and humble down ...
and thank ... every moment.
That is the key to start the joy.*

*Every moment has an ocean of joy in it ...
but to start it, you must thank.*

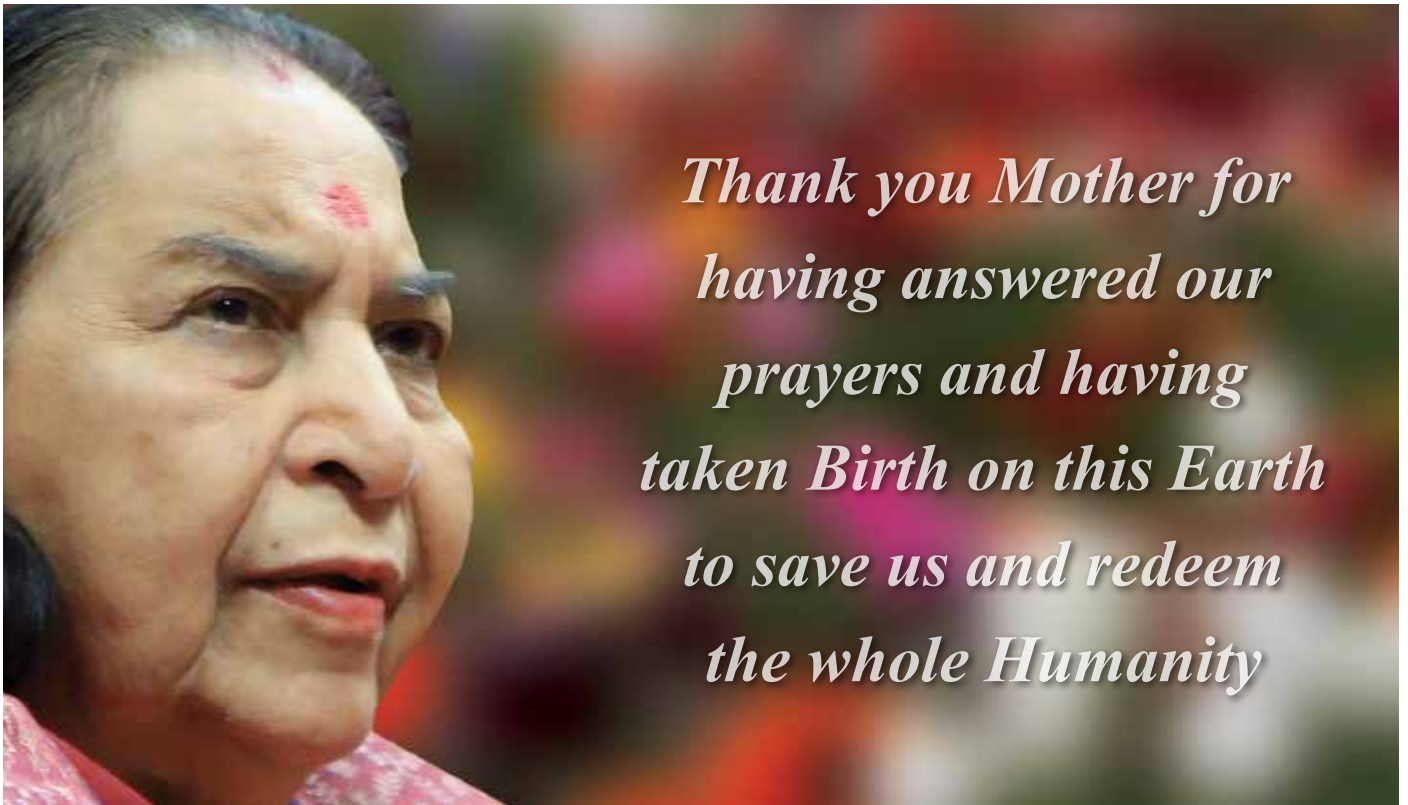
*Thankfulness is the way to joy
... there's no other way.”*

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This booklet can also be downloaded from: www.resourcesforyogis.com/pujabook

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*Thank you Mother for
having answered our
prayers and having
taken Birth on this Earth
to save us and redeem
the whole Humanity*

THE FIRST PUJA – NAVARATRI

You will be surprised, for the first four years I did not even allow them to have any Puja whatsoever.

Even they said, “You are our Guru. You should allow us to do Guru Puja.” I said, “Nothing doing. I will not.” Then first after four years on the Navaratri day they wanted to have one Puja. I said, “All right, you can have it.”

But very few people, and then they found that the Puja gave them so much of vibrations, so much elevated spirituality, and they touched so many dimensions suddenly, that then they started requesting Me, “Mother, you must give me a Puja.” People had no idea how to really do it.

