

SAHAJA YOGA
A GUIDE FOR PARENTS, TEACHERS AND STUDENTS

SAHAJA YOGA

**Guide Book
For Parents, Teachers and Students**

From the Teachings of
Her Holiness Shri Mataji Nirmala Devi
compiled by Hema

HOW THIS BOOK CAME TO BE

International Sahaj Public School started in spring 1992 with the first group of children moving from Vashi to Dharamsala.

Early 1993, at the beginning of the new school year, Shri Mataji advised that Sahaja Yoga should be taught as an official subject at ISPS and a textbook was to be prepared for that purpose.

With the joyful participation of all members of the ISPS collective and – most notably – of the Sahaj students the *Guide for Parents, Teachers and Students* took shape during the school year and was presented to Shri Mataji at Christmas Puja in Ganapatipule in December 1993.

Shri Mataji released the book and it was printed in Mumbai in 1994. Copies were distributed to all staff and students in ISPS and it became the textbook for the school curriculum.

To the best of my knowledge, *The Guide* is the first schoolbook on Sahaja Yoga.

Layout and diction are far from perfect and reflect the limited IT facilities of the early 1990s, but, more than that, it reflects Her Children's love and devotion to Our Holy Mother.

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**....."The knowledge part of Sahaja Yoga
is very easy.
Anybody who is intelligent enough can read
about the Chakras and give lectures.
But it is compassion and knowledge,
hand in hand,
that make a Sahaja Yogi....
The combination of these two actually emits
vibrations."**

H.H. Shri Mataji Nirmala Devi
The Essence of Self-Respect, 27.5.1989



INTRODUCTION

Realised Souls are born with the innate knowledge about the Subtle System. Little Laxmi, five years old, may not be able to describe the location of the Heart Chakra but she will spontaneously put her right hand on the centre heart of her friend who catches in sudden fright and, after a while and with a very compassionate smile, say: "Better now?" and then go and play with her.

As children grow in age, teachings in Sahaja Yoga aim at making them aware of their knowledge, the powers they already have, and putting them at a level of consciousness where it becomes tangible and a very practical experience.

Thus, senior students may take up Sahaja Yoga as a regular subject of their studies. Every month is dedicated to the collective clearing of one chakra,

starting with Mooladhara at the beginning of the School year and ending with Sahasrara and Our Holy Mother's 108 Names at its end.

Monthly tests treat Sahaja Yoga like any other scientific subject with a question and answer paper. Students in higher classes are given the chance to develop their own inner vision of the chakra.

Parallel to their studies students have to experiment and practice Sahaja knowledge. The information received has to be transformed into a living experience, the values taught should become part and parcel of the character of the child and build up dignity and self-respect.

Here are some suggestions how the lessons may be accompanied and supplemented by various activities.

Morning and evening Meditations based on the corresponding Chakra:

Perform little Pujas to awaken the qualities of the Deity in us.

Use all relevant Sahaja Techniques to clear out problems.

Focus collective attention on the qualities to be manifested ("Motto of the week")

Silent introspection to become aware of weaknesses ("How was my day?").

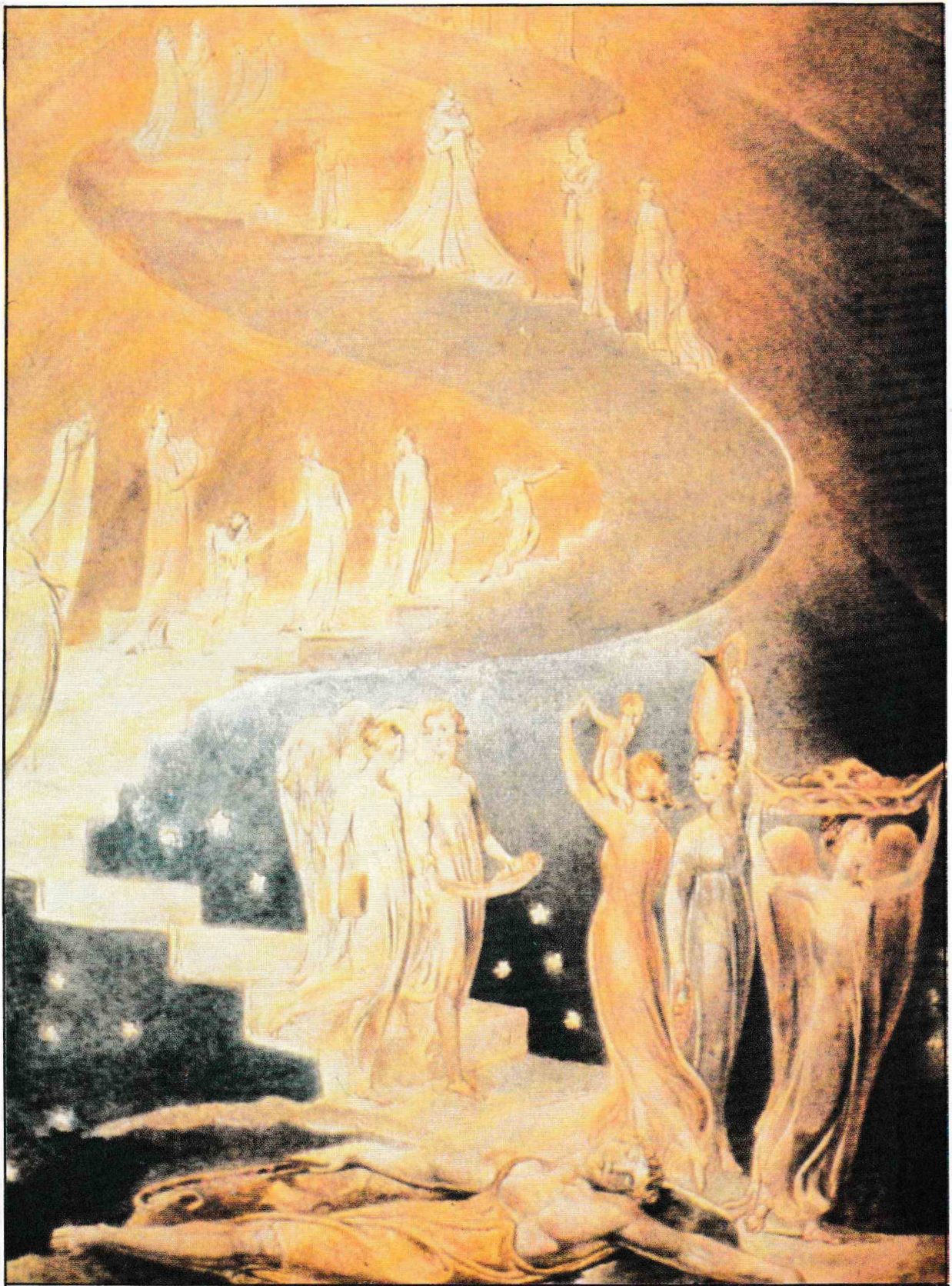
Regular working on each other develops our vibratory awareness, our sincerity and confidence in the use of our subtle system

Extracurricular activities,

1. Drawing the picture of the corresponding Deity (Class room exposition) and learning their names makes them come alive in our vision.
2. New songs and prayers enlighten divine aspects in us.

