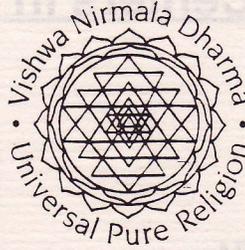


The Divine Cool Breeze

February 1989



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North American Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||



"It is more the silence within us which is powerful. Silence is the most powerful thing we have got."

-Shri Mataji, Alibag Puja, December 1988

Shri Mataji's Address to Sahaja Yogis at Alibag, 1988

So we have come to the end of our tour and you all will be going to your countries in different directions. Now we have to look back and see what did we learn in this tour and what did we understand? There has been less talking from Me, I don't know about you people. But there was a tremendous dynamic Force which was working, the movement, organization and the correction part of it. I do not know if you have felt that way, but should have. So many of you must have felt that within yourselves there is some sort of a dynamic happening.

This has come because now the attention of Sahaj has gone beyond the realm of only few collective Sahaja Yogis and when you open your brains to this new dimension then suddenly you start thinking about all the problematic things you have to face. So far, you have been like brahmins you see, keeping away from non-brahmins in a sense, keeping away from people who are not realized, keeping your society away from them, keeping your vibrations alright and trying not to expose yourself to these people who are, according to you maybe, half-baked, or maybe, they are not yet in Sahaja Yoga. But I think now you are quite capable. Now you have reached a stage where nothing can harm you. Nothing can catch you. Now you have to catch them. You have learnt how to catch them. Like the sharks. You have to first learn how to catch the sharks. If you don't know how to catch the sharks, and if you face them, they will eat you up. In the same way, now you know how to face life; so this time I felt that already a tremendous force is working within us. But there are certain problems which are within and which are without, which we should very objectively see.

The problem of a Sahaja Yogi even of a very high status in Sahaja Yoga is still ego. Because still people argue quite alot, among themselves, sometimes with Me also. But, if the cosmos is working for the whole success of Sahaja Yoga, and if the laws of the cosmos are so definite and so helpful then I think you should not argue it out or think that this could be this way, this would be better that way. I didn't like this, I didn't like that. This argumentativeness, from your mind, has to go. "I did not like" this does not exist within us now that "I did not like." What is this 'I'? If it is the spirit, it has no likes and dislikes. If it does not like something, it corrects it, or just avoids it, gets out of it. But does not react and does not say that "I did not like it, I don't like it or I don't want it."

The reason you must know, first and foremost thing is this: that Sahaja Yoga is nothing just sermoning or something in words but it exists. It is there. Now you have come into Sahaja Yoga. Gradually, you have learnt through experience that it is a fact. It is a very big thing. Not only that, but that is what has penetrated into your being -- it is there. So once you know that there is such a dynamic force which thinks, which organizes and which loves, how can you argue out with that force? It is going to work it out in its own way. So this one point of argument, if it is there that means you have still have to be in the Nirvikalpa. You are still in thoughtless awareness alright -- but in Nirvikalpa! The reason is, there are new people who are coming. They are not at your level. So then you get angry with them, you get upset with them. That upsetting does not end there. It reacts on you also.

That's why you have seen, in My lecture there will be thousands. But when it comes to meeting you people, there will be maybe hardly four or five. The reason is that you are the ones who are lacking in communicating. Now there was one gentleman who came to see me and he told me "Mother, I once came to your lecture," in France or something, "and I was very enamored, the way you told us, and talked to us and so sweetly You put these ideas into our heads and You are so kind, so patient and all that. But when we meet the leaders, they just are like bulldozers. To face them, they just come on us like bulldozers." Then it is impossible for new people to come in.

Now if there is a Force, which is a cosmic Force, which is acting through you. You are just a channel and it is working through you, then allow your channel to work it out. But if there is

this ego business and there is not proper handling of people who are coming to you....You have to be extremely sweet and kind to them but I was told, even in the hall, people are extremely arrogant with them when they come to my program. So this shows that you are not still there. It is anti-Sahaj behavior. You have to be extremely kind, extremely sweet, and very wise about everyone. Let everyone come in, let everyone sit down, I will manage it. I can look after it.

So this is one thing that reacts on you, on Sahaja Yoga temperament, is, when you start getting angry with others, or scolding them or shouting at them or arguing. I think, less we talk the better it is, so that at least the temper that you have will not have expression of that kind. But the temper also is something if you suppress it also it will act like a suppresser and you can become volcanic sometimes.

So in this tour we have to learn one thing is, that it is more the silence in us which is the powerful. Silence is the most powerful thing we have got. If somebody argues, some outsider comes, you just keep silent about it. You get patience and you will be able to handle it. This I have to tell you because already I have been touring all the countries and when I finished touring, this is what I find - that there are very few people who are coming to Sahaja Yoga.

Now this dynamic force wants to work through you. You are raised to it. Now if this instrument is not conveying to you what I have to say to you, how will it be possible to communicate? So Sahaja Yogis have to develop a mannerism which is very much Sahaj, sweet and must learn how to overcome a few obstacles or few arguments that are around. There are sweet ways of talking.

