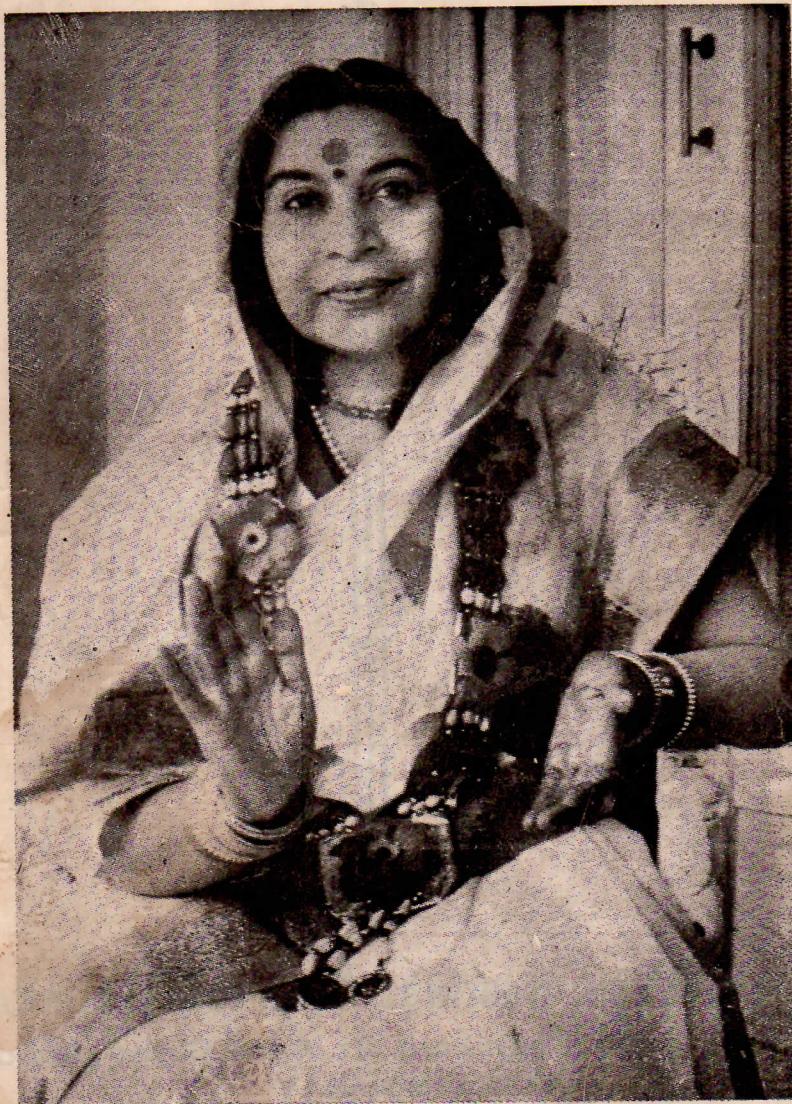




1980

The Life Eternal



24

MATAJI SRI NIRMALA DEVI NAMO NAMAH

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MESSAGE

from

HER HOLINESS MATAJI NIRMALA DEVI

As prophesized in the scriptures, the phase of 'Last Judgement' has started. The testing ground is of great illusion (Mahamaya). Kundalini is the indicator of our balance and wisdom. She will evaluate, correct and evolve us. Sahaja Yoga gives you a chance to be fully your meaning. Take full advantage of it. Establish your attention in the Absolute (Atman) and achieve the eternal life in the Kingdom of God. This lies more in the capacities and subtleties of subtler people. Later on the gross may follow. The early Sahaja Yogis are the foundation of this Empire of God.

May God bless you all.

London, June, 1980

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Sahaja Yoga a Unique Discovery

—MATAJI SRI NIRMALA DEVI

MAN in his search of joy and happiness is running away from his Self, which is the real source of joy. He finds himself very ugly and boring because he is absolutely unknown to his Self. Human being seeks

joy in money or possessions, in power or human limited love and ultimately in religion that is also outside. The problem is how to turn one's attention inward.

The inner being which is our awareness is an energy (I call it energy of Divine Love). All the evolution and manifestation of material energy is guided by the Supreme energy of Divine Love. We do not know how powerful and thoughtful this unknown energy is. The silent working of awareness is so automatic, minute, dynamic and expansive that we take it for granted. At first it appears as silent throbbing vibrations through our being after self-realisation. Because we cannot fix our attention on to something that has no form (abstract being), our attention is wandering outside on forms. Now a method has been found out to tap the Divine power and this is called as "Sahaja Yoga".

At the very outset, I have to say that the working of "Sahaja Yoga" is very simple, although the operation within is quite complicated. For example if you want to watch television it is very easy. But to explain the engineering technique of a television set is very difficult and complicated. It also needs a qualified engineer to understand and explain its working. I will try to explain it in the simplest way but please note that it is really complicated if you want to know it in detail. The best way to enjoy television is first to switch on and watch and then to understand its engineering. As a mother I would say that I have done the cooking for you. Why should you worry as to how it is done. If you are hungry you should start eating. If you are not actually hungry but only inquisitive what can I do? I cannot force you nor can I make you hungry by discussions or lecturing. I leave it to your wisdom and to your freedom to feel the longing from inside.

The word 'Sahaja' (Saha+Ja) means born with you (inborn). Whatever is inborn would manifest without any effort. Hence "Sahaja Yoga" is the name given to my system, which is effortless, easy and spontaneous. It is natural to Nature (you may call it life's source, vitality of Divine).

To understand life let us take a case of something that is living—a germinating seed. The seed grows by itself into a tree, blooms into flowers and the flowers get transformed into fruits. Any human effort cannot change the process of growth of a seed into a tree. The gardener can only look after the growth of the tree. In the same way the process of growth of our consciousness to further the evolution takes place effortlessly.

When the foetus (child in the womb) is about 2/3 months old in mother's womb, the column of rays of consciousness emitted through the all-pervading Divine Love, pass through the brain to enlighten it. The shape of the human brain being prism-like, the column of rays falling on it gets refracted into four diverse channels corresponding to the four aspects of the nervous system.

They are

1. Parasympathetic nervous system
2. Sympathetic nervous system (right)
3. Sympathetic nervous system (left)
4. Central nervous System (This need not be discussed as it is the link with objectivity).

1. The set of rays that fall on the fontanale bone (apex of the head known as Taloo) pierce in the centre and pass straight into medulla oblongata through a channel (Sushumna). This energy after leaving a very thread like thin line in the medulla oblongata settles down in $3\frac{1}{2}$ coils in the triangular bone placed at the end of the spinal cord (Moolandhar). This is known as 'Kundalini'.

The subtle energy enters through the centre of the brain (sahasrar Brahmarandhra) and precipitates on its way in 6 more centres. The gross manifestation of this subtle energy in the "Sushumna" channel of the spinal cord is termed as Parasympathetic nervous system and "chakras" are expressed as plexuses outside the spinal cord. Surprisingly we have the same number of plexuses and subplexuses outside as the number of "chakras" and their petals inside the spinal cord. Very little is known about this system to the medical science. It is termed as the autonomous nervous system—the system which works spontaneously on its own. For example if we want to increase the rate of our heartbeat we can do it so by exerting the heart (activity of the sympathetic nervous system) but we cannot reduce the rate of the heart (activity of the parasympathetic nervous system). The parasympathetic nervous system is a system which is like a petrol pump through which the petrol of Divine Love is filled in us. But as soon as a human child is born and the navel cord is broken a gap is created in the "sushumna" (the subtle channel in the spinal cord), and also outside, one can see the gap between the solar plexus and vagus nerve of the parasympathetic nervous system. This gap is known as void in the Zen system of religion and Maya (or Bhav Sagar) in the Indian thought. Later when ego and super ego bloat up like balloons and cover our brain at the apex of the left and right sympathetic nervous system, the fontanale bone gets calcified and the all-pervading vital force of the Divine Love gets cut off completely.

Then the human being identifies himself as a separate entity and the consciousness of I (Aham)presides. This is the reason why man does not know his universal unconscious." He is served therefrom by his ego (I).

The sympathetic nervous system is created to use this vital energy. There are two systems i.e. left and right. These two channels which carry this energy in subtle form in the medulla oblongata and are known as Ida and Pingala respectively. The left side system (in the right handed man) caters to the emergencies of the active consciousness (extra efforts and emergencies) and the right side system—(medically they say it remains dormant)—caters to the subconscious mind of the psyche (libido).

Hatha Yoga comes from words Ha and Tha, meaning the Sun and Moon. Both these sympathetic nerve systems are called as the Sun and Moon channels (i.e. Surya Nadi and Chandra Nadi). By this yoga, you can control the activity of the sympathetic i.e. you can use more energy that is stored or else completely stop the activity of the sympathetic for a short time. By using the stored energy you cannot achieve eternal flow of the divine. With control over the sympathetic you can slow heart rate or even stop heart for a short time and may achieve all physical gross symptoms of para sympathetic but you cannot activate the para sympathetic which is the channel for your real yoga (meeting of the divine). With

Hatha yoga you may even control your mind. But the mind thus governed is heavily conditioned for the spiritual fight into the divine. One may keep good health and good mind to be a good citizen in a society but that is not the only aim of life.

Both sympathetic and parasympathetic act on the plexuses but in opposition to each other i.e the parasympathetic relaxes the plexuses but the sympathetic squeezes the energy by constricting them. One fills in the vitality and the other consumes it. There is a gap in the parasympathetic nervous system (Sushumna) but no gap in the sympathetic nervous system at the navel point. This is the hurdle that has rendered all our search and entry into the parasympathetic fruitless so far. It is like three ladders, two of them touching the ground while the central one is hanging in the air. So whenever we try to rise in our consciousness, we move on to the sympathetic system. If we pass towards the left side we enter into the activity which goes on bloating in the balloon of ego. Thus we feel responsible and active. When this activity increases beyond limits, like a growing tree whose roots are not equally grown, the being falls to the ground. Over activity of sympathetic nervous systems causes tensions, sleeplessness and ultimately all deadly diseases like cancer which are caused by the constricted plexuses which are drained out of their energy. If you make parasympathetic dominate left side, then we can antidote the effects of over activity and all the diseases and the effect caused by this side get cured automatically.

The right side sympathetic nervous system (libido) has the power to store all that is dead in us. It connects you with store houses of the sub-conscious mind and also with the collective sub-conscious (Bhootlok or Parlok). At the backside of the brain at the apex of this channel the super ego exists like a balloon. It becomes heavy by storing, the conditioning of the mind through libido. So if the tension is heavy it breaks the super ego into many fragments. If you still over exert by conditioning a partial vaccum is created and this sucks another dead personality from the collective sub-conscious (Paralok) in your super ego. So in your pursuit of truth if you take to further efforts and indulge in concentration in training of mind or forced abstinence or forced meditation or complete slavery to emotional attachment of the mind, the libido with the aid of the affected super ego may connect you to the collective subconscious (Paralok) where all dead souls, bad, good or saintly, exist. These souls start manifesting through you and you get siddhis or extra sensory perceptions. Actually these are the different subtle (dead) personalities dominating us through super ego.

There is another method which may be effortlessly employed by many so called teachers by which they turn the "chakra" in the direction of the libido and this can put you into your sub-conscious. This method either makes this aspirant go into a trance or accept the complete domination of the dead spirits introduced by the teacher through the plexuses.

In the first case, the Sadhka feels relaxed, his mind is switched off, but after a few years of practice, he realises his weakness that he cannot face reality and he takes to heavy drugging. In the second case, the aspirant becomes a complete slave of the teacher and starts giving away all the material possessions to the teacher without understanding the logic behind it. These teachers never explain the technique they have employed nor do they give their powers to anybody else. In short all efforts that you put in the name of religion or mishandling of Kundalini by so called realised people, can only activate sympathetic nervous system (Ida and Pingla) that cannot make any progress to bring about the play of parasympathetic (Sushumna).

All mesmeric powers such as materialisation power (enslaving masses for money power or fame), visionary powers (Drishti siddha), speech powers (Vani Siddha), curing powers, transcendental feeling (power of switching off the mind), separation of body and many other powers are very ordinarily found among those who practice the control of spirits (Pretsiddhi or Smashan Vidya). All such powers can be proved as powers of the dead in any one of our experimental Centres.

These are no Divine powers because the Divine has no interest in these gross subjects. It is only interested in the miracle of the inner being and its further manifestation to bring about human evolution. Thus those who indulge and use their attention (i.e. chitta) on such "siddhis" and those who run after such gross miracles find it difficult to follow "Sahaja Yoga".

We have noted that when such people confront "Sahaja Yoga", they start trembling and shaking like lunatics who also behave in the same way. If with very great difficulty such a person reaches the state of self-realisation, he completely loses all interest in such powers and in their exhibition. Actually then he is freed of all extra dead personalities who dominated him. There is no need to pass through the subconscious strata to jump unconscious. The subconscious is an end by itself and one gets lost who enters into its realms. These stratas are placed vertically & the only direct way is through parasympathetic through Sushumna, the central path which takes you to the Divine, the universal unconscious through "Sahaja Yoga".

It is very dangerous to use the powers of the subconscious which may become uncontrollable and torture the practitioner and Sadhaka. Those who are temporarily benefitted may suffer irreparable loss to body, mind or grace.

All religions have promised inner silence when you reach the state of self-realisation, the inner miracle of the subtle awareness and not gross jugglery. The Gita says that you become the witness (Sakshi Swarup) of the play of Divine. Many modern thinkers are also talking about the new awareness. This has also been described as 'thoughtless-awareness' which results in collective consciousness. We hear of many prophesies made by ancient and modern writers about the evolution of a new race of super human beings of unique awareness. These are no more empty words.

Through the discovery of "Sahaja Yoga" it is possible to achieve the transformation of the human consciousness to higher planes promised by the various seers.

The subject of Kundalini is no more a book knowledge. You can see with naked eyes the breathing of the Kundalini at the Mooladhar and also can feel the different "chakras" existing in the spinal cord with your fingers. Formerly, bridging the gap in the "sushumna" was the insurmountable problem but it is being discovered that if this gap could be filled with the vibrating power of Divine Love, the Kundalini rises like a majestic mother and breaks the apex of the brain (Brahmarandhra) without giving the slightest trouble to child (Sadhaka). It happens in a split second in the short-spell between two successive thoughts. Of course, if the aspirant (Sadhaka) is diseased or his "chakras" are constricted by overactivity of the sympathetic nervous system, the Kundalini being the mother of every individual and embodiment of love, knowledge and beauty knows how to reveal her love beautifully and to give rebirth to her child without causing any hurt.