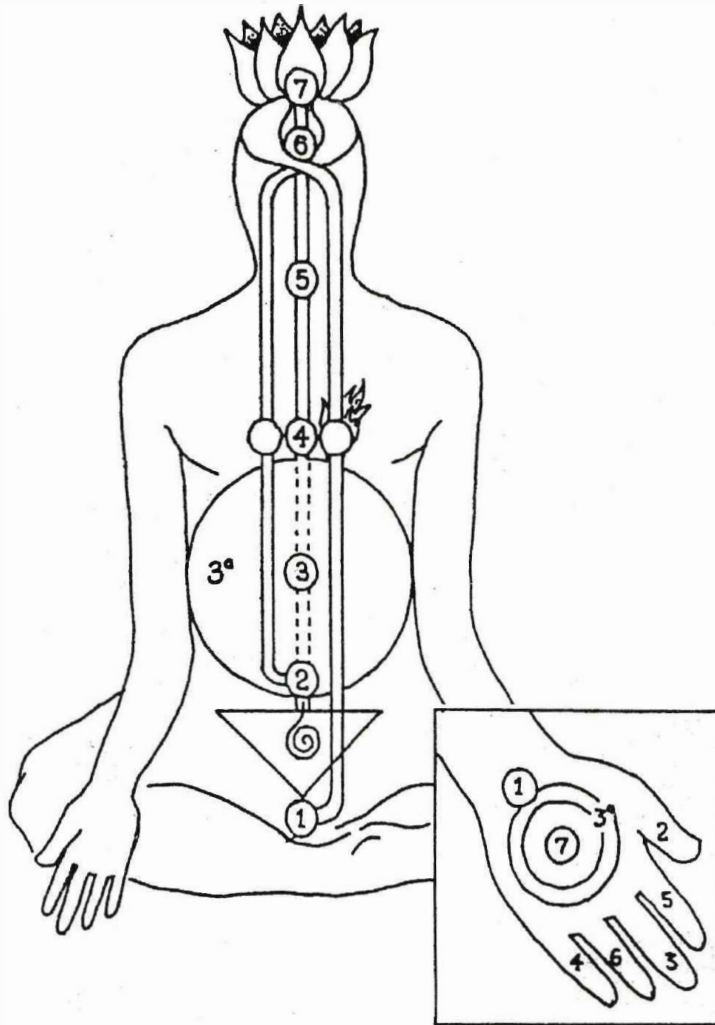
3. Children love to stage plays on the life of Deities, and may even write their own script and be guided to develop purity and genuineness in expression.
4. Going to the source, that is hearing and watching Shri Mataji's Puja Talks is essential for our growth. Yet, according to the age, the length of it should be such as to make it an enjoyable experience.
5. Even "big" Pujas for the collectivity may be prepared and led by the students themselves, including decoration, prasad, musical arrangements, reading of the Holy Names in Sanskrit and all offerings during the Puja.
6. Senior students teach and guide their little brothers and sisters in meditation and all Sahaja Techniques.

*May the Beauty and
Fragrance of Our Holy
Mother's Teachings unfold
to Her Children!*



THE SUBTLE SYSTEM

The Chakras



7. Sahasrara
6. Agnya
5. Vishuddhi
4. Heart
3. Nabhi
2. Swadhistana
1. Mooladhara

The Nadis:

Ida Nadi (left)

Pingala Nadi (right)

Sushumna Nadi (centre)

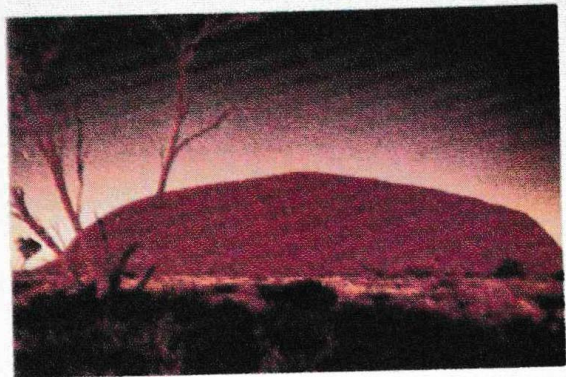


MOOLADHARA CHAKRA

| | |
|--------------------------------|---|
| Petals: | 4 |
| Deities: | Shri Ganesha Shri Kartikeya |
| Symbol: | Swastika |
| Element: | Earth |
| Colour: | Coral red |
| Day: | Tuesday |
| Planet: | Mars |
| Country: | Australia |
| Gemstone: | Coral |
| Physical Aspect: | Excretion Reproductive Organs |
| Qualities: | Innocence Wisdom Purity Holiness (Auspiciousness) |
| Plant: | Hibiscus |
| Fruit: | Coconut Pomegranate |
| Swayambhus: | Ayers Rock (Uluru) in Australia Matterhorn in Switzerland Asta Vinayakas, Maharashtra, India Ganapatipule in India |
| Problems of Mooladhara: | Diarrhoea (left side) Constipation (right side) |



Mars



Earth



Coral



Description of Shri Ganesha:

He has one tusk, four arms and is holding a noose and goad. With one hand He is giving blessings. He is red in complexion, has a big belly and ears like winnowing fans. He wears red clothes and smears red coloured fragrant paste on His body.

He is worshipped with red flowers.

He is fond of pomegranates.

His most favourite sweet is Laddhu.

His vehicle is a little mouse.

He eats substantial food (like dried fruit) and we can please him by offering him fruit and sweets. We can also please him by offering anything we eat to him too: "Shri Ganesha, I offer this dish to you too!"

Description of Mooladhara Chakra:

The Mooladhara Chakra is placed below the Kundalini at the base of the spine.

"Moola" means "root", the Mother energy within us, and "adhara" means "support". Thus the Mooladhara Chakra provides support and protection for the roots, the Kundalini and our whole subtle system.

It is also the base of our left side.

