The Divine Cool Breeze

1997 – Volume 11

No. 11

International Newsletter

Diwali Puja, Istanbul, Turkey, November 5, 1994

"Your Guru is a Mother, so you have to be wonderful mothers and wonderful wives, and should have very, very large hearts."

—Shri Mataji Nirmala Devi, Navaratri Puja Evening Talk, Cabella, October 4, 1997

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|| Aum Shri Nirmala Devi, Namoh Namah ||

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Shri Ganesha Puja 1997

Synopsis of Talk

Cabella Ligure, September 7, 1997

"Today we are going to worship Shri Ganesha." It is said that He is the first Deity created on this earth by Adi Shakti. The story of how he got his elephant head is well known. "Today I am going to tell something more subtler about Him, Kundalini, and the Mother Earth."

"He was made out of the Mother Earth with the vibrations of His Mother." So far we have not understood the significance of Mother Earth. She produces all the flowers of different fragrances, colours, designs. And the trees grow in such a manner that every leaf gets sunlight. "Look at the collective sense which is given to us by this Mother Earth," how She and the sun work together to give us what we need.

You have seen the picture with the Kundalini coming out of the Mother Earth. "It is the primordial power which is coming out of the Mother Earth. Mother Earth itself acts like a Mother. She looks after you, She gives you whatever you want.... That means... all thinking, all understanding, all consciousness, all awareness is coming from the Mother Earth. But we never understand." We take it for granted.

"Now what does She do for us, for human beings? She's the primordial power. What She does is to build in us... primordial taboos, or primordial dharmas." Steel has its own dharma and cannot behave like wood. "Everything that is in the nature has its own dharma.... It's very surprising how they are bound by it."

Each type of animal behaves according to its dharma. For example, if you put a dog in water, it will swim but a cat may not. In the same way human beings have these primordial taboos built within us which are dharma. Only human beings can cross over their primordial taboos. "When human beings start deviating from the line of dharma, they get into trouble." For a man it is primordial that he should have only one wife.... It's a taboo. As soon as you deviate from that, something goes wrong. Now who punishes, or who corrects, or who destroys is this primordial power which we call as Paramchaitanya."

Dharma is for our ascent. In the West especially, man in his intelligence and progressiveness thinks anything he does is alright. The aboriginal people, on the other hand, are very aware of their primordial taboos. Their marriages are good, their relationships with their children are also very good. They are very *lajjashi*, which means shame of everything. "I was really very impressed how these people were so dharmic, so good and happy." Now they have changed, but they used to be sacred, holy people. And they worship Mother Earth, nothing else. They say, "She gives us everything... She looks after us, and She is the most conscious person." They didn't even take leaves off of trees without thinking about it. When the missionaries came and tried to get them to wear skirts and blouses, one lady said, "Why should I wear a dress like this where the whole body is exposed? No, I'll wear a sari."

After some time they started taking to the modern lifestyle. People told them, "You have no freedom." but actually they were bound by sacredness, by Divine understanding. Event-

Shri Ganesha Puja 1997

ually they started drinking, going to prostitutes under a mistaken idea of freedom.

The primordial taboos are built into you. "These are existing in a potential state.... Maybe you have turned them out but they are there." When you do not respect them then "we say that you are leaving the *mariadas*, or else we say that you are insulting Shri Ganesh." Shri Ganesha, who embodies auspiciousness, was created first. "Auspiciousness is a complete understanding of primordial restrictions, and also of protocol."

In India, even in Christian families, when getting out of bed and before touching the Mother Earth, we used to say, "Oh Mother Earth, please forgive us because we are touching You with our feet." Respect for the Earth and nature is built in within us. "But when you get into this nonsensical idea of freedom then you are leaving your Mother Earth, and your gravity itself reduces."

People are crying out about ecology, but "whatever is outside is also inside. If you want to exploit your Mother inside... you can also trouble this Mother Earth."

"What has replaced our understanding is that we are paying more attention to money." Cutting a tree for money hurts the Mother, while cutting a tree to make it more beautiful makes Her happy. The Mother Earth has great discretion. She produces different types of flowers for different parts of the world.

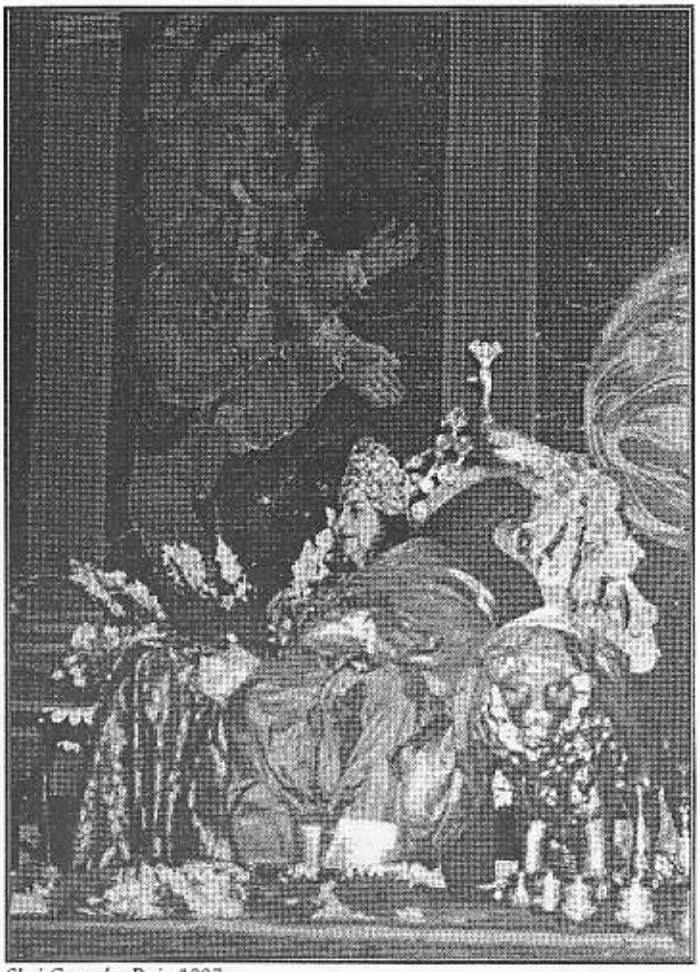
Once in the car on the way to Shri Ganesha puja in Australia, "I saw so many trees of hibiscus just flowering.... I said, 'I think you'd better get these flowers for the puja....' When I arrived in the hall, all the Sahaja Yogis had got hibiscus on their own." At that time, they didn't know that hibiscus is the flower of Shri Ganesha. "The Mother Earth Herself created at that time. This is the time of Shri Ganesha when you should get hibiscus."

