



book in which we never get beyond the first syllable."

only catch glimpses. The life of simplicity is simple, but it opens to us a mystery, a cloud, a revelation, each man a cosmos of whose riches we can where all things are at rest in the same way. Then a tree becomes a

In the point of rest at the centre of our being, we encounter a world that remains falls into place.

from the point of rest in ourselves. Then, how much disappears, and all to ourselves, but in its sacred independence. It is to see, judge, and act

"4.8.1959 To have humility is to experience reality, not in relation

Towards this, so help me, God -"

upsetting its balance.

success and adversity, blow over such a life without leaving a trace or what belongs to it by reason of its identity. Praise and blame, the winds of poetry, art, what the self can contribute, and to take, simply and freely, the one who has been called to undertake it. To give to people, works, the task, to embody its whole weight and importance in your bearing, as To be nothing in the self-effacement of humility, yet, for the sake of self-effacement.

same time one with everything. It is in this sense that humility is absolute smaller, than anything else in the universe. It is - is nothing, yet at the Secure in its reality, the self is neither better nor worse, bigger nor as it is of self-exaltation. To be humble is not to make comparisons.

"29.7.1959 Humility is just as much the opposite of self-abasement

relationship between reality and humility. Here is the quote in full:

Sunday included a quote from Dag Hammarskjöld's *MARKINGS* concerning the Paramachaitanya and takes us into reality, we become the reality, the radio program last messages from Navaratri Puja this year. Since self-realisation connects us to To trust in the Paramachaitanya utterly and completely was one of Shri Mataji's main

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To be nothing in the self-effacement of humility, yet, for the sake of the task, to embody its whole weight and importance in your bearing, as the one who has been called to undertake it. To give to people, works, poetry, art, what the self can contribute, and to take, simply and freely, what belongs to it by reason of its identity. Praise and blame, the winds of success and adversity, blow over such a life without leaving a trace or upsetting its balance.

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PARAMCHAITANYA-REALITY-HUMILITY



FROM
SAHAJNEWS
3 October 1998
Issue Number 118
Vancouver Canada

Mexican Conference

MEXICO CITY (Sept 9) - We would like to share with our brothers and sisters the successful results of the Sahaja Medical Conference in Mexico held from the 2nd to the 4th of September, 1998.

With the blessings of our Holy Mother, the Conference became a joyful event, with the important participation of Sahaj medical doctors from three continents.

Prof. Dr. U. C. Rai offered two medical conferences, attended by Sahaja medical doctors, Edgar Patarroyo and Henry Forero from Colombia, Pepe Suero from Spain and Chanda his wife, also a medical doctor, from India. There was also an exchange of experiences with a group of Mexican medical doctors who received their Realization and the Mexican Sahaja collective participated in a workshop on Sahaja healing techniques.

Before the Conference we had a havan at Cuernavaca, a city to the south of Mexico City and the Ganesha Puja was held after the Conference.

May our Holy Mother continue blessing Sahaja Yoga in Mexico and favour this small collective with established yogis from other countries. GRACIELA.

PRESS RELEASE

On the second day of September, the Faculty of Medicine of the National University of Mexico (UNAM) held a special session to receive Prof. Dr. U.C. Rai, Emeritus Professor Mahatma Gandhi Mission Medical College, New Bombay, and Director of the International Sahaja Yoga Research and Health Centre, who offered a conference on the "Role of Sahaja Meditation in Medicine."

Prof. Rai's conference had a direct impact on the audience, who remained in total silence for more than an hour, looking at the graphics of medical case studies and hearing his explanations on how diseases have been diminished or cured by Sahaja Yoga. Prof. Rai told the delegates that high blood pressure, bronchial asthma, epilepsy, migraine and a host of other psychosomatic diseases for which there is no cure in modern medicine and for which one has to take medicine all through his/her life, now can be cured in the International Sahaja Yoga Research and Health Centre at New Mumbai, India, which has been

founded by Her Holiness Shri Mataji Nirmala Devi.

After the conference finished, medical doctors, researchers and students came to the podium to congratulate Dr. Rai and to talk of the possibility of joint projects in different areas of interest. They asked to know more about his research.

After hearing what Prof. Rai explained about Sahaja Yoga, Dr. Viesca explained how Mexican Indians believed in working on four centres of energy in the body to cure illnesses. The exchange of experiences aroused the possibility of presenting in the near future, more exchanges of experiences which could be a basis for a joint project with India or other countries with the same interest.