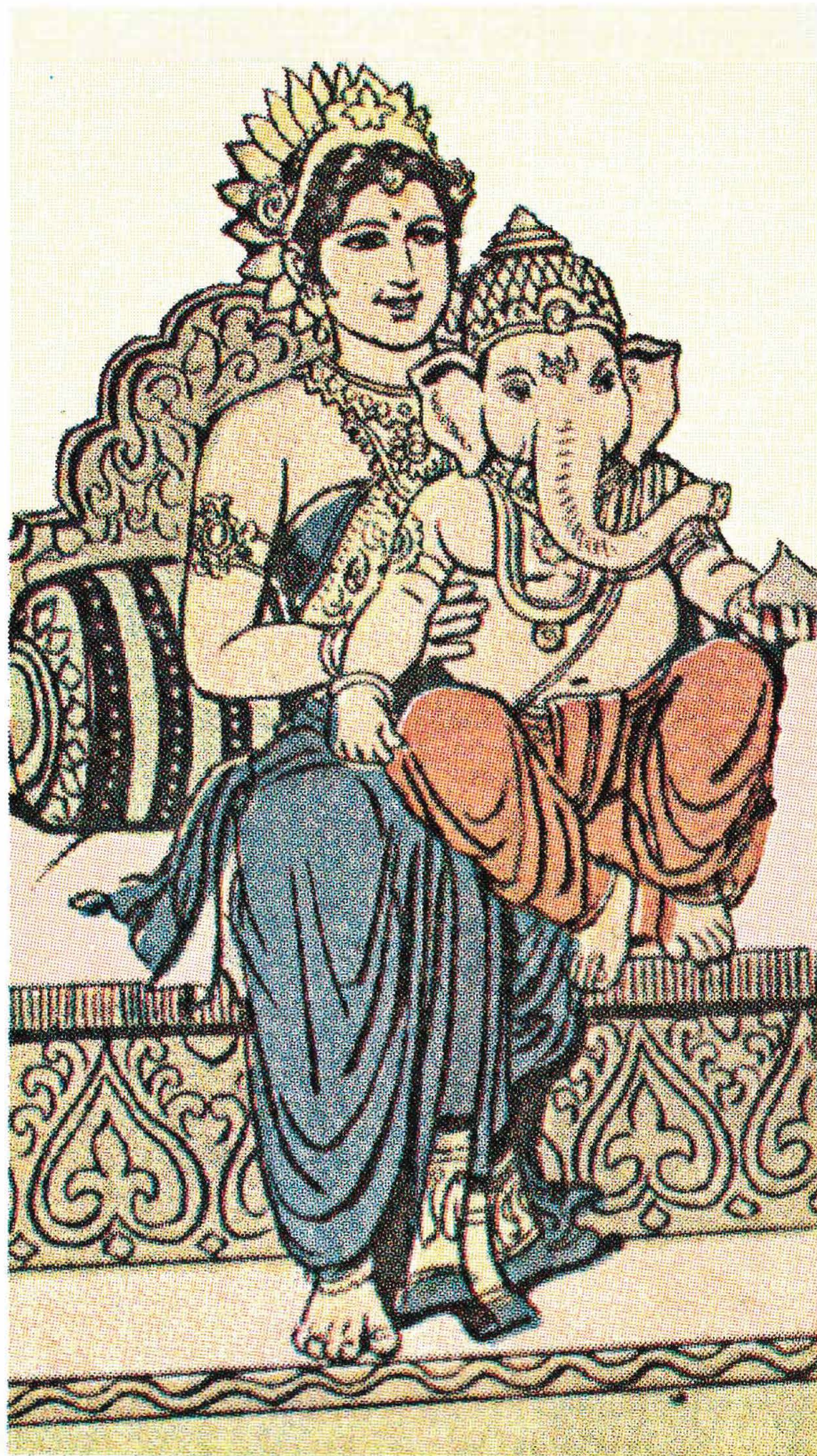
How to keep our Mooladhara Chakra clear:

1. We have to keep our body clean and observe a proper hygiene.
2. Keep our eyes and thoughts pure.
3. Keep our eyes on mother earth when walking; best see things at 3 feet height.
4. Never disturb Shri Ganesha in our Chakra.

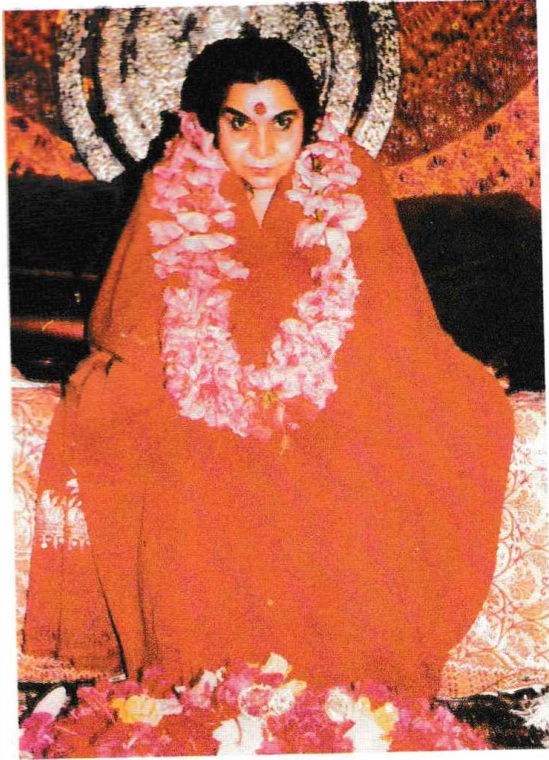
How to clear problems of Mooladhara:

The first and most important thing to clear out any Chakra and keep our subtle system all right is to **meditate regularly every day morning and evening.**

1. Sit on mother Earth.
2. Take Ganesha mantra.
3. Put right hand on mother Earth and say Ganesha Atharva Sheersha.
4. Put left hand towards candle and put right hand on the ground.
5. Do Puja to Shri Ganesha.



SHRI GANESHA



There was once a beautiful Goddess called Shri Parvati. She was married to the great God Shri Shiva, and they lived very happily together in their abode in Mount Kailash.

One day Shri Shiva went out leaving his wife Parvati alone in the Palace. While he was away she decided to have a bath. She asked Nandi, Shri Shiva's attendant, to guard the gate during her bath and let no one enter.

But when Shri Shiva returned Nandi let him enter the palace. So Shri Parvati decided to have somebody who would owe allegiance to her alone.

From the sandal paste she applied to her body before bathing, she formed the figure of a little boy, decorated it and brought it to life. She named him 'Ganesha' and called him her son.

"Ganesha", she said, "go and guard the palace while I take my bath and let nobody enter without my permission". Ganesha smiled, took his club, and bravely stood guard outside the palace.

Shortly afterwards Shri Shiva returned to the palace and, to his great surprise, found his way blocked by Ganesha. At first he tried to persuade the little doorkeeper to let him in. Then he threatened the boy, but

Ganesha stood firm. Angry Shri Shiva turned away and called his Ganas to deal with this boy. "Go and teach this young man a lesson", he ordered, "show him that I must be obeyed".

Shiva's Ganas fought against Ganesha, but, using all the powers his mother had given him, he drove them away in terror. Shri Shiva was very angry now and a fierce battle followed in which all Gods and Devas tried to defeat Ganesha. But the valiant boy resisted all onslaught. Finally, Shri Shiva, helped by Shri Vishnu, cut off the boy's head and Ganesha fell dead on the battle field.

