

Heet means “good for the spirit,”
otherwise, it is not literature.

SHRI MATAJI NIRMALA DEVI

Through spiritual reading,
the disciple gains communion
with the Divine Power
on which his heart is set.

PATANJALI

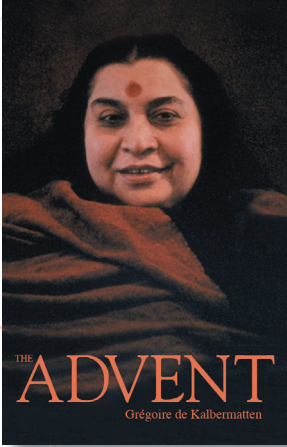


The Advent
Anant Āshīrvād: *Eternal Blessings*
The Aquarian Gospel
The Book of Adi Shakti
Children of Jerusalem
Collectivity is the Place
Deities: A Joyful Dance
Devi Mahatmyam
Eternally Inspiring Recollections
of Our Holy Mother
Every Day with Shri Mataji
Expecting to Fly
For Want of Wonders
Gitanjali
Insights Inspirations
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One Hundred
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Sahaja
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75 DOORS
Songs of Kabir
Sophia
Spirit is the Goal
Tales of Jesus
Wisdom
The Yoga Sutras of Patanjali

WISDOM FROM THE PAGES



BOOK ONE



The Advent

GREGOIRE DE KALBERMATTEN

paperback 389 pages

Lotus Heart Books

knowledge

*Whatever the reason may be, I do not know,
but believe me, the Power of God has really brought
this knowledge, this breakthrough within the reach of
the desperate human seekers.*

*This book is proclaiming the great news of this
stupendous happening.*

Eureka!

The Advent was written under the guidance of Shri Mataji Nirmala Devi and was first published in 1979. It is the first book of Sahaja Yoga.

THE ADVENT

When I enter into the oldest image of my memory, I see a little boy in a red overcoat sitting in the snow. Everything is white around me. Thick snowflakes fall gently in the silence. Actually, I do not pay too much attention to them because I am very busy eating snow. I have woollen gloves. I find the taste of snow through the taste of wool extremely interesting and I am at royal peace with the whole world.

A couple of days later, something shocking happens. It is the second image. There is snow in the second image also, but the snow is heaped into hard icy balls and these balls are thrown at me. Can you believe it? I find the experience most distressful. I must tell you the story. It was a sunny and merry carnival day. My elder sister had a little fox mask and I had a huge, superb elephant mask. We wanted to join the children of the village to play with them. But when we arrived on the village's central place, they begin bombarding us with these stupid snowballs. We run away, somewhere, to hide and cry. My elephant mask was torn apart. I do not understand anything about this world, but I do not like it. Thank God I have a sweet and lovely Mummy. I can go back to our chalet where she is waiting for me (that is what I assume anyway) and I shall have kisses and dry clothes and hot chocolate.

So, in life there were icy snowballs and hot chocolates. I tried to avoid the first and seek the latter, but with the passing of years, this delicate manoeuvre became increasingly difficult.

BOOK TWO



Anant Āshīrvād: Eternal Blessings

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 257 pages

Divine Cool Breeze Book 39

blessings

Count your blessings. The best way to be happy is to count your blessings. Count them: how much God has given you. First of all, there is your Realization.

Count your blessings, then you will be cheerful. Thank God. It will make you very cheerful and happy.

Just start thinking about what you were and what you are. Just start. Know it for sure.

The first thing one should do is to thank.

All your gloom will vanish.

Anant Āshīrvād: Eternal Blessings is the first book in a series collecting together blessings and boons bestowed upon us by Shri Mataji Nirmala Devi.

Where is your attention? Either you are counting your money, counting your votes or some people even count lamp-posts I am told. If they have nothing to do, they can go on doing whatever they like.

Count your blessings. Count your blessings and your ascent will start. That is how you ascend in the Realm of God.

If there is no ascent, then you will move from left to right, right to left. You will be a wobbly person. Count your blessings with your heart. Feel it, the thankfulness.

There is nothing to be said to feel the gratefulness and thankfulness for the great blessings of God.

For ascent, it is not a mental procedure. It is a procedure of the heart which is thanksgiving.

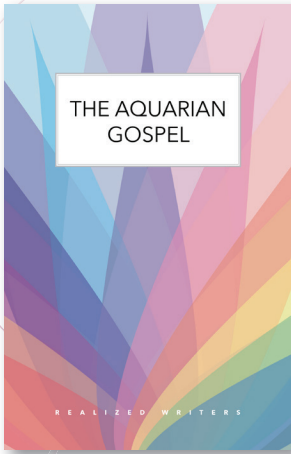
Look at the flowers. They are giving thanks to God. Their whole being is nothing but thanksgiving. They are not worried that they are being plucked. They will die tomorrow. They are not worried. As long as they live, they are giving thanks.

Look at everything. Look at this candle. What is it? It is thanksgiving. Everything that is created is giving thanks.

So get to that ecstasy. It is such a great protection. It is such a great pleasure. It is such a great blessing.

Get to that ecstasy of feeling how God has been gracious.

BOOK THREE



The Aquarian Gospel of Jesus the Christ

LEVI DOWLING

three volume paperback and ebook 597 pages

Divine Cool Breeze Book 9 10 and 11

realized writers series

Light

Years have passed and men have need of greater light.

*And now the Day Star from on high begins to shine;
and Jesus is the flesh-made messenger to show that
light to men.*

*But in the ages yet to come, man will attain to greater
heights, and lights still more intense will come.*

*And then, at last, a mighty master soul will come to
earth to light the way up to the throne of perfect man.*

The Aquarian Gospel is a retelling of the life of Christ that includes His childhood and travels to India. Shri Mataji said it to be some ninety percent true and only falters in those parts which are not about Jesus.

THE AQUARIAN GOSPEL OF JESUS THE CHRIST

The Jewish soldiers fled in fear; they fell upon the ground.

They stood apart until the white clad soldiers marched away, and then the light about the tomb grew dim.

Then they returned; the stone was in its place; the seal was not disturbed, and they resumed their watch.

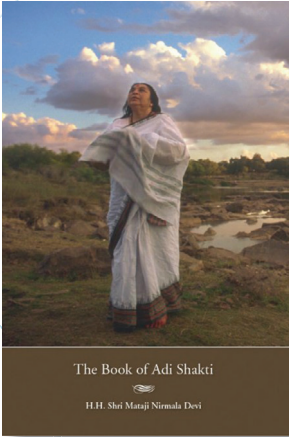
Now, Jesus did not sleep within the tomb. The body is the manifest of soul; but soul is soul without its manifest.

And in the realm of souls, unmanifest, the Lord went forth and taught.

He opened up the prison doors and set the prisoners free; He broke the chains of captive souls, and led the captives to the light; He sat in council with the patriarchs and prophets of the olden times; the masters of all times and climes he met, and in the great assemblies he stood forth and told the story of his life on earth, and of his death in sacrifice for man, and of his promises to clothe himself again in garb of flesh and walk with his disciples, just to prove the possibilities of man; to give to them the key of life, of death, and of the resurrection of the dead.

In council all the masters sat and talked about the revelations of the coming age, when she, the Holy Breath, shall fill the earth and air with holy breath, and open up the way of man to perfectness and endless life.

BOOK FOUR



The Book of Adi Shakti

SHRI MATAJI NIRMALA DEVI

paperback 232 pages

Nirmala Vidya Ilc

reflection


God Almighty uses the creation to reflect or manifest Him.

Without the creation, which is His reflection, God has no meaning or identity.

The human mind is the only instrument created by the Divine Power capable of reflecting Him.

Through His creation of human beings, His identity is reflected and expressed in human awareness, and in that way God becomes aware of Himself.