On the afternoon of the third of September, Dr. Rai gave a second public conference at the District of Coyoacan, to the south of Mexico City. The audience responded with great interest to Prof. Rai, asking him numerous questions. When one person asked for the experience of awakening the Kundalini, Dr. Rai finished to explain the substantive aspects of Sahaja Yoga and how Shri Mataji Nirmala Devi has spread it in more than seventy countries. After Dr. Rai gave the Realization, everyone raised their hands to show that they had felt the cool breeze over their heads.

On Friday the fourth of September, a workshop on Sahaja healing techniques was held for Sahaja Yogis. Dr. Rai addressed the Mexican Sahaja collective, supported by the other Sahaja medical doctors.

The TV channel PCTV that transmits to an audience of a million people in Mexico and Latin America, inaugurated a new program called "New Horizons for the Millennium," with an special program on Sahaja Yoga. They interviewed Dr. Rai, the other Sahaja medical doctors and the Sahaja Representative in Mexico.

The Sahaja Medical Conference held in Mexico has opened not only a new chapter for the treatment of psychosomatic diseases between the Faculty of Medicine of the National University of Mexico and the International Sahaja Yoga Research and Health Centre, but also has awakened great interest in the general public on the philosophy and practice of Sahaja Yoga.



Anyone who would be interested to help in the Burwood video and audio library, with such things as copying pre 1992 audio tapes, taking names of people borrowing videos on Saturday nights (once every few weeks), repairing damaged videos, contacting people with very overdue videos, and anything else that you can think of, please either contact Marcus Rome (02) 9875 5142, or Kim Balkovic (02) 9747 2820.

Help required

Linden will be giving singing lessons to all those interested in improving their knowledge of scales, learning ragas and bhajans. Everyone welcome at Burwood on Friday evenings at 7:30pm sharp.

SINGING LESSONS

Any yogis interested, please come along and help. For further information please contact Ruth Cross (9984 9002) or Meredith Cooper (9976 0990).

10:30am - 12:30pm.

Manly Library, Market Place, Manly

Daytime programs will start in Manly on Mondays for the month of November (5 weeks) at:

MANLY DAYTIME PROGRAM

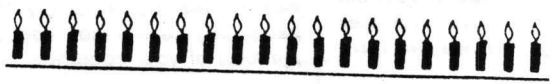


Australian Sahaja Newsletter

24/10/98

Contributions:
02 974-74335 or Burwood Fax 97454927

DIWALI GREETINGS



SBS have included the medical research project on Asthma as part of their program - "Second Opinion". It goes to air on Thursday 29th October at 7.30pm.

The SBS switchboard phone no is 94302828 if anyone wishes to phone for any reason.



Diwali Puja Synopsis

Cabella, November 10, 1991

TALK H.H. SHRI MATAJI NIRMALA DEVI

At Diwali Puja in France, Shri Mataji asked us to be joyful in sahaja Yoga. Our personalities have to express the joy of realization and of being in the kingdom of God. In particular, we cannot be singing sad songs or reading tragic books. Shri Mataji's puja address also contained some special advice for Sahaja Yoginis.

"...Women have certain water powers of crying, weeping, and thinking they are very miserable and making everybody miserable this is their power. Inside every woman, there is a motherhood, there is great capacities, sacrifice, everything is there, but with that they also should know they are left-sided. And our joy about which we talk within our heart has to manifest outside. People should see that we are joyous, that we are happy people we are not like others who start crying for small things."

Even in the event of crisis, Sahaja Yoginis should not cry. Shri Mataji related Her own experience: "Like when my father died, I was surprised that suddenly I became thoughtless absolutely thoughtless. For about three days I was thoughtless neither the thought of pain or unhappiness or anything came up, but just thoughtless. And everybody was surprised because I looked after him, and he was very attached to Me, very fond of the Me everything was there." So if you are a Sahaja Yogini or Yogi, "then at the time of crisis you should become thoughtless. That is one of the signs....That means what? That God just takes you in, your problems. He puts his hand, He puts His protection and He takes you out of it and makes you absolutely thoughtless. And in that thoughtless awareness you discover what is right. What is wrong. So even in crisis, this thoughtless awareness is all the time extremely alert, it becomes much more alert than normal."