There are many descriptions about Kundalini warning us against the dangers and perils of the "taming" of Kundalini. Also many books describe various gross or frightful experiences of the Kundalini awakening. Actually this is caused because Kundalini cannot rise without the "Sahaja Yoga" i.e. if it is tried to be awakened by someone who is not self-realised, the Kundalini does not leave her seat or else without the proper invitation the Kundalini becomes adamant and angry. Thus the sympathetic gets into activity. When she is accused of sex, she sends heat waves over the sympathetic nervous system which causes the constriction or blockage of the plexuses and the path of the Kundalini is completely broken down. Sometimes one gets into funny gesticulations or loses complete awareness of the outside. Moreover with mishandling of "chakras" and Kundalini due to the ignorance or greed of the teacher, the chances of realisation of the aspirant can become very poor and sometimes impossible.

The mind that is very much conditioned or the mind which is the slave of self-indulgence or of egoistic actions and thoughts is also a very slow conveyance for "Sahaja Yoga". Even if you read too much about the deconditioning of the mind, you may get only conditioned; if you try to decondition by efforts, you can become conditioned much worse than what you were. Deconditioning is only possible through Divine Love. The main condition of the "Sahaja Yoga" is that your will and freedom are all the time respected.

In "Sahaja Yoga" the person is fully aware and alert and receives inner silence and experience without doing any unnatural movements. He sits in a completely easy pose throughout or he may also lie down (Sahaja-sana or Shavasana). The breathing is normal or less than normal.

Religions are also the expressions and experiments of the realised souls, the seers. They also talk about the inner being, second birth and about self-realisation. In the beginning, in India, they tried to take the attention inside by introducing symbols that they saw of this unconscious universal being within. This gave rise to pantheism and aspirant's attention got stuck to the symbols (Sakar) and to rituals which killed the main objective.

So the other type of experiments of talking only about the abstract (Nirakar) gave rise to many other religions which ended up as dogmas or isms. The reason is obvious that talking about the flower or the honey cannot take you to the honey but can only create dogmatic isms in the mind. You have to be a bee to reach there i.e. you have to be reborn. This has to happen within, to take you inside.

It is too great an achievement and unbelievable but I feel the search of ages has brought great results.

The mind, with a child-like innocence achieves very quick results. Whatever may be the loads of the mind, if the longing is honest and earnest, sooner or later, the aspirant can get self-realisation. After reaching this state, the vibration start emitting from the extremities. They are described by Adi Shankaracharya in his work *Ananda Lahari*.

These vibrations are the waves of Divine Love which can fill also other person's inner being and give him same experience of self-realisation. This is how the chain reaction starts. One light enlightens another. The physical manifestations are as follows :

The pupils of the eyes get dilated. (Parasympathetic action); The face becomes radiant; the body becomes light; The tension is completely removed; Rising of the Kundalini can be seen by others and felt by the aspirant; First the throbbing is clearly felt at Sahasrar (apex of the brain)

and when it stops, the complete silence is felt within and in all awareness; The flow of the grace is felt coming down, cooling the whole being. As the attention moves to the subtle, the gross attachments drop out. A person gradually loses identification with falsehood and artificiality. In the matter he sees beauty and not its possession value; In the knowledge he identifies himself the truth and he is not afraid to profess, nor does he indulge in the double standards of life; His flow of love becomes spontaneous; generous, without any tingle of attachment, possession or any return and, the person becomes ageless, a hollow personality.

Now let us see what happens inside.

The attention of the consciousness moves to inner being (Kundalini). As the thread (sootra) of a necklace is passing through every bead of the necklace, the inner consciousness (Kundalini) is also passing through every human being.

As soon as our attention moves to our inner consciousness we can move on to the everybody's Kundalini. One starts feeling the Kundalini, its nature, its position in other persons. Collective consciousness is thus established. Now you become a universal being. After some days you cannot say who is the other person? The power of love is so great and dynamic that with the movement of your fingers you can move the Kundalini of thousands. It becomes child's play.

This is how the en-masse evolution of human beings will take place. These are the signs of advent of Golden Age of Truth (Satya Yuga). Let us forget whatever hardships we have suffered in our search in the past. It does not matter if some could not find it before this. You have to open your mind and understand that though the discovery is unprecedented it does not make any seeker or predecessor small. If some experiments are made it does not matter if ultimately we have found out the way. It is a collective achievement. Perhaps in the chaos of Kaliyuga it was to happen and many of us, who have been earnestly searching it in many lives, are reborn to have their promises fulfilled by the Divine. May be we were our predecessors.

On the tree of life there might have been very few flowers but now the blossom time has come. Their fragrance of longing has collectively materialised the manifestation of "Sahaja Yoga". Many are going to jump into the realm of thoughtless awareness where you get introduced to yourself and start identifying with your universal nature. Those who deserve will get the throne of their inner being which rules the skies of peace and the oceans of divine love and supreme knowledge within, which is limitless (Anant.)

The Advent

Written by G. DE KALBERMATTEN

Pages : 419 Price : Rs. 100/-

Special offer to Readers Rs. 51/- only during 1980

This book proposes and describes a new category of perception ("vibratory awareness"), beyond thought, feelings or instinct, by which all kinds of absolute questions are answered. This awareness itself thinks, organizes and loves. It balances, neutralises and heals human problems, and relates man to the divine. In different scriptures it has been named as divine breath or the flood of bliss. It is innate in every human being, though unconscious for most. Great prophets and founders of different world religions preached the life style which would optimize man's awakening to its conscious knowledge ("self-realization" "second birth", "mukti"). Divine incarnations who came on earth at different stages of man's evolution prepared the setting for its manifestation on a mass scale as the phenomenon of "collective consciousness". Every reader is invited to verify personally the existence and the validity of this new awareness; many already have.

Evidently, the one who has introduced this break-through, leading man to his evolutionary maturity, is truly a unique being. Her Holiness Mataji Nirmala Devi Shrivastava, a mother and grandmother, was born at Chindawara, a small hill station in central India, 58 years ago on 21 March 1923. Many thousands of disciples now practice Her technique of 'Sahaja Yoga', meaning inborn technique, by which their lives have been transformed. Individually and collectively they are fulfilled, and have become dynamic, compassionate and wise, through the implementation of vibratory awareness in their daily lives. They are ordinary householders and citizens. Their model and teacher is their Divine Mother HH Mataji—and extremely loving, simple intelligent, frank and genuine personality. This book is about her Advent and Her message.

Available from : The Life Eternal Trust
D/II/88, Pandara Road
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'You all are like a computer assembled, organized and fitted through your revolution, reaching at last the stage in which you are ready to be plugged into the mains. When the Kundalini gets connected with the Universal Unconscious, you can have a direct communication with Reality'.

—MATAJI

A LETTER

Her Holiness Mataji Nirmaladeviji writes that this letter has been sent by a Sahajyogi. She has experimented on him and this is the fruit. She has corrected this letter. She feels it may not be easy to practise by all Sahajyogis. She desires that each one should try because everything depends on your belief (Shradha).

Those who have peeped through the veil of 'Mahamaya' can only achieve results. Those who are realised but yet doubting about our Divine Mother cannot be entitled to listen to this or even to know about it. As our Deities are awakened through Her grace there will be no conditioning in our mind.

In this letter I am going to tell you how I fixed my tent (Chatra) of self-realization through meditation. Actually it is the tent of your Mother's Loving Divine Grace.

The first point to be fixed is the central pole of the tent. I ask myself, my awareness (Intelligence) the following question. Who is Mataji Nirmala Deviji? And listen. I find I become immediately thoughtlessly aware. What does that mean? This means I have 'silence' as the answer. This silence is there because She is the source of all the knowledge. She is beyond human awareness. How can you know 'Her', which is the source? When I understand and realise that point then, only, I know that human ego has surrendered itself at the feet of the Para-

—September 1975

mount Reality. Not that my ego is killed but as if the air from the bubble has disappeared. This is how I fix my first step of thoughtless awareness (I do this again and again). Once this point (Sahastrara or rather Brahmarandhra) is fixed I move to the second one. The second point is to be fixed by listening to my heart. I humble down in my heart and ask the same question and listen. I find there is emotional silence no desire or pain is experienced. A cool feeling as if emitting from an ice cold source is felt. Extremely soothing waves of motherly love creep all over. I have felt sometimes this coolness when our gracious Mother's eyes were silently pouring unbounded love on my being. This point if fixed gives me liberation from all problems of super ego. The existence itself becomes my feeling. I assure my own existence. Gradually all disturbing waves are transformed and I start emitting peace and love for others who feel it in my company. I spontaneously sooth them and heal them. My words overflow with love and my being all the times feels Her. Every day I humble down in my heart and ask this question, and I know that She is the

source of all the existence (Sthiti) because She is the source of the Divine Love. Once I recognise it, spontaneously my heart is enlightened by my spirit and in that light I realise Lord Shiva residing in my heart is fully awakened with the fixing of this point. I feel everything through my silent (Atma) and not through my intelligence which is silenced.

The third point is to pay attention to my Vishuddhi Chakra (cervical plexus). I ask the same question addressed to Shri Krishna. Suddenly, I feel my silence is growing bigger. First it rises towards my ears. I put the two fingers in the ears and ask the same question or say 'Allah Ho Akber' and I find that I am developing a feeling of all pervading greatness. I feel I am covering, encompassing the whole world, the whole universe. For I must know She is the all pervading power of greatness, that she is the power of VIRATA (VIRATANGANA). Shri Krishna is awakened in my being and because of Him I am identified with Her.

The fourth point for me is to pay attention to my Nabhi Chakra with the same question. Now I witness what happens, gradually I have feeling of dissolution as if I am a drop and getting dissolved and I feel I have become the ocean of Love. I find I have become very subtle and I am entering into the subtle of the subtlest. Spontaneously my attention is drawn inside the inanimate and animate. I feel the Kundalini and Chakras of others without even thinking about them. I feel the sustenance (the subtle) (Dharma) of everything and everyone. My words

indeed give support to others in the Dharma. I do not know how I strengthen their slaughtered faith in God in goodness itself. I become a mobile drop on every crest of waves of religion. Because I remember and recognise that She is the ocean of Dharma (the law of Divine Love). Shri Vishnu is awakened in me and He will identify me with Her.

Now I ask 'Brahmadeva' who is awakened at the Swadhisthan Chakra the same question. Gradually I find that everything I see is pulsating throbbing and arranging to create angles of beauty, order and harmony. I feel I am doing it; that is to say that I feel I am the creator (Karta) the doer. If I see a tree I feel I am moving with the sap of the tree, I am blossoming in the flower, that I am emitting fragrance to the winds, that I am carrying the clouds. I feel I am shinning through the sun, I am gleaming through the moon, I am twinkling through the stars. But later on I find I am creating beauty itself that is soothing which is giving joy to others. I feel their joy makes me feel my own beauty, my own sweetness. I find everything receiving my love and the whole world within me filled with expectancy of blissful witnessing. For I know that She is the Doer and I am also identified with Her through Brahmadeva.

With these five points being fixed now I ask my void or Dattatraya or any one of his incarnations the same question. I find I am spreading from my being, rays of silence. The silence of these spreading rays is sharp and unbending. As if they have become stiff with self assurion.

They are pressure exerting forceful, dignified rays as if they have got powerful personality. They (the rays) create respect all around with others from most of them and fear for some of them. They automatically recognise me as a much higher being like their leader or their guide (Guru). Therefore, I know that She is the principle of teachings that She is the Guru of Gurus and Master of Masters.

The last point must be understood before I start the meditation on these points. I know there is only one way to self-realization. That is, She must conceive me in Her heart and have to be given the rebirth through Her 'Sahastrara'. I am Her son, a newly born baby and I feel for Her so much. I need Her so much. All the time I want to feel Her presence (physical).

But I have to be again born from Her womb (Kumbha). For that how can I be innocent like Her, two great sons, Jesus Christ and Shri Ganesha. (Both are one and the same) As Shri Ganesha is the essence, we have to ask him first. But I cannot reach him. No one can except, for Her or through Her. So in the beginning, I must bow to him and now move from essence to Ganesha's manifestation. This manifestation is in the body of Kartikeya and the combination created is the Human form of Jesus Christ.

Now I ask Jesus Christ the same question. I have to be very careful for I must know that Christ was Her only son and Her love incarnated in Him. He loved Her and nobody else. He respected Her

more than anything else. (So he was very respectful) So please ask the question with great respect and close your eyes. The eyes may not open. Do not try to open them. I see the OM Kara but ultimately silence as light is seen. Only the fullness of light then I feel I am becoming light. The light covers my being as if moon light is covering the nature of my personality. I feel protected and enveloped in Mother's love. Gradually I find I have an enlightened mind. I see through the darkness of ignorance I have no hesitation or fear. I go deep down into the problems of others. I bear the cross on my shoulder. I have no hunger no hankering. I feel completely resurrected. Now I will be entitled to enter in the womb of my mother, the pitcher of the Divine (Kumbha) there I will be one with Her being as a part of Her identity, as one of Her pulsation as one of Her desires and one of Her creation. I will be drop of Her blood and part of Her body through Her. The collective all inclusive awareness. She thinks for me and She is my thought. I will be the part of that collective being Kalki, the new form of Avatar of Virata. Thus I will be aware of Him and I will know Him and be one with Him God Almighty.

The Satya Yuga has started to show its glimpse. We all Sahaja Yogis have to be one with each other. There is no other relationship but of friendship and coordination. Feel your collectiveness. We have to live as collective beings. At the Sahastrara of the collective personality of Kalki She will give you all that is

knowledge, existence and love. We have to ask for it, if we have a right to demand it. I must try to understand Deities (Daivatas) and keep their Protocol. First of all find they are very particular about Protocol to Mataji. So surrender yourself fully to Her at Her Lotus feet then they look after me very well. They protect me and guide me. They enlighten my path. I have to be just a Puppet of enjoyment. They fill my life with eternal joy and every moment is enlightened with

revelation. Let this spread to individuals, then to our societies, then to Nations. Let us be one with each other in Dharma, in the Dharma of mother and son, mother daughter. The purity of my soul would shine and drop out its compressing, suffocating shackles of destruction. This liberation and the joy of the one who is victorious will be mine. Please bless me. OH, Mother that I arise from my ignorance and achieve the light of knowledge at your Lotus feet.

