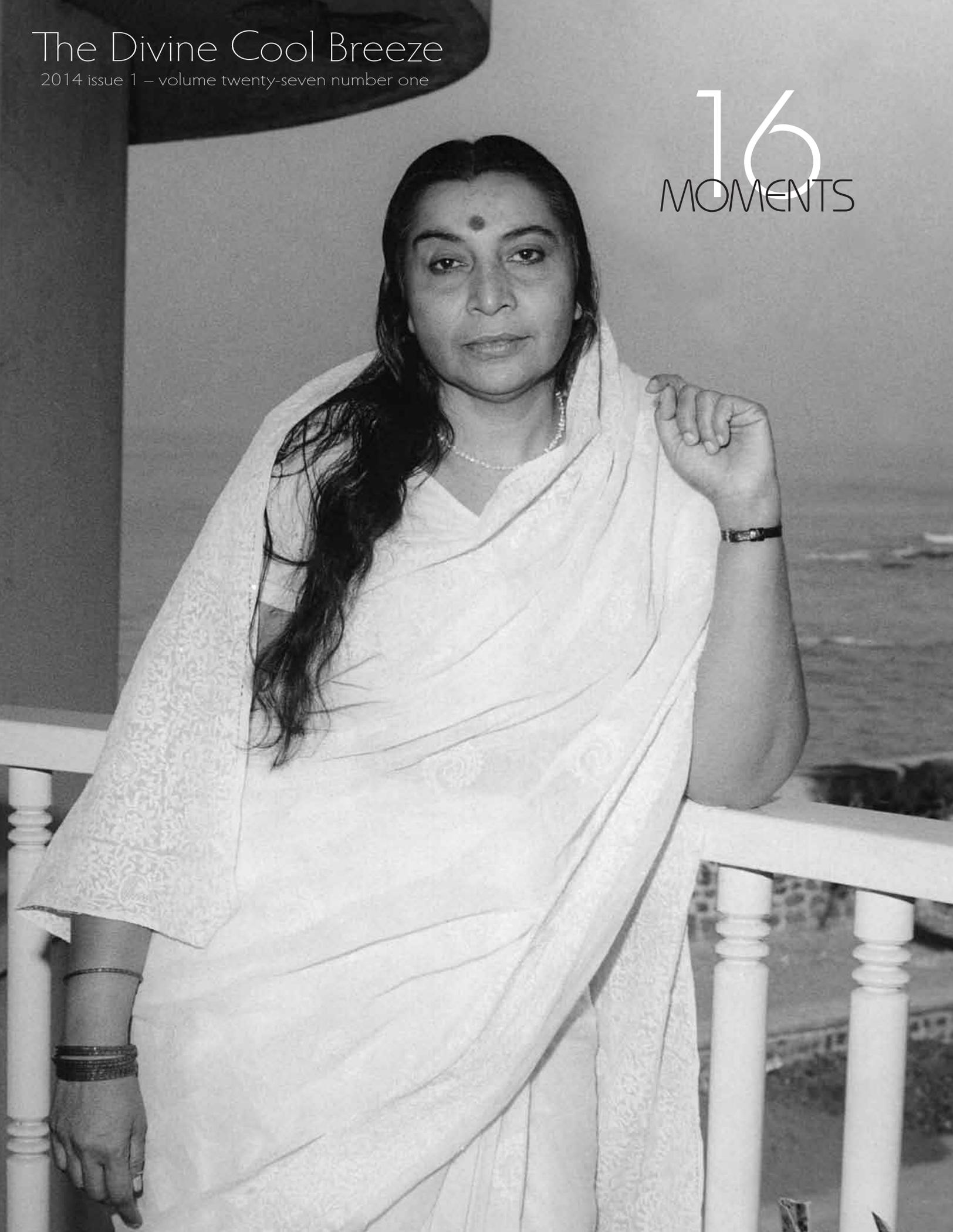


The Divine Cool Breeze

2014 issue 1 – volume twenty-seven number one

16 MOMENTS



16 MOMENTS

WITH SHRI MATAJI AND WHAT SHE TOLD US

The complete dynamism and the memory of that moment is so deep
that you see the whole thing like a picture
and the joy of that moment completely flows into you.

