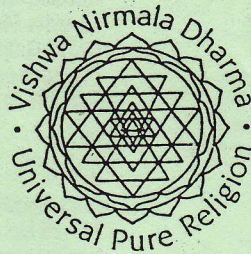


# *The Divine Cool Breeze*

*April 1991*



*Volume 5, No. 3*

*International Newsletter*

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*|| Aum Shri Nirjala Devi, Namoh Namah ||*

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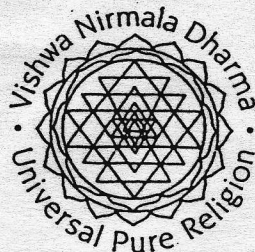
*'So it is important that you all should join hands, work it out, the work of the Goddess, so that Shiva is happy and we create a new world of spirituality and beauty.'*

*--Shri Mataji, Shri Mahashivaratri Puja, New Delhi, February 9, 1991*



# The Divine Cool Breeze

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|| Aum Shri Nirmala Devi, Namoh Namah ||

## CONTENTS

1.	Diwali Puja Talk Synopsis	..	..	..	..	..	..	1
2.	Christmas Eve Puja Talk Synopsis	..	..	..	..	..	..	6
3.	Mahashivaratri Puja Talk Synopsis	..	..	..	..	..	..	7
4.	Mahashivaratri Puja in India	..	..	..	..	..	..	9
5.	Shri Mataji in Transit in Singapore	..	..	..	..	..	..	10
6.	Shri Mataji's Australian Tour 1991	..	..	..	..	..	..	12
7.	Update from South Africa	..	..	..	..	..	..	15
8.	A One-Day Seminar for New People in Vienna	..	..	..	..	..	..	16
9.	Tolstoy on Collectivity	..	..	..	..	..	..	16
10.	Poem: A Sahaja Yogi	..	..	..	..	..	..	17
11.	Shri Mataji's Itinerary	..	..	..	..	..	..	17

For information about subscriptions, to send contributions, or to contact the editors:

The Divine Cool Breeze  
9064 Hillery Dr.  
San Diego, CA 92126  
U.S.A.

Telephone (619) 271-4983  
Fax (619) 566-3180

## ***Diwali Puja*** ***A Synopsis of Shri Mataji's Address*** ***Switzerland 1990***

At the Diwali Puja, Shri Mataji first explained the true meaning of Diwali. The word 'Diwali' or 'Deepawali' is derived from two words 'deepa' (light) and 'awali' (rows). Diwali means rows and rows of lights. It's an ancient tradition all over the world to celebrate with lights to express joy. However to overcome the darkness of ignorance we have to enlighten ourselves. There is a sparkle of light in the eyes of Sahaja Yogis after their self-realization. The true celebration of Diwali is when Sahaja Yogis become the "lights of knowledge, truth, peace, and joy" and the dance of joy is seen in their sparkling eyes.

We worship Shri Lakshmi during Diwali. The Lakshmi principle is in our Nabhi. Shri Lakshmi stands on a pink lotus and has two lotuses in Her hands. Her posture personifies kindness, beauty and love, standing on a lotus, She does not throw Her weight. "So the first thing those who have to worship Lakshmi have to remember one thing that they are not to pressurize anyone, to push anyone, to control anyone, or destroy them." But She with Her feet on lotuses nourishes the lotuses." A person who has Lakshmi, who has money, who has wealth, should be extremely generous like a lotus which provides a bed of comfort and protection even to a beetle coming to rest.

"So for a person who has money that should be the temperament. Otherwise he loses his money very fast or he is always insecure about his money. He doesn't know what to do." A house should be such that you could live freely, but in the house of such an insecure person no one is comfortable. But if we become materialistic, we get out of the Lakshmi principle. All the beauty of our wealth is finished... So the Lakshmi principle is to understand that matter is for expression of your love... How much comfort you can give to others?... Lakshmi principle means love! This very few people understand. To them Lakshmi means money in the bank. No. It doesn't mean that. It means money or anything like that to express your love!"

"Another symbolic thing about Her is that She is a Mother. And Mother just gives. "Nirvyaja" (without attachments or expectations). She doesn't charge any interest for what She gives! She just gives. Her enjoyment is giving! For example, our Mother always gives. It also relates to a collective feeling which is beautiful. The western people have to understand that materialism has gone too far into their heads. They cannot enjoy their wealth because to them everything seems to be an investment.

"In all introspection we have to realize that we have gone too much into materialism." That does not mean you should not make money, that does not mean you should not work, you should be lethargic, that you should say that Mother has said that we should be lotus eaters. Not that. "If you are making money, it is just to give. Then otherwise, your situation will be bad. You will always be insecure about money." Because of this insecurity, "there is no grace in this kind of money that people have. That means they have no traditions, no sweetness, nothing in them. They are dry, as if the whole juice has been taken out of a sugar cane."



We should feel obliged that we can give. That is the "first sign of a Sahaja Yogi." However, many Sahaja Yogis give the last priority to Sahaja Yoga. "You have to know that Sahaja Yoga is for the emancipation of the whole world." Sahaja Yoga is very blissful and by the grace of Shri Lakshmi Sahaja Yogis are blessed. But the Sahaja Yogis should not fall prey to this first temptation by being possessive. "So this Lakshmi principle is to be understood in its proper way... It is not superficial as we think. It is much deeper within us and when we touch our depth, it shoots."

