

DHARMA

from the pages of The Divine Cool Breeze

DHARMA

from *The Divine Cool Breeze*
volume 16 number 6

Whatever is wrong is wrong dharma

Whether it is today,
tomorrow or yesterday
or thousands of years back,
whatever is wrong
with your dharma or sustenance
is wrong.

Shri Mataji Nirmala Devi circa 1982

arma

the code of right conduct

I am the Primordial Mother and I have to do the job of awakening the primordial nature, the dharma within human beings and that's what I have to do and nothing else. But for that, I don't do anything. I mean, I am Nish-kriya.... It is done by the nature, done by Shri Ganesha, Vishnu, Maheshwara, everybody.... They're all in My body and they're all bound by their own dharma.... You are a human being. That is there, built-in within. You are your dharmas and if you go against your dharma, then you'll be finished.

Shri Ganesha Puja 1997

Dharma gets established

as soon as you have the light of the spirit.

**Sahaj Dharma is that you are just free –
complete freedom from lust, greed and all nonsense....
Because you have reached that stage,
it's in complete freedom you have to be dharmic.**

SAHAJ
DHARMA

I don't have to tell you that you don't do this or you don't do that. Whatever I say may not be acceptable, but immediately your vibrations will tell. This is Sahaj Dharma.

With Sahaj Dharma, you take people into your heart. You love them. Your love flows all the time. Your compassion flows all the time.

Sahaj Dharma is that you have to have shame, you have a sense of shame.... What you say to others, how you behave towards them, in the Sahaj Dharma is *alladhadayini*.

Women are serene in Sahaj Dharma. They're not stupid, frivolous, laughing at anything. That's not the way for a woman.... But a laugh of appreciation, a laugh of enjoyment is so pure and creates such a beautiful atmosphere.

You must try to see the beauty as Sahaja Yogis. You should be sensitive to see how you have been helped, how you have been guided, how you have been blessed. This is Sahaj Dharma.

It's very important – is forgiveness. If somebody cannot forgive, then he cannot be a Sahaja Yogi. In Sahaj Dharma, the husband-wife's relation should be really romantic, should be really beautiful.... Dharma is for your children, that you bring up your children, not troubling them too much, but into a free life. Let them use their wisdom.... They were not born out of the trees, but they were born here, from the parents. So it's the duty of the parents to tell them that this is wrong and this should not be done. It's a very wrong thing. You should correct them and that correction should be in a Sahaj way.

Mother has established Sahaj Dharma, much more than what Krishna wanted to establish. He wanted to establish the dharma of love, which, of course, we have. But, apart from that, we have so many other beautiful facets and such beautiful things within our personality that we have forgotten to enjoy.

In Sahaj Dharma you are your own. You are in your own. You are in your own realm and in your happiness and joy.

The best thing is to show your maximum love to everyone. This is the new dharma we have established now in this world, a new race with a new dharma, which is much above. Even Shri Krishna's vision is coming through.

entire page:
Shri Krishna Puja 1997



Dharma means balance.
The one who has balance
is the man who is dharmic,
who is in the centre....
If you are at the gravity
point, you cannot move
this side or that side.
Shri Ganesha Puja 1992
(Perth)

This kundalini is absolute dharma, righteousness, absolute purity, the ideal-most personality that you could think of, which does not tolerate any nonsense. She is Nirmala, you can call Her. She is Purity personified. She does not accept any nonsense, no compromise. She is within you. See how beautiful you are. She is not afraid of anyone, cannot be enticed, enchanted or tempted by anything. She loves, but Her love is so pure that nothing is higher for Her than Her own love. She cannot reconcile to anything. And She is the one who is to give you your Self Realization.
circa 1982

DHARMA and ASCENT

What you have to do is to save the dharma – not the dharma that people talk about, but the dharma means the evolutionary process of human beings which is going on. And if all the good people, those who stand for righteousness are finished, then how will this evolutionary power be saved?... Those who are evolved souls are your relations. They are your own and, for them, if you have to fight the people who are aggressive, you better do it. You have to do it. That is the way of dharma.
Shri Krishna Puja 2001