THE CLAY SWAN • BEING A GURU • TOO KIND • A BANYAN TREE

THE RIVER TAMASA • THE PURE DESIRE • CHANGING MODE

OPEN YOUR HEART • A PORTRAIT • A GREAT HONOUR

A SPECIAL SARI • STONEHENGE • KNOWLEDGE

THE ADVENT • SEE THE CHILDREN

FIDELITY



WORDS PICTURES

A fraction of a second
the camera shutter blinks

It views the world
then looks away

That single glimpse
a gateway to a larger story

1

THE CLAY SWAN

At a havan during the India tour, Shri Mataji gave everyone a clay pot shaped like a swan.



In Pune, people wanted to give you some presents. They said, "What should we give?" I said, "Give them the soil of Maharashtra. Every particle is vibrated...."

I said give something symbolic and I chose that for you. I wanted to see your reactions, what reactions you will have.



It was chosen with a purpose. It is a very important thing you are taking with you. It is a very important thing. It is vibrated clay from Maharashtra. It is a very great thing.... There are punyas there. And out of that soil, I wanted to find out something that would be symbolic. I myself went before the puja to select it....

All other things are of utility of a very gross nature. You may try, you can put a plant in it which will give vibrations. I was told that they were asked to send it by ship. It is very wrong. If I give you a silver thing, you will carry it with you. Will you send it by ship...?



To get to subtler things is to understand the subtler values of everything. It cannot be weighed or understood through money. In the West, people buy everything as an investment.... Everything must be standardized because it should have a resale value. Imagine to have everything which is saleable. It means there is no feeling for that thing. They would buy even a certificate the same way, even the bed they sleep in, everything should be resalable. And this is the curse of that country.

1982.01.09

HAVAN 19 JANUARY 1982 PUNE INDIA



The Soil of **Maharashtra**

GETTING TO SUBTLER THINGS

2

BEING A GURU

One of the first Guru Pujas was held in a small ashram in Dollis Hill in north London. In just two years, 1979 and 1980, Shri Mataji had at least eight pujas at this location.

There is no need to use temper in Sahaja Yoga. That is because I have not given you or imparted any knowledge to you with temper. Perhaps there could be hardly anyone who has seen Me in a temper. So that is not the way we Sahaja Yogis are going to impart knowledge to others. We have to be very mild and sweet because of the pattern of your own guru, because She is sweet. She is very mild and She is very persuasive and kind. In the same way you have to be....



1979.12.02

Today is the day when we all have to decide that we are going to be gurus now.... You cannot have a following unless and until you become a guru. This is the only difference there is. If you want to have a following, then you must chisel out yourself in that fashion, that as soon as people see, they should say, "Here is somebody with that gravity."

I think that would be sufficient for today. We will have puja. Only thing – a last, most important thing – is that you cannot make a drama out of it. It has to be a reality. By standing like a big, imposing person you do not become that. On the contrary, people will think you are mad. It should be from within that you should develop that dignity within yourself, that poise, that balance, that understanding within yourself. A kindly poise, a beautiful personality, benevolent, but standing above everyone else by his gravity, depth, gentlemanliness, generosity, proper bearing, neatness, cleanliness, above all, love – heart like an ocean, most forgiving.

I am sure next year we will have some gurus here who have already got some disciples around.

GURU PUJA 2 DECEMBER 1979 **LONDON**



Heart like an Ocean

WITHOUT TEMPER

3 TOO KIND

Wards became dorms in a converted hospital in south London, a new Sahaja Yoga ashram in 1982. Four large pujas were held at 99 Nightingale Lane. That summer, the Guru Puja was in the large back garden.



You have to work it out in such a way that you are absolutely unchallengeable. You are specially fortunate that you can see yourself and correct yourself, which nobody could do before. You are your own guru. This situation never, never happened. You are your own guru and let Me be your Mother. That would be the best for Me.



So today is the day when one has to determine how far you are a guru – first point. You have to take a pledge that you will establish your Guru Principle, second point. Thirdly, you have to pledge that you will establish Guru Principles in others. Fourthly, you have to know that there is a little snag, that your guru is a Mother. She is too kind to be a guru, too mild to be a guru and extremely tolerant. So it is better that you take up this strictness towards yourself and look after yourself.

May God bless you so you become your own guru.

On every guru day I have a problem.... I think I should become a complete guru and, at least on one day, I should not be a mother. But every time I try these tricks it works against Me....

1982.07.04

This is the play of the sweetness of the Divine, what is called as madhurya. "Madhurya" means the sweetness. And this is the one that is such a hide-and-seek of joy in life and that is what I have accepted. So first we will have the Mother's Puja.