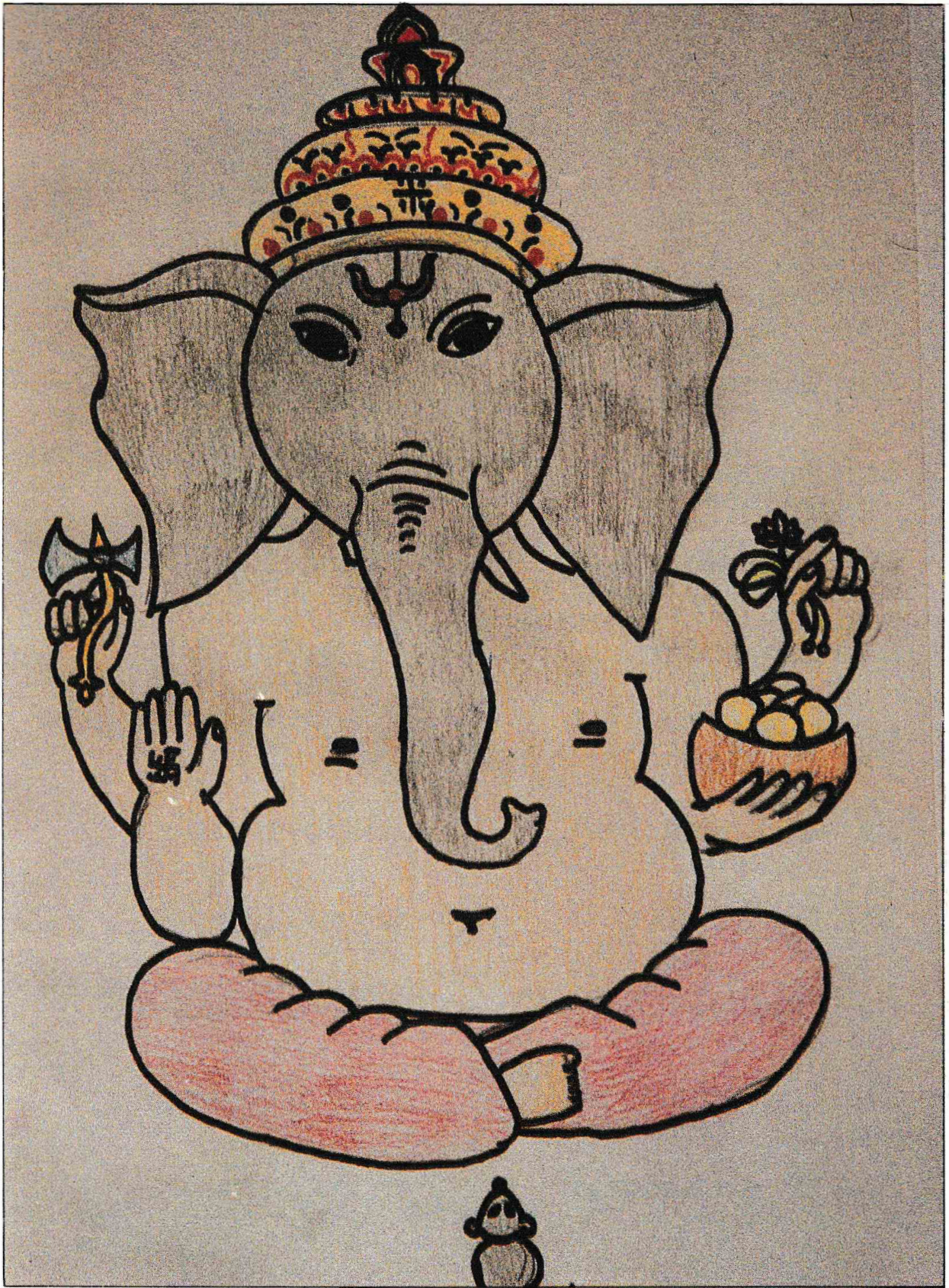
When Shri Parvati learned what had happened she became furious and out of her came ferocious Shakties that started devouring everything. The frightened Gods implored

Shri Shiva to appease Shri Parvati. Shri Shiva sent them northwards and told them to bring the head of the first living creature they met.

The first animal they found was an elephant. So they cut off its head and brought it to Shri Shiva. Shri Shiva immediately attached the elephant's head to the boy's body and Ganesha came back to life.

Shri Parvati was delighted and embraced and hugged Ganesha. "Since I gave him back his life he is now my son too", said Shri Shiva. "As a mere boy he has shown so much valour that hence forward he shall be the Chief of all my Ganas".

There was great joy in the heavens and all Gods and Devas started rejoicing and showering rose petals on the Holy Family.

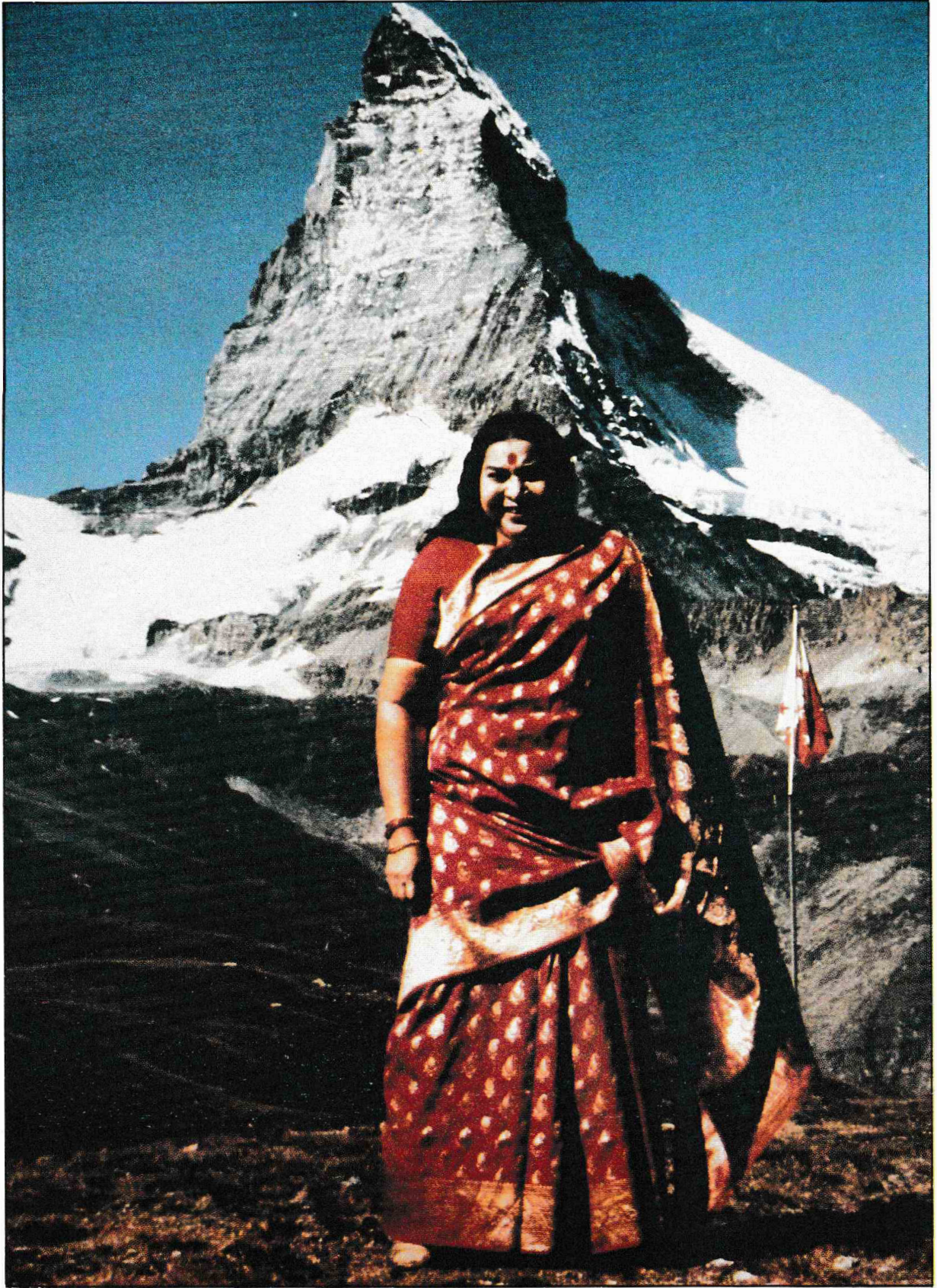


The 12 Holy Names of Shri Ganesha

| | |
|--------------------------|------------------------|
| Shri Sumukha | having good face |
| Shri Ekadanta | having one tusk |
| Shri Kapila | eternal |
| Shri Gajakarnaka | having elephant's ears |
| Shri Lambodar | big-bellied |
| Shri Vikata | huge |
| Shri Vighnanasha | destroyer of obstacles |
| Shri Ganadhip | leader of Ganas |
| Shri Dhoomraketu | grey-bannered |
| Shri Ganadhyaksha | chief of Ganas |
| Shri Bhalachandra | moon on forehead |
| Shri Gajananah | elephant-faced |

