

# THE DIVINE COOL BREEZE



September - October 2004 volume seventeen number five

A woman in a gold and white sari is performing a dance on stage. She is wearing a gold necklace, a gold headpiece, and a gold belt. Her arms are extended in a graceful pose. In the background, another woman in a purple and gold sari is also performing a dance. The background is dark with some white architectural elements.

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*you have to create*

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# *vibrations were strong and silent*

*As the videotape of the 1985 Navaratri Puja  
neared the end, Shri Mataji arrived.  
A large red curtain was held up  
as She moved to Her peacock throne.  
Immediately the children decorated  
Her Feet with flowers. There was no washing.  
As Shri Mataji wore Her golden crown,  
the Sahaja Yogis sang the aarti.  
The vibrations were strong and silent.*

*Phillip Frankcombe*



*Sahaja Yoga, as the manifestation of the divine will upon this Earth,  
is ever changing and never fixed. It cannot be contained  
with mere words, forms and what we have come to expect.  
When we gather together in Her great name for collective worship,  
we come to an understanding of all that is important,  
of the choices by which to live our lives – as closely aligned  
to our Mother's great vision as we are capable of achieving.  
The spark of the divine power Shri Mataji has granted to each of us,  
now must grow and shine, to light the way and to stand  
as the symbol of the faith we have discovered within –*

Navaratri and Diwali Pujas • 24 and 31 October 2004 • Los Angeles

# *to be one with the Divine*



To be in the physical presence of Our Divine Mother is now so precious. Around the Sahaj world, many now follow the silent call of the heart to make the journey towards the eternal and, for a time once more, to bow down before Almighty God.

During the Navaratri and Diwali Pujas, yogis in great numbers came from around the world, many more than were anticipated, a response to a profound feeling within. As Sahaja Yogis, we have been forever changed. Each in their own way has found their dreams become reality, each answering a true calling of the heart to once more come in worship of our Mother.

All that had to be done was so arranged and before Shri Mataji we assembled. Shri Mataji has crafted a vision so fine. A new way and path has been forged and placed within each of us. It is up to each to follow the higher road towards the everlasting mountain on a horizon far, which is none other than Her Presence. The journey into eternity is without fear, with dear brothers and sisters as companions by our side. While at one level it appears that our dear Mother has changed, yet the story will never end. She is ever the formless power that pervades and drives our fate through the wind of dreams, towards an enlightened world.

How can we forget that She has given us the reality of the immortal spirit within and without and that, no matter what will happen to us, we shall never be parted from that spirit or from our Mother.

During the puja, Shri Mataji once more allowed us the privilege of worshipping Her in the physical form, allowing us to walk within the fields of divine grace, awe-inspired as we watched Her hair being brushed, Her Feet decorated, the crown placed upon the brow of Her head as recognition that all regal and Divine Power is now enthroned before us, as the moon in the evening sky and the radiant stars of the sacred, blessed night. All was before us.



At occasions such as this, we remember with fondness the times of our life when we were enjoying the summer days, touring India, sitting at our Mother's Holy Feet, learning, living, growing, laughing. These were the days when we were totally free of our human condition and limitations and moved to the beat of the Divine Will. When we bore the mark of the saint upon our forehead – men in purest white, ladies in sacred sari – our bare feet stirred the sacred dust of India. We bathed in her rivers, travelled her upon long and winding roads and, at journey's end, were washed in the waters where the Guru touches the place of Mahaganesha.

Ever will  
the Earth  
remember  
each revered  
touch.

Those were the days when the word of God was ever spoken, in might and in power, and we did whatever we had to do to be there to receive. Through it all, our Mother removed all of our childish fears and stood by us, despite our many mistakes. The Earth always remember each revered touch of Shri Adi Shakti's blessed Feet. And we will always hold testament to the universe that Shri Adi Shakti blessed us with our second birth and daily saves our souls and bestows that most precious gift of all, time in Her Divine Presence.

In America for Navaratri and Diwali Pujas, She, as ever, took our breath away with Her power and the grandeur of Her presence. What little we can offer we will and we will commit to Her forever. Softer still is the word of God today spoken. Ever still is the spark of might and the light of the sky before us. Like the monsoon rains, it washes away all sin to make the world anew.

Some yogis remark that times are changing, but we still reach out to our Mother in meditation and ask for Her guidance to watch over us, to help us to be wise and, at those times when we lose our way, to guide us and give us that eternal hope to which we cling, that always will Shri Mataji be by our side. All that has changed is only external.

Through the pujas, the music evenings, the sacred union of souls in the path of Sahaja Dharma and the collective time of the Sahaja camp, our faith in the power and truth of Sahaja Yoga was renewed. When we come together in Her name, we are lifted beyond our own imagining to a place where we can feel the breath and wind of God set us free.

The sanctuary of heaven was, for a time, created upon the Earth.

Ever do we feel guided by Shri Mataji's grace.

Ever is our faith strengthened.

Ever is Shri Mataji the All-Pervading Power of God.

And Shri Mataji the reason that everything ever dreamed of has become real.

*Chris Kyriacou*



A close-up photograph of a person's hands lighting a traditional Diwali lamp. The lamp is ornate, with a glass bowl and a decorative metal frame. Several small candles are lit, casting a warm, golden glow. The background is dark and out of focus, showing the person's face and hands. The overall mood is serene and celebratory.