By Her Holiness Mataji Nirmala Devi

"Nothing is easier than turning on the light in a room. You must press the switch button. But there is a big mechanism that works it out - wires, power houses and the whole process of scientific discovery which mastered the use of electricity, there is a long history behind the discovery of electricity. In the same way there is a great dynamic organisation that works out Self Realization, let us first switch on your lamps and in their light we can understand the mechanism much better."

—Mataji

'SAHAJA YOGA' AS I EXPERIENCED AND UNDERSTOOD

All that is contained in the Creation is perceived by the five senses present in a human being. When the creation is established, human being is simultaneously born.

The human being's 'evolution' through a series of transformations like microbe, fish, ape, etc., is generally accepted all over the world. Human being, created by the God, can never be other than basically Divine. The ordinary mind thinks that man can never actually achieve the state of complete Perfection, but he can become an increasingly improved person. He shall have to approach Divine in the true spirit of dedication, and unless he experiences both thoughtless and doubtless awareness in their true spirit in his Sadhana, as enunciated by Her Holiness, he cannot achieve perfection.

When we go deeper and deeper in the Sadhana as propounded by H. H. Mataji Nirmala Devi, we feel the Divine love in us and the creation exists at many levels simultaneously. Man can know these dimensions as he travels on a particular path for achieving Yoga. Sahaja Yoga

—by K. Subrahmanyam
(Kundalini Yoga) is the system that is concerned with this path as propagated by Her Holiness Mataji Nirmala Devi.

In Sahaja Yoga, the supreme deity *Sada Shiva* manifests all the powers of Brahma, Vishnu and Maheshwara. In this act of creation, *Sada Shiva* causes a vibration and from this vibration issues forth a projection of His power in the form of a female force known as *Adi Shakti* possessing the combined powers of Maha Laxmi, Maha Saraswati and Maha Kali which acts as *Sada Shiva*'s representative in implementing the creation. The *Shakti* carries all aspects of *Sada Shiva* in a series of planes.

Human being is connected to each plane of the creation and vice versa, through specific areas of the body - brain, throat, heart, etc. Each of these areas - representing an aspect of the creation - has its central point as the 'spine'. The following is a description of the creation as it manifests according to the Kundalini Yoga theory.

The abode of *Sada Shiva* is in the area just above the top of the skull (Sahasrar),

actually external to the physical body. The Shakti, in projecting herself from the Sada Shiva and on the way to do the creation, moves through the head and then in a descending direction, through central canal of the spine. There are five major points along this central canal where centres are established by the Shakti. Each of these centres relates to an area of the body which, in turn, corresponds to a particular aspect of the Divine Power. Finally when the centres are established, the physical body is formed and the work of the Shakti is complete. When we understand that Shakti 'descends within the spine', it must be understood that the spine does not exist in its final physical form until the creation is completed.

In all this, Sada Shiva himself does not do anything but remains always the passive principle. In other words, he is a witness to the total drama being enacted by Shakti. Shakti, a projection of Sada Shiva, is the real dynamic power behind all this creation. After completing its work with the formation of the physical body, the Shakti becomes inactive. It then sleeps in a dormant and static but potentially dynamic state at the base of the spine. Because of the way in which the Shakti rests coiled in a serpentine manner at the base of the spine, it is designated as the *Kundalini Shakti* (*Kundala* = coil) and the process to attain this, is called Kundalini Yoga or Sahaja Yog.

The ordinary man, living primarily in his physical body and having knowledge of the world through his five senses, is generally not aware that he is Brahma himself. The practitioners of Sahaja Yoga attribute this ignorance to the sleeping of Kundalini. In the ordinary man the kundalini lies sleeping and he has little awareness of the chakras or centres.

The objective of Kundalini Yoga, as propounded by Her Holiness, is to reawaken the kundalini and lead it through the six major centres or chakras. By constantly doing Yoga practices, the Kundalini is awakened; it 'pierces' the chakras in an ascending order beginning with the lowest, the Muladhara. As it passes through a particular chakra, that chakra is revitalised. Through this process many of the so-called 'powers' of the Sahaja Yogi are gained. But here again, whatever is derived from any given chakra, it shall have to be acknowledged with humility and in a dis-interested manner by a true Sahaja Yogi, for involvement in these things will seriously curtail his further progress. So, while energising a particular chakra to realise his final objective, he must move on. He absorbs the essence of that chakra and practises to guide and lead the kundalini upward to the next higher chakra. As the kundalini leaves a centre, continuing its ascending journey, it carries with it the knowledge of that centre (and of all preceding chakras through which it has passed). That chakra is then rendered inactive; it

ceases to function altogether. The ultimate object is to direct the kundalini back to its place of origin—the abode of Sada Shiva—for re-uniting with Sada Shiva, possessing knowledge of all the chakras. This type of Yoga is described by Her Holiness as Sahaja Yoga, as it happens spontaneously.

During this experience the consciousness pervades above the physical skull and the body becomes cold except for the heat that continues to radiate (initially) from the top of the skull. When the kundalini again separates from Sada Shiva and returns to the human system, it redeposits within itself so much power (power of those chakras that were absorbed in its ascension) that on its each descent, the centres function with greater vitality. This makes the Sahaja Yogi's increasing awareness of the various chakras not only during his meditation practice but also in activities of his everyday life.

How many chakras are 'pierced' during any single ascent of the kundalini and how long the kundalini remains in each, will vary with the practitioner, the intensity of practice and the dedication to Mataji.

The highly evolved Sahaja Yogi gains increasing facility in directing the kundalini and eventually arrives at the point where, having reunited the kundalini with Sada Shiva, he may choose to retain this ultimate Yoga and not to return the kundalini to the physical body.

As I have stated earlier, the chakras are located in the subtle imaginary planes and not in the physical body. Consequently, they are not visible to the physical eye. But any particular centre can be understood when it is activated and the consciousness dwells there. The chakras then get connected to their corresponding spheres of influence through various Nadis (channels). The manner in which the nadis join at the various chakras creates the appearance of lotuses with petals. Ultimately, it is the 'Prana' that is responsible for maintaining the life of the physical body.

Her Holiness Mataji has already explained the arrangement and significance of these petals in her extensive lectures which hardly need any repetition here.

Pranaams to the lotus feet of Her Holiness Mataji Nirmala Devi.

A LETTER FROM MATAJI

LONDON

May God Bless You.

My dear Doctor Raul,

I have already written to you one letter. In this, I will explain to you, why you do not get electro-magnetic vibrations in the machine. The explanation is more to make the scientist understand.

Chaitanya is the integrated force of your physical, mental, emotional and religious (sustenance) selves. Science is the analysis of that synthesis. If we have to record the electro-magnetic vibrations of any matter, we have to reduce it or analyse it in such a manner that electro-magnetic vibrations are liberated from the bondage of synthesis. A human body has electro-magnetic vibrations but they cannot be recorded because they are synthesised in a living body. But by any method if you can liberate or separate the electro-magnetic vibrations from a human being, you can record them. Where we can find a machine that could record synthesized living vibrations of Chaitanya and even a machine that could record the aesthetics of Matters? Science can only record the dry side of Matter.

Till the human stage for working of the sympathetic nervous system expresses the synthesis of our three Dimensions but the fourth one (Religion) though existant is not understood or felt within. Religion sustains the human being. It acts through Nabhi Chakra. Everything in the creation has sustenance (Dharma). Therefore, human beings have to know law of Dharma.

The Ten Commandments in the Bible, is the description of the human Dharma, in a nutshell. But Indian Philosophy has dealt with it in much more details and clarity. The opposite of Dharma is sin. The greatest sin is to sin against your mother (sex perversions). In all the Scientifically advanced countries this sin has been capturing the minds of human beings in the holy name of liberation of sex. In the underdeveloped countries the sin that has prospered is the sin against God (Almighty). That is to say, to forget that there is God who is our father who is looking after us and we should not worry about our well being. The developed countries started their fall by committing the second sin to begin with. They worked on their Sun line to improve their condition but they got completely exhausted. Now they have reached a state that they have no interest in money. But now they have fallen on to the other side of their being (Ida Nadi or Chandra Nadi) by which they are in a terrible mess. The confusion of Ganesh with Mooladhara (Mother's Abode) has reached its climax. These people if they do not take the Sahaja Yoga will be following the line of Rakshasas. Therefore with all the advancement there is no sanity in their lives; contentment has no existence in their hearts. If Indians of the Great Yoga Bhumi could understand its heritage and give up the nonsense of money hankerings by cheating and cut-throat foxy methods, they can short-circuit their progress to Divinity. Otherwise, gradually they are going to lose their Dharma, the part which others have already lost.

The reason why I have written so much about Dharma is to explain why the human being, who is the synthesis of the most evolved physical (electromagnetic vibrations), mental, emotional being must have the fourth being of Dharma established through Temperance and Piety. He receives the Blessings of the Mother through Chaitanya. Chaitanya (Pranva), which is the power of Adi Shakti. It is the force which is the integrated completely synthesized one power which vibrates. So, it is impossible to record them on the machine. The existence and working of Chaitanya Lahiri can be only verified by the curing of people through working of parasympathetic nervous system which is expressed as awareness and is felt through central nervous system. The integration is like the assembling of lamp, wick and the oil. The Sahaja Yoga is the ignitor that enlightens the lamp. This light is felt through central nervous system. The Sahaja Yogis reach a state of higher synthesis when all four humankind synthesise or integrate through the fifth force which is the source of all the four. Thus, he becomes the recording machine of the parasympathetic and the sympathetic nervous system. Instead of a dead machine, a living machine is created which records, corrects the problems and fulfills the patient with medicines, the source of all the medicines the greatest i.e., Divine Love.

For the psychologist there is a great discovery of the universal unconscious made so easy. They are still plodding to create the stage for Sahaja Yogis but the people who made the stage never stop on to it. Therefore I have not got much hopes about them. Their thinking has definitely exposed to the human understanding the existence of universal unconscious. You, Sahaja Yogis, have already entered the realm of universal unconscious. But how can the psychologists who have built the stage can step on to it because the stage builders can never get on to the stage. In the same way scientists have created a stage which they cannot enter. They just say that further than this we cannot explain or understand. For example in the human beings the mode of action of Acetylcholin and Adrenaline cannot be explained. A Sahaja Yogi can explain because he knows the know-how of Kundalini. You know from factual experience that the deities are looking after it and managing the show.

Please convey my blessings to all the Sahaja Yogis, all my blessings and all my love to all of you.

Yours forever
Your Mother

NIRMALA

An Expression

By Dr. Prasad

At the very outset I must confess that I find myself totally incapacitated and I feel quite choked up in expression whenever I try to set my mind on writing about the most Reverend Mataji Shree Nirmala Devi. I am suddenly seized with a sort of Interrogative Feeling—whether would not it look like an attempt to focus light on the one who is the very source of all Lights. However, I with humble submission to the Great Almighty Matajee Shri Nirmala Devi, ask for Her forgiveness for my emotional fault of attempting to write my feelings about HER.

During my short period ever since I met her, I know, of course, that I did receive from HER ever so many boons which I do not really deserve. But, above all, I look upon having refuge at HER kind lotus feet as the greatest of all events and boons of my life.

The first time when I saw Matajee, though I felt a great joy I obtained no glimpse of a higher world unlike my wife who was fortunate enough to have a tremendous feeling on the very first meeting with Mataji. However, I did not lose my heart and in my second meeting with HER on the following day, SHE blessed me with HER Palms on my head. I was declared by HER to have

attained a State of realisation. This arousing of Kundalini is a phenomenon which does not come so easily even to those who sacrifice everything, devoting themselves to the hardest Penance for years together but Matajee's Grace has made it easily accessible to those who sincerely seek after it.

As taught I immediately sat down in a comfortable posture before the Great Matajee trying to invoke—thoughtless awareness. In and through this silence alone we can realise how the grace of Matajee Shri Nirmala Devi descends. And thus after just being near HER for a while my restlessness and gloom melted down like mist before sunrise.

After Matajee left us for HER return journey to LONDON I felt very sad and lonely. A fear and doubt about my future in my job were already haunting my peace for quite sometime. During the period when I was enjoying Matajee's company here, I had totally forgotten all about that fear. But much later when the situation in my office took a serious turn, I myself and my wife got terrified to think of the possible onslaught of fate in service and decided to write a few words to Mataji. I had also requested in the letter to Matajee to make me feel

the grace she would be bestowing from there in the form of Vibrations and to my wonder for that too Matajee was so kind to shower HER grace on the most undeserving son.

One day while sitting in the office, that was almost a week after we wrote to HER, I felt a sudden upsurge of tremendous vibration very soothing and exalting indeed, reverberating my whole being and it lasted for quite a few hours. Later on coming to know that the same day and around the same time when I received Mataji's Vibration my fate was being decided in the office as to whether to retain my post or to dispense with it and the judgement which was cent percent sure to go against me took a miraculous turn to favour my position resulting in my final victory. I had been facing this hanger on position for the last two years and finally it was for Matajee's grace alone that the matter was settled.

While in HER contact I could very well see many other traits of HER supremely lovable personality amongst which must be counted is HER sense of humour and love of laughter. Mataji coveted nothing but loved to chat freely with those who came to HER.

The great advent of Bhagwati Matajee Shri Nirmala Devi is destined to shower eternal blessings on the worldly—children and to enlighten them through the Great Path of Sahaj Yoga, an Unique discovery in the spiritual History of the world, which Mataji has so kindly and graciously revealed to the seeking souls for the supreme realisation of truth through the Simplest Path.

Mataji is a radiant personality that sang the very air about HER. A deep aura of peace encircled HER that draws you at once into Her Magnetic orbit. Her eyes that fascinate us most—shine like beacons—"The Greatest ever born on Earth", my heart mutters—my heart beats fast to declare—Hither to I have seen many Sadhus and Saints, but here is the real truth for which my soul had been hankering years after years and lives after lives.

Exigencies of space forbid my writing to go further and so I pause, I pause—to salute once again at the lotus feet of Shri Adishakti Mataji Shri Nirmala Devi.

"Ya Devi Sarva bhutesu
Sakti rupen sansthita
Namastasye Namastasye
Namastasya Nemonamah"

Sahaja Yoga is a simple and straight method to get realisation provided one is prepared to accept it.