Places of Shri Ganesha near Pune

1. **Moragoan** - Moreshwar Ananayak
2. **Siddatek** - Siddeshwar
(30 miles from Pune)
3. **Pail** - Balleshwar (village)
4. **Madh** - Varod Vinayak
5. **Thewr** - Chintamarni
6. **Lenyadri Girijatmaka** - son of Adi Shakti
7. **Orar** - Vigneshwar
8. **Rarjongoan** - Maha Ganapati



Aarti to Shri Ganesha

Refrain:

Jai Deva Jai Deva
Jai mangala murti
Darshan matre man kamana
purti
Jai Deva Jai Deva

Sukha karta dukha harta varta
vighnachi
Noorvi poorvi prem krupa jayachi
Sarvangi sunder ot shendurachi
Kanthi jhalke mal mukta falanchi

Ratna kachita fara tuza Gauri
Kumara
Chandanachi uti kumkum
keshara
Hiray jadita mukuta shoba tobara
Roon jhunti noopooray charni
ghagariya

Sarela soda vakra tunda
trinayana
Das ram acha vatpahe sadana
Sankashti pavave nirvani
rakschave survar vandana

Meanings:

Refrain:

Jai, You most auspicious one
Even by Your glance You fulfil
the desires in ours minds
Jai, You most auspicious one

You are the one who offers
happiness and removes sorrows
at the time of danger
You offer tender lots of love and
blessings
You have red paste on your body
and wear a pearl necklace.

The Goddess Gauri is present by
Your side
Bedecked with gems and
jewellery
The diamond studded crown on
Your head adds to Your
gracefulness
The anklets on Your feet make
heavenly music.

I always have in mind Your long
belly,
Your pitambar (silkdhoti),
Kundalini on Your stomach
Yours straight trunk, Your
innocent face with its three eyes
The servant of Shri Rama is
waiting for You in this house
(body)
Please protect us from calamities
and sorrow.
O Highest amongst Gods, we
bow to You.

GANESH STUTI

Meaning

Refrain:

I worship Ganesh who is the Son of Shiva and Parvati
Who has the sacred thread of a snake
Who is adorned with white robes and has the face of an
elephant.

O God, salutations to You who have one tooth and red
limbs and smoke-like eyes
And who fulfils all our desires and who verily is the
protector of devotees.

I.

I worship Ganesha who rides on a mouse
Who is pure and bright like millions of flames of fire
Like the glow (splendour) of the sun and like millions of
diamonds

Who is decorated with a net of beautiful designs of
colourful garlands

And also with the crescent moon on the forehead.
O Lord, salutations to You who fulfils all our desires
And who is the protector of devotees.

II

I worship Ganesha who is the past and the future
Who is oblations and who is worshipped by Bhrigu and
Bhargawa (Rishis)
Who has a divine army, who is the trap of death itself
Who is saluted by (all the eight) Lokpalas (protectors of
the world)
Who is Purna, Brahma and who is bright like the sun
The ancient (first) God.
O Shri Ganesha, salutations to You who fulfils all our
desires
And who is the protector of devotees.

III.

I worship Shri Ganesha who is the valour of the universe
Who performs various tasks, who is holy and pure,
Who is the destroyer and creator of the universe
Who is worshipped here and there (by yantra and tantra)
Who has four faces, four hands
And who is worshipped throughout the four ages.
O Shri Ganesha, salutations to You who fulfils all our
desires
and who is the protector of devotees.

PRAYER

I.

How can you buy the Sky
How can you own the Rain and the Wind
The Holy Spirit Shri Adi Shakti Mataji Nirmala Devi told me
This Earth is our Mother
This sea is our Father
Every River, every Valley, every Mountain
Reflects the all pervading Love of the Holy Spirit

II.

Shri Ganesha said to me
The Sap that courses through the Trees
Is the Blood that flows in my veins
I am born of the Mother Earth and you are a Part of Me
The sweet fragrance of Flowers is my parsada.

III.

The voice of Shri Brahma Deva said to me
The shining Water of the Ocean is not just water
But it is the Blood of your Grand Father's Forefathers
Each reflection in the clean waters of the Lakes
Tells the Story of Creation
The water's murmur is the sound of Eternity
The Rivers are goddesses that sustain life and bring
prosperity
We must respect the Rivers and keep them clean.

IV.

The voice of Shri Hanumana said to me
The Air is precious full of Prana and Ozones
The Wind that blows from Vaikuntha
Gives the first breath and also receives the last sigh
We must keep the Air pure and sacred
As a place where we can receive the cool wind of the Holy
Ghost

V.

When we are come and gone
Will the Holy Spirit still breathe in the Valleys and the
Mountains
Will the Holy Grail still visit the sea shores and the forests
The Earth does not belong to us
We belong to the Earth

VI.

The voice of Shri Adi Guru said to me
Teach your children the wisdom of Sahaja Yoga
The Earth is our Mother
What befalls the Earth befalls all the sons and daughters
of the Earth
Take warning
What will happen when the secret corners of the Forests
are gone

When the Mountain views are obscured by clouds of smog
When the waters of the Rivers are the colour of chemical
waste
When the Fish are choked and the Birds cannot breathe
In our zeal to build and possess
We may loose all that we have

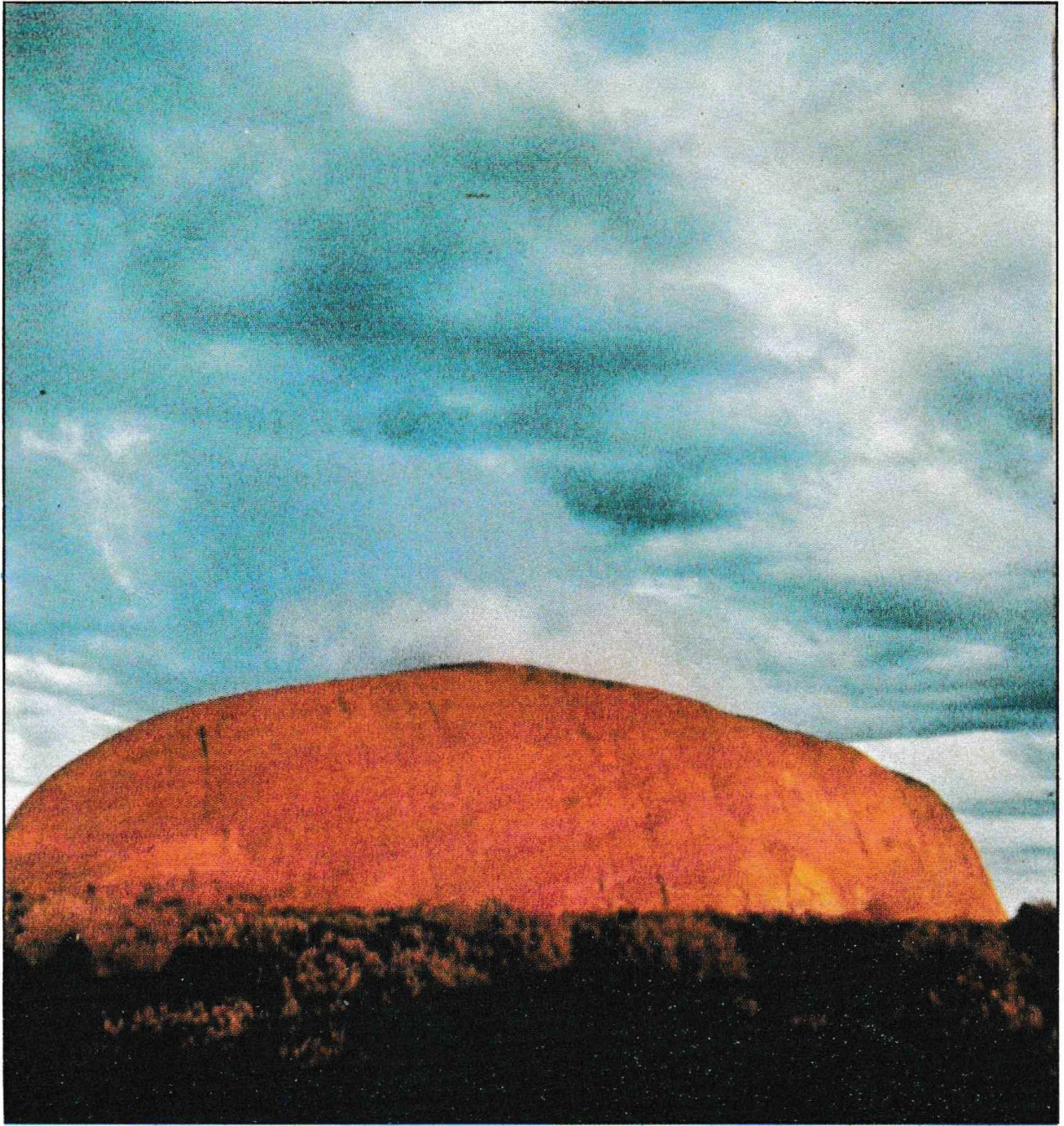
VII.