"We are in the Kingdom of God. In no way we are unhappy. In no way. Some things happen in life, life is such: somebody has to die, everybody doesn't die together.... So everybody who is born

has to die but the way they've made the death as some sort of a big part of life. It is just a moment! Just a moment that you pass out and you go and change and come back again. But in this life, if you have to do anything, is to enjoy."

Christianity has not said much on the subject of death. "Christ, if they had allowed Him to live He would have talked about it; but he has said that Spirit is eternal. He has talked of reincarnation, no doubt."

"In this lifetime, the highest thing is your ascent and your position in the kingdom of God. Especially for ladies, I have to tell you because, you see, reading all these tragic things all over.... it just starts working in the nerves of the ladies. If somebody says the slightest things it becomes like a bomb-shell." We should first see what harm we do to ourselves. So many women in the West have ruined themselves, but they never cry for that.

But there are very sensible women I have seen in the East and in the West who have a great sense of life, like an elephant is walking and the dogs are barking, so what does it matter? That majesty comes when inside you have that joy. 'Nobody can make me unhappy.' This should be the principle; otherwise you start moving towards the left side." Crying is also another kind of ego expression. When women start crying, men start moving onto the left and get possessed. "So today I want a promise from you all that you're not going to cry at all. Instead of flowers you just give me this flower of promise. I never cry. Of course, sometimes, 'Sandra Karuna,' one tear or two tears might come out. After all, I'm a Mother." But this does not mean sitting, crying and becoming hysterical. Don't read any book which talks of crying but book which are deep also makes you feel very much touched; if you feel like crying its all right."

So today we are here to enjoy our joy-our Atmanand, Nirvanand, and Paramanand which are of eternal value. "You have to understand and

Diwali Puja

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believe now you are in the Kingdom of God and all the subtle beauties of your being are going to be opened out to you...(but) if, your eyes are already closed, your heart is already closed, and you don't want to see something that's so beautiful, how can you say what a beautiful thing they have made?" It is important in life to have a very positive attitude and to develop ourselves within.

"What are you? You are Sahaja Yogi and in Sahaja you have to know that you have all the proofs, everything before you to know that you are Sahaja Yogi. Now if I know that I am Adi Shakti, supposing. If I know I am Adi Shakti, then I know. Then I don't have to ask for help from anybody. After all, if I am Adi Shakti, then I know. Then I don't have to ask for help from anybody. After all, if I am Adi Shakti, I am supposed to do everything. That is my job because I have that power. I have that power within Me so I have to do it. Now I can also say that I am a Woman, I should sit down and cry. No! I have no right. I cannot even do it, even if I want to do it. My job is to encourage you, to tell you about your inner subtleties, your beauty. Do you know what beautiful thing you are?"

"Let us talk about our inner beauty. What are we?... Are we all these people who are all time crying, miserable or people who are always fighting, always hankering after things, whom matter dominates? No! We are the Spirit." We are the reflection of God Almighty which is purity, truth, and knowledge. "We are not like ordinary people. How can we live on that level? Only if you are possessed or had a bad guru or may be something like that you may be going like a yo-yo, going up and down. But those who have crossed that limit and have reached that state should value that they are the Spirit. So many Spirits sitting here reflecting God Almighty. I am such a proud Mother, and all of you are capable of enlightening so many people in the world. But the beauty within you is that you are absolutely independent of anybody else. You depend only on yourselves, upon the source of your Spirit, upon the joy of your spirit. You don't expect others to give you joy. Supposing somebody tomorrow comes and abuses Me...it never touches Me because I am with Myself.... Imagine a house which is standing on rocks. Like that you are. Try to feel it. Feel the rock within you.... People who have built their houses on sand have to worry. Not we. We have

built on rocks. So we have to be very courageous; we have to be very bold and the same time extremely humble."

"All of you have become saints... You are saints because inside you there is a fragrance, beautiful fragrance of your lotus. That is the Spirit... In the same way is reflected in your heart-it is a beautiful lotus. Feel that lotus. How beautiful, how delicate it is. It's pink because pink is a lotus which invites everyone, a sign of generosity, of invitation... That's what you are. Wherever you will be you can create that beauty... you can make people see what a spiritual person is. You are the reflectors of Sahaja Yoga. not me. You have to reflect Sahaja Yoga. For such people are always in joy and wisdom."