GURU PUJA 4 JULY 1982 LONDON



Your Guru Is a Mother

SO THAT YOU BECOME YOUR OWN GURU

4

A BANYAN TREE

A puja on the beach at the USA-Mexico border in the summer heat of 1982 created a challenge: how to build a puja venue on the dry shifting sands. The result was one of the most effective and creative puja backdrops – a single tree on a lush lawn of grass housed in the shade of a tent.



1988.07.23

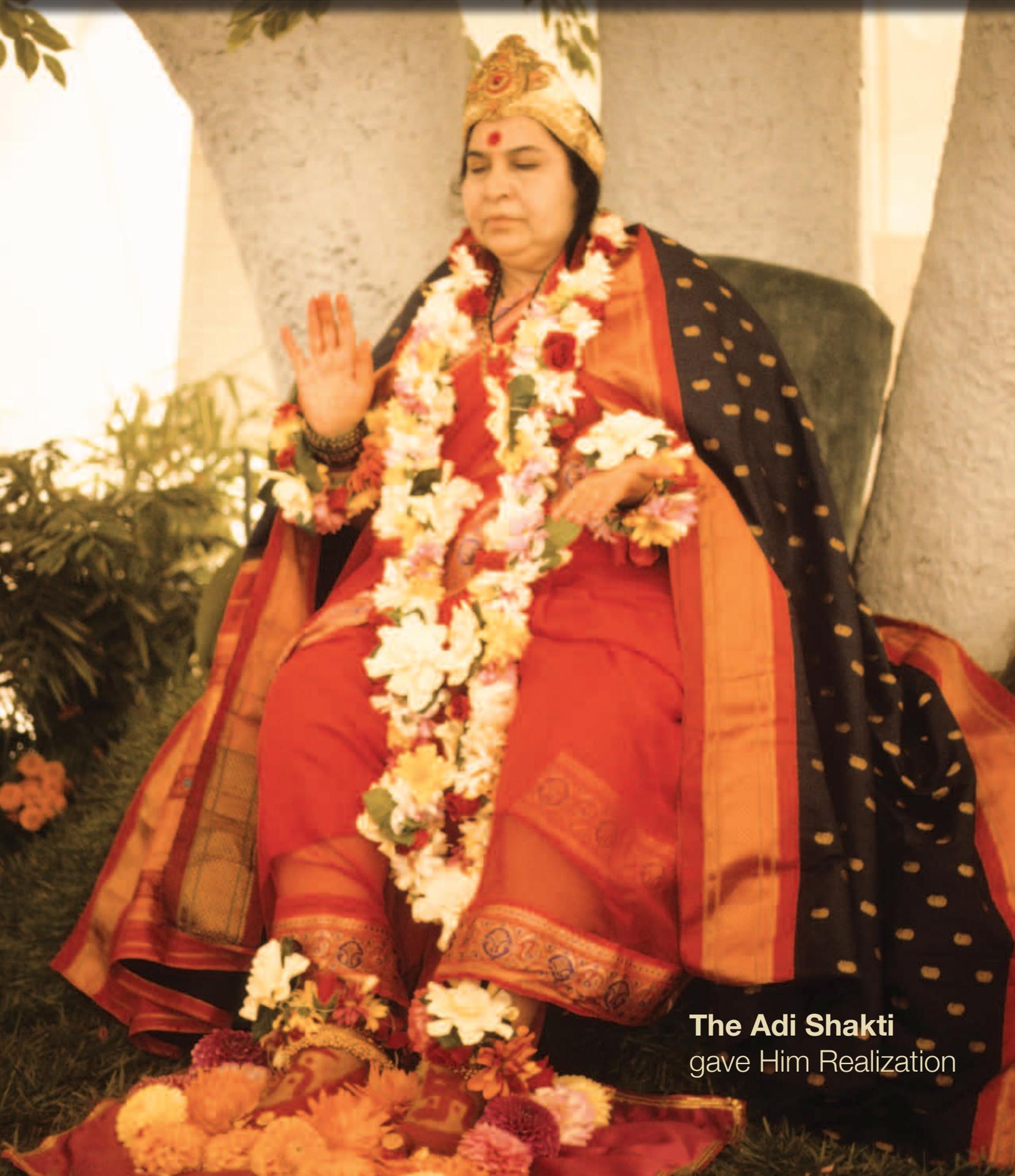
Buddha was tired, very tired. He thought all His seeking, all His working hard, all His efforts, everything had just made Him tired. And He thought it was all fruitless. So He was lying under a banyan tree and there the Adi Shakti gave Him Realization...