*Shri Mataji arrives,  
guided through rows  
of yoginis holding gifts.  
With a slight smile, She sits.  
The hall is saturated with joy.  
Love itself is before us.  
After the short puja,  
the newlyweds come on  
the stage and bow down,  
as Shri Mataji softly surveys them.  
With the sari curtain,  
anklets and toe rings  
at the front of Her footstool,  
the puja sari is draped on Her shoulders.  
The time is limited for us  
to be in Her physical presence.  
We have to develop our Sahasraras  
– Her complete form in us –  
and to understand Her  
in the Shri Nirakara formless state,  
to allow Her to move through us  
as Paramchaitanya  
– the breath of God.  
Phillip Frankcombe*

# *Diwali*

## The reflection and refraction of nirmal joy.

They say that matches are made in heaven. Well, this October the heaven came to the doorsteps of humans when the Primordial Mother Herself matched fifty-three fortunate pairs from the numerous marriage applications. And then the festivity began.

It was the evening of Friday, October 29th, the first day of Diwali Puja in the Marriott Hotel in Los Angeles, when the yuva yoginis illustrated their creativity by painting henna on the bride's hands. Overnight the dull green changed to happy vivid red matching the moods of everyone.

On Saturday morning the blessed pairs assembled in a nearby park for the haldi ceremony, for smearing a thin coat of silk-smooth vibrated turmeric paste. And, as always, this was accompanied by spontaneous dancing. I don't know if the golden glitter of everyone's skin was due to the turmeric in the paste or the vibrations in the paste. But I know for sure that the golden gleam coming from every dancing soul was the reflection and refraction of nirmal joy. The brides then performed the Gauri puja to bring good fortune and to seek the blessings of prosperity and a long and happy married life. They thanked Gauri (Goddess Parvati) for giving them their Shiv.

The focus then moved to the Los Angeles ashram. The expansive backyard was commissioned and customized for the marriages. Yuva Shakti decorated to the very minute detail the matrix of seven rows and eight columns of havans, the small marriage fireplaces. Mother was present in Her nirakar form. Also present were about fourteen hundred yogis and "I don't know how many" Gods and Goddesses.

The brides and bridegrooms lined the two sides of a long white cloth called the *antarpata*. The ceremony started and the air was filled with the chanting of traditional Sanskrit wedding shlokas. I used to recite these in my childhood, but only after coming to Sahaja Yoga did I discover the real meaning behind them. Our human intelligence

### Marriages

Los Angeles  
29 October 2004

# firststepstogether



acts as an antarpata between the divine knowledge and ourselves. Realization rips this antarpata apart and our true self is clearly visible. When the marriage antarpata was dropped, the fifty-three reflections of Shiv and Shakti were clearly visible to each other and every one else.

After exchanging garlands, the couples sat around the fire with the bride's parents and groom's best man. The presence of family members is always good when starting a new family. And here we were a family of fourteen hundred. Shri Mataji has said that the marriages in Sahaja Yoga work because they are witnessed and blessed by the collective. The vibrations were so drenching that the whole atmosphere was shivering cold, even though fifty-three fires were burning. Yet it was quite easy to feel the warmth of the collective love.

Each groom put the mangal sutra around his bride's neck. Water was poured down from the bride's hand to her father's and finally to the groom's hand, symbolizing that the bridegroom is taking from the bride's father the responsibility to respect and protect her and to take good care of her. And the wife in turn accepts the groom's family as her family. The shawls of the bride and groom were then tied together to signify their union. They circled the sacred flame seven times, taking the first seven steps of life's journey together. The fire element witnessed and welded the knot between the two made-for-each-other realized souls. While going around the fire, the *gruhalakshmi*

splashed seven mounds of rice with her right toe, symbolizing the prosperity she will bring to the home. The groom put *sindoor* on her forehead as a mark of good omen. The couples were then asked to say the name of their partner in the form of a couplet and what came out were pretty words drenched in love and soaked in joy.

Everyone then came inside the matrix to hug and greet and congratulate the newlyweds. Laughter was heard everywhere. The tête-à-tête of Sahaja Yogis blended with the chuckling of all the saints and angels roving above the arena. However, amidst the continuous camera flashes, one could easily feel the Gods and Goddesses showering their blessings. Bhajans started on this high note triggering the collective dance. Shiv is united with Shakti.

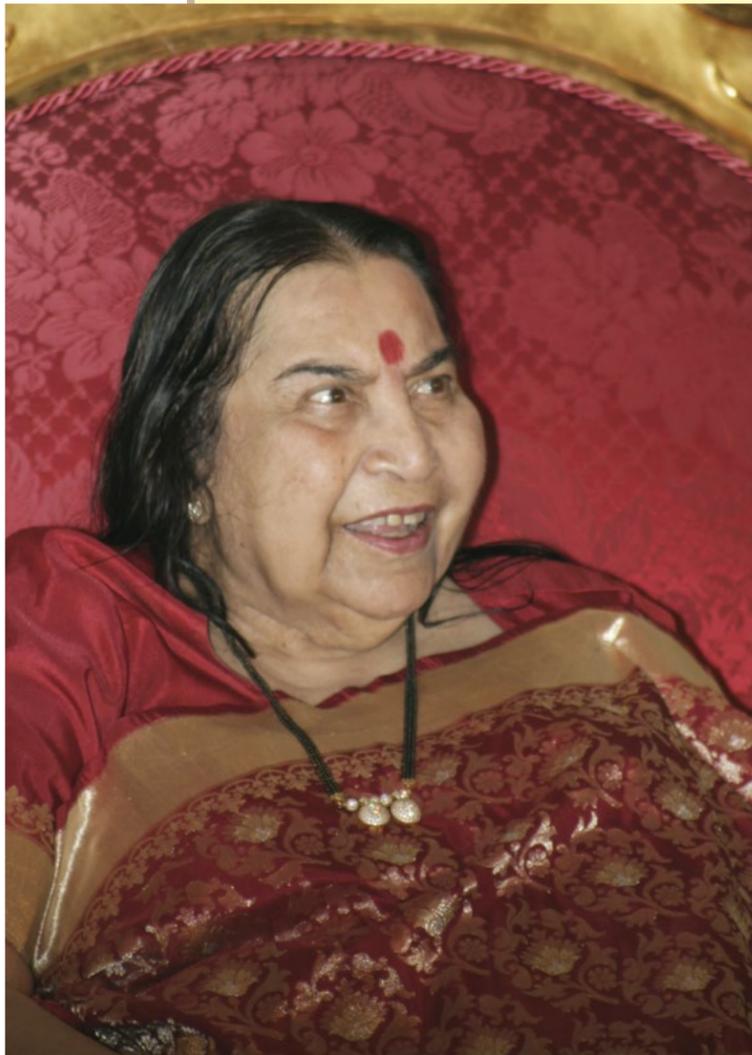
On the next evening was the Diwali Puja and all the fifty-three pairs, *Var and Gruhalakshmi*, sat in front of *sakshat Mahalakshmi* to get eternal blessings.