You have realized that chastity is a part of dharma.... It's is not the chastity of women, but the chastity of men and women is their power, is Ganesha's power. This is the dharma which you have accepted. I never told you anything, but you have accepted it and you have imbibed and you're enjoying it.... Unless and until you have dharma, by which you get a balanced wisdom, you cannot ascend.
Shri Vishnu Puja 1994

It is important that we have to establish the dharma within us. Without the dharma, you cannot have the ascent. And as I've told you before, the cleanliness of your being depends on how much dharma you follow religiously.
Guru Puja 1983

Many Sahaja Yogis think that they are going in dharma so they are all right – they are working in dharma, they are living in a dharmic life. They are. I am very surprised and happy that they're doing it. But that's not the end of it. That's the balance part, where you're balancing yourself.
Shri Krishna Puja 1994

DHARMA and BALANCE

You have to make an effort to be dharmic, to be balanced. Then you ascend. Then you become one with the Virata. And then you can give dharma to others.... Understand the reality within yourself. Face it. Solve it.
Guru Puja 1984

INNATE DHARMA

We go beyond dharma, *dharmateet*. We become beyond. Dharma means that dharma becomes part and parcel of our being. We cannot lose it. Sahaj Dharma becomes, within us, a part and parcel, which is a very great achievement because then you don't have to do any rituals, you don't have to worry about meeting other people, you don't have to worry that your vibrations will be harmed. Then you don't catch from anyone. You don't catch also other negative forces. No one can harm you. That I call as the completion of your shraddha. At that time, the Sahasrara is so fully enlightened that you become dharma. *Sahasrara Puja 1997*

Dharma means our primordial taboos that are built-in in the human beings.... The primordial taboos are only understood if people are trying to understand themselves or else whatever has come to them through tradition. *Shri Krishna Puja 1997*

You are a special community I said. You are the ones who are going to create that great community. Now, whatever are the dharma's points or, we can say, dharma's aspects, you can imbibe them sahaj. *Sahaj* has a very special meaning – spontaneously ... for you, it is very easy that you can imbibe all the aspects of dharma very easily. You don't have to do anything. *Shivaratri Puja 1992*

One has to be complete in oneself, complete confidence in oneself. But confidence should not be confused with ego. Confidence is complete wisdom. It's complete dharma, complete love, complete beauty. That's what it should be. *circa 1983*

DHARMA and INNOCENCE

The foundation of dharma is Shri Ganesha. *Shri Ganesha Puja 1994*

Innocence is the basis of all the dharmas. If you have no innocence, you cannot follow dharma because, if you are dharmic, it is maybe your mental attitude, may be egoistical, may be because you are born in a religion, because somebody has told you about it. It's going to be very superficial. Unless and until it is embedded in the quality of innocence, dharma has no meaning. In that state, you are dharmic. You are beyond any thinking about it, of any deductions about it, but you are dharmic. You cannot be adharmic. You cannot be – as if the manifestation of innocence is morality.

Shri Ganesha Puja 1993

All these laws and regulations people bind, they have also come from our idea of dharma. But the root of dharma is innocence. All laws are made to protect the innocent, not to punish only the criminals, but to protect the innocent person.

Shri Ganesha Puja 1996

It's very natural to be a person of dharma. Small children mostly have it.

Shri Krishna Puja 1997

They say Ganesha is a giver of wisdom.... Just His wisdom becomes just a dharma, becomes a part and parcel of your being. You become just wise.

Shri Ganesha Puja 1991 (Pune)

You are under the vision of Shri Ganesh, under the guidance of your spirit, and under the blessings of God Almighty. But be careful because, once you become that, you have to keep to that dharma, you have to be honest about it. *Birthday Puja 1985*

You go beyond all these dharmas, that are the human dharmas ... these dharmas which have come to us from lower conditioning. This is the greatness of human beings, that they have made their own dharmas, established on top of the lower dharmas.... But with the Sahasrara ascent, the attention loses that quality, which means you do not need to put dharmas, restrictions upon yourself. You do not have to discipline yourself, but you get disciplined automatically. The attention does not get attached to, or attacked by, anything whatsoever – it is so pure. Like water does not stay on the lotus leaf, so you become *kalatita*, you become *dharmatita*. You become *gunatita* – means you go beyond the three gunas with which you are born – left, right and centre.