Another symbolic thing about Shri Lakshmi is that with Her left hand She gives. Shri Mataji explained that as air does not flow unless we open the other door, the Lakshmi tatwa also does not flow in unless we give the best we have for others. If we give things which we might as well throw away, how can we touch our depth? Whatever is the best we should give. If we learn the art of giving it will be so joy giving. Because we are very ego oriented, we understand what gives us joy but we don't understand what will give joy to others. And when we understand what will give joy to others then that joy reflects on us much more, thousand times."

Another type of people are nervous about giving because they are worried about those who take advantage. But there is no reason for them to worry. "...With the help of this Divine Power, anyone who exploits you will suffer and you will get ten times more than you have lost." Giving means nothing is mine. We have to develop detachment. It is another kind of selfishness to be attached to our own children. We have to teach our children to be collective, to give to others and enjoy that. Then from the very childhood the child becomes extremely generous. Aishwarya (generosity) is a sign of an incarnation and of Sahaja Yogis.

The right hand of Shri Lakshmi protects. A person who has Lakshmi tatwa awakened has family, friends, everyone and he offers them protection. The worst thing in the west is that parents do not give any money to their children when they grow up and then don't look after them, but are very possessive about them. So it is important for Sahaja Yogis to understand that they will first of all look after their children, give them whatever they want, nourish them, give them guidance, not spoil them. Secondly, once they are married and have children, they will not try to possess them, their children, or their wives. This protection is the protection of a mother. The same attitude is to be extended to our work environment. All other people who are working under you are your children and they are to be treated like that. And they have to feel like that. They have to feel it's a family. And this is how, through the protection, through the care, through the love you can make them so dynamic. And that is how the Lakshmi tatwa will increase; otherwise there will be strikes, there will be fights. This is enlightenment. That's why a person who thinks he is capitalistic must understand that capital is nothing if you don't understand how to use your Lakshmi principle."

Respect is not earned for being rich. It is only earned if we do something substantial for others, for the society and for Sahaja Yoga. If there are still quarrels about spending money for the work of Sahaja Yoga, it shows we have not touched our depth. "If you touch your depth you will give and you will enjoy your giving." Shri Mataji asked us "all individually, you introspect yourselves and see for yourselves. Let us count, 'How much money have I given for Sahaja Yoga work?' Count individually. You will give Me presents because you think that gives you blessings. That's not the point. The point is how much money I have kept for Sahaja Yoga out of my income. This is the first question of the Lakshmi principle."



The Lakshmi tatwa is to be awakened before the Mahalakshmi tatwa can be awakened. Shri Lakshmi is born out of the sea because Her Father is a generous personality. The ocean allows itself to be heated up and evaporate water to provide us with water. The ocean contains all the salt and then gives us salt. "Salt is the one which gives taste to the food, is your Guru principle. You cannot become a guru, you cannot become a leader if you are a miserly person. You cannot." Shri Lakshmi is born out of the Guru principle. "And this Guru principle starts working in you when you have this Lakshmi principle awakened in you."

The Lakshmi principle is not money, it's the sweetness and expression of love. Shri Mataji explained, "When this Lakshmi tatwa starts, that's the first beginning of love. Love for others. I know you all love me very much. But it's not a complete reflection of your mother. You have to love each other, and share everything with each other, with love. Then this first light of love, Lakshmi, starts showing in you. In that light when you move, you become very deeply generous." We have to look after our families, but not be limited by them or limit their growth by our possessive attitudes. We cannot crush them with narrowness, but should allow them to open out and grow. In everything that we do, love should start manifesting. Shri Mataji explained that, "You are doing it for yourself. You are not doing it for others. If I have tried to help somebody with money, I am trying to help Myself because I cannot bear that person in troubles. So no obligation and I do it secretly. I don't want to talk about it because I'm enjoying it secretly. I am enjoying Myself, I am not enjoying the idea that I am doing this for others, but just for Myself."

"We are specially chosen for Sahaja Yoga. We have to work out Sahaja Yoga, nothing else. All our family, all our household everything, everything is nothing but Sahaja Yoga... So all these questions, women dominating men, men dominating women will all disappear the moment you decide, 'we have to awaken the Mahalakshmi principle within us.' And the Mahalakshmi principle is the principle where you start seeking the truth and nothing else."

How can you take to Mahalakshmi principle unless and until the Lakshmi principle is embedded, unless and until you feel that love for each other?" Enjoy the generosity of it, of your own. Then only you can rise to that principle of Mahalakshmi which is the spiritual principle and this spiritual principle has been established within us by the penances of all the Deities." Whenever the Shri Mahalakshmi principle incarnated on the earth this principle made sacrifices for the evolution of human beings. Shri Mahalakshmi incarnated first as Shri Sita, then as Shri Radha, Shri Mary, Shri Fatima and now as our Mother, Shri Mataji. The present manifestation of the Mahalakshmi principle is a much deeper one which requires tremendous patience. "It won't work out if I sacrifice anyone." For our evolution Shri Mataji is sacrificing Her sleep, food, family, comforts, everything for the manifestation of our Mahalakshmi principle. We have to understand that in order to enjoy the blessings of Sahaja Yoga we have to put in some effort to give up our smallness, selfishness, laziness, comforts, and attachments.

Shri Mary and Shri Fatima sacrificed their own children on the altar of truth, while we are attached to our children. We have to introspect to ask, "Why we are so much attached to our children? What are we teaching them? Are we teaching them any sacrifices? Are we teaching them any sharing? Are we teaching them any tolerance? Are we teaching them any forgiveness?... The child has now become the biggest ordeal for Sahaja Yogis... Your children are grabbing you and you are grabbing them... Are they jealous? Are they saints? Are they beautiful? How do they talk to others? Are they confident? Tomorrow they are going to be the leaders of Sahaja Yogis."



