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MESSAGE
OF
HER HOLINESS MATAJI NIRMALA DEVI JI SRIVASTVA

The whole creation of God is Sahaja and the ultimate is the Sahaj Yoga. God has created man with His Shakti and he has to know Him and recognise Him through Kundalini awakening. Blossom time has come and many ancient seekers are today getting their self realisation.

My heartiest congratulations to all the Sahaja yogis for enlightening the path of self realisation for the seekers of truth.

New Delhi March 1979.



To

Shree Bhagwati Matajee Nirmala Devi

Mother,

The world needs the healing Balm that Holiness brings.
Your touch kindles hope in barren hearts. You dwell in
our soul as peace. Your love fills us with bliss.

Fear flees when one walks forward with faith and your
love as safety.

In your presence our heart blends with the Divine Heart.
We feel a sense of kinship, more than that a true
relationship with the Supreme.

Through your soft-healing vibrations you convey effort-
lessly the living quality of Motherly love to the heart
of the world. You teach us to reach our own depths—
the only way to reach the hearts of your countless
children.

With Salutations,

Rajindra Mohan Dutta
EX—DHYAN YOGI

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## SAHAJA YOGA

The practice of the different systems of Yoga has been prevalent in India since times immemorial. Through this practice, the aspirant aimed at reaching the ultimate reality or the Divine. Among the best known systems was Hatha yoga, which was practising physical austerities and attempting to reach the ultimate through them. Sahaja Yoga (Sahaja meaning that which is born with you) was practiced by Shri Krishna and has now been revived by Mataji Nirmala Devi, a foremost votary of this system.

Most human beings live on the physical material and emotional planes. Hereafter savouring, the fleeting joys they get bored and are filled with an unexplicable urge for the unknown. According to Mataji Nirmaladevi, the remedy is within you, for the Divine has provided an instrument in the form of Kundalini, which is like a primula that works out your sprouting. Sahaja Yoga (also known as Kundalini Yoga) aims at awakening the Kundalini—a dormant power that lies coiled at the base of the spine in a triangular bone. Once awakened by a 'realised' person, the Kundalini ascends and in a normal person goes through the various 'chakras', and pierces the apex of the brain without giving the slightest trouble to the aspirant. With the awakening of the Kundalini, the aspirant enters the fourth dimension—the spiritual one. Here, he is aware of himself and receives enlightenment. The individual before 'realisation' is like a computer, not connected to the mains; after awakening of the Kundalini, the computer gets connected to the mains, and he experiences the joy of the all pervading bliss of the Divine. One gets into collective consciousness and can feel the Kundalini of others. In the cases of those afflicted, the awakening of the Kundalini cures the sufferer! Curatives, therefore, are a valuable by-product of Sahaja or Kundalini Yoga. Sahaja Yogis have cured deadly diseases like cancer, heart ailments, hypertension, to mention a few.

Once released the individual becomes thoughtlessly aware. It is not a state of trance or sleep, the individual becomes light and free from tension, his pupils dilate, changing his very countenance. The quality of his work improves—whatever be his field of work.

A Sahaja yogi feels vibrations, while in meditation; he or she can feel the vibrations of others and know what is wrong with them. Thoughtless awareness leads to the next stage, that is doubtless awareness. One is filled with peace and is in harmony with nature, exuding love and goodwill towards fellowbeings.

With this movement, a new society will take shape and which will bring about the establishment of the kingdom of Heaven on earth in which Love, Peace and Righteousness will reign.

VIDYUT MANEKLAL

In the ocean of Sahaja Yoga I float blissfully  
The waves of vibrations toss me gently—gleefully  
Sometimes forceful sometimes fleeting they soar up the Sahastrar  
Where dwells my KALKI SWARUPINI MA holding her shining scimitar

SHE rides the waves on the steed of SAHAJA gloriously  
Giving enlightenment and protection to her children who follow her fearlessly  
Come ye my bretheren, come float on the ocean of Sahaja joyously  
And attain realisation spontaneously—by the grace of the MOTHER  
at whose feet we prostrate eternally

—VIDUT MANEKLAL

### NUANCES OF SAHAJA

Sahaja is a raft on which I rove life's ocean  
So sturdy is it I have no fear! It can stand the beating  
Billowing fury of the waves—it holds firm whatever the motion  
Sliding over calm or stormy weather without peevish !

Sahaja is a weapon my MOTHER gave me  
With it I go armed, lest there be need  
But by her grace, no weapon need we  
For SHE clears our paths scattered with thorns and weed !

Sahaja is a spotless stead with my MOTHER astride it  
Riding in all her glory—dazzling and victorious  
HER hand in benediction raised, her face brightly lit  
In humble homage we bow to the MOTHER—so great and glorious

—V. MANEKLAL

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# A Letter From Mataji

My dear Sahajyogi,

The human mind is beset with many a distractions.

When relieved of them, knowledge enables us to attain immense joy. Due to awakening of Kundalini, your mind is free from many distractions :

- (1) You have to become aware that KUNDALINI in man is a 'living-power'. It is indeed a reality.
- (2) Every human being is endowed with this power and it is easily awakened in innocent and simple minded persons.
- (3) This awakening of Kundalini is not achieved as a result of any "Karma". Still however, if the 'Sadhak' is crooked, it will not be awakened. The reason is, even when Kundalini is not active, it is aware of the past deeds of such a Sadhak. Kundalini discriminates; and being the mother-fountain of the 'Sadhaks', she is "witness" to their good and bad deeds. Further, by the grace of Kundalini, the deceased mind and body of the Sadhak get cured.
- (4) The Kundalini Power is the embodiment of the 'will-power' of Bhagwati—the Divine Mother. She is awakened effortlessly by Bhagwati's will-power or volition. Even an extremely highly placed human being has to struggle hard in a round about way for that achievement, But that is not his fault.
- (5) The Brahman—the conscious vibrations which pervade your body, purifies all the three phases, namely, the body, the mind and the EGO in you. When these phases get contaminated, the vibrations in you make you aware of these.
- (6) If you, indeed, attain a calm psyche, pure mind and 'are devoid of the EGO, you do attain the state of Spiritual Bliss. The reason is, the Light of the Soul spreads unobstructed.
- (7) How did the cosmos spring up ? Why ? Is there God ? Such fundamental questions remained unsolved even by the Gods. However, please know that what I have conveyed to you is the truth; this you can feel

and know only by constant vibrations. But to be aware of this, your own vibrations must be in perfect order.

