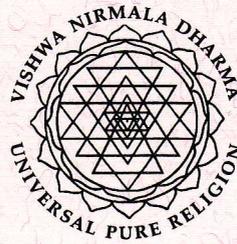


The Divine Cool Breeze

October 1996



Volume 10, No. 9

International Newsletter



"All problems can be solved, everything can be done, believe in His power, have faith in your Mother—that is the message of Shri Ganesha."

—Shri Mataji Nirmala Devi, Shri Ganesha Puja, Cabella, Italy, September 15, 1996

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|| Aum Shri Nirmala Devi, Namoh Namah ||

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If you have photographs of Shri Mataji which you feel would be suitable for the cover of the *Divine Cool Breeze*, please send a copy and/or a negative to the address below, along with the place and date if they are known. We welcome original illustrations, decorations and border art (pen and ink reproduces best) and articles about Sahaja Yoga in your country.

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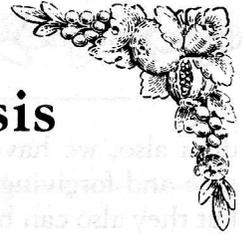
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Shri Krishna Puja Talk Synopsis

September 1, 1996, Cabella



Today we are going to worship Shri Krishna. See how cold it was about three o'clock. Now the reason is this, that Shri Krishna did little mischief with Indra." Indra became angry and poured rain onto Shri Krishna and the gopas to spoil His game. They thought the land would be submerged. But Shri Krishna lifted the mountain onto His little finger and all the people took shelter under it. "This is Shri Krishna's style. My style is different. I told Indra that you can't misbehave with Me... I've not harmed you in any way... Of course it's going to be Shri Krishna's puja but that doesn't mean that you should try to show off your powers before Me. Sometimes I wonder, these Devas, semi-Gods, they are realized souls or not, because why do they get angry like this for small things?"

"With Sahaja Yoga you can do many things, but you must know what you can do. For that, Krishna is a very good example. He started Sahaj culture." He didn't give realization but He gave the culture. Before Him, Shri Rama came who was very particular about everything. His father ordered Him into exile. He didn't have to go. He was God, His father was not God. But He went, in order to show people the importance of obedience and respect to the parents. Even before His time, the munis, the saints and the hatha yogis made people practise very strict discipline and do a lot of penance. Because the strictness was so extreme, the people who tried these methods never reached their goal.

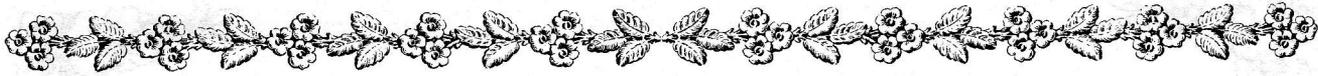
So after Shri Rama the society was very moral, but it was out of fear. Islam has taken this same form, where morality does not come out of freedom. Even Hindus to this day do all kinds of penances, especially fasting. "All this nonsense was too much for Shri Krishna." He couldn't

understand how if they were going to waste their lives with this kind of extreme ritualism, then what would remain of them for Sahaja Yoga? "He's the one who started Sahaj culture. He said, 'Let us enjoy, we must have... *Nirmala ananda*, pure joy.'"

To give the feeling of joy, He started Raksha Bandhan to establish that apart from your wife, everybody is your sister or mother. This is quite true about Indians, especially in the South and in Maharashtra. He also started the festival of Holi, when everyone plays with powdered colours, "maybe to get rid of the colour barriers we have. In America it is a very good idea to play with colours and put some black on the whites and some white on the blacks and they can see for themselves how stupid it is to fight in the name of colour."

Shri Krishna never tried to show off His powers or stand out. He played with the cowherds, like an ordinary boy. Many beautiful poems describe His childhood, saying He's the one who is in charge of the whole universe. As a little boy He used to put His finger into His mouth wondering, "How can a Divine Virata do that?"

Soordas described the beauty of His relationship with His mother. A modern mother would have been angry with Shri Krishna for spoiling things. "They have more interest in their things than in their own children. But according to our culture, if a child breaks anything, you say 'Very good you have broken. Some badha has gone away.' Never scold a child for doing anything which you think is destructive because he then will definitely become destructive. So to understand a child, I think you must read those beautiful poems which are written about Shri Krishna. I don't know how their imagination reached that beautiful height of pure joy. So towards our chil-



dren also, we have to be extremely sweet and nice and forgiving. Some children are difficult, but they also can be corrected if you really apply Shri Krishna's methods."

Shri Krishna loved His childhood friend Sudama, even though Sudama made a mistake and was cursed by their guru. Later in life Shri Krishna always remembered Sudama. He would say, 'We used to collect firewood together in the woods.' Though He was a King, He had deep feelings of friendship. "So, He was not only worried about the whole world, as He should have been, but also about Sudama. 'When will I meet him? When will I see him again?... How he must be living?' All these very delicate feelings He had for His friend—just like a Sahaja Yogi."

"In the Sahaja style, we worry about the whole world and also individually we are worried. We come to know about one person who has fallen sick, who has a problem... all the Sahaja Yogis are thinking of him. They may have everything, but still they are worried, 'What is happening to such and such a person?' How many of us know each other's names... how we respect them, how we love them and how we have pure relationships."

"In Maharashtra, men won't go and talk to women much and women won't go and talk to men." They have different interests. In the West, they force men to sit next to another man's wife at dinner parties. "How can you have intimacy? This kind of idea, which is *asahaj*, has slipped into immorality." Shaking hands with people, kissing or hugging is absolutely *asahaj*. If it is done out of joy it is one thing, but there's no openness of heart. It is much better to say 'Namaste.' In the West, you must wear black at a funeral, but you are not supposed to cry. And afterwards you are expected to drink champagne. "No consciousness that we have lost a friend here. This is the *asahaj* style when it comes to grief... We have to be Sahaj, in the sense that whatever we do, we do it sponta-

neously, not with deliberations.... We are going away from our feelings, from our emotions which are genuine... they exist all the time. But you think, 'Now, should I cry or not? Should I laugh or not?' It's so spontaneous. If you have joy, you are spontaneous... not in an uncultured way, but in a very cultured way."

In Sahaj culture you are groomed and brought up in a very natural manner so that you develop childlike, simple, innocent behaviour. After Shri Rama's strict discipline, Shri Krishna's introduction of the idea of pure joy, *Nirmala ananda* came as a relief to the Indian people. "But then abandonment started. The problem is if you make them strict, they become like starched clothes... that you can't wear them." But if you allow them to do what they like, they start doing all kinds of horrible things in the name of enjoyment. Even the artists in India misunderstood Shri Krishna and portrayed Shri Krishna and Shri Radha as Romeo and Juliet. "That's the greatest insult to the purity of their relationship."

There's a nice story about Shri Krishna. Once His wives wanted to go to see a great saint and the river between was completely flooded. So they came to Shri Krishna and asked Him, "How are we to cross?" He said, "It's very easy. This river is called the virgin river, *Nirmada*. Go and tell Her that, 'Oh River, if Shri Krishna is a complete celibate personality, a perfect *brahmachari*, if that is the truth, please go down.' After this, the river went down and they crossed over. Shri Krishna is called *brahmachari* because He is a great immaculate personality who is completely detached and uninvolved."