It was very embarrassing but I had to tell them each and every thing: do like this; do like that; you must have like this. I must always work it out this way.

(89.12.19)

“It’s all a science of spirituality, which we must understand”

IT’S LIKE A SCIENCE

First time ... they were using plastics ... all kinds of things ... “Oh God,” I said, “now what to do?”... because I thought that they do not know that you have to use silver.

That is how it started, this proper understanding of things, that we have a particular type of metal, particular type of style.

Now these metals have an effect on us, very much an effect on us, and in what metal you do the Puja also has an effect.

It’s all a science of spirituality, which we must understand is very important and should be done in a proper way if we are to have the best results. It’s like a science. And so the Puja started. I think now people have got quite a good sense of it.

(89.12.19)

HIGHEST PRIORITY

If you have to gain anything in Puja you have to give it the highest priority. If you do not give it the highest priority it doesn't work.

If it is just by the way, it doesn't work. And then just before Puja if your mind is telling you anything, or doubting, just tell him to stop.

Because the mind can act against you. So for the Puja you should be all prepared, in a way, in a receptive way, and receive it. (82.12.19)

GRACE

It's not your rationality; it's the Grace, it's the whim of the Grace, that's working it out. Just ask for the Grace. Finished. It's silent. It works out. (80.07.19)

EVEN BEFORE CHRIST

Today I will tell you the importance of Puja. (86.05.24) If Christ was the Son of God, what was the use of putting palm leaves for Him?

Or to give Him oil, oil bath or to rub His feet with oil? It is for you to get the advantage! (80.09.27)

Even among the early Christians they used to do the Puja of the adoration of the statues, or, maybe, the photographs, or, you can say, the stained glass copies of the Mother and Christ.

Later on, people started becoming more rational and they did not understand what is the importance of Puja. And when they could not explain it, they gave up doing Pujas in that regular manner.

Even before Christ, they used to have a particular type of a tabernacle which was measured and was specially made, and a Puja place was created to worship what they call Yahovah.

(86.05.24)

***“Just ask for the Grace.
Finished.
It's silent. It works out.”***

UNDERSTANDING PUJA

Now for Puja one has to understand that without Realisation, Puja has no meaning, because you are not “Ananya”. Means you have to become aware of your whole.

(80.07.19)

The Amrut, means the Ambrose ... of my Feet, is not meant for everyone ... also the blessings are not meant for everyone ... so try to avoid people who are not yet fully equipped.

First, they will start doubting ... or there will be a problem with the protocol.

It's a very great privilege to be here, and this privilege cannot be granted to every person.

(80.05.05)

If you can look at yourself as how privileged you are and understanding it, understanding what all Sahaja Yoga is, then you will understand that what a privilege it is for you to be here.

What fortune. What reward for what you have done.

How many lives have been completely rewarded by being here.

This will help you to do Puja in a more sincere manner.

(80.05.05)



“Are we sincere to ourselves? Sahaj Yoga is the union between you and God. And the sincerity must be full, must be complete. So you must know that.”

PREPARING FOR PUJA

Now for Puja, are we prepared? Everybody has been thinking too much. Now the attention should be how we are, what are we doing about ourselves.

That's very important, how far we have achieved, but on the contrary, the attention is disturbed by many things.

Nothing has importance then but to develop yourself, and this is what it is, and at this time you have to develop your roots. And to develop your roots, it's a different science altogether.

Now you have to change your attitude

completely towards this new learning, and this new learning is that you have to develop a humbleness first of all, and secondly, what are we going to achieve in our ascent through learning the different tantra, the mechanism, the Divine mechanism, how to work.

This is what I feel that unless and until you now learn about this new yantra, the new method.

The attitude should be upward. And for that we have to understand the method by which we are going to climb.

(85.12.27)

SINCERITY

The complete integration within comes by dedicating yourself to your own improvement. First and foremost is: time must be given for your development.

Not to show Me or not to show anyone; it is between you and yourself. You have to work hard to cleanse yourself. It is easier also, and the best, most enjoyable, is to have very clean chakras. First of all is complete sincerity.

Are we sincere to ourselves? Sahaj Yog is the union between you and God. And the sincerity must be full, must be complete.

So you must know that, as your Mother has sincerity about you, you must also have sincerity about yourself. Then you will start enjoying Sahaja Yoga. (80.05.05)

“The essence of Sahaja Yoga is protocol – if we understand protocol, we will automatically grow. Know the protocol, ask others, get their advice, how to improve the protocol. The sense of respect has to come from inside.”

PATIENCE

Another factor that is important is patience. You must have patience with others, because if you do not have patience your sincerity will start doubting itself.

