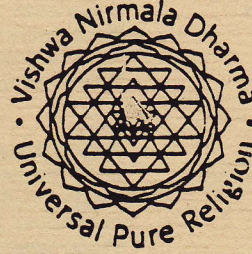


The Divine Cool Breeze

December 1992



Volume 6, No. 11

International Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||

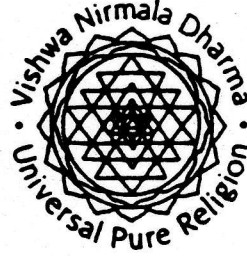


'Don't waste your energies. Just think you have to meditate, you have to rise, and you have to give it to others. This is very much possible if you really love yourself.'

—Shri Mataji Nirmala Devi, Navaratri Puja, Cabella, Italy, September 27, 1992

The Divine Cool Breeze

December 1992



Volume 6, No. 11

International Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||

CONTENTS

1.	Navaratri Puja Synopsis	1
2.	The South American Tour: 500 Years Later	5
3.	A Short Report from Diwali Puja 1992	11
4.	On the Use of Some Indian Spices and Ingredients	12
5.	Update: Sahaja Yoga in Bulgaria	14
6.	Shri Mataji's Itinerary	14

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

The Divine Cool Breeze
6276 Lakewood St.
San Diego, CA 92122
U.S.A.

Telephone (619) 546-9379
Fax (619) 546-9379 or (818) 609-0889

Navaratri Puja Synopsis

Cabella Ligure, September 27, 1992

"Today is the first day of Navaratri, and when I found that the rain was there and all kinds of problems and Vishnumaya was suggesting something, I just consulted the calendar and you will be amazed to know that in the calendar it is written that till 5:45 it's not auspicious.... One must understand that the *Chaitanya* is working out everything and it's giving all the suggestions because I had not at all seen the calendar but I just felt that we should have it in the evening." For example, mathematical discoveries have come to us from inside, from the Divine. Mathematicians who were realized souls discovered the relationship between alpha and omega and the swastika and omkar. "Everything in Sahaja Yoga is tangible and can be verified."

"Now you are worshipping today the Durga or all the nine forms of the Goddess. She came nine times on this earth.... She fought all the people who were destroying the seekers, who were trying to make a mess of their lives. And these tortured saints, when they prayed to the Goddess—because none of the Gods could do anything, and Sadashiva is never interfering with what the Goddess is doing—so they worshipped the Bhagawati and then the incarnation of Hers came nine times, according to the need of the time. So every time you find Her confronting people who are extremely arrogant, self-opinionated, thinking no end of themselves, and the bhaktas are tortured by these self-opinionated, horrible rakshasas."

It is not that we [Sahaja Yogis] accept these things in blind faith. "It is actually being proved, you can feel. For example, when you are raising the Kundalini on the centre heart you can feel that on the centre heart, if there is a catch, you have to take name of the Jagadamba.... Also when I am clearing out your centre heart I have to also say, 'Now I am in reality Jagadamba,' and then the Jagadamba within you awakens."

"Once the Amba, this Kundalini, who is the reflection of the Holy Ghost, of the Adi Shakti

within you, when She rises through these different chakras, She gives them power because She is the power, She's the shakti. She is the desire power of Sadashiva... and so She gives the power totally to every chakra, by which all these chakras are enlightened and all the Deities are awakened." The ambha, the pure form of power, resides in the triangular bone like Kundalini but in Her form, which is Jagadamba, the Mother of the Universe, She resides on the heart centre.

The heart centre is very important. Until a child is twelve years of age, this centre produces the Ganas. "Ganas are the workers on the left-hand side.... Saint Michael is their leader, but their king is Ganapati, Ganesha." Her first work is to establish your Mooladhara so She has put this *ghata (kumbha)* which is the triangular bone in which She is staying as Kundalini to establish Shri Ganesha, your innocence. Whatever She is going to create has to be filled with innocence. Everything that is being created as matter is innocent—it is not cunning, manipulative, or aggressive. "They are under the complete order of God Almighty. They do not have their own free will to do what they like." Most animals also are innocent in the sense that they are completely under the control, pasha, of God Almighty. "A tiger will behave like a tiger and a snake will behave like a snake, but in human beings somebody will behave like a tiger, tomorrow like a snake, and third day like a worm. There's no steadiness." Animals have no free will to change their individuality. Their only purpose is to support human beings who are at the epitome of evolution.

"So She has created all these things just for you to be created and ultimately to get your self-realisation, to have meaning for your life, to get connected to this all-pervading power, to enter into the kingdom of God. All is Her work. So we can say nine times She came and the tenth time She's supposed to give realisation to all of you. But at the tenth time all these three powers

are joined together. That's why it's called *Trigunatmika*, that's why Buddha has said *Matreya*—means three Mothers put together. So this power, when it starts acting, it has the complete control over all your three channels and seven centers, complete control. As if without the permission, or without the taking the name of this power you cannot achieve anything... and that is where human beings fail because they have a free will and they don't know why to obey anyone, or why to listen to anyone, and why to accept anyone. That's why, though you have to be given self-realisation, the task is very difficult because you are not used to a way where you don't have to use your free will." In the West, people are presented with too many choices. Then they develop a bloated ego and cannot accept advice from anyone.