In America, "they have gone too far with the freedom they have. As people with Shri Krishna's blessings, they became free from all the rules and regulations and got abandoned." But America has become much worse and "the films they are producing are very dangerous and are really damaging the whole world. They don't



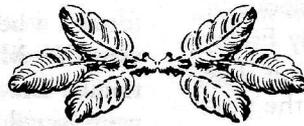
know what sin they are committing." Thousands of people in the world have taken to all kinds of very destructive ugly ideas. Even Americans can't bear it, it has become that bad.

"All the junk has gone all over the world, selling in Moscow, selling in all the developing countries.... They are carrying AIDS all over and drugs all over." They think it's a very great quality that they are not hypocritical about being destructive. But at least with hypocrisy you can save some people. When evil things are openly accepted, then everyone starts doing them. "It's a destructive force which is very active in this Kali Yuga and so we have to have many Sahaja Yogis to fight this destructive force."

"So when you think of the time Shri Krishna lived and the beautiful time they had, of such a clean life and how he killed all these demons, it's

something so beautiful, so energy giving. But how many demons there are nowadays?... One is finished, another comes up like a mushroom... And the most fertile land is America."

"So you all have to pay attention to this land of Shri Krishna. Especially Shri Krishna should really start using His Sudarshana Chakra, would be a good idea. The time has come. That's why I gave you the conch—to declare the time has come to clean this America. That is the thing we have to do. Today when we worship Shri Krishna, you must awaken within you yourself that consciousness that now Shri Krishna is within all of you. And by your communication, because He's collective, by your speech, by your songs, by all that you use to communicate with others, should carry the message of peace, of love, of compassion, of truth, and above all of Sahaja Yoga. May God bless you."



Shri Krishna Puja Seminar

Cabella, 1996

Ah, Cabella!

How we all long to go! Imagine the luck of being able to visit our Mother in Italy for Shri Krishna puja. Being the first from our country to arrive, we were delighted to have a few extra days to meditate and see the village.

For those who have never been, the drive from Malpensa airport to the village of Cabella Ligure is a journey past wheat fields, sunflowers, villages and pastures. Climbing up winding roads into the green mountain valleys, the vibrations became cool and the scenery lush. After driving about two hours... we arrived. It was like stepping into the pages of a fairy tale: warm sunshine streamed over stone village houses and glinted off a wide river. In the town

square, flowers hung from every balcony, and the buildings were gaily dressed in cornices and colours. Then, of course, most importantly, there was the castle on the hill, Our Mother in residence. The Palazzo Doria is the Casa Bella of this small town, gracefully overlooking the green river valley. It is very old and there are still renovations being made, particularly to the exterior walls and the surrounding grounds.

On the way up to the castle there was much to admire. The ancient town is built on a slope, its charming back streets and stairways wending lazily up to the great house, past fences, flower trellises, gardens, and orchards. The view from the top of the hill near the castle is spectacular: the whole village lying below, full of rooftops and quiet people. One



enters the Palazzo grounds through a wrought iron arched gateway, walks up a curved rampart, and like an errant knight, is faced with an enormous, green, medieval front door. Knocking very quietly, and listening intently for any ganas who might be around, we finally found our way into the meditation hall, where immediately we felt Shri Mataji's love and welcome.

The next few days were spent foot soaking in the crystal clear river, helping cook in the large kitchen, bundling fresh lavender into small nosegays from the garden, and working on puja seminar matters. One night it was three yogis' birthdays, and so we ate handmade pizza with anchovies, then celebrated, Italian style, with all manner of songs and spirited dancing until the morning. The feeling in the atmosphere was very relaxed and free, yet silently focused in the present moment.

As the week progressed, the rain storms became more and more intense. When all the Americans, north and south had arrived, we were only about 27 people—but determined to do our best. By Friday afternoon stage preparations were in full swing. The rain was pounding so hard on the roof of the puja hangar that we could barely hear one another. When a tremendous crack of lightning suddenly ripped open the sky, the whole pendal fell silent. We all rushed out to look toward the castle. The Deities were fully awake, no doubt about it. Shri Krishna and Shri Vishnumaya are strictly high voltage in these circumstances. One stands at attention.

On Friday afternoon, it was announced that the entertainment program, which is "usually" held on Saturday night, would be on Friday evening, and that the puja would be on Saturday evening. One cannot expect the "usual" things to happen during the Shri Krishna puja seminar.

In attendance at the entertainment program on Friday evening with Shri Mataji were Sir C.P. Srivastava, Kalpana Didi (Shri Mataji's eldest daughter) and Anupama (one of Shri Mataji's granddaughters). It was light and enjoyable. Two little Indian boys from Canada performed a flute-and-tabla rendition of *Binate Suniye*. After this, about 10 young girls from the Daglio youth camp performed

a dance to an original score. Then one of the Canadian yogis came forth to recite selections from Shakespeare on the Goddess. Following this, the South Americans presented a slide show of Shri Mataji's previous tour of South America with recorded music from some extremely talented musicians who could not attend. Afterwards, the South American group also offered some bhajans and poetry to Shri Mataji.

The next performance was an American skit entitled, *The Sahaj Olympics*. This comedy was largely indebted to an international cast of about 30 yogis from 10 countries. At the beginning of the play, the yogis asked Shri Mataji for the blessing of Global Realization on the occasion of Shri Krishna Puja. And so, in the spirit of Shri Krishna's love of sports and festivities, the Cabella Games began, complete with Olympic torch and conches fanfare. Yogis participated in such events as the *Men's Speed Bandhan* (a Canadian won), and the *Ladies' Synchronized Bandhan Event* in which two German ladies performed a beautiful and amusing dance. Then there was the *Men's Hot Liver Contest*—an American named Liv 52 won. In this scene the contestants were so wild and loud that the castle dogs ran onto the stage and started barking, which only added to the confusion and hilarity. Following this was the *Men's Postering Relay Event* which the Argentinean team won by guile, and the *Men's India Tour Suitcase Throwing Event*. In this event, the Austrians took the gold, and the Australians the silver. And, of course, it was an Indian yogi who won the gold in the *Highest Kundalini Event*. His Kundalini was 108 kundalometres high, as measured with measuring tapes.

To everyone's delight, Shri Mataji was laughing, especially thanks to the excellent acting of the leaders who participated as actors: Uncle Guido as Olympic Committee Chair awarding the medals, Wolfgang and Antonio as strict judges, and Dave Dunphy as one of the commentators. Near the end of the play, there was a lovely unscripted scene with Yogi Mahajan and Dr. Bohdan. India had won the gold medal for the last event—having the most people in Sahaja Yoga (estimated at 200,000), but as Uncle Guido handed him the gold medal, he unex-



pectedly shared it with Dr. Bohdan, since Russia has had tremendous growth in just a few years (about 50,000). They both received gold medals and stood together with their arms around each other, two brothers basking in the joy of Shri Mataji's love. At the end of the play, all the actors came out on stage and asked everyone to say the three great mantras in order to obtain Shri Mataji's blessings for the world to rise in its spiritual ascent. There was a fine moment at the end when Shri Mataji was offered the globe and She, smiling and triumphant, held it up over Her head. She requested the American collective to sing, *She's got the whole world in Her hands*.