Like yesterday, when you got married, I did not know how I will speak to you about you having a nice time in your marriage, because what I find that after marriage, you start thinking, "Well, will I be able to manage? Will it be compatibility?" or this and that. Because you all have read, all that in your head. So you start thinking about it, then you start criticising your spouse about it or something. "It does not work out. I don't feel happy in the heart." Something like that nonsense, you see. "I have not fallen in love or I have not risen in madness." All these stupid ideas start crawling up like snakes and they just eat you up. That is why I did not know how to tell you because I can see that clearly that it was working in some minds -- in some women's minds and some men's minds -- so I just wanted to tell them. Then I thought, "Better put some chocolates." And I said, "Now they have got some chocolates for you, you must be tired, better have some chocolates." And then I gave a bit of My mind.

Because if you want to hit yourself who can stop you? If you want to cut your own nose, then nobody can stop you. If you want to destroy your married life, nobody can stop it. Can he? So those who are married, when I have to deal with them, I did not want to say something that will really upset them and shock them. So I started with the chocolate and then I did say what I had to say. Because I don't want you to become miserable after marriage. With all the work we have put in, I mean all these people have lost their weight they say, in arranging these marriages, they got all the sarees, were so worried about your veil, this, that and doing after all that. Then suddenly you discover that you are not compatible or something like that -- some funny word -- and that is how the marriage fails. So this kind of intelligence is not needed which is absolutely destructive and stupid, which gives you ideas.

Now this dynamic force is working it out. It's for you that you got really good matches - very good matches. This time it was really very good, very well done, I should say, how it worked out. In the beginning it looked formidable, because we had boys who were all below thirty years and all girls were above forty years. I thought now it was impossible situation. How are we going to manage this show? But it was managed and so many marriages took place. Can you imagine?

So just this dynamic force worked it out, somehow or the other, and we managed it. But this dynamic force is working out everything for us. It has done so much good for us. It has brought such joy for us. Not only the wedding part, but the whole of it. It has given us realization. It has given us the idea of our existence and also it has given us strength to abide

by our experiences. Despite all that, if you just start a like jack-in-the-box, some idea comes into your head and you start thinking, "Oh God, it would have been better if the boy was a shade darker or the girl was one inch smaller."

So, what I am trying to tell you that this kind of temperament, and stupidity has to be left behind if you really want to enjoy life. Otherwise you'll be very difficult, for yourself and for the bridegroom or the bride. So try to be nice and sweet and decide that "I am going to enjoy my married life" and not to say that, "I am going to work it out." You cannot work it out. You have to just jump into the sea of it. In the same way in Sahaja Yoga also we have to see that we have jumped into the ocean of joy, are we also joy giving or not?

All the leaders especially in every place wherever I go, I have to tell you that you have to be joy giving, yourself, for those who come and see you, meet you, new people especially, they should just feel your joy. They will never be impressed by your ego or your superego, unless and until they are possessed. They will be only impressed by your calm, sweet and compassionate nature. Because this force is working through you, can be seen. Not only on your face there is light, no doubt. But in your heart there is light or not, is to be seen. And that light has to be welcomed, has to be asked to come in - and this should be your prayer, that "Let this dynamic force work out through me!"

Now this dynamism is of a very different type. This dynamism has no heat in it. It has no anger in it. It has no destructive forces. It has no cursing, no frustration. Is a Force. Why I am saying, "No, no" to this, because then we reach a place: "Then, what is it?" It is said, "Yam naiti, naiti, vachane iti nigamo amoti". When you go on saying, "Not this, not this, not this, not this, then what?" Because nothing else can be compared with that. That is why we have to take this situation - "This is not that, this is not that." So when you are dealing with anybody or when you are dealing with yourself, also you have to use the same method. "This is not sahaj. This is not sahaj. This is not sahaj!"

So ultimately what is Sahaj remains. It is a practice. Abhyasen. Practice of your own understanding. For small, small things people feel insulted. This is a protocol. This is a proper channelizing of that. Supposing I put this one there and that one here. This may feel insulted. It is like that. But this has to be here and this has to be here. So there is nothing to feel insulted about it. Or anything, like small things, people get upset with each other. "I am upset." I have set you right. Now how can you be upset? Is a common complaint. "Mother I am very upset", that means is something wrong with Me the way I have put you down there on your settings.

So best thing is now to understand that you are no more upset, you are quite fixed in Sahaja Yoga, only keep on sticking on to your positions and this dynamic force will move. Now your experiences of Sahaja Yoga are such a lot. You can tell them, you can talk to them, you can express them. We are making a book out of it. But these experiences are outside you, or inside you? If you have an experience, outside, it is of no use. The spiritual experience has to be inside you. Means you have seen something miraculous. Now what is the reaction of your being to it? Supposing you see a miracle, something happens to you as a miraculous thing. Then what is your reaction to it? What do you feel it is? For example, somebody told me, how they were helped to come directly to Bhugav -- directly from the airport to the Bhugav, without knowing anything about where the program was.

What should be the reaction of a person at that time? You should see this. First reaction could be, "Oh God! How we have come here. It is very nice!" This and that! But actually the reaction should be that, "After all, we are looked after by God! It is all done by God." He is proper seer. It's just to confirm your faith that all these miracles are happening, but you must have faith in yourself that you are a realized soul and that you are a higher being and you are capable of doing such benevolence to others.

This faith should be within you and just once you have the faith that you have all these things, you will have self-confidence of love. What is lacking is the self-confidence in your love. If I do this then that person will take advantage. If I do that, that will

happen. Many a times, people tell Me also, "Mother why did you give so much money to that person? Why did you do that?" I say, "I did it. That's all." But why I did it? Because I have faith. I have faith that doing good to others, one day that person will be good to Me. He will be good to Sahaja Yoga. So try to do good. Don't try to cut anybody short. Don't try to throw somebody out, because somebody is something AND not up to your standard. So this is also substandard, that we discard people on certain things.