Shri Adi Shakti unites all things through vibrations
We did not create anything living
We only do dead work which can destroy us
Only Shri Adi Shakti does all the living work

VIII.

We all the Sahaja Yogis love this Earth
As we love our Divine Mother
We vow to preserve this Earth, the Air and the Rivers
In Glory of Shri Adi Shakti Shri Mataji Nirmala Devi
Who has given us our Rebirth.

JAI SHRI MATAJI



Notes on Ganesha Puja 1990, Austria

We are created in the same pattern as Shri Ganesha, by the mother only, by Shri Adi Shakti. All the beauty in us comes through the glow of Shri Ganesha. He is the Vice-Chancellor of all the Chakras, and if he is satisfied we need not worry about anything. The Kundalini is the Gauri, the virgin mother of Shri Ganesha.

Shri Ganesha took birth as Lord Jesus Christ. Christ has to be understood in the light of Shri Ganesha. He told people: "Thou shalt not have adulterous eyes". We should see, just see, without any reaction. That is the quality of innocence brought to life by Christ.

Ganesha is the eternal Child; he does not have ego and he doesn't have conditionings. We have to become eternal children. How? By raising our Kundalini and fixing it up

and by keeping our attention inside.

When we watch without thinking the truth comes forward, the inner beauty starts penetrating our vision and we can see it.

Shri Ganesha is awakened in all of us when we are born. All the animals have their Ganesha intact, especially the birds. They find their way from Siberia to Australia for example through their sense of direction which acts like a magnet. This 'magnet' is Shri Ganesha. The quality of Shri Ganesha gives us this magnetic personality by which we attract innocent and saintly people and automatically repel cunning and horrible people.

Never listen to anybody explaining his Mooladhara problems. If you sympathise with him you will just share his problems. Never support a wrong thing. If you really love and care for this person tell him to clear his Mooladhara (sit on Mother Earth,

meditate on Shri Ganesha, take mantra, say Ganesha Atharva Sheersha, use candle).

Never allow your attention to go into all kinds of stories about Mooladhara catches. A bad Mooladhara is the wrath of Shri Ganesha and a sure way to hell.

Any sickness can start out of it:

Multiple sclerosis, AIDS, Cancer, Schizophrenia. Stupidity also comes from Mooladhara.

Only by awakening Shri Ganesha in us we will get wisdom. People who are wise don't take to stupid or merely sensational things.

Shri Ganesha looks after the children, sees to their development in the womb of the mother, the growing of the brain of the foetus, its nourishment and that we are born in the right time and in the right place.

Innocence is an eternal quality which can never be lost or destroyed.

May be our ego or our conditionings might have covered it like clouds cover the sky, but it is always there. But we should respect our innocence.

Shri Ganesha is the child of the Adi Shakti. She created him from the Omkara, the Logos, the first sound when Sadashiva and Adi Shakti separated for creation. That sound is used as Omkara which has all causals of all the elements on the right side, all the emotions of the left side and the power of ascent of the centre.

He is a very powerful deity. He is playful. He is not cruel, but if anything is done against the mother he punishes.

If we surrender to Shri Ganesha, he protects us, he gives us wisdom and a proper understanding of the protocol of the mother. he knows no other deity but Her and he knows that his mother is the most powerful deity of all - and we must imbibe his wisdom.

Prayer

Shri Ganesha be kind and merciful and forgiving

And please let the beautiful moonlight

Of Your soothing Quality of Innocence

Shine in our attention and

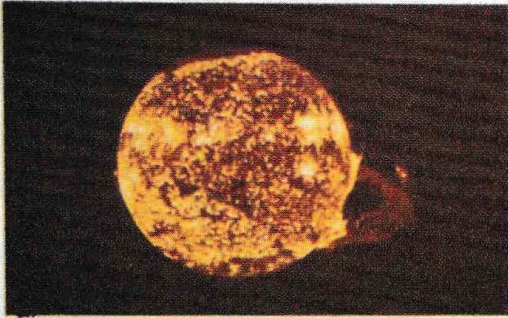
Be manifested through us."

Jai Shri Mataji

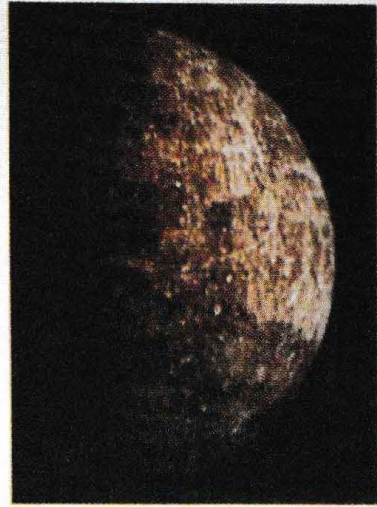


SWADISTANA CHAKRA

| | |
|---------------------------------|--|
| Petals: | 6 |
| Deities: | Shri Brahmadeva Saraswati Shri Lakshmana (right) Shri Nirmal Vidya (left) |
| Symbol: | Star of David |
| Element: | Fire |
| Colour: | Yellow |
| Day: | Wednesday |
| Planet: | Mercury |
| Country: | Germany (right) Africa (left) |
| Gemstone: | Topaz |
| Physical Aspect: | Parts of Liver, Kidney, Spleen Pancreas |
| Qualities: | Creativity Pure Knowledge Pure Source of Thinking , which is: Inspiration Aesthetics |
| Problems of Swadhistana: | Diabetes Childlessness |



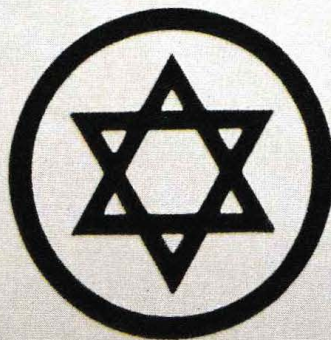
Fire



Mercury



Topaz



Description of Swadhistana Chakra

The Swadhistana Chakra is the second Chakra and it is located in the lower back area. It rotates around the Nabhi, thus giving sustenance to it and creating the area of the Void.