Late in the evening, yogis from Los Angeles offered a movie called *The Vision* which was a draft of a documentary on Shri Mataji's life. They explained that Shri Mataji had requested that the documentary not be dull. It turned out to be very interesting, visually rich, and polished, about half an hour long. For yogis it was extremely moving as it contains photos from Shri Mataji's youth, and absolutely beautiful footage of Her helping seekers at public programs. It starts with Shri Mataji as a little girl, progresses through the days of India's revolutionary struggle with Gandhi, and adds some highlights on Her marriage to Sir C.P. Then it explains how Shri Mataji opened the Sahasrara and began awakening the spiritual energy in people all over the world. When the documentary ended, Shri Mataji certainly seemed very pleased. "This is the right kind of documentary," She said, because it focuses on Her life's work without including too much about miracles or pujas. It will be very useful for presentations about Shri Mataji and Sahaja Yoga all over the world. What more could we ask in one evening?

During the next day, the leaders met with Shri Mataji and She played an interesting game with them. She would ask them a deep question, and they had to guess an answer. For example, "What is the greatest mistake a yogi can make?" (These questions and answers were published in the last issue of *The Divine Cool Breeze*.)

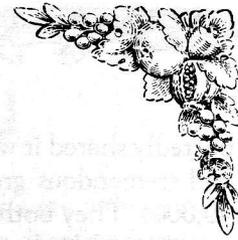
The next evening was a music program, with three Indian musicians: Sangita Shankar on violin, Ronu Majumdar on flute, and Sukhvinder Singh on tabla. Shri Mataji enjoyed the program, and commented

that the virtuosity of each of the musicians was very apparent. She particularly requested one piece, the melody to a classical song describing Shri Krishna as a child. Some day we will have to learn the words to this song which is so precious to Our Mother. There would have been puja that night, but as it was cold (and perhaps because it was Shri Krishna's unpredictable *leela*), Shri Mataji asked us to sleep and return for puja the next day.

On Sunday before the puja, the weather was grey and ominous. Surely another storm was coming and it looked as if it would be a scenario on the theme of 800 yogis arriving late in puja attire, drenched. However, by afternoon, the sky miraculously cleared. It became a perfect afternoon with the sun shining. (Why, of course!) When She arrived, Shri Mataji explained that Indra, the God of rain, likes to rain on Shri Krishna's events, but this time, He was not permitted to do this by the Adi Shakti.

The puja stage was decorated with a beautiful canvas backdrop. In a very warm and yet elevated manner, the Vancouver collective had depicted a scene with Shri Krishna, Shri Radha, the gopis and the cows. The puja talk, though light-hearted, diplomatically covered many serious points about Sahaja culture. Shri Mataji mentioned that Sahaja Yogis should consider the puja talk carefully. After the puja, Shri Mataji held a Sudarshana Chakra, then a decorated flute, and also posed with a staff. She tasted fresh homemade butter from a pot which was later distributed as prasad to all the yogis. Two paintings were offered, one was from South America and the other was a portrait of Shri Mataji in Her aspect of Shri Krishna in all His splendour. The commemorative card for the puja had the same painting on the cover.

Prior to departing, Shri Mataji suggested that we should have a Raksha Bandhan ceremony. She jokingly said She would leave at that point because it was a ceremony for young people. Shri Mataji then took Her leave. What followed was a yogi jubilee with bhajans, candy, dancing, presents, people meditating on the stage, and others searching high and low for their brothers and sisters through the crowded pendal. But then, what else would one expect from festival day in Gokul?



108 Names of Shri Krishna

Shri Krishna	He is Shri Krishna. He sows and cultivates the field of spirituality.	Sanmitra	He is a true Friend.
Shreedhar	He has Shree Shakti.	Vishwa Vyapi	He permeates the Universe.
Venudhar	He plays the divine flute.	Vishwa Rakshi	He guards the Universe.
Shreeman	He holds all wealth.	Vishwa Sakshi	He witnesses the cosmic play.
Nirmalagamya	He is accessible only through Shri Mataji.	Dwarakadheesha	He rules over Dwaraka.
Nirmala Pujak	He worships Shri Mataji.	Vishuddhi Prantadheesha	He rules over the country of the Vishuddhi.
Nirmal Bhakta Priya	He loves the devotees of Shri Mataji.	Jana Nayak	He leads the people.
Nirmal Hriday	He has the Lotus Feet of Shri Mataji in His heart.	Vishuddhi Jana Palak	He protects the people of the land of the Vishuddhi.
Niradhar	He needs no support.	Amerikeshwar	He is the Lord of America.
Vishwadhar Janak	He is the Father of Christ.	Maha Neela	He is blue.
Shri Vishnu	He is Shri Vishnu.	Peetambar Dhari	He wears a peetambar (yellow dhoti).
Maha Vishnu Pujita	He is worshipped by Christ.	Sumukha	He has a perfect face.
Vishnumaya Sughoshita	He is announced by Shri Vishnumaya.	Suhasya	His laughter is beautiful.
Vageshwar	He is the Master of language.	Subhash	He has perfect speech.
Vageshwari Bhrata	He is the Brother of Maha Saraswati.	Sulochan	He has perfect eyes.
Vishnumayanuja	He is the Brother of Shri Vishnumaya.	Sunasik	He has a perfect nose.
Draupadi Bandhu	He is the Brother of Draupadi.	Sudant	He has perfect teeth.
Partha Sakha	He is the Friend of Arjuna.	Sukesh	He has perfect hair.
		Sikhandi	He has a peacock feather adorning His head.
		Sushrut	He listens to all that is auspicious.



Sudarshan Dhari	He uses the Sudarshan to protect the seekers.	Leeladhar	He holds the key to the cosmic play.
Maha Vira	He is a great warrior.	Damodar	He is very generous.
Shaurya Dayak	He gives valour.	Govardhan Dhari	He lifted Govardhan mountain to protect the Gopas.
Rana Pandit	He is the master of the art of warfare.	Yogakshema Vahaka	He looks after the benevolence of the Yogis.
Rana Chod	He runs away from the battlefield to win the war.	Satya Bhashi	He has all the Truth within himself.
Shrinath	He is the master of Paramachaitanya.	Hita Pradayaka	He bestows benevolence.
Yuktivan	He knows all the tricks.	Priya Bhashi	His speech is pleasing to the Spirit.
Akbar	He is the greatest person.	Abhaya Pradayaka	He creates fearlessness.
Akhilshwar	He is the God of the whole universe.	Bhav Nashaka	He destroys all fears.
Maha Virata	He is the great being of which everything else is part and parcel.	Sadhak Rakshaka	He protects the seekers of Truth.
Yogeshwar	He is the God of the Yogis.	Bhakta Vatsala	He loves devotees.
Yogi Vatsala	He has Fatherly love for the Yogis.	Shoka Hari	He destroys grief.
Yogavarnitha	He describes Yoga as the destination.	Dukkha Nashak	He destroys sorrow.
Sahaja Sandesh Vahak	Through Him we can communicate the message of Sahaja Yoga.	Rakshasa Hantri	He is the Killer of rakshasas.
Vishwa Dharma Dhwaja Dharak	He upholds the flag of Vishwa Dharma.	Kurukula Virodhak	He opposed the Kuru family which upheld adharma.
Garudarudha	He rides on the Garuda.	Gokul Vasi	He resides in Gokul.
Gadadhar	He holds the mace.	Gopal	He looks after cows.
Shankhadhar	He holds the conch.	Govind	He enjoys cows.
Padmadhar	He holds the lotus.	Yadu Kul Shreshtha	He is the highest of the Yadavas.
		Akul	He is beyond family attachments.



