

SAHAJA YOGA  
**MARRIAGE**

from the pages of The Divine Cool Breeze



# The Divine Cool Breeze

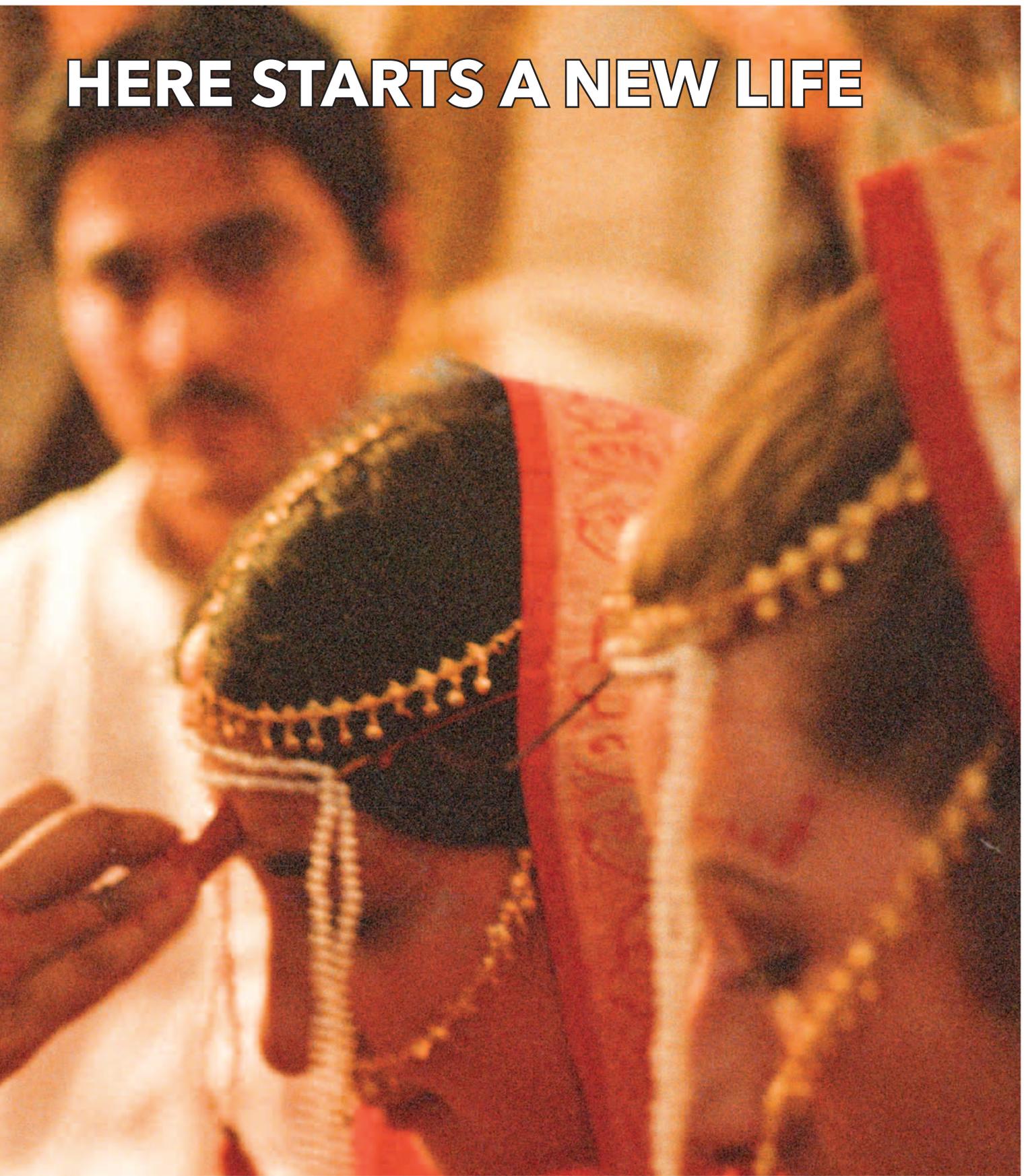
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THE DIVINE COOL BREEZE volume twenty-seven number five

**HERE STARTS A NEW LIFE**



**MARRIAGE IN SAHAJA YOGA**

a sahaj marriage is

# AUSPICIOUS

the most auspicious occasion  
in the life of human beings

The marriage is not for  
individuals in Sahaja Yoga.