During this tour, I think, the western Sahaja Yogis have behaved very well, they have been very kind and let us give them a hand. There have been, I mean, no accidents, like burning the skin and all that. But I saw some people still very hot and red in the sun. The temptation was too much, but still, I would say that there were very few who really burnt their skins. Like that we always have some mishaps, something.

So it all worked out well and you are all safe and sound and enjoying yourselves. But now today being also the New Year's Eve for us. So, we have to take a vow - what we are going to do for next year. How are we going to use this power? This should be our problem now. Nothing else. How are we going to use this power? So first is to imbibe love within ourselves, because this is a power of love, first and foremost.

Now you will be going away today. Meet people. There are many people -- Indians also, whom you may not be knowing -- meet them. You have to bid farewell to all your friends, meet all of them. You are going away, after one year, you may meet, you may not meet. So they are your relations, they are your own. So you can express your love to them and say how nice you felt and all those things. As if you are leaving your own Mother and going away because in you I live. Then the idea of love should be brought to some sort of a form.

How are we going to spread this message of love to people? On two ways you can work it out. How individually you can do it and how collectively you can do it. So I have to make one suggestion to the leaders that whatever suggestions come to you from the people you must accept. You are just leader there. Because you have to just communicate with each other. You are not to dominate anybody, you are not to sort of dictate anything to anybody but you have to be a communication person for me and them. So now you should see that how these people are giving you new ideas. Note them down. Don't think you are the only one who has ideas. Get ideas from them. They might get ideas from the cosmos. They may tell you something which should be done and should be noted down and recorded that, "Yes, this was said. This was to be done." And then try to follow whatever is possible, if you are in doubt, you can always telephone to Me and find out. But involve them in this dynamism. Everybody is involved.

Like I told you, last time, it was on My birthday, I mean, all of you could have sent me a card individually, it is alright. Or you could have sent Me a flower or something. I have relations with you directly, so you should not depend on your leader that when he says you send it. And the leader should not say, "Without showing me, you cannot send a flower to the Mother." Between flowers and Me you can't stand. Your job is only to communicate. But you must take everybody into consideration. This is the point where, I think, sometimes the leaders go arbitrary. One of them was like changing the school when you had the school. They had brought the school from Melbourne to Sydney and I was surprised, I was never told about. It is a serious thing. All such happenings can be told to Me. Also you can send Me a tape with all little things that are going well or you can write to Me, which I will be very happy to go through it and to find out.

Before throwing out anybody from the ashram, you have to send the photograph of that person to me and ask me if you could throw out that person or not. You have to respect them because they are Yogis. They are not ordinary students from some place that you can go on throwing them out. So you have to give reasons why you want to throw them out. Every person is important to me and why it is that you feel that that person has to go, by that, person will be helped and the others will be helped. So you have to give substantial reasons for that. Otherwise I won't like it, anybody thrown out, just because he answered you back or that he said something to you.

It has to be very mutually understood that Mother has appointed these leaders because She has faith in them. So, you should just talk to them and listen to them. Now there are people I know, who are always, they have the habit of group-forming, whether it is X, Y, Z, whosoever may be the leader. They can form groups and they are trouble shooters. So anybody who tries to say things against leaders you should not listen to them. But in case you find something really very seriously wrong with the leader you can write to Me. Always. You can write. But I don't like people who are, just because somebody has not been nice to you personally or maybe something has gone wrong personally that's why you are criticizing the leader. If basically you find out what's wrong with that person and write to me, immediately I will know that there is definitely wrong, I can make it out and there is no time spared for that. I mean I don't have to even say that, "Alright, I will think." I will just immediately tell you that this is wrong.

So to work it out this Force within us and to understand it fully well. What is it, we must understand a kind of a... not slavery, but an obedience. For example, I told not to bring many big bags, I saw the boys today breaking their hands under these bags. Now those girls who bring heavy bags will have to carry their own bags, next time. You should point them out, who they are and I will give one bus for them. They have to get on to the bus, take out their... definitely I am going to do that, it is out of My love for the boys who have to take out the boxes. If you are buying something in any place, we can make a device by which everything can meet you in Bombay. You need not carry out with you. But today I saw them in the morning, I was amazed how they were carrying such heavy loads. Now that means you have no love for them. You don't understand that how much it has to be done. So little, little things can suggest that you are not in Sahaj. In Sahaj, we think about others. "Am I troubling others? Am I in any way harming others?" It is not a question of saying 'sorry', that's not in Sahaja Yoga. You just don't do something that you have to say 'sorry'. There is no need to say 'Thank you'. But you do something that will create gratitude. Express your gratitude.

So we don't believe in words. If you have gratitude for someone then give them a present. Just saying 'Thank you' is just a word. Give them a present, or do something good in turn to them. Now if we go on like this there is no end to it. But to come to the main point is this way that we are in a whirl wind. It is not only cool breeze, it's a whirl wind now. So what do we have to do? We have to move with it. We have to have the same speed. We have to have a complete nature of that. We have to be one of that.