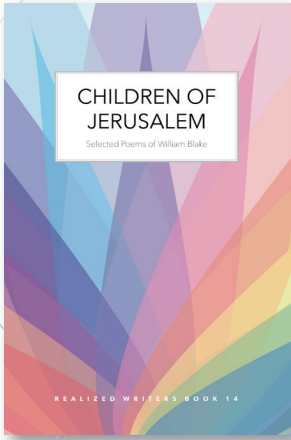
The Book of Adi Shakti is an unfinished book by Shri Mataji Nirmala Devi. It pieces together several manuscripts including some of Her earliest writings.



The elliptical movement of the Primordial Mother is the first movement of the Primordial Forces, and is Adi Shakti's symbol. Being the first expression of the living force of the Primordial Mother's Love, this elliptic Primordial Movement is known as *Adi Gati*. Hence all that is created fundamentally moves on an elliptical path. Sometimes the ellipse takes different shapes, and this will be examined later. The shortest distance a point has to go to move around another point and come back to the same position it started from has to be an elliptical path. The Divine Power moves in the same way, even in its abstract manifestation in our beings. When we love someone the waves of love go around that person and return to us in an ellipse, bringing the bliss of love back to us. When we hate someone also, however, the waves of hatred similarly go around that person and return to us as pangs of hatred.

The Primordial Mother and the Primordial Father have between them the finest feelings of that perfect love which human beings call the absolute or ideal love. They are the symbols of perfect husband and wife. They are the source of human love, the ultimate source being God Almighty. He is the greatest humane Being. All other human relationships like father, mother, sister and brother are also expressed through Her. The whole episode of Lasya can also be described in a very poetic drama as an act of love.

BOOK FIVE



Children of Jerusalem

WILLIAM BLAKE

paperback 97 pages

Divine Cool Breeze Book 23

realized writers series

poetry

love mercy

Then every man of every clime,

That prays in his distress,

Prays to the human form divine

Love Mercy Pity Peace.

And all must love the human form,

In heathen, turk or jew.

Where Mercy, Love & Pity dwell,

There God is dwelling too.

pity peace

Children of Jerusalem is a selection of poems, prose and illustrations from the hand of William Blake. The book has an introduction created from the words of Shri Mataji.

CHILDREN OF JERUSALEM

We have to see what is the prophecy of this great man,
William Blake. In the whole understanding of Blake, I find
a single lonely man, ploughing this land with the seeds of
wisdom. I am here just to reap it. He is the one who planted,
watered, made ready by Shakespeare, you can say.

What Blake has done is to give you a new vision and a new
idea because, in the West, Christ has been shrunk to a
position of someone who was just a human being.

Blake's life was another crucifixion, I feel. When I read him,
tears fall continuously sometimes.

Wherever he is so fiery, wherever he is so compassionate,
wherever he is so gentle, wherever he is so modest, the inner
line is one that says, "Achieve your ascent. Achieve your higher
being. Become that."

So many poets have dreamt about their country – every
country. But no one has dreamt like William Blake, where He
said positively that this will be Jerusalem. That means the holy
land of Jerusalem will have to come down.

If the people have that kind of a heart, that kind of a poem, the
Gods will have to come down.

If you have that kind of a reception, all the Divine has to go
down.

What William Blake has said in those days, we have seen
happen.

SHRI MATAJI NIRMALA DEVI

BOOK SIX



Collectivity is the Place: The Nature of a Sahaja Yogi

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 73 pages

Divine Cool Breeze Book 36

belong

*Collectivity is a thing to be understood
in a much deeper way than we have thought.*

Collectivity is the nature of a Sahaja Yogi.

It is to be grown within you.

Collectivity is the place where you belong.

Collectivity is the Place is a collection of Shri Mataji's words of advice on the topic of collectivity, given to us between the years 1979 and 1991.

COLLECTIVITY IS THE PLACE

You needed a Mother to look after you, to care for you and to be able to transform you with a lot of wisdom.

I find that Sahaja Yogis are expanding their hearts and realizing that they are no more drops, but they are part and parcel of the ocean and that the ocean itself is going to strengthen them and look after them. It is the ocean that is going to nourish them. And the same ocean is going to guide them.

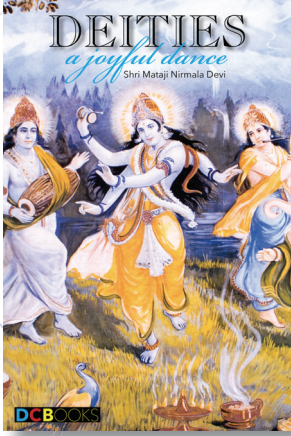
So the connection between a drop and an ocean has to be fully established. The limitations of a drop have to be absolutely dissolved into the greatness of the ocean.

With care and with nice things to say, we can improve the depth of the collectivity – with a sincere desire to be collective. The desire to be collective has to be very sincere so that this expanse of your being will start.

Collectivity is the nature of a Sahaja Yogi.

That is what one has to realize.

BOOK SEVEN



Deities: A Joyful Dance

the words of SHRI MATAJI NIRMALA DEVI

magazine and ebook 36 pages

Divine Cool Breeze Book 40

decided

It was decided a long time back before I incarnated.

They had a big meeting in the heavens, all the thirty-five crores of Gods.

The Deities were there present to decide what was to be done.

Deities: A Joyful Dance is a collection of Shri Mataji's descriptions of the nature and qualities of twenty-four Deities. It was first published as a magazine.

DEITIES: A JOYFUL DANCE

All these miracles are done through the Mahamaya Power.

This power acts through these forces, through these Deities, but today it is being incarnated in its full force. It is acting through you. It is acting towards you. It is helping you in a very big way which I do not know if the complicated brains are aware.

How the Deities, how My children are one with each other, how they are enjoying the rapport of each other – that is the first sign of a Sahaja Yogi. Is he getting related to the Deities? Is he behaving in the way the Deities behave? They do not question. They just love Me. That is all – just love. And in that love, they play tricks on Me I know.

I do not mind. All such little, little tricks played on Me are perfectly all right because they love Me. There are so many instances I can give you, where they have expressed their sweet love for Me. In the same way, I find the Sahaj Yogis.

The Deities, they are working twenty-four hours, all the months and all the years around continuously because they have a continuous supply of energy, which you can also have.

The Deities are around sitting now here, all of them peering into you, all of them judging you, having a big meeting there. “Who is who? Where is the attention of this gentleman? Where is he looking? What is he doing?” They are all sitting here. But at the same time, they have flowers, divine flowers, divine blessings and all the angels are just going around. I can see them.

BOOK EIGHT



Devi Mahatmyam: ***The Glory of the Goddess***

SAGE MARKANDEYA

translated by Lyndal Vercoe

paperback and ebook 81 pages

Divine Cool Breeze Book 2

sacred text

blessings

*When this story is told then both those who sing it
and those who listen with devotion to them no trouble
shall come nor any calamities from wrong-doing, nor
poverty, nor separation from loved ones.*

*They shall not experience fear from enemies, from
robbers or rulers, from fire or flood or any weapon.*

*Therefore this poem of my majesty must be recited and
listened to with full attention and sincere devotion, for it
is the supreme source of blessings.*

Devi Mahatmyam is a new translation of the prayer and epic poem extolling praise
and devotion to the universal Mother.

DEVI MAHATMYAM

O Devi, you who remove the sufferings of your devotees,
be pleased with us.

O Mother of all the world, be gracious.

O Queen of the universe, protect the universe.

O Devi, you rule everything that moves and everything that is
immovable.

You alone are the foundation of everything. You stand in the
form of the Earth. All this universe gets satisfaction from you in
the form of water.

You have limitless courage. You are the Vishnu Shakti. You are
the ultimate power of Maya, the seed-source of the universe.

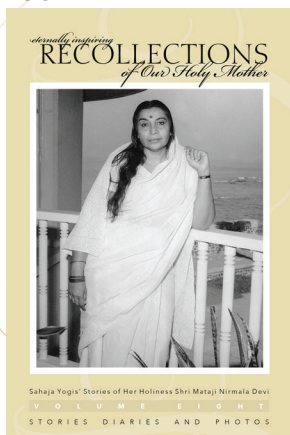
By your power, all this universe has been thrown into illusion,
O Devi, if you become pleased you become the cause of
liberation of all Creation.