Kundalini is no more the mysterious hidden power now. Mataji Sri Nirmala Devi has discovered **Sahaja Yoga** to get Realisation for common family-man. Mataji Sri Nirmala Devi devoted Herself to all those who are interested in ascending into the fourth dimension. Several thousand persons in India and Overseas have achieved spontaneous salvation through **Sahaja Yoga**.

One can see Kundalini with the naked eye and it has been shown at their centres.

A Realized person can activate the dormant power which lies at the base of the spine in a triangular bone in the form of three and half coils. This power enters through the brain which is prism-like, when the child is in the womb of the mother and settles at the base of the spine. When the rays of Divine love pass through the prism-like brain they get refracted. The main channel through which the Kundalini settles at the base of the spine is Shushmna and the two channels on either side are known as Ingla and Pingla or left and right sympathetic nervous system. Through the

SAHAJA

YOGA

last two, ego and super ego develop, which is peculiar to human beings. Human beings, because of their ego and super ego turn their mind to external things and they loose the capacity to turn inwards.

The Kundalini when aroused rises and passes through plexuses controlled by chakras and pierces the 'talu' (fountainale bone in head). This however, one cannot do unilaterally. It has to be done with the help of a realised soul. For a light, that is enlightened, can alone enlighten another.

After realization individual becomes light and free from tension, his pupils dilate, changing his very countenance and he enters into the fourth dimension—the spiritual one.

Kalpa - Vriksha

or

Kundalini Yoga

I started practising Astanga Yoga which includes pranayama etc. about four years ago. But the progress was nil. I had a strong desire for a real guru who could teach me Sadhana. One day in January 1980 my colleague Mr. O.S. Khatri told me about the Kundalini awakening programme to be held at Vitthal Bhai Patel Bhawan, New Delhi in February under the guidance of Mataji Shri Nirmala Devi. I made up my mind to go there. As this programme was to be held in evenings from 6 p.m. onwards, I attended it on my holidays(3 days)because I am a teacher in evening shift. But I could not get anything. The urge for realization was as before.

But there was a small ray of light by Mataji's divine grace that on my first day she told me that I am a realized person, when I touched her feet. Unfortunately I could not feel and believe it. After that Mataji left for Hardwar. I could not go there.

After some days I started sitting in the morning and evening before the photograph of Mataji and reverently spreading my palms towards the photo. I felt vibrations through my finger tips and found the chakras opened as mother Kundalini reached the Sahastrar through the divine grace of Mataji Shri Nirmala Devi at my residence. In this way I started Kundalini Yoga.

During its practice I found myself recovering from a dangerous fistula near the rectum for the cure of which I had wasted nearly three years.

Now I am in a close vibrational contact with HER Holiness Mataji Shri Nirmala Devi and feel her presence at the Sahastrar.

May Mataji's bless all of us.

RAMESHWAR DAYAL

M.A. (Maths.); B.Ed.

8/25, Tagore Street,

Babarpur, Delhi-110032

JOY OF LIFE

Till the other day, I was wandering aimlessly as a beggar in the streets of life. Thanks to Mataji I am hoping to become a king of kings in the near future. So long as your desires are not fulfilled and they overwhelm you in endless succession, you are in essence a beggar. True joy and permanent happiness is possible only when all your desires are fulfilled. There is one desire fulfilling which all desires are fulfilled, that is the desire for God. When the Divine Grace falls into the Kamandal of your heart, all your desires are fulfilled, your sorrows of ages are wiped out, and you experience the eternal spring and joy of life. Only that person is a king who is himself full and in his fullness gives to others. Only a God realised soul is the king of kings, because he is in possession of infinite wealth and can distribute that wealth to others. He is established in universal consciousness and is full of love and compassion for others. Only in a State of Divine Love, you can truly give to others.

My greatest fortune in life has been that I came into contact with Mataji Nirmala Devi who awakened the sleeping Divinity within me and put me on to the path of God Realisation. My long search for God and a true Guru ended after I became one of Matajis spiritual sons. I was reborn a second time, in the spiritual kingdom of God. I truly became a Brahmin, the devotee traveller on the path to the supreme Brahma.

Without the Grace of the Guru, God Realisation is impossible. Guru can only sow the seed of Divinity in you—unless you nurture the seed into a tree by total devotion and Sadhana, you cannot reap the fruits of Divinity. Only as you advance in Sadhana, you can experience the great Bliss and Beauty of the Divinity within you and the Greatness of Mataji. Hence please do not judge Mataji with your limited intellect, your ego and your limited spiritual experience. It will be almost like the seven blind men trying to find out what an elephant was. Mataji has opened the doorway to the kingdom of God which overflows with the treasures of eternal love, Bliss, Beauty and Holiness. Let us all take part of these eternal treasures of the Divine kingdom, by being true disciples of Mataji.

GOPAL
New Delhi

SEARCH

It was some time in my college days that I read about the Kundalini, Chakras and self-realisation. I wanted to learn more about these and thus began my search. After a couple of years I met a self styled "Prof. of Yoga" who is known by this title in India and abroad. He told me that I had to learn Asanas for about 10 years and then Pranayama till he was satisfied about my progress, before I could even think of learning how to meditate. This did not appeal to me. I was convinced that self realisation and Kundalini awakening was possible in meditation under the guidance of an able Guru and by the grace of God. I continued to grope in the darkness of ignorance by reading the books I could lay my hands on and by discussing it with interested people.

I met HH Mataji in April 74. Before actually meeting her, I attended one session of meditation in Nov. 73. I got her photograph and practised at home as I was told in the session. And lo ! I got what I was longing for from the photograph itself. Next year when I meditated in the presence of the divine mother, I was over-whelmed with joy. Inner peace came to me. HH Mataji told me that I was realised. It was really very kind of HH Mataji to have given realisation to an ordinary person like me.

Since then I observe considerable change in myself. All tension has gone. Problems do not worry me. In fact by the Mother's grace solutions come without special efforts, may the problems be domestic or related to work. My thinking and very out look towards the life has changed. She has granted realisation to all members of my family. We are leading very happy life under her protection. Even my children can feel the Chakras and raise the Kundalini of others.

We are all very grateful to the divine mother for giving us the sacred knowledge of Sahaja Yoga; making Kundalini awakening and raising as easy as child's play. Ancient seekers had to go to the Himalayas and jungles to learn this technique. In the days of psudo-gurus it is really very kind of the divine mother, to have come amongst us. Her presence is a great blessing to mankind.

या देवी सर्वभूतेषु मातृरूपेण संस्थिता ।
नमस्तस्यैः नमस्तस्यैः नमस्तस्यैः नमो नमाः ॥

-R. D. Kulkarni

BEWARE, DEAR ASPIRANTS

THERE IS A JUDAS WITHIN US. BE CAREFUL. HE WALKS WITH US, WORKS WITH US. SINGS THE PRAISES OF THE DIVINE MOTHER, BUT HE IS AN UGLY SERPENT, THE REPRESENTATIVE OF THE SATAN, WHO IS IN DISGUISE. HE HELPED TO CRUCIFY CHRIST IN A SLY MANNER. HE MAY BE A WOMAN LIKE POOTANA, WHO CAME TO POISON THE CHILD KRISHNA.

LET US ALL KNOW THE ONENESS IN OUR MOTHER'S LOVE, AND TAKE GUIDANCE IN THE BURNING FLAME OF HER DIVINITY. GUARD AGAINST SUCH SHIP SINKERS IN THE SHIP OF SAHAJA YOGA.

MAY GOD GIVE YOU KNOWLEDGE TO KNOW THE EVIL GENIUS—THE NEGATIVITY PERSONIFIED.

"SRI MATAJI"

A Fact

It was 5 p.m. when I noticed that the petrol of my scooter was in reserve on 5th May '80, and I had to reach Gandhi Bhawan at 6 p.m. to attend the 'SAHAS-RARA' function arranged by Sahaja Yogis of Delhi with my child who was waiting for me at home.

The distance that I had to travel was quite far off and the petrol was not sufficient for the purpose. So hurriedly I reached petrol pump near Odeon cinema just to hear that there was no stock of petrol. On my way home, at Asaf Ali Road petrol pump also I could not get petrol. In past also for few days there was shortage of petrol in the city due to the disturbances in Assam and the petrol was available only on the selected pumps. I, therefore, lost the hope of reaching in time for the function.

By this time I had reached Delhi Gate and while awaiting for the green signal from the traffic police, I was feeling in my heart that unless the divine help comes to me from the Mother, H.H. Mataji Nirmala Devi, I shall not be able to

attend the function. No sooner this thought came in my mind, a shikh youth stopped his scooter by my side since the traffic line was not cleared.

I was suddenly prompted to ask him if the petrol was available in the city. He promptly pointed out to the petrol pump next to Ambedkar Stadium and advised me to go there.

In the swing of mind, though there was hardly any hope, I reached the petrol pump and was surprised to see that the petrol was available there. I hurriedly purchased the petrol and reached Gandhi Bhawan in time to attend the function with the child.

My above experience convinced me further that H.H. Mataji Nirmala Devi is always there with us to help all the Sahaja Yogis whenever we remember her.

Sakshat Shri Mataji Nirmala Devi namo namaha.

Gopal Patankar
New Delhi.
23-5-80,

Advice given by

Her Holiness Mataji Shri Nirmala Devi on 22nd March 1977

**At Bharatiya Vidyabhavan, in the form of
Question and Answers**

Sahaj-Yoga is not a thing to be taken that frivolously. It works in you in no time. Effortlessly. After Realisation, for all Human-Beings, it is necessary to understand the complete working of the Kundalini and the Vibrations. You must know the complete Science of it. What is the use of the money if you do not know how to spend it or use it? So the best thing is to get it. If you are sick, and cured by Sahaj-Yoga, you will find that you will become so much healthier and better. You will be enriched much more. If you do not take to Sahaj-Yoga, gradually you will find that your Vibrations are lost after some time, because God doesn't want to waste His Vibrations on people who does not want to give it to others. There are some people who will give explanations, that we have

got families, how are we to give up? I have also family, you know I have Grand Children also. This is the only good thing you can do without paying a single pie. You have got it without paying a single pie; and you have to distribute it without taking a single pie, and you have to enjoy it. You can enjoy it only if you can give. You have to learn all these things and by God's grace, here are at least fifty percent people who can tell you about Kundalini, Quite well. They are going to work out with you, they are going to tell you about this. Nothing to feel bad, because once you master the Kundalini, you will just become the same. So there is nothing to feel superior or inferior about it. Only thing is that to-day you have jumped into the sea and learned how to swim, and they have

learned it long time back. Gradually you will pick up very fast. It is only your simplicity and earnestness to be that. You will work it out very well.

Now I would like you to ask Me questions. Because when I go away, I don't want the halfhearted people to ask You questions because when the questions start, the Murmuring Souls will try to bring out people, who are not yet half-backed and then they will fizzle out. So you have to completely mature into Sahaj-Yoga. Do not listen to any body because he said so. You ask him what is his authority. Does he know anything about Kundalini, how many people he has given realization ? Then you keep quite. You have seen Kundalini moving. you have seen its Pulsation. You have felt the Vibrations. Any-body can talk against Sahaj-Yoga. It is very easy. Any Dick Tom Harry can say. Very easy to criticise anything. But if you are a serious people, then you must understand that you have felt the Vibrations, They are There. And that you are going to proceed further. It is for your own good and for your own asking you should get it. If there are certain problems on your Chakras, they must be corrected. So what is the question now ?

Q. Why God has created this Ego and Super-Ego within us ?

Ans. From our stomach, the Med, the fat, rises into our Brain, passing through all these centres, evolving to be the

Cells of the Brain. Even brain is the Med, fat cells, what you call as Mendu. So for the Med to become the Mendu, it has to evolve, to achieve a certain amount of Charges of Awareness, of Human-Awareness. The Human brain is the most Precious one because it has a dimension, which animals do not have; a Mental Dimension you can say, an Emotional Dimension. His physical Dimension also has another Dimension. We can say that on every Dimension we have four sides. Emotionally, we understand love, we understand how to receive ? how to reciprocate ? We understand beauty, we understand poetry, we understand sweet gestures. We can creat these things also. On the Mental level our dimension has a Fourth dimension, I should say, by which we creat things. Animals cannot Creat. We can creat. On the Physical also we have a special advantage, that we have lifted our heads up. Our hands act in a different way than our feet. We have a better capacity to hold things. Not only that, but also we can use this body to lift much higher things that are here. For instance we can creat a Crane and lift the things. So we have also got a power by which we can have Mastry over the Matter. This is not among the animals. So we have already a higher Dimension which is reached in our brain. How such a beautiful Human brain is Created.

So at this stage of Human Evolution, when man has reached this stage, we

should say that it is still in a transitional; little more he has to jump and he becomes that for which he has been Created. So in this transition it is necessary to Protect that Brain very carefully, one, purpose, secondly to make this Brain independent of the will of God and to make it used by itself, so that it develops another dimension of Wisdom, by faltering, by making mistakes, by correcting, by failing, by going into extremes. Man starts coming in the Center and understands, that this is the position. Now see in our country the Political views. Since the British time the Political scene is constantly changing and then you reach a position where you say that this is the position. All this is done by a Human Brain. So a Human Brain is the most coveted thing, most Evolved thing, and with the brain heart also. Human Heart also has to be co-related with the brain. So both the things Evolve. Our stomachs are evolved very well. Actually our stomachs are much more subtle and they cannot take gross things, we require very fine and sofisticated things for digestion.

At this stage to protect this Brain, you require a hard covering. So God has created this system by which you get completely covered. By creating the Ego and Super-Ego, which is just to say a by-product of your activities. Any activity a Human being does has a reaction. For instance, if you say NO to something, it has a reaction, he creates his Ego. If he

accepts something he creates a Super-Ego.

This is also done, because the Brain of the Man is made Triangular and Prismatic in nature. It is Prism like Brain. In this Prism of this Brain, when the Rays of God's Devine Power flows in, it goes into refraction into different angles, and by the principle of the Parallelogram Of Forces, part of it escapes outside this side and part from this side. One side the man can think of the future and of the past, but the animals do not think of these things. So that is how our Brain is specially made one. It is protected by creating the Ego and Super-Ego completely by which our Talu, where the Fontanel bone is covered; you are separated from the all Pervading Power, from which you get your independence, and, freedom, to act as you like, to use your brain as you like to learn; because the Evolution, if it has to go any further, this is the Transition period, when you have to try.