And by having patience with others your sincerity will be all the time complete. This principle must be written down in hearts, that sincerity itself is rewarding. (80.05.05)

ALERTNESS

The more alert you become, the more Divine takes interest. But this alertness is nothing but the enlightenment of your sincerity.

You'll be amazed how sincerity is the thing. That means you are loyal to yourself. You have to be loyal and not disloyal. The loyalty to yourself is sincerity, and that is how I have managed Sahaj Yog.

Sincerity of purpose wrought in action, not theory and philosophy, but in action. Active sincerity, in every way, and patience – all these things will bring forth the complete integration within. (80.05.05)

“You must have patience with others”

PROTOCOL

The essence of Sahaja Yoga is protocol – if we understand protocol, we will automatically grow. Know the protocol, ask others, get their advice, how to improve the protocol.

(83.07.27)

In terms of protocol, our feet should not be placed towards the Divine (81.10.04) towards the Mother.

(83.01.29)

Putting your feet towards someone is an insult. If you have lost your traditions, it doesn't mean there are “no traditions”.

The sense of respect has to come from inside.

Say My photograph is there, or I am there, now you respect Me, isn't it? ... then you would not like to sit with feet towards ...

(79.10.15)



“Now just see putting on that, how much Agnya has gone down. So just see putting that, just see that, how powerful. See, vibrations started flowing.”

APPLYING A BINDI

In the morning don't talk to anyone ... be in hushed condition.

(80.09.27)

Now the attention is so disturbed all the time and that's why you catch very fast, and when you catch from your eyes, it goes to your Agnya Chakra.

That's the only thing I think you people have to wear that's important. That will be

a good idea because you will not catch. This is one of things one has to do. (85.12.27)

Bindu means ... a dot, you can say. From this dot, all these five elements start coming, one after another – light, air, water, fire and earth.

(98.12.16)

Red is the colour of Mooladhar.

(81.10.05)

When the Kum-Kum is applied on the forehead above the Agnya Chakra, the

Chakra is opened and the Kundalini rises. Such is the intimate connection between Jesus Christ and Kundalini Power.

(79.09.25)

Now just see putting on that, how much Agnya has gone down. So just see putting that, just see that, how powerful. See, vibrations started flowing. I know one thing: without forgiveness, nothing is going to work out or be done.

(85.12.25)

Please keep your eyes open. Otherwise, your chakras won't be all right.

(86.12.23)

Keep your eyes open ... I am sitting here. Where are you going to meditate? Meditate on Me. Keep your eyes open. Just keep your eyes open.

(85.05.04)

“That is the source of the Holy Ghost, your own Kundalini.”

SHRADDHA (ENLIGHTENED FAITH)

The Puja has its effect on everyone but according to your depth, and for that you have to have Shraddha feeling.

To move inward, you have to have all these instruments. One of them is the Puja.

(85.12.27)

Faith. That is what is enlightened within you with Puja.

(80.07.19)

Faith gives rise to pure intelligence.

(83.06.18)

You should say the mantras in Puja but with great faith (Shraddha). There is no alternative to Shraddha.

You should perform the Puja when Shraddha grows deep, so that heart itself

gets all Puja performed.

At that time waves of bliss start flowing because it is the Spirit that is saying, “How can any thought come at this time?”

(Marathi Letter)

MOVING FROM FORM TO FORMLESS

Puja is one of the things by which you can excite the forms into formless. Now your centres are the centres of energies, but they too have a guiding Deity sitting on all these chakras.

They are also the formless made into forms. And when you do the Puja, the forms melt into formless energies.

And these formless energies start flowing and then blows the wind. So the wind comes from some other source. That is the source of the Holy Ghost, your own Kundalini.

(83.06.18)

BEYOND THINKING

Now you cannot think about the Puja. These are things which happen into a realm which is beyond thinking.

So you have to understand that you cannot rationalise the Puja. You should have the maximum advantage on your chakras.

For that, you must fully just concentrate on the Puja and how the wind is blowing.

And the wind will see to it that it drives out all the clouds.

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

(83.06.18)

“We should not mind if you commit any mistakes or anything. Just with a humble heart, do it the way you like. Gradually you will learn. Just do it for the joy of your heart.”

BLESSINGS OF THE PUJA

Puja is an external offering, but you should understand how you get the reward of the blessings of the Puja and its Prasad.

A Puja or a prayer grows from your heart. Mantras are the words of your Kundalini. But if Puja is not performed from your heart or if Kundalini is not associated with the recitation of mantras, then the Puja becomes a ritual.

If you become thoughtless in Puja, know that your heart is also involved in it. Collect the Puja material and offer it sincerely.

There should be no formality or bindings in the offerings. It is correct to wash hands, but is your heart washed?