All sciences are part of you. The feminine power of all women
is from you.

By you alone, O Great Mother, by you alone this world is filled.

How can we sing your praise when you are beyond praise? All
the sublime words are deficient.

BOOK NINE



Eternally Inspiring Recollections of Our Holy Mother

LINDA WILLIAMS editor

paperback hardcover and ebook

nine volumes

memoir

inspiring

Every time you get some sort of an experience of that kind, if you keep it within yourself, any time you open that area of your memory, all the beauty will start pouring on you.

Eternally Inspiring Recollections of Our Divine Mother is a nine volume collection of Sahaja Yogis' memories of their Divine Mother.

ETERNALLY INSPIRING RECOLLECTIONS

Shri Mataji used to stay at Jeevan Jyot in 1970 and was known as Nirmala Srivastava. I asked some girls where Nirmala Srivastava stayed and went up. Shri Mataji opened the door and said, "Are you looking for Me?" She held me by my hand and took me inside very politely and asked me to sit down. "Where are you coming from?"

"I am coming from Dhulia and I have heard your name and came looking for you."

"I am about to start this work and right now. I am waiting for my daughter, Kalpana, to have her baby. Once I am through with that, I will call you. Please leave your name and address before you leave and within a month I shall call you."

We all went from Bombay to Bordi in a train with Shri Mataji. We were all together. Mother would talk to all of us. We would follow Her wherever She went. I would never leave Mother, as I wanted to see what Mother did. I would follow Her and do as She directed, without any question.

We all were in some school for the night and after dinner we all went to our rooms and She graciously said, "Look at Raolbai from Dhulia. She always has her attention on what I am doing." She used to call me "Rajkunwar."

After dinner She would start giving Realization to people. She asked me to keep my hands under Her Lotus Feet. She said I was realized now.

BOOK TEN



***Every Day with Shri Mataji:
words of guidance and wisdom
for each day of the year***

the words of SHRI MATAJI NIRMALA DEVI

hardcover paperback ebook and app 408 pages

Divine Cool Breeze Book 15

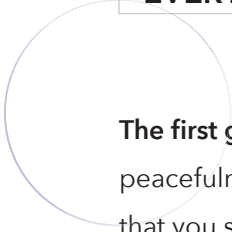
every day

Many people who really have achieved a very great height in their spiritual life did not need a birthday.

Every day they felt it is a birthday to start, to go ahead, to understand, to learn.

Every day is a new year for them.

Every Day with Shri Mataji is a collection of 366 inspirational passages, one from each day of the year, for the day on which it was spoken.



The first gift you have to give is that you should express peacefulness through your own character. It does not mean that you should be people who are timid or people who are morbid or who tolerate nonsense – no, but the people who are of peaceful resistance.

You are not afraid of anything. You are not going to bow down to anything, compromise with anything, but you have that sort of a temperament which you should develop and express is very important.

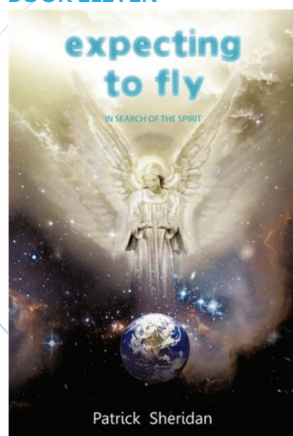
And the second one is that this peace and all this should express your love – love to others.

In that understanding of what one should do to make this world happy, beautiful, for that one has to really work hard, so-called. And in that working one thinks, “Isn’t it our duty to make this world beautiful? Isn’t it our job to make this world rhythmic, rhyming with the spirit?”

It is our duty. We have to do it – not only taking Sahaja Yoga for yourself, but for others. It is not that you are all the time worried about yourself, but you are worried about others, what’s happening in the world.

That is love. That love is spontaneous and when it works, it works wonders.

BOOK ELEVEN



Expecting to Fly ***In Search of the Spirit***

PATRICK SHERIDAN

paperback and ebook 277 pages

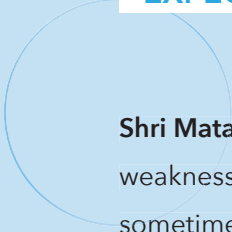
memoir

search

This is the story of a search for the magical and profound amidst the pressures and distractions of the modern world, a chronicle that includes a rich store of reported experience in higher states of consciousness.

The trail leads through strange territory. It is a candid account of the astounding things learned and experienced.

Expecting to Fly is the tale of a spiritual seeker in search of the truth, the author's memories of Shri Mataji and his understanding of Sahaja Yoga.

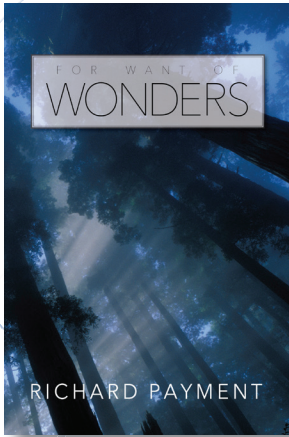


Shri Mataji often acted as a mirror to my fears, doubts and weaknesses; they would look right back at me and I would sometimes squirm uneasily under her gaze. It was a mirror with an ocean of vibrations swimming behind it however, and I felt simultaneously cleansed and soothed by myriad subtle energies working through my system.

There was certainly an aura of ‘illusion and confusion’ surrounding Shri Mataji on many levels. Her manner could be deceptively unassuming, and it helped to bear in mind the mind-blowing heights of majesty and power I had glimpsed within her on occasion. She maintained an essential simplicity that drew the attention from the circuitous and particular to the abstract and profound, and this could frustrate the convoluted mind and test the humility and sincerity of the seeker.

Ultimately, her purpose was to deepen spiritual experience and understanding, and the ego could flounder hopelessly as it tried to impose reason and order onto light-hearted spontaneity and playful misdirection. Events around Shri Mataji played out in all sorts of unlikely ways and the trick was to witness the drama and learn from it, and increasingly, as experience grew, to enjoy the subtle humour of the divine.

BOOK TWELVE



For Want of Wonders

RICHARD PAYMENT

paperback and ebook 191 pages

fiction

trust

A young boy sees something he does not understand.

*That memory stays with him for years, awakening in him
a desire for truth and meaning.*

"The want is the thing that drives us," he says.

"Trust me. I have a story to tell."

For Want of Wonders is a novel about seeking and trusting.

I am remembering something.

At first it comes to me as a feeling. It is comforting. It is a place I want to be. It is home.

My memories are nothing but looped reruns I cannot change. But this one memory is different. There is no regret, no disappointment. I do not want to adjust it, fix the focus or rewrite the script. I return to its shores because this one memory is my comfort. It is not the past. It is not the future. It is my home beyond my home. It will always be the present.

Stop me if you have heard this all before. It might sound familiar. It might have happened to you.

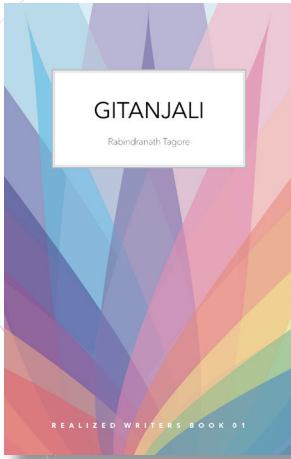
Remember this: my name. It is Vishesh. Vishesh Darshane. Can you remember that? You can call me Vishesh or Vijay, Raj or even Jimmy if you wish, if it is easier. I have been many things, but none had to do with my name. And, if I am to admit the truth, none of them had anything to do with me as a person.

Be still. Remember my name. It is the label that is attached to me. It is the one thread that is sewn through this entire story. Your story or my story – it is only the stitching that changes.

The want is the thing that drives us.

Trust me: I have a story to tell.