It is two communities.

It can be two nations.

It can be completely

two universes.



**MARRIAGE IS AN AUSPICIOUS OCCASION.** It is the most auspicious occasion in the life of human beings. It is auspicious - that is why it is joy-giving and the vibrations flow with that auspiciousness all over the world. The joy of Sahaja Yogis today in England, London, should spread all over the world.

Marriage is meant to give joy. It is meant to give cheerfulness, happiness and all the blissful things that we can think of achieving through our combination with two human beings, we can say. It is a very close and private relationship which has to be respected. It is not to be in any way dishonoured or indiscreetly squandered away. Those who cannot respect their partners in life will never be respected anywhere else. Those who ill-treat or in any way try to spoil the image of their partners are harming themselves.

Try to understand each other. Decorate each other - not correction, but decorating. Like an ornament, when added to a personality, decorates that person, in the same way try to decorate another person. So the decorum and decency of life comes from this auspicious relationship. That must be maintained. Marriage is the bondage that keeps the society in its own beautiful bondage of Mother's grace.

Give up all your old ideas, all your so-called modern methods by which we have ruined our married lives. If you cannot enjoy your own wife or your own husband, there is nothing in this world you can enjoy because the relationship is the most intimate and very sacred. So you have to forget that you live independently, now you live as one person, one personality, supporting energy, complementing each other in complete concord. This creates that peace which we are talking about.

a sahaj marriage is

# TRUST

trust each other  
trust in God

There should be  
a competition in loving.

There should be competition  
in trusting, in being honest,  
in being kind, in being in service.

Let there be a competition like that  
and then you will achieve results.



**IF THE MARRIAGES ARE NOT SUCCESSFUL** for two persons, how do we expect the whole nation to live happily? Think of it. At this level, the seeds of peace are sown. So we have to be sensible people. That is what the main part of marriage is: how far we are sensible about it.

It is easy to get into tantrums, get into tempers, to get into some sort of an indecent, indiscreet habit. But the person who is sensible never crosses a certain limit of that decency. Once you cross it, it is very easy to cross again.... When we read about Rama, it is that He is a *maryada purushottam*. The *maryada* is the boundary in which one has to remain. A woman has to remain in her boundary and a man has to remain in his boundary.

Now to think that the woman is dominated by man or man is dominated by woman comes from a kind of a complex and this complex must be given up. You are complementary to each other. You decorate each other. Never talk ill of your husbands and never talk ill of your wives. This is the key to having an exclusive married life. If you start talking of each other to others, that exclusiveness, that trust is finished.

You have to trust each other - the trust is in God. Children imbibe when they start learning from their parents how they trust each other. So you are the nest where the tomorrow's great children are to be born, to be established and to grow as great saints....

All of you should understand the value of Sahaja Yoga marriages. You have to create a model marriage for all.... Understand the depth of this occasion and the esteem of what you mean to the whole universe and to the peace.

a sahaj marriage is

# SHARING

sharing all our joys  
all our pains and problems

It is a thing to be enjoyed.

After marriage you must share

other Sahaja Yogis in your marriage.

This is not a marriage of the old times.



**SAHAJA YOGA IS THE FIRST TO START THE GERMINATION**, then it grows. In that growth, you have to become a wider personality. With the marriage, you become even a better person and you develop a better personality.

Now, why are marriages necessary for Sahaja Yogis? First and foremost thing, the most normal thing to do is to marry. God has given you this desire to be married for some purpose. But, the same desire, if you do not use it for the purpose it is given, it can become a perversion. It can become a nasty thing. It can be very detrimental to your growth.

So one should understand this desire within us to have a marriage. Marriage means a wife who is a part and parcel of your being, a wife on whom you can depend. She is your mother. She is your sister. She is your child. She is everything. You can share all your feelings with your wife, so it is important that the wife should be such that she should understand that this is the need of a marriage....

One thing is very important, that you must share. You must share life, every bit of it, every moment of it. If you do not know how to share life, it is going to be very, very difficult.

When it comes to love, how to be expressive of love? - by sharing all of our joys and all of our pains, all of our problems. But in Sahaja Yoga, it is a little more. I think quite a lot more. Here you have to share the community.... That love should be enjoyed by everybody else in the society, in the community. If you cannot do that, then you have not achieved a Sahaja Yoga marriage. It is just an ordinary marriage as people have. There is just nothing special about it.