When attention is on heart it does not go to others. Although you remain quite outside you are speaking from within. (Marathi Letter)

HUMILITY

We should not mind if you commit any mistakes or anything. Just with a humble heart, do it the way you like. Gradually you will learn. Just do it for the joy of your heart.

(86.05.24)

If you have to keep your connection with the Divine, you have to be humble ... there's no other way.

(85.09.01)

Humility is a very human quality, is a special quality only the bhaktas have.

It is such a beautiful quality of taking the

showers of Bliss.

(85.09.01)

Those who are humble will get to the Kingdom of Heaven. The humble have a right to be joyous ... this is “surrendering”.

(87.10.24)

THANKFULNESS

Look into your heart and humble down ... and thank ... every moment. That is the key to start the joy. Every moment has an ocean of joy in it ... but to start it, you must thank. Thankfulness is the way to joy ... there's no other way.

(1979.00)

PREPARE YOUR INSTRUMENT

It has been found out and now as I am telling you that first you have to awaken the Deities that are still asleep, by worshipping them.

But as these Deities, Primordial Deities, are with Me, you worship Me, and every Deity in Me is awakened by which your Deities are awakened.

So first your vibrations must improve to receive. If the reception is not good, what's the use of any Puja or projection?

So first of all, we prepare our instrument, or prepare our projecting instrument.

That preparation is done by praying to different Deities, as we call that, a Kundalini Puja.

(80.07.19)



IMPROVE YOUR REFLECTION

By praying to My Kundalini, you improve your reflection. Because then the vibrations from Me start flowing into yours, and they awaken it. This is the projection, as far as you are concerned. Once the instrument is all right, then you project outside.

And now, how do you project? By worshipping the Goddess as the Protector of the whole universe, praising Her different attributes, even Her face, Her hands – everything has a meaning. Praising Her powers.

By saying that, by repeating that, you echo in your projection Her powers, and then your projection becomes that powerful. It's a very subtle happening that takes place. It's miraculous.

(80.07.19)

“So at that time of Puja all your attention should be on reception”

RECEPTIVITY

In Puja, all your Chakras will be awakened It's a very deep experience ... so come with an open mind ... keep yourself open ... with a receptive mind ... and don't talk in the morning too much ... just take your breakfast ... and come with a calm mind.

When you are doing Puja, receive it also. Be in thoughtless awareness when you are doing Puja, completely concentrated and receiving.

But people are talking, are moving about; that is the time the nectar is oozing out ... you just receive it at that time, with full devotion.

If you feel the vibrations of My chakras at that time, you will realise that even the minute small little wheels in My body are moving at different speeds ... and different dimension ... and I really don't know how to explain it, but, you see, it creates a melody.

You have to receive it, and it is a melody individually suitable for every individual, and when you receive it, it triggers in you that state of infinity. So at that time of Puja you must know that ... all your attention should be on reception.

(76.03.30)

RECEIVE THE LOVE

So for the Puja you should all be prepared, in a way, in a receptive way, and receive it. These things look so simple like just ... washing My Feet.

Simple thing is washing My Feet. Now see these Feet; I don't know if you see the whole universe I see. Then I really get stunned by them.

When you wash My Feet, what do you do? Actually, My Feet have been working very hard, and then you put a little water to soothe them, to suggest that you can feel the effort put in by these Feet.

And a kind of a very sweet, melodious love flows out of these Feet then ... Because this love understands everything, doesn't want anything, but is only excited if there is somebody to receive the love. Then how do you say you are going to receive? By expressing these small, small things. So when you soothe My Feet, wash Them, clean Them ... you know what They mean: you recognise.

(80.07.19)





RECOGNITION

That recognition, how are you to show? You see these little ceremonies, little ceremonies are important because they express your recognition.

It could be absolutely dull, dead and finished. And it could be absolutely living if you know why you are doing it.

Then you apply some oil and things, again soothe My Feet, just to say, “Mother, You have worked very hard. Your Feet have worked very hard.” Just saying that itself, I mean makes no difference otherwise, if you say in a very rational manner.

But to that Love ... that are these Feet, it makes a very big difference. There is sweetness. The little thing a little baby just puts her hand on her mother’s cheeks, you see, just to express the gratitude, and the mother’s heart starts jumping with love.

(80.07.19)

Those who have not yet recognised, though they are Realised, will not be blessed – they will go round and round. So it is necessary to recognise ... She who is presently with us.

(79.12.02)

Recognition is the only worship in Sahaja Yoga. (83.02.04)

Now in Sahaj Yoga it is proved now. When you rub My Feet, you feel better, not Me. You rub my hands, you feel better. When you fall at My feet, you feel better.