The experience will teach you that the 'Love' and 'Truth' are one and the same. This experience will help you solve many an intricate and deep seated principles of the Brahman. At this stage, your mind will have the Revelation that Brahman is devoid of passions. The concept of god, the Brahman, will blossom like petals of the blooming lotus, spreading its fragrance, when the physical, spiritual, and the cosmic states will be shorn of the deep seated dirt in the mind. Your mind will be in tune with Brahman—the Eternal Lotus. At this juncture, distractions of the mind carried by the egoistic vain glory, will fade away.

- (8) The Brahman is like the ever-powerful SUN. Still, however, the human mind, wavering as it is, its unsteady

thoughts vanish in the waters of distractions. Once your mind attains the 'Sun-power', it will cease to waver. The distractions of the mind will disappear by practice of Meditation. Meditation is nothing but the state of remaining in the constant company of the ever-loving Bhagwati.

- (9) When you become broadly conscious, that is to say, when you attain collective consciousness, that itself is the Brahman Power. It pervades in innumerable forms in the Universe, in the atoms and molecules. To the dull mind it is inanimate, to the restive mind it is many splendored power. To the revealed mind it is the joy. In the mind of the Sahajyogi, it is the Eternal Bliss. To the realised Yogi, it is ecstatic bliss. You have known all these phases. Experience them. Test them. Keep the mind quiet and steady. Have total surrender and make your mind devoid of doubts.

These are my blessings.

*Ever Yours  
Your Mother  
NIRMALA*

# KUNDALINI YOGA

## INTERVIEW FEATURE WITH MATAJI

NIRMALA DEVI

—BY VIDYUT MANEKLAL

*Evening News, New Delhi, Feb. 23, 1977*

"What is the purpose of life", asked a press correspondent to Mataji Nirmala Devi, votary of Kundalini Yoga also known as Sahaja Yoga. "To realise the Divine and be his instrument" was the prompt reply. In the present turmoil filled world this question seemed natural. For the lives of most people are affected by dissatisfaction, frustration and bitterness leading to violent action on their part; others accept the situation and jog along with resignation, indifference marking their existence. Why was it so, we asked Mataji.

"Human beings are filled with so many urges. They want love, wealth, power. Having savoured the fleeting joys springing from the physical material side of life, they get restless and bored since their existence is confined to the physical, mental and emotional planes. They seek

a remedy for their boredom. They turn to 'Gurus' in the hope of finding some solace. If the Guru is truly enlightened, he may show them the correct path, but if it is otherwise, the individual or individuals fall a victim to the myths of the 'Guru' who may lead them astray, plunging them into the very depth of darkness".

**Q. What is the remedy for this ?**

**A.** The remedy is within you and the Divine has provided an instrument in the form of the Kundalini, which is like a Germinating power that works out your sprouting. Sahaja Yoga means awakening of the Kundalini. One can see its pulsation at the base of the spine where it lies dormant in a triangular bone in three and half coils. When awakened by a 'realised' person, it ascends and in a normal

person it goes through the chakras and breaks the apex of the brain without giving the slightest trouble to the aspirant. Once the Kundalini is awokened, the aspirant enters the fourth dimension-the spiritual one. Here, he is aware of himself and receives inner solace; the individual before realisation is like a computer not connected to the mains; after the awakening of the Kundalini the computer gets connected to the mains where he experiences the joy of the all pervading bliss of God. One gets into collective consciousness and can feel the Kundalini of others. In the case of those afflicted, the awakening of the Kundalini cures the sufferer. Curatives are, therefore, a valuable by-product of the Kundalini Yoga.

- Q.** Have many attained self-realisation and practise Sahaja Yoga ?
- A.** Several thousand Sahaja Yogis are practising Sahaj Yoga or Kundalini Yoga and quite a few of them do curatives. Dreaded diseases like cancer, hypertension, heart ailments have been cured. Sahaj Yoga is not confined to India but has gone to U.K., U.S.A., Europe, Nepal and Malaysia.
- Q.** Who can practise Sahaja Yoga or Kundalini Yoga ?
- A.** Ordinary people living normal lives, age and sex are no bar. Holiness is ones existence and sanctity in married life are essential. Smoking and consuming intoxicants are forbidden as they go against the Divine.

## सन्त कबीर और सहजयोग

सरवर तट हंसनि तिसाई ॥

पीया चाहे तो लै खग सारी, उड़ि न सकै दोऊ पर भारी ॥  
 कुम्म लिए ठाढ़ी पनिहारी, गुण बिन नीर भरे कैसे नारी ॥  
 कहे कबीर गुरु एक बुधि बताई, सहज सुभाई मिले राम राई ॥

सन्त कबीर के इस पद के माध्यम से पूज्या निर्भला भाताजी के सहजयोग के सन्दर्भसूत्रों को आसानी से जाना जा सकता है। कबीर के काव्य में 'सहज' शब्द इतना अधिक छाया हुआ है कि यदि उसे उनकी रचना शक्ति का केन्द्र कहा जाये तो अतुर्कित नहीं होगी। सहज रहनि, सहज आनन्द, सहज सुभाव, सहज होना, सहज सुषुम्ना, सहज नीर, सहज परिचय, सहज रूप, सहज मुक्ति, सहज सुख, सहज समाधि, सहज मिलन, सहज शून्य; सहज जानि, सहज समानि, सहज सुहाग, सहज मरन, सहज कलालनि, सहज लवलीन, सहज सुख, आदि आदि। कबीर ने सहज मरना सीखा जिसे जीवनमुक्त या जीवन्मृत कहा जा सकता है। संसार की दृष्टि से अन्तर्मुख व्यक्ति 'मृत' सा है जब कि वह अपनी सहज रहनि से 'जीवन्मुक्त' हो जाता है। 'सहज' के पाँवडे पर पाँव रख कर कबीर ने इसे पाया है। इसे 'सहज सहज' पाया जाता है।

आत्मसाक्षात्कार का अमृत सरोवर सम्मुख है पर हंसनि तृष्णित है प्यासी है। यह जीवात्मा का दृभाग्य ही है कि वह ग्रन्तिनिहित अमृतसरोवर के तट पर भी प्यासी ही है। इसी स्थिति को कबीर दूसरे पद में 'पानी में प्यासी मीन' की उपमा देकर स्पष्ट करते हैं। भौतिकता के नाना सुखों से क्या तृष्णा शान्त होती है? अपने मूल स्वरूप से अनभिज्ञ होने से ही वह सांसारिकता की ओर ऋमित होता है। घोर भौतिक आकर्षणों की माया या संसार को त्याग कर 'उसे' खोजने के लिए वन में जाना दोनों ही अविद्या हैं। इसी से गुरु नानक ने कहा है—