We can say like this; for simile, because simile should not be drawn too far. suppose I prepare one instrument. After preparing it I first try it on a small cell. And then I put it to the mains. In the same way first it is tried seperately, individually with an articulation. The other day I gave a simile of an egg. An egg is created by articulating it completely protected, till it reaches the com-

plete stage of its re-birth, the Dwija, then only the mother bird pierces the egg and there is a re-birth of the chick. In the same way you are made, protected, so that you are made ready. Ultimately you reach a stage, where you are just ready to jump into another state, and it happens. In the incubators also, if you put these eggs, with the warmth, warmth is the love, and with that they grow, and at a point all of them hatch out. Of course not at the same time, but say within a couple of days.

It is in the same manner that the Sahaj-Yoga is working out to-day. That you are just ready to have it. You had a very great past, you have been seeking, you have been going round, and you have no idea as what you had been doing. To-day you are wearing ordinary dresses, like ordinary people, and to-day you are here for a lecture with me, and at this time this happens. This is a greatest miracle for some people, but for Me it is just a happening. It has to HAPPEN at this time. We see lots of flowers turning into fruits, but we don't call it a miracle. Because we have taken it for granted. So many of these miracles we have taken for granted. Now it has to happen to Human-Beings. And when it HAPPENS, it HAPPENS LIKE THAT ! - Naturally, you think that for Me it is a child's play. Because that is My Job, to give you MOKSHA. I am a MOKHADAYINI. No doubt about it. If that is my nature,

than I will do it. If the Nature of the Sun is to give you Rays of the Sun, it will give. It is not difficult, because that is the nature of the Sun. If it is the nature of the Human beings to see things and colours, he will see it. What is so great about it, what is to be proud about it. I mean I don't understand, that if You are THAT, Then You are THAT. What is there to be higher or lower ? I can't just understand. This is all because of the Human Ego, that a man has valuations. He thinks this is higher, that is lower, In a way, Human-Beings are higher than animals. And Human-Beings are much higher than GODS; and Much Higher than God Almighty sometimes, because he has to beg you to come out to Sahaj-Yoga. Unless and until you are freely accepting Sahaj-Yoga, it does not work out. You have to be absolutely free. I cannot, entice you, I cannot hypnotise you, I cannot do any thing. It has to be there. And that is why it works LIKE THAT. Why should you feel that there is something wrong in it ? It has worked with so many people. So many people have felt it. You will also feel it. It is your Due, so you are feeling it. And supposing there is something wrong with the seed or something wrong with the flower, WE will correct it also. It may take two days more. Doesn't matter. It is not something extraordinary for me. Yes it is, in a way, because in all my previous Lives I have not done it. So I

feel very happy. For example, when you are a leaf, you cannot do the things of a flower. when you are root, you cannot Bee at all. But when you are a flower, then a Bee can come and do it. What is so much surprising about it ? Because it has been Promised so many times, It has been Said, even Vivekanand has said, that Mother will come and She will do the Job. He has also said that Buddha is just a part, a littel drop. He has said all these things. When you quote Vivekanand, read Him properly. He has also said, I cannot do anything, MOTHER is going to do. Everybody is putting on that MOTHER. Shankaracharya said MOTHER will come. In the Bible, if you read John's revilation, that a woman will come and She will give Rebirth, she will be protecting the Child", all these things are there. And now when the MOTHER comes, you say 'Why are you the MOTHER' Now the MOTHER must come with a horn or what should SHE do ? But I am the MOTHER, and I have to do the job. Now you start finding faults with Me. So what to do with you people ? After all what should I have ? Whatever I have thought proper, I have. What else do you want ME to have ? If Lord Ganesha has a trunk of an Elephant, it has a meaning. And if somebody has something else, it has a meaning. We say that SURABHI, the first cow which appeared in the Vrindavana, in the VAIKUMTHA stage. She appeared, and all the Gods were inside

Her. We accept a cow but we do not accept a Human-Being, who has got these Powers. It's all right. Don't accept. Not that you should flatly accept ME because once I say it, then there are many matajis all over now. But what I am saying is that you should feel the VIBRATIONS yourself, you should take them, and if you see the Kundalini rising then that is the first sign. If you see the KUNDALINI rising, you should. When I went to Ambernath, there was one Janardan Maharaj. He had come because he had heard about Me. He came just to test me, or whatever it is. So he was siting near the stage, the people told Me that he may not accept you Mataji. I said if he is a Realized Soul, he may. When I just went inside and went to the stage, he just fell flat on My feet. Then he told Me, I saw everybody's Kundalini rising, as soon as YOU stepped inside. I could see. They can see also. He saw everybod's Kundalini rising. As soon as I came in they would not, but the Kundalini rose, to wish you welcome. So they know. Many people know. Gagangad Maharaj know. He told many people, I have not met him. He has told many people about Me. When I went to see him, he talked to ME as he would talk to an Incarnation. He did not talk to me as he would talk to Mrs. C. P. Srivestav. He did not. They have taped all that he has said about Me. He asked the fellows, 'Why Mataji has given you all this thing ?

Why has She given you ? What have you done ? How many of you going to give their lifes to Her ? She has given you this precious thing. You cannot part with one farthing. What are you going to do for HER ? He scolded all of them. He said all these things. It is on the Tape. There is another person, his name is Pralhad Bramhachari. He is from Calicut. He went to America. He told people about Me. They now know about Me. He told them that SHE has come now, and there is nothing to worry. But you people are such egoistical that you cannot bear to hear such things about anyone. That is the truth. You are too egoistical. There is a proverb, 'empty vessel makes too much sound.' It is a sign of emptiness. Those people are telling me, even that Nagnath Baba from Ambernath said 'MATAJI they can never accept you. They have never accepted any Incarnation upto now, and they are not going to accept YOU. Try YOUR level best.' The Gagangiri maharaj says 'For twelve years you try. If they are all right, then I will come down'. They are all afraid of Human-Beings. Really it is true. There are many like that. Three very old people came to see me in Haridwar. They said the same thing. How are you going to behave yourself, or you are going to behave in a manner, that is going to be detrimental to your progressing Spiritual life. What are you going to do ? It is for you to decide.

If you have read a few books, you cannot

settle ME in those books. You see there is Yoga Shastra. Yesterday, Justice Vaidya told you that there is Satvik Yogashastrætc. Yoga-Shastra for ME ! What is it ? Did Rama read any books or Krishna read any books, that I AM going to read any books ? You see this is for people, who have to climb up, I know EVERYTHING. So why should I worry about such things ? I have to just pull you out. That's all. I know MY job. A person who knows the job does not have to do all this. And it comes to this ? that I have to tell you all this, you yourself should realise that if Mataji is doing like that Just by HER CHITTA. I will tell you about a case. Yesterday they told me about one of our Sahajyogi's brother, who drinks too much and he is in Goa. What can we do that he should come here ? He came to-day. He came just like that. It is just my attention. If you put anything to my attention, it works. I don't have to bother. It is like a Human being lifting anything. Now an ant will say how did you lift it, it is possible for a Human being lift to like this, and for me it is easy to lift your Kundalini and to do the miscellaneous things like that, Because it is my attention, CHITTA, my attention itself is Anand it in itself is Bliss itself is a knowledge I don't need any intelligence or anything because I know everything. In my head there is a library. you have read one book. that follow has found something from somewhere, now how am I to tell you how this mad man has found out something from somewhere and

how did he find in darkness what did he find. He must have found somebodies leg and thought it must be somebodies hand. Now for a person like me, it is so difficult to go to every person, any body who has read a book there a sentence here will come down. I said now leave it now, you want your Realization then come along and have it, And the greatest problem is all this is love, that is Just a form of love, it is nothing but Love which expands gives you Vibrations again receives back, it goes in a paraboli like that which you call a Pradakshina of a Shakti. What is Shakti ? Shakti is a Paraboly. And now Einstein is talking about a paraboly. We have a paraboly long time back here. We knew it was Shakti. You can explain this in your science and everything. In this life I have learnt English language, a little of science and a little of Psychology and all that. These psychologists are so one sided people Yoga-Shastrakar are one sided people. They do not match each other. I am telling you the basic principal between the two. Both are human efforts. I am a different person. Now what should I do, if I am like that ? How can I become like you ? If I know how to come up why should I become a little baby; and say I must crawl up gradually.

I am an old WOMAN OF THOUSANDS OF YEARS ! So I know everything. You are still a baby. How can I become like you ? So to-day is the DAY I thought of telling you about it; so that you just

don't worry about things how I do it. I really do things, I cure people. Now here is the gentleman, a Heart patient, ask him. Even before I met him, he got quite cured and I cured him. There are so many people here who will say that. Once a Frenchman asked me a question about the Western life. I did not answer it at that time. I started saying something else. So the boy Rajesh, who brought him to me, said, 'You see MATAJI has not answered your question. She has recorded it, and it will act ! Because in his case it has acted.

So, the GOD ; whatever, he has done is for your good. He has given Ego and Superego, not to get spoiled and finished. You cannot blame God for that. Supposing God has given you light, to go that way. He has told you to take an independent light to find out that. And if you start burning with that light, what can the GOD do ? It is not God's mistake ! Many people think that this Ego is horrid. Ego you must have. You have not to fight with your Ego. Only thing is that your Ego should become one with that of GOD. That's all. Its a very simple thing. If you just become ONE with that GOD ; now supposing this has an Ego. How can I talk with this ? I will say something, this will say something. But if it has no Ego, as his ego has become one with my saying, then it carries my voice, carries my sayings, everything it is so simple. It is very simple thing but you cannot do it. Is the point. So I am here. Once you are awakened, once your light has come, then you

can do it also. Why Not ? I have told Gagangad Maharaj, when he started telling me, why he cannot give realisation to people like this. I have done so much and I have undergone so much ! How these people are doing it ? These people will become very Egoistical. I said, 'They will not' He said 'how do you know ? —' I said that they are made after the Pattern of Shri Ganesh. Same powers they will have. Even with the finger moving, MY SONS can give Realisation, they Can. Who are you to challenge and ask ME ? He kept quite. He said, You are the Mother. Do what you please.

It is a fantastic thing ; that is why it is difficult for the people to understand. But anything like this has to be fantastic. And we have to prove the existence of God. We have to prove that he exists, and he works. All those people, talks about Nanaka, Kabira, and Hiranya Sanhita and all your Yogas. I am going to prove it to you. Have you ever seen Kundalini pulsating before ? I will show you the pulsation of a Kundalini. You have never heard before, that on the fingers the Vibrations are coming. But you have not only felt it, but can diognise a person. You can tell a person, what he is suffering from and cure him also. Now you will say' how is it possible ? Somebody says that ten thousand years before, we have never heard a thing like this. Every thing must happen ten thousand years before ? Then why are we pro-

ceeding further ? Better go back. What an argument is this ? After-all we have discovered going to the Moon. Then we never said 'why do we go to the Moon ? 'You see it is a simple question. But you have to know that somebody is searching inside for you. And I have found it out. I have visited all these Gurus. All these Rakshasas. All of them, very nicely befooling them. I tried to find out what they are upto ! Now I also know their tricks. I know what they have done to you and that is why I can correct it. I have studied all the permutations and combinations and everything. Everything of Kundalini, of whatever is possible. It is not so simple with the Human beings. They can be easily persuaded, they can be enticed, they can be hypnotised. I cannot be hypnotised. But you can. Anybody can hypnotise you. I have seen thousands of people getting hypnotised, taking out their clothes, dancing, jumping. I have seen some people, making faces like that. All sorts of things can be done. The hypnosis is so much that when they come before me, they, also start doing that. Because they are used to it. It is like Dr. Jekyl and Mr. Hyde, who list. So it is wise for you to understand that I know all these things, and I will tell you everything, I have got it for you specially, I know all the permutations and combinations, and you dont have to do any reasearch about it. No money is needed to be spent. Still, you see, there are people with me for the last seven years, and still they say that Mother every time

You say something, we had to learn. This is this, this is that, this combination, that combination.

Even five lives will not be sufficient for you to know, a little bit about this knowledge. So why worry about this research and this, and that? Just listen to Me and use your hands and learn and discover for yourself that this is the Truth. And don't listen to everyone, third person coming round the corner. As if you have no brains at all. So you must not listen to every one. You are special people. By God's Grace you have got Vibrations. It is a very big thing. Those who haven't got will also get it. I would request you, that you have cleared out now, after Realization, and also later on, whenever you are tired. It is better, that is a bath for you. Every-day, you do that treatment for yourself. It cleans yourself, because you gather, I do not gather. Nothing happens to Me; but it happens to you. So you must have a bath in the night; take out all the Problems in that water, and throw it away. Water with salt, is a SEA which takes away all the problems. There are so many other ways by which you can take out. Akasha, then PRITHVI. We have people, they can tell you, they know. I have told them that five six people should come here. We have a brain-trust. They will be all sitting down over there. So next time when you come, and if you have any problem, you

can ask them. Now may be you are learned! but you can learn from them. Even persons like Justice Vaidya told Me that I must know more about Sahaj-Yoga. It is more practical than theoretical; If he comes to the programme, or somebody goes to him and show how to use his hands, he will become a master of it. Because as it is he has knowledge, it will fit into it. As if the Ganges will flow into all the canals that have been made to receive the water; and it will go and settle into it. Perfectly. Your reading is not going to be wasted, but you will know what is right and what is wrong. Now if there is another Question, you can ask. I have already taken quite a long time for one question, as it was a very important question.

Q. What is Bath ? How to take it ?

Ans. It is a simple method. You put My Photograph in a proper place. Put a light before it. Even a candle will do. Put both the hands towards the Photograph. Sit in the water, with a little salt. The water should be a little warm. You will be amazed that the whole trouble will go away in the water. Then you throw away the water in the W.C.