So you see when you do for God, the blessings comes to you. You are blessed. Whatever is the problem with you, you give to God to solve. Also whatever satisfies you, you give to God. The satisfaction comes to you.

(80.09.27)

INNOCENCE

IS THE MOST POWERFUL THING

So we have to establish our innocence. And innocence is the most powerful thing. It loves, just goes on loving. Innocently.

(80.07.19)

That’s why we worship Ganesha first. Now when we do the Puja, first of all you will praise Shri Ganesha. By that, in you, Shri Ganesha will be awakened and established.

By worshipping Me as Shri Ganesha, your innocence will be established and you will see, your vibrations will increase and you will feel very stable within yourself.

Now when you will take Shri Ganesha’s names you will know what qualities He has, what powers He gives you. When you praise those qualities, those powers of those qualities will start emitting through you. This is how the Divine works, as if you get charged with those qualities.

(86.05.24)

“Now when you will take Shri Ganesha’s names you will know what qualities He has.”

PUNYAS

We have certain dharmas within us, and these dharmas are to be observed to get Punyas.

(88.12.17)

Even in Puja, you must try to help decorate, to organise things ... you should not act like guests all the time ... otherwise, how will you get the Punyas?

(87.12.24)

“When you give flowers, Mooladhara gets enlightened. When you get honey, then your attention gets enlightened. So, why we give it to God? After all, God doesn’t need anything. But God is the enjoyer ... in you.”

RECIPROCAL BEHAVIOUR

It is a very reciprocal behaviour. It’s very subtle, and that kind of a subtle working is fixed already – it works that way only. The more you love from your heart, the more joy will be there.

The more you are rational and more mental, there won’t be so much. To work it out, you must know it has to be reciprocal. It cannot be one-sided; it has to be both the sides.

Then it works out better, and a kind of a homogeneous feeling with that Love comes in, sort of a lubricant; a beautiful feeling of movement within yourself comes in.

(80.07.19)

THE ESSENCE OF PUJA

Pujas are very important – things are worked out through Puja.

(85.05.28)

Now the essence of Puja is also how to overcome our material grossness. Puja is nothing but is how to overcome our material grossness.

When we want to have a matter to ourselves, we must know that it is given to us by God. Everything belongs to God. Supposing we give flower to God – after all, it is God’s own creation – what are we giving?

When you give flowers, Mooladhara gets enlightened. When you get honey, then your attention gets enlightened.

So, why we give it to God? After all, God doesn’t need anything. But God is the enjoyer. You are not the enjoyer; you cannot enjoy. Enjoyer is God ... in you. When God is there that enjoys, that is the Spirit.

(80.09.27)

SYMBOLISM

So all these things are very symbolic. Whatever we are doing is very symbolic, and that symbol actually acts.

For example, if you give somebody a flower, that fellow feels, that person feels extremely joyous and happy and gratitude comes in.

So when you offer Me, say, flowers or anything like water, or anything, then the elements are happy and the Deities are happy in the chakras.

And then they emit their vibrations of their quality and of their blessings on you. They give you their quality and their blessings.

That is how the Divine acts. And gradually after Puja you will feel it, that the whole thing is working out.

(86.05.24)

FLOWERS (PUSHPA)

They represent the principle of Mother Earth.

(82.08.22)

When you give flowers Mooladhara gets enlightened.



“It’s not what you give Me is important ... it is how much heart you put into it.”

(80.09.27)

When you offer flowers, then the elements and Deities are happy in the chakras.

(86.05.24)

Now we must understand that ... when you give Me flowers ... you are asking for flowers for your life.

(85.05.02)

It’s not what you give Me is important ... it is how much heart you put into it.

(85.03.10)

Now, these flowers when you give to Me, they give you two things, Swadishthana and Mooladhara.

If the flowers are beautiful then they give you Swadishthana and if they are fragrant they cure your Mooladhara.

(80.09.27)

RICE

Turmeric rice, you see, this yellow thing. When you offer this, you know, the yellow colour is that of the Swadishthana Chakra. And rice is very dear to the Gods.

Now there’s a trick in it, because it’s a human trick. Gods are fond of that; so they put turmeric on it, means that, “You should give us blessings of our creativity.”

(82.08.22)

So whatever pleases your Spirit is used in the Puja to be given. Now you give rice; all these things are discovered that you give rice to the Devi.

Rice should be put in Her lap. Now what is rice, a little rice to the Devi? Is, by putting rice, in you the satisfaction of getting



“Shriphala means the fruit of the Goddess, but actually, if you see, the coconut is something like our Sahastrara, and is very auspicious, because it can absorb lots of vibrations. As you people can absorb my vibrations, this fruit can also absorb My vibrations ... in the greatest amount.”

food or food that gives you satisfaction is enlightened.