"So the same power has now been awakened in the *Paramachaitanya*" which is doing marvelous work to convince you about the truth. Human beings have been given freedom. "You'll be amazed that the freedom was given to Adam and Eve, but how it was achieved we should understand. In the Gnostic Bible it has come out what I have been saying—that Adam and Eve, both of them, were like *pashus* under the complete control of God—no free will. They would have lived in the nude in the Garden of Eden, would not have even thought of knowing anything more than that but to eat, live like animals.... Then it is the Shakti itself took the form of a snake and went and told them that, 'You must have the fruit of knowledge.' She wanted to evolve them. That was not the idea of God Almighty.... It's quite a headache, you know, to do such a thing.... But Shakti knew... that She is capable of lots of miracles and She can make these human beings understand the knowledge.... So She said, 'You must eat this fruit and you must try to know the knowledge.' So a new type of human race started which wanted to know what is the knowledge."

Before that She created other higher creations—Brahma, Vishnu, Mahesha—and She created their *lokas*, their atmospheres or areas. In that all the planning was done to make these animals into human beings, and then realised

souls. Many other divine creations and happenings took place, and They chose to work it out in human beings. "The first working, somehow or other, was very effective in India. Maybe They chose India because Indian climate is so good." There are exactly six seasons in India and they are very well-balanced. That's why *Paramachaitanya* in India is also called *Rutambhara Pragnya* which means the one enlightened knowledge of the one which makes seasons. But in the West *Rutambhara Pragnya* is in the doldrums; it is not understood at all because human beings are so scatter-brained that even the nature has become scatter-brained here, and cannot understand how to deal with such human beings.

So then all this arrangement was made and human beings were made to understand that there is God.... In India, real saints were respected and they made different observations. Now when I read, say, Adi Shankaracharya, I'm amazed how he knows so many things about Me.... That means through his meditative power he could envisage Me. He never saw Me.... The thousand names of the Goddess are so precise.... How did they know that a Goddess is like that?... So their meditative power in India was great. The reason was our seasons were disciplined. People are disciplined."

"In India most of the people get up early in the morning, do their pujas, everything, take their baths and they go for work, come home, be with the family, have their food and then sing some songs and bhajans and then sleep out, normally.... So because of these six seasons being absolutely in discipline we knew what to do when, and how to do it.... All of you come in winter time. You have seen it—it doesn't rain suddenly, it doesn't happen like that at a wrong time." These people could live simply in the jungles with very few needs. "So this Shakti that was working in those days was in them to make them seekers because they didn't have to do anything else.... And with that time, what did they do?... With that time they meditated and when that time of meditation started then they started realising what is the divine power, what is divinity, what is God."

"For example, I'll tell you here people discuss even the private life of Christ and say all kinds of things." In India nobody does that. It never comes to their head to ask how Krishna had sixteen thousand wives. They understand that there must be some reason since He's God. "God is God, you are a human being. How can you know about God because you have come through Him?... How can you understand God? Can you understand Me? You can't. Try.... Very difficult.... Please understand one thing that to understand God is an impossibility, but you can be in connection with God, you can be in the company of God, you can be blessed by God, you can be looked after by God, you can know lots of things about God, but you cannot understand... why He does this, why He does that.... I mean here the people are so arrogant that they can even ask God, 'Why did you exist?'... So this arrogance, this ego has blinded us from God."

"So this power, this Shakti is the one which has given you self-realisation, will also give you God-realisation but you still will not understand God. You have to go above God to understand.... So the source from which we have come we cannot understand, we cannot judge, we cannot say 'Why?' That is God's wish, God's desire.... So what we have to say, 'Whatever His wish, we'll be happy with that.' And the power that is within you is Amba, is the desire power of God itself. So whatever your wish is—means that His wish—is that you should enter into His kingdom. Now you enter into the kingdom of God, then the Shakti makes you sit on different, beautiful positions: some are sitting in the heart of God, some are sitting in the Sahasrara of God, in the Kingdom of God."

"Now you should assume your power. At Navaratri now you should understand that it has now crossed the limit and now we are on the tenth position where you must assume.... For that, first you should be humble.... The humbleness is within your heart that, 'Oh God, we don't want to understand You, You're too great, but let us know ourselves.' And then you'll be amazed that He has made you like His own image.... Now what you can do is to make

others in His image. These powers are with you, but the first thing—you have to have the discipline within yourself. That is missing.... You are sitting in the Kingdom of God" so you should have that dignity, that affection, that compassion, that love—and the dedication. "But if it is not there, then this power is useless because you are the vehicle of that power." To take water, the glass has to be empty inside. "If it is already full with ego, what can you put inside there?... So if you are already filled with your own ideas, with your own conveniences, with your own progress or whatever it is—only that, then you cannot rise very high."

"You have to surrender, fully.... You want Kundalini to work for you, which is the desire of God, not your desire, which is independent of your desire, but is the one which will fulfill your complete so-called desires, without even your knowledge. Miracles after miracles will happen... but these miracles are coming to you because you are realised souls. Your attention should be all right. You must see and introspect yourself, 'I am sitting in the kingdom of God, now what is my situation? Is it worth it? Am I worth it? Am I behaving in the same manner or still I don't believe?'... If you surrender to the will of God then everything is taken charge. It will never let you down—no question, and everything, all things which look like mountains of difficulties and obstructions you will surpass just like an airplane goes over it. You won't have any problem whatsoever."