"It's the duty of every Sahaja Yogi to see that their children grow, grow as great people, greater than you. They have to look after the world. If you spend time with children, see that you mold them. You nourish them, nourish them with love, and tell them that they have to give love to others... Otherwise they will become devils like Ravanna who was spoiled by his mother.

"First of all, understand they are not your children. They are My children and under your trust. You are not to make your children small... I wanted to warn you because we have to make our children like lights. Light burns for others, not for itself... If you take a diamond and put it in the gutter, it will be lost, just like that. Even if you have the best children, you can ruin them by this kind of a stupid idea, that is my child, this is mine. Expose your children to good things. Tell them what's good. Tell them how to be good to others. Tell them to look after them. Tell them how to press the feet of others, how to comb their hair, how to give food to others... Don't make them small." If the children are found to be selfish, obstinate, jealous or dominating they need to be corrected. Children are very clever but they will behave themselves the moment they realize they will lose our love.

The Mahalakshmi principle has to grow among men as well as women. We have to sit down together and meditate. The children have to be taught the proper protocol of Shri Mataji. "This is the greatest time of the spirituality, of the complete manifestation of the powers of the Goddess."

When we come to Sahaja Yoga we are already blessed by the Mahalakshmi principle. We have to feel it. We have to put in some work, some effort, some sacrifice to enjoy the blessings of Sahaja Yoga. The enjoyment is not complete if we are still attached to our comforts and laziness. Everything should be under our command. "This is the power of love. The power of love gives you complete command over everything, over your body, your mind, your ego, over everything... If you love someone, without any expectations, then the power of love just floods you with things, with ideas, with everything. But just try to understand it should be pure love, without taking. The source of enjoyment is this power of love and it won't fill the heart which does not have love." These lights, the flowers, the fruits, the whole nature loves. The lights, the flowers are short-lived, but every moment they live they give joy to us. If we ask a flower what it wants it will say, "I don't want any kingdom. I don't want anything, but the road on which Adi Shakti is going to walk, please throw me there. That's all I want."

Sahaja Yogis who fall asleep sitting before Shri Mataji do so because their hearts are not open and filled with enjoyment. We should not close our eyes when we are sitting in front of Shri Mataji. It indicates a lack of depth. We have to introspect ourselves to see whether we have touched that which is eternal within us. Every moment is precious, Sahaja Yoga is progressing very fast and now we have to develop the Mahalakshmi principle within us. Giving joy to each other gives the greatest pleasure to Shri Mataji. We have the light which everybody doesn't have, so let's burn. Even the shortest life which is like a shooting star is more precious than the long life of a dead person.

We have to understand the protocol. If we want our Sahasrara to be open we must never question or doubt Shri Mataji. We have to keep our Sahasrara open because without opening our Sahasrara we cannot do anything. Surrender means keeping our Sahasrara open. Surrender is the only way we can grow. But what can we surrender to our Mother? She can create universes after universes. We have to be One with Her, we have to be lost in Her, to enjoy Her,



to know Her. That is the day there will be a perfect Diwali in this world. We have to compete with the other countries like Russia in how many Sahaja Yogis we get. All this will create a beautiful personality of self-respect, which is only possible now that we have self-knowledge.

Now we must respect the Mahalakshmi principle within us. The Mahalakshmi tatwa has four sides. The first is the Lakshmi tatwa which is expressed by love and generosity. The second is the "Rajalakshmi" which is expressed by royal, dignified behavior. The third is the "Gruhalakshmi" and the fourth is the "Alakshmi" principle.

Sahaja Yogis are realized souls so their behavior has to have royal grace. We have to have the dignity of a king who gives and doesn't take or beg for anything. A king doesn't borrow money. Royal people always have their hair very well-groomed, but for that they do not have to go to a hairdresser and follow fashions. Kings and queens don't follow fashions and play into the hands of modern entrepreneurs. Ordinary people do that. But a king has his own way of dressing. Whatever he uses will be of good quality. We have to be traditional and not cheapish. Our clothes should not be like "sanyasis." They should be neat, clean and colorful but not varying with the movement of fashions.

A king always speaks with dignity and doesn't use cheap language or slang. A king also doesn't talk too much but whenever he talks, he talks sense. On the other hand a king is not glum. "Dignity is something that cannot be taught, has to be inside yourself. A person is not self-conscious, but is conscious of his dignity." We have to show the kingdom of God through our behavior.

Royal people also never ask questions. A king knows all the answers and has to give solutions instead of posing problems. We should not go on asking questions and posing our problems to Shri Mataji continuously. The problems will be solved as soon as we decide that we are going to solve our own problems in the royal spirit as the children of Shri Mataji. "...All the Sahaja Yogis and all the Sahaja Yoginis are very different from all others, and this is what we have to understand, how dignified we are for a Rajalakshmi."

We have to be very careful of the fourth principle of Alakshmi. This is to be avoided in our behavior. "Alakshmi principle is where you may have everything but you are a beggar." Alakshmi means the absence of Lakshmi principle. Then there is also "Kulakshmi" when people use money for wrong things, for example, if money is used for drugs or any bad business, or someone grabs the money of Sahaja Yoga or of Sahaja Yogis. To grab the money of Sahaja Yoga is the worst kind of Lakshmi because it brings people down.