Vansh Dwesha Nashak

He is the destroyer of disparities according to caste, creed and race.

Atma Gnyan Varnita

He describes the knowledge of the Spirit.

Ananda Pradayaka

He describes how to destroy ignorance and non-knowledge.

Nirakar He is beyond form. He is formless.

Anand Akar He is joy personified.



Painting presented to Shri Mataji at Shri Krishna Puja 1996

Samuhanand He gives joy from Sahaja collectivity.

Sarvanand He gives joy of the Sahaja collectivity.

Vishuddhanand He gives pure joy.

Sangeetanand He gives joy of music.

Nrutyanand He gives joy of collective dancing.

Shabdanand He gives joy through words.

Maunanand He gives joy from silence.

Ananda Pradayaka He gives joy to the Sahaja Yogis.

Pavitrnanand He is the joy of purity.

Pavitra Rakshak He protects chastity.

Gnyananand He has all the pure knowledge of joy.

Kalananda He gives joy from the arts.

Gruhananda He gives the joy of the household.

Dhananand He gives joy from prosperity.

Kubera He is the God of wealth and prosperity.

Atmanand He gives the spirit of God Almighty.

Sahajanand He gives joy through Sahaja culture.

Paramanand He gives absolute joy.

Niranand He is the source of absolutely pure joy.

Natya Priya He enjoys the play.

Sangeet Priya He enjoys music.

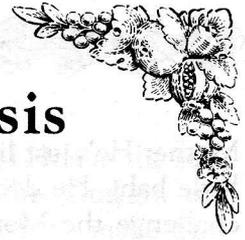
Ksheer Priya He enjoys milk.

Dadhi Priya He enjoys curd.

Madhu Priya He enjoys honey.

Ghrut Priya He enjoys ghee.

Matru Charanamrut Priya He adores the amrut from the Holy Lotus Feet of Shri Mataji.



Shri Ganesha Puja Talk Synopsis

September 15, 1996, Cabella



Today we are going to worship Shri Ganesha. It's a very opportune time because innocence is under attack, particularly in the west. People don't understand how important it is to respect and value innocence.

Human beings, unlike animals, have the freedom to choose the way of truth. It is only through our innocence that we can properly do this. "Only the innocence is the source of joy. Without innocence you cannot enjoy anything. This innocence is today completely under challenge."

All kinds of evil people can and have taken birth in this Kali Yoga and they are generating evil thoughts. Even good people and saints can catch hold of some of these ideas and are swayed by them. Some have come as false gurus and some as philosophers. Freud is one such person who has generated much evil. He was a Jew and when he saw how the Christians were torturing the Jews in America, he decided to destroy them by making them immoral. This is a subtle point behind his theories that people are not aware of. His ideas against the mother were so shocking, but still they were accepted, especially in America where all sorts of absurd ideas are commonly accepted.

In the Christian countries people took to attacking innocence and insulting Shri Ganesha. "When we are born under such horrible circumstances, we have to build up a great force ourselves of spirituality." This Divine force becomes very strong in the collective. We can use this collective Divine force to fight attacks on innocence. "You must remember you have to fight it. Not to run away. Don't escape it. You have to fight it and you have to prove that innocence is to be respected."

Shri Ganesha was the first Deity to be created by Adi Shakti because She wanted to fill the whole atmosphere with *chaitanya*, with holiness and auspiciousness. *Chaitanya* is everywhere, working, seeing to everything but it does not penetrate into the modern mind because the modern mind has no idea at all about innocence. "With the innocence comes moral life. Morality is the expression of innocence. Innocence shows a person that he's incapable of being immoral... The root of dharma is innocence."

This innocence is very powerful and protects you. Small children have this innocent vibration. 100 grown-up Sahaja Yogis may not have the vibrations of one small child. But once children grow up and become very intelligent and matured, it's as if they have lost their innocence. "This is no growth according to Me... To be cunning, to be clever, to be very intelligent, so-called, it is very self-deceptive. For that there is one blessing also. All those who have committed such mistakes have to ask forgiveness from Sadashiva, or from the Adi Shakti, but Ganesha doesn't forgive.... If you have hurt Him, He'll hit you back." His wrath causes so many diseases. People who think they can do whatever they want with no consequences are mistaken. Still people go on doing immoral things very openly. This applies especially to the elite classes, as well as the common people.

This disease has spread more among older people than children. It is perhaps out of jealousy that people are attacking children. "Shri Ganesha will never forgive these people—never, never, never. First of all, He'll expose them, and He'll punish them for seven lives." But if his Mother or Father says, "Alright forgive," He obeys. "Never questions, never answers back—whatever is told. Though He's in command of all the *ganas*, He's *Ganadesha*—but before His



Mother He's just like a little baby. He doesn't challenge the Mother, even if the Mother tries to test him or tries to get puzzled, He never doubts Her. He cannot fall into Her maya because He's so innocent.... This child, which is pure innocence, never can be contaminated by the maya of the Mother. Maya is a process by which you test people. You have to test them." If you try to cheat the Divine, you will feel the wrath of Shri Ganesha. "He'll hit you hard. I can't help it." Lord Jesus Christ is even more active than Shri Ganesha, killing off those who insult the innocence. There are so many diseases now, all over the world.



Shri Ganesha Puja 1996

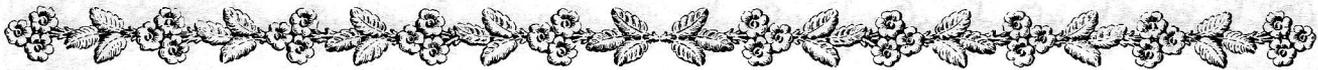
St. Michael and Gabriel, or Bhairava and Hanumana as they are called in Sanskrit, incarnated as Mahavira and Buddha to protect the innocence and morality of human beings. Buddha said not to get attached to money, wealth, family, anything. But by wearing certain clothes or torturing your body you don't become detached because that's all outside. "To get detached from within is very different than to get detached from outside." Just because you wear saffron clothes like Buddha, you don't become Buddha. The time of Christ, Buddha and Mahavira were the days of *tapasya*, of penance. The times have changed, but the point is to "develop deeper into your being."

In the Christian religion, the nuns, fathers, mothers, are all artificial things which will not give people back their innocence. Buddhists are even worse. They say to renounce everything, but after they renounce, they beg, so what is the point? The Dalai Lama went to Los Angeles and all the actors and actresses held a huge conference and gave money to him. "Any sensible person has to understand that by giving alms how can your innocence come back?"

True detachment leads to an innocent personality. When Mohammed Sahib said that to marry more than one woman was alright, it's

because at that time there were many more women than men, but He never said for women to become prostitutes.