"So one thing today I am very happy that this puja is done by the people from a country in which discipline is very important—that is Switzerland. But their discipline is for bad things, not for good." For example, they are slaves of the watch which they are making and selling. Also, they're too worried about what is getting dirty. "This disciplining is not divine disciplining.... So this is one extreme, and the another extreme is not to care at all about cleanliness.... Cleanliness has to be there... but it should not be that everybody should be panicked about it, to be in a situation that you have no time to talk to anyone, to be nice to anyone, also no time even to meditate."

"As Sahaja Yogis we have to have discipline of following the will of God, introspection, and especially discipline of meditation to reach that complete state of equilibrium. There is no way out.... And don't see your watch when you are meditating. The time has to be kept for meditation—whatever it is. It takes hardly any time.... Once you surrender, all your problems will solve... 'I'll leave it to you. God, You solve the problem, You do this.' It is such a precise, such an effective, such an efficient power and above all it loves you, cares for you. It forgives you, even if you make mistakes.... It is wanting you all to be properly seated in your thrones enjoying your power."

"The tenth day of Navaratri which is the most important for all of you—is where this Paramachaitanya has become active, and by its activity you should know it has become very powerful, and that now anybody who tries to be nasty with you, tries to trouble you, I don't have to worry at all. It will take care of it.... Nobody can touch you, nobody can destroy you and nobody can hamper your progress. Only it is you who can do it, and nobody can harm Me. No rakshasa can harm Me and has never done so, but it is you who can harm Me because in this life I have taken you into My body and I'm working it out in My body—everything, your cleansing, everything, which is a difficult task."

"Especially in the West I find it's very hazardous to make people understand that they are the part and parcel of the whole.... All these big, big books they are writing, but if you write to them now that, 'We have found out something' they don't want to see, they don't want to meet you.... We have to try, as much as possible, how many we can save, but those who do not want to come there's no need, there's no need for us. They have to ask for it. They have to humble down and they have to say that, 'We want to come to you.' Then only we'll help. I never write any letter to anyone, 'Please come to My programme.'"

"So you can imagine that we have now brought to the fruitfulness of the promise given long

time back that you will have the knowledge—and you have the knowledge, but with this knowledge you should be identified and you should know that you have this knowledge, and that this knowledge can be given to others, and we can transform this world into a beautiful world and fulfill the vision of Adi Shakti. She created you for this purpose, brought you out from human level to this superhuman level for this purpose... and if you are today worshipping Me as the Jagadamba, then know that the Jagadamba itself is nothing else but Adi Shakti." Sahaja Yogis must rise to the level of disciplining themselves in a divine way, and learn to control the senses—like some people are still smoking, saying they are ordinary people and they can't stop. "Don't worry about such people. They'll be left behind."

"In all these small things, don't waste your energies. Just think you have to meditate, you have to rise, and you have to give it to others. This is very much possible if you really love yourself. If you love yourself then you have to understand that, 'See my body, see my mind, everything is given to me by God. How beautiful it is and now it is such a beautiful one and it will be used by God for such a great purpose.' You are molded, you are made like that up to this point but now it is your free will and with this free will you have to rise,... you have to understand what is to be done and how to achieve that state."

"Nature reacts to human beings. Nature has no free will but God reacts and when the reaction of the God comes in then we find all these things happening. I wish you could listen to My tape on Vishnumaya which is explaining very well why all these calamities come.... I hope you all will listen to it, and listen to it again and again. My lectures should not be just for nice one evening, but should be something you should try to understand—that whatever I am saying is the truth, is absolute truth and is a subtle thing which none of them have said so far. Because you have got your realisation, because you are Sahaja Yogis I can say this to you. May God bless you."

The South American Tour: 500 Years Later

October 1992

It was more than symbolic for our Beloved Mother Shri Mataji to visit South America 500 years after the discovery of Christopher Columbus. She brought to this continent the spiritual liberation so long awaited by its people. Even Her route was exactly the same as Columbus had selected: Going north to South, She left Cabella (near Genoa), went first to Spain, then on Her way to South America stopped in Santo Domingo, and finally reached Colombia.

SPAIN

Shri Mataji held a program in Spain where about 600 people got their realization. Before the program we had a very deep talk at the ashram in which Shri Mataji introduced Her South American tour with the Catholic Church as the central focus. She emphasized that we should not be identified with the image of Christ from our education and cultural conditionings. The mantra for Catholics was revealed, "Shri Mataji, You are the Holy Ghost that Christ has sent."

We should understand and perceive Christ only through the light of Sahaja Yoga and the wisdom of our vibrations. Shri Mataji is the One to be worshipped today. She is the present incarnation, and through Her we venerate and adore Christ and all the other Deities. This great message enlightened us and pointed out the strong grip of the Catholic Church on our minds.

She spoke about original sin which is another great invention of Paul. This man has deceived us by making us believe that the serpent was evil and that at the moment of eating the fruit Eve committed the original sin. On the contrary, the serpent was one of the Incarnations of the Primordial Mother. Originally, human beings were completely under the control of God, like

animals. They were fully innocent, and thoroughly controlled by God. They had no freedom to choose and were bound to nature like nature is bound to the Almighty. By eating the fruit, the serpent gave Adam and Eve the opportunity to access the status of a free human being and to recognize God through free will. The eating of the apple is the symbol of the liberty granted to human beings to perceive The Creator. At that moment God made them rise from the animal state to the human state.