"It's very remarkable how the nature is so much within us and how this, whatever is within us, guides outside and receives the blessings. We are not something separate. This Mother Earth is our home; we have a home in Her and She has a home within us."

Shri Ganesha's body was just ordinary clay. So you can imagine how this whole universe has created us. All of it is within us, and when we try to hurt the Mother Earth, we are only

hurting ourselves. It's such a beautiful thing to know nature. That's why, in ancient times, the saints would go live in the forest. "Only in the forest you could see clearly how this primordial bondage was absolutely obeyed." Because of our so-called freedom, it is difficult for us to understand our relationship to the Mother Earth.

The laws to be followed are so simple; for example, a woman must always cover herself properly "because she respects her body, she respects her chastity." Evergreens are always clad, no leaf falls off. I call them the females. Deciduous trees lose their leaves so they are the men. In the West, society has gone in the opposite direction. At a fancy party, men will be completely covered in a tuxedo, and the ladies will be completely exposed by their evening gowns. "Are they prostitutes or what?"



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People have taken to all sorts of grotesque behaviour. "I can't understand man having relation with man, woman having relation with woman, and children.... Why has it happened here?... Why we have given up our sense of shame?... Must be some bhoots in them.... This is absolutely unnatural." And unmarried men and women are having relations as well. "You won't believe, this doesn't happen in India.... Even in the lunatic asylum in India we have never heard of such reports."

"Shyness is the ornament of woman." Children are naturally shy. They do not like this shamelessness in adults. "Shamelessness has gone to such an extent that to them keeping nude is a very great advancement."

Even the aboriginals have been so impressed with the white skin that they have accepted and are now competing in this shamelessness, in having impure relations. "I can't understand how can human being go to that level."

In Sahaja Yoga you become aware of your natural taboos. "Potentially it is there; it is enlightened, and suddenly you have accepted. I never expected so much.... You are enjoying it. You are practising it. You see the lives of all the great saints... mariadas are very important."

"If you become just an ordinary human being who has his taboos, who understands, who is aware," you will be respected as a saint. On the contrary, now the majority is the law. "If the

majority is stupid, then all the stupidity is regarded as great."

Now cigarettes have become taboo. Still people cannot give them up, but everywhere there are 'No Smoking' signs. "When will they start 'No Alcohol'? Everybody sees that it's so dangerous, it is against human awareness." People lose their balance, fight with each other. "I tell you, if you stop this alcoholism, all this shamelessness will go away—because when you take alcohol your awareness is abated."

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"We don't even understand how our primordial taboos are completely battered by the society here." In order to understand this in yourself, it helps to see the stupid things that others do, and the way in which they cover it up through some sort of elite etiquette. "They talk in a very special manner, move themselves... like a trained personality." Those who don't behave in the same manner are considered to be lower.

Shri Ganesha is not at all elite. "He eats like a glutton and He looks at you as if He's going to hit you with His mace. For Ganesha there is no forgiveness." As Christ, He developed forgiveness, but "don't try to ask forgiveness from Shri Ganesha. He'll never forgive, even if His Mother says." The Mother forgives, and if She forgives, then in His obedience only Shri Ganesha will forgive.

AIDS, impotency, all those horrible diseases come because of a lack of respect for Shri Ganesha. "I had very bad time with people who suffered from these secret diseases, because Shri Ganesha accepts My forgiveness, but whenever He has a chance, again He comes back." The Deities each have their own dharma. Shri Ganesha gives you wisdom, discretion, and understanding, but you must obey Him, His qualities.

It is not so difficult to develop patience, for example, "but to get you cured on the Mooladhara is very, very difficult. You do get cured no doubt, ultimately, but the most difficult disease is from Mooladhara." Shri Ganesha is innocence, the eternal child, but He cannot forgive you if you disturb your innocence. "Mother is just the opposite. She wants to save at any cost." "Ganesha says, 'Alright, you'd better go to hell,' and hell is in our own lives here. You see those people who like drinking, smoking, prostitution—this is all hell. What else is hell? And He will never save you from hell."

Only at the time when you get your realization can you ask Him to save you, "because He's the one who is sitting on every chakra like a vice-chancellor of the university." Even if you have Vishnu and Mahadeva on your side, if Shri Ganesha says, "No, not his ascent," it doesn't work out."

"In these modern times, horrible things are happening to children.... The whole of this negativity is against the innocence." They are abused, they are taught bad things. "We have to be very careful about our children. We have to guide them properly" to preserve their primordial taboos.

"If a child does something nice, appreciate it." Don't worry if they are a little bit mischievous. But if a child takes to anything anti-

Ganesha, be careful. All kinds of diseases can develop, and if these taboos are destroyed in childhood, they are very difficult to revive. "Still I have always said that innocence is never lost—only there are some clouds which try to cover innocence, and we become rather ignorant that we have done anything wrong."

"Your society is horrible.... The solution is that you have to be careful about your children and their thinking and their attitude towards Shri Ganesha. They are special lovable things for Shri Ganesha. You can't imagine how He loves the children. If He protects anything, it is the children He protects."

"To cross this margin of human life and spiritual life, first thing is your Shri Ganesh.... He supports the Kundalini to rise. He's the one who also suggests to you that it's the wrong way you are doing things. He looks after you, but He'll not forgive you."

Instead of destroying the nature, try to create beautiful places with beautiful gardens, without attachment, or greed, or competition. People place laws on what food farmers are allowed to grow in order to keep prices high, while in other places people are going hungry. The love and feeling for others is not there because they are only thinking about money.

"Shri Ganesha gives you balance. He keeps you in proper track, but if you don't want to listen to Him, you are thrown away. I hope you understand our relationship with nature, with Shri Ganesha, and with our Kundalini." They are absolutely identified with each other. If you love nature, you will not want to spoil your innocence.