But that doesn't mean you start showering things on Me; that doesn't mean that. What I am trying to say, do it with dignity and understanding.

(80.09.27)

GHATAH-PUJA (COCONUT)

A Ghata, means a vessel (kumba), vessel that contains the Kundalini, the vessel that contains the primordial desire within

us to get to God, is first to be worshipped, our desire. Is the Ghatah, is the one made here. And on top is called as a Shriphala, means this coconut ... this represents ... in the subtler form it is the water of all the rivers of the world ... and the coconut is the water of all the oceans.

(82.08.22).

Also called Shriphala, meaning the fruit of the power that is “Shri”, that is, of the right side power. The coconut is like the head in the structure.

(83.02.04)

“Ghee is used. It is for Vishuddhi. Shri Krishna is very fond of ghee and butter. So when you rub My Feet with, say, butter, your Vishuddhi will improve, you know that. Not Mine; I have no problem.”

Shriphala means the fruit of the Goddess, but actually, if you see, the coconut is something like our Sahastrara, and is very auspicious, because it can absorb lots of vibrations.

As you people can absorb my vibrations, this fruit can also absorb My vibrations ... in the greatest amount.

(87.12.13)

You are that same Shriphala and it is essential to offer Shriphala to the Devi. The Puja is not accomplished without offering Shriphala.

(83.05.05)

“Sugar: Is useful ... to assist in establishing the sweetness of talking.”

THE FIVE ELEMENTS

Flowers ... represent the principle of Mother Earth ... the coconut is the Water, Shell (Conch) represents the Ether, the Deepa, it's the Light element ... normally also to the Goddess they also give Her a fan, which represents the Air element.

So this is how all the five elements are pleased beforehand. So they, the essences of these five causal essences of these five elements, should be pleased at this time, should be supporting Puja.

(82.08.22)

PANCHAMRUTA

The symbolism of all that we can offer to God has been meditated upon and has

been found out. So they use five things called as Panchamruta.

(82.08.22)

In Puja ... the ingredients that were used were firstly little ghee, followed by honey, yoghurt, milk and sugar.

(85.03.10)

Ghee is used. It is for Vishuddhi. Shri Krishna is very fond of ghee and butter. So when you rub My Feet with, say, butter, your Vishuddhi will improve, you know that. Not Mine; I have no problem.

I have only one problem, that you are within Me and when you have problem I have problems.

Honey: When you get honey, then your attention gets enlightened.

(80.09.27)

Yoghurt: which represents the white part of the sky and forms a halo around the Moon.

(Puja Handbook)

Milk: In India the cow is regarded as a very humble animal. It gives its milk; it provides everything.

(85.09.01)

Sugar: Is useful ... to assist in establishing the sweetness of talking.

(83.01.21)

Water can feel the Divinity ... it gets excited and starts pouring out its love in a bubbly manner

(86.12.25)

Shri Ganesha Tattwa is in vibrated water.

(89.08.08)

“You have to receive the blessings ... and to receive the blessings, you just have to surrender ... it is so simple ... just say, “I surrender.”

THE LIGHT ELEMENT

In the lamp, the Ghee represents the mild and soft Love of the heart, and it burns to give soothing light to others.

(87.10.24)

In the festival of Divali, meaning “row of lights”, the lamp has special significance.

The pot or container represents that which is visible; the Oil represents Compassion; the Wick the Kundalini; and the Flame represents the Spirit.

(94.11.05)

When we show light to God or do “Aarti” to God, what do we do?

By showing light to God, what we do is, we worship light within us. The light element gets enlightened within us.

The light element is here on the Agnya.

When you do Aarti, or when you put light before God, when you show light to God, the light element within you gets enlightened.

(80.09.27)

PRESENCE

And your presence is the one that should give Prasannata, is the cheerfulness to others. Others should feel cheerful in your company.

An auspicious presence is soothing, comforting, absorbing, beautiful.

And this, how do you develop? You should do little Aarti to my photograph is a good idea.

(80.09.27)

THE GREATEST FORTUNE

The Puja is to be done with full understanding and with full recognition that it's a great fortune. Even the Devas are jealous of you, all the Rishis are jealous of you, so many people are jealous of you. The greatest advantage for you, greatest fortune – make full use of it. And there are very simple things that can please; you know your Mother can be pleased with very, very simple things. It's like that only; is how much heart you have put into it is the point.

(80.07.19)

These vibrations have to go to you. So I prepare vibrations here as an antidote and they have to flow. It's a very subtle thing to understand.

To move from gross to Spirit, this is the thing by which you move, because first you enlighten your chakras. By enlightening your chakras, your Deities get happy, prasanna. By making the Deities happy, you keep, get a passage for the Kundalini to pass through.