Shri Mataji has once said, "We have to prove to the world that marriage is a divine institution ... and, by this divine institution, if you have been put together, it's also a divine plan ... and, through this divine plan, many things are going to work out." And these divinely matched newlyweds are blessed to be true instruments to work out the divine plan.

Only in Sahaja Yoga is it possible that two people from two corners of the globe, having met just two days previous, to become bodies, but one soul. Fortunate are those who were matched and wedded in the divine presence. Fortunate are us who were a part of this event. And fortunate are all those who when asked to get Self Realization say, "I do."

Rajiv Parashar

*not separation,  
complete fulfillment*



*All the pujas  
all the talks  
all the blessings  
in all the years  
in one fleeting  
eternal glimpse*



*Shri Mataji arrived at London's Heathrow Airport on November 24th, on Her way from Los Angeles to India. We know that She is normally very quiet these days and we didn't expect that She would respond very much in the way that we remember. We didn't mind at all and just wanted Her to feel that we were there. But when She saw all the yogis with flowers, She smiled. She just beamed Her beautiful smile and Her face was so bright and eyes so full of love – truly like a thousand suns. Through the terminal building, all along the lengthy path were soft adoring faces. She spoke not a word, but seemed to be looking deep into everyone's eyes and into our hearts and beyond. We knew that She was absorbing all our love, as She returned it a thousandfold, enveloping us completely. In this precious time, we shared the joy with Her and it was very, very special. All the pujas and all the talks and all the blessings, in all the years distilled and manifested here in one fleeting, eternal glimpse. How we have grown. The whole time of Her presence in London has been characterized by an atmosphere of great depth, silence and introspection, with the deepest meditations. As Shri Mataji withdraws in the physical sense, She is closer to us than ever, our relationship with Her more profound and intimate. This is not a separation, but a complete fulfillment. She is truly the Comforter and the Redeemer.*

*Ken Williams*

*The All-Pervading Power of Divine Love – this is not love which is stupid.*

# love that thinks, LOVE THAT IS TRUTH, love that is joy

All this is built-in within you

**Navaratri Puja • 5 October 1997 • Cabella Ligure**

“It is important that Sahaja Yogis have to do introspection ... inward-looking. ‘Why I’m thinking? What am I thinking? What is the need to think?’

“You will become *nirvichar*. Don’t allow your mind to be fooled. This mind is like a monkey ... and when it starts working it makes you jump from this end to that end.... If you reach some conclusions so-called and if they are not achieved, then you are the most miserable person.

“I have seen people thinning down, only thinking about something which is absurd. And you can see out from this thinking, what comes out on a global level also. What is the need to go to the moon” or Mars when so many people are dying? “They formed a habit. First they came to India, then went to China, then went to this, then went to that. They can’t sit down, settle down. They can’t settle down in the households – specially men.

“If you are travelling by train, even if the train stops for two minutes men must get out. The wife will be worried now and while the train will be moving, then they’ll jump. It’s a cracked brain....

“In meditation you have to sit down in one place, not to jump from here to there, there to there. This is very difficult. Women have other problems. While cooking, they’ll meditate. They have no time. They have their friends. They have to go to shopping, to buy things and fill the house with all kinds of rubbish. They have no time for anything. They are also very adventurous. They want to do business. They want to do this. They want to do that. For meditation, they have no time.

“So settling down is very important. Settle down with yourself....

“All sorts of excuses are there not to meditate. ‘Yes, I meditate, Mother, but, you know, it’s so difficult in these modern times.’ There’s crises in our lives. There’s problems in our lives. But actually be amazed, when there’s a crisis, say, in My family or in Sahaja Yoga, immediately I become thoughtless. Spontaneously I become thoughtless because the problem will be solved by the Paramchaitanya. The Paramchaitanya is going to solve the problem. Why should I think? Forget it. Let the Paramchaitanya look....

“If you don’t depend on your Paramchaitanya, it doesn’t help. It doesn’t give you any solutions. Then you go on, round and round and round with your brain....

They are sieves and sieves and sieves through which you have to pass.

All these beautiful qualities you have will prove to the world that Sahaja Yoga is the truth.

*All these qualities are already instilled within you. They're already there.*

“This is what you have to know definitely, that you are connected to the All-Pervading Power of Divine Love. This is not love which is stupid.” It is “love that thinks, love that is truth, love that is joy. All this is built-in within you and now you have got Realization, so instead of evolving yourself, you just jump into things which are of no value. And so many Sahaja Yogis get lost.”