So the morality is the basis for these teachings, though the times may change. For example, divorce is allowed in Sahaja Yoga, though it was not in the time of Mohammed. Both men and women can be extremely cruel toward each other. Under such circumstances, how can they be companions? "More women are immoral in this matter.... Women, who are not only innocence, but also Shakti, are trying to get into some sort of a shamelessness. No care of their own innocence. Their innocence is the Shakti." We get so many strange ideas from Hollywood, the media and society in general, and we insult Shri Ganesha by our acceptance of any type of immoral life.



We should try to understand and love our children, who are the innocence. In some countries, the parents actually hate their children. Such people should never produce children to begin with. Another common attitude is not to have any tolerance for children in general. Sometimes you can't even rent a flat if you have children. There is minus population growth in the west. This is the work of Shri Ganesha, as a result of such an attitude.

Sometimes Sahaja Yogis go to the other extreme and get over-attached to their children. "For people who are Sahaja Yogis, all the children of the world are their own, not only your own children whom you love."

You need to encourage the children and respect them, but not spoil them. "You must love them in such a manner that they should know if they do anything wrong, they'll lose your love. Because for children love is the most important thing." You can tell them what you don't like, in a sincere, deep manner, and they will definitely respond. The handling of children is very important. "Innocence is to be handled in a very delicate manner as you would handle a beautiful flower."

"Shri Ganesha was made out of the Mother Earth... the essence of innocence." We should respect and look after this Mother Earth. She is always trying to enrich our life, cool us down, and work things out for us. Children love nature, they love to play in the mud and the sand, but they are not attached. Actually, they can play anywhere, and wherever they go they can enjoy themselves. We should learn from them that time is not important—how much you enjoy is important. "They love all that is natural, all that is beautiful. They don't know the value in the money form. They know the value of something in the form of love.... The essence of Shri Ganesha is pure love."

Shri Adi Shakti created Shri Ganesha out of

Her pure love. First She created Him as the subtle sound of Omkara. Then this Omkara was covered with the Mother Earth to make Shri Ganesha. The Omkara has in it the AUM, which stands for the three powers, Mahakali, Mahasaraswati and Mahalakshmi. Shri Ganesha contains all three powers in a dormant form. "So when we try to harm Him, then we are harming the Shakti within us, which is Omkara."

The three powers are everywhere, filling up the vibrations. That's why bandhans can work things out so beautifully. "Somehow it's faster than all your communications that you use and immediately things work out." Shri Ganesha is in charge of all the Ganas and this is His job. He is playing like the Eternal Child, detached. We just have to use our attention, and He works everything out. His Ganas work faster than airplanes, and they are extremely competent.

It only works if you have faith in Shri Mataji, the Mother of Shri Ganesha. "He is the judge of your faith in the Mother because He has absolute faith in His Mother. The faith of Shri Ganesha is tremendous. He never doubts, and He's not attached." He looks after things very thoroughly in such a manner that you don't know how it's been accomplished.

With this faith, you never feel overwhelmed or tired, because you are not the one doing the work. Like Him, you should work for joy, for fun, without attachment, with full faith.

There is a subtle complication regarding Shri Ganesha. His power is Kundalini, but She won't rise without His permission, though She may want to. "Those who are immoral, those who have done immoral things and those who are spoiling the Ganesha principle of others, are very difficult for realization. But I have seen some people who have asked for forgiveness and the Mother has told Shri Ganesha to forgive, they have got realization. Only that's the point, that if you approach through the Mother, He



will forgive you. There is such a nice relationship between the mother and child." Otherwise, at least 90 per cent of the people in modern times would have been destroyed.

The blessing and the promise of Shri Ganesha is that if you keep yourselves clean and respect your innocence, you won't have any problems. You should work on developing proper relationships in all spheres of life—in the family, in the workplace, in politics, etc. Let people try to attack your innocence and see what they get out of it.

The source of childlike enjoyment is the innocence within you. "Without innocence, you cannot enjoy anything with this mind and from this heart because in the heart resides the Father, Shiva." Shri Shiva is very hard to please. He is so pure, without stain. Any flaw in your character is immediately exposed and you are finished. After 25 years of standing on one leg and praising Him, He may forgive you. "Shri Ganesha doesn't forgive. So the only Person left to you is your Mother, who just forgives." Forgiveness is the best punishment to make people realize their mistakes.

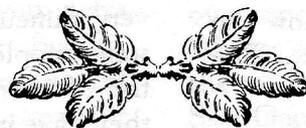
Shri Ganesha is definitely awakened within you, and He is all the time with you. Once He has allowed the Kundalini to rise, once you have all the joy of realization and Sahaja Yoga, then it is not right for you to then turn your back on others in a selfish manner. Some people have their vibrations, meditate, cleanse themselves, but they are too busy with their own lives to use their vibrations, to give vibrations. "If you don't give vibrations to others, if you don't transform other people, if you don't cure other people, if you don't teach them how to have pure love,

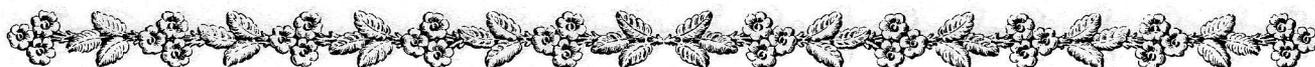


Shri Ganesha Puja 1996

what's the use of cleansing, coming to Puja, feeling nice, joyous?" How can Shri Ganesha be happy when His Puja is to give realization? "He is waiting for you to ask for His blessings. His blessing is to give Realization, to allow the Kundalini to rise." You ask for your health and so many outside things. "Why not ask, 'Shri Ganesha, make us good instruments of Sahaja Yoga. Give us strength to give realization to people and talk about Sahaja Yoga.'"

People from all sorts of religious cults can talk no end of their experiences, but Sahaja Yogis don't talk about Sahaja Yoga. They feel shy. "Don't be afraid. Ganesha will protect you. He'll help you, you'll be very happy. He'll work it out, everything, for you. All problems can be solved. Everything can be done. Believe in His Power. Have faith in your Mother. That is the message of Shri Ganesha. May God bless you."





Shri Ganesha Puja 1996

Cabella, 13–15 September 1996

Over the weekend of 13–15 September 1996 in Cabella, Yogis performed puja to Our Holy Mother in Her form of Shri Ganesha. Australia, East Asia and Iran hosted the puja. The following is one view of that enriching event. Clearer attentions, larger hearts and more knowledgeable minds will forgive any inaccuracies.

PREPARATIONS

Yogis from the hosting countries began arriving in Cabella (between Milan and Genoa) from early in the week. About 105 yogis from these countries were to help in the preparations. The first main Australian contingent—about 35—arrived in Cabella on the Monday evening before the Puja and spent the next few days enjoying the lovely vibrations (Shri Mataji was in residence), the beautiful surrounding countryside and Shri Mataji's castle. The castle is 400 years old, built on a small steep hill just above Cabella on a much older fortress site, perhaps 2,000 years old. The castle is five stories high and named Palazzo Doria (Doria Palace), presumably after the family that ruled the once powerful seaport city-state of Genoa. Shri Mataji has restored much of the castle's inside and now has started on the outside, which we heard is to be tiled in orange and ochre hues.

By Thursday we had worked out what to do in the preparations, where to swim in the icy mountain river and where the best foccacia (pizza) was to be bought. Some yogis were staying at the hotel and some up in the hangar where the puja was to be performed (the harder yogis, seeing it was getting into single figures Celsius at night). Shri Mataji asked the hosting yogis to eat in the castle kitchen which vibrated us and collected us together once or twice a day, more or less.