काहे रे वन खोजनि जाई ॥

सदा निवासी सदा अलेपा तोरे संग समाई ।  
 पुष्प मध्य ज्यों बास बसत हैं, मुकुर मध्य ज्यों छाँई ।  
 तैसे ही हरि बसे निरन्तर घट ही खोजो भाई ॥

जसे नमक खाने पर व्यक्ति अधिकाधिक तृष्णन होता है वैसे ही 'जीव' भौतिक मोह—आकर्षणों के बीच अधिकाधिक देवैन व्यथित है। 'हंसनि' मानसरोवर के तट पर बैठी हुई भी

पानी मात्र उत्तिए नहीं पी पाती क्योंकि अज्ञानवश उसने अपने उज्ज्वल पंखों पर पढ़, मान, कुटुम्बपरिवार आदि का भूग्र जंजाल उठाया हुआ है। 'अहं' का यह बोध उन्मुक्त उड़ान मरने नहीं देता। पंख उड़ान नहीं मर सकते—यद्यपि हंस के लिए उड़ान मरना और अमृत सरोवर से पाना पीना अन्यन्त 'सहज' है।

सो इस असहजता को, जो पद, मान, परिवार, घन, विद्या आदि अहता के कारण आयी है, उसे दूर किए बिना वह 'सहज' नहीं हो पाएगी और बिना 'सहज स्वरूप' को पाए उड़ान मर कर प्यास न बुझा पाएगी। यह 'सहज' आरोपण नहीं हैं; उधार ली हुई पूँजी नहीं है, उड़ा दिया गया वस्त्र नहीं, यह तो अपना ही स्वरूप है जो 'सहज' हैं।

अन्दर की संरचना को अन्दर से ही पकड़ा जा सकता है। ऊपर ऊपर से पीने से प्यास नहीं बुझती, अन्दर सरोवर में बैठकर ही जल का पान करना होगा। 'असहजता' से सहजता का ताला कैसे खुल पाएगा? इसी अर्थ में उपनिषद में वेद, वेदांग, अध्ययन सभी कर्म अविद्या, अपरा विद्या कहे गये हैं। मात्र आत्मज्ञान ही 'परा विद्या' हैं जिसे कबीर ने 'सहज' कहा है। यह 'सहज' जिसे मिला वही कबीर की दृष्टि में 'मुहामिन' है। सीमा तो असीम तक नहीं जा सकती। गीता के अनुसार मन, बुद्धि, और अहंकार, से जिसे पाया नहीं जा सकता, वेद भी जहाँ 'नेति-नेति' कह चुप हो जाते हैं, जो न मारी है न हलका, न पास न दूर, न महत् है, न अगुवत् सूक्ष्म—ऐसा विराध-मूलक भाषा में कहा गया 'सहज' मात्र गुरु कृपा से अनुमवगम्य है। उसे गुरु कृपा से ही जाना जा सकता है। दलदल से बाहर खड़ा व्यक्ति ही दलदल से बाहर निकालने में हमारा सहायक हो सकता है, स्वयं प्रकाशित दीप ही बुझे दीप को जला सकता है। शक्तिमय गुरु से ही 'शक्तिपात्र' सम्पन्न हो सकता है।

यहीं पर कबीर दूसरा विम्ब बांधते हैं—कूप के सभीं कुंम लिए खड़ी हैं पनिहारिन—पर डोर के बिना निरूपाय है। यहाँ 'कूप' का अर्थ ही अमित्रेत है क्योंकि सरोवर से तो बिना कुम्भ के सौ पानी लिया जा सकता है। मानसरोवर तक ज्ञानभय उज्ज्वल हंसनि पहुँची पर कोरा ज्ञान भी पंखों का भार बन गया; इसी से आदि गुरु शंकराचार्य ने आत्मसाक्षात्कार के लिए ज्ञान की निःसारता बसाते हुए कहा है कि उसकी प्राप्ति में योग, सांख्य भी सहायक नहीं है : (देखिए विवेक छूड़ामणि)

यह अमृत का कूप अन्दर ही है, पनिहारिन भी भीतर ही है पर उसे रस्सी डालकर अमृतोपम जल पीने की युक्ति पता नहीं है। यह युक्ति गुरु ने बताई।

परमेश्वरी की त्रिगुणात्मिका माया के वश सभी मोहित हैं। भेद बुद्धि, अहं और माया उसी का पसारा है। शुद्ध चिति ही अहं संयुक्त हो 'जीव' संज्ञा पाती है। अतः जीवात्मा का सहज स्वरूप चैतन्यमय है। किन्तु हम तो समरसता में न होकर विमक्त में खड़े हैं। मन संकल्प-विकल्प करता है, दिमाग निर्णय लेता है और आत्मभाव अचीन्ता पड़ा है। दृष्टा, दृश्य और दर्शन, कर्ता, कर्म और क्रिया की त्रिपुटि जब एकाकार हो जाये तभी यह 'गुण' प्राप्त होती है जिससे प्यासी पनिहारी अपने रीते कुम्भ को मर सके।

इस रूपक की माधा में जो कुछ कवीर ने कहा है उसे यदि पूज्या निर्मला माँ के सहजयोग के द्वारा अनावृत किया जाय तो वह कुछ इस प्रकार होगा :

दुर्लभ मानव जीवन का एकमात्र लक्ष्य है—आत्मसाक्षात्कार या स्व से पहचान। “अनेक योनियों के बाद मिला ‘मानव’ रूप मिलता है यह उत्कान्ति का अन्तिम चरण है। मानव ही परमात्मा को जान सकता है। परमात्मा को जानना मनुष्यता का ही अधिकार है।”

माया मोह और आसक्तियों के घने संस्कारों से बंधा जीव मुक्त नो होना चाहता है पर उसके सभी प्रयास उसे और और उलझाते हैं क्योंकि अहं और कृत्त्व का विनाश हुए बिना उद्धार सम्भव नहीं। संस्कारजन्य भेदबुद्धि (सुपरईंगो), कृत्त्व का अभिमान (ईंगो) तथा धर्म के प्रति उपेक्षा और अंघता—ये तीनों ही अविद्या हैं। इन तीनों से परे जो ‘सत्ता’ है उसका अभ्यास ‘धर्मबुद्धि’ से ही संभव है।