COLOMBIA

In the plane from Madrid to Bogota we saw the film, "Medicine Man." It is the story of a doctor going to the Amazon to find miraculous plants and essences for curing cancer. Shri Mataji stressed how confused human beings have become: instead of discovering the absolute truth within, men go to the jungle to try to cure people. This film showed us the vanity and the subtle ego of the western people.

Shri Mataji was greeted with a hearty welcome and beautiful exotic flowers. We all went to the ashram which is a lovely house with a small garden in the north of town, large enough to house about 16 yogis. Shri Mataji blessed the ashram.

That same day we travelled to the puja place in the countryside. It was as if we had entered the garden of Eden. The site was surrounded with imposing mountains all covered with thousands of different tropical trees and essences. We stayed in bungalows, covered with unusual multicolored flowers as well as countless tropical fruits that none of us had ever tasted. All the time a gentle cool breeze was refreshing our faces and a beautiful cloud-dance was going on signaling the marvelous dialogue between sun and sky. We were all amazed by

the magic of the natural glory of this place.

The evening before the puja we had bhajans and a beautiful play performed by the Colombian Sahaja Yogis relating the truthfulness and spirituality of the native Indian mythology. It told of their proximity to reality and great feelings towards nature and God's creation. It resurrected the glorious history of the native Indians at the feet of the Adi Shakti. The puja took place the seventh day of Navaratri. Shri Mataji stressed the fact that She incarnated nine times as the Goddess. This day is very auspicious because it is filled with the great attributes of creativity, activity and prosperity.

The symbol of Colombia is the condor and it is said, according to legend, that a God called Shri Vishnu had come to Colombia on a condor. A lot of golden ornaments found in this country were Asian Indian style. According to Shri Mataji, the Deities must have visited this country. She mentioned that Colombians were very receptive to Sahaja Yoga, and one day, Colombia and Russia will be the leaders of spirituality in the world. The Deity of South America, Vishnumaya, is respected here as many people have still preserved their virginity and innocence.

Colombians are known for their high level of education and for their good Spanish. They are not very materialistic; they have a deep relationship to nature and they are asking for spirituality. Shri Mataji asked them not to imitate the West which has lost any sense of love and compassion and where money rules instead of the spirit. "The divinity is manifesting in you, not in the western countries," She emphasized. The power of the Holy Ghost is very much alive in Colombians because of their connection with the all-pervading power of God's love. In the West, the Sahaja Yogis move like "yoyos" bringing disappointment to Shri Mataji. In South America, the foundation of spiritual life is there.

Shri Mataji, majestic as the Queen of the Universe, declared that the Colombians had the

blessings of the Divine because She was with the humble and the joyful, and because they had suffered so much from the domination of the West, especially from the U.S.

Shri Mataji stressed that there was a tremendous difference between the right and the left vishuddhi. Kubera, the God of prosperity had blessed North America, but because of wrongdoing, North America had to be exposed to pay for their bad deeds. It is called *karma phal*. We live in Kruta Yuga, between Kali Yuga which is finishing and Satya Yuga which is the opening of the golden age. This Kruta Yuga is the time of the last judgment, when all the sins committed will have to be punished. Shri Mataji mentioned that Vishnumaya was able to enter any of the elements: the riots in Los Angeles, the earthquake in California, the tornadoes...

Finally, She compared Colombia with Russia and India. She then poured tremendous blessings on the Sahaja Yogis giving each one a name from the Great Goddess. No words can describe the adoration of the South American brothers and sisters for their Mother, the great Counsellor, Redeemer and Comforter.

The following day we prepared to go to Medellin, the town known worldwide for its drug cartels. Shri Mataji and about 16 yogis flew in a very small propeller plane, with a capacity of about 16 seats. We had a stop in Ibague, a town in the center of Colombia where a few Sahaja Yogis live. In the airport they had prepared a throne for Shri Mataji with beautiful decorative flowers. The whole staff of the airport was there as well, including air hostesses, policemen, pilots and even a band of singers who were to sing local songs to our Beloved Mother. The population of this remote place joined in heart and presented themselves to the Goddess as flowers of joy, recognition and deep veneration. Everybody wanted to pay homage to the "Great Lady in the sari" who was there only half an hour to receive their love. But this moment lasted an eternity, as supreme joy breaks the bondage of time.

Later, back in our small plane, we went through a turbulent zone. Then there was an amazing scene. The plane was flying between huge walls of clouds on both sides, but in front the clouds were opening, gradually letting the plane go through a passage of clear sky, as all the clouds were paving the way for Adi Shakti before the landing.

In Medellin, everything was auspicious. We were all welcomed by a journalist who was there by chance. As soon as he met Shri Mataji his heart opened, "Welcome to our town. We are expecting You because we need your blessings and your counsel. Please enlighten our town and bestow upon us your protection. What message would you like to give to Medellin and to the country?" Then Shri Mataji, in supreme Majesty said, "Tell all the people of South America that 500 years after the coming of Christopher Columbus, I have come for the spiritual liberation of this continent." We were all bathed in a river of vibrations and it was difficult to hide the tears. Later Shri Mataji, in Her humorous way mentioned that this journalist was so positive and receptive that She was wondering if he was a spy! The public program in Medellin was very successful with more than a thousand people attending the program. Shri Mataji was very pleased with the quality of the people who showed tremendous respect and even adoration to our Mother. The following day, the program in Bogota brought 2500 people of high quality. The center heart at the program was catching very much as the population lives in constant fear of violence and crime.