When human beings try to search for something, then in their movement they either go to the left or to the right. And He, being such an ardent seeker and such a truthful seeker, He could see very clearly that this is not the point, going left or right. There has to be some ascent.... With all that tiredness, He laid Himself down under the tree and suddenly He got His Realization.

When He got His Realization, He started understanding why this problem of conditioning and ego is there. He found out one thing: that people when they read too much and try to understand God through ritualism, then they develop their ego. On the other side, He found out that when people just get some desires, go on praying to God, "Give me this, give me that," they become mad. And when He realized it, then only at that moment when He was tired, He got His Realization.

This is exactly what is happening today in the modern times. Those who were seekers have been seeking the Divine on the left and right hand side. Nowadays they are jogging.

SHRI BUDDHA PUJA 23 JULY 1988 SAN DIEGO



The Adi Shakti
gave Him Realization

5

THE RIVER TAMASA

Placing Her Feet on several maps of the USA, Shri Mataji concluded the celebration of another Guru Puja in England – the seventh in seven years.



1983.07.23

We have had before also many Guru Pujas, mostly in England, and you should wonder why Mother always somehow is doing Guru Puja in London.... If all things happen according to Ritambhara Praghya, then there must be some reason why Mother is here in England for a Guru Puja. It is stated in the Puranas that the Adi Guru Dattatreya worshipped Mother along the banks of the river Tamasa. Tamasa is the same as your Thames and He Himself came and worshipped here. And the Druids, those who had the manifestation of the Stonehenge and all that, originated from that time, in this great country of Shiva or the Spirit.

So the Spirit resides here, as in the heart of human beings, and the Sahasrara is in the Himalayas, where Sadashiva exists at the Kailasha. This is the great secret of us having so many Guru Pujas here. To culminate it, today we do this special type of Guru Puja. In the year of the sixtieth birthday of your Mother, it has a very, very special significance because it is the Guru Sashti. It is the sixty years that your Guru has been celebrated today and that is how it is a very big occasion that you all have gathered under the influence again of Ritambhara Praghya.

So all that has happened by the nature's own gift to you and everything has worked out so well because that was the desire of the Divine and the design of the Divine.

GURU PUJA 23 JULY 1983 **LODGE HILL UK**



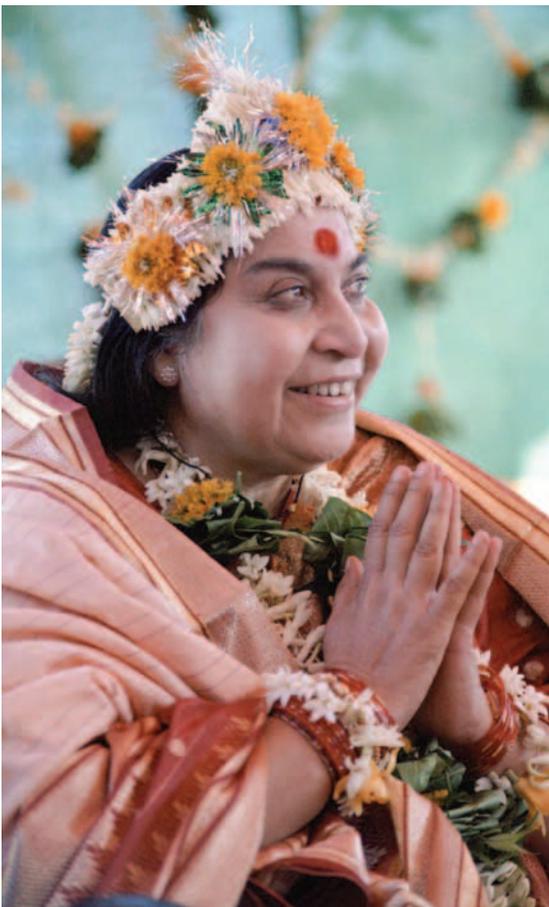
Ritambhara Praghya

THE DESIGN OF THE DIVINE

6

THE PURE DESIRE

The tours of India in the 1980s brought the opportunity for deep understanding. At this puja in Lonavala, Shri Mataji spoke of pure desire.



Welcome to you all, Sahaja Yogis, to this great country of yoga. We have to establish our desire within ourselves that we are seekers and that we have to achieve our full growth and maturity. Today's puja is for the whole universe. The whole universe should be enlightened with your desires. Your desires should be so intense that they should emit out the pure vibrations of Mahakali Shakti, which is the pure desire of attaining the spirit. That is the real desire. All the other desires are like a mirage. You are the people who are chosen by God, especially first to express your desire and then to achieve it. And by intense desire of purity you have to purify the whole world – not only the seekers, but even those who are not seekers. You have to create an aura around this universe, of desire to achieve the ultimate – the Spirit.