"I'm the Primordial Mother, and I have to do the job of awakening the primordial nature, the dharma within human beings. That's what I have to do and nothing else.... I am Nishkriya. I don't do anything really. It is done by the nature, done by Shri Ganesha, Vishnu, Mahesha, everybody."

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"They are all in My body and they are bound by their own dharma, and they act. This is the relationship—spontaneous, automatic, built in.... They have a tremendous protocol, tremendous respect."

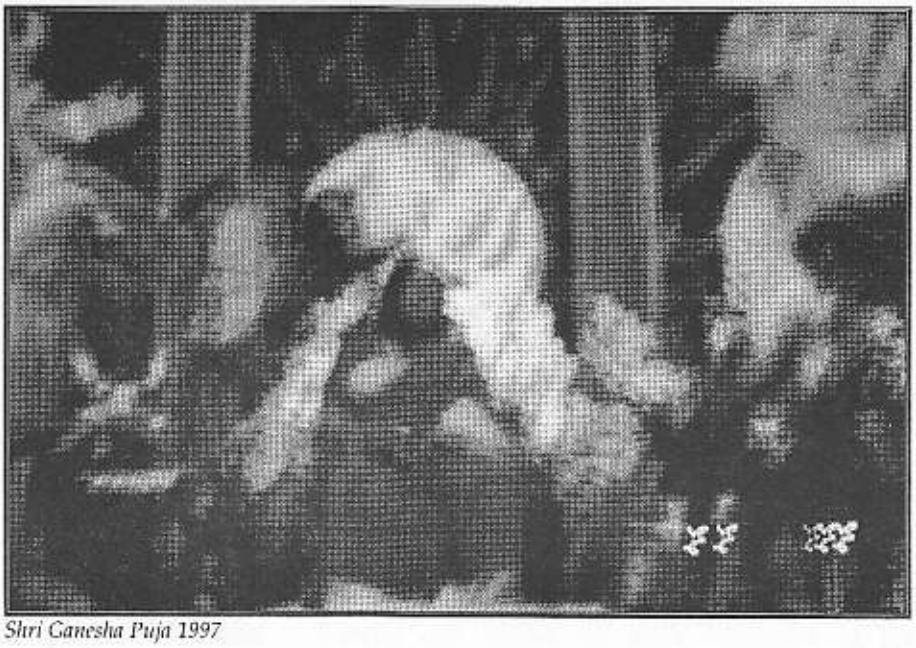
"This is a very, very deep thing that I am telling you, that you are a human being, that there is built in within you your dharmas and if you go against your dharmas then you'll be finished.... They are all there, potentially. I hope you'll understand how important it is to be aware of your restrictions within yourself.... May God bless you." ✻

Shri Ganesha Puja Seminar

September 1997

Every puja that we have the privilege to perform in Shri Mataji's presence is a jewel beyond compare. This year's Shri Ganesha puja in Cabella was definitely one of the crown jewels, a diamond radiating its sharp pure light with great power, obliterating even the shadows of negativity.

Shri Ganesha, in His aspect of the remover of obstacles, was blessing all the preparations. And as vice-chancellor of the Vishuddhi chakra, He brought together Australia, New Zealand, Iran, Malaysia, Thailand, China, Taiwan, Japan, Vietnam, Singapore and other South-east Asian countries, as well as yogis from all over Europe, North and South America, Africa, India and elsewhere to work together in harmony, as part and parcel of the whole.



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The diversity of races and cultures was like a bouquet of fragrant flowers from all parts of Mother Earth, and was fully expressed in the Saturday night entertainment program, giving us all the feeling that it really is a small world. *Music of Joy* started the evening with bhajans that deepened our attention and lightened our hearts, living up to their name as they expressed the joy of being a child of Our Most Holy Mother.

This was followed by a comedy in verse by the Australians that was poking fun at the various traps seekers fall into, whether vegetarianism or epicurianism, guru shopping or analytical thinking. We then proceeded on a journey around the Orient as yogis from first one, then another country, expressed the joy of Sahaj through the best of their artistic heritage. Under a backdrop consisting of beautiful painted panels of tropical flowers, which gave a feeling of oriental art without being specific to any one country, the yogis offered their love.

A Maori lady from New Zealand sang the first Maori bhajan. The Japanese yoginis performed the first Japanese bhajans. The Chinese yogis offered a combination of music and pantomime. The yoginis from Thailand performed a beautiful fan dance, sparkling in traditional costumes. The yogis from Indonesia performed a traditional shadow puppet play from the Ramayana. The Iranian yogis, assembled from all over Europe, presented a film and then followed it up

with a bhajan sung in traditional Persian style with a special stringed instrument played by Hamid, and a large type of hand-held drum played by Ali.

As our journey around the world drew to a close, Shri Mataji requested qawwalis from *Music of Joy*. They asked for any yogis familiar with "Mataji Qawwali" to join them on the stage and the yogis of nations assembled for a powerful qawwali that brought half the performers to their toes to dance with joy before Shri Mataji.

Afterwards, Shri Mataji addressed the yogis. "You don't know what I must be feeling when I see all these countries which I visited before, and I know most of you very well. The way the whole joy and happiness that you have received through your spiritual awakening, in the light of the spirit, is very evident and very beautifully ringing like waves and waves. It is Sahaja Yoga's dreams, which I had, is more than fulfilled.... So this is what is love. And in this love we just get immersed. This ecstasy that you were getting into was just nothing, but is the bubbling of love."

Shri Mataji then spoke about Iran, and how eventually the problems caused by fundamentalism will work out. Sahaja Yoga is now very well established and accepted in Russia, and even in America, the House of Representatives issued a statement praising Shri Mataji's work.

Shri Mataji spoke about art as a blessing from the Divine. She suggested developing our artistry in music, art, and dancing to balance the right side. "For qawwali, I must say you are masters now!"

Shri Mataji also mentioned that attention should be paid to America. Americans are childish people, but America should work out with help, and through well-performed music and dance.

For most of us, the evening ended all too soon.... We awakened on puja morning to a beautifully sunny day, and made our way to the river or the waterfall. The puja backdrop was unveiled, consisting of four dancing Ganeshas (similar to the one on the cover of the *Music of Joy* cassette) with a mouse playing at the foot of each, on a celestial background, with painted columns between each of the figures, crowned with pink lotuses. The front of the stage was bordered with large tissue paper hibiscus and other flowers.