If you can see something that is not there, that means you are not there. It is a simple thing. “If I’m on the top of a mountain, then I’m there. But if I’m away from the mountain, I can’t see. The more you see something, that means you are away....”

“The subtle, the *sukshma* state is where you are yourself that. So how can you see yourself? This is the point Sahaja Yogis must understand.”

This is the judgement. “There are sieves and sieves and sieves through which you have to pass, where you get enamoured by this or that or you fall for this or that.” This will lead you to a “point where your destruction is sure because you have to become the spirit. You have to rise in spiritual life and if your movement is downward, who can help?”

“This is a very interesting time ... is the time of judgment and at this time we have to be careful that we are our own judges. Nobody has to tell you that you are catching this one and catching that one. You, yourself, can feel it, what chakras you are catching....”

“You have all these qualities already awakened in you. They are you. You use them.”

“Somebody will say, ‘That fellow is troubling me. That wife is troubling me. The husband troubling.’ Just forgive.... Your power of forgiveness is poor. Moreover, more than what the saints have written, you have got the power of truth.”

“You know the reality much more than those saints who have praised the Goddess. If you could just think as to what level you are sitting, you wouldn’t fall, you wouldn’t go down that much. Only problem is you have to know your ascent has to be spiritual and already these qualities are very well balanced and put within you – more than dharma.... You have a power to get up or fall down, but these powers are never destroyed within you....”

“With the kundalini awakening, all these beautiful qualities you have will come and then your generosity, your beautiful being, which is enlightened by the spirit, will prove to the world that Sahaja Yoga is the truth....”

“It should not be a mental satisfaction within you that ‘I have got the Realization, now I’m this.’ ... “It’s a state.” To achieve that state, “you have really to meditate and find time for meditation every night, every morning. The more you meditate, the better it will be. No excuses are to be given or to be convincing to yourself. Everything is unimportant. Your ascent is very important if you really want to save this world in this Kali Yuga....”

“I have made it very clear to you what qualities are already instilled within you. They are there. They are not dharmas, but qualities. They are just within. Only thing – you have turned your attention to something opposite, otherwise all these qualities are already instilled within you. They’re already there. And nothing can destroy them, except for you, yourself. If you have destroyed them, nobody can help.”

“May God bless you all.”



# Keep this light burning



*This job was given to Me to create Diwali in these dark ages of ignorance.*

*This Diwali has been a festival of very ancient times in India....*

After killing Narakasura, Diwali was celebrated when it was the darkest night of the year. So now it is very symbolic of these modern times because the worst time, as far as morality is concerned, has been in these modern times.... That's why there are all kinds of crises. Because of that, also there are many who are seeking the light, the truth.

"In the darkness of ignorance, people have no knowledge as to what they should do, why they are on this Earth. Thousands and thousands of real seekers are born at this time. That is why this job was given to Me to create Diwali in these dark ages of ignorance. It's not an easy job because, on one side, we have all the dark forces acting against the truth. Also, on the other side, we have to fight the false people who are taking advantage of your seeking.

"Firstly, people don't know what to seek, so all these false people have been money-oriented and they tried to work out marketing of their falsehood and they have the expertise to do it....

"They are crooks. They are horrible. They are criminals who call themselves as spiritual, but the mistake lies with the people who follow them. So a person who is absolutely immoral, absolutely dishonest, who launders money to Swiss banks cannot be a guru."

The guru "should not grab anything. He shouldn't ask for anything. He should not be greedy. All these things are already written down. But nobody reads what is required of a guru and only they see that you have to surrender everything to the guru....

"The darkness is so deep and so dangerous.... This is what is the worst times of Kali Yuga, modern times."

## **Morality as a priority**

The second day of Diwali "is where a brother and sister celebrate together the relationship which is so pure and protective. That is to show that, after putting the lights, morality must be the first priority for the society.

"I need not tell you today immoral side of modern times. It's horrible. Immorality is the greatest darkness of modern times, where people don't know how they relate to each other."

Both Christ and Muhammed created laws of morality. "When I came to this Earth, I discovered that these two are very difficult, specially in Kali Yuga. These laws are actually meant not for normal human beings, but for angels. So modern man is even worse than a normal human being because they want something destructive all the time....

In this darkest night  
of the whole history  
of this world, we  
needed light and lights,  
many lights.

## **Diwali Puja**

5 November 1994  
Istanbul

“Now the description of modern times is there to show you in what times we are living.” It’s not an easy thing to talk to humans about anything that is good without giving them Realization. “Unless and until you give them Realization, nothing can penetrate into their minds on just a mental level. And also giving only lectures and sermons, the whole thing will be at a mental level only.” The so-called religions are also very harmful to the spiritual growth of human beings. “I felt that enlightenment is the only way one can save this world. In this darkness of ignorance, the darkest night of the whole history of this world, we needed light and lights, many lights.”

#### Conditionings that divide

“The world divided into so many countries, so many races, so many languages and also their own thinking. To think of a global religion was only possible when people got their Realization.” So I had to tell human beings their problems.

If there is a clay pot with oil and a wick, this body and mind, “all that is visible and is within,” is the pot. “And the oil is the compassion, the love. And the wick is the kundalini, the pure desire. And the spark is the spirit. So first of all, the container has to be all right. It should be able to contain the oil properly and should not allow it to ooze out. Now there are two holes that cause a problem” – ego and conditioning.

“So if a Sahaja Yogi thinks of his conditionings,” identifying with religion, race or community, “all these limitations with which we build ourselves are so flimsy that they break out because there’s no reality in them. There’s no substance, so they fizzle out. They all act like possessions and a person becomes absolutely blind.