Without desire this universe would not have been created. This desire of God is the one that is the Holy Ghost. It is this all-pervading power. It is the Kundalini within you. Kundalini has only one desire. It is to be the Spirit and anything else, if you desire, the Kundalini does not rise. Only when it knows that this desire is going to be fulfilled by somebody, who is facing the seeker, is it awakened.

If you do not have the desire, no one can force you. Sahaja Yogis should never try to force this desire on other people.

1982.12.19

SHRI MAHAKALI PUJA 19 DECEMBER 1982



That is the **Real Desire**

ALL OTHER DESIRES ARE LIKE A MIRAGE

7

CHANGING MODE

In the London suburb of Surbiton, a puja to the Mother Earth. A gentle rain falls in the ashram garden.



To say something about the connection of Sahaja Yoga with this Mother Earth: it is very important that we must understand the value of the Mother Earth. She has been very kind to all of you. She has been sucking your vibrations. She has given you everything that you see around. So today we have to understand the connection and the symbolic expression of the Mother Earth within ourselves....

In a nutshell, it is that we have to change the whole mode. A radical change has to come in the society of Sahaja Yogis ... not out of fear, but out of sheer love ... not the fighting, but thinking of what sweet things you can do ... a kind of a sweet rapport between each other. Even the feeling that we can do that – it is a master's job.



The one who is a master can do it. Those who are not, will not be able to. They will again come back to hurt. Ultimately, they will land up with hurting or biting or coming to blows. But those who are masters will be so beautifully doing the whole job that you will see a kind of a very sweet relationship. It is called madhurya – without any lust, without any money-business, anything, such sweet relationships. And the joy would be bubbling. All these perversions, all these things will drop off. But a very sweet relationship – all right? Even saying that you are feeling happy.

1983.08.21

MOTHER EARTH PUJA 21 AUGUST 1983



A Sweet **Relationship**

IT IS CALLED MADHURYA

8

OPEN YOUR HEART

The Sahaja Yogis organized a seminar to be held at a farm in rural England, a opportunity to leave the city. They asked Shri Mataji if the theme might be "Open Your Heart."



1981.08.02

What a beautiful place we are all in. It is a real blessing of Sahaja Yoga for all of you to relax – relax well – because in relaxation only you realize that we are now realized souls, that we have entered into the kingdom of heaven, that we can see the beauty that God has created around us, that we have become sensitive to His grace and to His kindness and to His love.

It is a seminar that you have arranged and I am very happy. I always wanted you to arrange seminars and that you all should meet together and live together and understand each other. The seminars on the gross level they work out many things no doubt, but on subtler levels, seminars of the Sahaja Yogis mean a lot. It means that a strong nucleus is being consolidated in various places in a country. And these strongholds – or we can say the strong nucleus which is created like this – can form a mechanism by which beams of strong vibrations could flow or could be thrown all over the place. It is a very great task to build up these divine mechanisms in different parts of your country....

Living organized means organized in the will of God. That is how Sahaja Yogis are going to form that nucleus, that great nucleus, that powerful nucleus, that tremendous source which is going to overthrow all that is nonsensical. It is tremendous. Believe Me. May God bless you. So now, you want to have My puja? Come along.