यदि यह कहा जाय कि हम परमात्मा को कर्म समर्पित कर देते हैं तो प्रश्न उठता है कि बिना कृष्ण के न्वस्प से परिचय पाए समर्पण कैसे किया जाय ! जिसे जाना नहीं उसे यदि त्रैलोक्य का राज्य भी दिया तो क्या दिया ! अतः सूत्रात्मा रूप श्री कृष्ण को अनुमति किए बिना बुद्धि से किया गया फल त्याग हो ही नहीं सकता ।

जगन्नियन्ता प्रमु परमेश्वर के साम्राज्य से तुलसी, बिल्वदल, फूल तोड़ कर उसे १००१ बार चढ़ाकर अनुष्ठान किया, पर जिसने अत्यन्त प्रेम से यह सारी प्रकृति मानव के उपयोग को दी उस का त्याग करके हमने अनेक वर्ष उपवास किए या अगले जन्म में शताधिक प्राप्त होगा यह सोचकर पुण्य किए—यह सभी मानव के क्षुद्र अहंकार के उदाहरण ही हैं ।

परमात्मा की प्रसन्नता के लिए हम क्या कर सकते हैं। कुछ भी तो नहीं। सिवाय इसके कि उसके निम्न चरणों में समर्पित हो जायें। अपने को खोकर अपने को पालें। भगवान् के हाथ में बागडोर देकर भी अर्जुन पूर्णितः समर्पित नहीं था; इसी से युद्ध नहीं कहंगा, पाप का भागी बनूँगा—यह संशय मन में था। जहाँ किंचित् मात्र भी द्वैत है, वहाँ समर्पण कैसा, एकरस्ता-कैसी !

और यह एकरसता आई आत्मसाक्षात्कार के बाद जब उसने जाना कि वह तो केवल साक्षी है—बाकी सब कुछ उस विराट की लीला से उसी में घटित हो रहा है। और अर्जुन उसी क्षण परमज्ञानी बना, हसनि के पंखों का बोझ उत्तर गया, वह ‘सहज स्वरूप’ को प्राप्त हो अमृत पान करने लगी ।

अब प्रश्न यह उठता है कि वह अघटित कैसे घटित हुआ । कवीर के शब्दों में :

वोल—अबोल मांझी है सोई,  
जो कछु है ताहि लखै न कोई ॥

इसी का स्पष्टीकरण ‘त्रिपुरारहस्य’ में किया गया है—

- (१) “बोल और अबोल अर्थात् एक विचार को छोड़कर दूसरा विचार आरम्भ होने पहले की स्थिति
- (२) निद्रा और जागृति के मध्य की अवस्था
- (३) जब चित्त एक वस्तु के आकार को छोड़कर दूसरी वस्तु में जाने लगे तो उससे पहले दोनों वस्तुओं के मध्य की स्थिति  
ऐसे स्थानों में परमतत्व का स्वभावतः स्फुरण होता है।

ये सब दो या छैत के बीच की दंधियाँ हैं। इनमें से किसी भी अवस्था, पदार्थ या वृत्ति की स्थिति न रहने के कारण चित्त निर्विषय रहता है। यह निर्विषय चित्त ही वास्तव में शुद्ध चित्त है, है, परम पद है, सर्वेश्वर है, सम्पूर्ण प्रपञ्च का आधार है।

शक्तिपात जिनकी सहज सामर्थ्य है, ऐसी निर्मला माँ इसी बोध अबोध के मध्य में चित्त को निर्विषय करती हुई ‘हंसनि’ के पंखों पर रखा बोझ उतार देती है। उपनिषदों के अनुसार बाल के शताग्र से भी अतिसूक्ष्म जो बिन्दु है उसी में शक्तिपात से आत्मसाक्षात्कार मिलता है।

ईर्ग और सुपर ईर्गो की सन्धि के मध्य ग्रन्त्यन्त सूक्ष्म रूप से चेतन सदैव निवास करता है, किन्तु जड़ता की अधिकता के कारण अनुभव में नहीं आता। मिट्टी के बर्तन में पानी की सत्ता, अन्तनिहित तो है, पर प्रकट नहीं होती। यदि उसमें अधिक पानी डाल दिया जाए तो मिट्टी के अलग होने पर वह प्रकट हो जाती है। चंतन्य रूप परमेश्वर की सत्ता को चित्त शक्तिपात के कारण दौसे ही महसूस करता है जैसे पानी में पानी मिला देने से, छिपा हुआ पानी प्रकट हो जाता है। शक्ति या चैतन्य का स्पोत जब पूज्या निर्मला माँ हमारे में उड़ेलती हैं तभी हमें शीतल चैतन्य रूप परब्रह्म की अन्तनिहित सत्ता का परिचय मिलता है। वह हममें चैतन्य उड़ेल कर निहित ‘चेतन’ से परिचय करा देती हैं।

इस साक्षात्कार के पश्चात ही सावना का वास्तविक प्रारम्भ मानना चाहिए। कुण्डालिनी जागरण के बिना मन चैतन्य नहीं होता, ध्यान एकाग्र नहीं होता तथा सूत्रात्मा का परिचय नहीं होता। ‘सहज रहनि’ में रहता सावक अन्त में सहज समाधि पाता है। इस गुह्य आत्मविद्या को सर्वसमर्थ कर्त्तामयी श्री निर्मला माताजी निर्द्वन्द्व भाव से प्रकट कर रही हैं और अनेक व्यक्तियों से मैंने सुना कि उन्हें इस बात से पीड़ा है, दुःख है कि वे इतने उन्मुक्त भाव से क्यों दे रहीं हैं; व्यक्ति की पात्रता का विवेक क्यों नहीं कर रहीं हैं। यह दुर्लभ विद्या है—इसे इतना सुगम नहीं बनाना चाहिए आदि आदि।

पहली बात तो यह है कि शक्ति ही शक्तिपात कर सकती है, घनी ही घन दे सकता है अतः यह उनका ऐश्वर्य है। ‘परमस्वतंत्रता’ उनका अधिकार है, भवभय का विदारण करना उनका स्वभाव ही है—

“मव मय विमव परामवकारिणी । विस्व विमोहिनि स्ववत् विहारिणी ।” कृपा के सिद्धान्त को मानवीय दुद्धि को ताकिक क्षमता से नहीं समझा जा सकता । सहजयोग से प्राप्त ‘चैतन्य चेतना’ (वाईबेटी ऐवयरनैस) से ही कृपा-प्रसाद का विश्लेषण हो सकता है ।

दूसरी बात यह है कि विकास की अनन्त शृंखलाओं के बाद यह मानव शरीर मिला है । अनेक जन्मों की आयु को—यदि अखण्ड परम्परा मानकर चलें तो हम कैसे निर्णय करेंगे कि पह पात्र है या सुपात्र ! क्या हम उस अखण्ड-परम्परा के बीच उस व्यक्ति को देख पा रहे हैं ?