Again we had the pleasure of listening to *Music of Joy*. Shri Mataji arrived, dressed in a sari in iridescent coral pink with coral orange borders. The puja talk was penetrating in a way that many yogis afterwards expressed as being far beyond any talk they had experienced before. Many came away with a far stronger feeling of the depth of Shri Ganesha's power, and that innocence is not something to merely strive for in a yogi. It is an absolute necessity for ascent, that our purity can in no way be compromised. Yet it was also with a feeling of joy that Our Mother has made this possible for us.

Many yogis remained through Monday to let the vibrations settle and to enjoy an extra day with brothers and sisters seen once in a year, two years, or even six years. The magic of Cabella flowed over and around us. In Cabella it is so clear that the Paramachaitanya guides everything: where you sleep, who you speak to, what work you do, and who you find at the river foot-soaking next to you. Each moment flows into the next without a ripple, and it is such a joy to witness it all unfold. In Cabella it is easy to see that the yogis and yoginis are truly a different race of people, with sweetness, balance, love and understanding, in a way that can only be a reflection of the love of Our Mother. ■

Navaratri Puja 1997

Synopsis of Evening Talk

Cabella Ligure, October 4, 1997

Shri Mataji gave a long talk after the entertainment program about many aspects of the left nabhi. Switzerland and England were the host countries for the puja. Her divine attention focussed on the Swiss banking system, subtle aspects of materialism, marriage and music.

"In these modern times, when people are talking of democracy, talking of very big ideal things and all that, at the same time how can such an illegal system [the Swiss banks] exist, openly? For that I have a plan.... As far as materialism is concerned, it's working out." All the countries who were supposed to be very advanced and developed are suffering from terrible recession which is going to give them a lesson about overproduction of nonsensical goods. "Materialism comes because people have gone mad with their greed." People don't know what to do with all the things they've accumulated.

"I have found out the solution for Sahaja Yogis.... They should try to encourage handicrafts. Every country I went to, I bought handicrafts. Whether it was Czechoslovakia or England.... How can you go and buy this rubbish of plastic, of this useless thing?" In Czechoslovakia the small shop owners had very beautiful things but they couldn't sell them. Instead, people buy such nonsensical things.

"Sahaja Yogis must take a vow that we will only take things which are handmade. You need not have many things, you can have few, but something handmade. Now supposing you get a dress, there should be some handmade embroidery or something put on that, so that some labour is put into that." People buy things which are cheap and extremely troublesome, like nylon or other artificial things. Terra cotta, for example, is so soothing, so good, but people think they should buy machine-made things from America.

In America they sell beautiful silk, cotton and pure leather things very reasonably priced in shops called outlets. But instead people go to big markets and buy nonsensical things at a very high price—means they have no wisdom. If wisdom is lacking, it corrodes the society. "Because wisdom itself shows how dangerous it is going to go on buying all these nonsensical things."

"People are taking now more to Ayurveda and to Homeopathy." They don't want to use these horrible medicines produced by countries like Switzerland. Most of these medicines are very dangerous and troublesome.

Gandhiji has said that there is no need to use so much machinery. We can walk or use trains, but people want to go everywhere by car, even if it's nearby. God has given these legs to walk, but we avoid walking. "That's how our health has gone down." Now there are so many cars, and every car has only one person in it.

A problem has started with pollution because we have lost the habit of depending upon ourselves. Many places, like Kuala Lumpur, are suffering from smog. They pray to Allah for water, but "why should God give them water when they are doing all kinds of

nonsensical things?" This smog is there because they have cut the trees, which they have cut to make money. If you go on madly like this, you will have pollution.

"There is no need to be sending money to this Swiss bank, also. "This Swiss Bank will be very badly exposed now. I'm very angry with them for one more thing—that they promised that they'd give the money to the Jews and now... they don't want to give. When they will die are they going to take it with them? All these things will be punished.... In China I talked openly about the Swiss bank." Why don't we have a conference of law ministers and say that this banking is nonsense? "All types of bad people are taking advantage of the system.... So many have lost their money there.... When they die, the children do not get anything."

"But the problem is this greed, is some sort of an inner defect in a human being. He becomes greedy because he has deviated from dharma. He thinks he can get pleasure out of things, he cannot. And he goes on accumulating and buying.... Your Mother also does that, but I buy things which are handmade." If you want to give somebody a present, to give happiness, joy, you should do it, but just for yourself to go on buying, you cannot digest it. "Joy is much more when giving to others. It's not a thing that gives you any understanding of the fundamentals, the fundamentals being that you are dharma."

Within you is that, that is your valence and this materialism absolutely is against it, because it creates all kinds of people: Mafias, the Swiss bank, the cheats, there are communities after communities who are known to be cheats, who are very materialistic; they have no spiritual sense."

Sahaja Yogis must learn that they have to walk and they must see what is in the nature. Learn the names of flowers and plants. "Everything you should know. You should know about small, small things. From where does this embroidery come? From where does this sari come?... You must take interest in things in which you have not taken interest." Develop "a subtle vision, subtle eyesight. If you walk you look at the nature, love the trees, love the animals, you'll be amazed.... For hours together you go on reading the newspaper, next day you forget it.... They say that for a Goddess it is said that *Kataksha, Kataksha*, means every glance She knows everything. Any glance She puts on any man, woman or anything, She knows where it is." Mother Earth has created so many beautiful places for you to go out and enjoy.

"This Mother Earth knows everything, She understands everything, She does everything, but what do we do for Mother Earth—is to run after artificial things, machinery... and now a new thing has come—computer. It's alright if you want to write letters to someone, but otherwise it's quite maddening. And this computer will make our brain absolutely zero. It will be paralyzed, we won't be able to think 2 + 2. So anything that you want to use also, should have its mariadas. Don't go beyond it."

"Greed has no mariadas.... You are a human being, you should never say, 'I like that.' On the contrary, you should say, 'I must learn this. What is this all about?' Otherwise, your personality will be a dry personality and ultimately people end up in money... means you get very much in the clutches of money." The solution to get rid of this greed is to try and give it to others and see the joy. Give something to others, share and see the joy

you feel by giving something.