“After coming to Sahaja Yoga, I’ve seen Christians will adhere to Christ, Muslims will adhere to Mohammed-sahib or to Allah and others will adhere to the conditionings from which they have come, but they don’t adhere to Me, so they cannot see the integration of all these personalities in one person. One has to know, on this point, that you have got the light. You are enlightened. You are not an egg. You have become a bird. So you have to give up all that is falsehood....

“When the light is enlightened, it automatically feels responsible that it has to give light.” Nobody has to tell it to give light. “Because it is eternal light, nothing can kill it.... It’s such a powerful light you have got within yourself. You can verify whether it is eternal or not. You should introspect and see for yourself. You’ve got such a unique light within you. Not in the history of this world of spirituality so many have got Realization, such light within them.

“So how could these stupid, flimsy, useless conditionings dominate you now when you are the carrier of eternal light? But if you don’t respect this eternal light, then the conditionings will put it out.... You have the freedom. If you want to have the eternal light, you’ll have it, otherwise this light can be damaged completely.”

#### The danger of ego

“Another hole is that of ego. One side, conditioning, can be resolved by the sense of responsibility. The same sense of responsibility, when asserted through ego, could be very dangerous. This light can become fire and it can burn the house of Sahaja Yoga.” In daily life, “we know that light is for giving us light, not for burning houses, but when you get to ego in Sahaja Yoga, you can think that you are responsible for Sahaja Yoga, but this responsibility should not give you an idea that you are in charge of Sahaja Yoga. So gradually then, you become so right-sided and people are surprised that how this man who was normal has become like a bull in the china shop....

“The whole understanding should be of complete wisdom in Sahaja Yoga.”

You are  
enlightened.  
You are not an  
egg. You have  
become a bird.



*The whole understanding should be of complete wisdom in Sahaja Yoga.*



*Whatever is described about, you become that.*

### Pure compassion

“The second part is the oil, which is compassion, which is natural, innate and joy-giving. This oil has to be pure. The compassion has to be pure.... Pure compassion, one must understand, has nothing to do with greed, with temptations....

“For compassion, it has to have decency, as fragrance in the oil. So how do we express our compassion? We have rakhi sisters, rakhi brothers....

“One has to understand that it is not for money that you should become rakhi brothers and sisters and to exploit, but for compassion. You have to express your rakhi relationship just for the protection of each other. The compassion is so joy-giving that you should have not such conditions of money or any other stupid conditions which will kill your joy. But another thing also is that you express your love, you use some things as presents that give the joy.”

The sap of compassion has to rise in the plant, “giving love to different parts, in different ways, whatever is required, and then that evaporates or flows backwards. Attachment is the killer of pure love and compassion.

“So try, always try to find out, introspect. Are you attached to your children, to your wife or to your rakhi sister or to anything?... There’s a danger that you may get into a kind of a stagnation. You’ll be amazed, when you are absolutely detached and nourishing the different relationships that you have in a proper way, your joy is perfect.”

### Ambition and holiness

“Ambition is another killer of joy. So if you have to be ambitious, you have to be only ambitious about Sahaja Yoga, so that you humble down. One promise in Sahaja Yoga is that your life will be full of joy. There is no need to take out your eyes, cut your hands, no punishments.

“If you have too many holes, you need not come to Sahaja Yoga. You have to become a real holy person, not full of holes.

“I must say that you are all ‘your holinesses.’ I am not because I’ve not become. You have become.... Whatever you achieve is attached to you....

“Another thing that is promised is bliss.” Bliss is the experience of joy. “It can come from anything.” If you are saved from an accident, “you are amazed and everybody feels the bliss.”

### Kundalini and desire

“The kundalini, which is a pure desire, is already existing, you don’t have to do anything.” Maybe the cotton of the wick is not clean. “It has some problems because it has passed through dirty hands, but it can be cleaned.... It means that when your kundalini is not working out well because there are problems in your chakras, what you have to say is ‘You are, you are.’ You say that. ‘You are sakshat this. You are sakshat that.’ *Sakshat* means ‘in reality’.... That is how you cleanse all the dirt or all the problems of your chakras. By this, you also correct your conditioning and your ego. Then you do not take the credit for anything. You do not feel you are doing something and the whole personality changes into a complete instrument like the flute in the hands of Shri Krishna. Then you see your work, everything as the work of the Divine. That is how you become enlightened. That is how you become the light of joy, of peace.... Whatever is described about, you become that....

“Today we are celebrating a Diwali of the lights of Sahaja Yoga. I don’t know what to say, in what state of bliss I am. All the ripples you have created of joy are overwhelming for it. No words can describe and I cannot compose poetry.