By making the passage for the Kundalini, the Kundalini goes up and then your attention starts becoming one with the Spirit.

It is step by step; you move from matter to subtler matter, from subtler matter to your chakras, from chakras to Deities, from Deities to the Spirit. Then Spirit enjoys itself. So there you do not have to do anything. Just give your Spirit to Spirit.

(80.09.27)



“The pot or container represents that which is visible; the Oil represents Compassion; the Wick the Kundalini; and the Flame represents the Spirit”

EMIT MORE VIBRATIONS

As it is now, you all believe I am Adi Shakti and you have proof of it. Puja is one of the ways you can have proof of it. Much more, because when you are doing Puja, My Deities, which are within My chakras, they get excited, as they feel happy as they want to emit more vibrations. When they start emitting more vibrations, then you are surprised that how after Puja you just get so drenched and you just get elevated and at a much higher level. (89.12.18)

SURRENDER

Surrendering just means you open your heart to accept Mother’s love ... give up this ego, that’s all, and it will work out. I am trying to push Myself into your hearts, and I will definitely settle down there.

(82.12.19)

The way to keep the Sahasrara open is by surrendering to the Mother.

(85.05.04)

You have to receive the blessings ... and to receive the blessings, you just have to surrender ... it is so simple ... just say, “I surrender” ... for Realised Souls, this should be their mantra.

(80.10.19)

We surrender everything.

(85.06.29)



Practised by those who are gently dedicated to God, who asked the help of God, through organising dedications and worships called Pujas.

(79.05.30)

Bhakti also is inbuilt ... is born in you ... if you were not seeking God, you would not have come to Me.

(0.0012)

“Music has a way of carrying these Divine Vibrations on it ... but the music has to be Divine also.”

MUSIC

Music is meant to be in praise of God.

(83.02.02)

If a Sahaja Yogi sings, it acts like a mantra on the being of the Holy Mother. (83.01.31)

We have to have music, because music is so wonderful. We have to please the Deities, and when there is music and songs, then they respond and the vibrations from the Mother are much more.

(79.01.18)

Music has a way of carrying these Divine Vibrations on it ... but the music has to be Divine also. Music which is congenial carries the waves of vibrations.

(89.06.17)

DANCING

Even the dancing is a very good way of clearing out your pressures, because in the dance you go into thoughtless awareness, and also into the joy ... and the joy is so fulfilling.

(88.12.07)

I see sometimes when you are overjoyed,

you dance and sing ... that's something really very good. But all the time your Spirit should dance at the smallest things, at the little thing that is made, say, something artistic, you see, a gesture of kindness, a gesture of gratitude. You feel that depth of that feeling.

(01.03.21)

JAGADAMBA PRASANNA

Jagadamba Prasanna ... that is ... the Mother is ... very happy. So you must find out what will make Mother happy.

When you do something, just weigh it out ... will She be happy if we do like this – very simple ... that's a good judging point – Mataji Prasanna.

(77.01.26)

You have to keep Prasanna, keep the Devi pleased.

(83.02.09)

ALSO AFTER PUJA

Now we must meditate also after Puja, because My vibrations you do not suck in without meditation, I have seen. And always it happens.

So far I have had very few Pujas in which My whole vibrations were sucked in. If you have sincerity about it, really the sincerity part of it, you'll suck all My vibrations.

Tell your mind not to ask questions and to misbehave, but to suck the vibrations, clearly. This is for your own nourishment, for your own growth, for your own enjoyment.

(80.05.25)

“The most important thing God has to give us is His love, His connection with us, His Kingdom, His Powers ... we just have to accept the subtleties.”

LOVE

Love is the only way that Sahaja Yoga is going to spread, no other way. Love is a source of energy that makes things grow – it is a living energy.

(91.07.28)

Pure love is of the Spirit.

(89.07.23)

No one should think they love Me more than anyone else ... I know the one who loves Me: the one who loves others is the one who really loves Me.

What you say to your brothers and sisters is the most important thing; Sahaja Yoga will never work if you do not look after that side.

(81.05.24)

Truth, attention and joy, when combined, give love.

(82.01.15)

The most important thing God has to give us is His love, His connection with us, His Kingdom, His Powers ... we just have to accept the subtleties ... that take us into the realms of Joy and Collectivity.

(80.06.09)

The Kundalini of Sahaja Yogis is made of love, pure love. The pure love has only pure desire ... is to love ... love everyone equally.

(90.06.21)

JOY

When your attention goes to the Spirit, joy starts bubbling in your life. No mental activity can take you there; only

by Kundalini awakening is it possible. (98.03.20)

The limbic area is a hollow space between the Agnya and the Fontanelle bone area, having within it cells sensitive to joy and happiness, and which gets soothed down by Kundalini.