"Never earn more than what you have, there's no need. Whatever comes your way is alright. Of course, if you are doing some work of creativity... it's alright." But don't go on buying things for yourself or hiding money—there's no need. "You'll feel so satisfied and so happy being honest, being absolutely beyond any problem."

"This Mafia can be controlled only by the government because they give such a big tax.... Italians are known for their art. They make beautiful things, but they cannot because they have to pay so much taxation." Only the designers make money befooling everybody. They put their names on everything out of ego, and now almost all these designers are in jail.

"Some of them met me when I was coming from Russia. They are absolutely useless people. They take over some idea and sell it for a high price and if you are a fool you go and buy that. 'Did you notice that this is Cartier?'" These entrepreneurs are also mafias. People buy these expensive things to satisfy their egos and run a race of eliteness, but yogis shouldn't give in to their egos in this way. Instead, they should rely on the satisfaction they get from living simply, with handmade things.

"If you don't have greed you get what you want just there... but if you have greed then God makes you dance.... I can give you 1,001 examples of that. If you don't ask for anything, desire for anything... whatever you need you get. But if you go on desiring, then go mad after it. Go there, get this and get lost. And then the thing also gets lost. That's why it is said, better try to develop a detachment. It's alright, if it is there very good, if it is not there, doesn't matter. Then you'll be surprised, your attention will be so subtle." If you don't notice anything then your attention becomes Mahamaya. If your attention is clear, is simple, you can see the thing clearly. That attention takes you to the right place where you have to go, you get the right thing that you want to buy.

"You should go in for solutions and not for problems. Greed is a problem. How to get rid of the greed is the point." Train your mind to think about who you can buy for—not for yourself, but for others. "Then you'll be amazed this greed will run away and you will have joy." Make friends with your brothers and sisters from other countries. If giving is there, then this greed goes away and you get what you want. It's a very simple mantra. It is surprising, so far, with all the miracles, we don't understand that whatever we need will also be provided for us. But you must need it, not for stupid collection of things."

The Swiss collective offered a play about Swiss bank money laundering and the English collective presented a drama about a spiritual pilgrim and how even Sahaja Yogis, while rising, fall into different pits. "This is a very good thing for you to know that if you are Sahaja Yogis, you should be very careful and you should see that you don't fall into these pits, and ultimately the ego and superego. In the west the problem is more of ego, not of superego. And for ego, to accept that you have ego is the only way and then it will drop out.... The simple thing is to know that you have ego. Ego of something. People have ego of any nonsense... even for small things, people have ego. All this designing and all that is based on your stupid ego which makes you buy all these stupid things to show off your ego."

"So try to be humble, and try to understand

that all these worldly things we are not going to take with us.... I am not saying you renounce. I'm not saying you take *sanyasa*, but you should know that the value of these things is nothing compared to you. When ego comes, this idiocracy comes in. You think by wearing something great you are very much influencing others. You may, but those who are influenced are another set of fools."

"The greatest thing in us is the spirit." If we are proud that we have got the spirit within us, then we will not do nonsensical things. "You are people who are all realized souls.... Now the greatest thing is to know that we are spiritual people and as spiritual people, you even dominate Me in a way. If you all desire for something, I can't get over it. I have to accept. I have to keep you pleased. Many things I'm doing just because you want it. It doesn't matter to Me because nothing comes over My head. So it's alright—whatever the children want, let them do it. But the one point is this ego has to be really under control."

"I wanted to talk to people who are married in Sahaja Yoga, especially to the ladies. I think some of them are extremely dominating and stupid. What is marriage? Marriage is honeymoon, as they call it. Honey is the essence and moon is the peace. Now if the women are quarrelsome, fighting, sarcastic, it is absolutely a hell for a man. Instead, if women know the essence, the honey, she should know how to please the husband, to bring peace in the family."

The trick of a realized soul is to please others. If your husband doesn't want you to wear flowers in your hair, do what pleases him. "Little, little things you do just to please him, then he'll also start thinking, 'What should I do for my wife?' But first it must start from woman, not from man, because women are responsible for the society." In Western culture women were not told what their job is. "Man's job is economics, politics, money earning. They have made a mess of it, I agree with you... but your job is to make the society.... You must know how to keep children pleased, how to keep your husband pleased, how to help people."

On the contrary, it's not your job to dominate at all. "Your job is to neutralize his domination by simple, simple things." For example, if he is angry with someone, but you want to help this person, you can start by showing your generosity to that person. Then, when your husband sees your generosity for this person, his sense of competition will be brought into play and, to show that he can be just as compassionate as you are, he will end up forgiving this person.

"When we think that we have to control our husband, it's better to do it in a very simple way. Only on fundamentals you can put down your foot. Otherwise, for small, small things, if you go on dominating your husband, I tell you, you will miss the point. You are married for stupidity or for honeymoon?"

"Man doesn't want a wife to be on the horse and beating with a whip. Why has he married? For the happiness, for the joy, for the sweetness, a home." Many women think they are something great. Some of them have some money, some have jobs, but their first job is to keep the society very happy and to keep their husband happy. Just as a man has to keep his boss pleased, or else he's thrown out, "in the same way, a woman has to think about the husband in a very kindly manner, because this is her job, this is why she is married. Otherwise, she

should not marry, she can do what she likes. It's a difficult thing to convince anyone because, you see, men are right-sided, they are hot-tempered. But I have told you now how to capture their anger."

When you as a husband feel that your wife is dominating you, you have to ask yourself what's wrong with you that could make her dominating. "If you introspect, you'll find that you give very little time to her."

Men should give some time, pay some attention, and get some things that their wives will like. However, men might not know how to buy certain things, like flowers. So they might bring something horrible, like a cactus. "It is better he doesn't bring anything, because that would be insulting.... So, with such an ignorance of things, if your husband doesn't do it, it is for your consideration." Men have their own style of thinking, but they should try to know what a woman likes and wants.

A husband might buy very expensive things, not to the wife's liking, but "you have to just see his heart... with what love he is giving. He doesn't understand." He may also try to shop for himself, but if his wife shops for him he will find that she does a better job of it.

Public opinion is very important for men. So, if for example a husband disagrees with how his wife decorates their house, rather than argue with him, if the wife has company over, and they like the way the house looks, the husband will eventually see that her way was best. As a wife, "you should see that you create a good public opinion in his presence, so that he'll appreciate you. All these are tricks."

