

# SAHAJA YOGA MEDITATION

Radio 2SER 107.3FM Sundays 10-11am

EXPERIENCE TRUE MEDITATION

Simple and peaceful actualisation you can verify, no mental or physical gymnastics.

Discussions, interviews, understanding the Subtle Energy System. The benefits of Sahaja Yoga Meditation and its relationship with society, religion, history, medicine, contemporary, ethnic and classical music, science and creativity.

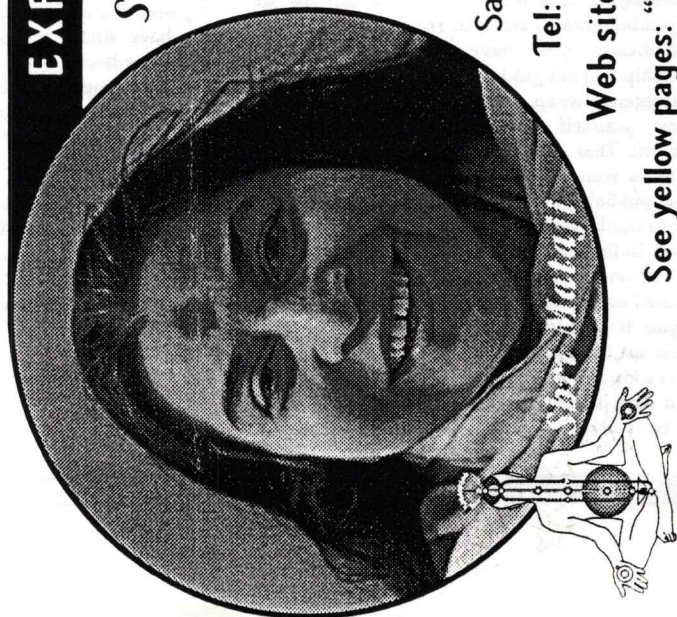
Sahaja Yoga instruction is available weekly at several venues:

Tel: (02) 9416 2373. PO Box 1469, Darlinghurst NSW 2010

Web site: <http://www.zeta.org.au/~tira/>

Always free of charge

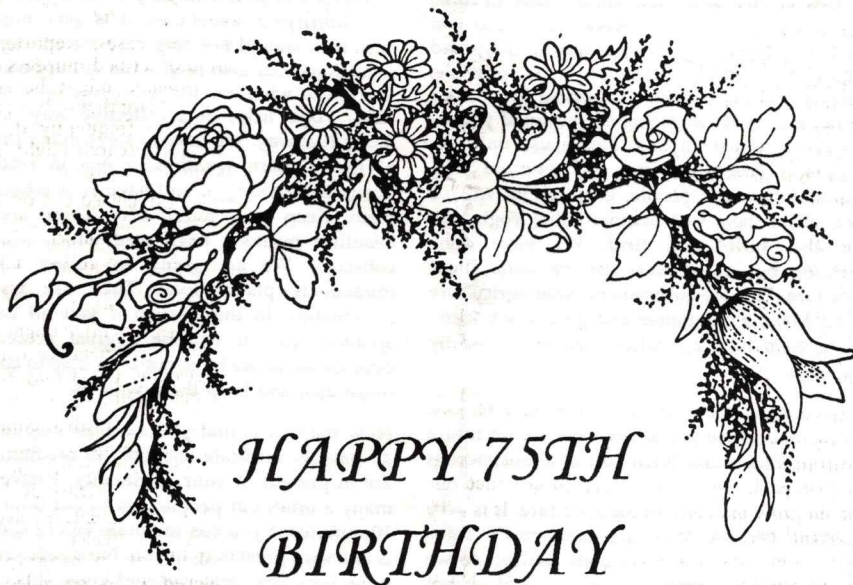
See yellow pages: "Relaxation Therapy"



Australian Sahaja Newsletter

21 MARCH 98

Contributions: Balraj & Claire Singh  
02 9499 2219 Burwood fax 9745 4927



HAPPY 75TH BIRTHDAY

H.H. Shri Mataji Nirmala Devi

## HER HOLINESS MATAJI NIRMALA DEVI

Her Holiness Shree Mataji Nirmala Devi, the founder of Sahaja Yoga, was born on March 21st, 1923 at Chindwara in the Sate presently known as Madhya Pradesh. Her father's family, the Salves, are descendants of the historically famous Shalivahan dynasty of India. Her father, Sri Prasad Rao Krishnan Salve, was a leading barrister, a great freedom fighter and a close associate of Mahatma Gandhi. Elected to the constituent assembly after India's independence, he was also a linguist who had mastered fourteen languages and had translated the Holy Quran into Hindi. Her mother was an honours graduate in Mathematics and was equally enlightened.