BOOK THIRTEEN



Gitanjali **or Song Offerings**

RABINDRANATH TAGORE

paperback and ebook 53 pages

Divine Cool Breeze Book 3

realized writers series

poetry

salutation

*Let all my songs gather together their diverse strains
into a single current and flow to a sea of silence in one
salutation to thee.*

*Like a flock of homesick cranes flying night and day
back to their mountain nests let all my life take its
voyage to its eternal home in one salutation to thee.*

Gitanjali is Bengali poet Rabindranath Tagore's Nobel Prize winning collection of devotional poems.

On the seashore of endless worlds children meet. The infinite sky is motionless overhead and the restless water is boisterous. On the seashore of endless worlds the children meet with shouts and dances.

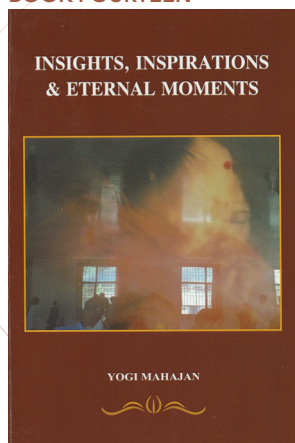
They build their houses with sand and they play with empty shells. With withered leaves they weave their boats and smilingly float them on the vast deep. Children have their play on the seashore of worlds.

They know not how to swim, they know not how to cast nets. Pearl fishers dive for pearls, merchants sail in their ships, while children gather pebbles and scatter them again. They seek not for hidden treasures, they know not how to cast nets.

The sea surges up with laughter and pale gleams the smile of the sea beach. Death-dealing waves sing meaningless ballads to the children, even like a mother while rocking her baby's cradle. The sea plays with children, and pale gleams the smile of the sea beach.

On the seashore of endless worlds children meet. Tempest roams in the pathless sky, ships get wrecked in the trackless water, death is abroad and children play. On the seashore of endless worlds is the great meeting of children.

BOOK FOURTEEN



Insights, Inspirations & Eternal Moments

YOGI MAHAJAN

paperback 188 pages

memoir

vivid

I got to see less and less of my father as he was mostly travelling with Shri Mataji.

However, he wrote regularly and gave vivid accounts of the wonderful events.

It was almost like I was there.

Insight Inspirations & Eternal Moments is Yogi Mahajan's memories of Shri Mataji and the lessons and inspirations he drew from those experiences.

In 1999 the national seminar was scheduled in New York, and I had invited some friends from India. As I had recently introduced them to Sahaja Yoga, I felt duty-bound to care for them and ended up spending a lot of time with them.

Shri Mataji observed my concern and said, "You are not responsible for anyone. After Realization each yogi is a cell in my body, and I look after him. If you take on their responsibility, they will not be able to surrender to Me, and besides you will end up raising a fifth column."

I realized how taking on their responsibility had caused anxiety in my Agnya and Nabhi chakras. It was necessary to allow them space to grow independently, fend for themselves, mature and thus experience Her love within. One cannot make that connection for someone else, be it a friend, relation, spouse or a parent. If the heart is not open, love does not flow.

My friends too had a lot of questions. I quoted Shri Mataji, "You don't have to ask questions. Put your attention on the question, and you will get the answer." I tried to divert their curiosity to the point where they could find the answers themselves. I realized it was not my job to spoon-feed them. It was Shri Mataji who took care of them. Hence, it was best to leave it to Her as She knew what was best for each one. The only element needed was something so simple and easy as surrender!

Many people ask the question, 'how to surrender.' Either you are or are not depends on who you think you are...

"When you are the non-being, you are not allowed in the being."

BOOK FIFTEEN



Journey Within ***The Final Steps to Self Realization***

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 228 pages

Divine Cool Breeze Book 1

introduction to Sahaja Yoga

connection

We are all enveloped. It is only the waves that we see.

*We are on the waves, so we see it as dislocated,
separated.*

*These are just folds of the sari of the Paramchaitanya,
the all-pervading power. They look separated, but they
are not separated. They are continuous. The connection
is absolutely complete.*

Journey Within is a comprehensive introduction to Sahaja Yoga and Self Realization edited from the words Shri Mataji Nirmala Devi.

My father felt that I would do something great in this life.

I don't know if he dreamed it or simply understood it, but all the time he used to say, "You have to find out the way of giving en masse Realization." By Realization he was meaning the need for a deep, spiritual awakening in people.

He gave me a good education in different religions and also a good education about human beings: what are their problems, why do they act the way they do, why don't they take to God, why are they hypocritical. All kinds of things he told me.

I knew all about it from my very childhood. I was a very aware person, but I did not know who to talk to because people did not have the same awareness then. You could not talk to anyone just like that.

My parents were great people, realized souls. My father was a person who knew why I was on this Earth. Even my mother knew about it. When I was small, I used to tell my father that it was my desire that like the stars in the sky, many people on Earth should also shine and spread the light of God.

So there was a special rapport between us, and they could understand why I was busy meditating or finding out about how to give Realization to others.

BOOK SIXTEEN



Know Thyself: An Introduction to Sahaja Yoga Meditation

CALIN COSTIAN

paperback 228 pages

introduction to Sahaja Yoga

quest

Gnothi Seauton – Know Thyself – was inscribed on the facade of the Temple of Apollo at Delphi, and has been attributed by many to the Greek sage and philosopher Socrates.

These words beg the fundamental question: Who am I? Who is this higher Self that needs to be known? And how is that knowledge to be acquired?

Consciously or unconsciously, every human being seeks the answer to this question. The quest for self-knowledge has been paralleled with the search for the Divine or the search for the lost paradise.

Know Thyself is an introduction to Sahaja Yoga meditation written for all the seekers of truth.

KNOW THYSELF

Seeking takes many forms and there are many questions we ask ourselves in trying to find the truth.

I remember as a young child thinking that one thing that appeared fishy to me somehow was the fact that we all appeared to be separate individuals. This cannot be, I told myself, we must be one and the same being. Why I could not feel pain when someone else cut their finger was beyond my understanding. However, I had a strong feeling that someday I would encounter something or someone that would answer these questions. My instinct told me this was going to happen in my thirties. As it happened, after many years of seeking, I was fortunate to discover at the age of twenty-two a meditation practice that changed my life.

What makes life possible? What is the power or agent that makes our heart beat and our breathing and digestion take place without our intervention? The doctors will say it is the autonomous nervous system. But who is this auto? In every automobile there has to be a driver. Science has its own limitations, and this is one of the questions it is unable to answer conclusively.

BOOK SEVENTEEN



The Legend of Dagad Trikon

GREGOIRE DE KALBERMATTEN

paperback 330 pages

fiction

fiction

Fiction is a convenient way to invoke shapes of possibilities. These may be scattered in the cosmos or hidden within us. We write fiction to channel our curiosity, our hopes or fears; we write to test the borders of the known with the unknown side of reality. Science fiction is therapeutic – it tells us we can do more. Can we imagine 'philo-fiction', a world where philosophy would tell us that we can be more? In both cases fiction explores the potential for changes in the life of man.

The Legend of Dagad Trikon is a novel about the quest for the greatest prize of all. It is followed by a second book in the series: *The Breaking of the Seventh Seal*.

THE LEGEND OF DAGAD TRIKON

The Counselor's residence, an old colonial villa in the heart of Cairo and conveniently located in Tibbanah Street, was decorated with white stucco and surrounded by a small park. From the balcony one could see the dome of the Blue Mosque, founded by Prince Aqsunqur Al-Nassery in 1347 AD. In quieter times he had sometimes gone there and enjoyed the mosaics of Muslim art on its walls. However, Jonathan O'Lochan, Counselor, Embassy of the United States of America in Egypt did not find the moment propitious. A mug of freshly brewed coffee balanced in his hand to wipe away a troubled and sleepless night and to kick-start the day, he glanced at his surroundings. He had fought hard to be allowed to keep this little oasis of calm as Administration had wanted him to relocate to the confines of a walled compound. The balcony overlooked a garden and birds were already chirping. Peering through the early morning mist at the Egyptian security man standing at the gate, he shrugged. Maybe on a similar future day a guard such as this would empty a machine gun into his belly.