Back at the ashram, Shri Mataji mentioned that qualified European Sahaja Yogis with good jobs should try to live in Colombia and South America. She also spoke about the revelation of Fatima and the three secrets that had been revealed. The third secret was that this pope will be the last and afterwards the Celestial Mother will rule. What a promise, what a suspense, as we understand that the pope is not in good health. In the Devi Mahatmaya, the greatest demons Ambika had to kill were

Shumba and Nishumba. Shri Mataji explained to us that these two prominent rakshasas are in fact the Catholic and the Protestant Churches. On Her last day in Colombia, Shri Mataji found a house with good possibilities for an ashram and a school for the children.

During this time in Colombia, we heard the story of the miracle of a Colombian Sahaja Yogi who was working in a banana plantation near Cartagena. They had been attacked by terrorist groups who killed some workers, but when they entered his room they saw him in meditation and ran away.

ARGENTINA

In the plane from Bogota to Buenos Aires, Shri Mataji explained that Sahaja Yoga was more important than Sahaja Yogis. Placing Sahaja Yoga higher than Sahaja Yogis keeps the universal vision of Sahaja Yoga unfolding. It encompasses the whole world in its field of transformation, and expands one's sense of responsibility in a universal way. Attachment to Sahaja Yogis slows down the stream of love and allows the appearance of 'favorites.'

We had a stop over in Lima, Peru a country in total disintegration. It was the first time that the Divine Feet of God touched the Mother Earth of Peru. A Sahaja Yogi couple welcomed us with great love and deference. They were like Ganas to us since the Lima airport is a place of complete disorganization. They asked Shri Mataji for the protection of Peru and for the end of violence and terror.

It goes without saying that the welcome of the Sahaja Yogis of Argentina was very hearty and filled with great emotion as it was the first time Shri Mataji visited there for Sahaja Yoga. (In 1974, Shri Mataji visited Buenos Aires with Sir C.P.) On our way to the ashram we admired the huge posters that had been made by the Swiss Sahaja Yogis. These posters attracted the attention of the 15 million inhabitants of Buenos

Aires who are not accustomed to such high quality printing. It is very touching to see how different Sahaja collectivities help each other to promote God's work. It is like adding new pearls to the necklace of bliss, carefully made by the Divine vibrations of the Holy Spirit.

At the program, we had 1200-1500 people. This was a good turnout as it was a holiday in Buenos Aires celebrating the anniversary of the discovery of the new world by Columbus and many people were out of town. At the end of the program Shri Mataji welcomed each one of the seekers until one in the morning. We could see a line of more than 500 people waiting for the unforgettable moment of approaching the Incarnation of modern times. On each face one could see endless thankfulness, radiant expressions, and awe. It was as if they were saying, "How is it possible that so much love exists in you, for love's sake? Let us all seize your love and fix it in our hearts for eternity—for your love is of an everlasting nature. You have blown the wind of resurrection and released the pain of our sufferings." There was beauty and silence, and in the middle of that beauty and silence the glance of Shri Mataji's ever shining eyes.

On Sunday morning there was a havan, followed by a puja in the evening dedicated to Shri Ganesha and Shri Gauri as it was the first puja in the presence of Shri Mataji in Argentina. Shri Mataji explained the meaning and importance of a puja as the majority of the 60 people were new Sahaja Yogis who were attending a puja for the first time.

After the puja, when Shri Mataji went to Her room, She asked for some hot water to wash Her Feet, as well as the five elements, which hadn't been offered before. We used a big copper thali to wash Shri Mataji's Feet with water and soap. This, mixed with the kumkum made pink water which Shri Mataji said was very good for the skin. When we emptied the thali, a miracle happened. At the end of the puja, we had put a map of South America under

the Holy Feet of the Goddess. Later, in Her room, when the pink water was taken out of the thali, both Feet were imprinted shining on the thali and all the remaining surface was oxidized. This formed a perfect map of South America in the middle of the Feet. When Shri Mataji saw it, She said that we should keep the thali. "It's your blessing," She said.

On Monday, the next day, Shri Mataji was leaving at 4:15 p.m. At around mid-day She decided to go to a fair to do some more shopping. It was a very beautiful day, and Shri Mataji bought a lot of handicrafts made of leather, wood, and metal.

Shri Mataji praised the way the Sahaja Yogis had decorated the ashram. Now each evening 30 to 60 new Sahaja Yogis are gathering there to establish their Self-realization. The house will soon become too small to contain all the beautiful souls who have met the Divine.

BRAZIL

The flight between Buenos Aires and Salvador de Bahia was seven hours because we had to stop in Puerto Alegre in the South and Sao Paulo, which has become one of the most populated cities in the world with more than 18 millions inhabitants. Travelling in a plane with Shri Mataji is a unique experience. We understand how Mahamaya is expressing Herself in beautiful and various patterns of situations and events. She may speak about the Brazilian coffee that She has just had in the plane, or with incomparable humor express Her feelings about the way the other passengers are dressed. Very often, before landing, She goes into the subconscious and in Her sleep lifts and absorbs within Herself the totality of the problems of the region. At that time we can only glimpse the immense work Shri Mataji is accomplishing by raising the collective awareness of millions of people, pouring Her unlimited love and releasing the sufferings of mankind.