There is an interesting incident that had forewarned the Senior Salve couple about the advent of their a special child. Being a well known hunter and a friend of the local King, Sri Salve was invited by the King to help solve the menace of a man eating tiger in the neighbouring hills of Chindwara. Krishnan Rao Salve, accompanied by his pregnant wife, responded to the invitation and settled themselves on a *Machan*, a temporary shelter built on top of a tree for animal hunting, patiently waiting for the tiger. The Machan offered an aerial view and safety for the hunter. Being a full moon, it was a bright night, and the ferocious tiger came into view. As Sri Salve prepared for the shot and took aim, his wife, carrying her child in the womb, had an unexplainable feeling of compassion for the animal. She prevented her husband from shooting the tiger and the realised soul that he

was, Sri Salve understood the significance. "Is it the Goddess Durga, in your womb?", he asked and put the gun down. When the child was born, she was pure, clean and without any blood on her body, hence she was named Nirmala, meaning the immaculate. Nirmala's childhood was very special and full of indications about the role she would play in the future.

DIVINE KNOWLEDGE  
THROUGH VIBRATIONS

P.T. RAJASEKHARAN and R. VENKATESAN

## Mataji's Horoscope

MATAJI was born at Nagpur at 12.09 p.m., I.S.T. (noon time) on the 21st March 1923. At this moment, taking into consideration the local time of Nagpur, the Sun was exactly on the Meridian in full glory, and being in the zero degree of Aries or the 30th degree of Pisces, the Sun in that position made a *Rajayoga* (i.e. an aspect for leadership and prominence in life), which has endowed her with the Sun's glamour and ship and prominence in life), which has made a *Rajayoga* (i.e. an aspect for leadership and prominence in life), which has

Her rising sign is Cancer and the Ascendant is in the 8th degree. The Ascendant in Cancer makes her a Mother of the Universe, a *Jaganmata*, as the Ascendant is strongly aspected by five planets, Jupiter, Mercury, Uranus, Mars and the Moon, while it is occupied by Pluto, which itself forms grand trines with three of the five planets and sextiles with the others two. Her spiritual powers arise mainly from this combination of aspects in the angles of the chart. Also, the position of the planet of spiritual life viz. Neptune in the second house indicates that her wealth accumulation is spiritual. It is interesting to note that the current position of Neptune in the transit is near the cusp of the sixth house. This shows that her main work in the years to come will be solely in this field.

The Lord of the Ascendant Moon, is exalted in Taurus strongly posited in the 11th house, conjunct Mars, which is Lakshtmi-Yoga, and invest her with divinity. She is thus the incarnation of Mahalaxmi. She is destined to live richly like a Goddess. Her aristocratic origin is further indicated by the exalted Saturn in the 4th house, who being the lord of the 7th house (Capricorn) has

The T-square formations between Moon-Mars, Venus, Jupiter and Neptune, indicate that some of the plans of Mataji might be hindered by obstructive activities of evil and negative forces. Also Mataji might have to steer through conflicting loyalties and aims, of some of her so-called followers who are enemies in disguise. But despite all this, she will find her way to the goal of her life, viz., universal Self-Realisation!

Altogether, a great and powerful chart of a truly Divine personality.

Nirmala Yoga JAN-FEB '81



## BIRTHDAY PUJA TALK (Synopsis)

21st March 1993 H. H. Shri 'Mataji Nirmala Devi'  
New Delhi

To see so many Sahaj Yogis sitting here with such shining faces from all over the world as if my vision has taken its form today. I see in you the saviours of tomorrow who are going to save this world of all the Kali Yuga calamities that are surrounding us. It is coming from all sides. While you people have really taken your second birth from this pond of Kali Yuga and you have really become beautiful lotuses of different colours, hues, fragrance and beauty. Instead of you celebrating my Birthday it is better I celebrate your birthdays.