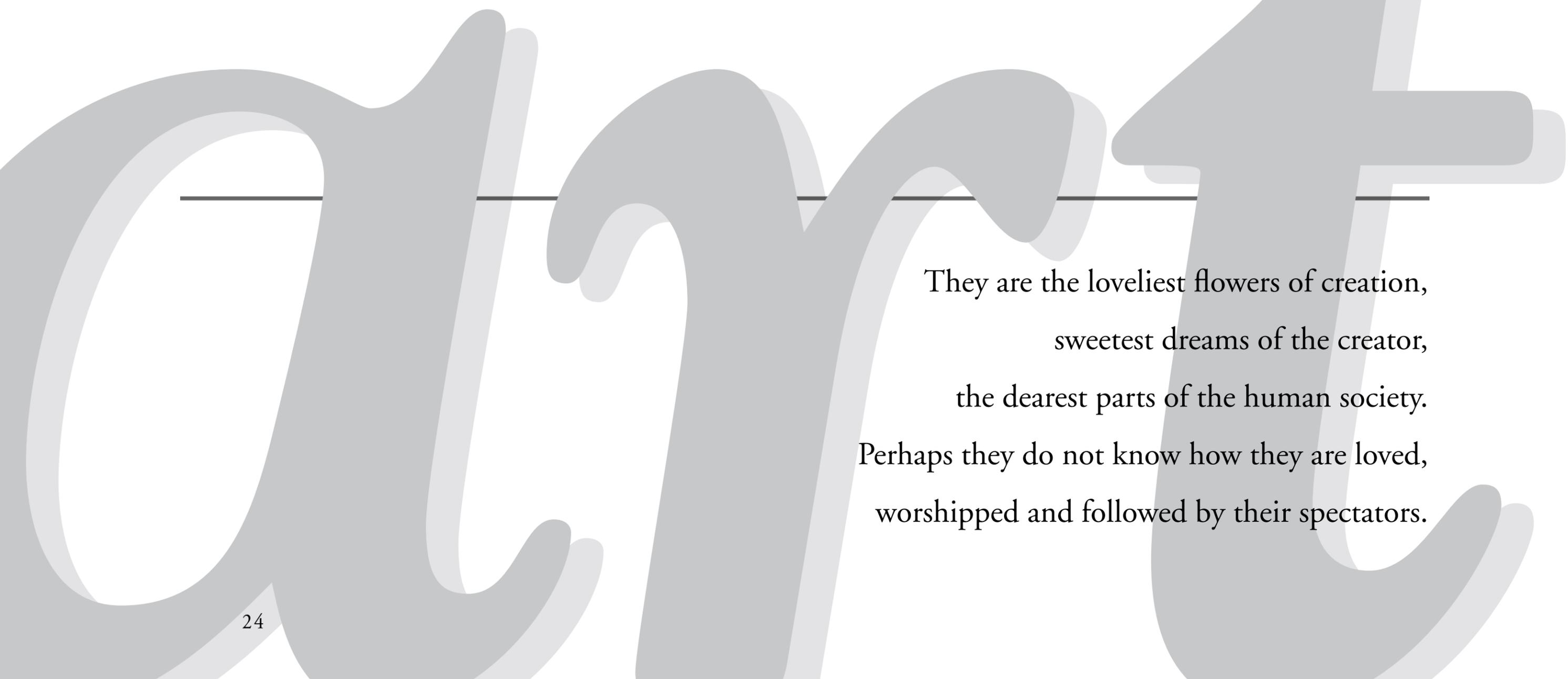
“Keep this light burning beautifully through meditation and you can become very strong because of light.

“May God bless you. Happy Diwali to all of you.”

Attachment  
is the killer  
of pure love.

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If an artist finds his countrymen  
being unpatriotic or cowardly  
he can, through his art, inspire them  
and can serve the role of a brave soldier.  
Thus he can serve the society through others  
by creating a deep impact on their minds.  
Such is the motivating force of an artist.



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They are the loveliest flowers of creation,  
sweetest dreams of the creator,  
the dearest parts of the human society.  
Perhaps they do not know how they are loved,  
worshipped and followed by their spectators.

The quality we have at the Swadisthana is the creativeness ...  
which is very beautiful,  
which is very deep,  
which is absolutely spiritual.

*Shri Adi Shakti Puja 2002*

## TO SEE BEAUTY

As soon as we see something, we start thinking and a barrier is created. For example, there is a beautiful piece ... and looking at it, if there is a thought, you cannot enjoy it. But if there's no thought, there's pure rapport, pure connection between that beautiful art and yourself, then you just see it and enjoy that joy of the artist which he has poured into it, without thinking about it.

*London 1984*

To say not to react means just to watch. And when you watch without thinking about it, then the truth, which is really poetry, comes out. That's why a poet sees much more than an ordinary person can see. The inner beauty just starts penetrating your vision and you start seeing it.

*Shri Ganesh Puja 1990*

You are Sahaj Yogis and you should understand which object is full of beauty and understand beauty. Only then will you be able to make your life beautiful. You should decorate your houses beautifully so that any man or woman who meets you will say what a nice man or woman he or she is. As beautifully as you will decorate yourself ... you should decorate your environment and houses. *New Year's Puja 2001/2002 (translated from Hindi)*

If it is beauty, it should be spirit because spirit is beauty and beauty's spirit. So is it beauty? How do you make out that this art is beautiful or not? For example, according to all normal ideas of womanhood, I don't think Mona Lisa is a beautiful woman.... What's in her? Thousands of people would be assembled to see that painting.... Only vibrations will tell you that it emits vibrations. It appeals to your spirit without your knowledge. You're not aware of it. It appeals to your spirit. That's why universally that painting is appreciated.

*Hove England, 13 May 1982*

## SUPPORTING THE ARTIST

Artists were supported by the kings and all the big empires that we had. These days there's no question, no government is willing to support the artist. You know that Mozart was called by the queen herself to play before her. So the governments were not only looking after the collection of taxes, but they were looking after the artists, musicians, painters and people who did creative art.

*Shri Kundalini Puja 1992*

Industrialists have to also look after the artists because otherwise who will look after them? How will they bring forth the balance between the art and the industry? And art is such a soothing thing for these hard-working people. They work the whole day. Then there is some sort of a music, art to console them, to give them peace, to relax them and give a balance. So I would say that all industries must take to some artistic ventures.

*Shri Mahalakshmi Puja 1992, Brisbane*

# Poetry is like moonlight.

When it falls upon any matter,  
it enhances the beauty  
and gives it a charisma.

And the language is so beautiful  
that it hides all the ugliness,  
as the moonlight hides all the detailed ugliness  
and creates an atmosphere so meditative.