On Friday night the European Yogis started to flow in and register. We were reliably informed that a total of at least 701 people attended the puja weekend—more than is usual for Ganesha pujas. The hosting countries practised their musical, dramatic

and dance performances and began to anticipate the cultural program to be held on the Saturday evening. The backdrop for the musical program was to be a painting of Uluru with a stunning tableau of Shri Shiva, Shri Parvati, Shri Ganesha and Shri Kartikeya painted in the foreground, with Shri Ganesha dancing, an adaptation from the backdrop used at Bundilla in Australia.

MUSICAL PROGRAM

Shri Mataji came to the musical program at about 9 p.m. and the first half of the program was dedicated to Indian classical ragas played by students of Baba Mama's music school in Nagpur. This was unusual as often the Indian selection takes place later in the evening. An Australian played a raga on saxophone and other renditions of ragas were given by very talented young Indian musicians on a synthesizer (yes) and on the sitar, tabla and other instruments. The quality and variety of their compositions on the ragas was very high and Our Divine Mother was unstinting in Her praise of them. We enjoyed them immensely.

There was a break to shake the icicles loose as the wind was blowing through the hangar to improve our collectivity. The second half of the program comprised a number of cultural works from the hosting countries—forgive me if I omit anything. These included bhajans by the Australian Sahaja Yoga group, a music-video clip produced in Australia, a lovely Portuguese dance from Malaysia, a delicate Thai dance, a Japanese song, a well-received play adapted from an Australian aboriginal dreamtime myth and, to end, rustic dances and rhythmic qawali from the Iranian yogis. It was a varied and sumptuous feast of world culture. Delicious mutton biriyani was served at about 4 or 5 in the morning, but most of it was consumed for brunch and lunch the following day.

GANESHA PUJA

On the Sunday morning, we began to finish the



preparations for the puja. The walls of the hangar were bedecked in finger-painted red swastikas and coloured balloons. The balloons were red, white and green—the colours of the Devi, and also of Italy, which was useful when getting Italian yogis to blow up balloons. Suspended from the ceiling at the back of the hangar to face Shri Mataji on the stage was a 9 foot image of Shri Ganesha doing namaskar to Shri Mataji, painted simply on a white cloth. The stage was also a very simple and beautiful setting since simplicity is a quality of Shri Ganesha. It had an ochre cloth backdrop painted with a flowering tree and birds in a Chinese style. To each side and forward of the backdrop were two similar ochre drop cloths (like banners) with matching flower and bird patterns which gave a three dimensional feel to the stage. Large vases with large floral arrangements completed the whole appropriately oriental effect.

Shri Mataji arrived for the puja at about 4 in the afternoon and gave a very interesting talk on preserving the innocence of children (which is being challenged in today's society), not being too attached but to love all children, and talked about Her granddaughters to illustrate Her points. The children then came up to do the first part of the puja. Then married ladies went up and, finally, the national leaders performed aarti. The puja was filmed and displayed by a projector above the audience as it unfolded. It was simple and relatively short. The vibrations were very light and soothing. The amount of prasad handed out after the puja was phenomenal—including chocolate-covered marshmallow fish, which must have swum from New Zealand (where they are abundant) to present themselves at Her Holy Feet.

After the puja people sang and danced and enjoyed the vibrations Shri Mataji had gifted to us all. The small children received presents as did some of the European yogis who had been asked by Shri Mataji to cook for the weekend. We were all struck with how tasty the food was, and the tremendous work that went into food preparation and the washing up tasks.

On Monday, we cleaned up the puja site and

kitchen and most said farewells to brothers and sisters and, perhaps in a generally more contemplative mood, soaked up vibrations from our stay in Cabella. I felt a sense of completeness at having been part of accomplishing a Ganesha Puja to the Feminine Divine Incarnation in the Soul. (*Jivatman* is the Living Spirit, and Italy is the place of the Soul of the Virata.) A real experience of Son, Mother and Spirit (Father) united.

SOME REFLECTIONS

The experience of being at the Ganesha Puja was for me simple, powerful and unadorned. It was an opportunity to recall and more fully realize that we are worshipping the most compassionate, wise, powerful, complete Incarnation to have ever graced us with a Presence. The Renaissance artists mentioned below depicted, for man's adoration, Shri Jesus Christ and the Madonna but we have had the most complete incarnation revealed to us in Her lifetime. For want of better metaphors, every puja is the Sermon on the Mount, Krishna's advice to Arjuna before the battle and Shankaracharya's revelation of the Divine Mother.

FLORENCE AND AFTER THE PUJA

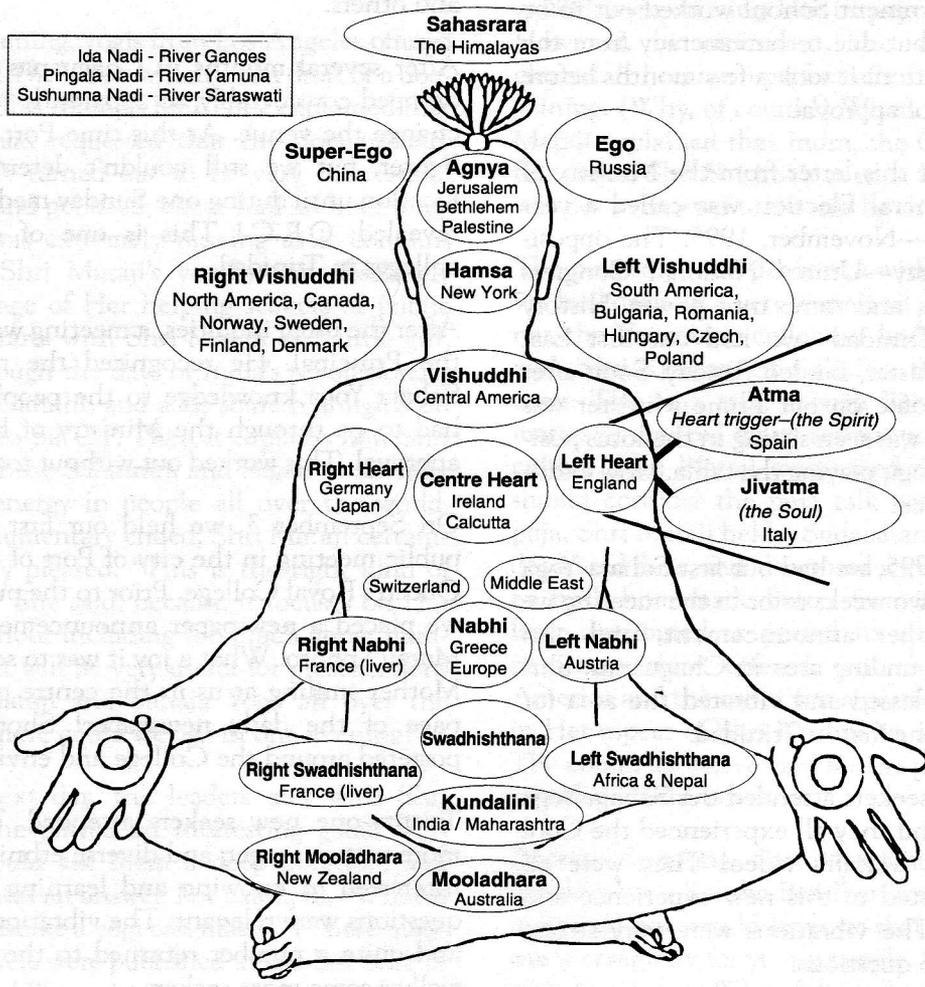
Some 20 yogis stayed on in Italy and visited Florence to view (and enjoy immensely) the incredible work of the Renaissance artists such as Michelangelo, Raphael, Titan, Da Vinci and Botticelli. Most interesting for me was a beautiful work, *Madonna of the Girdle* in the Academy Gallery painted by Francesco Granacci. (The girdle is a cord around the Madonna's waist.) It illustrates the Virgin Mary in heaven offering the cord around Her waist to St. Thomas (the doubting) on the earth. St. Michael (Bhairava) kneels with St. Thomas. The painting, an incredible revelation from the unconscious, so beautifully depicts the Kundalini connection (the cord) being offered to St. Thomas by the Divine (Shri Mataji as Shri Mary). Perhaps Shri Bhairava is present in the painting to illustrate the devotion from the left side that is necessary to worship and adore the Goddess.