It is you who are great seekers. Seekers of truth, of love, that you could work out, otherwise it would have been impossible. To transform even one person is very difficult. But you were so sensitive, so deep that this subtle knowledge, I do not know how it penetrated your being. It is unbelievable, what great people have taken birth in this Kali Yuga. No one can believe that so many saints, nabis, walis are sitting before me. In the history of spirituality it has never happened. Even in the heavens there are few devtas and devas, not so many. One better than the other, such beautiful hearts. Such brilliant brains and such active attention. I thank you all that this 70th Birthday, I could see so many people which I never expected.

Sahaj Yoga started with one person and then those who came out of them. Some were power oriented, money oriented, all kinds of people created problems for us. One after another so many problems came and also there were many who were of very low level seekers. But I find today they have all come up beautifully. I cannot distinguish one from another, and also the commitment to Sahaj Yoga. It is the greatest blessing for this world. I could not do it alone. If I could do it I would not have needed you. You are the channels and you have to work it out

further and further.

The knowledge of Sahaj Yoga, is extremely subtle, and its not easy to penetrate into the so-called people who call themselves intellectuals or who are absolutely bowed down to their conditioning. On one side we have the masses who are ignorant and on the other side the class is only in the frame that they have made out of their brains. Both ways they are extremely gross. But the way they have absorbed this subtle nectar of Divinity is something unbelievable. Nobody can comprehend even that.

When I saw the world I was shocked. More shocked than Kabir himself. How will I talk to anyone about it. My family members, I did not know how will I open the subject to them. How will they believe that there is really Divinity. They all believed into some sort of a religion which had no connection with reality. It was impossible even in this age the method by which I could talk to them. I remember the first incidence when we went to Nargol where I had opened the sahasrara. The first person who got realisation was a Gujarati jeweller. There were hardly about 35 people. They started saying that because he is a rich man, so mother has given him realisation. I think that is the first time and last time I really got angry. I started shouting at them: 'You good for nothing, useless people, you can never take to Divinity.' I had really thought I would stop it, take another life and another time where people would understand what is Sahaj Yoga. But after that suddenly the people started feeling the cool breeze in their hands, after my shouting. They said, 'Mother it is working.' Thus we got 12 people then we had 14 Sahaj Yogis only for whom it was something out of the blue and they were all flabbergasted. They did not know what it was. Surprisingly in one of the programmes, a lady

who was possessed by some Brahmin came and started saying Jagdambaa, Jagdambaa. I had never told them who I was. She recited a poem from Saundarya Lahiri in Sanskrit language and she was just a maid servant. Everybody was shocked that the Boot should say all these things. Then she went away. After that these people started probing into it and they wanted to have my Puja first time in my house itself. Still people were not very sure they were doing the right thing. Even the Brahmins they called said this Saptashati puja is a very difficult puja and something will happen to us. After the puja they all felt the cool breeze. The entire atmosphere changed and they started understanding that Sahaj Yoga is the Yuga Dharma, is the one of this Kali Yuga. So the Sahaj Dharma became the Dharma of this Yuga. This Yuga is very difficult no about. But in difficulties only we become intense seekers and that is what happened with all of you that you found out that whatever people were following they were not reaching any point. Like a cocoon. They were hitting their head here and there. They got their realisation so quickly. When they told me how they were seeking what was happening to them. I was amazed, how the seeking was working within them. Also in the meanwhile so many got lost into the clutches of false Gurus. Despite that today we have so many Sahaj Yogis. You are just representing your country. There are many more in your countries. Even in India we have many more. We have come to represent them. So multiple of this number I do not know how many would be there.