Shri Ganesha is the giver of wisdom which is how to behave at what time, how to say something at what time, how far to go with everything. "It just should become innate, sahaj. Every morning you should tell yourself, I am a Sahaja Yogini. So how far I should go? How should I behave? What should be my attitude? All these can be very easily understood if you develop this lotus of wisdom. How does the lotus come out?" There is a seed which sprouts which is already within you. "All of you have got it. Now it started opening because you are realized souls. Allow the wisdom to take over."

"So how do you do it? There's one way I would say. Supposing Mother has this problem, 'What She would have done? How She would have dealt with it?' You may say that we don't understand Mother's style. She is full of tricks. Correct! I am, but there is a very simple way of doing it. You can surrender to My wisdom, and the Wisdom itself is active, it will work.... Wisdom within you is active... because the Deities are with you... and whatever happens to you They are before you. Nobody can harm you, nobody can touch you. You are so protected that anyone tries to harm you, immediately there is a protection. Also your own protection is there, as I said, that you jump into thoughtless awareness."

"We harm ourselves more than anybody else can sometimes... It is a kind of personality you develop that, I'm like that, I just cry. Why not develop a personality like that that, 'I am always in joy?' Then this lotus of your fragrance will improve and the

activity of your wisdom will lead you to people who are extremely nice and to situations which are beautiful. "In your own wisdom, your own Spirit is working it out. You don't have to do anything." The only thing you have to remember is that you are a Sahaja Yogini or Yogi and your character and ideas should be Sahaja."

"Sahaja Yogis, being men, they don't show much, but there are certain other ways of showing this temper. They get into tempers and sometimes the tempers are so much that you just start looking, 'What is the matter with this person?' One side, the temper and another side, the crying. In between, what remains? I don't know! Both things are absolutely not needed. You have to correct people, to say things. Just now I said, I have said it, finished. But it's not anger, it's just I have to act. The difference is like this: I am not involved with it. If I am crying, I'm not involved, I am just crying. Even if I am angry, I am not angry. I am trying to be angry-in an acting. That's what happens- you do not get involved into it. But if you get involved into your anger than the you is finished."

"Some people think also if you are joyous you have to be very serious. Not at all. What is there to be serious in this world? Everything is stupidity... So because you suffer from serious stupid problems, that's why you become serious, and by becoming serious, if you think your problems will be solved they will not be at the time." At the same time, we should not be vulgar and frivolous."

"What is the use of the light? Let us see. As the light we are to give the light." So we are here to give joy and happiness to everyone. There are so many ways of making others happy which we have to learn. "And then when you make them happy, then you feel that joy within yourself." Just think of the times when you did something good for others. "But that time is eternally with you all the time and that is why Diwali is so important....As I said, you are My light, and the light is there which is an eternal light. These lights will be finished. We have to light them every year. Not you people, you have eternal light and this light is going to spread joy."

When you have joy do not want to fight or say anything harsh to anyone. "Not only that, but you do not want to have something that will spoil this Mother Earth or which will bring ecological prob-

lems. When you have joy you have to be joy-giving and if you are not joy giving that means there's something lacking in your Sahaja Yoga, and that is: we have to come up now.... We can change our name, if you like. if 'Sahaja Yoga' is not good 'Joy Giving Association.'"

"Now we should find out what kills the joy... First I said you must have wisdom." Wisdom gives you detachment from all that is selfishness, self-centeredness, self-obsession, ego. Selfishness completely darkens the self, which is the Spirit, because you think of yourself, your children, your family. There are even some people who think only of themselves. "When you start thinking like that, when you start becoming smaller and smaller and smaller, the lotus collapses. But to think about others is so great."

"If you do not allow your spirit to fulfill its own nature and its own character, the Spirit is not going to manifest itself. So you are the vehicle. You are the lamp, you can say, as far as the body and mind is concerned. But this light of Spirit, if it has to manifest then it has to be of a very unique type which emit all its light outside and gives light to others. And this light-giving quality you have to improve gradually. You'll be surprised, only if you will try in your life, in your relationships, in your endeavors, to give light to others, to make their lives better, not to show off or to be egotistical, but to be loving... you really understand that you are the Spirit because Spirit loves... and in love you are forgiving...Not to forgive is difficult, but to forgive is the best. At least when you forgive there is no headache for you"

"So you have to first understand that life is for giving joy to others because you are now saints and your light has to give joy. Little bit you have to bear. You have powers to bear. You have all the powers. And so I wish you good luck for the next year and great prosperity."

May God bless you."

From Divine Cool Breeze
Vol IV 1992

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