To our great surprise 60 Sahaja Yogis from

Salvador de Bahia welcomed us at the airport. We were guided to the beautiful ashram built for the Brazilian collectivity outside of town. This ashram is comprised of a main house where Shri Mataji stayed, and a very long open house with veranda and bathrooms for the Sahaja Yogis. The place is surrounded by numerous tropical trees and is reminiscent of India.

The following day Shri Mataji gave an interview to the press in a small school where the Sahaja Yogis gather for meditation. People were very respectful and asked very sensible questions. The program attracted 700-800 people.

It is worth mentioning that 70 percent of the population of Salvador is black. These people are descended from slaves who were brought from Africa by the Portuguese over the last two centuries. Therefore the puja on 14th October 1992 was dedicated to Mahakali.

In a unique talk Shri Mataji explained how the black magic was working, how these devils were able to capture through hypnosis or other techniques the dead entities or *bhoots* in the subconscious and further in the collective subconscious or even in the collective supraconscious. She also mentioned that between the subconscious and the collective subconscious exists a space composed of seven vertical fields which reign over our past. This space has to be looked after by the powers of Mahakali.

Brasilia, the capital of the country is one thousand miles inland from the coast, equidistant from Rio and Sao Paolo. It was founded in the early sixties to promote the development of the heart of Brazil. The earth is red everywhere and a feeling of peace reigns. Shri Mataji liked Brasilia very much for the quality of its vibrations. The ashram the Sahaja Yogis have built in Brasilia was just finished the very day of Shri Mataji's arrival. The yogis plan to build a series of bungalows around the property with a main hall in the center for

collective meditation and another hall for public programs and workshops. We were all amazed at the responsibility and dynamism of the Brazilian collectivity.

Again the program was very successful with about 1200 people getting their realization, and 400 people coming for follow-up programs. The climax of the tour was the historical moment when Shri Mataji, in Her white sari, entered the famous Brazilian parliament with its two thin towers and cupolas. The first meeting was with the vice-president of the Chamber of Representatives. Whereas in the beginning he was a little bit artificial, he progressively entered into the webs of love of the Divine Mother. The quality of the questions improved and we discovered how spiritual he was. He got his realization and manifested a great respect to Shri Mataji.

The second interview was with the president of the Senate himself who is second only to the president in importance politically. His position is enhanced by the fact that Brazil is going through great political upheavals with the impeachment of its former president who is accused of corruption and drug trafficking.

The president of the senate is a man of great distinction and great respect. His face was very tense with worries. He thanked Shri Mataji for the great honor Brazil had to welcome such a great spiritual leader from India. He was very humble and dignified, asking for blessings for his country. At the end of the interview Shri Mataji asked him to stretch his hands. He got his realization in a very powerful way. In half an hour, the Adi Shakti had transformed this man, and his expression was filled with peace and inner joy. At that moment, Shri Mataji said to him, "Now you are protected. Nothing can harm you anymore!"

We heard after our departure that the president acknowledged to his staff that he had felt a unique experience in an atmosphere of divinity and bliss. This is the first time that great

politicians occupying the highest functions have recognized Shri Mataji and received their self-realization. At the end Shri Mataji said to us, "When Yeltsin and Gorbachev will come, you'll see what happens."

RIO DE JANEIRO

Forty Sahaja Yogis joined us in Rio for the program. A TV interview was arranged so that the unforgettable Divine Face of the Holy Spirit was broadcast all over the country and was seen by more than 100 million Brazilians. To our great surprise about 600 people came, which gave us a lot of joy as publicity had been limited. Shri Mataji asked the people wanting to meet Her to come forward and started working on some people. One lady who couldn't walk said she wasn't able to forgive the person who had caused the accident in which she damaged her central nervous system. Shri Mataji told her to repeat, "I forgive everyone" again and again, and asked some Sahaja Yogis to work on her. To the surprise of everyone, she started walking...

Rio: one of the gates of hell. After the program, Shri Mataji wanted to go the worst part of Rio to spread vibrations. The yogis took her to the area of prostitution and to our surprise we couldn't see anyone. All the streets were deserted as if the deities and the ganas had come before the car to clear the way for Shri Adi Shakti.

The stay in Rio was an enjoyment. The yogis rented a very nice flat at Ipanema, just in front of the famous beach. Imagine a beautiful room, full of all sorts of exotic flowers, decorated by the most glorious photographs of our Divine Mother. Imagine the great Mother among Her children talking of the qualities of the chakras, their lokas, their attributes, explaining the planets and stones attributed to each subtle center. From the window it was like a huge screen where we could see the people at the beach getting burnt by the sun. Shri Mataji spent

a long time watching through the window, and commented about the craziness of wanting to be exposed so much to the sun. She said 80 percent of the people that do that will have skin cancer, and advised Sahaja Yogis not to get exposed to the sun.

The following day we heard that many Brazilians had listened to the government radio which described the extraordinary experience the President of the Senate had had with a unique Indian spiritual personality. Today in there are follow-ups every day with 60-80 people attending the programs regularly. All the people coming seem filled with great feelings of gratitude and amazement.