So it is within us that we see this and without, we will see that. But we are moving with this speed the rest of the world is not, so how to go round it and how to engulf it into ourselves. All these things are not vague for you because you are realized souls. It may be vague for people who are not realized. You understand what I am trying to say. But still I feel, some of you feel that I am talking about others, not about you. Now think that, "It is all about me Mother is talking. It is all I have to do it. I have to be responsible. And this sense of responsibility has to come to you that, "We are in the whirl wind and to take this whirl wind all around the world, I am responsible -- what am I doing about it?"

Just to see, like you visited the center. All right, we visited the center. So what? People think that if they visit the center then they should be given all the blessings. Why should they be given the blessings for visiting the center? Instead of going to some wretched place, they are going to the center which is a good place. So why should they be blessed? After all they are already blessed souls. Or they think that, "Oh, we have been in the collective, we have been this thing." What have you done for Sahaja Yoga is very important and that has to be seen.

How many people have you really loved? Really loved? Sincerely. We have to count. That's very important. Then what have you done for Sahaja Yoga -- constructive work? You won't feel happy unless and until you have done some work. Say I am a Mother and a child is born to Me. I just have to look after the child. That's the nature of a mother, to look after the child, to do everything for the child, to get up in the night -- so many times one has to get up; that love compels you to do it. But if that love has not entered into you, it has not become a part and parcel of your being, you will not be compelled. You will be just compelled, you

cannot help it. That is the best way you should say that now you have dissolved yourself completely into this dynamic force.

So I am sure next time when I come, I will have better news, much better news, otherwise, normally I go to any place, they say, "Mother this one has disappeared, another has gone away, fourth one has run away and a fifth one is 'busy'." So this should not be the situation. It is your responsibility to see that Sahaja Yoga you work it out for yourself and for others, with love.

So as for a Mother, to see all Her children are going away, I have said quite a lot, it is not easy to say much on such an occasion. But I had to gather up courage and time and decide that I have to tell them all about it. Because now it is your responsibility to work it out. It is your responsibility. In your own way, think it, what can we do for Sahaja Yoga? In everything you can see Sahaj. You will get ideas. Pass them all. Write them down. Write your poetry. So many things can be done by all of you and there is no time to be wasted any more. It has to be a very fast job. Because this universe is standing on the brink of its destruction. And we are the only people who have to save it. So it is an emergency for us. In that emergency one has to know that the nature of Sahaj itself is working out everything. But if this does not work in right time then we will have to have another world - which is another problem. So we have to think seriously about it and understand the essence of everything and understand yourself why you do such and such a thing. Once you start this method, "not this, not this, not this", I will not be surprised that your growth will be very much faster, very much faster and I'll see you as very well established 'nirvikalpas', very soon. I bless you that you mature very much in your spirituality. May God bless you.

THE FIRST U.S. WEST COAST SEMINAR, 1989

The news of Her Holiness Shri Mataji's promised visit to America in mid 1989 generated a wave of enthusiasm among the Sahaja Yogis in America. From this, and enthusiasm from the east coast sprouted the idea of the seminar on the west coast. It was our first such seminar. The house on Hillery Drive in San Diego which houses the second ashram there overflowed with joy as Sahaja Yogis from Los Angeles, San Francisco and Vancouver joined us on the 10th, 11th and 12th of February.

The seminar had organized itself at short notice. Thirty one Sahaja Yogis made themselves really comfortable in this house. Among these were three new yogis and four children. The seminar began with a set program, and as is the case with all sahaj work, spontaneity prevailed and determined its course.

On Friday night we enjoyed a video tape of the India tour and afterwards we practiced some of the new bhajans. The next day began with meditation and a collective shoebeat. Through the day we enjoyed ourselves playing table tennis, sharing news, India tour stories, and preparing for the evening's program. The atmosphere provided us an opportunity to know the new yogis more closely and provided them with a chance to be more comfortable with everyone.

The evening began with the videotape of the weddings in India. That was followed by a "yogi all star cast" performing, in costume, two profound stories from Indian "comic books" for a very appreciative audience. Then we enjoyed a musical ensemble that included recorder, violin, dulcimer, tablas and finger cymbals. The entertainment concluded with an inspired, if not totally serious reading from Shakespeare by two of San Diego's "finest orators". Watching a slide show of the India tour, we were then transported to Maharashtra. For those that remained awake, the evening finished with another rousing round of bhajans.

in the afternoon, we all sat down for a meeting. Suggestions were made as to how we can better reach people who are coming to meetings for the first time, and make them feel more comfortable. Some general guidelines were discussed for working on collective projects.

Everyone was encouraged to take initiative to do whatever is possible to make our Holy Mother's upcoming tour of America a success. There was a concern in every heart to do what needs to be done. We remembered Shri Mataji's advice at Alibag before the end of the tour: that we must enhance our ability to communicate with and handle the new seekers so that many more of the thousands who get realization at Shri Mataji's programs come to Sahaja Yoga. Many ideas were expressed: how we should approach the seekers, how we should relate to the new Sahaja Yogis, how we should help them to get established. Sahaja Yogis present realized that now our Mother wants each one of us to take full responsibility for Sahaja Yoga.

The unique feature of the seminar was the active and enthusiastic participation of the new yogis. They expressed their problems and the problems of other new seekers boldly and committed themselves to take to the cause of Sahaja Yoga. Our hearts were filled with joy and admiration for our Mother when the new Sahaja Yogis opened their hearts in this way.