When the Kundalini rises first, it passes from its abode in the Sacrum Bone into the Nabhi, then it goes down the "cord" to Swadhistana and then comes back to Nabhi.

Functions of Swadhistana Chakra

Swadhistana and Nabhi Chakra work together to control the liver and internal organs.

The liver is one of the most important organs in our body.

1. The liver is the seat of our attention (chitta).
2. The liver cleans and purifies the whole body by

pulling out dirt and poisons.

3. The liver generates the energy for our thinking process. It brakes down fat cells in the abdomen and converts them into energy for the brain.
4. The Swadhistana Chakra is the starting point for our right side, for our power of action.

Problems of Swadhistana:

1. The "sin" of Swadhistana is anger.
2. Too much thinking and planning.
3. Drinking and taking drugs.
4. Artificiality and crude behaviour.
5. False knowledge and spirit communication.

Treatment for Swadhistana Chakra

Centre and right Swadhistana catch:

1. Put left hand towards Photo and right hand on Swadhistana to give vibrations.
2. Say Mantras:
 - Shri Lakshmana
 - Shri Chitta Shakti
 - Shri Himalaya (cooling)
3. Footsoak with cool or even cold (ice cubes) water for hot liver
4. Ice pack on hot liver
5. Shoebeat you anger and develop humility
6. Proper diet and good eating habits: Few fats, no fried food, little meat. Lots of sugar (sugar water)

Left Swadhistana catch

A left Swadhistana catch is either false knowledge or a spirit possession.

1. Stop indulging into false practises.
2. Shoebeat false Guru or possession in you.
3. Give vibrations and say mantras:
Shri Nirmal Vidya
Shri Shuddha Iccha (pure desire of God)
4. Footsoak with warm salt water.
5. Use candle:
 - Candle on left (back) Swadhistana
 - Candle next to left hand.Use camphor and give bandhans around Swadhistana.
6. Matka treatment.

SHRI SARASWATI

Shri Saraswati is the Goddess of learning, who invented the Sanskrit language and the Devanagiri script in which Sanskrit, Hindi and other Indian languages are written.

She is also the Goddess of arts, sciences and speech. Shri Saraswati presides over religious festivals, and grants the Earth and its people fertility, strength and wisdom.

Shri Saraswati is eternally young, tall and fair-skinned and has four arms. She sits elegantly on a lotus flower, playing a string instrument known as a veena, which she is said to have invented herself. At other times she is shown standing by the side of her husband, Shri Brahma, presenting him with a lotus in one hand.

In her other hand she holds a book of palm leaves, because she is the creator of writing. She also holds prayer beads which symbolise her devotion and humility.

In paintings Shri Saraswati is usually shown near a river, because she is the Goddess of rivers - the rivers of speech. Her vehicle is a peacock.

Shri Saraswati is the wife of the Supreme Spirit, Shri Brahma, and it is said that Shri Brahma grew three extra heads so that he could gaze at her wherever she was, so much did he love her.

Shri Brahma is the son of the Supreme Being. He is only concerned with creation, and he never destroys what he has created. He is dressed in white and rides a swan.

His heaven is described as being "800 miles by 400 miles and 40 miles high, and containing all the excellence of other heavens"



The 21 Names of Shri Brahmadeva Saraswati

Shri Buddhi

She is pure knowledge

Shri Maha Ahamkara

She controls the ego of the Virata

Shri Surya

She is the power of the Sun God

Shri Chandra

She is the power of the Moon

Shri Tattwa Swamini

She is the Goddess of all Elements

Shri Vayu Tattwa Swamini

She is the Creator of the Air element for breathing in the
human body

Shri Teja Tattwa Swamini

She is the Creator of the Light of the Spirit

Shri Apa Tattwa Swamini

She is the Creator of the Water element in the human body

Shri Prithvi Tattwa Swamini

She is the Creator of the Earth element in the human body

Shri Akasha Tattwa Swamini

She is the creative Power of the Cosmos

Shri Aneela Tattwa Ishwari

She is the Goddess of the cosmic air element

Shri Teja Tattwa Ishwari

She is the Goddess of the Cosmic Light element

Shri Jala Tattwa Ishwari

She is the Goddess of the Cosmic Water element

Shri Bhoomi Tattwa Ishwari

She is the Goddess of the Cosmic Earth element

Shri Hiranyagarbha

She is the life giving Power in Germination

Shri Pancha Tantra

She is the Controller of the five Principles of human Life

Shri Pancha Bhuta

She is the Creator of the five Elements

Shri Vishwa

She is the Creator of Universal Power

Shri Tejasmika

She is the Creator of the Light of the Spirit

Shri Prajanatmika

She is the Divine Genetic Force

Shri Turiya

She is the Giver of eternal Bliss

Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah

Saraswati Vandana



Ya Kundenu Tushara Hara Dhavala
Ya Shubra Vastra Vruta
Ya Vina Vara Danda Mandita Kara
Ya Shweta Padmasana
Ya Brahma Chuta Shankara
Prabhritibhir
Devai Sada Vandita
Samampatu Saraswati
Bhagavati
Nishesha Jadyapaha

Meaning

You are decorated with the snow white garland
You wear a white sari
You hold a veena in your hand
You reside in a white lotus
You are praised by all the deities
Including Shri Shiva, Vishnu and Brahma
You are adored by your devotees
Protect us
And destroy the ignorance

**Notes on
Maha Saraswati Puja
1992, Calcutta, India**

The work of Shri Saraswati is on the right side. When She works on the Swadhistana and when this goes on the left side then the sense of art grows. Like Bengal is very famous in every art field, in music, drama, sculpture and literature.

Art is the light of the Divine. You cannot see it but it has vibrations. Whatever is very beautifully created and recognised by all the people all over the world is aesthetically rich. If you put your hands towards it you will find vibrations flowing from them, especially if it is made by a realised soul. But there is a further state to reach, the union between Saraswati and Laxmi. In Sahaja Yoga

both meet at Agnya Chakra. To unite Kala (Art) with Laxmi we need a proper vision.

One of our greatest weaknesses is stubbornness. If we have made an elephant we will go on making elephants; if we sing in a particular way we will go on singing that way. That stubbornness does not let us go beyond Agnya Chakra. We have to find a balance.

The essence of truth is that we are all one, are a whole, are a totality.

When you go in opposition to it then you become individualistic and go on becoming more and more separate. It is true that one leaf does not resemble another but all of them are on the same tree. They are all part and parcel of the Virata. When we separate ourselves then the Saraswati Tattwa

which should become Maha Saraswati, does not.

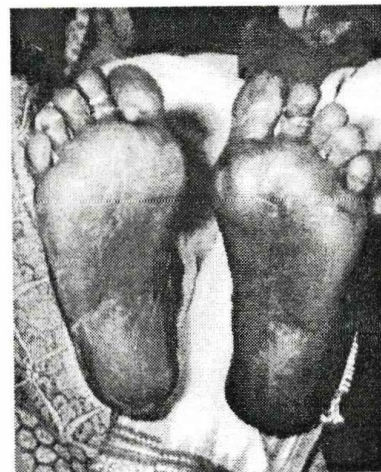
When you live in Maha Saraswati Tattwa you start seeing in your daily life that you are the whole, and that we are one.