That day Shri Mataji went shopping and spent a long time buying three dinner sets, a lot of stone and semi-precious stones such as yellow topaz, (the only stone one couldn't get in India), a lot of purses and bags in leather, and some presents for Her family. On Monday She went to a fair and continued buying presents and stones. It was a very cool day but Shri Mataji was perspiring a lot. She said, "I'm absorbing a lot." After the shopping She went back to the flat to prepare for her trip to Italy.

The Sahaja Yogis at the Rio airport were tearful and sad to see Her leave. Shri Mataji said that She did not want to stay too long because Her own heart was crying. In the plane from Rio to Sao Paulo, before crossing the Atlantic Ocean, Shri Mataji drew attention to the planet Venus on our right hand side. To my great amazement we could see Venus at the same angle, the same place, from Rio to Sao Paulo. In fact, Venus moved with us. Venus, the symbol of love, had taken with her all the hearts of the South American souls who had met the Great Mother, following Her as far as possible and paying eternal homage to the Giver of Light.

—Arneau de Kalbermatten, Switzerland, with contributions from Horatio, Argentina and Graciela Vazquez-Diaz, New York

A Short Report from Diwali Puja 1992

Romania, October 23–25, 1992

Diwali, the celebration of light, took place in Timisoara, a town in Romania, near the Hungarian border. Shri Mataji had invited Sahaja Yogis from all Eastern countries. It was the only chance to attend a puja with Shri Mataji for most of us. About 70 Sahaja Yogis from Czechoslovakia, 500 from Russia, another 500–600 from Romania, Poland, Bulgaria, Hungary and Western countries met Shri Mataji at the railway station of Timisoara on Saturday morning. She had travelled from Bucharest all night and had brought the sunshine with Her. Beautiful songs (Kundalini, Ganesha's songs) thanked our Mother for Her love, grace and solicitude. Then Shri Mataji left and went to the Continental Hotel where She was staying.

We had heard about Sahaja Yogis from Russia, especially from Tagliatti. It was really a great experience to meet them. We were happy to see these humble, dharmic people from the country which represents the Ego. If the Ego of the world is so beautiful then we are really close to our goal. In Tagliatti there are about 50,000 realised souls and about 20,000 attend programs. In one village with 1,000 inhabitants near the Finnish border there are 300 Sahaja Yogis. One cannot understand it, just feel it.

At about 10 o'clock p.m. the Diwali Celebration started with wonderful fireworks at a football stadium. The evening program continued at the Olympia sports hall with some songs by Czechoslovak Sahaja Yogis and a drama by Moliere by French Sahaja Yogis who organised this puja. A song from the English Sahaja Yogis was followed by a beautiful violin concert of works by Antonio Vivaldi. We had never heard classical music sound so beautiful. Two Sahaja Yoginis played as one person, but this was just the beginning of the beauty. It's impossible to describe what our hearts could feel when a Russian Sahaja Yogini sang Russian Sahaja Yoga

songs and *Vishwa Vandita*. Shri Mataji and Her husband, Sir C.P. Srivastava, were touched by the purity of these souls. We could feel the vibrations flowing from our Mother to our hearts. After some songs from the Bulgarian and Hungarian Sahaja Yogis Shri Mataji invited all Eastern European people in front of Her and She gave presents to everyone. At about 6 a.m. the program finished and Shri Mataji left the hall.

The next day, the puja started at 8 p.m. as we were waiting for some people who were still on the Hungarian-Romanian border. We had a lot of time to get acquainted with Yogis from other countries. The long queues for meals were a very good opportunity to sing bhajans. The Russian and Romanian Sahaja Yogis especially sang all the time and the others joined them.

Shri Mataji's speech was translated into Russian and Romanian as Shri Mataji wanted the Eastern Sahaja Yogis to understand Her. She talked about the five days of Diwali. It should start by worshipping the housewife. Every man could buy something for his wife to help her in housework. A man should respect the wife but the wife must be respectable. Every woman as a Lakshmi should be generous. Two doors should be open all the time—one for giving everything and one for receiving. Only then can the Divine work. If a wife is stingy then her whole family suffers.

A lot of women especially in the West do not want to have a baby. They are afraid to destroy their figure, to lose their position at work, etc. But it is the most beautiful task of a woman to have a baby and take care of it. Then at another stage of life when a woman becomes a grandmother and she is enjoying her grandchildren, wisdom comes with age. She is now wise and everybody wants to consult with her. It is a

good way to spread Sahaja Yoga. When a woman starts to trouble herself about her age and tries to look younger, at that moment she is old and looks old. We should not take worry about our age. We are eternal.

The last day of Diwali is the coronation celebration of Shri Rama. He had rescued Shri Sita and married Her. From this day Shri Sita was completely devoted to Her husband. She started to worship Him as Her husband, Her King. This is a principle of Shri Lakshmi.

After the beautiful puja Shri Mataji received a great amount of presents from Sahaja Yogis and

we also received some presents from Her, from French Sahaja Yogis and others. Sir C.P. Srivastava received a beautiful chess table. Before he left he spoke a little. He said Sahaja Yogis are very dharmic, very nice in worshipping our Mother, his wife.

We left Romania full of experiences. It was the beginning of a new period in our spiritual ascent. WE THANK ALL WESTERN SAHAJA YOGIS FOR SHARING SAHAJA YOGA IN THE EASTERN COUNTRIES. JAY SHRI MATAJI !!!