"Men are very simple, but you have to understand. Sometimes they get angry—doesn't matter. Actually, if they are angry with somebody else, they will come and put it on you, it's better, because if they do anything to others, they'll beat him. You are not going to beat. If you understand a few things about men, it can work out."

"Of course, some are very miserable husbands, I know, and some are very miserable wives.... In Sahaja Yoga we have divorce for them. So that is the thing I wanted to tell you—that you should make a very good housewife, a very good Gruha Lakshmi. Now, why I am telling you this, that I'm suffering from Gruha Lakshmi chakra. And all the doctors have told Me it is because in the collective, Gruha Lakshmis are not alright—because they are not good housewives."

Some western women place too much importance on cleanliness, but not women in India. For example, if a thermometer breaks in an Indian home, they say, 'Very good, now there will be no temperature, thermometer's broken.' But in the west, if some coffee spills, immediately they'll bring something to clean it—in the presence of the guest. "This is a very subtle type of materialism... but these western women never understand."

"Another point is that you must always consider the feelings of others." Sometimes a Western woman will come to a house in India, but she will have a condescending attitude towards the food, the clothing, the decorations, saying hurtful things about them. "This is not the way a woman should talk. On the contrary, always praise. What's the harm? By praising something you are not losing your business. By saying, 'What a nice thing, what a nice sari, what nice clothes,' what's the harm? You'll enjoy your sweetness.... It's not telling lies.... Because you don't like something, you must say,

'I don't like it.' This word has to go from Sahaja Yoga. 'I like this and I don't like that.' If I start saying that, how many will remain in Sahaja Yoga?... Who are you to like or not like? What about your spirit? What about your heart?"

"Women have to have a very large, beautiful heart. And your Guru is a Mother, so you have to be wonderful mothers and wonderful wives and should have very, very large hearts—so that all the selfishness... will collapse if you do that. It is existing because we have small hearts. I have said it, especially because I've had many complaints about the women who are married here, some Indian women also.... Best reports are about Russian women.... They are very satisfied souls. They want very little, they are not greedy." The extremities of communism have made them not have any sense of possession. They are happy to let the government have the headache of owning things.

Arun has written a book on Indian music which you should read. It is said that this music has come from *Omkara,* and it is very sensible music. The Western musicians who performed were alright, but it was not melodious. It should be flowing, like a river. "Music should please you. It should give you more entertainment, not make you unhappy, not make you sad. If you have all these feelings within you, then you should try to say, 'Yes, there is a problem, but I'll get over it,' because you're Sahaja Yogis. You have to show the victory, victorious nature in your music."

If you are singing, "the words must be clear cut and the melody must be there. In Indian ragas, there is melody, but words are not important. So you enjoy the tune and whether you know the language or not, it doesn't matter. So when you can combine melody with western music, you'll see how different it is." This book will teach you how music can cure you, give you joy. Understand what is the basis, the essence of music and then you can flower it out. "I'm sure if Indian musicians take to western music will be much better than the western music as it is. I can't understand these people are so famous and people think they are very well-earning and all that. In America anybody can earn like that but to make it proper music I think you must have the basis of Indian music. Then you can expand it as you like."

"Lastly, today is the fourth day of Navaratri and they have given Me some names which are really horrid... and they have asked Mother to kill these horrible rakshasas. Now in a way, it will all be killed in its natural course, I know that—if you people take to sense, because you are the ones who can do it. If you do not try to acquire things which you don't want, unnecessary things. If you try to reduce all these things and take to something natural and love the Mother Earth, I'm sure it will work out. The Mother Earth herself will work it out."

"So your faces should be Sahaj. You should be Sahaj. You shouldn't look like strained people. I can't understand. You are Sahaj and be in a Sahaj mood."

"Try to think about it—that our Mother loves you, She wants us to have a good family, She wants us to look after our children. So it's My advice to all the men, as well as the women. It's better to be hen-pecked, there's no harm. But hen-pecked doesn't mean they are hen-pecked. See, just to please your wife, what's wrong? But that doesn't mean she dominates you.... All these kind of things you should not permit... because I'll be only happy to see a happy family. So thank you very much."

Litany for the Doom of Materasura

This is a world where too much is not enough.
This is a world that feeds the Swiss Banks' Octopus.
This is a world where the saint says enough.
This is a world where negativity is a plus.

1. This is a world where 1.3 billion people live on incomes of less than $1 a day and where the planet does not have enough natural resources to sustain, at a world wide scale, the consumption pattern of Malaysia, leave alone America.

PLEASE SHRI DURGA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

2. This is a world where ten per cent of world trade is generated by drugs and narco-traffics, or US$100 billion represents the amount that yearly poisons mankind, while money laundering in Switzerland and elsewhere has become a most prosperous activity, reaching all levels of society.

PLEASE RAKTABIJA VINASHINI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

3. This is a world where Wall Street sucks the wealth from the working middle class to bestow it upon the rich and where Walt Disney makes you forget all about it.

PLEASE SHRI KATYAYANI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

4. This is a world where an Egyptian eats at MacDonalds in Cairo and a Chinese at Pizza Hut in Beijing because modern consumerism expresses the lowest common denominator of world culture and erases the meaning of national values and traditions.

PLEASE SHRI SHAKAMBARI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

5. The new multinational entities are experimenting with new forms of dictatorship, setting their production sites in the developing world, reducing to slavery a subdued working class and exploiting children on the altar of productivity gains.

PLEASE SHRI RAKSHAKARI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

6. The globalization of production and services allow a few global players to befool us and impose the rules of their game to the mass of unsuspecting consumers.

PLEASE SHRI BHIMADEVI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

7. Vast restructuring endeavours are progressively leading to the eradication of small and medium-size enterprises for the benefit of gigantic corporations operating on a world scale.

PLEASE SHRI CHANDIKA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

8. The gradual concentration of liquid wealth in the hands of the super rich is marginalizing national sovereignty and its elected officials and is imposing a new titanic dimension to the rulership of money.

PLEASE SHRI RAKSHASAGNI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

9. Greed raised to the power 108 means the pauperization of the world's middle class and outrageous wealth for the remaining 10%.