Only the day before had seen yet another bloodbath, but of a more ominous kind, on the streets of Jerusalem. There was so much hate in the Holy Land – the land of Christ and prophets, where so many had walked and preached the eternal brotherhood of man. It was so hard to build peace and so easy to trigger conflict.

BOOK EIGHTEEN



Meta Modern Era

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 290 pages

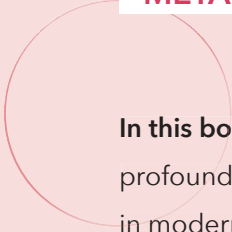
Divine Cool Breeze Book 19

truth

Actually, I did not want to write a book of this kind. I am a person who is in the complete joy of divinity. There is the all-pervading joy of divine love and I want everyone to enjoy it. Especially in the West, I have seen that there are many seekers of absolute truth. There are many scientists who have written voluminous books about consciousness, about awareness. One can give a list of them. But all these books really weary you completely because they do not emit any knowledge of the ultimate truth.

Meta Modern Era is Shri Mataji's book addressed to all the seekers of the world.

META MODERN ERA



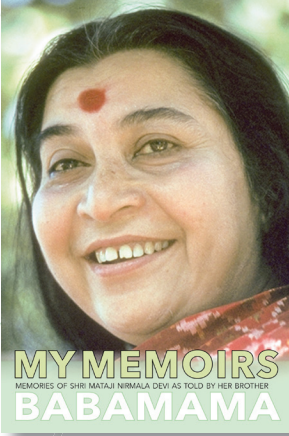
In this book we are concerned about dealing with the profound changes in culture and thought in Western countries in modern times. The concern is heartfelt. It is very important to know why these changes have been so evident and effective in the West in particular. In the West, people pride themselves on being the defenders of democratic rights and the champions of freedom. But if the Western world really cares for the benevolence of the whole world, it will have to turn to introspection.

Due to their blessings of material prosperity and technological advancement, which have gone out of balance, it is Western people who will have to take the responsibility for the creation of a new age and the transformation of human beings.

However, if the countries of the West try to solve their problems by indulging in a fascist type of reorganisation and limit their concern only to their stagnated own kind in the developed countries, then they will have completely failed in their duty to face up to their moral responsibility and one cannot say where they will finish up in destroying themselves from within. Materialism without any control cannot establish peace from within or without.

In my opinion, every Westerner has, as a matter of urgency, to understand the vital role he has to play in this great age of transformation and of the Last Judgement.

BOOK NINETEEN



My Memoirs: Memories of Shri Mataji as Told by Her Brother

BABAMAMA

paperback and ebook 189 pages

Divine Cool Breeze Book 17

memoir

Family

It was thought that if I, as a member of Her family, write a book, the queries that Sahaja Yogis have about Her pre-and post manifestation days would be answered.

The book therefore has H.H. Shri Mataji Nirmala Devi as the main figurehead and the events narrated are focused on Her life or happenings connected with Her political as well as religious activities.

It also brings out the illustrious nature of the family of the Salves, a name which even today signifies honesty, unflinching love for the country, and intolerance towards injustice.

My Memoirs is Babamama's candid story of his search for the truth that was so close to him. With clarity and insight, he tells us about his sister as only a brother can.

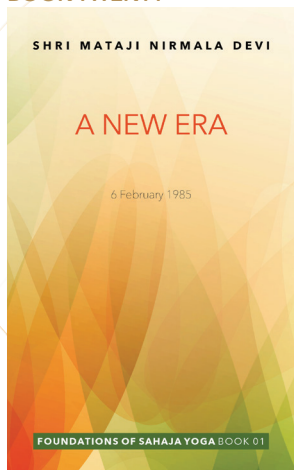
He asked me a very innocent question. He asked as to what was the epitome of music, the highest point, the pinnacle.

I thought for a moment and replied, "That note which is created by the artist and accepted by the audience fully, without any loss to the music created by that note." I thought I had answered marvelously and I expected Rustum to be floored by my answer.

To this Rustum suddenly said, "Think that Shri Mataji is not your sister, but the epitome of music that you just described so beautifully." That sentence of his did the job. The link of the brother-sister relationship had been so strong and the bond of love so unshakable that I had not been able to get out of my conditioning of the relationship, but, in identifying Shri Mataji as that note which is the pinnacle of music, this bond was broken. The shackles were removed and suddenly I found a new identity of Shri Mataji which was totally formless, which had no prefixes or suffixes, which was put and unmaligned by the stains of relation or any bond. I felt a strange experience within myself, as if the identity of my sister was being taken over by the identity of this formless note of music. I knew then and there that a transformation was taking place within me.

Suddenly, I felt very cool all over, particularly in my hands and on my head and my eyes started to dilate. I had become thoughtless involuntarily and nothing seemed to register with me, as if I was in a trance in some other different world.

BOOK TWENTY



A New Era: Sacrifice Freedom Ascent

the words of SHRI MATAJI NIRMALA DEVI

paperback 42 pages

Divine Cool Breeze Book 22

Foundations of Sahaja Yoga series

sahaj

Sahaj is the only word I could think of when I started to manifest the Sahasrara opening. That is easily understood by everyone so far.

But you have realized that it is today a different style of yoga where first enlightenment is given and then you are allowed to look after yourself. It was never done before. It is just a venture of your Mother which has worked out.

A New Era is Shri Mataji's landmark talk from the evening of February 6, 1985 in Bordi India.

A NEW ERA

I am sure, as a mother, I am not so bad. But as a father, I think I lack some things. Please try to come up so that I should feel that I did not lack in my fatherly attitude towards you – that awe, that understanding of a father's expectations.

This I am not saying to you because it is some present situation, because of a few people particularly or for anything which is very, very sort of a present day problem – none of these things. But it is my announcement of this new dimension into which we have to rise.

And as in the war, we have to declare, "Now forward on." In the same way, this is a declaration – in no way to degrade you, in no way to insult you or to say anything about any one of you, but to just infuse that inspiration which led thousands and thousands and millions and billions of people to sacrifice for a greater cause.

So now have respect for yourself. Raise your heads. You are the ones who are going to fight. You are the ones who are responsible.

Prepare yourself. Prepare your body. Prepare your mind. Be discreet.

This is my – I would not say "request" again – this is my order.

May God bless you.

BOOK TWENTY-ONE



One Hundred and Eight Questions: Answers to Calm Our Deepest Concerns

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 230 pages

Divine Cool Breeze Book 30

answers

At public programs, informal gatherings and media interviews, Shri Mataji often invited questions – from Sahaja Yogis, seekers, journalists. She satisfied our curiosity, our concerns. And calmed our confusions.

Here are 108 of those questions, some naive, some misguided, but mostly insightful, rich and relevant. Each one is answered with love and patience. As one seeker prefaced his query, "We are not human beings having a spiritual experience, but we are spiritual beings having a human experience." Shri Mataji agreed. "You have just become loving angels," She said.

One Hundred and Eight Questions is a selection of answers to the many questions we asked Shri Mataji between 1976 and 2001.

ONE HUNDRED AND EIGHT QUESTIONS

I searched for the truth for so long. I know the truth is in You. I know that. Thirty-three years I've searched for someone who really speaks the truth and doesn't bend the truth.

Truth is the most joy-giving thing.

I mean it is joy. Truth is joy and that is beauty, satchitanand.

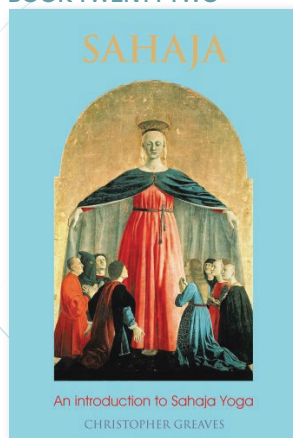
It is not a harsh thing. Truth is not harsh. People think truth means harsh stuff. No, it is not. It is the most beautiful thing. It is the most delicate thing. It is a very subtle thing and it is the most joy-giving thing. It is the truth that, when it ripples, see when it pulsates, then you get the joy.