SEMINAR 2 AUGUST 1981 YETMINSTER UK



Consolidation

A STRONG NUCLEUS

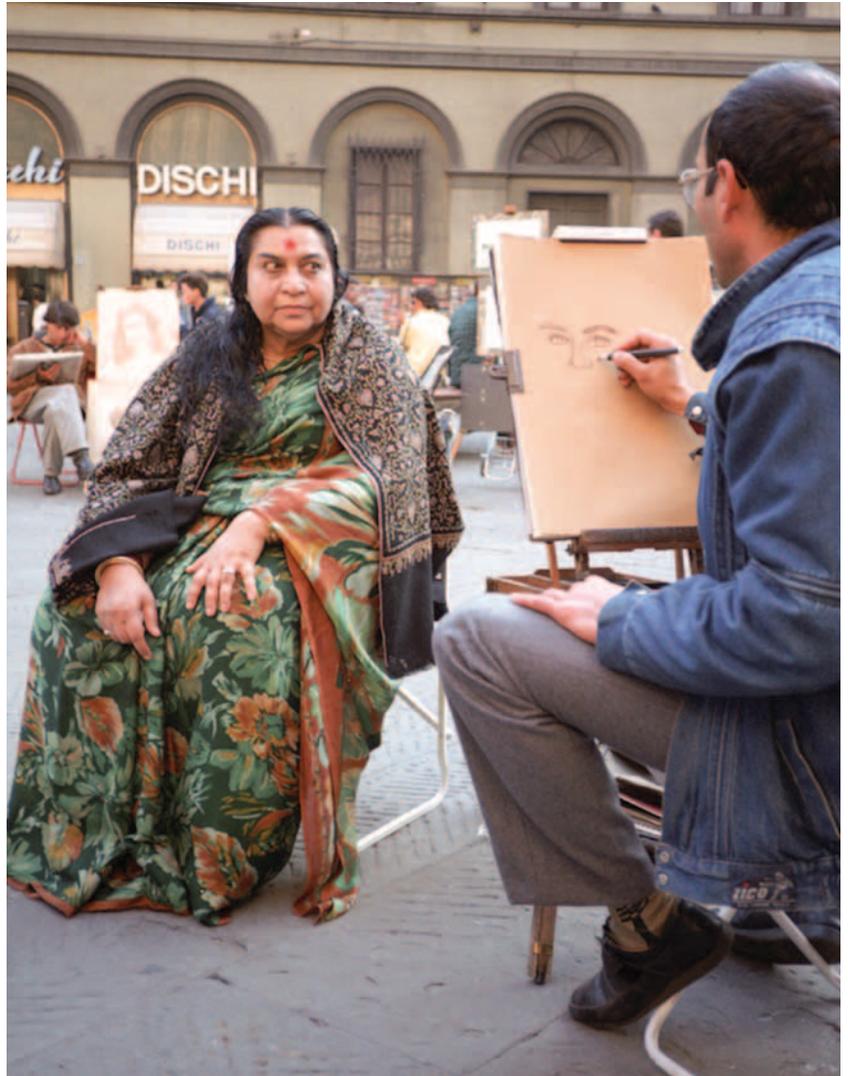
9

A PORTRAIT

Many photographs were taken as Shri Mataji sat for an artist's portrait in a public square in Italy in 1989. One photograph in particular is remembered as the true portrait from that day.



1989.10.29



An Artist Tries

MANY PHOTOS, ONE TRUE PORTRAIT

29 OCTOBER 1989 MONTECATINI ITALY



10 A GREAT HONOUR

This Navaratri Puja is also remembered as the Seven Saris Puja.



It is a great thing today that we are celebrating the Virgin worship in England. As you know, according to Sahaja Yoga, England is the heart where resides the spirit of Shiva. And that Virgin should be respected and revered and worshipped in England. It is a great honour for all the Sahaja Yogis....

Forget all that was there. That elevation, that ascent becomes a fast, quick trip, a very fast ascent. Just you can do it if you try at this moment and every moment to give up all that is not the Spirit. Anything that goes against the Spirit must be given up and that is what is the pure desire. That is what it is – the Kundalini. It is the Virgin. It is to be absolutely one with the Spirit. All the rest has no meaning, has no value.

This ascent, whatever may be your possession, to whomsoever you may be married, wherever you are working, whatever is your situation, whatever may be your country, you are the Spirit. And if you are raised aloft, you will dwell in the beautiful kingdom of God, where all ugliness drops out, like when the lotus opens out, all the mud drops out completely. In the same way, let My children become fragrant, beautiful offerings of Sadashiva.

1982.10.17

NAVARATRI PUJA 17 OCTOBER 1982 **LONDON**



The Ascent is Fast

GIVE UP ALL THAT IS NOT THE SPIRIT

11

A SPECIAL SARI



Today is the day of the Goddess, a very important day that you are here.... That is why I am wearing this special type of a sari, which is to be used for Ashta Puja's Vahana. It is a tiger as well as a lion. Imagine, where I am staying there is a photograph of a tiger and a lion, both in that photo. You can go and see for yourself. Normally you never get these, but that is there, a beautiful photograph enlarged – a tiger and a lion....

We have to be one with the subtleties. Sahaja Yoga is not possible if you want to see it from a gross level. You cannot understand. I have already told you that without Realization, you cannot have Sahaja Yoga. But even after Realization, if you stick on to those old things which belong to the egg, you will have no advantage. So try to become subtler and subtler. And don't think about it. You will relax. You will feel better....