# This is Sahaja Yoga

it makes the prose of our life into poetry





Art has something to do with your heart and not with your brain.

*Shri Hanuman Puja 1989*

In guiding the creation of an atom into this complex universe and in planning the evolution of a single cell into this wonderful human being, there is a hidden hand of a very great artist because through His creation He expresses Himself. He sings, He dances, He paints, He acts and, above all, He compels the spectators to reflect. Yes, He created this world because He wanted to reflect Himself, His truths, His beauty, His grace, His compassion, His sweetness, His righteousness and all that can be termed as culture.

*from "Heralding a New Age of Joy and Spiritual Fulfillment"*

Dirtiness doesn't allow Sharda Devi to come near. She will stay away. It is very important to be neat and tidy and artistic.... All those who are blessed by Sharda Devi should understand this proverb that "art is hiding the art," that whatever you do, there is no need to show off....

It is by the grace of Saraswati ... we get beautiful and peaceful thoughts and poetry within us.... but not the melancholic poetries of crying and pain, but such that awaken you – very great national songs were written....

Many people wrote many things by the grace of Sharda Devi. Gyaneshwara wrote *Gyaneshwari*.... He writes with the blessings of Sharda Devi that "whatever I am writing is to please the Sharda Devi, but these words will not give You pain in any way. Like the petals slowly fall from the tree ... in the same way my words should fall on your hearts and make it fragrant." What a wonderful writing, such beautiful poetry ... such a beautiful form of his thoughts like you is receiving amrit ... such enthusiastic poetry that it will fill you with enthusiasm, as if Devi Sharda Herself has come out of his poetries and entered within you. *Shri Adi Shakti Puja, Jaipur 1994 (translated from Hindi)*

She's the one who gives you peace. She's the one who gives you also illusions, called as *bhranti*. She gives you all the artistic talents. She protects you. *Navaratri Puja 2000*

All creations which were dedicated to God in the olden times are being today very much respected and people pay a lot of money for that. Maybe at that time the artists must have suffered, but they understood. Innocent artists understood very much that "If we have to express, we must truthfully do it not to please – not to please the people, not to please anyone, but to please God." *Shri Ganesha Puja 1993*

Shri Krishna is the one who is an expert of drama. He creates drama. He acts in the drama. And He's the spectator also. In these three forms you should see yourself. You create a drama of yourself. "Ah ha, this one. Now, see now, how I am acting here." Then you become the spectator also. Become the spectator of your own dramas, then you will realize what you are doing, how you are working out everything. Then the deception that we have all the time against ourselves will just run away. Because if an artist knows he's the spectator, if the one who's acting knows he's the spectator, he can never deceive himself because he knows this is acting. *Shri Krishna Puja 1991*

Whether you are a musician or you are an artist, whatever it is you are, He'll enjoy. He's the enjoyer and He'll enjoy. Whatever is simple, whatever is given with the heart, He'll enjoy. Whatever is expressed with the heart, He'll enjoy. He is not a conditioned person.

*Shri Shivaratri 2002*

## THE ARTIST

A person who is a genius is a person who has those sensitivities. The mind which is covered with thoughts, which is thickened, which is gross, can be thinned out at certain points and could be very sensitive at certain points. For example, some people could be very sensitive to music. Some could be to art. Some could be to human beings. Some could be to other things which might make them something of rare people. But these subtler things, which create your personality, always indicate in your being that there is something of the beyond, which are throwing in some images within you. Such people are conscious of them, that there are some images which are throwing these subtle ideas within you. They are erupting some new commotion within you and, once you start seeing them, you're compelled to put them down somewhere. That's how the poets are created, musicians are created, great masters are created. *London 1980*

You should understand that you cannot make any statue without cutting and chopping.... An artist does it artistically, whereas an artless person does it bluntly. So this power depends on how much art is in you. *translated from Marathi, circa 1982*

Who is remembered? The musician Mozart – everyone remembers Mozart. Even on a chocolate, you'll find a Mozart there. I don't know, poor thing, did he ever eat any chocolates or not?... They have Michelangelo or they'll have Leonardo da Vinci or they'll have somebody like that. Nobody remembers who was the officer at that time, running with the file up and down. *Shri Kartikeya Puja 1986, Germany*

### *How can one man fight the evils of this whole world?*

## CHANGE THROUGH ART

In the modern times when everything is moving very fast, it is very difficult for a single person to achieve anything without compromising with the trend of the world. Hence, it is absolutely essential that those artists who seek freedom and who believe that they have to play a vital role to further the cause of art, should give up their petty differences and jealousies and unite together. If such a group of artists decides to accept good in their personal, economic and social life and pledge not to deviate from the right path, then no power, however destructive, can lay hands on them. Unity of purpose can only grant them all the security needed for the creation of their art....

Artists have to raise the public eye to their standard of taste and not to stoop down to the cheap demand of the public and thus surrender their freedom.

*from "Heralding a New Age of Joy and Spiritual Fulfillment"*

You have to have pure attention and that comes through your innocence.... We see in modern times whatever art is created, it just comes and goes. It has no eternal value... It comes and goes and no one knows where it has disappeared. Behind it is money-orientation and that money-orientation results into a kind of a creation which is not perfect.