We must have the strength of love to pull the world out of problems. "That is the strength that keeps Me laughing all the time, enjoying Myself. Even the least of this joy I cannot give up. In the same way I bless you with all the Lakshmi principle and Mahalakshmi principle, but above all, the principle of love, the pure love without any expectations."



## *Christmas Eve Puja Synopsis*

### *Ganapatipule, December 24, 1990*

We can only know the Divine when we know ourselves. The incarnations suffered so much but still we do not see the Truth, the Reality and we repeat mistakes over and over again. As Sahaja Yogis we have the sensitivity to see and feel the Truth of the lives of the incarnations but with that is a very great responsibility. Christ's twelve disciples did not get their realization until after he died and yet as ordinary fishermen, they accepted so much responsibility. Imagine, Thomas came to India. We also have a responsibility not only to enjoy ourselves but to spread Sahaja Yoga and to Practice it.

The first message of Christ's life is love. He talked more openly about love than any other previous incarnation. All pettiness, jealousies, and small mindedness have to go. Christ told his disciples that the greatest joy for Him was to see how they loved each other. The sign of evolution is not how much we talk about, practice or spread Sahaja Yoga, but rather how much we love each other, understand each other, help each other, and endure for others with great joy, not toleration. We cannot afford to hate someone.

The second message of Christ is absolute morality. Adulterous eyes include not just lusting after men or women, but after things, property and the successes of others. It is your attention which communicates to you whether you are above lust and greed. The more you try to rise above these things, your heart opens and you start enjoying your virtues.

Morality is a state that you become. You don't make it happen or think you are moral. In that state, you just enjoy yourself. You do not feel inhibited or restricted--you're detached. The joy is complete because you are one with Reality.

The power of a Sahaja Yogi is that he's the purest form of human being and in the purest form of love you get the purest form of knowledge... when you are in that state, you just watch anything, see anything, all the power of giving joy, from everything, just starts bubbling into you, and you don't see the bad things at all. Immorality, however, cannot be enjoyed. But when you really enjoy the purity of another personality, you become simpler and you don't show off or say smart things.

We must allow the deeper love within us to come out. Many people don't know how to express their love. In Sahaja Yoga, you have to learn the Yukti, the trick of what to say when, which pierces like a dart in the heart of someone, a beautiful feeling. This is the art of living a Sahaja Yoga life. Children say such sweet, deep and simple things. You have to be like children, not just to enter into the Kingdom of God but to stay there.

The Ganapatipule seminar is a divine congregation of all the Gods and Goddesses. It is very symbolic because it represents the whole world, its problems and also the solutions. It's such a beautiful idea.



## ***Mahashivaratri Puja Talk Synopsis***

### ***Italy 1991***

This puja is to worship Sadashiva, which is respected within us as Shiva in our Heart. We have seen that the goal of our life was to achieve the state of Spirit.

In the past, in order to move the attention from the body, the body was put to all kinds of trouble. For example, if you were sleeping on a bed, then you should sleep on a mat, then on the ground, then on a stone, then on ice in the Himalayas. Then if anyone was fond of eating, they should fast or eat unappetizing food. The aim was to make the body strong and undemanding, and secondly, to destroy the mind, which takes you to senses, to things of joy. If you want to have something very much, instead you should deny anything your mind wants. It was only after all this that one was even worthy of discussing Nirvana.

Shri Mataji said that in Sahaja Yoga, it is "the other way round." She first opened the Sahasrara and then gave us the freedom to correct ourselves through introspection and on vibrations. We start seeing what's wrong with ourselves, not what's wrong with others. In the past, individual seekers achieved their ascent only for themselves, not for others. But Sahaja Yoga is the ascent of the whole.

In Sahaja Yoga there are people who "practice Sahaja Yoga as they go to church - but it's not from their Heart, and Heart is the abode of the Spirit, is the Shiva within us."

We already know about the three nadis, Ida, Pingala, and Sushumna, but in the Heart there are four nadis. "One nadi goes to Mooladhara, and if you cross the limits of Mooladhara, it goes to hell. That's why they say that Shiva is the destroyer. Actually, you ask for your own destruction, and when you ask for your destruction, you have it." Some things, such as our ego and our conditionings, however, have to be destroyed in Sahaja Yoga in order for the beauty to come out. As Sahaja Yogis we must turn our attention inwards, and ask ourselves why we want comforts, food, and family instead of trying to achieve the highest.

In the four directions of the four nadis of the Heart there are destructions built in. So how can we stop this destruction through the first nadi, going to hell? Shri Shiva is innocence personified so we have to dissolve our carnal desires into that innocence and purity. This innocence can be achieved even if we behave like human beings, are married and have children. Shri Mataji explained that Shri Krishna is Yogeshwara and although he had 16,005 "wives," who were "his powers and five were the elements, he was absolutely innocent about sex." To live in this world and also maintain our innocence is the sign of our growth.

The second nadi that can take us to destruction is desire. Lord Buddha said it clearly that when we are free from desires we are liberated, desires lead us to illness and death. That is why we must have desirelessness, which means that we should have only "Shuddha Ichha," or pure desire. Especially in the West, people tend to want material things that others have. Desires can be of many kinds; they can be also quite mental, such as wanting to possess a child. With



impure desires, one never feels happy or satisfied. The attention which has to enjoy and nourish the Spirit becomes disturbed because of desires. But if we desire for beautiful things, we can shift our material desires into aesthetics. "The quality of Shiva is that He beautifies everything that is created by the Mother Earth, evolved by Vishnu." It is He who throws the light in such a way on Shri Mataji's miracle photographs, just to convince us about Shri Mataji. If we start desiring something aesthetic and great, gradually we will end up with vibrations, and we will desire nothing but vibrations after some time.