Then the seminar came to a close. But by that time we had understood each other's spirit at a deeper level. Should we not meet each other like this more often to express our joy and love and to announce the victory of Sahaja Yoga? Salutations, Shri Mataji for the exuberant success of the Sahaja Yoga Seminar. May our collective desire manifest in well-advertised and well-attended programs, and may our Holy Mother be pleased. Jai Shri Mataji!

-- Diana Hughes and Prabhakar Wanage, Miami and San Diego

SIXTH EAST COAST SAHAJA YOGA SEMINAR January 27 - 29, 1989

Once upon a frigid January weekend, miles outside of Hartford, Connecticut, nearly 80 Sahaja Yogis embarked upon a collective mission and reaffirmed a common goal.

The occasion was the Sixth East Coast Sahaja Yoga Seminar. This collective mission -- to cleanse and clarify our right sides. The common goal -- to strengthen our vibrations and better spread our Divine Mother's message of ascent throughout the misguided Visshuddhi.

Given the urgency of the program and the sorry plight of America, no one would have been surprised if a fairy tale had ended here.

In its place, however, we experienced an intense yet joyful, weekend guided by Shri Hanumana's Grace, fueled by concentrated effort, and deepened by commitment and love. It was a weekend more memorable than any fairy tale.

It was with much happiness, thankfulness and eagerness that on Friday, January 27, 1989 Sahaja Yogis from all along the East Coast of America and as far away as Cincinnati, Ohio and Toronto, Canada came together for the Sixth East Coast Seminar, some of them driving more than twelve hours to join us.

The seminar was held again at one of our favorite spots, the Channel 3 Country Camp in Connecticut. (Channel Three for Sushumna, of course.) The experiences and lessons from the beautiful shores of Maharashtra were still ringing freshly in the hearts of all who went to India. In sharing the joy, experiences and lessons for all of us from our Mother, over the weekend, together we felt great strides taken in our collectivity and in manifesting our desire for Sahaja Yoga to work out in this land of the Visshuddhi.

Thanks to our dear brother Phil Trumbo who had taken video films of many talks given by Shri Mataji in India, we were able to watch Puja talks from Rahuri, Brahmapuri and Pune. Afterwards many of the India goers briefly described what they had experienced, and in what ways they had deepened during this tour. So many great stories! And also a great feeling emerged from the videos of Shri Mataji and the Yogis' talks of now taking up the responsibility of doing the job of transforming this world into the new; for all Yogis to become more involved in responsible activities on our society, turning our attention to the world and mankind and witnessing the great force that is managing this, working it all out.

Such a challenge for us to be able to take up this responsibility and act without getting lost in the right-side and overloading the ego; a real problem for America and especially the East Coast with its high-pressured myopic, materialistic lifestyle.

The complete enthusiasm for this new phase was apparent when in the afternoon we had an idea session for projects to spread Sahaja Yoga in 1989. Many ideas were generated, including a public program in Boston on World and Personal Transformation on April 8th; each center in a weekly rotation to write to an editor of a newspaper or magazine, writing about Sahaja Yoga in response to an article they had printed; and a music project for songs to be written about Sahaja Yoga and produced at a professional level, with Steve Kirby to be involved. A letter was sent to Shri Mataji seeking Her blessings.

In the evening, a video of the marriages at Ganapatipule and a slide show added to the colorful array of shared experiences and events just passed in India. Then the magic guitar and voice of Herbert from Frankfurt (here to take back his new wife, Angela to Germany) led us in bhajans, old and new, which joyfully ended the day.

Early Sunday morning in the pale sunlight, we had a havan to ask the fire element to remove all negativity of the right-side and all obstacles to the growth of Sahaja Yoga in America. As we walked back across the frozen grounds the silence around us matched what we were feeling within. We prepared to perform puja to Shri Mataji in the form of Shri Hanuman, the Chief Archangel for the right-side. We prayed that He free us from false chains of ego, selfish worries and all fears of truly opening our hearts to the Spirit in others. We asked Him to help us not get lost in the right-side, to be surrendered and detached from the actions and the outcome and to "Please make us competent messengers to manifest the vision of Shri Adi Shakti." A beautiful silver mace, bought in Kholapur, to be offered to Mother at the Shri Hanuman Jayanti, to be celebrated in England on April 22nd, was placed at the feet of Her picture for Shri Hanuman's blessing.

Again, the seminar closed with the traditional and poetic offering of flowers to the river. As we threw the multicolor flowers to the melted water of the ice-covered river and offered water of the puja, the river playfully received them and swirled them round and round, forming a chakra of flowers rotating clockwise and dancing in a dust of water and sunshine. And the song of the river resounded in the silence of our beings. We all deeply desired that like the frozen river, the hearts of all Americans may start to melt into the joy, beauty and fragrance of the great truth awaiting them.

JAI SHRI MATAJI.

--Patricia F. Brownscombe and Andrea Cousins,
Boston and New York

PRAYER FOR THE RIGHT SIDE - SIXTH EAST COAST SEMINAR

Amen.

Obeisance to Shri Ganesha for ever and ever.

AUM. Amen.

Salutations to Raja Janaka, King and Satguru

Salutations to Shri Bharata, the pure and faithful

Salutations to Shri Laxmana, the brave and wrathful

Salutations to the royal Princes of Ayodhya, Lav and Kush

Amen.

Glory and praise to the light of the Aryans, Raja Ram, the Purushottama and to his Shakti Shri Sita, Mother of all Grace and daughter of the Earth.