**MARRIAGES SHOULD GIVE CHANCES** for very great souls to come on this Earth. If people are married in Sahaja Yoga, who are Sahaja Yogis, who are sharing their love equally with the Sahaja Yogis and the society that is Sahaja Yoga, then only great people will be born....

It is so interdependent. As you cannot just have a wick and you cannot just have the light, you cannot have these two things separate. If you can understand that, then this balance is completely harmonious. It is between God and His power – absolutely one. You cannot imagine how it is one with God and His power. His power, His desire is the same as God. There is no difference at all.

But in human beings, you are disintegrated people. Your desire is different. Your thinking is different. Your asking is different. Everything is so disintegrated. That is why you cannot understand. That is why marriages are also disintegrated. The complete integration is the intermingling ... as long as there is a complete understanding of integration, of the balance within you.

These are the marriages which are going to change the society with their joy, happiness. Make a home where everybody is expected. Look after them. Do for others....

Realize you are a Spirit and your husband is also a Spirit. Or if you are the husband, you must know the wife is also a Spirit. And a mutual respect must grow in that level because both of you are saints. You are Sahaja Yogis. You must respect each other because you are Sahaja Yogis.... By that, you should not become vain, but you must respect others who are realized souls. They are the children of your Mother. When talking to each other, you must understand that - more so when you are husband and wife.

It has to be a very positive act to be happy, to be fragrant with joy and to give joy to others. That has to be with you, otherwise everything has no meaning.

3 MARCH 1980

a sahaj marriage is

# RESPECT

show all concern  
do not criticize

Understand each other's dignity.

You should be respectful to each other.

Be kind and wife and husband,

both of them, are to be collective,

to be pure, to be nice.

There are certain few things which

we have to understand in Sahaja Yoga

and life could be beautiful for us.



## **TALK TO GROOMS**

You should know you are going for a little different life, that you are getting married in Sahaja Yoga.

There is a difference between the other marriages and Sahaja Yoga marriage, in which we understand that marriage has to be ... a special type of a holy alliance in which you have to lead a very Sahaj life with your wife and to understand her.

She is also a Sahaja Yogini, so you must respect her and you must love her and she should really understand that you are her caring, loving, gentle husband. You must show all concern about her because she is a Sahaja Yogini. She is not an ordinary woman and, with that respect, I am sure you will be able to lead a very beautiful Sahaj married life.

As it is in Sahaja Yoga, as you know, we do not criticize each other. We see the good points of another person and we have a great capacity to forgive. So to forgive is not to tolerate or to suffer, but you forgive just because you are very noble. You are a Sahaja Yogi.

So do not try to find faults with your wife all the time.... Join hands with her because, in Sahaja Yoga, we do not believe in an individual's rights to dominate another person. So what you should see is the need to help her, to understand her and to share all the problems, not to put problems onto her, but to give her all the helping hand that is needed. She is your companion. She is not your slave. She is not your servant. Neither are you a boss of her.

Go for a happy life by making her happy, by making everyone happy and looking after everything in a Sahaj way.

a sahaj marriage is

# HUMILITY

the work of Sahaja Yoga  
through your marriage

It is a very simple thing to be humble.

The first sign to be humble is to be  
non-violent because we depend  
on the All-Pervading Power.



## **TALK TO BRIDES**

You are marrying in Sahaja Yoga to Sahaja Yogis. Always remember this point.... You must respect him. You must look after him and care for him. Sometimes he may lose a little bit of his balance. It is you who has to bring him back into balance with very gentle ways. It is your duty to preserve the society of Sahaja Yogis.

People will come to your house. If they are Sahaja Yogis, their wives, their children, you must look after them because you are in charge of the society of Sahaja Yoga.

You may be earning a lot, you may be very well equipped ... but you must always be humble and understand that you have to carry out the work of Sahaja Yoga through your marriage. This is a very big responsibility. In your case, it is the preservation of the society that is of Sahaja Yoga people and their children. So you have to love all of them. You must care for them. Never think this is your own house and that you are the queen of the house, but that you are the mother, you are the sister, you are the complete relation of these people who are Sahaja Yogis. So when they come to your house, you must show all respect and regard....