Shri Shiva has the power to destroy, but also to give vibrations. (The Goddess is the power, Shakti, who makes the vibrations.) The joy of bhakti comes from Shiva. If we feel Shri Mataji's love all the time, that's how the bhakti comes. We must get drenched in the ocean of love that is God, and feel the real connection with God, without differentiation. "So to enjoy Sahaja Yoga you must know that it's not your own vibrations only, but is the bhakti, that is the joy of Shiva's quality of joy that He adds to our life."

It is through the third Nadi that we feel attached to someone. For many people that means attachment to "my child, my husband, my family." We must remember that our relatives are Sahaja Yogis only. Very good Sahaja Yogis never side with their family members if they go against Sahaja Yoga or trouble Sahaja Yogis. They never allow their relations to trouble others. Some people think that Sahaja Yoga owes them something; they expect their financial situation to improve, for example. "But they don't want to see that you have to suffer for Sahaja Yoga, or even if you have been in Sahaja Yoga so many years you are not a Sahaja Yogi. Something missing, you don't deserve, something wrong with you, not with Sahaja Yoga."

"So one has to understand the discrimination part of it, that 'why am I attached?'" The sap of a tree is an example of detachment: it rises, goes to various places on the tree, but doesn't get attached to any part. If it did, the whole tree would die, including the part which is very close to the sap. It was due to family attachments that, in the olden days, seekers became sanyasis in order not to trouble the Guru. But in Sahaja Yoga, we have a much deeper purpose that goes beyond even our individual, ascetic ascent. "We have to emancipate the whole world; try to understand your responsibility."

"Shri Shiva is the principle that corrects, that nourishes, that wants your benevolence... So when you are looking after the benevolence of others with love then the whole life changes. The whole pattern changes and you immediately enjoy it because you are one with so many, concerned with so many families, so many things, so many problems of others." By not thinking what race we are or from what country we come, we "become a universal being and this attitude has to be achieved... They're all brothers and sisters, one of the same Mother. But this is only possible when you dissolve that limited relationship of yours into this great unlimited ocean of love... And if it's not there, do not try to escape out of it. Just watch yourself, see for yourself, 'Are you really in love with everyone?'" We should put our attention on the joy of others, open our hearts, enjoy everyone, and not want to separate from each other in any way.

The fourth nadi of the Heart is the most important for all of us. It passes through left Vishuddhi, and then passes through Agnya. "It has four petals; opens up. This is the one which leads you to the state called as "turya," which means "fourth." The fourth state is where you have come now, in the thoughtless awareness state. "When there is no thought, you have to be innocent. When there is no thought, you have to have vibrations. When there is no thought, you cannot



be attached to anyone... These four petals which are within you have to open out in your brain... And that is when you absolutely understand what is God... That is the time when one receives the real knowledge. But unless and until these four petals open, one may fall back."

"And if there is God, how can you suspect anything, how can you try to analyze anything?... The true knowledge, the pure knowledge, is not about our chakras, not the knowledge of vibrations, not the knowledge of kundalini, but the knowledge of God Almighty. And the knowledge of God is not mental. It starts from your heart and goes to your brain... Knowledge about God, that He's love, that He's the truth, that He knows everything, that just becomes part and parcel of your being, absolutely, that's the time we say is the Nirvana... So open your hearts... Do not judge people on vibrations. Judge yourself, all the time."

"To know that you know God itself is so good. Whatever it is. She may be Mahamaya, She may be anything... It cannot be described in words. But to know that's God, after all, that's God, God Almighty, and that gives you the beautiful surrender, when you feel absolutely secure in the ocean of love. I wish you all to achieve that state."

## **MAHASHIVARATRI PUJA IN INDIA Delhi 1991**

About twenty foreign Sahaja Yogis attended this year's Mahashivaratri Puja in Delhi on February 9, 1991. Shri Mataji was pleased to hear that so many had come from abroad. (It is a very rare occurrence.) In light of this, and the fact that the Puja would also be performed in the West for the first time in Italy one week later, one gets the feeling that East and West are quickly merging now. The roots and the tree no longer seem to have separate identities. The Atma (Spirit) and the Jeeva (Soul) are truly one. Shri Mataji was also very pleased by the puja itself. Apparently, it was the first time that the vibrations were fully absorbed during a Puja here in the most influential city of India.

The pure light of the Spirit is reaching every dark corner. May no heart shun its grace.

Note: Shri Mataji has again mentioned that it is more auspicious (and pleasing to the Deities) to say, "Shri Mataji" than "Mataji" or "Mother" when we speak to or about Her.

Edward Saugstad, New Delhi



## Shri Mataji in Transit in Singapore

March 1991

Shri Mataji arrived in Singapore airport on the evening of the 26th of March in transit on Her way to Perth, Australia for the start of Her Australian tour. On hand to meet Her as She entered the transit lounge was a large group of Sahaja Yogis from Malaysia who had themselves flown in from Kuala Lumpur earlier in the evening. Looking fresh after Her long flight from Calcutta via Bombay, She graciously accepted our flowers. We then moved to the lounge and sat round Mother's feet. As She spoke to us, Mother ate the sandwiches and papaya we had brought for the occasion.