Every body can do it. Now if you have trouble at Vishudhi Chakra, put your right hand towards the photograph first

and take out the left hand. Supposing you find the Vibrations are flowing into it, then you put left hand towards the Photograph, and the right hand outside. You will be surprised that the whole thing will be cleared out. And if you keep your eyes open towards the Photograph and keep your hands like this, stretched and with open palms, or sometimes towards the Akasha, you will be surprised that your eyes are very much improved with this. Mother Earth also; if you put your head on the Mother Earth, just touch her with your forehead and say' Mother forgive me for touching you with my feet she is your Grandmother ; you ask for any thing and you will get it. They are all waiting to give you whatever you want. You can ask the help of Hanuman, you can ask the help of Ganesha. The other day the Newspaper people told Me, the two descpiles of Mine who are the correspondence, were going somewhere, and they had My Photograph with them. They said that it was so amazing that our driver just bumped into a truck going ahead of us. We said that we are all finished, and we have closed our eyes. When we opened our eyes, the truck was ahead and we were there. We did not know how we were saved. Even the driver had closed his eyes. We didn't know how the truck went that side and how we were here ! So accidents are avoided, and people have seen that they have good health and can live long.

Everything is there. Afterall we have jumped into the Kingdom of God. Only thing is to keep your seats all right for the time-being. Then the whole thing is to be lifted up, into Satya-Yuga. Already Satya-Yuga has started.

My Photo has the Vibrations. It is a FACT. Also there are many things that have Vibrations. Even this status has Vibrations. But not so much as they are for Me. First of all I am a living Being, and another thing is that their proportions may be wrong. They are created by the Human-Beings, by their imaginations. But these SWAYAMBHU Lingas, all of them have got it. For example, supposing you go to, say, this Ranjangaon, Ganesh, it has complete Vibrations. Because these are special statues come out of the Mother Earth. Mother Earth throws out. Mother Earth thinks. She creates these things. She throws these things. And they give Vibrations. So you take Vibrations from them also. But My photograph is the photograph of Reality. Another thing is that whatever I speak, because I am THAT, it is PRANAVA flowing. It is actually PRANAVA. My every talk, everything is MANTRA going into. And when I put My finger into it, I have found that My Vibrations can turn round. Even when I blow out air from my mouth, those who are realised can feel it on their Sahastrar. It is a FACT. So why should it look so funny to people ? What is the next Question ?

Q. If you see all the Six Chakras; near each one there exists some or the other Indoctrine Glands. What relation these Chakras have with the glands ?

Ans. Indoctrine Glands are controlled by the Chakras also. For example, we can say Muladhar Chakra controls the Prostrate like that. Even Agnya Chakra controls Picutory and Beneal, both of them. That is how it controls the Ego and Super-Ego. So it has a controlling effect on that, very much. They are the gross agents for that. You see for example, to control all the Nature. God has fixed up all the stars. Major Nine stars are there. These are placed there to control the Universe and everything. It is controlled through those points. It also affects our physical and material life.

Q. Respected Mataji, please strengthen me in knowledge and show me more clearly the way.

- i) What are these Vibrations ? (Physiologically, Scientifically, and Spiritually.)
- ii) Where these Vibrations come from ? From YOU, COSOMOS or Atmosphere ? What way do the Vibrations benefit us ?
- iii) What are the DOS and DONTS of Sahaj-Yoga ?

Ans. Very Good Question.

First question is about what are these Vibrations ? I told you yesterday, that

in our heart, there is a flicker of light, which is burning all the time; which is ATMA; which is the reflection of PARAMATMA in our heart. In short I will tell you. What happens when the Kundalini rises. SHE opens the BRAMHA' RANDHRA And there is the Seat of the SADASHIV, the PITHA. The Pitha is here at Sahastrar, but Sadashiva is in the Heart, reflected as ATMA. Pitha is created because it receives the Subtle Energy which is all pervading. The Gross. Inside all the Pervading; e.g. This mike collects my voice. Voice is a subtle energy, which is collected through this, and if you have a radio it will catch them.

In the same way Pithas are in the brain, and Pitha of Sadashiva is higher up here, which is opened out, so that the Subtle, the Sukshama, the gross passes into our heart, through a very Subtle channel. Just like a gas-light, it has a flicker, and when the Gas opens out the Prakash occurs. Now the Vibrations are that Prakash going through us. These Vibrations start flowing through us. Now what do I do ? You will say 'Mataji what do you do ?' I do nothing but I just try to give you that force, which is the, you can say, Gas power. That is the Gas-Power. Because the Kundalini knows when I am before you. SHE rises, SHE opens out, and IT starts flowing. It is flowing through ME through out. But unless you are Subtle, you cannot feel it. you can say, that I am the FINITE

in the in-ginite. Or you can say the Infinite in the finite. I am both. So the Energy that is emitted into all the Subtle Energy is passing through ME. IS THE VIRAT. From the VIRTA, the whole thing is passing. It is going into the All-Pervading. It is all Pervading. Everybody, everywhere it is going. Even it is in a Cell, in a Carbon atom it is there, in all atoms it is there. It is the Subtle Energy. That is Emitted through ME. When you become Subtle, you become like a radio, you start receiving it. Now how will you know what is correct and what is incorrect? You ask the Subtle, and the Subtle answers you, and you get the answers on your hand. It is like this. So these are the Vibrations, which you receive, from the All-Pervading power. And the All-Pervading Power is Emitted out, and you receive it from ME of the All-Pervading. It is just the same, from everywhere. These are the Vibrations.

The SELF-REALIZATION, which is the very subtle point, you try to understand now. That it is so far an un-conscious for you. Your Atma is in the un-conscious it is not in the Awareness. It is in the ACHETAN. It is in your un-conscious. You are not yet Aware about it. But once you are REALIZED, it starts flowing into your Awareness, means that you start feeling into your central Nervous System, because your nervous system is your Chetana. Is your Awareness. Human awareness is nothing else

but the Central Nervous System. But this central nervous system starts FEELING now, the Vibrations, the LIGHT of the ATMA through it. So that it tells us why it is known as SAMADHI. Samadhi means the Un-Conscious. When the Un-Conscious becomes the Conscious, it is called The SAMADHI.

It is not BESHUDHAVSTHA !. It means that you become aware of the unconscious. Not only that, but first you become NIRVICHAR, then NIRVIKALPA, and then a complete SELF-REALIZATION. So Samadhi, is a confusing word. Samadhi Just means an Universal Un-Conscious. Yesterday Justice Vaidya told you that there are three types of sadhanas, Satvik, Rajasi, and Tamasi. Tamasi goes to the left hand side, leads it to the Sub-Conscious, collective Sub-Conscious, connected to the Libido on the left hand side, and Right side is the Supra-Conscious, connected with the Pingala Nadi, which is the Will-Power as you call it, goes to the collective Supra Conscious. God, Goddesses and Ganas are on this side, and all those who fall into that goes to the Hell. But the Center is the Super-Conscious. For the Sushumna, the Human-Being rises above the Super-Conscious. They gradually start becoming more and more Aware. They have the same body. For Example, if you look at the cell of the brain, is the same as the cell of a fat. But there is a difference. So the difference starts taking and by the time,

you open out from here, then there is even a greater dimension, to that cell. Your Brain, that it starts receiving the Vibrations and can understand it. Then in your NIRVIKALPA stage, you get another dimension, by which you have the Know-Abouts of your knowledge. The last is the SELF-REALIZATION, where you just enjoy. Complete Enjoyment. No problems. You do not catch nothing happens. I would say our Vaidya Saheb is very much near Self-Realization. The way he got his self-realization is very remarkable. The next question is about the Vibrations being Phygeological ? Phygologically, you can feel on your hands, on your figures. Scientifically you can say that the Para-Sympathetic gets activated. You get the control of the Parasympathetic, you jump into the Un-Conscious, the Universal Un-Conscious. I have already told you the Spiritual aspects of these Vibrations.

Regarding the second part of the Question, Where these Vibrations are coming from; YOU, COSMOS, or Atmospher ?

The Vibrations come from everywhere, I am the enmitting Force. All right Accepted.

This the Vital force of Life. It gives you a complete balance. It corrects your physical being. It corrects your Mental being. It corrects your emotional being, It gives you a complete Spiritual oneness with GOD. It integrates you completely. As far as I am concerned, I have no PASCHATAP. I

don't understand what is Paschatap. I don't understand what is Temptation ? I don't understand these things because I am completely One with Myself. Every finger I move, every hand I move, it has a meaning. It is done without thinking, but there is a big thought behind it. I say 'HAN' Han means there is a formation of circle which works. It is difficult to explain, as my mechanism is different from yours, so I can't explain what I do. You don't have those Mechanics witnin you. But it is like that. When I say, HIN ? HUN, HAN, HIN, all these are tremendous words. They create a kind of a force; a kind of a formation in which it gulfs all the bad things, all the Rakshasas and all that, and you can pull them out also. Now I gave in a Mataka, my breath. It is a Pranava itself complete. That Pranava, in the night, when they will be sleeping will come out, and take out all the bad things in you gradually, and bind them, and put them inside. You have seen many mad people are cured like that.

Q. What are the DON'TS and DOES for Sahaj-Yogis ?

ANS. First and foremost thing is that a Sahaj-Yogi cannot smoke or drink. One absolutely hundred percent sure. Because if you drink or smoke, you will find after sometime, either you will loose your Vibrations, or you will start vomiting. You cannot smoke. If you smoke, your Vishudhi will be caught. If you drink, your Manipur will be caught, and whenever you put your

hand towards my Photograoh, your Nabhi-Chakra will be burning. Many people have done it without any difficulty. They do not have any difficulty. They just give up. So this is one of the most important thing that you have to gradually give up. You just take my Name and it will work it out. Secondly DON'T fast. When Mother is there you have not to fast. Only fast on NRAK' CHATURDASHI. That's all. If you don't feel like eating, eat somthing else. But don't keep your stomouch empty. You can drink fruit juice, or milk or whatever you like. These are certain things about the food and stomouch Nabhi-Chakra.

Next the EYES; are the very important things, where you have to be very careful not to move your eyes very fast anywhere, try to keep your eyes steady, and mostly on the Mother Earth. You have heard about Laxamana. He never saw the face of Sitaji. Only saw Her feet. How can that be? He was always with them. So you can imagine what should be the position. For complete fourteen years, he has to lead a Bramhachari life. She was like his mother. He knew that She was Adishakti. But he just saw Her feet. That should be our case. We should lead a sanctified married life. Creat a nest of family. A proper family house. Try to adopt, comprise, adjust. Make your wife realise, make your husband Realise, and bring peace in the family; because there are many great souls who want to take birth. Those who got mar-

ried like this, they all got realised children. So you must try to get a family life, a proper family, a proper relationship, give service to your parents, don't find faults with your parents and try to be kind to them, and try to be good in the family. Don't spoil the children, also correct them. Make them loving. Make a nice society. Every one of you should be the carrier of Love of your Mother. If you are a Sahaj-Yogi, and if you change and transform in your behaviour, naturally Sahaj-Yoga will have its own reputation, and everybody will start taking to Sahaj-Yoga. You cannot earn any money from Sahaj-Yoga.

Do not have Sahaj-Yogis for business partnership.

Do not use Sahaj-Yoga for making money. You have to be generous people. You have to be honest.

There are Ten Commandments as they say, and be satisfied in your heart.

You have to lead a chaste life, and see chaste things your priorities will change. Your friends will change, You will not like dirty jokes. You will just change, and run away from them. I have seen these foreigners now. They say that they just cannot tolerate those things now. Once upon a time whatever they used to tolerate and enjoy also; they cannot tolerate it now. Because you have become sensitive now. You have to be decent people.

Don't be misers at all. All miserly people are against Sahaj-Yoga, and if miserly people come I give them troubles. If you are miserly, you get lots of troubles. So don't get miserly. I am telling you. Don't be too talkative also. If you become too

talkative, and troublesome, I can stop your talking. If you don't talk at all; that is also not good. That means, don't go to extremes.

May God bless you all.

The Discovery of a Universal Yoga

THE ADVENT

by G. DE Kalbermatten

(The Life Eternal Trust Publishers, Bombay-26, India & London, NW1-2ND, U.K.).

With the advent of The Lord Jesus Christ the natural laws are being revealed to the human beings in a step by step process. It has taken almost 2000 years to get this level of saturation in the fields of science and technology. The development is just like the converging sequence (1, $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$... where the sequence becomes dense so rapidly when it approaches zero. The nature of the development of Modern science is of the same type where the development is so rapid and dense in the latter period than in the first. As in the case of the above example of the sequence a question arises, whether the development are for the destruction, that is, the zero of the world. If it is so then what is there we deserve to have ?

Before answering the question we can very well analyse the circumstances under which the modern science and technology were originated. After the establishment of Christianity, the Roman Empire

became Holy Roman Empire. The church and the state combined and did wonderful service to the entire Europe. But the church instead of promoting intellectual development it mainly guarded its established moral codes. So there were revolt within the church itself, and the people started questioning the validity of the believes in the religion. It was very badly in need of certain reformation. The idea introduced by Copernicus that the sun is the centre of the universe and the earth and the other planets are revolving around the sun had replaced the old thought and gave a new vision which opened strong possibilities of research about the universe. Consequently it saw the growth of science in two different forms. The first one was associated with Francis Bacon, who got interested in the experimental method adopted by science. The second one was associated with Descartes who stressed the importance of mathematical method for the reconstruction of philosophy. The experi-

mental method adopted by Bacon gave birth to many departments of nature such as Astronomy, Physics, Chemistry etc. The mathematical method considered by Descartes and latter by Malebranche, Spinoza, Leibniz and so on led to the vast development of Mathematics and Philosophy. The famous conclusion of Descartes Cogito Ergo Sum - I think, therefore, I am, let him to belief strongly the existence of the self in the lines of Socrates.

Thus we see the culminations of all kinds of developments in various fields of sciences as the result of the dissatisfied moral codes and the depressed wisdom among the intellectuals in the early Christianity, where as the approach to the self through religion in the East is very directive and there were many schools of philosophy to preach morality suiting their mentality. So we can find enormous literature in the field of philosophy which guided the people to achieve their goal of ultimate divinity. Also the fields of art, music, painting etc. got themselves mixed with the spiritual annecdotes and we can find the stamp everywhere in every field.

As a result of the mingling of East and West the knowledge of the self gained by the East is being shared in the West and the materialism enacted by the West got its hold in the East. The kind of materialism adopted by the West is paving way for unrest, dissatisfaction and dis-

hormony in the society. In the past people used to go to the forest to fulfill their goal that is, to attain salvation. Whereas, now the people are rushing to the cities to fulfill their aim that is, to satisfy their material longings. The highly developed materialistic ego is battering the human beings and is barring them to realize their true way of life.