You must remember that your patience and your love and your guidance will definitely help to build your married life. If you want to be happy, you must know how to make others happy also. If you do not know how to make others happy, you can never be happy. So you should not think about your own demands, your own needs, your own ideas or anything. Whatever is there, you have to do it in a very gentle manner because you are the women. You are the ladies.

a sahaj marriage is

# A BLESSING

feel what Mother  
has done for you

I bless you with a very deep  
enjoyment of this understanding.

The joy of your purity,  
the beauty should flow  
through all your lives eternally.



**MARRIAGE IN SAHAJA YOGA IS NOT A JOKE.** You are very, very fortunate that this marriage is taking place in My presence in Sahaja Yoga. You must have done a lot of punyas to have this marriage. Apart from that, the children you will get and the full blessings you will get will be very unique and you will be surprised you will always feel what Mother has done for you. Then even after marriage, some people try to torture the wife or the wife tortures the husband. This is not Sahaj. In Sahaj, one should not torture anybody else who is a Sahaja Yogi. You are not allowed to say even a harsh word to somebody who is a Sahaja Yogi. Somebody who calls me a Mother and later on tries to trouble Me, nothing happens to him. He goes on troubling, troubling, nothing will happen. But if he is not a Sahaja Yogi, immediately this chaitanya punishes.

So I keep the maryadas of My love. In the same way, try to understand it is a very holy thing you are doing and do not go about misbehaving in a way that all the Deities will be aggrieved. You can never rise. But if you do not like something, please tell. That is much better because there are so many conditionings you have got. We also have done it in a great hurry the whole thing.

So maybe, I do not say that we could not have made mistakes. We could have made there some mistakes. In any case, take a very, very relaxed attitude towards it.



## **MARRIAGE IS A VERY IMPORTANT THING FOR SAHAJA YOGA.**

It is the foundation of Sahaja Yoga. I mean we cannot have such frivolous husbands and wives who do not care for the foundation of Sahaja Yoga.... Marriage is not a joke in Sahaja Yoga. It is not so serious also. Marriage is not the end of Sahaja Yoga....

You should not in any way ask for the past of the person or tell about your past. Just forget it. Start afresh new. Say I have to wear this sari, then I just decide I will wear this sari. I do not think which sari I wore the day before or before, before, before. I mean this is the one I have to wear, finished. I mean it is something very simple also, in that way we don't do.... Marriage is serious in the sense it is very deep. But it should be taken as a play, to be enjoyed. It is like this: you have everything, but you cannot enjoy because there is no love ... there is no understanding and even if you have love and understanding, you do not know how to express it. That is what is lacking because if you can love Me, you can definitely love somebody who is so dear to you. But you have no understanding as to how to express your love....

You must respect each other. Respect is very important - and understanding and love.... Look after each other. Treat each other carefully. You are all in My trust. I hope you will have sweet feelings about each other and you will try to forgive yourself and forgive the other person. That is the basis of our marriages.

a sahaj marriage is

# BALANCE

the way we understand  
the truth about life

We are all going the same way.

There are no two ways about it.

There are two wheels needed  
to give it a balance.



**STEADINESS OF THE MIND IS VERY IMPORTANT** for the marriages. If you have certain concepts and if you are whimsical, it is better you do not get married.... If the mind is still wavering, going up and down, it is a trick of the mind that wants to play tricks with others and enjoys it. It is a sign of ego, absolutely a sign of ego.... You go on enjoying those games and later on you play into it so much that your marriages can never be happy or successful. That means you are not yet matured for marriage. For marriage, you are to be matured....

Parents have never told you how to behave towards your husband, towards your wife, how to make a marriage successful, that it is a very important event and that we should try to establish ourselves in the marriage system. Instead of that, we use it as a nice trick-playing ground. We miss the point. Who is the loser? If you go on playing tricks like this and playing with your ego, whatever you may do, whatever type of marriages you will have, you can never be happy....

A time will come when no marriages will fail, but you have to join hands with Me and cooperate and you should understand how much I have worked hard to bring about these events. Marriages should not make you happy or unhappy because to marry is not the ultimate in life....

This is the most important work that ever happened on this Earth so far, where marriages are very important. You have seen the photographs where the Gods Themselves have blessed you. Because of My consent, because of My selection, They all were present in your marriage and They were giving you tributes and They were putting flowers on the brides.

a sahaj marriage is

# **SWEETNESS**

find the art of love  
you can do it

Make yourself so sweet  
that everybody wants  
to take your guidance, your love.  
They will come to you.  
I am sure of this.