A birthday card drawn by one of the Sahaja Yogis was presented to Mother. Shri Mataji remarked that Her face had been drawn rather large, making Her look like Narasimha. Mother said that Her birthday had been celebrated in Delhi, Bombay, Calcutta and now in Singapore also. She hoped that the Australians also don't have yet another birthday celebration. Otherwise, She joked, "I'll grow very old very fast." Shri Mataji said that for Her birthday puja in Bombay, flowers had been received from every country and that She had enjoyed them very much. She mentioned that one of the biggest bouquets was from Malaysia. She said, "All the flowers in Bombay must have been exhausted."

To mark the occasion, and as an expression of gratitude by the Malaysian Sahaja Yogis for this meeting in Singapore airport, a handprinted batik sari was presented to Mother. Talking about the progress of Sahaja Yoga in Malaysia, Shri Mataji expressed Her happiness that Sahaja Yoga is now established and is working out.

Referring to this year's India Tour, Mother said that the tour will start in Madras on the 5th of December. From there it will go on to Bangalore, Hyderabad, Poona, Kolhapur, Ganapatipule, and ending in Bombay. She said that Sahaja Yogis taking part in the tour will have to arrange their air tickets so that they arrive in Madras and depart from Bombay. Looking further ahead, She said that future tours will also cover Delhi and Calcutta which will make the tour more interesting.

Shri Mataji said that She was very interested in starting courses on the 21 arts and crafts of India. These courses would be conducted for 6 to 8 months of the year during the cooler season. Sahaja Yogis will be able to take three or five courses at a time lasting three to six months.

Shri Mataji also said that the primary school in Dharamsala for Children of up to 14 years of age will be shifted to Vashi. She said that a publisher in Delhi was interested in recruiting teachers from Singapore for this school which will start in July 1992. Mother's plan was that this will later be expanded to a high school and eventually to a Sahaj university.

Talking about Her travel schedule, Shri Mataji said that Her tour of Australia and New Zealand will end on the 20th of April after which She will travel to Honolulu. From Honolulu She will go



on to Los Angeles and then on to New York where a program at the UN has been arranged. Then She will be travelling to London and then Rome for the Sahasrara Puja. After that there will be programs in France and Spain and other European countries. She will return to India in November. Shri Mataji then scheduled November for Her tour of Malaysia and other countries in Asia.

Shri Mataji said that Sahaja Yoga is now taking very big strides and is spreading very fast. In Russia, 400 doctors are experimenting with it and are working it out. Stressing the importance of spreading Sahaja Yoga, Shri Mataji said that when one spreads Sahaja Yoga, one goes deeper. She added, "If you don't spread it, then the depth is not achieved."

While working on a Sikh family who had been harmed by false gurus from India, Mother remarked, "India is the place that has given birth to the most rakshashas." She said that the Guru Granth Sahib was written by realized souls and yet these false gurus have managed to use verses from this book to spread their bhoots.

Commenting on the deficiencies of medical science, Shri Mataji said that the doctors should open their eyes to understand that there is something beyond their knowledge. She said, "You get left side problems when you get possessed. How do doctors know this? Doctors themselves get possessed!" Mother related the case of a doctor who was the head of a kidney department who came to Mother saying, "Now my kidney is failing." She also spoke about a very well-known cardiologist who told Her that he had had a heart attack. Mother said to him, "Wonderful, now what are you doing as a cardiologist?" On the matter of health, Shri Mataji said that Sahaja Yogis should at least have good health. Mother also said that it was very important for Sahaja Yogis to learn to cure. At present, only a small number have mastered the technique.

All too soon it came time to say good-bye to Mother as the final boarding call for the last flight back to Kuala Lumpur was announced. We bade Mother farewell as we proceeded to our plane while Mother went to Her own departure lounge for Her flight to Australia. Jai Shri Mataji!

Ng Wooi Boon, Malaysia

## ***Shri Mataji's Australian Tour 1991***

### ***The Beginning***

Shri Mataji arrived in Perth on the first stop of Her Australian Tour on Wednesday morning, March 27 at 6:00 am.

Shri Mataji returned to the collective house at Applecross where She rested for the remainder of the day, preparing for the public programme that night. Three hundred people attended the public programme, and Shri Mataji was pleased with the program and with the people who came. She stayed until around midnight talking to all the people who wished to speak with Her.

On Thursday at about 1:00 pm Eastern time a Mahavira Puja was planned at the site of a new ashram to be built. A Perth Sahaja Yogi has given a number of acres of his property to Sahaja Yoga for this purpose. The land is about an hour out of town, and is in a beautiful bush setting overlooking a lake. An aircraft hanger will be erected on the site which will serve as the frame of the building, within which an ashram will be built. The hanger has been delivered to the site and is in construction.

### ***Easter Puja Seminar, Australia 1991***

The weekend began at Sydney Airport where several hundred Yogis had gathered to welcome Shri Mataji from Perth. Shri Mataji arrived to be greeted with many flowers and smiling faces, many were seeing Shri Mataji for the first time. One of the new people said that this was the best moment of her life.

Shri Mataji traveled directly to the Bundilla Scout Camp in the west of Sydney where She was to stay for the weekend. A small one room house was to serve as Her quarters. When She saw the house She said with a smile that She was looking forward to setting up house.