—John Fisher, Canberra, Australia

Our Place in the Virata



The Geography of the Virata



This overview of the geography of Sahaja Yoga was updated by Shri Mataji on 15 August 1996.

All of India is the Sacrum Bone.

News from Around the World

Sahaja Yoga in Trinidad

Trinidad is a small island situated in the Caribbean northeast of South America, with a cosmopolitan population of approximately 1.2 million people.

On returning to Trinidad to live, we speculated as to where to start Sahaja Yoga public meetings, and were directed to Chaguanas, where the vibrations seemed more receptive. Chaguanas is approximately 30 km from the capital city, Port of Spain. Chaguanas Government School worked out to be a good location, but due to bureaucracy from the Ministry of Education, it took a few months before we got the letter of approval.

While waiting for this letter from the Ministry of Education, a General Election was called a year before it was due—November, 1995. The opposition political party—United National Congress won the election, and came into power. History was created in Trinidad—we had our first East Indian Prime Minister, Basdeo Panday. Soon after the election a profile on our Prime Minister was shown on TV. He was seen sitting in the lotus position dressed as a yogi, playing the tabla. How exhilarating it was to see!

On January 16, 1995, we had our first Sahaja Yoga public meeting. Two weeks prior to the meeting we placed a newspaper announcement, and also poster the surrounding area in Chaguanas. Shri Mataji's posters blessed and vibrated the area for this great event, the first in Trinidad.

Twenty-one new seekers attended the Sahaja Yoga public meeting, and they all experienced the Cool Breeze from Shri Mataji's video! They were all aglow and interested in this new experience and offered to help. The vibrations were very strong and there were no questions.

During this time in Chaguanas, we experienced various Sahaja yoga miracles. At one special Tuesday meeting, we all experienced a very strong exquisite fragrance permeating the entire meeting

during the video. The vibrations were very strong, and after the video we stayed in deep meditation. Thank you, Shri Mataji for this gift!

Chaguanas is predominantly East Indians whose forefathers came from India approximately 150 years ago. Shri Mataji asked about these people in 1985. Many of the East Indians still maintain their cultural and spiritual traditional ties with India. As a result we are faced with strong opposition from various yoga groups—pundits, swamis, gurus, and others.

After several months in Chaguanas the numbers dropped considerably, so apparently it was time to change the venue. At this time Port of Spain felt lighter, but we still couldn't determine a good location until during one Sunday meditation it was revealed: Q.R.C.! This is one of our foremost colleges in Trinidad.

After the usual inquiries, a meeting was set up with the Principal. He recognized the need to take Sahaja Yoga knowledge to the people. Again we had to go through the Ministry of Education for approval. This worked out without too much delay.

On September 3, we held our first Sahaja Yoga public meeting in the city of Port of Spain, at the Queen's Royal College. Prior to the public meeting we placed a newspaper announcement with Shri Mataji's photo. What a joy it was to see our Divine Mother smiling at us in the centre of the second page of the daily newspaper! Shortly after we poster around the College and environs.

Twenty-one new seekers attended. They were a more mature, eager, and diverse ethnic group, very interested in knowing and learning more. Their questions were relevant. The vibrations were good, and quite a number returned to the follow-up as well as some more seekers.

Please give us lots of bandhans to establish Sahaja Yoga in Trinidad.

—Claire Cupen, Trinidad

Public Programs in Chicago and Philadelphia

During Her U. S. Tour this year, Shri Mataji clearly and forcefully encouraged us to give more and more public programs, instead of only offering regular weekly meetings. She said that yogis in the U.S. should take advantage of Her focused attention on this country.

In mid-November programs were organized in two major U.S. cities: Chicago and Philadelphia. About 25 new people came to the Chicago program. Although it was not a huge turnout, the vibrations were so strong it felt like a puja was about to take place. The new people were so enthusiastic that it felt like we were dreaming. We kept commenting to each other, saying "This is the way it's supposed to be!"

The first follow-up brought 20 of the new people back. They are really deep, and we're hearing things like, "I can't describe in words how I feel since I started doing this" (two days earlier!), and "I feel renewed, I feel better as a person!" The people seem to feel it and to understand its importance.

Fifty new seekers attended the Philadelphia program which was advertised mainly through legwork, posters and vibrations. Most surprising was that the follow-up drew 45 people. We could not believe it. Shri Mataji's Grace must be so strong these days that the seekers seemed to be literally glued to the hall. They did not want to leave, even after 1.5 hours of meeting and more than an hour of informal talking that followed.

Both of these programs were announced on the Sahajnet (e-mail network) so that all American yogis could put their attention on them before they happened. This was a powerful way to help Sahaja Yoga grow via collective desire.

—Steve Wollenberger, Chicago
and Maurizio Zollo, Philadelphia

News from Egypt and Israel

The big event of October was that our group of ten Sahaja Yogis from Israel travelled to Egypt to meet Shri Mataji. We had the chance to be there for several days, along with our good brothers and sisters from Austria and France, to be part of the starting of Sahaja Yoga in Egypt.

The journalist who came to interview Shri Mataji at Her arrival at the airport received his self realization while interviewing. He wrote a nice article in English and he is now our main contact there. Shri Mataji gave a conference on peace and love, and talked much about the Koran, mentioning several times that one can feel cool breeze when asking if there is a God and if Mohammed was divine.

There was a very nice moment of peace when a Muslim, a Jew (myself) and a Christian hugged each other. Shri Mataji gave self realization within a couple of minutes to about 20 Egyptians who had gathered in Her suite. Every one felt it except two women who are very religious and did not want to be part of it. Hopefully, we will soon return to Cairo to give a public program.

In another talk with our group from Israel, Shri Mataji mentioned the problem of the Swiss Banks, the Red Cross and the horrible things they did to Jews during World War II. She explained that the Swiss are sitting on a lot of money through their banking policies that allow for secret accounts, and this would be the key to fight poverty in the world. Shri Mataji added that She can deal with peace but that we should deal with the Swiss banks.