## **TALK TO BRIDES**

Your style should be gentle. You should not shout. You should not get angry. You should not treat anyone shabbily.... That is what you have to do in Sahaja Yoga. That is why you are so important. You do not know the role of a woman is so important, so very important that she can change the whole family into a beautiful garden. It is her own sweetness, her own creative mind of love that can work it out. You must find out the art of love and work it out on anybody who is disturbed or who is unhappy or who is cross. You can do it. You should know how to pacify that person and how to impress.

The first quality you must have is the generosity of character. You should not mind giving up anything to anyone if they want. You will enjoy your generosity now and in that you should be generous when you forgive others. Forgiveness is very important and then you will never feel the brunt of your married life....

You should have the sweetness of a wife who will emit love and peace to others. You should not be a source of some sort of a dominating personality.... You are the one who can bear lots of things and make fun out of every nonsense that you see. Nothing is so serious to fight it, but to make fun out of all that and make fun for everyone. That is what you have to be, always smiling and happy. You will be amazed. You can make beautiful marriages for yourself, for your husband and all for Sahaja Yoga.

So I am also very sure, if you make a successful marriage, you will have very, very good children who will be born realized. So you should be good mothers - mothers who can really do good for the children and for other children also. All that is stored for you in the future.

# FIVE TALKS ABOUT MARRIAGE

## 1 MARRIAGE AND COLLECTIVITY

**WHEN:** Friday 5 December 1980

**WHERE:** Chelsham Road Ashram, London

**WHY:** In one of the earliest talks about marriage, Shri Mataji explains the relations between marriage and collectivity. She also talks about children.

**QUOTE:** Marriage should be genuinely done. That means you must respect, but genuineness should be there. There should be no deception, nothing. You are partners for life.... Sahaja Yoga marriages fail on one point which is very important. It is the point where collectivity clashes.... Now you are marrying under Sahaja Yoga. You are not marrying in a way that others marry and that is why one must understand that collectivity comes first. But you must love each other. You must understand each other, be sweet to each other, be kind, considerate, be conscious and aware that you have a wife or a husband. But the first thing is collectivity.... The two roles of men and woman are like the flower and the fragrance. Which is higher, the flower or the fragrance? If there is no flower, there is no fragrance. But without fragrance, what is a flower? Or a beauty? It is so much inseparable – fragrance and beauty and flower. In the same way the flower shows, but who is the beauty and who is the fragrance? It is the wife. That is how it should be. And then only people will respect you and your husband.



## 2 THE PURE BASIS OF MARRIAGE

**WHEN:** Thursday 1 March 1990

**WHERE:** Perth, Australia

**WHY:** Shri Mataji describes the pure basis of marriage.

**QUOTE:** Marriage must make everyone happy. That is the first sign. If a marriage does not make everyone happy, such a marriage is a curse on society and these marriages do not stick also because you must have the support of the collective. If you have the support of the collective and if it generates joy and happiness, children are better, society is better and the whole situation is so good.... The marriage is the best way to give happiness to others. By having sweet children, having a good family, having a sensible life, gives such a joy to all the collectivity. So that is why it is important in Sahaja Yoga.

# 3

## THE VALUE OF MARRIAGE

**WHEN:** Shri Ganesha and Gruha Lakshmi Puja, Tuesday 7 April 1981

**WHERE:** Sydney, Australia

**WHY:** On Her wedding anniversary, Shri Mataji explains the importance of family life.

**QUOTE:** It is one of the most important things for Sahaja Yoga, that one should get married. 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....

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*. In marriage, we confirm that the problem is over now, we have finished with the choices we had and now we are going to settle down with one person. And the sharing of life, in even absolutely private life, is with one person. So you have to be very much harmonized with that person and in complete understanding and loyalties to each other....

I hope you will understand that Sahaja Yoga is emphasizing on marriages and we do not believe in any asceticism, running away from family life. We believe that family life is the most important thing. We have to establish it very well on this Earth and we have to see in these beautiful nests of divine love that great souls are born and we have to continue with it. There is no escape from having a very good married life.

And I wish you, all of you, that you will have a very good happy married life. And those who are not married, I wish that they also will have a very happy married life. Now 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.