Shri Mataji rested for the remainder of the Friday night and for most of Saturday as well. On Saturday morning we listened to the Mahavira/Bhairavanath Puja held at the Perth Ashram site at Gidgegarna in which Shri Mataji talked extensively about the left side. She said there are seven nadis as well as seven coils on the left side and that the problems on the left side are more difficult to correct than those on the right. All psycho-somatic diseases, even if they appear to be on the right side, have their origin with a left-sided problem. Shri Mataji talked very slowly at the beginning of the talk as if She was working out the left side, and as the talk continued She began to speak at Her normal rate. She also talked about the life of Shri Bhairavanath and how the Jains have misused him. She said that He is an extremely hard-working Deity as there are so many problems of the left side.

Over the last four months we have been having a drought on the east coast. We have not had more than an occasional shower during this period. From Friday evening when Shri Mataji



arrived until Sunday, the day of the Puja, it rained, soaking the camp. On Saturday evening Shri Mataji joined us with the Nagpur musicians for a concert. Shri Mataji talked before the concert about children and the problem they have in the west with their attention. She said that we should massage them everyday until the age of five and this will help settle their attention. There were about 150 children and youths at the camp and Shri Mataji called many of the young ones to sit at the front. She observed that their attention could not be settled for any length of time, and some children spoke too much. She also said some of them had problems because their parents were too attached to them.

She spoke of the school in India and the problems the teachers had experienced from the western children, who were behind Indian children both scholastically and from the standpoint of discipline. She also said that we were responsible for the attention of our children and that if this was spoilt we would be held responsible. Her talk that evening was addressed to the children. She said She would talk about the adults the next day.

Following Her talk we had a combined concert by the Nagpur musicians and some local musicians. We gave a rendition of "Jago Savera," a song originated by the Noida group, which was well received. Shri Mataji talked about how Sahaja has enabled westerners to sing Hindi and Sanskrit songs and this must be because Shri Saraswati was residing on our tongues. One the highlights of the evening was a rendition of two ragas by a Sahaja Yogi on the guitar. For a number of years he has been taking instruction in an Indian Music academy in Sydney on playing Indian music using a western guitar. Shri Mataji praised him and said, "I knew that you played that thing, but I did not know you could play so well." Baba Mama also said he had enjoyed the music and complimented him on unlearning the western rhythm and mastering the difficult seven and sixteen beat ragas. He said he hoped in a few years he could call him Ustad. The evening ended with the Hindi Kavali, "Pinjare Wali Muniya," to which we all danced without inhibition.

Easter Sunday began with the sun breaking through the clouds and drying up the soaked camp. The day began early with preparations for the Puja. The stage was draped with yellow and red silk; the centerpiece was a deep blue green covered chair in multicolored designs and upholstered in turquoise silk which had been made by the collective for the Puja.

We gathered at 11:00 am and Shri Mataji arrived just after 12:00. The Australian leader began by saying that Shri Mataji had requested him to read a horoscope of Shri Mataji and Sahaja Yoga by a famous Indian astrologer. The astrologer compared the horoscope of Shri Mataji to those of Lord Buddha, Lord Jesus Christ, Lord Krishna, Mohammedsahib, Guru Nanaka, and Adishankarcharya. All of these Divine Personalities have the following aspects in various degrees:

- highly religious past lives
- concern for the masses; ability to do tapas
- gives 'moksha'; dharma established within; goes all alone
- world guru or a 'jagat' guru
- Venus, Mercury in houses with only beneficial aspects

These are present in all Divine Personalities but in the case of Shri Mataji they are all present in full strength. She was born with Mercury, the moon, and Venus in ascendancy. The first period of Her life, beginning March 21, 1923, was a 13-year, 11-month cycle signifying a happy

childhood, balance and dharma. Then followed a 6-year sun period signifying tapas, and spiritual and political activity.

Starting in February 2, 1943, there was a 10-year cycle of the moon, with clear headedness, contemplation and maximum enlightenment. On February 21, 1953, a 7-year Martian cycle began signifying travel and a lot of change on a world scale.

An 18-year cycle began on February 21, 1960, displaying intricate knowledge of Brahma, a period of inner soul searching.

Starting February 21, 1978, a 16-year cycle of Jupiter began, showing the spread of the Sahaja Yoga guru principle throughout the whole world.

On February 21, 1994, a 19-year cycle of Saturn will begin, marking the spread of Sahaja Yoga throughout the whole world and mass awakening. Shri Mataji will witness the coming of Kalki, power manifesting throughout the entire world.

The horoscopes of Shri Mataji and Sahaja Yoga are almost identical. The two have a junction in 1993 when Sahaja Yoga will blossom all over the world. Radio, TV, music, film and their personalities will help. From August 15, 1990 to August 15, 1996 is a Sun period in which all the great souls will be attracted to Sahaja Yoga and will gain their ascent and purification.

From August 15, 1996 to August 15, 2006 is a period in which the Moon's Darshan for 10 years of purification work will be completed. The horoscope ended with the astrologer saying, "I bow to the Nishkalanka Avarta of whom our Puranas have foretold."

In the Easter Puja talk, Shri Mataji told new things about Christ's life including the time He spent in Kashmir. She spoke at length about establishing the purity of the Mooladhara. Following the Puja, gifts from the various countries were presented to Shri Mataji. On behalf of the world we presented an enormous Easter egg (about three feet tall) which represented the ego of the world. We also presented a wooden mallet and requested Her to destroy the Ego of the world. Shri Mataji then proceeded to break the crown of the egg to the cheers of those assembled.

The following stories were reported by Sahaja Yogis on tour in Australia with Shri Mataji.

The news from Perth is that Shri Mataji is very pleased with the ashram building project there and has given it Her blessing. She is currently considering purchasing 100 acres of land surrounding the ashram. Plans underway call for about 20 bedrooms.