You are going to a level where nobody has reached. With this understanding, if you surrender means not to give Me anything, but to get rid of your ego and your stuck-up ideas which there have been. It would be a very good thing.... Only the one who becomes subtler and subtler can achieve something.

SHRI DURGA PUJA 1 FEBRUARY 1982 RAHURI



12

STONEHENGE

Stones from the Mother Earth, a swahambhu in England.



I went to Stonehenge. Now you all know that there is something about Stonehenge. But what about them? These are the stones which have come out of the Mother Earth, which are emitting vibrations and the covering of that has been done later on. They did not understand how these stones have come out one after another.... If they were saints they would have said that this is a stone which has got vibrations....

About your Stonehenge in England people have written so many books about it. They do not know a word. When I went there, I said these are stones which come out of the Mother Earth. They are all vibrating.

SUMMER 1980 **STONEHENGE UK**



13 KNOWLEDGE

The Sahaja Yogis, near the end of a two month tour of India, gathered in the back garden of a large house in Delhi. It was an unlikely setting for such a powerful puja.



1982.02.22

I told you yesterday how in the ancient times also this knowledge of Kundalini was known to us. This knowledge was known to us in India because India is the country where we are supposed to look after the roots of the creation. We have to look after the roots while others have the tree, the flowers and the fruits. In India the roots grew up unknown to the common masses. These roots reached that stage where the Kundalini became a knowledge of very, very few people actually – extremely few I should say. And this knowledge was not revealed for many days until Adi Shankaracharya himself started talking about it.

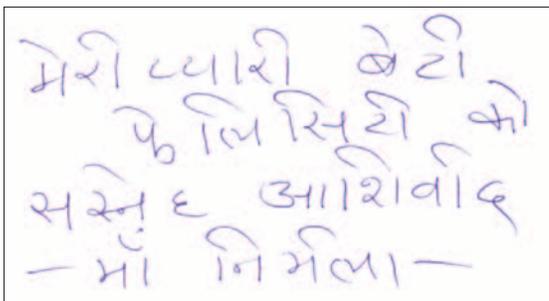
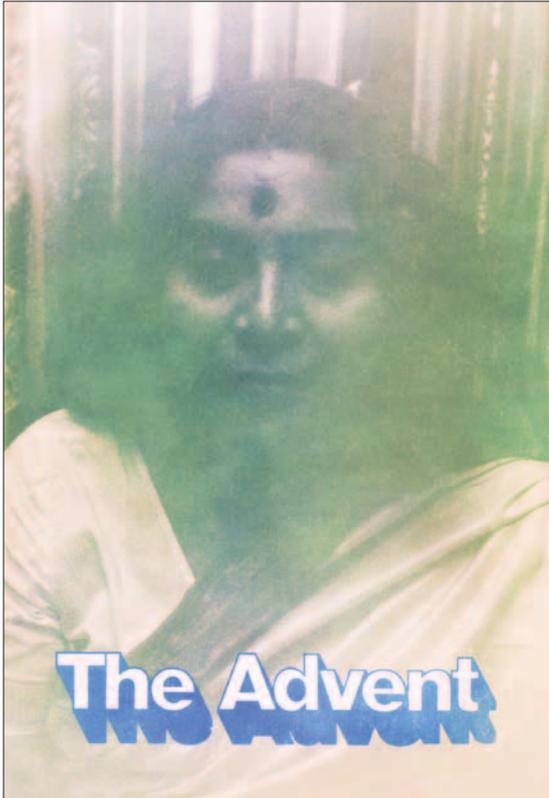
SHIVARATRI PUJA 22 FEBRUARY 1982 **DELHI**



14

THE ADVENT

It was a Guru Puja, but it was also Advent Sunday, commemorating the day on which Christ, as a child, read from the scriptures and declared Himself to be the Saviour.



1979.12.02

I would like to write in Devalipi because it is a mantra, isn't it...? From a Sahaj Yoga point of view, I think if I write in Devalipi it would be better and you will know it is your name. So the first book – *Advent* – by which we declare the advent of your Mother – your very own Mother...

Now the book is ready... There are so many people who are to be thanked, but actually this is your own book.... The photograph turned out to be the best among all. He is not a photographer, but by chance he had taken a photograph. It is such a sahaj photograph. And everybody said that this photograph should be there. And everybody, not feeling jealous of anyone, have very sensibly behaved so that the book should come out. And with the involvement that everyone had, they all helped. Even the coming of book was so sahaj that at first it would not come. It has come at a time when we needed it the most. It should not have come earlier because we wanted the advent date for this book....