*Shri Ganesha Puja 1993*



## CREATIVITY and IMAGINATION

When you cannot explain everything intellectually, then you take course to arts to express yourself and then you take to symbols to express what you cannot say verbally or cannot express rationally. This is what an artist does. Also a poet does, that he extends his imagination to such an extent that he creates a symbol.... After Self Realization, when you have become the spirit, your imagination touches the reality. Then the symbols which were perverted, which were misrepresented drop out and you touch the reality of the symbols. *Diwali Puja 1993*

Imagination is not reality and also the grossness is not. Like a poet might say that what a flower is there and it's beautiful ... and all sorts of stories they may have built up about a flower. And a person who is not imaginative might say, "I don't know how much it will cost, how to put it down, what is the use of this, how it can be economic." Poetry ... touches a subtler side of life. *London 1982*

Each poet sees the reality in a different way, describes in a different way. But if he is a truthful poet, he keeps the essence at least the same. *London 1984*

Aesthetics are born in a person who is a realized soul. He starts seeing aesthetics in everything. The beauty of talking improves. The movements of the hands improve and your style also improves. You become a beautiful person. Aesthetics come in. You can become suddenly a great poet.... You can also be a great painter if you are already a painter. You get new ideas about painting, new aesthetics. In music, you start understanding absolutely. You may not know what classical music is, but you will start understanding the subtle music. From the classical music, you will know which is the best for your atma. You see the atma starts judging everything on that level. *Delhi 1977*

After Realization you become extremely creative – creative in everything, specially in giving Realization to others and also creative in your life, art, music, poetry, drama, writing, all kinds of things you do.... The creativity comes like an inspiration for others. They see you and they feel inspired. You are not the one who goes into the shadow and sits back, but openly you come out with no pride or no sort of aggression, but complete humility. And you give such beautiful feelings to others, such understanding about yourself and about the other through your collective consciousness. *Diwali Puja 2000*

Aesthetics  
are born in a  
person who is  
a realized soul.

**I'm very creative,** I must say. I'm all the time working out something, which comes out very well. And also I don't have that interest, as normally people have, that it should be praised by everyone.... For the sake of creation, you create. And you just enjoy that creation.... You have to create something. May be art, may be music, may be poetry, may be literature, may be writing – whatever it is, you have to create. And above all, you have to create Sahaja Yogis. That's the main creation you have to achieve. *Shri Krishna Puja 2000*



All those who also want to gain in any walk of life, in any dimension, those who want to become great artists, great scientists, great anything, in Sahaja Yoga, it is important you must meditate.

Otherwise, the kundalini will come down and you lose all your talents.

That is a fact which has to be told.

*Shri Krishna Puja 1988*

All the great poets  
– William Blake or anyone –  
whatever they have done is just  
because they have this universal love  
and they want to express it.

Why don't you do it?

*Mahalakshmi Puja 1992, Brisbane*

**Whatever you do,**

it should be done with the faith that you have in worshipping –

zeal of a warrior and sensitivity of an artist.

*from an undated letter, translated from Marathi*



**PHOTO CAPTIONS AND CREDITS**

**Front cover:** Her Holiness Shri Mataji Nirmala Devi **Contents pages:** Hyacinth Jones and Lucia Blenx dancing at the entertainment evening, Navaratri Puja 2004 (*Neil King*) **Contents pages quote:** Shri Mataji Nirmala Devi, Shri Krishna Puja 2000 (“You have to create something. May be art, may be music, may be poetry, may be literature, may be writing – whatever it is, you have to create. And above all, you have to create Sahaja Yogis. That is the main creation you have to achieve.”) **Page 2 and 3:** Shri Mataji Nirmala Devi, Navaratri Puja 2004 (*Neil King*) **Page 4 and 5:** offering the crown at Diwali Puja 2004 (*Anjan Upadhya*) **Page 6 and 7:** Shri Mataji Nirmala Devi, Navaratri Puja 2004 (*Herbert Reininger*) **Page 8 and 9:** lighting a lamp at Diwali Puja 2004 (*Neil King*) **Page 10 and 11:** a bride's foot and havan fire at the marriages at Shri Ganesha Puja 2003 (*Michal Markl*) **Page 11:** hands at the Sahaj weddings, Diwali Puja 2004 (*Herbert Reininger*) **Page 12 and 13:** Shri Mataji Nirmala Devi, Diwali Puja 2004 (*Anjan Upadhya*) **Page 14 and 16:** flowers near Niagara USA (*Jim Gallagher*) **Page 17:** Shri Mataji Nirmal Devi, Navaratri Puja 1997 **Page 18, 21 and 22:** Shri Mataji Nirmala Devi, Diwali Puja 1994 **Page 24 and 25 quote:** Shri Mataji Nirmala Devi, from *Heralding a New Age of Joy and Spiritual Fulfillment* **Page 27:** a full moon over Canajoharie USA (*Jim Gallagher*) **Page 28, 31 and 32:** Shri Mataji Nirmala Devi **Page 30 quote:** (“You should understand that you cannot make any statue without cutting and chopping...”) from *Nirmala Yoga*, September-October 1982, page 18 **Above:** an aarti tray, Navaratri Puja 2004 (*Paul Burd*) **Back cover:** the brides and grooms at the marriages, Diwali Puja 2004 (*Neil King*) **Back cover quote:** “In Sahaja Yoga, it is a little more – I think quite a lot more, much more. Here you have to share the community. The marriage is not for individuals in Sahaja Yoga – not at all. If anybody has a feeling a marriage in Sahaja Yoga is between two people, it is a wrong thing. It is two communities. It can be two nations. It can be completely two universes. So it is not to be enjoyed between yourself. If you are a good husband and wife to each other, it is not sufficient in Sahaja Yoga. That love should be enjoyed by everyone else in the society, in the community. If you cannot do that, then you have not achieved Sahaja Yoga marriage. It is just an ordinary marriage, as people have. It's just that. There's nothing special about it.” (Dollis Hill ashram, London, 8 March 1980)

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The marriage

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It can be completely two universes.