People cannot understand a person like me in these modern times. I cannot type, I have no secretary. We have no records of Sahaj Yogis and I cannot even write a cheque. But everything gets done in the most perfect manner. Like the arrangements here. I never said a word or gave any idea. I did not even tell them how many are expected, but see how spontaneously everything has worked out. You all have commitment and that commitment gives you all this organizing capacity. So many things you have got organized because this Param Chaintanya has come into

Krita Yuga, where it is working it out. This activity is also supporting you. For example, the police people told us that there are Muslims living here and you might have some danger from them, they might do some harm to you. I said which muslims are there? They said, Nizamuddin Aulhia's people are there. I said, they will never harm us because he was a sufi and he was a great realized soul. I told, all the Sahaja Yogis to go early in the morning and offer a Chaddar at his Dargah. They were so impressed that they came here all the way. They were so respectful. They invited me and offered me another Chaddar. They said we are yours. Along side Nizamuddin's Aulhia's tomb is Amir Khusro's who was another very great sufi Poet and also the way Saint Nizamuddin lead his life. All these Muslims who were at the Dargah put their hands towards me like this and said we are feeling the cool breeze. I said this is 'Rooh'. Once these people start getting the 'Rooh' they will all become Sahaj Yogis very soon. There are so many sufis all over the world.

Delhi is in a state of turmoil and we should be here to pacify it, to quieten it, to give wisdom to these people who are supposed to be at the helm of affairs. It will work. I am sure these vibrations will cool down and bring peace to our politicians and to the people who are at the helm of affairs. At this junction in the world there are so many uncertainties going on. In Russia, Bosnia, England, America and Spain their is recession. Everybody is suffering from the pangs of some sort of extreme behaviour. I am sure this calamity that has befallen them will correct their behaviour towards materialism and the balance will be struck with your good wishes, and prayers. We will be so beautiful and enchanting that in the history people will describe that the world itself became a lotus full of fragrance of Divinity.

You are the petals, the corona, the colour, the beauty. You are the pollen of that beautiful lotus which is my vision of that lotus. I hope today you all will decide to work for Sahaja Yoga, spread Sahaj Yoga and work for your self also. The only

danger is that one should not allow ego to sit on your heads. That is the only horse if you could ride yourself and do not allow the horse to ride you, you will progress very fast, beautifully. Every birthday we have to take a vow. People have told me that I should not work so hard. I am working very hard. I have taken a vow that I will work double hard. In the same way you all have to take a vow that we go all out in the commitment of working in Sahaj Yoga. There are scientists who should produce books, writings, go around and talk to their colleagues, meetings, seminars. There are architects and other professionals who could call their colleagues and give them realisation. Those dealing in Finances should take to Sahaj Yoga. It is very important because financial problems can only be solved by the Divine Power. Everyone in this world whether it is Law or any other field should take to Sahaj Yoga and also to creative work. Then also you have to take Sahaj Yoga to your surroundings and villages, to cities, wherever it is possible, wherever you can organize to spread Sahaj Yoga everywhere. As far as curing is concerned you do not have to touch anyone. Please use only my photograph. That is how you will get more Sahaj Yogis and less sick people, also people will be cured, all of them will become Sahaj Yogis. We have also agricultural field. We have done something but much more can be done about agriculture. Tell the government what agriculture can do. Make a committee and go and see them. Talk to them how agriculture can be helped by Sahaj Yoga.

We have to help our children. We have to look after them, because you know what sort of future is surrounding them. What sort of atmosphere is calling even in India. We have to see that our children grow properly in Sahaj culture. It is very important because they are tomorrow's Sahaj Yogis. So many of them are born realized so we have to discipline them properly to make them proper Sahaj Yogis.

It is also our family life which is very important. It is shocking that family life is now a days becoming a kind of a stupid thing. No one

understands the importance of it. In Sahaj Yoga we have to understand, small quarrels, fights, harshness, cruelty must be given up. There should be a proper rapport between husband and wife to begin with so that it is a companionship and the children also see that companionship and enjoy it. In our dress, in our life, we can be dignified or decent respecting our body. We should wear whatever suits us in whatever country we are. Imagine in summer putting on a three piece suit. Whatever suits us and fits our culture, one should try to wear decent dresses, traditional dresses. Especially for women it is very important that one should wear dresses that would make them look more dignified. Ladies especially must take to reading newspapers. If their attention is on the problems, then this would change. It is very effective, you know that if your attention is active it works. Use your attention. Read the newspapers. It is horrifying sometimes. It is very important. Also men should not only read something that is sensational but also read what is happening and also think what are the solutions, how can you Sahaj Yogis help, in a collective way or in an individual way. We have to solve many problems of this modern world. One has to read good books, see good films and have your reflection on them. Keep your mind alert. There are many beautiful poems I have read which should be collected. We are going to collect all these miraculous photographs. They are trying to systematize. In this system if you all can help spontaneously it will be a great achievement, because so far we have not been able to collect all these data and keep them with us.