All these books must be kept, tied in a proper cloth, in this way. And before opening the book you must wash your hands properly. It should not be kept in every place you feel like. It must be kept in proper places. And the due protocol of the book must be kept. It is very important.... All of you must have your individual copies. That is very important. And as everybody has different vibrations, it must be treated with the same understanding.

GURU PUJA 2 DECEMBER 1979 **LONDON**



This Is **Your Own Book**

IT HAS COME WHEN WE NEEDED IT

15

SEE THE CHILDREN

Some of the children from the International Sahaja Public School visited Shri Mataji at Her home near Pune.



1990.12.14

Even in simple things there is so much of beauty. In very, very ordinary people you will find that they have very beautiful things and very nice way of saying things. The very simple talks of children are like that. It is so simple, so straightforward and whatever they say, it is so deep. So whatever is deep is simple. But when it is expressed outside, it can have lots of permutations and combinations and it can work out in a beautiful way.

I must tell you, I had no strain in making this house – nothing. I was not bothered at all. I found everything so easily. I brought it here. Put it down here. I never even thought there is strain or anything. Everybody says, “What a concept,” but I never conceived anything. Whatever is a concept is there. I just told, “To Me it is nothing great.” The whole world is there for us to see and to be fascinated. But behind all that, all this world and everything is created with the very little, simple idea of God – that you all have to enter into the Kingdom of God. That’s all – such a simple idea. So He has created such a beautiful world. Then he created all kinds of things to bring you to the human level. And now just a simple thing is to enter into the Kingdom of God. You should not complicate yourself too much and, once you do that, you will be surprised how beautifully you will be able to produce....

See the children when they love, how genuine they are, how they work it out.

PRATISHTHAN 14 DECEMBER 1990 **PUNE**



It Can Work Out

IN A BEAUTIFUL WAY

16 FIDELITY

A puja, a havan and marriages on the same day in 1981. This puja was to Shri Ganesha and Gruha Lakshmi.

Today is the anniversary day of the wedding and I have allowed them to celebrate it because marriage is very important in Sahaja Yoga. It is one of the most important things for Sahaja Yoga, that one should get married.

Firstly, marriage always gives you a balance of understanding, if you have proper ideas about marriage. If you have funny ideas and if you are just marrying for fun's sake and you do not understand the value of marriage, then it is just a joke. It is not a marriage. But in Sahaja Yoga, you really understand the value of marriage, first of all, what it means. And then luckily, today we are going to have some Sahaja Yoga weddings in which you will see how we try to conform to the divine laws of marriage and get married under those laws.

Here I find in Australia, as well as in other countries, marriage has lost its sanctity. People do not understand that, by doing sin against the marriage, they are committing such great sins that many generations will have to suffer for this kind of a thing. One has to understand that fidelity is the basis of marriage. If there is no fidelity, marriage has no meaning. If you are not capable of being "fidel" that means you are not yet a human being. A human being has to be a *fidelite*....

I have been married – I think the thirty-sixth year is this, My marriage today. There are so many years that have passed, but I still feel like a bride with My husband because really we have been very wise people to live like that. And, of course, there are ups and downs, but ultimately one feels very different about the whole thing.

1981.04.07

SHRI LAKSHMI PUJA 7 APRIL 1981 **SYDNEY**



THE DIVINE COOL BREEZE

volume twenty-seven number one

www.divinecoolbreeze.org

contact@divinecoolbreeze.org

editor@divinecoolbreeze.org

PRINTED BY

King Printing Company Inc. Lowell Massachusetts USA

WORDS

CONTENTS PAGE: "The complete dynamism..." 21 May 1986 Paris

PHOTOGRAPHS and PHOTOGRAPHERS

COVER: Mumbai circa 1972

CONTENTS PAGE: Matthew Fogarty (19 December 1982)

1: Matthew Fogarty • 3: lower left: Patricia Proenza

4 right: Gregoire de Kalbermatten • 6: Matthew Fogarty

7 top left and right: Mark Callaghan • 8: Ray Harris

9: Herbert Reininger • 13: Matthew Fogarty

15 lower left and right: Colin Heinson

IN THE FOG

MOVE IN THE RIGHT DIRECTION

If we are on the ocean, our ship should be seaworthy.

Then any kind of illusion is not going to deter us.

Seaworthy means we must know,

if there is a fog, how to move in right direction.