The Hindu religion is supposed to be the mother of all religions. The established moral values are aiming at the perfection of the individual soul which in turn helps it to attain salvation. Salvation is the ultimate aim among the Hindus and it is the ultimate aim of all the human beings. The need for salvation is stressed and way for attaining it is portrayed elaborately in enormous literature in the Hindu religion.

To suit the ego of the modern intellectuals, a new kind of technique called Sahaja Yoga was discovered by H. H. Mataji Nirmala Devi Srivastava. As Mataji puts it 'Sahaja' means 'born within' and 'Yoga' means 'Union'. So every human being is entitled to achieve salvation through the union of the self or Atman and the Shakti as they were born within every human being. It is a universal yoga under the Kingdom of God, where there is no name of religion, country, caste and creed. It emphasises the need for self realization to all people in all corners of the world. It ensures the reali-

zation of the self by way of its marvelous process.

The present book '*The Advent*' by G. De Kalbermatten is the unique exposition of Sahaja Yoga. Firstly considering himself as an example, the author shows how one can entrust himself in the ardent play of seeking perfection through this splendid technique of Sahaja Yoga. In Sahaja Yoga every chakra is presided by different deities according to the qualification of the corresponding chakras. Firstly in Sahastra Chakra the presiding deity is H. H. Mataji Nirmala Devi and Shri Kalki and the aspects of God are realization, integration, collective consciousness. In Ajna Chakra the presiding deity, in the left, is Shri Mahavira, centre, Lord Jesus Christ and Virgin Mary, and in the right, Shri Gautama Buddha. The aspects of God are Non-violence to self; Resurrection, Forgiveness, Mastery over the cosmic forces, Light of truth; Non Violence in others, respectively. The presiding deity in Vieshuddhi Chakra is Shri Radha and Shri Krishna and the aspects of God are Greatness of God, Playful witness, Conscience, Divine Diplomacy. In Anahata Chakra the presiding deity in the left is Shri Shiva and Shri Parvati and aspects are Existence and Bliss in Self, the presiding deity in the centre is Shri Durga and the aspects are Motherly Protection, Security and Confidence and in the right the presiding deities Shri Sita and Shri Rama and the aspects of God are Ideal human behaviour

and Fatherly protection. In Manipur or Nabhi Chakra the presiding deities are Shri Vishnu and Shri Lakshmi and the aspects of the deities are Evolution, Dharma and Well being. The presiding deities in the Swadhistan Chakra are Shri Brahma and Shri Saraswati and the powers are Creativity and Aesthetics. In Mooladhara the deity Shri Gauri is residing and the aspects are Kundalini, and Virgin Purity. Lastly in Mooladhara Chakra the presiding deity is Shri Ganesh and the aspects of the deity are Innocence, Childhood, Wisdom, Anger with sinners etc. Moreover the author vividly explains, "Mahakali's field, tamo guna, represents the all pervading desire of existence in the nucleus of every atom, electromagnetic vibrations in matter, life forces in plants and animals, pulsation of life in higher animals and in the human beings where it exists as desire and controls the emotional body..... Maha-Saraswati's field, rajo guna, represents the Mood of the Virata which creates the casual essences, elements, masses of matter, constellations, and finally solar systems and our earth. It controls the mental body of the human being. Maha Lakshmi's field, satwa guna is the dimension in which the Virata itself is the goal, leading the way of Universal Evolution in sending forth various incarnations (Avatars) to guide it., "Thus he asserts," The supreme yoga of integration which encompasses them all in awakening the residual Divine Energy

within man (Kundalini) is Sahaja Yoga. "With the words of H. H. Mataji about Kundalini, "the Kundalini power is the embodiment of the "will Power" of Bhagawati—The Divine Mother—She is awokened by Bhagawati's will power or volition., "he explains the process of the Kundalini's ascent as follows", The Kundalini can be compared to a rope made out of many threads. She rises by unfolding her coils piercing every chakra. The width of the Kundalini, that is, the number of the threads, starts diminishing as she ascends if the higher chakras are not open or if the spot to pierce in the chakra is constricted. Of course, if the lower chakras are open, the Kundalini rises as a whole but then, if the higher chakras are not open, only a few threads pierce through chakras and reach the Sahasrara.

The Kundalini does not force Her way upwards; She caters to the needs of the chakras, cures the disease caused by the constriction of the chakras and subsequent recession of the deities; She awakens them. The awakened deities clear the path for Her ascent....." He further exposed the symbolism contained in the sacred syllable AUM as; "A" represents the Tamo guna of the virata, Primordial Being (desiring mood). At the cosmic level it is the Ishwara whose Shakti is Mahakali. At the microcosmic level, it is Ida nadi and the left side S. N. S. At the microscopic level it is the nucleus of the atom. "U" Represents the Rajo guna of the Primordial Being (activating mood). At the cosmic

level it is the Hyranyagharba whose Shakti is Mahasaraswati. At the microcosmic level it is Pingala Nadi and the right side S. N. S. At the microscopic level it is the electrons of the atom.

"M' represents the Sattwa guna of the Primordial Being (revelation mood) which evolves AUM to the level of the Primordial Being Himself, the Virata, whose Shakti is Mahalaxmi. At the microcosmic level it is the Sushumna and the para sympathetic nervous system. At the microscopic level it is the valency of the atom.

The certificate of self realization in Sahaja Yoga is the feeling of cool vibrations. He explains that the indication of [the cool breeze is that the membrane at the top of the head has been opened by the Kundalini and it is usually like a pinpoint opening. However depending upon the condition of the chakras and the nadis, the Kundalini will not settle in the Sahasrara but instead will return to Her abode in the triangular bone at the bottom of the spine. Then thoughtless awareness is disturbed and vibrations weakned. He further goes on, "Self-realization immediately starts a new machinery in the being; one feels the chakras in the finger tips, the spine or the brain; various organs and parts of the body record the problems to be corrected. One can correct one's own chakras and those of others...."

In the book dedicated to H. H. Mataji, the learned and experienced Sahaja Yogi narra-

tes an incidence that has taken place in one of H. H. Mataji's programmes. "Jagannath Baba, came down from the Himalayas for one of H. H. Mataji's programmes. Somewhat sceptical, he was arguing with the disciples while waiting for H. H. Mataji to make Her appearance on the dais. As soon as H. H. Mataji entered the hall, he prostrated completely at Her feet, calling Her "Adi Maya, Adi Maya". Later on he told the disciples that as soon as H. H. Mataji had entered the hall, suddenly he saw every body's Kundalini rise, like the children in class standing up for the teacher." Thus he is giving many incidents to explain the facts that have been discovered in the realms of Sahaja Yoga.

As a student of political science the author is very much aware of the present condition of the world, the alarming population and the deteriorating natural sources, disruption of the natural economic systems and the worsening of the atmospheric conditions. He looked into Yoga as a remedy for all sufferings of mankind. For the present requirement a spontaneous mass salvation is needed for the shipment of the humanity. He emphasises the system of Sahaja Yoga for mass salvation and is the only remedy for all sufferings of mankind.

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Is it possible that this unique happening is accessible to many, that they may see their own creative world revolving in the great universe of all prevading power ?

My only answer is 'Yes'.

My only question is "Why not ?"

HH Mataji Nirmala Devi

“Self Realization”

It is said that we come into contact with real Saints only through the grace and blessings of God. I consider myself one of the chosen ones for and have been fortunate in meeting and receiving the blessings of the greatest Saint of modern times “Her Holiness Mataji Shri Nirmala Devi” who is an incarnation of Bhagwati

Till very recently I knew nothing about Her Holiness Mataji or about Sahaja Yoga perhaps the time for myself realization had not come. It was only in February 1979 that a religious minded colleague of mine happened to mention that Mataji was in Delhi and Sahaja Yoga gatherings and Mass Kundalini awakening session were being held at 10 Ashoka Road New Delhi. This information aroused my interest and I came. I attended the discourses for two days but owing to various ‘badhas’ could not get any vibrations. Inspite of my good intentions, I could not keep pace for long and the whole matter slipped from my mind.

I have no hesitation in accepting my failure to receive any vibrations. The cause lay in my shattered physique and the conditioning of my mind due to wrong

religious notions and associations. I may also place on record the fact that I had an heart attack in 1973 which I survived. My wife too was operated upon for breast cancer and survived. When we returned to Delhi in 1975 from Calcutta, we were physically and mentally wrecks, constantly haunted by the shadow of death. We had no peace of mind. Two years later, in July 1977 I had a paralytic attack on the left side.

However, it was in October 1979 that God confessed his benevolent grace and blessings upon me. My attention was arrested by an announcement in the papers regarding HER discourses at Gandharva Mahavidyalaya from 2-10-79 to 5-10-79. Inspite of attending the programme on all four days I drew a blank. Ultimately I explained my case to Mataji who suggested treatment through limes and chillis in an earthen pot for seven days.

I followed this and meditated before Matajis photograph sitting in water before going to bed at night. I also started attending Satsang at Pandara Road and Kidwai Nagar regularly.

Inspite of all this, I could not get vibrations but all the same I would not give up so easily. In December again I met Mataji and told her of my failure. She enquired whether I did any Pranayan etc. I revealed that I did practice deep breathing in the morning on my own. Mataji advised me to discontinue this and so, from the very next day, I could feel vibrations in my right hand. Gradually I succeeded in getting vibrations in my left hand too. My slow, but steady progress in Sahaja Yoga has given me a fresh lease of life.

Through total surrender and complete faith in Mataji my life has been transformed. I feel physically and mentally relaxed and my relations with my family and colleagues have improved. I am now waiting for orders from Mataji who alone can guide me towards any special mission God may have assigned to me before my final reunion with the ultimate.

V. P. Sharma

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"This is the era of Enlightenment. One can see and feel the bubbling of new idioms in our creative world of Art, Music and all that is beautiful and joy giving. Integration is the key note of this new regeneration of universal tones. These tones are ripples of the harmonic, dynamic undercurrent music of the Universal Divine Love.

HH Mataji Nirmala Devi

Company and Men

A Company is a Business which exists to make profits. Profit is generated when the manufacturing unit buys Raw Materials, processes these and sells the manufactured product at a price above its cost. To accomplish the objective of these three activities of Buying, Processing and Selling needs money. It is therefore natural that a Control should be exercised to see that the release of money is in fact buying economically, manufacturing within allocated cost and finally meeting the sales target on time.

When time targets are to be met with physical targets of achievement, the Company, as can be visualised, becomes a place of hyperactivity rushing against time. A Company working is always tense.

The greatest tension is felt by the Company's Marketing Department. Sales targets must be achieved and on time. Successful Companies have devised techniques of keeping their executives and sales personnel "on their toes". The sales forecasts are met on time.....! they have to be, by hook or by crook!

But look what happens to the successful, tense gentlemen ! Over a given period of time their time...sense gets dis-oriented they are unable to enjoy domestic bliss and finally know only competitiveness, learnt from the market-place. Intelligent marketing men will devise dishonest ways to achieve their sales objectives. It was found that highly successful executives were unable to handle simple routine matters concerning their own welfare. It is so because they are totally engrossed with their career in the Company.

The danger to society comes from the pre-occupied attention of these executives. International Company culture recognises only the target breakers who must better their own record. This again has to be bettered and finally it is expected by the Company that "you shall do better than your best", at the cost of any sacrifice including family and friends. An international Company has the resources and techniques to maximise profits regardless of consequences on the society in which it thrives economically. The people of the large organisations lose the left

side vitality of good emotions, go into excesses, thus going away from Mahalaxmi's moderation in living; the intellect gets biased thus affecting even the right side Mahasaraswati.

It took me a sufficiently long time to realise that always running after targets had put me away from the Cosmic preservative

power of Mahalaxmi. Living became a flight from the present. Beloved Mataji be praised for setting right this imbalance. May Her attention always be on her children so that they are protected and preserved. In complete submission the head bows down to Her feet for the wisdom now mine.

P. K. Puri

Is there a possibility of this love expressed in the unity of human beings with God Almighty giving a new vision to the apparent diversities ?

HH Mataji Nirmala Devi

माता जी श्रो निर्मला देवी – एक अवतरण

वरेण्य माता जी निर्मला देवी जी के सान्निध्य का उपयुक्त अवसर अनायास ही प्राप्त हुआ, जिसमें उनकी विशेष कृपा का पुट भी विद्यमान था, उनकी विशेष अनुकम्पा थी। यों तो पूज्य माता जी का अवतरण समस्त मानव समाज के कल्याण हेतु ही हुआ है क्योंकि इसमें देश जाति आदि संकीर्णताओं का कोई स्थान नहीं उनका अनूठा—अद्वितीय कुण्डलिनी जागरण, विधि, शास्त्र सम्मत ही नहीं, वरन् वैज्ञानिक प्रयोगों द्वारा भी सिद्ध है—प्रत्यक्ष है। इसमें लेश मात्र भी सन्देहास्पद होने की सम्भावना नहीं है। उनकी अपनी विशेष प्रणाली (Technique) है जिसमें वे पूर्ण रूपेण सिद्ध हस्त हैं। कुण्डलिनी स्फुरण सब को प्रत्यक्ष रूप से दिखाती हैं, अनुभव कराती हैं और साधक को तत्काल ही अपनी अमोघ शक्ति द्वारा इस योग्य भी बना देती है कि वह स्वयं दूसरों को कुण्डलिनी जाग्रत कर उद्धर्मसुखी करने में समर्थ हो जाता है।

इस ईश्वरानुभूति के मार्ग में आने वाली बाधाओं का निरसन किस प्रकार किया जाय—क्योंकि ईश्वर एक और अनन्त है, पर उसकी अभिव्यक्तियां असंख्य हैं। समस्त आध्यात्मिक संघर्ष और अनुभूतियां आध्यात्मिक जागरण के एक नये युग की उद्घोषक हैं। पूज्य माता जी के सान्निध्य में अनिवार्य अध्यात्मिक भाव विभोर रहा, तथा मन सदा उद्धर्वगामी रहा—उनकी प्रेरणास्पद प्रभावशाली बाणी मधुर एवं मर्मस्पर्शी है। उनकी जिह्वा से निसृत शब्द अत्यन्त सरल और ग्राह्य हैं, पर उनके प्रकट होने वाले विचारों की ऊँचाई अथवा गहराई (गहनता) अतुलनीय है। प्रत्येक विचार एक रहस्योद्घाटन होता है। प्रत्येक दृष्टान्त तथा उपमा एक महान आश्चर्य होता है। उन्होंने मानवीय (स्वदेशी-विदेशी) चरित्र के विभिन्न पहलुओं को दर्शाते हुए आत्म साक्षात्कार जैसे जटिल एवं गहन विषय का, अर्द्ध निभेष में प्रतिपादन सामूहिक रूप से किया। उनका मुखमण्डल एक आलौकिक अनुपम आभा से युक्त और आनन्द से उद्भाषित है। उनके व्यक्तित्व एवं कृत्त्व से उपस्थित श्रोता समुदाय आकर्षित होकर दिव्य, एवं विशिष्ट आनन्द की अनुभूति प्राप्त करता देखा जाता है।