The pulsation of truth is joy. It is not harsh. It is extremely kind, compassionate.

The love of God is truth. They say, "God is love and love is God," but people do not understand what does that mean.

Truth is silent. It does not speak. It just works. Start getting the cool breeze in your hand and go into meditation, breeze-like.

BOOK TWENTY-TWO



Sahaja: ***An Introduction to Sahaja Yoga***

CHRISTOPHER GREAVES

paperback and ebook 244 pages

introduction to Sahaja Yoga

meaning

For a long time, as long as I can remember, I used to wonder what this life was for. And what was I? What was my meaning? What was this world in which we found ourselves?

In short, I was a seeker.

Sahaja is an introduction to Sahaja Yoga written at the request of Shri Mataji.

I went to a party the other night. The time passed pleasantly enough while we ate the food provided and made the sort of bland inconsequential conversation that you make at such events. Then the atmosphere changed.

Somebody raised a contentious, political issue connected with foreign affairs.

Our host – a professor of politics – delivered his verdict. Then I said my bit.

There was a pause.

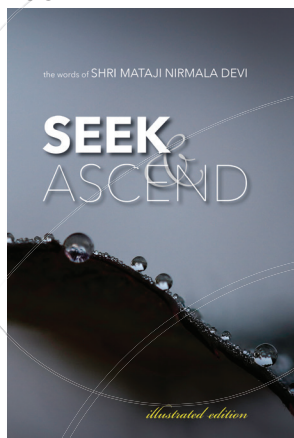
‘Well, you’ve certainly changed your tune,’ the professor exclaimed with a hint of displeasure. And then he referred to – and, to my surprise, even managed to quote – one of the typically rabbleroising statements I had liked to make back in our student days.

‘In some ways, yes, perhaps I have changed,’ I agreed. ‘But I don’t think I have changed that much – not in the way you mean. In fact, my real concerns have always been the same.’

Before I could explain how and why that was so, however, some other people joined us, the conversation took a different turn and, as so frequently happens, the opportunity passed. In any case, the background din of middle-of-the-road rock music and the let’s-keep-it-uncontroversial chitchat of the well-to-do guests were scarcely conducive to the theme I had in mind.

But if I’d had the chance to finish what I’d wished to say, I would have said something like this . . .

BOOK TWENTY-THREE



Seek & Ascend

the words of SHRI MATAJI NIRMALA DEVI

illustrated paperback 83 pages

text only paperback 103 pages

and ebook

Divine Cool Breeze Book 21

introduction to Sahaja Yoga

seekers

Seekers are that special category of people who are aware that they have to seek something more than material well-being or power or the so-called pleasures of life.

There is a special category born out of the people who have had this seeking before they came on this Earth. They worked it out and today they are ready to receive the knowledge.

This book is a welcoming message to those seekers of truth.

Seek & Ascend is a book about seeking, the quality of that special category of human being who is a spiritual seeker.

SEEK & ASCEND

In the Sanskrit language, a bird is called a dvijaha and a brahmin is called a dvijaha. *Brahmin* means the one who has known the Brahma. Brahma is the divine power of the love of God.

It is just love.

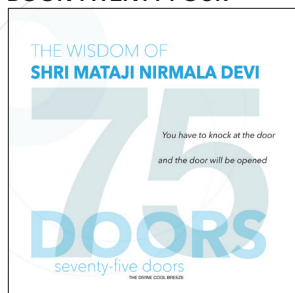
Love is knowledge and love is joy. When the whole being, the attention of your being, is filled with this love, you just become the joy. You just talk with joy and every throbbing of yours is love. And that love gives you the knowledge of others. If you purely love somebody, then you know everything about that person. But when it is pure love, you just know. It becomes subjective, absolutely subjective because you become the subject of love. You know everything about everyone and everything is known through its essence. When you get this Realization, all your body, mind, everything gets integrated and whatever you do emits joy.

Now this is all too fantastic for you. I know it is too much – much too much for you. But you should know that it is the most important thing. It is the only thing that you have to achieve. Do not go in for useless miracles. Ask for the miracles of your Spirit. When the Spirit manifests, you will be amazed how beautiful you feel and how beautifully you work it out because you have found out your whole. You have found out your destination. You have reached your goal.

We have to get the real within us. We have to know ourselves fully. It has to happen.

This is for people of that calibre who are seeking reality.

BOOK TWENTY-FOUR



75 DOORS: *The Wisdom of Shri Mataji*

the words of SHRI MATAJI NIRMALA DEVI

paperback 96 pages

Divine Cool Breeze Book 18

opportunity

*One should know this is the greatest of greatest
opportunity for you, not for the Divine.*

*For yourself, understand what is written, what is said.
And try to relate it to your wisdom. And then you will
know.*

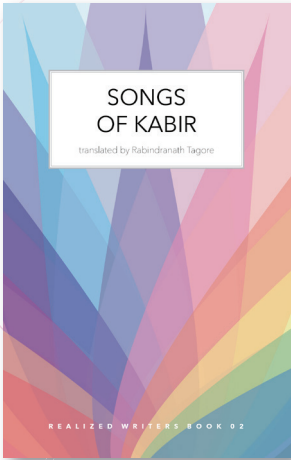
It is such a beautiful life just waiting at your door.

75 DOORS is the advice and wisdom of Shri Mataji presented as seventy-five opportunities for spiritual ascent.

We are here to give joy and happiness to everyone, to make everyone happy. When you make them happy, you feel that joy within yourself. A ripple moves and moves to the end of the shore and then from the shore it returns back to you. In the same way, when your joy reaches the joy of others, then the ripples that come up make a beautiful pattern of your life. Just think of such situations where you did something good to others, been very nice to others and then you found the joy in that person and how that joy came back to you. Think of that pattern that you felt so subtly in your life, how it is built-in. Whenever you think of that time or that moment or that area, the whole picture comes to you. You think, "What a time!" But that time is eternally within you all the time.

There is no other way out. *Vraja* means the one who is twice-born, like a solid personality. When you are solid, then you must dedicate. When you are perfected, then you must dedicate. It will help you to get out of the mire and then it will help the great cause. No one understands why Mother is trying to help us. They think She is too generous. I am not. I have a lot of common sense because you are the ones who are capable of manifesting God's joy on this Earth. You are the flutes who are going to play the melody of God. You are going to be used and maneuvered by God. I am doing all this to perfect you to be the most beautiful instrument of God, to be the right instrument of God. I do not know if you understand how sweet and beautiful a life it would be.

BOOK TWENTY-FIVE



Songs of Kabir

translated by RABINDRANATH TAGORE

paperback 120 pages

Divine Cool Breeze Book 4

realized writers series

Love

Hang up the swing of love to-day!

*Hang the body and the mind between the arms of the
Beloved, in the ecstasy of love's joy:*

*Bring the tearful streams of the rainy clouds to
your eyes, and cover your heart with the shadow of
darkness:*

*Bring your face nearer to His ear, and speak of the
deepest longings of your heart.*

*Kabir says: "Listen to me, brother! bring the vision of
the Beloved in your heart."*

Songs of Kabir is a collection of one hundred poems by Kabir, translated with grace and insight by Rabindranath Tagore.

SONGS OF KABIR

O servant, where dost thou seek Me?

Lo! I am beside thee.

I am neither in temple nor in mosque: I am neither in Kaaba nor in Kailash:

Neither am I in rites and ceremonies, nor in Yoga and renunciation.

If thou art a true seeker, thou shalt at once see Me: thou shalt meet Me in a moment of time.

Kabir says, "O Sadhu! God is the breath of all breath."

O friend! hope for Him whilst you live, know whilst you live, understand whilst you live: for in life deliverance abides.

If your bonds be not broken whilst living, what hope of deliverance in death?