We the Sahaja Yogis of North America request permission to seek the help of Shri Hanuman.

Obeisance, glory and praise to Her, Shri Mataji Nirmala Devi, sakshat Shri Adi Shakti.

We the Sahaja Yogis of North America humbly ask Her permission to invoke the guidance of Shri Hanuman.

Now the prayer:

Shri Hanuman, You are the great Archangel who carries the commands of God in the Rajo Guna of the Virata.

Salutations to You again and again.

You are the son of the Wind god because You are born in the divine vibrations.

Salutations ...

You are the one who has been called Hermes, Mercury and Gabriel and who brought guidance to mankind.

Salutations ...

You are the one who spoke the word of God to Shri Sita, the Virgin Mary and the Prophet Mohammed.

Salutations ...

You are the one who has been the Guru of Shivaji to liberate Maharashtra.

Salutations ...

You are the Master of the siddhis.

Salutations to You again and again.

You are the elder brother who gives strength to Bhima and all the yogis.

Salutations ...

You shone on Arjuna's flag to illumine the crown of Shri Krishna.

Salutations ...

As a child, You jumped to swallow the sun, thereby proving Your mastery over the right side.

Salutations ...

You brought the healing grass to Lakshmana, thereby restoring the might of the right side.

Salutations ...

Shri Hanuman, we get lost in the right side; tossed around in ego's yellow balloon; wasted in selfish pursuits and worries.

Please make us competent messengers to manifest the vision of Shri Adi Shakti.

You make use of the divine humor to expose the ego and its works.

Please ...

You bring the perception of truth in the preconscious mind of the yogis.

Please ...

You teach inaction in action through detachment and the surrender of the fruits of action.

Please ...

Your action is effortless play because it does not load the ego.

Please ...

You defeated the gandharvas to display your impatience with frivolity.

Please ...

You set Lanka on fire to curb the pride of the arrogant.

Please ...

You are the perfect Archetype of complete angelic obedience, and total efficiency.

Please ...

Your action is nothing but a thought of Shri Adi Shakti.

Please ...

Your action is to materialize the desire of Shri Adi Shakti.

Please ...

Your action is to make the vision of Shri Adi Shakti come true.

Please ...

Shri Mataji, Thou art sakshat Shri Adi Shakti.

Thy vision is of the brotherhood of man in the unity of the Spirit.

Thy vision is of acting compassion, serene joy and spiritual fulfillment.

May we, thy children in America, learn to use our right side for the manifestation of thy greatest Glory.

Shri Mataji, we bow to Thee again and again. Amen.

Notes From Canada

To all our brothers and sisters:

After attending the West Coast seminar and hearing all the news of the India tour plus the coming tour of America by Shri Mataji, we all are very excited about this great event and all the changes coming about in Sahaja Yoga. The seekers of America are very blessed to have Shri Mataji's personal attendance once again in America, not to mention the Sahaja Yogis!

Since Shri Buddha Puja when we witnessed such a great amount of hard work and several months of preparation, we realized we'd better start asap! So in September we began holding public meetings around the "lower mainland", an area surrounding Vancouver with a radius of up to 50 miles northerly, southerly and easterly.

We have large posters about 14" x 17" which have space at the bottom for meeting times, places, etc. Each month we put up posters with meeting information for the coming month in all areas of the "lower mainland". We have different groups who look after different areas and keep good coverage of each section. We also use free "community calendar" ads in the small local newspaper. We have on an average of 4 to 5 public meetings per month for "new people."

To us, "new people" means anyone who has received self-realization in the past six months. We seem to have 2 to 3 "new people" per week, who are encouraged to attend as many public meetings as possible, in whatever area they can manage or at least come back to the same area next month. No one ever has to travel more than an hour to reach by of our programs. We always either show a video, play an audio of Mother's talk, give realization or give out hand-outs about chakras, taking care of a "realized body", "Sahaja terminology" or information about Shri Mataji Herself.

From personal experience we find with Canadians the less you talk to them, the more you encourage them to experience the process, the less chance of egos coming up. We give them lots of exposure to Mother's spoken and written words and let them discover as much as possible on their own. No one wants to feel that we "know" more than they do, at least not right away (right away if they feel threatened they will just leave or make a scene or something negative).

When these "new people" start to ask for more personal attention we invite them to the ashram meditation right on Thursdays and try to gently carry them to something deeper. Often the ones who stick on have come by word of mouth or they are a friend of a friend. The meetings and postering seem to serve more the purpose of publicizing Shri Mataji's Advent.

If people stop coming to meetings we don't pester them but by keeping a guest book, about every 3 or 4 months we send out a letter to them, giving times and dates of meetings etc. and inviting them again to acquaint themselves with Sahaja Yoga. Sometimes this can re-awaken their desire and they renew their interest. If we push, they inevitably seem to run the other way.

Also at our Thursday night meetings we recommend certain books and loan what we can such as Ramayana, Mahabharata, Krishnavatara, and the Aquarian Gospel. This helps them to

become familiar with other teachings and customs and they love the Indian "comic books" - simple, straightforward and easy to understand.

At some point these "new people" begin to question collective living and its merits. Even though it is never pushed upon them or expected of them, this is often the point at which they become frightened. So this takes some time. But we do desire that they will become interested in living collectively!