वैज्ञानिक विकास के इस युग में, जिसे पुराणों में, ‘कलियुग’ कहा गया है । (जहाँ धर्म केवल एक चरण पर स्थित है—सत्युग में चार चरणों पर टिका था) धर्म, नैतिकता के उच्च मूल्यों के हास के इस युग की यह महिमा है कि यहाँ त्वरित गति से ‘परम’ मिल जाता है । घोर कलियुग में जहाँ सभी देवता सुन्त हो जाते हैं, मात्र शक्ति ही चेतन रहती है । कुंडलिनी का जागरण और आत्मसाक्षात्कार शक्ति का ही खेल है । सदाशिव की इच्छा से जन्मी शक्ति ने हमारा निर्माण किया । हमारे निर्माण के बाद वह परब्रह्म की इच्छाशक्ति ‘कुंडलिनी’ के रूप में हममें छुपा दी गई है । समुद्र को जैसे नदियाँ पहचानती हैं वैसे ही ‘कुंडलिनी’ आदि शक्तिरूपा निर्मला माँ को जानती हैं इसी से के ‘सहज योग’ द्वारा असंहय लोगों की कुंडलिनी जाग्रत कर रही हैं । कुंडलिनी जागरण की उनकी सहज—सामर्थ्य ही इस बात का प्रमाण है कि उनका मूल स्वरूप ‘शक्ति’ ही है । परमात्मा की इच्छा-शक्ति से जन्मी ‘कुंडलिनी’ को वे अपनी कृपा से जगा देती हैं और फिर उसी जागृत कुंडलिनी से परमात्मा को जाना जाता है ।

मूलाधार—अकुल कुंड है, कुण्डलिनी रूप पनिहारिन कुंभ लिए खड़ी है । सहस्रार में अमृत का मानसरोवर है पर वह निरुपाय है । “बच्चे के जन्म के समय जब उसकी नाल काटी जाती है उसी क्षण सुषुम्ना नाड़ी के बाह्य और आन्तरिक धरातलों पर एक खाई सी बन जाती है । चिकित्सा विज्ञान की दृष्टि से एआर्टिका—प्लैसेस (Aartica Plexus) तथा वैगस नर्कस (Vageus-Nervous) में गेप (Gap) है वह प्रत्यक्ष देखा जा सकता है । यही गेप जेनसम्रदाय में वॉयड (Void) तथा भारतीय परम्परा में माया या भवसागर कहा जाता है ।” सुषुम्ना-पथ से ही कुंडलिनी गतिशील होती है । किन्तु नाभिचक्र तथा हृदय-चक्र के बीच भवसागर तथा उसके बीच कोई सेतु न होने से कुंडलिनी का ऊर्ध्वरोहण सम्भव न नहीं होता । कुंडलिनी रूपी पनिहारिन के पास रसी नहीं है । पूज्या निर्मला माँ जब बाईं शैलों का न्यौता देती है तब उनके प्रेम के कारण चैतन्य—लहरियाँ उस भवसागर में सहारे की रसी बन जाती हैं । कुंडलिनी सहज रूप से सहस्रार में पहुँच जाती है । अमृत से कुंभ भर जाता है ।

कबीर के इस पद का क्रियात्मक रूप सहयोग दारा संमव है । ईश्वर का अनुग्रह ही गुरु-कृपा के रूप में घटित होता है । प्रेम का एक बादल आकर बरसता है और अंग-प्रत्यंग रस-स्नात हो जाते हैं । शीतल ठंडी आयु सी चैतन्य लहरियों का प्रवाह हाथों से प्रवेश करता है, इसी रसी के सहारे भवसागर पार कर कुंडलिनी सहस्रार में जा ‘परमगिव’ से मिल जाती है, अमृत का निर्झर भरने लगता है—यही वह सोम-रस है जिसका वेदों की समाधिमूलक भाषा में वर्णन किया गया

है ! वेदों में यम और इन्द्र ने इसी आत्मविद्या को पाया था । विदेह जनक, मान्वाता, प्रह्लाद, बलि, कबीर भादि जीवनमुक्तों ने इसी अमृत-सरोवर से अपने कुंभ मरे थे ।

अतः वर्ष की शका कुदांका से मन को चलायमान न करके चिकेक की परत से आत्मनुभूति की सत्यता में परम विश्वास करते हुए पूज्या निर्मला माँ की कृपा से सहजसमाधि पाई जा सकती है । इस सहज समाधि को प्राप्त भावक घर और बन में बेद नहीं रख पाता । सहज दून्य में बसा चित्त गृहस्थी होकर भी सदैव मुक्त 'विदेह' हो जाता है । संन्यस्त भाव से वह संज्ञारिक कर्मों को करता हुआ भी सदैव, निरन्तर ध्यानस्य रहता है । कबीर के इस पद में इसी सहज समाधि का सुन्दर वर्णन है जो सहयोग के माध्यम से पूज्या निर्मला माँ अहेतुक कृपा के कारण मुक्त हस्त दे रही हैं—

सन्तो सहज समाधि भली ।

साईं ते मिलन मयो जा दिन ते, सुरत न ब्रन्त चली ।

आँख न मूँडूँ कान न रूँधूँ काया कष्ट न धारूँ ।

खुले नैन से हँस हँस देखूँ, सुन्दर रूप निहारूँ ।

कहूँ सो नग्न सुनुँ तो सुमिरूँ, जो कुछ करूँ सो पूजा ।

गिरह उद्यान एक सम देखूँ, भाव मिठाऊँ दूजा ।

जहैं जहैं जाऊँ सोई परिक्रमा, जो कुछ करैं सो सेवा ।

जब सोऊँ तब करूँ दंडवत् पूजूँ और न देवा ।

शन्द निरन्तर मनुश्च राता मलिन वचन का त्यागी ।

ऊठत बेठत कबहुँ न बिसरै ऐसी तारी लागी ।

कहै कबीर यह उन्मति रहनी परकट कर गाई ।

सुख दुख के इक परे परम पद तेहि में रहा समाई ।

—प्रमिला शर्मा

In my early years a sort of love of God led me to the worship of different Gods and Goddesses as was the custom of the family I was born in. But all that could produce a very shortlived and very transitory peace of mind and some mental purity and nothing more than that. To quench the thirst I did afterwards a good deal of meditations and other processes of so called Sadhana. In that pursuit I only entered into the wheels of fire but could not come out victorious with the stamp of realisation writ large on my forehead.

another for it became my firm faith that spiritual attainment begets immense love and fellow feeling. All these questions hardened me to accept anything readily that went in the name of Dharma or religion. But at the same time my search for truth grew stronger in me as I believed that there is real spirituality and the real path leading to it.