PLEASE SHRI DAITYENDRA MARDINI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

10. The systematic elimination of alternative economic solutions, unequal trade and financial manipulations are challenging the equitable distribution of wealth among the population of the world.

PLEASE SHRI VAJRINI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

11. The deregulation of the financial markets has opened wide the gates of Jurassic Park for the large financial predators to roam about and thousands of billions of dollars are created from nothing by speculators to feed their unlimited thirst for money and power.

PLEASE SHRI UGRACHANDESHVARI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

12. The Swiss financial centre works as a haven for the rich tax-dodgers from developing countries and diverts needed capital from national investment programmes, industrial infrastructures and social expenditures to inflate the stock exchange of the developed countries.

PLEASE SHRI UGRAPRABHA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

13. The enormous increase of financial assets has siphoned cash money out of the real economy and channeled it into the financial markets, building up a planetary gambling casino where arbitrary currency speculation can mount huge attacks against any country which tries to follow socially-minded policies.

PLEASE SHRI MAHAKALI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

14. The lure and mirage of such a radical concentration of wealth and power threatens to neutralize all seeking of the Spirit and the deafening roar of triumph of asuric materialism destroys the hope of millions of seekers.

PLEASE SHRI MAHAMAYA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

15. The alliance of mafias, secretive bankers and corrupt managers has infiltrated the world economy and is threatening the ethics of collectivity which provide the foundation for the value system of our entire civilization.

PLEASE SHRI VIRATANGANA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

16. The trend of today's mega mergers is to marginalize the State, bypass national legislation, manipulate the market, control the economy and, for all practical purposes, finish off the social foundations of real democracy.

PLEASE SHRI KHADGAPALINI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

17. The etheric sophistication of financial electronic circuits has created a virtual world where the immateriality of money has become the sole reality.

PLEASE SHRI VISHNUMAYA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

18. The progressive domination of technology is sucking the blood of the farmer, the artist and the potter turning the man who works with his hands into a permanently handicapped person.

PLEASE SHRI DEVA KARYA SAMUDYATA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

19. The information highway leads to the maya web of a virtual world where human attention is scattered, desire is confused, truth is atomized and the soul is thereby reduced to slavery.

PLEASE SHRI RADHA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

20. Modern communication can become a demonic tool in the hands of a few media moguls and opinion-making tycoons who are spreading their hedonistic world view of power, money and sex.

PLEASE SHRI SHUKRATMIKA,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

21. The Mlechas of Satan have infiltrated the Internet global village to pour pornographic dirt and filth within the nest of the family and to spread hell's shadows in the minds of helpless people.

PLEASE SHRI NIRMALA KUMARI,
DESTROY THE EVIL FORCES THAT
MATERIALISM CREATED

Hail, salutation to the Great Devi! Aum, Amen!
May there be Auspiciousness, Joy and Peace!
May Thy divine grace penetrate the waters flowing from our mountains to the four corners of Europe and spread the pure vibrations of the Aquarian Age!
Salutation to Thee SHRI MATAJI NIRMALA DEVI JI, the Resplendent One, O formidable Avatar! We bow to THEE, most pleasing yet most frightful, who has been approached by the Trimurtis for the sake of protecting the universe.
Today, in this festival of Navaratri, we chant the litany of THY children in Switzerland for the defeat of the foes of the Spirit and we offer to Thy glittering teeth the new asuric forms of materialism.
AUM TWAMEVA SAKSHAT SHRI RAKTA DANTIKA SAKSHAT SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI NAMOH NAMAHA
AUM, AMEN

Committed to Universal Love: A School for the World

The International Sahaja Public School, 11 April 1997

This is the introduction from The Sahaj Patrika, *issue number one, June 1997, the newsletter of the International Sahaja Public School. The school is located in Talnoo, near Daramsala, in Himal Pradesh, India. The school currently offers grades one through ten, with grade eleven to be offered for the first time in 1998.*

I am sure the children who are brought up in the Sahaja School, wherever they will go, they cannot change. They will change others, but they will not change because they will be so well developed in their own personality that their own personality will impress others. Sahaja Yogis do not change. They change others."

—Shri Mataji Nirmala Devi

Om Shri Ganashaya Namoh

Through the unbounded love and blessings of Her Holiness Shri Mataji, we venture to bring out the first issue of the *Sahaj Patrika*, the future issues of which will be brought out by the students themselves.

Living in an ethos of international brotherhood, committed to universal love and goodwill and following a democratic way of life, our endeavour is to train the students to govern themselves and even take crucial decisions

through different committees. Not that they would be free to do anything they like, but would always look to the teachers as their guiding stars.

The attempt embodies, therefore, developing accountability, a value which is so thoroughly drilled and instilled into them at the school. A feeling of being accountable to the parents, to the teachers, and the community at large is highly desirable. It is up to their accomplishments, ambitions and aspirations.

The School Plant and its Environs

The International Sahaj Public School is gracefully perched in the lap of the Dauladhar Range of the Himalayas on the one side and flanked on the other side by the vernal woods. The environment is best suited for full and balanced growth of body, mind and soul of the young Sahaja Yogis of the world under the kind protection of H.H. Shri Mataji Nirmala Devi.

Play area; Junior Wing of the school to the right.

The snow-peaked mountains provide inexplicable comfort and solace and urge us all to rise high. We have three staircase-like plateaus which house the Junior and Senior wings of the school and extensive playgrounds. The landscaping of the campus and the flower beds are a sight to see and we enjoy these gifts of nature, to which we add our own efforts to beautify.

Our School, a Community of Nations

We come from different social, cultural, political and economic environments representing the following countries: Australia, Austria, U.S.A., Canada, Italy, Germany, U.K., New Zealand, France, Switzerland, India, Finland, Israel, Belgium, Taiwan, Hong Kong and the Philippines. The school, therefore, represents a truly international kaleidoscope of the community of nations.

Does it not look amazing as to how all of us have come to be so close and so quickly when only a few days back we were complete strangers to one another? Is it not only natural that the whole world should assemble with the feeling of surrender at the Holy Feet of Shri Jagat Amba, the Mother of the Universe?