I also want to relate a strange and nice event that happened recently at the opening session of the International Congress of the Israel Association of Quality in Jerusalem in front of more than one thousand people.

One of the speakers, who is a senior manager at Motorola Israel, talked about the importance of quality for a better quality of life. Then he stressed the importance of being self realized, that the knowledge will come from inside and you can feel it by yourself.

Of course, I was pleasantly surprised to hear such a talk in front of so many managers who are generally concerned about the bottom line, etc. I thought that I was sitting at a public program.

—Philippe Scheimann, Israel

H.H. Shri Mataji's Visit to Dubai (UAE)

On the 1st of November 1996, the early morning carried a different hue as Shri Mataji arrived at the Dubai international airport. The entire collective (though small in number) had been there since just after midnight. We all were very eager and full of excitement at the very thought of having Shri Mataji in our midst. This was something we all had been praying for and our prayers had indeed been answered. We also had the fortune of welcoming six yogis who were on their way back to Cabella from Cairo.

On Her arrival Shri Mataji was greeted by our very young Yuva Shakti. To their delight Shri Mataji invited them to sit with Her in Her car. We all then proceeded to the apartment which had been decorated with rangoli and prepared for Her stay. We performed *aarti* and sat with Shri Mataji while the ladies prepared snacks and tea for Shri Mataji. Then Shri Mataji retired.

The next morning breakfast and talking took us to just past noon. The conversation ranged over quite a few subjects, including Shri Mataji's Cairo visit, the Sahaja schools, and Islam. We were indeed blessed when Shri Mataji chose to speak to each one of us. Shri Mataji said that the time had come for a full exposure of the Swiss bank frauds. She also said that Her attention was now on the Middle East and that Egypt was a country which had a more rational outlook than most countries in the area.

When Shri Mataji retired for the evening, all the yogis had dinner together and it seemed that we all

had known each other for ages—not once did any of us feel that we were amongst strangers.

We left for the airport at about 4:00 pm on 2nd November and to our pleasant surprise we all could go right up to the security check-in, a place where entry is generally restricted. Needless to say, Shri Mataji's presence had worked wonders there also.

Shri Mataji's smiling and wondrously peace giving countenance still floats into our vision and we hope and pray we are blessed by such visits again. For all of us it was a truly "heavenly" experience.

—UAE Sahaja Yoga collective

Shri Mataji's Departure for India

Shri Mataji left from Cabella on Sunday, November 17 for India. Before departing, She stayed for half-an hour with a big crowd of yogis from all over Italy, Switzerland, Austria and France.

At the airport, a yogi from the Ukraine showed an Ukrainian statue of the Mother with a swastika and the word MATA engraved on it. Shri Mataji said it is 4000 years old, from the time of Lav, Rama's son.

Shri Mataji joked a lot about languages and about the difficulty of learning Italian and French. She said that She tried to learn Italian but the pronunciation is a bit strange. She added, "Moreover, one should have some time to learn languages also." So She advised all the people assembled there to learn English.

She wanted all the children at Her feet. They sang a Ganesha song which enraptured the whole crowd. After that one of them said, "You have three hands!" and another. "How can't you know? Shri Mataji has a hundred hands!" Another said, "No! She has one thousand!!"

Announcements

Divine Cool Breeze Changes in 1997

Beginning in 1997, the editing and layout of *The Divine Cool Breeze* will be coordinated from New York, with participation from yogis in Seattle, San Francisco, Phoenix, Boston, Los Angeles and Vienna. Production and shipping are done by the Phoenix, Arizona collective. The main address for the magazine is now:

The Divine Cool Breeze
97 Hudson Terrace
Yonkers NY 10701 USA
tel.: 1-914-476-3076
fax: 1-914-966-8725
e-mail: DivineCool@aol.com

SUBSCRIPTIONS

Another important change starting in 1997 is that the "Subscription Department" will be coordinated from Los Angeles at a different address:

Divine Cool Breeze Subscriptions
9063 Florence Avenue #501
Downey CA 90240 USA
tel.: 1-310-862-6338
fax: 1-310-869-9482
e-mail: vasudev@deltanet.com

All correspondence related to starting or renewing subscriptions should be sent to the Downey, California address. Since most subscriptions are handled through distributors, we encourage distributors to contact the "Subscription Department" if they do not receive a shipment, or

if a current subscriber misses an issue in error. Please note that the subscription expiration date appears in the upper right corner of each subscriber's mailing label.

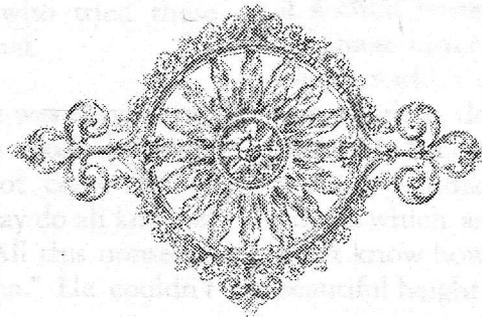
INTERNATIONAL CORRESPONDENTS

Please help us to make this international magazine for Sahaja Yoga a truly collective effort. *Divine Cool Breeze* correspondents in a number of countries help by writing or encouraging others to submit articles, artwork and photos for the cover or for the inside. Each country should designate a person as its correspondent to be responsible for periodically sending news about Shri Mataji's visits or other appropriate contributions. For example, essays about your country for the new monthly feature, "Our Place in the Virata" are needed for the coming year. We are now able to scan in photos and drawings of all sorts to make the magazine more interesting and visually pleasing.

We wish you all a very happy new year at the Lotus Feet of Our Mother, Shri Mataji Nirmala Devi!

Shri Krishna Greeting Cards

Full-colour reproductions of the painting of Shri Krishna presented to Shri Mataji at the Shri Krishna puja in Cabella in 1996 are available as small all-occasion greeting cards. (The painting is shown on page 8 of this issue.) They can be ordered from Yonkers Ashram in New York, USA. Address inquiries to "Shri Krishna Greeting Cards", 97 Hudson Terrace, Yonkers NY 10701, USA. The fax number is 1-914-966-8725.



Shri Mataji's Itinerary

Subject to Change

December (India Tour 1996)

Su-We	1-4	Arrival of Sahaja Yogis, Delhi
Th-Fr	5-6	Sight seeing, Delhi
Sa	7	Puja, Delhi
Su	8	Sight seeing, Delhi
Mo	9	Evening departure for Lucknow
Tu	10	Music Programme, Lucknow
We	11	Public Programme, Lucknow
Th	12	Departure for Varanasi after midnight
Th	12	Public Programme, Varanasi
Fri	13	Sight seeing, Varanasi
Sa	14	Departure for Allahabad; sight seeing
Su	15	Departure for Indore; Public Programme in Indore
Mo	16	Sight seeing, Indore
Tu	17	Departure for Nasik; Public Programme in Nasik
We	18	Sight seeing, Nasik
Th	19	Departure for Mumbai/Vashi
Fr	20	Public Programme, Mumbai
Sa	21	Puja, Vashi
Su	22	Travel to Ganapatipule
Mo-Su	29	International Seminar, Ganapatipule
Mo	30	Departure for Vashi
Tu	31	Leave for respective countries