At this juncture one of our old acquaintances told my husband, about most revered Mataji Shri Nirmala Devi and her miraculous power to awaken Kundalini.

## matajee and her sahaja yoga as I see

My thirst for spiritual realisation remained unsatisfied and my reasoning developed certain queries in me. I saw many people do lot of spiritual practices and ritualistic performances but I noticed them also to indulge in all kinds of mental evils. I felt that real spiritualism and heinous propensities like anger and hatred, lust and jealousy etc. cannot go together. I saw people talking tall about religion and at the same time watched them fight on religious issues at the very slightest provocation. It became my firm conviction that real spirituality is one and indivisible. I could not accept human shortcomings of criticism and hatred for one

So far I had heard and read of Kundalini that is why when we heard about its awakening by Matajee, both my husband and myself got much interested as we believed him because we knew him to be of very critical and sceptic disposition. He assured us our Kundalini to be awakened by the graciousness of Her Holiness Matajee. We anxiously and very eagerly waited for Her. Then on one fine evening that most auspicious moment of our life came.

It was towards the end of the year 1977 I rushed alongwith my husband to see Mataji as we heard that she

had arrived in Delhi. On reaching there we came across two very staunch, active and devoted disciples who started doing something with us before a photograph of Matajee. I could hardly feel anything except that extreme heat was coming out of my eyes, ears, nose, head and palms of the head and feet. After sometime Matajee Herself arrived on the spot. Frankly speaking I was taken aback by her wonderful personality which was so dazzling and at the same time so motherly. I was lost in some mixed feelings, which it is very difficult to describe. Only this much I remember that I anyhow uttered 'Ma', immediately she took me into her arms and placed Her palm on my head. I was very much moved and felt like crying like a child.

Next morning again we had a sitting with her. She asked me to sit spreading one hand to her and the other behind my back. After sometime she called me to her side placed her palm on my head for about twenty minutes or so. In the beginning tears filled my eyes but she forbade, then my eyes were closing but she asked me to keep them open. Her ways at first seemed to be very odd and strange but afterwards I could follow their meaning. With her palm on my head I felt I was in the state of 'calm of mind, all passion spent'. She spoke very softly and promised to break my Sahasrar and assured that I would be a realised soul.

All joy and happiness we started for home. All along the way I smelt a sweet fragrance of flower on my head. It stayed more than three days. Even daily head bath could not wash it off. My husband also smelt that on my head. As I do not believe in miracle I did not attach much importance to that. I only waited

eagerly for the experience of vibrations. I could not feel the cool vibration except when Matajee Herself touched me, in the beginning even though I was declared 'realised' by her. But I did not lose heart, I waited eagerly and kept on watching what was going on there. We rushed to her daily-morning and evening. Then after two days I felt very clearly soothing and cool vibrations coming from Matajee. I could feel coolness in my head also. My faith in her got a strong feeling. The more I started getting vibrations the deeper grew the love and devotion for her in me. All my doubts melted away—all my questions regarding spirituality received tangible answers. At last I got to the right path. And it is also by the grace of Matajee. So happy am I; Sceptic I came to her, she made me 'realised'. Who she is cannot be described. She is only to be felt by love devotion and her vibrations.

My pen refuses to move and my eyes are full of tears whenever I think how kind she is to us—her sons and daughters. She has opened before us the age-long hidden treasure of all Sadhana with the key of Sahaja Yoga—her own unique discovery. I got answers to all my questions regarding spirituality. Sahaja Yoga is the religion of all religions. Here only is the unison of all dharmas. It is the real spirituality which spreads everywhere and permeates everything. It is one and indivisible. Spirituality is no more a gem of the ivory towers of human imagination. The more vibration a Sahaja Yogi gets, the more he develops collective consciousness, Spirituality is a reality to him.

So far I had only heard, read and written that 'man is made in the image of God'

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and that the human body is the abode of all Gods and Goddesses. In Sahaja Yoga, Matajee, the divine Mother has made us feel this in hundred per cent practicality. The different chakras in human body are the dwelling places of different deities of all dharmas. They are pleased or displeased by human actions. As she knows the shortcomings of her children, She has discovered methods and teaches her children, how to pacify the anger of the particular deity and get help from that in the attainment of goal. Sahaja Yoga, in a word is the gateway to get all sorts

of pleasure, to do away with physical pain and earthly ills and to achieve Supreme spiritual bliss.

And all this has been possible only by the advent of Her Holiness Matajee. Had I a thousand vocal cords I would not hesitate the least to announce at the top of my voice with all emphasis that the Blissful Satyayuga has dawned when Bhagawati Matajee Sri Nirmala Devi has appeared to save the human society from total annihilation as Jagadamba Herself.

SHOBA 14/2/79

## P R A Y E R

Oh Primodial Mother  
Let your blessings bestow upon me  
through your holy vibrations,  
and may your holiest of all holiest  
names be always in my heart,  
And forgive me for offending you  
in thoughts, words and deeds, and make  
me feel ashamed of it and give me  
courage to forgive others as you have forgiven me,  
And let me be fully aware of where I stand so that  
I can plead for forgiveness to my ever loving Mother  
who is the creator of this Universe  
And let your vibrations enable me  
to love all but hatred towards none,  
And let me finally thank you for all you have given to me  
your blessings continue to descend  
on this poor child infinitely.

ME  
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Meditation is nothing but the state  
in the constant Company of the  
ever loving Bhagwati.

**—MATAJI.**

# Open Letter to the Seekers from India

Here, in the West, we have all been exploring widely different paths in our search for inner truth, tested various yogas and spiritual techniques and read a lot of literature which deals with the subject.

Also, in different European countries and the USA, we have investigated many Indian gurus, with their bewildering array of spiritual jugglery: materialisation tricks, so-called kundalini yoga and the so-called bestowing of divine knowledge; the nonsense of the sexual rites of tantrism; the widespread belief that by dressing up in an orange costume or an ascetic's outfit, one becomes spiritually evolved. We gradually became more and more disillusioned and tired of the fake gurus who hide behind a spiritual circus to befool and exploit the innocent seekers. We were disgusted to see how badly they were exploiting us materially and how impudently they profaned the message of the authentic Hindu religious tradition.