# 4

## PROPER MARRIED LIFE

**WHEN:** Wednesday 30 December 1987

**WHERE:** Kolhapur, India

**WHY:** In the second half of this talk, Shri Mataji talks about romanticism, self-control and proper married life.

**QUOTE:** The attitude towards marriage is that we have to have somebody who is our complement, that we have to have another wheel for our chariot. That's all. But not that you completely merge with him and become one wheel. A mono-wheel chariot, I have not seen so far. So with your dignity, with your understanding, you must behave in a manner that people should say that this is a proper marriage.

# 5

## THE IMPORTANCE OF CEREMONY

**WHEN:** Saturday 2 April 1988

**WHERE:** Shudy Camps, United Kingdom

**WHY:** Shri Mataji briefly describes the importance of the marriage ceremony.

**QUOTE:** These marriages are done by divine forces and these divine forces are with you until you behave yourself as married couples, understanding your responsibilities. Also the dress and the relationships you have there and the way everything is brought into the ceremony is because it makes you feel the significance of the whole protocol of this marriage. Supposing we just bring you down and say, "Now, sit down and sign here." You will forget that you were ever married. You have to have all these events – sometimes of the dhoti, sometimes of the saris. All these events have to be there all the time to remind you how you got married and to make it look very important for you.

a sahaj marriage is

## **FOR CHILDREN**

there are many great souls  
who want to be born

You will get many realized children  
who will give you a lot of love  
and when they will grow  
you will know what saints they are.  
Give them a blissful, peaceful, joyous  
home and respect them.



**I AM NOT HERE FOR MATCH-MAKING.** What is My ultimate interest in your marriages? What is My interest? My main interest is this: that there are many great souls who want to be born on this Earth. And as Sahaja Yogis, as their parents, they will be very happy to be born here. I am not interested in you, to be very frank, as far as marriage is concerned. So this ego business because you think that you are so important, should be given up.... You have to say in the West, "We'll have to have a marriage which is a good marriage," then you lead a life of a good Sahaja Yogi and Sahaja Yogini and then children of that calibre should be willing to be born to you. Now they would not like to be born if you people do not understand the real value of Sahaja Yoga....

Now for marriages ... do not take any frantic steps. Marriage is to be done in a very normal way. There should be no frantic way. Take it easy. Nothing has to be done extraordinary, nothing. If you like somebody, you can have the marriage. If you do not get married here, it does not mean you won't get married next year. But do not misunderstand. Sahaja Yoga is a training.... You have not come [to India] just to go around like tourists or to save your money by coming down here. You have come here to educate yourself, the aspects which you have not recognized.

a sahaj marriage is

# ASCENT

marriage and children  
are for your ascent

The marriage has taken place like an electricity if you plug it to the mains.

It is not for getting attached to oneself, but it is for the use of that instrument.

So the marriage is an instrument which is to be used, which is to be completely understood for the purpose of enlightening others.



**THERE IS ONE THING:** getting into Sahaja Yoga marriage is very different from any other marriage.... You are marrying here for Sahaja Yoga. That is the main thing to remember....

You are in Sahaja Yoga for your ascent. Your marriage is for your ascent. Your children are for your ascent.... The best thing is not to fall into love and not to rise into divorces, but have a balanced idea about marriage. Marriage - it cannot be decided like the way you have Romeo and Juliet or something - nothing of that kind. Life is practical, you see. It is a practical life. Your feet should be on the ground, absolutely on the ground so you won't lose your balance.

So if you understand that point, then marriage will be successful. But if you try to think of a romanticism and all that, it just fails. Of course, at the same time, I would say it is not asceticism of any kind at all, but you lead a nice, friendly married life, in a very friendly manner in every way decent and decorous. But you do not become sort of over romantic so that another person runs away with your romanticism....

If you want to develop a state of your Spirit, you have to listen to it and it will be seen in your own life that you are wise. You must know how to handle your wife, how to handle yourself, handle your tempers and things. And that is one of the tests. That is the test in Sahaja Yoga.