It is but an empty dream, that the soul shall have union with Him because it has passed from the body:

If He is found now, He is found then,

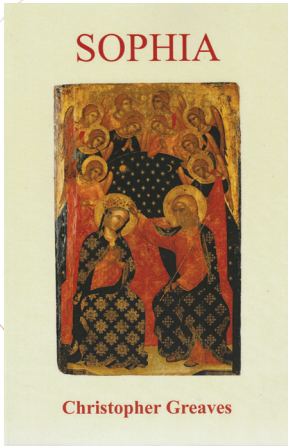
If not, we do but go to dwell in the City of Death.

If you have union now, you shall have it hereafter.

Bathe in the truth, know the true Guru, have faith in the true Name!

Kabir says: "It is the Spirit of the quest which helps; I am the slave of this Spirit of the quest."

BOOK TWENTY-SIX



Sophia

CHRISTOPHER GREAVES

paperback and ebook 232 pages

fiction

raga

The story of Lord Jesus can be likened to a raga.

*We know its overall form well enough, yet its style,
its mood and emphases will vary each time it is told.*

*And as with a raga, its rendition should be poetic.
It should, if possible, be lyrical.*

*Otherwise, if this story is just told prosaically,
the result will be prosaic.*

Sophia is a retelling of the story of Jesus through the eyes of an old man, a disciple of John, remembering.

There is a well in my garden whose water is sweet and refreshing, yet few are those who care to drink from it. They have sources of their own with which they are content, though to the palate their water is stale and in summer unwholesome. Still, they are used to it. It is what their parents drank, it is what their parent's parents drank, it is all they know.

I tell my neighbours of the water in my well, how sweet it is, how it quenches the thirst, but with a shake of the head or a smile they turn aside. I see how they regard me: as an old man lost in memory, speaking old men's words and thinking old men's thoughts.

And it is true: it is dusk or later in the life of my body. Infirm, my hair grown white, my burned skin sore, I lean where I used to stand and stumble where I used to walk. On the Lord's day young men of our faith come to bear me on a litter into Ephesus, to the church of our Mother, for prayer and thanksgiving. In mirrors, in silver, in water, I catch sight of my face and think, 'Surely that is the face of a stranger'. It is lined and worn and alien. It is something I wear, like the face I had when I was born. Then it was as a mask, inexpressive, but I learned to use it and grew into it and took the part of it; now again it turns into a mask. When I see it I think: I am not this, nor is this I.

BOOK TWENTY-SEVEN



Spirit is the Goal: the Only Eternal Thing Within Us

the words of SHRI MATAJI NIRMALA DEVI

paperback and ebook 62 pages

Divine Cool Breeze Book 31

goal

*This is the situation in which we are, so we have to arise
to the occasion and achieve our goal.*

*Lives after lives it goes on. Then you are born in modern
times when I am here.*

Now your only strong desire is to become the Spirit.

Spirit is the Goal is an explanation of the importance of the Spirit garnered from the words of Shri Mataji Nirmala Devi spoken between 1977 and 1998.

SPIRIT IS THE GOAL

The Spirit is the only eternal thing within us. All the rest are transitory and evolutionary.

What is yoga? In simple words, it is taking your attention to the Spirit. This is yoga.

What does the Kundalini do? She raises your attention and takes it to the Spirit.

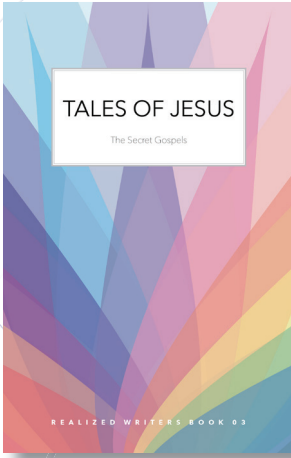
Only after knowing the Spirit, can you know God, not before that. That is why all religions have failed.

The attention has to be on the Spirit and that cannot be there unless and until something happens within you. Those who have been seeking that attention, those who have been asking, "Oh Lord, keep my attention on God and on seeking" are the people who are going to be blessed.

All the falsehood of the world is an intoxication because if it was not intoxicating or hypnotizing, why do people carry on with it? When you know it is falsehood, why should you carry on with it? Of course, you can play with it. That is a different thing, just to play like children. They build everything in the sand. They will build a big castle and they will make a house and they will make a cowshed and everything. And then they just break everything, take it out, clear out the whole thing. They know it is just a play they have done. They are conscious of it.

If this consciousness is there, then one should say that such people are seekers. That is the category of seekers: they are not satisfied with falsehood and they want to find the truth.

BOOK TWENTY-EIGHT



Tales of Jesus: The Secret Gospels

THOMAS DIDYMOS JUDAS, THOMAS ISRAELITE
and WILLIAM BLAKE

paperback and ebook 97 pages

Divine Cool Breeze Book 5

realized writer series

courage

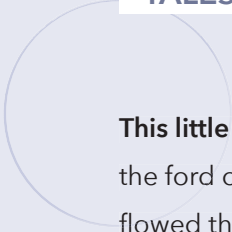
*And it came to pass then, when the disciples saw this,
that they feared exceedingly, and were in agitation.*

*Then Jesus, the compassionate and tender-hearted,
when he saw his disciples, that they were in great
agitation, spake with them, saying:*

"Take courage. It is I, be not afraid."

Tales of Jesus is drawn from five sources: *The Gospel of Thomas*, *The Infancy Gospel of Thomas*, *Pistis Sophia* and two poems by William Blake.

TALES OF JESUS



This little child Jesus when he was five years old was playing at the ford of a brook: and he gathered together the waters that flowed there into pools, and made them straightway clean, and commanded them by his word alone.

And having made soft clay, he fashioned thereof twelve sparrows. And it was the Sabbath when he made these things. And there were also many other little children playing with him.

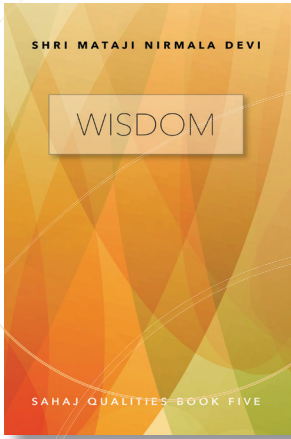
And a certain Jew when he saw what Jesus did, playing upon the Sabbath day, departed straightway and told his father Joseph: Lo, thy child is at the brook, and he hath taken clay and fashioned twelve little birds, and hath polluted the Sabbath day.

And Joseph came to the place and saw: and cried out to him, saying: Wherefore doest thou these things on the Sabbath, which it is not lawful to do?

But Jesus clapped his hands together and cried out to the sparrows and said to them: Go! and the sparrows took their flight and went away chirping.

And when the Jews saw it they were amazed, and departed and told their chief men that which they had seen Jesus do.

BOOK TWENTY-NINE



Wisdom: ***Sahaj Qualities Book Five***

the words of Shri Mataji Nirmala Devi

paperback and ebook 88 pages

Divine Cool Breeze Book 32

to see

So this is wisdom: to see things in the right perspective.

That is what should come into everyone spontaneously.

When that comes in, you become a complete personality.

Wisdom is a collection of forty-three passages in which Shri Mataji speaks about the nature and power of wisdom.

Wisdom only comes through understanding what wisdom is.

You might find somebody extremely wise. He may be your servant, maybe your driver, maybe anyone and you are amazed how such a person can be so wise. It may be from his last life he has got it within him or he has gone into it and he found it.

It is not the estate of one person. It is not the property of one person, but it can belong to many of them.

The Sahaja Yogi is the one who has to have that wisdom. "Why I am doing this? What is the need to do it?" They do not have to ask any questions. They just do not do wrong things. They are always on the right path. That is the sign of a Sahaj Yogi, I believe. That is the blessing of the Goddess.

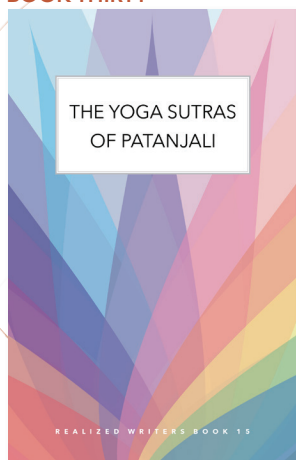
If there is the power of the Goddess working in you, you will have the wisdom to work it out.