Now the best is that you all must meditate. You all have to meditate and only in meditation you are in present in your spirituality. I have said it many a times but people just do not do it. About 10 minutes if you can meditate before sleeping it is of a very great help to you. No doubt you really grow very fast, immediately I know this man has been meditating. Once you get used to it you will never give it up. It is very simple meditation you have, foot soaking, lots of things like that. In the morning you should beat your ego. That's all. It is

very simple. But this you have to do for yourself. To respect your self-realisation and your growth in Divinity. We have lots of advantages over others. Those people who are not prone to seeking, do not talk to them about Sahaj Yoga. Do not waste your energy on such people discussing and arguing. Just forget them and leave them alone. You just take to simple, good people who are seeking. I do not want you to get involved with people we are just discussing, arguing - 'Shabd Jalam'

Today the Sahaj Yoga culture is so much manifesting that once people see you they immediately know there is something special and that they have something very unique qualities among them which you seldom find with normal people. All these things you should understand have come to you spontaneously from within and you should never feel shy of them. You should never be shy of your virtues. Whatever people say you better do this or better do that you should never do it. You should just say I do not want to do it, because now you are very powerful and that you have to lead the people and people do not have to lead you. Fashions do not have to lead you but you have to create fashions. You have to create a path for them. It is not that they have to lead the path. Try to understand that your personality is of a level where you can see so many subtle things, and you are so powerful that automatically you have to take up their leadership. Do not guide as from them and do not get frightened when they try to tell you something against yourself or against Sahaj Yoga. Be confident. That is how it is going to work out. I am just a woman and a housewife but I was so sure about Sahaj Yoga that it worked out. I did not have to think whether I should do it or not. I just started. In the family it was not so much respected. I started on my own. Worked it out on my own. Because I had complete confidence in the truth. So for you it should not be difficult. All of you should see that you are not a conditioned person and you do not have an ego. Then you should go ahead with it and then you will be amazed how it will be working. There are so many things I

cannot tell you in this short time but if you sit down you can easily make a list yourself. Put your mind to it, in a way that you are the organizer. What can you do, what are you going to do. Please try. All of you can do it. Best is to make a diary for yourself. Write it down in that what you have done, how many people you have given realisation. What do you think about them. But Sahaj Yogis will say we have no diary we will start tomorrow. No, you start it today. Only thing with Sahaj Yogis is that they take things a little lightly. Ofcourse that is their character. Other things you can take lightly but not Sahaj Yoga. Take lightly if someone shouts at you, or gets angry, does not matter, makes no difference to me, you are the spirit, nothing can destroy the spirit. But your attitude to Sahaj Yoga should be different. If you are relaxing on one side another side you have to be dynamic. That side is where you have to put forward theories of Sahaj Yoga, talk to people, you go for press conference. Please make a proper place about it and just do it. I am sure it will work out. I hope you will see manifestation of those. I hope many people will write books. I am sure books can be written by every doctor. Everybody can publish a book with their experiences and their understanding of Sahaj Yoga. It will help Sahaj Yogis also. But it should be a very honest book. I am sure such a book will very much be appreciated in Sahaj Yoga. All those who have such ideas should make an effort to create new books, some new ideas, new creations. It is very important, because in these modern times people want to do something new, something novel. Under these circumstances, I am sure it will work out.

This is a very opportune time. SAT YUGA is starting from tomorrow. What will be the symptom? Now the Satya will be victorious. Satyameva Jayate. For this I congratulate you again and again. You will have a commitment to do that.

May God Bless You.