माता जी की अपनी अपूर्व साधना तथा बौद्धिक प्रतिभा द्वारा अनुसन्धानित सहज योग नया नहीं पर इसकी क्रिया उनकी अपनी आविष्कृति है। प्राचीन काल से आधुनिक काल तक यही मान्यता रही है कि योग शिक्षा शिष्य को गुरु द्वारा मिलनी चाहिए और उसे सर्वथा गुप्त रखनी चाहिये। भगवान् श्री कृष्ण ने भी इसे राज गुहा कहा है। पर शक्ति सम्पन्न माता जी सेकड़ों स्त्री पुरुषों के बीच में योगिक प्रक्रियाओं का रहस्योद्घाटन करती हैं, और खुली शिक्षा बिना किसी भेदभाव के सब को देकर लाभान्वित करती हैं। वे अध्यात्मिक पहलुओं को छिपाती नहीं हैं।

उनका सिद्धान्त है कि कुछ बीज छीट देने से जो भूमि उर्वरा होगी उसमें अंकुर अवश्य फूट निकलेंगे। यह श्रम साध्य कार्य है परन्तु इसका फल अनन्त है। योग भारतीय परम्परा की संसार को

वह देन है, जिससे व्यक्ति अपनी आंतरिक प्रवृत्तियों में सांमजस्य पैदा कर अपने व्यवहार द्वारा सामाजिक जीवन में सन्तुलन स्थापित करते हुए प्रसन्न जीवन व्यतीत कर सकता है। योग एक ऐसी आध्यात्मिक प्राक्रिया भी है जिसके द्वारा लोक जीवन का सुसंगत नियमन भी हो सकता है। योग की विचार धारा और प्रक्रिया के प्रचार-प्रसार प्रभावशाली सिद्ध हों ऐसे प्रयास एवं आयोजनों की नितान्त आवश्यकता है। इसमें माता जी का योगदान अभूतपूर्व है। प्रत्येक किया प्रयोगात्मक रूप से प्रत्यक्ष दर्शाती हैं और मानव समाज का उपकार कर उनको भी उपकार के लिये प्रेरित करती हैं। उनके प्रांजल्य त्वरित सद्विचार गहन मम्भीर होते हैं क्योंकि ये वात्सल्य पूर्ण मातृ हृदय से प्रस्फुटित होते हैं अतः श्लाघनीय एवं हृदयग्राही भी हैं।

यह तथ्य सर्वविदित है कि गरिमाभर्या माता जी मूलतः भारतीय धार्मिक संस्कृति का एक जीवन और गौरव चित्र विदेशों में प्रस्तुत कर रही हैं। इनके क्रिया कलाप को संसार के विद्वानों ने मुक्तकण से स्वीकार किया है। उनका भारतीय दर्शन शास्त्र के बल मानव बुद्धि की परमोत्कृष्ट विकसित अवस्था का ही पारिचायक नहीं वरन् इससे जीवन की अति गहन गुणित्यों को सुलभाने में भी सहायता मिलती है। पाश्चात्य दर्शन की भाँति यह केवल बुद्धि विलास की कीड़ा स्थली नहीं है।

परमात्म तत्व और आत्म तत्व पर बहुत गम्भीरता पूर्वक विचार किया है। परम कारुणिक माता जी ने यह बात भली भाँति सुगम शब्दों में समझाई है कि चित की सूक्ष्म साधना के बिना कोई भी सूक्ष्म विषय बुद्धि गम्य नहीं किया जा सकता। क्योंकि योग चित्तवृत्तियों के निरोध को कहते हैं। योगश्च चित्तवृत्ति निरोधः (पातंजली योग दर्शन १।२) आत्म आमृत है पर उसकी अनेक अभिव्यक्तियाँ हैं। आध्यात्मिक उपलब्धि श्रद्धा पर निर्भर है। जिन्हें प्रकारान्तर से अमरत्व प्राप्ति की अदम्य ललक होती है, वे ही अपने अन्तरतम से साक्षात्कार करने की आतुरता महसूम करते हैं। सम्वेदन शीलता आवश्यकीय प्रकृति के शाश्वत तत्वों के साथ जुड़ने की अकुलाहट चरम निर्णायक विन्दु तक पहुंचने पर ही भाव प्रवणता बढ़ती है और मस्तिष्क के सक्रिय होने से स्वप्न तथा कलात्मक और वेजानिक अन्तर्दृष्टि प्रायः उद्बुद्ध होती दिखाई देती है। एक विशेष आनन्द की अनुभूति का कारण बनती है। श्वास की गति सहज और सामान्य होने पर ही संचरण (Vibrations) की प्रचुरता का अनुभव होता है।

धर्म भारतीय जीवन का मेरु दण्ड है। भारत अपनी आध्यात्मिक प्रवृत्ति के प्रति सत्य निष्ठ रहने के कारण ही आज इस प्रतिष्ठा पर प्रतिष्ठित है। पुरानी सूक्ति है कि जो राष्ट्र अपने सांस्कृतिक आदर्शों के प्रति निष्ठावान होता है वह कभी नष्ट नहीं हो सकता। जब कभी भी राष्ट्रीय जीवन में आध्यात्मिक संकट उपस्थित हुआ महान आत्माओं का अवतरण हुआ, जिन्होंने राष्ट्र को आसन्न संकट से उबारा और उस युग की आवश्यकता को पूरा किया, जिसमें उनका अवतरण हुआ। आज जब कि जन जीवन पतन के मार्ग की और विद्युत गति से अग्रसर होकर नष्ट होने जा रहा है, आध्यात्मिकता की बात बाह्याढम्बर पूर्ण है। स्थान-स्थान पर तथा कथित गुरुदेव स्वयं स्त्रष्टा भगवान, धन

भोग लिप्सा में पूर्ण रूपेण अभिभूत होकर भौतिक शक्ति के क्रिया कलाप की चका चौंध पश्चिम की प्रत्येक वस्तु के अन्धानुकरण में व्यक्त दिखाई दे रहे हैं।

युग प्रयोजन की पूर्ति के लिये ठीक ऐसे समय में भारतीय संस्कृति और धर्म के जीवन्त विग्रहस्वरूप परमादरणीय पूजनीय माता जी श्री निर्मला देवी जी का प्रादुर्भाव जन मात्र के परित्राणार्थ महाराष्ट्रान्तर्गत एक भद्र सम्पन्न राष्ट्रीयता से श्रोतप्रोत गांधी भक्त सालवे परिवार में हुआ। इन्हीं के सौजन्य से योग की विशिष्ट प्रक्रिया कुण्डलिनी जागरण द्वारा लाखों को जागरूक किया। इनकी विशेषता, भव्यता, गरिमा और अनन्त शक्ति के प्रति उनका ध्यान आकर्षित करती हैं, उनकी सब प्रकार की अधिवौधिक अधिदैविक व्याधियां नष्ट कर उन्हें निरोगता प्रदान कर वास्तविक सुख-मय आनन्दित जीवन प्रदान करने की प्रेरणा देती हैं। उनकी इस कार्य पद्धति में संसार के समस्त धर्मों, मत मतान्तरों का समन्वय है। ग्राह्य वस्तुएँ ही उपलब्ध की गई हैं। माता जी का जीवन संसार में सर्वत्र व्याप्त धर्म के प्रति अविश्वास की लहर को रोकने में सर्वथा समर्थ है। उनकी आध्यात्मिक अनुभूतियों का प्रभाव तो यथा पूर्व ही दूरस्थ देश देशान्तरों में फैल चुका है तथा वे लाभान्वित होकर कृत्य कृत्यता को प्राप्त हो रहे हैं।

वेदान्त का स्वर्णिम सूत्र आत्म सत्ता का निरूपण है। दार्शनिक विवेचन विश्लेषण गम्भीर मनःस्थिति में करना ही हितकर होता है। निर्मल जल से लहलहाता विस्तृत, सुन्दर, भव्य, विशाल सरोवर सम्भवतः दूसरा नहीं—आत्मिक उत्थान की आवश्यकता है। प्रबुद्ध मेधा प्रौढ़ सावधानी, सम्पन्न ज्ञान शक्ति और आत्म समर्पण युक्त दिव्य चेतना ही—कुण्डलिनी उत्थान की प्रक्रिया जीव और ब्रह्म के मध्य आदान प्रदान की शृंखला है जिसके माध्यम से मनुष्य के अन्तःकरण में उच्चस्तरीय आस्था प्रवाह का संचार होता है। जीवन की प्रत्येक समस्या का समाधान और प्रगति के हर क्षेत्र का मार्ग दर्शन नीहित है। तेजस्विता का स्तर ब्रह्मातुल्य अवगाहन से होता है। व्यथा वेदना युक्त पाप पूर्ण अंधकार मय जीवन का अन्न, दुष्प्रवृत्तियों का परित्याग पवित्र प्रकाश पूर्ण जीवन का शुभ आरम्भ वंदनीय माता जी को विकसित तेजस्विता से पराभूत हो उठने में है। दिव्य आत्मा का अवतरण संभव करने के लिए उपयुक्त वाता वरण का निर्माण, साधनामय दाम्पत्य जीवन, आवास स्थानों में सुसंस्कृत वातावरण इन उपक्रमों का अधिकाधिक प्रचलन कर युग स्वजन हेतु आत्माओं को उत्तरने ठहरने परिपुष्ट होने में सहायक सिद्ध हो।

सद्विचारों की विश्रृंखला मेंखला में वंध करन रह जाये सौष्ठवयुक्त पंक्ति में साष्टांग दण्डवत की परिपाटी का महत्व माता जी की चरण वन्दना में ही निहित है, ऐसी धारणा अनेकानेक की है, किसी व्यक्ति विशेष के अनुभव पर आधारित नहीं। विषय और विषयीगति समस्त अनुभवों से परे—परब्रह्म के साथ सर्वतोभावेन तद्रूप रहने की अदभ्य लालसा इस कलि काल में माता जी द्वारा ही सम्भव है। मन-बुद्धि द्वारा शब्दों और विचारों के माध्यम से अधिक से अधिक विशिष्टा द्वैत तक ही जाया जा सकता है उससे आगे नहीं, किन्तु पूर्णत्व की प्राप्ति होने पर ब्रह्म और जगत्

दोनों ही बराबर सत्य प्रतीत होते हैं। ईश्वर का नाम धार्म तथा वे स्वयं एक ही चिन्मय तत्व द्वारा निर्मित दीख पड़ते हैं। प्रत्येक वस्तु ब्रह्म मय है अन्तर केवल रूप में ही है। अद्वैत आत्मज्यानप रीका की परा काष्ट है यह समाधि द्वारा ही अनुभव किया जा सकता है। माता जी के सहज योग में प्रवृत्ति से यह सहज सुलभ बन जाता है।

भयानक शारीरिक श्रम के बावजूद माताजी कलान्त संतप्त आत्माओं को आध्यात्मिक शान्ति प्रदान के प्रयास में किञ्चित मात्र की कसर नहीं छोड़ती—उनका जीवन वास्तव में मानव जीवन की बहुमुखी जटिल समस्याओं का सुखद सहज निदान प्रस्तुत करना है। उनका जीवन विविध मानवीय विचारधाराओं का एक विशाल संगम है। ऐसे अनुपम व्यक्तित्व का सार्वभौम सन्देश बिना किसी जाति, वर्ण या धर्म के भेदभाव के सब के द्वारा सोत्साह ग्रहणीय है। उनका कथन है कि कठिनाइयों के प्रति जागरूक अत्यंत सावधानी से जीवन गठन करें, मन को सार्वजनिक भावों में भरकर तथा मानवीय ज्ञान की विभिन्न शाखाओं के सार तत्व से परिचित कराकर अपना दृष्टिकोण विशाल बनाने का प्रयास करें, जिससे त्याग की प्रसुप्त भावना जग जाये और आध्यात्मिक राग की उमंग अपने हृदय के अंतर तम प्रदेश में शाश्वत सत्य की अभिव्यक्ति अनुप्राणित हो। निष्ठावान साधक उनके उद्वोधक उपदेशों द्वारा तथा अपने स्वयं की आध्यात्मिक चेष्टाओं और अनुभूतियों के वर्णन द्वारा अनुप्राणित होता है। यह ध्रुव सत्य है कि सहज योग साधना माताजी द्वारा दर्शये स्नेहिल मार्ग दर्शन से ही आत्मोपलब्धि जाज्वत्यमान प्रतीक के रूप में सम्भव है। कतिपय प्रबुद्ध माताजी के भक्तों की स्वर लहरी अवर्णनीय भावपूर्ण सुमधुर होती है और सारा वातावरण आध्यात्मिकता की बाढ़ से प्लावित हो जाता है। कुण्डलिनी उर्ध्वमुखी होकर चित्त को शान्त कर अपूर्व आनन्द देती है।

आप भी प्रतीति और अनुभूति के लिए सादर आमंत्रित हैं।

आनन्द स्वरूप मिश्र

“अनेक बार इस संसार में अवतरण हुए हैं, जिन्होंने यही कहा है कि अपनी आत्मा को पहचानो, क्योंकि आत्मा को खोजे वगैर मनुष्य परमात्मा को नहीं पा सकता। जैसे कि हम आँख पाए वगैर रंग को नहीं पहचान सकते, उसी प्रकार आत्मा को पाए वगैर हम तर्क से परमात्मा को नहीं पा सकते। वृद्धि से हम परमात्मा को नहीं जान सकते। आत्मा से ही परमात्मा को जान सकते हैं। अभी तक इससे पहले सबने कहा है कि माप वर्म में जागते रहें आत्मा की खोज करें, अपने अन्दर बसी आत्मा को जाने।”

—माताजी—

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