Wisdom is a thing that gives you, first of all, complete peace.

If your wisdom is developed, then you become very peaceful because whatever people may say, whatever they may do, whatever aggression they may do, whatever it is – you are peaceful.

You see the stupidity of the people of the other nations and you understand why they are doing it.

BOOK THIRTY



The Yoga Sutras of Patanjali: The Book of the Spiritual Man

PATANJALI

paperback and ebook 128 pages

Divine Cool Breeze Book 27

realized writers series

communion

*To the pure of heart come also a quiet spirit,
one-pointed thought, the victory over sensuality and
fitness to behold the Soul.*

*From acceptance, the disciple gains happiness
supreme.*

*The perfection of the powers of the bodily vesture
comes through the wearing away of impurities and
through fervent aspiration.*

*Through spiritual reading, the disciple gains
communion with the Divine Power on which his heart
is set.*

The Yoga Sutras of Patanjali is both a guidebook and sacred text describing the steps required to experience the truth of the Spirit.

THE YOGA SUTRAS OF PATANJALI

By sympathy with the happy, compassion for the sorrowful, delight in the holy, disregard of the unholy, the psychic nature moves to gracious peace.

Or peace may be reached by the even sending forth and control of the life-breath.

Faithful, persistent application to any object, if completely attained, will bind the mind to steadiness.

As also will a joyful, radiant spirit.

Or the purging of self-indulgence from the psychic nature.

Or a pondering on the perceptions gained in dreams and dreamless sleep.

Or meditative brooding on what is dearest to the heart.

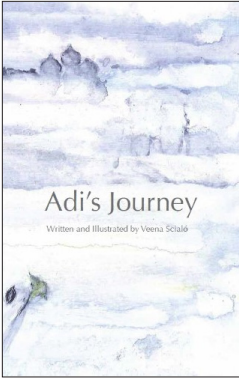
Thus he masters all, from the atom to the Infinite.

When the perturbations of the psychic nature have all been stilled, then the consciousness, like a pure crystal, takes the colour of what it rests on, whether that be the perceiver, perceiving, or the thing perceived.

When the consciousness, poised in perceiving, blends together the name, the object dwelt on and the idea, this is perception with exterior consideration.

A great portrait painter pierces to the soul of him whom he paints, and makes that soul live on canvas.

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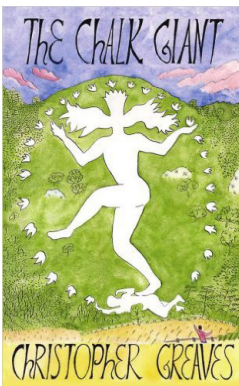
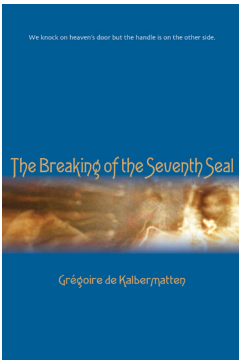
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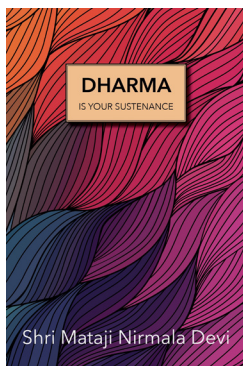
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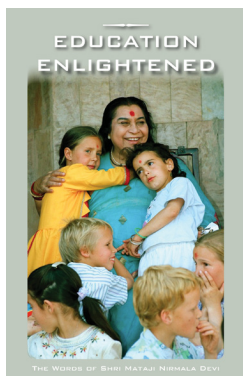
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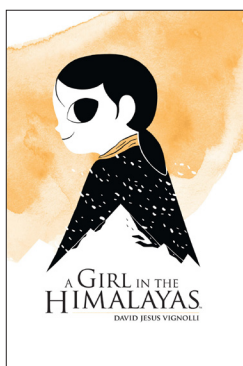
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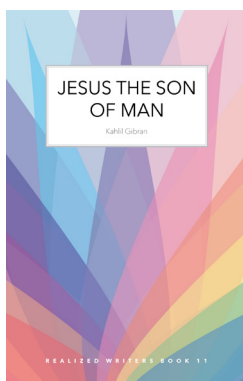
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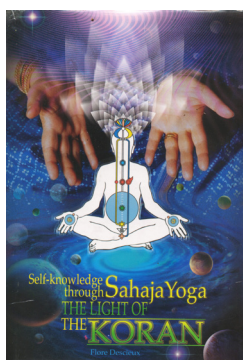
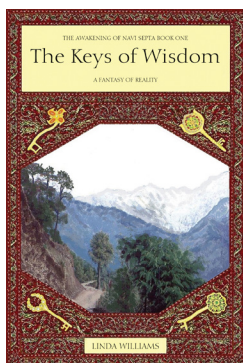
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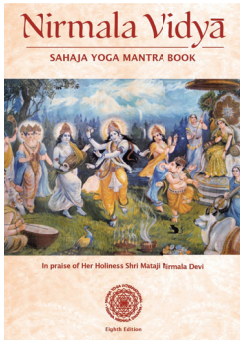


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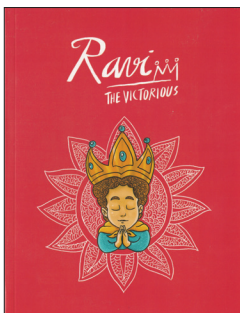
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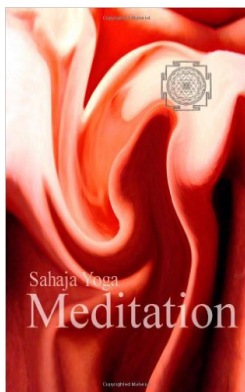
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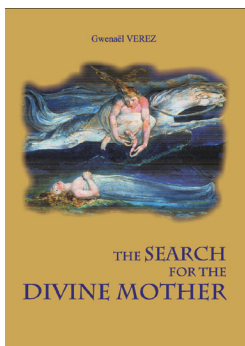
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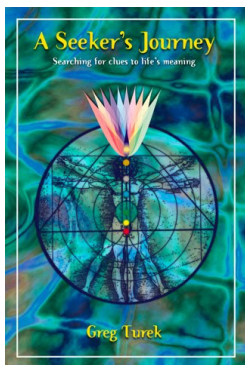
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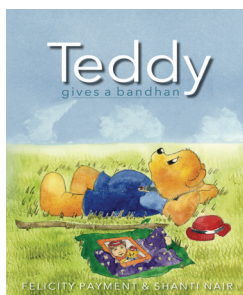
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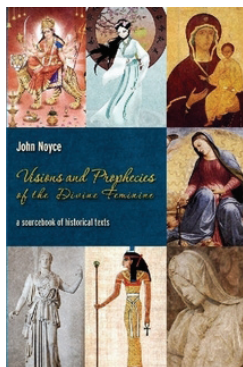
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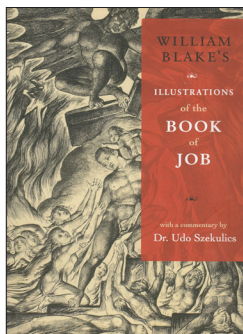
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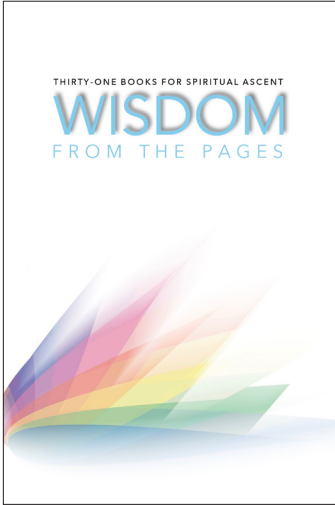
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