(89.08.01)

SPIRITUAL GROWTH

But you do not understand your responsibility what you are doing. By not paying attention to your cleaning, by not paying attention to your spiritual growth, you are not helping Me at all because these vibrations do not flow out.

They have to flow through you. If I could manage them there was no need for Me to run after you. It has to flow through you. You are the channels and if you do not keep yourself clean and humble and meek about it, it doesn't work out.

(80.09.27)

And the cleansing is the simplest thing in Sahaja Yoga ... is to be collective. (91.10.13)

USING THE PHOTOGRAPH (FOR PUJA)

All these photos that you have separately have meaning. The Feet are very good for the grosser problems, and especially for the ego and also superego ... the Feet are tremendous ... we also should sometimes watch the Feet.

(80.05.17)





The vibrations are more at the Feet.
(89.05.27)

The photo of the Devi's Feet is the strongest
for correcting problems.

(84.10.05)

They are very powerful. (80.06.09)

Stabilise your attention at the Feet of God,
by Bhakti, by surrendering, by worship,
singing songs – setting yourself at the
Lotus Feet of God.

(80.06.13)

Yoga means ... the union of our attention
with the Feet of the Divine Mother, who
also gives Moksha, or Self Realisation.

(90.09.23)

AUSPICIOUSNESS

The Chaitanya, which exists in the atoms
and molecules as vibrations, is expressed
in human beings as auspiciousness and
holiness.

(87.01.01)

Whatever emits vibrations is auspicious,
and auspiciousness is the quality by which
we emit vibrations.

(80.07.21)

*“Stabilise your attention at the Feet
of God, by Bhakti, by surrendering,
by worship, singing songs – setting
yourself at the Lotus Feet of God.”*

The Paramchaitanya itself is your Guru.
(85.06.29)

INTUITION

Discretion of the Ida Nadi is intuition
... if you develop that discretion within
you, through your meditative powers,
you develop intuition ... and intuition is
nothing but is the help of the Ganas which
are surrounding you ... if you learn to take
help from the Ganas, you can become
very intuitive.

Of the whole of Sahaja Yoga, I would say
fifty percent of that is based on intuition ...
and for that you have to develop a proper
sense of Shri Ganesha.

(88.07.10)

The power of Shri Ganesha, which is the
magnet within Mother Earth, and within
you, and which is Pure Love.

(86.09.07)

GENEROSITY

Dakshina – the small amount of money that normally would be given to the Guru, by the chelas – has nowadays been so much misused and misinterpreted, that it has been made into an enterprise. The Guru has to be Veetaraga, that is, absolutely unattached, free of all greed and temptation.

(70.12.02.2) Do your jobs, have money. Money is needed for the work ... you have to earn ... you have to give money ... But for your own betterment you have to give money... This one part is important. For solving this problem you give Me rice.

It's called as "Oti bharne", that you give Me rice I beg of you, actually. You put it in My sari. Rice, you give Me five times. I give you seven times back.

That's the symbol. You know how symbols work out. Even when you say, "Mother, are You the Holy Ghost?" it works out; it gives you realisation.

(80.09.27)

We are so attached to money in a subtler way. One's attitude toward money may affect the Nabhi, and can spread to the Void, and may ultimately go to the Ekadesha Rudra, for example, if we avoid paying that which should be paid, or do not give the due amount.

(83.02.04) Money is such a lure for human beings, that it kills all sense of decency, of higher values, everything.

(97.11.02)

It is a wrong idea that we have to become like a pauper and give everything to God ... but if we give just a little bit then He gives a hundred times more. That is why we have to give a very wee bit to God.

(86.12.25)

By generosity, we nourish our hearts. When we give, try to feel that we are giving what God has given.

(82.11.01)

By generosity the circulation starts, and you solve your material problems.

(86.09.21) T

he greatest advancement for your emancipation is done by your giving.

(76.03.30)

In Sahaja Yoga there are different types of Anandas and when you see your generosity ... you get Shivaananda. (85.05.02)

Regarding money, it is a very Punya giving things to donate, to be generous ... so that it helps others develop themselves in Sahaja Yoga.

(88.12.17)

IT TRIGGERS YOU

Puja really is a triggering thing, triggers you. It triggers you into another realm. It's really miraculous.

Once you have done the Puja then you can project out much more, in your silence only. Your silence itself becomes so powerful.

(80.07.19)

THE PRIMORDIAL MOTHER

The Adi Shakti came twelve thousand years back in more than one thousand incarnations, to protect Her children, the devotees, from those negative forces that were trying to destroy them.

(79.05.30)

JAI SHRI MATAJI!