Nowhere did we find the authority and dignity reflected in the teachings of Christ, Mohammed, Krishna and other great Avatars. Instead of the new awareness promised in the scriptures, we found people accepting hypnotic trance states and even classic spirit possession (bhoot vidya) introduced into them by their gurus as evidence of a new spiritual life.

We came to realise that sahaja yoga had the astounding capacity to manifest at the mass level the unique phenomenon of self realisation (samadhi) which, in the past, was known only by a few great sages. How is this possible?

As nothing is kept secret in Mataji's teaching, we soon could grasp the correct answer.

Evolution has been led from the amoeba to the stage of the "homo sapiens" without any need for us to accept or reject it. In the same way it will be led from the stage of the homo sapiens to the super human stage (Satya yuga). But this time, in the Divine Plan, evolution will take place with man's conscious participation that is to say, with the participation of all those who accept to evolve, to enter into the blissful state of awareness promised by all the Holy scriptures. Those who refuse to evolve will be destroyed (this is the rule of the evolutionary game : mammoths disappeared; only the elephants survived.) Sahaja yoga allows this transformation to take place in all those who desire it, irrespective of caste, religion or race.

But one thing should be clear : it is an effective transformation of the consciousness (and not a pompous or sophisticated lecture on the subject) which will make the difference between those who will evolve and those who don't. And this

transformation has to take place before the dramatic moment of the last sorting out by the Divine which has been announced as the coming of Shri Kalki. It has to happen now ! And that is why Sahaja yoga is so important for all of us.

This formidable process of evolution which is taking place through the spreading of Sahaja yoga finds its origin in the work and the message of a totally exceptional personality — Her Holiness Mataji Nirmala Devi. We are thousands who have felt the Holy river Ganga of Chaitanya coming from Her being. Merely through Her darshan, we felt the awakening of Kundalini within ourselves. Meditating on her true nature, we felt the flow of amrit pouring from the top of our head into the central nervous system ! In countless occasions we have witnessed that she has the power to grant the Grace of self realisation. In fact, in certain conditions even Her picture has shown to have this amazing power !

At first we were sceptical. But we came. We saw. We felt. We have been convinced. It is on the basis of these experiences, that full of joy and confidence, we want to invite you to open yourself and explore the path of Sahaja yoga. It is our duty to do so. It is our responsibility to tell you the truth. At last, in this Kali yuga, the reality has come to us. Now is the day of our true emancipation.

Mataji considers all those who seek the truth as Her own children. She has dedicated Her life for their salvation. She works very hard, days and nights, to redeem those who seek their genuine fulfilment. At this juncture of history, what we want to do with ourselves depends upon our freedom. But if we use our freedom to avoid the truth, the truth will not recognise us. Let us not waste any more time with the artificial bargains of the Guru shopping centre which promise you the supreme at discount prices. Dear brothers and sisters from India we have to tell you all this very clearly.

For we do not want to meet you one day, or in another world, to hear you saying, full of sadness and bitterness : "You knew all this and you did not tell us anything".

Yes ! with the full evidence of our senses and awareness we can proclaim : The Divine has started rescuing mankind through Sahaja yoga. This statement cannot be merely accepted or rejected. It has to be experienced through the actual happening of self-realisation. Invitation to experience is what this letter is all about.

With love.  
The Sahaj Yogis from : UK, France,  
Switzerland, Greece, Denmark,  
U.S.A., Australia,  
New Zealand etc.

## MY UNFORGETTABLE EXPERIENCES WITH MATAJI

This happened in November, 1973. A family friend of ours was suffering from retinal detachment due to high blood pressure and other complications. She had been admitted to the hospital for treatment and the attending Eye Specialists had pronounced the verdict that one of the eyes was practically lost and the other on the way for a serious damage. The medical sciences and techniques proved helpless. At this stage the lady was introduced to Her Holiness revered Mataji Nirmala Devi who happened to be in Delhi at that time. We were told by several people about her curative powers and the divinity in her and were advised to seek her help in curing the above malady.

Being born in an orthodox Brahmin family believing in ritualistic theory of worship, I could not give much weight to all that was said but due to persuasion from friends, I decided that there is no harm in making an attempt. And so, we took the ailing lady to Her Holiness to No. 4, Duplex Lane, New Delhi where she had been delivering lectures on Sahajyoga. Her reception of my friend was extremely

cordial and full of love. She assured and reassured the patient that she need have no apprehensions and that she would be perfectly alright. Although I was a silent spectator to the deliberations, I had some strange feeling of devotion and the whole atmosphere appeared to be overflowing with divinity, love, peace and tranquility. I was in for a greater surprise when I was given to understand that the magic touch of Her Holiness had started gradually restoring the light to the eyes of our friend

In spite of the above incident, the lack of faith in me had not been dispelled. The whole episode appeared to me as a dream. But this was not to be for long. Just a day prior to the departure of Her Holiness in the course of one of her meditation sessions, I experienced a very strange feeling of infinite pleasantness. It was only later on, after coming into closer contact with the 'divine Mother' that I learnt that this was the beginning of the state of awakening of that Supreme Force of "Kundalini". The fact that this state of "Kundalini Jagruti" had been attained by me was instantaneously reali-

sed by Revered Mataji who summoned me to her side and blessed me with further enlightenment. The supreme bliss, I experienced at that moment is beyond all comprehension and all wordy juxtapositions. That sublime state is only to be felt to be appreciated or understood.

There was a radical transformation in me thereafter with the gradual awakening of the inner self in me and the philosophy of Sahaja yoga propounded by the Divine Mother was clear to me now like broad daylight. I was blessed by Rev. Mataji who very kindly took me to Hardwar with her on "Rama Navami Day" in the year 1977. This marked actually the turning point in my life and heralded the beginning of a new era. Thus I opened a new page in my book which was endless love, boundless peace and limitless tranquility and all directed to one Supreme "The Divine Mother".

Here I was a completely changed man; free from the trials and tribulations of the materialistic society; free from the fetters of fear, anger, revenge and other normal basic instincts of man. Here I was endowed with more knowledge of the supreme; also self realised and endowed with special power to help the

oppressed, the depressed and the suffering people. The divine Mother was gracious enough to make me her instrument in this pursuit for dispelling the gloom and suffering from people.

I have dedicated myself to the service of the Mother and the oppressed, seeking her blessings. It is stranger than fiction that several habits like smoking, consuming liquor etc. which had become an integral part of my life have left me and they have not cared to come anywhere near me again. The ways of the Divine Mother are astounding. I have been instrumental in rendering assistance to people for Mataji's magnetism to cure their otherwise incurable maladies.