In Toronto the Sahaja Yogis are having regular Sunday get-togethers at the home of Jay Chudusama. After attending the recent East Coast seminar, three of this group are keen to live collectively and hope to find a suitable house soon. Through one of the regular people, some French Canadians have come from Montreal and received their self-realization. They are interested in arranging regular sessions in Montreal as well.

Shri Mataji's coming visit encourages us to be dynamic, try to pull in the people at the edges, family, friends, acquaintances, etc. over the next 4 months. Our desire and efforts are directly proportionate to the results that will be achieved.

We have recently purchased a software program called "Paint Brush" which enables us to create some new hand-outs and other pamphlets. We are most happy to share them with everyone or put into form some of your ideas. Let us pray that this powerful Vishuddhi and its collectivity can truly manifest for America and Sahaja Yoga. **JAI SHRI MATAJI.**

Love and best wishes,

--Lori Wills, Vancouver

The 1988 India Tour Diary (Part I)

My first India Tour (1988) - Part I

The Arrival

All international Yogis/Yoginis were picked up by Mr. Pradhan (Bombay Center leader) at the airport and arranged a temporary lodging before en route to the collective tour. If Mr. Pradhan and the Bombay Center brothers and sisters can read the account of my trip, I would like to thank you all for the heart-felt hospitality and all the comfort you had provided us - the drinks, the transportation and a good place to sleep. Jai Shri Mataji.

Vaitarna

Finally, on December 3rd, we arrived the first stop around 8 o'clock in the night, at the Vaitarna Guesthouse camp-site. It was here, all nations became one, the citizens of the Kingdom of God gathered in the sacred land of Maharashtra. 'Maharashtra' means 'The Great Land' in Hindi - The land of Vibrations, the land of smiling faces and the land of mountains, plains, rivers and the forests. Later on, I found that this is a land where simplicity and hospitality are a way of life.

I saw foreign people were embracing each other for the first time they meet. The joy of Spirits radiated all over the small village compound.

The welcome procession of Shri Mataji at 10 o'clock put everyone in a state of ecstasy - knowing we would all be so close to Her from then on. Shri Mataji has said the way people would shy away from such processions in the west is a display of left Vishuddhi. Seeing the emotion displayed during the procession, I began to understand Mother's talk at Vishnumaya Puja in 1988, when Shri Mataji mentioned, "Maybe in another two years or so we can do the

same kind of procession in the western world." At the public program after the procession, Shri Mataji gave us a welcome speech. She said that the international group would have a chance to meet all of the Indian Sahaj family and be one big family as the tour went on. The local Sahaj leader presented garlands to our Mother, and also garlands to nearly thirty different international representatives. Fireworks, songs and dancing went on as if there would be no stop to it.

It was after midnight that we all got our kurta pyjama issues (sarees for sisters) and we were all in one identity thereafter. Trekking between the camp-site and Shri Mataji's guesthouse, I didn't know what the surroundings looked like, but the scents of the country fresh air took me right back to the childhood where I grew up in the countryside of China. The howling song of the dingo dogs in the dark echoed into the distant land and there were rustling noises from the tops of the nearby trees. Yet, I felt perfectly peaceful in this strange dreamland of India. The crows woke me up very early the next morning.

The average daytime temperature of an Indian winter seemed to be 80 degrees fahrenheit. The air was crispy dry and warm. It was most comfortable when we were in the shade. The night air cooled down at least 15 degrees, and then the Indian people put on sweaters!

The Marriage Arrangement

In Vaitarna, Shri Mataji announced the couples who would be married at Ganapatipule. The atmosphere was filled with expressions of surprise, bashfulness and laughter. The announcements continued on for the selection of sarees and wedding jewelry. The Maya was fully displayed during all of this: some couples were wrapped up in their personal tastes and totally forgot the Divine Mother's presence - this, even though our Divine Mother worked days and nights to satisfy Her beloved children. Later I was told that Shri Mataji did not get to sleep until the next morning at seven o'clock. The drama was carried on until the end of the tour. Shri Mataji kept saying this was the last time She does such thing, but Baba Mama kept pleading that the Sahaj marriage arrangements go on..!

Nasik

Arrived at camp-site next to the Godavari River in the dark on December 4th. The next morning, I saw we were camping next to the beautiful river with an ancient temple structure by the water. It was along the banks of this river that Shri Sita was kidnapped. Max Caffey (South Australia) and I set out to take pictures along the river. But we did not go very far, since the rushing waters tempted us to sit down for a soothing footsoaking and followed by meditation. Serenity was definitely the scene we captured. Women washing sarees, people bathing in the river, the cooling of water-buffalo and even car washing were the most common activities around the waters of India.

After the public program and Bhajans at Nasik, we had dinner at 2:30 in the morning. We had to pack the luggage on top of the bus and set out for Aurangabad at dawn. The number of buses increased to seven after some more brothers and sisters arrived. We stopped at Sapta Shringi Mountain (the origin of the half coil of the Kundalini, this was where Shri Durga stopped to rest after the fierce battle with rakshasas). It took quite a hike to the mountain top where the Shri Durga swayambhu (one that is created by Mother Earth) stands. This amazing rock is a natural formation of Shri Durga's face and figure with many hands. I wasn't confident that I would make this pilgrimage since I did not sleep at all the morning before. At the end of this hike, I realized that even though I slept so little every night, I was as fresh as when I have 8 hours sleep. The vibrations from the Mother Earth in Maharashtra is replenishing the physical energy I used up all this time! It must have been around 2 o'clock in the morning when we arrived in Aurangabad. After dinner we slept.