“The Joy of the Absolute,” an undated letter

The dharma we have in our country, as we say, is a *pitra dharma*, what you owe to your father; *matru dharma*, what you owe to your mother; then what you owe to your husband – like that, you see, that relationship in which you owe to them. But when [Shri Krishna] says, “Surrender all these dharmas,” He is meaning to say, “You should only know what you owe to Me” – meaning the Divinity. Now Shri Krishna is not there. It’s Me who is Shri Krishna, so you must know what you owe to Me. *Vishuddhi Chakra Puja 1983*

It’s an inner urge. Why we love our parents? Because there’s a dharma within us. Why do we live in our country? Because there’s a dharma within us. All these dharmas are there. Why a wife loves her husband? Because there is dharma. Why the husband loves the wife? Because there is dharma. When this dharma is within you ... that’s our capacity. That’s our quality. We can call it an innate understanding. *Christmas Puja 1995*

There are many dharmas which are surrounding us, like angels.... The first dharma is your love for humanity....

Sthreedharma is the dharma of the woman, how she should live, how she should get married, how she should look after her children, what should be her behaviour. All is *sthreedharma*.

And then is *patni dharma* ... the wife’s dharma, what should be her dharma. In her dharma she looks nice. If she gives up her dharma, then she is a prostitute.

So then is *patidharma*, how should be a husband, how should he behave towards his family, how should you pay attention towards his wife, about the whole entire family....

But beyond that is the dharma of *satyadharm*, how much he sticks to truth.

Then the dharma for creativity – in creativity, as you know very well these days, with money people are standing on their heads.... The amount of nonsense they are producing all over the world in the name of modernism is no way is *kaladharm*, no way.

Then we have also what you call politics, *rajkaarandharm*. This dharma also is there. Now, taking bribes ... corruption, all kinds of things that are going on – competition and fighting and all that – they are falling from their dharma of *rajkaaran*.

Education, same thing. We call it *shikshadharm*.

All such things are dharmas. There’s a kind of a principle which we have to keep, otherwise you can topple down from the lotus and that’s what happens.

Now we have also *rashtradharma*. The *rashtradharma* is that your of country. It’s the dharma of the *rashtra*. When you have to fight for your country, you should, but you should not be aggressive on other countries. It’s not right to dominate other countries, nor you should bring a bad name to your country.

It’s very important Sahaja Yogis should have all these intact, absolutely, because you’re standing on the lotuses. *Diwali Puja 1997*

Where is the dharma? Dharma is within

Shri Vishnu Puja 1994

**Once you come to Sahaja Yoga
you cannot deviate from the path of dharma.
If you try to do that, you'll go out of Sahaja Yoga.**

New Year's Eve 1998

We are supported by our dharma.

Very simple thing like that.

Everywhere you'll find the comparison of Sahaja Yoga
with everything else that you see.

This is very important.

That will give a double joy.

Guru Puja 1993

There's a little difference ... in dharma and in truth.

A dharmic person might become too dharmic, illogically dharmic and go to the right or to the left. A dharmic person might think he's the superior person to others.... When you rise to the point of truth, then you don't do any rituals. You don't need any rituals. You are not bothered because you are in dharma and here you are standing on the truth. And

truth is much greater than dharma....

A person who is standing on truth, he doesn't care for any absurd ideas about religion, even about Sahaj religion. He doesn't care that, after all, "this is Sahaj, this is not Sahaj." He goes beyond, in the sense he sees a global truth within himself. He sees the truth which is all-pervading. He not only sees, but he knows and he feels and he is in that truth.

**So when dharma flowers into truth
it's a very beautiful happening
and that should happen to all of you....**

So we have to go to the foundation of dharma, which is truth.

Sahasrara Puja 1997