So I hope marriage is not the priority, not the prior thing. It is not that. It is supportive. It is not the prior. What is prior is Kundalini. Standing on that primordial principle, you have to adjust yourself to that principle and with that you can see that others can be also adjusted.

a sahaj marriage is

**LOVE**

God is love

Love is the basis

between you and him - nothing else,

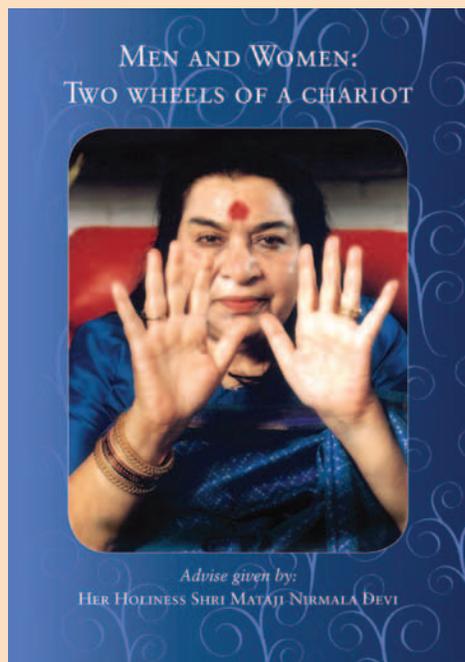
not money,

not what you have got for him

or he has brought for you

- nothing of that.





## MORE INFORMATION ABOUT **MARRIAGE IN SAHAJA YOGA**

### **BOOK**

*Men and Women: Two Wheels of a Chariot*

La Cultura della Madre, Cabella

motherculture@hotmail.it

### **BOOK**

*Marriage Is Meant to Give Joy*

La Cultura della Madre, Cabella

motherculture@hotmail.it

### **SELECTED TALKS**

*Weddings in Rahuri* 1 January 1980

*The Value of Marriage* 8 March 1980

*Marriage and Collectivity* 5 December 1980

*Shri Ganesha Gruha Lakshmi Puja* 7 April 1981

*Marriage Is Meant to Give Joy* 29 November 1981

*Talk to Sahaja Yogis in Kolhapur* 30 December 1987

*Shri Shakti Puja* 11 December 1988

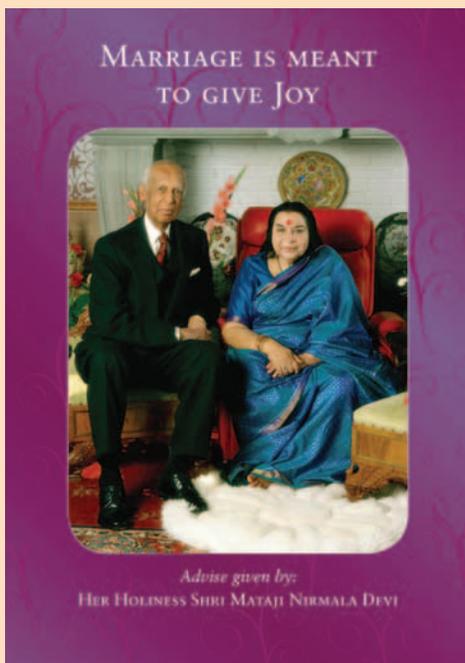
*Marriage Vows* 28 December 1988

*Farewell Talk* 3 December 1989

*Talk to Sahaja Yogis in Perth* 1 March 1990

*Talk Before Marriages* 27 December 1991

*Weddings in Delhi* 23 March 2000



### **PHOTOGRAPHS**

Page 1, 8 and back pages: Gregoire de Kalbermatten, photographer

Page 16 and 23: Anjan Upadhya, photographer

### **WORDS**

AUSPICIOUS, TRUST and BALANCE: 8 March 1980 London | SHARING: 9 August

1981 London | RESPECT: 1 March 1990 Perth Australia | HUMILITY: January 1990

Sangli India | BLESSING: 29 November 1981 London | SWEETNESS: 23 March 2000

Delhi | CHILDREN: 14 November 1993 Moscow | ASCENT: 10 March 1985 Sydney

LOVE: 11 May 1982 London | BACK COVER: wedding vows from 1980, 1984, 1985





# **MARRIAGE IN SAHAJA YOGA**

# Wedding vows

- *Give me strength so that I am genuine. I will not deceive myself.*

*Give me strength that I may face myself and say it with all my heart,  
that I try to improve myself. Please forgive me.*

- *Whatever is the past of my country, I will be the opposite.*

*I will be honest with myself. I will not deceive myself for anyone.*

*For our Mother is so powerful, why should we be afraid of anything?*

- *Shri Mataji, we take the vow to be free from ignorance and darkness.*

*Shri Mataji, we take the vow to become the light of Sahaja Yoga and  
to spread the light of Sahaja Yoga with all our hearts and strength  
until the end of our lives.*