—Jana, Bratislava

On the Use of Some Indian Spices and Ingredients

August 26, 1992

At breakfast on August 26, 1992, Shri Mataji blessed us with these instructions on the use of some Indian spices and ingredients.

Ingredient: Good for:

Coriander	seeds: teeth, liver leaves: act as natural regulator of body fragrance
Cumin (Jira)	teeth, liver (Jira, coriander and ajwain prevent gases)
Turmeric (haldi)	skin, liver
Ginger	liver
Garlic	high blood pressure, heart problems (Garlic came from ambrosia; therefore it is good for the heart. On the other hand, it's a perfect horror to bhoots and the like.)

Basil (tulsi)	Vishuddhi (It is a universal plant, used all over the world. Shri Krishna likes it a lot.) Roll a black pepper seed into a fresh basil leaf and take once a day, and you won't catch a cold.
Pepper	gives heat
Garam masala	gives heat (garam=hot). (Garam masala is a mixture of more than a dozen spices.)
Chili	vitamin C; remedy for constipation
Onion	vitamin A; heart
Lemon	vitamin C
Dried fish, sardines	remedy for constipation (but be careful with the liver)
Manjeny flowers	very cooling, like Kailash Jivan

Ingredient:	Good for:	Yogurt, curd	In the West it's too sour, it's, to quote Shri Mataji, "dangerous for Vishuddhi." Yogurt may be condensed a bit by gently boiling it. Then it should be beaten with some sugar in the blender. (Stirring by hand does not fully dissolve the sugar.)
Silver leaf	(Shri Mataji gave us cardamom seeds, each rolled in silver leaf. Immediately the whole right half of our bodies cooled down.)		
Cardamom (seeds)	extremely cooling (the shell should not be eaten) Used a lot in combination with other hot spices to give a balance; like in garam masala, curry, or with black tea (chai), etc.	Oil, fat	(use pure vegetable oil or pure ghee) To be used sparingly. For cooking, ghee is best.
White cheese	(fresh cheese like mozzarella, cottage cheese, panir, etc.) Very good and light. It would be better for the liver if we could get used to these instead of our yellow cheeses. (At that point Shri Mataji gave a bandhan that cheese like mozzarella be produced and brought to market in Austria, Germany, and other countries. This is because in most European countries we get only very expensive, imported Italian white cheese.)	Tomatoes	OK, but not for elderly people, as the seeds can help the production of stones.
Yellow cheese	(cheese like Emmenthal, Gouda, Chester, etc., but <i>without fungus</i>) All right, but take care with the liver!	Other comments:	In summer cook more sour, tart food (e.g., food with gravy or sauces); use green masala which is a mixture of fresh green coriander, mint, green chilies, garlic and ginger. Another method says heat kills heat. We can see that in all hot areas the people use a lot more chilies and hot spices; they increase perspiration and help to cool. Despite the heat, these people generally have a better liver than westerners.
Rotten cheese	(things like Camembert, Gorgonzola, Rocheford, Quargel, etc: all types of smelly cheese) An absolute <i>no</i> . Very bad for the liver and the Mooladhara.	Shri Mataji went on wondering how it is that we are so weak on the liver. She mentioned that we consume most things from tins these days, nothing fresh. These processed foods (tinned or frozen) are a clear disadvantage compared to what is used in an Indian kitchen. Deep frozen foods are all right, but fresh foods are to be preferred.	
		OM TWAMEVA SAKSHAT SHRI ANAPURNA SAKSHAT SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI NAMO NAMAHA	

Update: Sahaja Yoga in Bulgaria

Our Divine Mother's first visit to Bulgaria was in July 1990, after which Sahaja Yoga had begun to flourish in and around Sofia. However, Shri Mataji's visit to Sofia in July 1992 was the first opportunity that most of our Bulgarian brothers and sisters had to meet Her as Sahaja Yogis. For many, it was the first time they had ever seen Her in person. Consequently, preparations for Her visit were made in an atmosphere of joyful and fervent excitement.

Two of our brothers from Sofia embarked upon a 1,000 km marathon tour of Bulgaria. They spent two days and two whole nights putting up posters in 50 towns and villages in order to vibrate the whole country for the coming of the Adi Shakti.

The 24 hours spent with Shri Mataji were unforgettable. Fifteen thousand came to hear Her speak, and most got realization. Shri Mataji gave a press conference at the Sheraton Hotel immediately after the public program. The next

morning She visited the Sahaja Yoga exhibition which had been set up in Her honor and addressed the Sahaja Yogis present, inviting them to Diwali Puja. She then departed for Paris, leaving Her children to enjoy the vibrations, the love and the joy in their hearts.

Since that memorable day, Sahaja Yogis from Sofia and Sliven have held other public programs in Varna and Burgas, two Black Sea resorts, and have given a series of follow-ups. There are now two new Sahaja Yoga centers in Bulgaria, bringing the total up to six.

Our Mother's love and concern can always be felt most strongly in this country. So let us pray that with Shri Mataji's help, our Bulgarian brothers and sisters will succeed in winning their countrymen over from the ever more present demon of materialism, and lead them to true freedom—that of the spirit.

—Elizabeth Matthews, Italy

Shri Mataji's Itinerary *Subject to Change*

February Mahashivaratri Puja, Bombay

March

Su	21	Shri Mataji's Birthday Puja, Delhi
Mo-Th	22-25	Music Program, Delhi