By the achievement of the impossible, the Mother has opened our eyes to behold her 'Shakti' form. I am more than convinced that she is the Omnipresent, Omnipotent and the Omniscient. To me she is the beacon, she is the guiding star, and she is so much part and parcel of my being. The day cannot begin or end without paying my reverence and prayers to her. She is the harbinger of peace and love.

Om Shantih Shantih Shantih

—K. SUBRAHMANYAM

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## EXPERIENCE OF SEEKERS FROM ABROAD

We pursued our search for TRUTH, each of us looking for someone who was genuine and who was not trying to sell God. In the course of our search we, at last, heard of a prominent feminine spiritual leader in India who is worshipped as the Divine Mother. When we first heard about such a fantastic Incarnation we could not believe it. Yet we knew that the manifestation of an unprecedented happening had been prophesized by most scriptures. So we tried to get in touch with Her and see what all this was about.

We found that when we put our hands towards Her photograph we experienced a flow of cool vibrations in our hands and spine. This naturally intrigued us greatly; much has been written by Adi Shankaracharya and Kabir about the cool vibrations of the Divine as experienced by realized beings. These vibrations are many a time mentioned in the Gospels as the Wind of the Holy Spirit; and we could feel it!

Eventually we met Her Holiness Mataji Nirmala Devi, Herself, the Divine Mother! We discovered a most unique, genuine and unassuming personality, absolutely unlike the self important spiritual teachers we had been to before. We were just overwhelmed by Her amazing Love and concern for our spiritual emancipation. In Her presence we noticed ourselves relax into a very light, pleasant state of thoughtless awareness as we felt powerful waves of cool vibrations flowing over us. She pointed out a pulsating in the spine

of someone bowing to touch Her feet; gradually as we watched, the projections of the spine relaxed and the pulsating stopped.

HH Mataji explained that this was the rising of the Kundalini in the spine — the dormant consciousness of the Divine which it is the purpose of every yoga to awaken.

HH Mataji began to teach us the technique of Kundalini awakening and clearing of obstructions, which She calls SAHAJA YOGA (meaning inborn or spontaneous technique). Soon it became a child's play, to tell which chakra or subtle centre was blocked from sensations on the corresponding part of the hand and even directly on our own chakras, and to clear it by symbolic gestures. The tie-up with medical science became clear and we found we could cure even serious illness without any laying-on of hands or other spiritual assistance. And Mataji's teachings absolutely fitted the teachings of the great Satgurus of the past.

We realized that in sensing another person's being on one's hands and spine we had entered a state of collective consciousness. We were no longer one individual, but witnessing the entire drama. We realize now that the Kundalini is a very integrated, all-pervading energy which includes physical, emotional, mental and spiritual components. The theory behind this technique is detailed and complex, but in operation it is equally simple and spontaneous.

Stimulated by the Mother's Love, all the problems afflicting humans beings are gradually soothed, healed and dissolved by the Kundalini herself : even the external environment responds to an amazing degree to the vibrations of a person whose Kundalini is fully awakened. All kinds of illness gets cured as its energy works on the subtle bodies. The most serious damage to the Kundalini and the chakras seems to be caused by surrendering oneself to a satanic "Guru"; even this gets cured eventually.

As time went on we found that not only could we help to clear the obstructed chakras of others with our attention in collective consciousness, but we could

raise the Kundalini and give awakening as well. It began to dawn on us that we had received our own powers — that this was the self-realization that we had been searching for. The mis-identifications and artificial needs which we had accumulated over the years began to fall away from us, and we began to realize what it meant just to enjoy ourselves. The new state of awareness granted by the Divine Love opens for us : it is the kingdom of truth, consciousness and bliss. We found that we could rise above society instead of having to live outside it, and that it now became natural to live a normal balanced life, fully assuming social responsibilities.

London, May 1978

# SPIRITUAL LEADERSHIP

MATAJI NIRMALA DEVI

Serene & Sincere

Under the troubled skies of our era, she sits serene—her warm smile inviting all to share the inner peace, the divine knowledge, the gentle rhythm of life, which are hers. On the surface, Mataji Nirmala Devi looks like any other Indian woman, and in a way, she is just that. Married and the mother of two grown-up daughters, she has successfully played the role of wife and mother. Her husband, Mr. C P. Srivastava is the former Chairman and Managing Director of the Shipping Corporation of India. Presently, he is Secretary General of a U.N. body, which is the International Maritime Consultative Organisation.

But, what makes Mataji Nirmala Devi so different, is her deep inclination towards an inner life, her constant search for divine bliss and her intense desire to share her knowledge and awareness with others, who are far from self-realisation and lead a tense life.

Today, Mataji is known and acknowledged as the founder of Anant Jivan or Life Eternal, and is the exponent of "Sahaja

Yoga"—Sahaja meaning inborn. "It is a unique system—effortless, easy and spontaneous; it is also natural to nature and can be described as life's source, vitality or the Divine", Nirmala Devi explained.

As a student of medicine, Mataji's knowledge of the human body is sound. She believes in vibrations and their power to cure human ills. All those who take to her teachings, she calls her children, and their ascent or spiritual growth is her deep concern. This aspect of Sahaja Yoga has brought Mataji many devotees. She speaks to them in her natural, happy voice, leads them to practise meditation and makes them aware of their spiritual heritage.

Widely travelled, Mataji Nirmala Devi went on a lecture tour to the U.S.A., two years ago. The well-being of body and mind was her main theme. Mataji plans to start an ashram near Bombay, where minds can collect under the skies of peace, listen, learn and promulgate divine love and supreme knowledge, which is 'anant' meaning limitless, eternal.

*Appeared in Eve's Weekly, Bombay, on March 15, 1975, under the column WORLD OF EVE.*

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OUR FATHER WHO ART IN HEAVEN  
HALLOWED BE THY NAME  
THY KINGDOM COME  
THY WILL BE DONE  
ON EARTH AS IT IS IN HEAVEN  
GIVE US EACH DAY OUR DAILY BREAD  
AND FORGIVE US OUR TRESPASSES  
AS WE FORGIVE THOSE WHO TRESPASS AGAINST US  
LEAD US NOT INTO TEMPTATIONS  
BUT DELIVER US FROM EVIL  
FOR THINE IS THE KINGDOM  
AND THE POWER  
AND THE GLORY  
FOREVER

AMEN

With Best Compliments from :

JOURNEY into Inner Space . . .

Today's is the awareness age.

East and West are looking out  
for means towards fulfilment.

*Would that we looked inward.*

**"I am Being, Consciousness, Bliss"**

(*Satchitananda*)

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