When the arrangements were being made with the Scout camp for the Easter seminar, the Scout camp leader was not very cooperative. As the weekend progressed his attitude towards the Sahaja Yogis and Shri Mataji mellowed considerably. Apparently he attended the music program and came at the end of the Puja. The evening Shri Mataji was leaving the camp he asked to see Her and She met him. He complimented Shri Mataji on the love he saw among the Sahaja Yogis. Shri Mataji said, "Yes they all love each other and they all love Me. This is why there is love everywhere." The Scout leader had earned the highest Scout medal awarded due to his services to the movement. This he presented to Shri Mataji, who said that Her husband had been



awarded hundreds of medals throughout his life from the Order of Saint Michael onwards, but this was the first medal Shri Mataji had been given, and She would enjoy showing it to Her husband.

Shri Mataji praised the camp, and said that the Sahaja Yogis will be returning next year. He said he would welcome them back as either the Scout organizer or as a fellow Sahaja Yogi. His duties at the camp covered a 24-hour period but he said he was taking time off regardless of the consequences to attend the upcoming public programmes.

Chris Kyriacou, Australia

### ***Update From South Africa:***

#### ***Sahaja Yoga in Namibia***

A Sahaja Yogi from South Africa recently went to Windhoek in Namibia. It is a half day's drive from Swakopmund at the coast to Windhoek in the interior highlands. The initial intention was to spend only a day or two offering realization to any who were interested. But, once there, a job was found, and it wasn't long before people were asking for realization. Windhoek is more cosmopolitan than Swakopmund and is now on the international airline route to Johannesburg. This environment probably contributes to the open, warm attitude of the people there. They were more ready to accept Sahaja Yoga than the Swakopmunders (as they call themselves), perhaps because they were not as rebellious.

There are about 40 people in Namibia who have taken their realization, but there is still no formal group, which may be because the Sahaja Yogi could not stay there long enough. They are, however, ripe for a public program and follow-up seminars. Since that trip we have had a phone call from one of the young women in Swakopmund to say that she has another six people there who want realization. So it is looking very encouraging in the Namibian circles! Yogis from the international community are more than welcome to help out there, especially someone who can spend at least a few months to establish a stable group in each town. There seem to be some very good seekers in the Windhoek area.

Louis le Sueur, Cape, South Africa

### ***A One-Day Seminar for New People in Vienna***

In this seminar a different dimension was added to our way of spreading Sahaja Yoga. We postered and leafleted for a one-day seminar (9:00 - 5:00) and all week we had our attention and desire directed towards all the seekers of Vienna coming. The day ran like this: an introductory talk; bhajans ending with "Jogawa" and "Powada"; working on and individually talking to the new people; a nutritious soup lunch cooked by Sahaja Yogis; meditation with music; a slide show on the chakras showing the Deities and pictures of the elements (the sun, fire, green fields), with a running commentary on each chakra; a 20-minute break; a talk on the six enemies of the Spirit; meditation; showing of clips from two films, "The Empire Strikes Back" (scenes from Luke Skywalker's training to be a Jedi), and "Jonathan Livingston Seagull" about his seeking and his finding; ending with tea and cakes cooked by Sahaja Yogis.

The whole day gave an impression of Sahaja Yoga as a living, working force and the people got a chance to establish and deepen their experience straightaway. The film clips showed how this force is working in the collective consciousness, and how Sahaja Yoga is something deep and real relating to a subtle battle between good and evil and to the deep seeking we all have in us. The longer time gave them an opportunity to see how we work together as a team and what natural love, giving, and companionship there is between us. I hope we can all try out this new idea. By the Grace of Shri Mataji, we all have so much to offer.

Sarah Saatzer, Austria

### ***Tolstoy on Collectivity***

In the closing words of one of Tolstoy's short stories, "What Men Live By," was the following passage which applies so much to our understanding of collective living. The speaker is an angel, punished by God to live as a man, amongst men, until he finds out "what dwells in man; what is not given to man; and what man lives by."

"...And I understood that in man dwells love!... I have learnt that all men live not by care for themselves, but by love... I remained alive when I was a man, not by care of myself but because love was present in a passer-by, and because he and his wife pitied and loved me. The orphans remained alive not because of their mother's care (for she died), but because there was love in the heart of a woman, a stranger to them, who pitied and loved them. And all men live not by the thought they spend on their own welfare, but because love exists in man ...

...I understood that God does not wish men to live apart, and therefore does not reveal to them what each one needs for himself; but He wishes them to live united, and therefore reveals to each of them what is necessary for all.

I have now understood that though it seems to men that they live by care for themselves, in truth it is love alone by which they live. He who has love, is in God, and God is in him, for God is love..."



### **A SAHAJA YOGI**

A Sahaja Yogi is always a part of the answer,  
he is never a part of the problem.

A Sahaja Yogi always has a programme,  
he never has excuses.

A Sahaja Yogi says, "Let me do it for you,"  
he does not say "That's not my job."

A Sahaja Yogi sees an advantage in disadvantage,  
he does not find problems in every situation.

A Sahaja Yogi says, "It may be difficult but it's possible,"  
he never says, "It's impossible."

### ***Shri Mataji's Itinerary*** *Subject to Change*

April 19 - 23	Hawaii
April 23 - 25	Los Angeles
April 25	New York
April 26	New York Public Program
April 27	North American National Puja
April 29	U.N. Program
April 30	London
May 5	Sahasrara Puja, Rome
July 26	Guru Puja, Italy