Sarvam Samarpayami

The Genesis of our Educational Pursuits

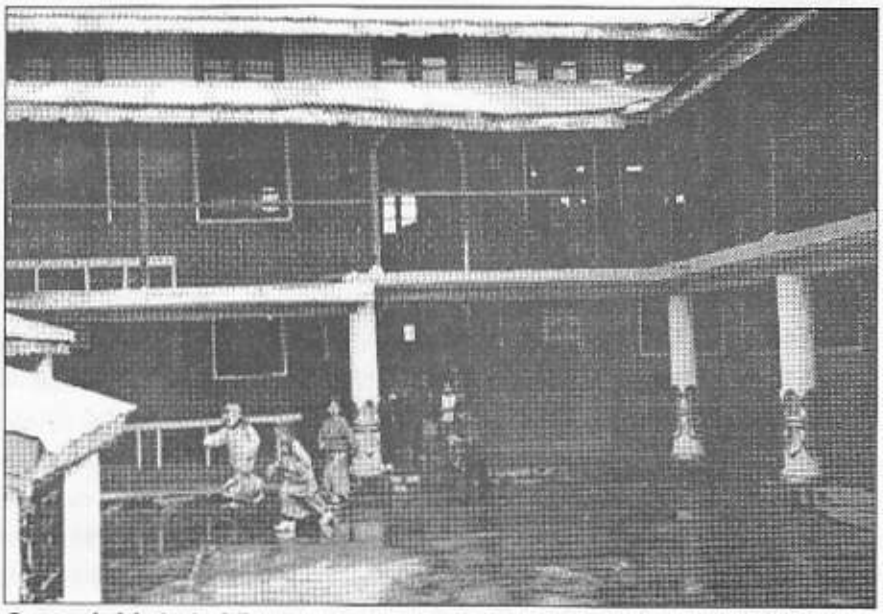
The educational inputs offered by the school are unique in many ways. A few of the salient highlights of these innovative approaches are that we learn how to learn, we become our own rivals,

always endeavouring to excel in our performance.

We try to develop a questioning mind for getting over dogmas and prejudices and superstitions. We learn through exploration, experimentation and observation. We learn to be original and creative.

We imbibe leadership qualities. We acquire a sense of responsibility. And, above all, we develop a love of humanity.

Vasudaiv Kutubkam ■



Courtyard of the Junior Wing

News from Around the World

A Sahaja Story from Holland

The train I was on stopped in Utrecht. Outside on the platform stood a boy who looked nice. I thought, "I would like to give this young man his self-realization." He boarded and sat next to me, although there were still empty seats. We started talking. I wasn't sure how to get to the subject of Sahaja Yoga. I started to play with my necklace which had a pendant of Shri Ganesha, but it didn't help. Suddenly Richard, who was on the train and had recognized my voice, came to say hello. Then Richard left the train at the next station. I told Harry (the young man) that I knew Richard from Sahaja Yoga.

Harry turned out to be very interested in yoga. I thought, "A pity that I have to leave the train at the next station (only 5 minutes farther)." But Harry also had to get out! As we were leaving the train, Harry asked how long it took to get "this Self-Realization." I said it took about 5 minutes. He asked if he could get it right away! So we sat down on the stairs of the rear exit of the Amstel station. I told him to relax and close his eyes. I raised my kundalini and gave myself a bandhan. Then "I" raised his kundalini and worked on some chakras. I felt a little cool breeze above his head! He wasn't sure if he felt it, because there was a little breeze blowing outside. I told him I felt his kundalini. He was still doubting, but felt peaceful. I said I had a bicycle to get home. He too had one and he lived very close to our house. I gave him our address and

said he was welcome any time.

A few months later, I saw Harry at the station again and he was happy to see me. He said he had lost our address because his diary was stolen on his holiday in Spain. This was the last time that I would be at that station because we were going to move. I gave him my new address and the address of the centre in Amsterdam. I told him there would be a public program in Amsterdam the next month, for which I would come back to Amsterdam. He wasn't sure if he could come. On the day of the public program, Harry was sitting in the front row with a friend. Again he didn't feel the cool breeze, but he did enjoy the evening. Later I heard from Richard that Harry had gone to the course and that his life had changed a lot. He now believes in God. Thank you, Mother, for this story!

—Petra van Belois, Holland

Getting on the Air in Florida

Salutations to everybody from the Florida, USA Sahaja Yogis! We want to tell everyone about an exciting opportunity to spread Shri Mataji's message! Here is what happened:

In late February, a message was conveyed to all US yogis to try to show the video about Shri Mataji's life, called "The Vision," in honour of Her 75th Birthday. We wanted to show the video on TV stations, but we had next to no contacts to anybody significant in that field. So at the end of our weekly meeting we gave a bandhan to express our desire and waited to see what would happen!

The very next day Anjan, a multimedia computer student, was approached in his college by an Indian gentleman who needed his help in a computer related matter. As it turned out, that gentleman was the producer of a show called *Asian American Focus* on a local TV station, WLRN, affiliated to National Public Radio (NPR). Anjan mentioned to him that we have a video about Shri Mataji Nirmala Devi, ready to go on air and asked if he would be interested. To Anjan's amazement, the producer said, "Yes!"

Over the course of the next days the idea changed slightly and we were asked if we would like to come in for an interview about Sahaja Yoga as the show has more of a "question and answer" format. We agreed and in Anjan's college we produced a 10-minute video showing Shri Mataji introducing Sahaja Yoga, complete with titles and music at the beginning and end.

The next day at 10 a.m. we met at the TV station and found our interviewer, a very nice lady, being extremely open and respectful towards Sahaja Yoga and Shri Mataji. We discussed the questions to be asked and then we started recording. First she introduced the two of us, then we showed Shri Mataji's video and after that continued talking about almost all aspects of Sahaja Yoga.

Time passed like magic, fast on one hand, and very slow on the other hand—so that we could fit all we wanted to tell the viewers about Sahaja Yoga! The vibrations were VERY cool! At the end of the show we invited all the viewers to a public program and gave all the contact information we could think of.

After the recording was done everyone in the studio was happy and joyful and the interviewer said we must remind her before our public program as she definitely wants to attend to get her realization!

The producer suggested that he would like to continue presenting Sahaja Yoga in weekly half hour segments, featuring a different subject in Sahaja Yoga each time!

We are excited, grateful, and amazed how Shri Mataji works things out, especially after such a long "drought" here in Florida!

With all our love and respect,

—the Florida Yogis ■