Mhaismal, Aurangabad

December 7th, camped at Mhaismal, outside of Aurangabad. I woke up early in the morning. While meditating in the tent, I heard the sweet music voice of Shri Mataji drifting by and jumped up right away. But I was trailing behind some brothers and sisters already. Shri Mataji gave us a small talk: The purpose of the India tour is to clear the left side and to absorb the vibrations from the places we are visiting. Maharashtra is the origin of the Kundalini power and all locations we were visiting were emitting vibrations. While we are in India, all western problems in the Swadhistan Chakra can be solved by pointing the left hand towards Mother's picture and placing the right hand on Mother Earth. She also stated that the marriage arrangements consumed most of Her time and caused Her much trouble. The marriage arrangement is according to the balance we need in our characters and when we decide to let Mother do the job, we should surrender ourselves. It is our freedom of choice and we must use it and commit ourselves. Also, marriage can not work out later if we do not like it from the beginning.

Shri Mataji also pointed out that Sahaja Yoga is beyond time. For example, the auspicious time for Puja is chosen according to the position of the moon, but not decided by the watch. It is most important that we all enjoy every moment and not worry what hour it is or what day it is. Even though I had put my watch away, somehow I still kept asking people what time it was. Shri Mataji advised us not to overeat during the tour; the hot chili is good for the diet, even if we were not used to it. The best advice was to wash our hands before every meal as Indians do and eat whatever we were served; tongue education was another experience we were to learn on this tour.

The campground was in a highland named Mhaismal, overlooking Aurangabad city. Every morning we went to sleep accompanied by the morning star. Nearby was a lake where we went for a bath. Shri Mataji advised us not to swim into the middle of the lake since there are many mires in the center of the lake. Mother never failed to remind us of such details. Mother, you mean so much to us!

From here, we launched into the historical monuments of the Ellora and Ajanta Caves (on separate days). The Ellora cave is brilliant in scale and in its artistic shapes. It was carved out from the huge rock mountain. Unfortunately, we arrived only one hour before sunset and there was no electricity around to illuminate it. We were told that it took those people 900 years from generation to generation to achieve what we have seen today. The Ajanta Cave is carved out from the side of the cliff. That the stone pillars in each meditation chamber make different resonance pitches when struck with a bare hand was most amazing. One statue of Buddha, when lit from different angles, shows different facial expressions was also out of this world.

Rahuri

From Aurangabad we moved to Rahuri Dam campground. This is the location of Ekadasha Rudra swayambhu, which was discovered while an engineering team was constructing the Dam. There is a Sahaja Temple building in progress there right now. We all went to the temple for morning meditation. The public program at Rahuri's adjacent small village was preceded by a procession. The public program at Shrirampur and Rahuri was very simple; Shri Mataji only asked people to raise both hands and they felt the cool breeze in that split second. We (around 300) were invited to lunch at Mr. Dhumal Patil's house. He is one of the very first Sahaja Yogis. Mother gave a Puja before the lunch. Before bhajans started, there were garlands presented to Shri Mataji. We sang and danced until next morning and every one slept so well after a good dinner.

Paulo Su (Boston)

PRATISHTHAN - AT SUNRISE

Far reaching plains
encircle Her sacred palace
gilded by the mists
of a morning lake.

Many majestic rooms
weave an intricate world
endless, echoing
walls that sing
a silence
so deep

hearts open
to Her music
most rare
surrendering
to the Spirit
dwelling
in this Holy Place.

Note: Pratishthan is Shri Mataji's new home, just outside of Pune. Pratishthan means 'Holy Place'.

THE WEDDINGS: Ganapatipule, India

A great prayer lifts up
in the Indian night
as hearts and souls are wed
at the feet
of our Holy Mother.

A great prayer lifts up
on the shores of red earth
of Lord Ganesh's home:
we pledge
a deeper life,
released,
from ordinary ways.

We encircle the fire of purity
as the deities dance
to honor our Mother
in the Indian night,
a dance divine, invisible
yet felt as the power sublime.

-- Karen DeCocker, Boston

CALENDAR

Thurs., March 2	Ramdas Navami (Birthday of Shri Ramdas, an incarnation of Shri Hanuman.)
Mon., March 6	MahaShivaratri. Collective Puja to Shri Mataji in the form of Lord Shiva.
Tues., March 7	New Moon
Tues., March 21	Shri Mataji's Birthday. Jai Shri Mataji! Collective Puja to Shri Mataji. Spring Equinox. Full Moon. Holi Festival Day.
Sun., March 26	Easter. Puja to Shri Mataji in the form of Shri Jesus.
Tues., March 28	Ekanath Shashthi. Birthday of Saint Ekanath.

Audio Tape Announcement

The following tapes are the newest additions to the audio tape library in Vancouver and can be ordered:

8807 22 1	The Truth - Public Program 1	San Diego
8807 23 1	Shri Buddha Puja	San Diego
8807 23 2	The Diamond in our Heart - Public Program 2	San Diego
8807 27 1	The Method of Our Ascent Talk to Sahaja Yogis	Armonk, N.Y.
8808 06 1	Shri Krishna Puja 1988 "The State of Witnessing"	Garlate, Italy
8808 20 1	Raksha Bandhan Puja 1988 "Cure Your Left Vishuddhi"	Shudy camps