So when an artist creates he makes some such things that one should accept from the heart. All the works that we do of Saraswati should be dedicated and surrendered to the Divine. If this happens then all such works will be immortal, all poems, music, all forms of art.

In the Vedas it is said that if you do not have the Vid (= knowledge) then what is the use of Vedas. They tried to awaken the Pancha Mahabhutas. As a result of it, science came into our country and the scientific research done here was much greater than the research which is being done today.

Through Sahaja Yoga we can also get the control of the Pancha Mahabhutas. But we have to have faith in ourselves and we have to work for it.

Loving our Holy Mother is fine, but we have to cross Agnya and go into Nirvichara, e.g. thoughtless awareness, from where we will get the inspiration from inside.



Jai Shri Mataji



NABHI CHAKRA

| | |
|---------------------------|--|
| Petals: | 10 |
| Deities: | Shri Vishnu Laxmi (centre) Shri Gruha Laxmi (left) Shri Raja Laxmi (right) |
| Symbol: | Yin Yang |
| Element: | Water |
| Colour: | Green |
| Day: | Thursday |
| Planet: | Jupiter |
| Country: | Europe Left: Italy, Belgium Holland, Austria Right: Switzerland, France (liver) |
| Gemstone: | Emerald |
| Physical Aspect: | Stomach Parts of Liver, Kidney, Spleen |
| Qualities: | Satisfaction Peace Dharma Mastership on material level |
| Problems of Nabhi: | Gastritis Stomach ulcer |



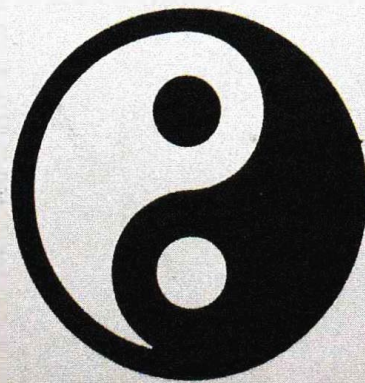
Jupiter



Water



Emerald



Description

The Nabhi is at the level of the navel in our body (solar plexus). It regulates the direction and the speed of human evolution.

It is the centre of our:

1. sustenance
2. food
3. family life and family relationships and
4. material and physical well-being.

The left Nabhi, the Gruha Laxmi Principle represents the activity of the wife in the home. In an atmosphere of respect, love and mutual support she gives generously and unconditionally to all family members and settles them in peace.

Activities regarding

1. money
2. jobs
3. career
4. social relationships

are regulated by the right Nabhi. The father has to look after the material security of the whole family.

The family members have to learn to be satisfied with whatever the father is able to provide.

Shri Vishnu represents the preserving aspect of God. He leads our evolution and sustains Dharma, e.g. our sense of purity and righteousness. The "Ten Commandments" are the guiding principles for our behaviour and social conduct.

Problems of Nabhi Chakra

1. The "sin" of Nabhi is greed.
2. Family and household worries and worries about jobs and career.
3. Overinterest in food or money
4. Unhealthy nourishment
5. Drugs and alcohol, excessive fasting etc.

Treatment of Nabhi Chakra:

1. Mediate, give vibrations to the Chakra, take mantras.
2. Footsoak in salt water:
 - warm (left)
 - cold (right)
3. Vibrate all food and drinks (Mantra of Shri Annapurna)
4. Eat enough food to cover your body with flesh but eat only enough to be satisfied.
5. Learn to be satisfied with whatever you have - never ask for more.

Healthy Diet:

White rice
Yoghurt (curd)
Cooked fresh vegetables
Some Chicken
Fruits

White cane sugar taken in liquid form acts as a detergent for the liver.

Drink a lot.



The Void

Around the Nabhi Chakra is the Bhav Sagar, the Ocean of Illusions, the Void.

There are hidden Chakras within the Bhav Sagar which represent the Guru Principle and which have to be awakened and manifested.

The job of a Guru is to create a new, higher personality out of a normal human being. The power of transformation is love and compassion.

Qualities of a Guru

1. Self respect

We have to know:

"I am a Guru,
I stand on truth and
I am my own Master."

2. Creativity

It needs creativity to manifest the Divine vision.

3. Pure attention

If the attention is not on the Spirit, it becomes ego-oriented.

4. Wisdom

I have to be able to see my mistakes and face and correct myself.

5. Love and Compassion

It makes us enjoy the reflection of the Divine (and our own light) in others.

6. Sustenance

We have to nourish the disciple and look after its benevolence like a mother

The 10 Sad Gurus

Raja Janaka

Abraham

Moses

Zarathustra

Confucius

Lao Tse

Socrates

Mohammed

Guru Nanak

Sai Baba of Shirdi



Omkar Swarupa

Meaning

Oh, all powerful of the forms of OM
Sadguru, Salutations to You, Salutations to You.

You, Who are the support of those who are helpless.
Oh, Mother and Father and Guru
Who are the abode of blessings
Please remove this tie of 'Maya' and illusions.
Who will remove the curtain of my illusion without You
Oh compassionate Sadguru,
Salutations to You, Salutations to You, Salutations to You.

My Sadguru is the ocean of bliss and
The Great Guru is the support of the whole universe
(of all the three worlds)
My Guru is self-enlightened
In front of whom the Moon and the Sun become dim.
The Sun, the Moon and the Fire God do not understand
The spiritual appearance of my Guru.
Even the Vedas do not know
The self-enlightened nature of my Guru.
Salutations to You, Salutations to You, Salutations to You.

To Ekanath, Janardanswami is Guru and also
Parabrahma.
His name is always on the tip of my tongue.
Salutations to You, Salutations to You, Salutations to You.

Shri Vishnu

Shri Vishnu sleeps on the magnificent cosmic serpent Vasuki whose body is his couch and whose seven hooded and jewelled heads are his canopy amidst the great cosmic waters.

The ten Incarnations of Shri Vishnu:

1. Matsya
2. Tortoise
3. Wild Boar
4. Narasimha
5. Vaman
6. Parasurama
7. Shri Rama
8. Shri Krishna
9. Shri Buddha
10. Shri Kalki



Whenever the sacred law fails and evil raises its head,
I take embodied birth to guard the righteous,
to root out the sinners,
and to establish the sacred law.
I am born from age to age"

(from Bahavad Gita)



Shri Laxmi



In India, Shri Laxmi is the most popular of the Goddesses for she grants her devotees the most desirable gifts of love, wealth and good fortune. During the festival of Divali in October or November, all over India sparkle hundreds of little oil lamps - placed in windows, around

houses on roof-tops, floating on ponds and boats, glittering in devotion to this beautiful Goddess.

Shri Laxmi is young and exquisitely beautiful. Her skin has the colour of gold with a sheen of pearls on it. Her large, luminous eyes are of the shape of lotuses. Her black hair rolls down in waves to her knees. Her jewels and garments are beautiful beyond description.

Shri Laxmi was born solely to be Shri Vishnu's consort. Every time Shri Vishnu incarnates she accompanies him and each time a great story of Divine love is created:

When Shri Vishnu was born as Vaman, she was Kamla;
as Parasurama, she was his wife Dharini; she was Shri Sita in his incarnation as Shri Rama, etc.



The Holy Petals of the Nabhi Chakra

| | |
|----------------------|---------------------|
| Shri Adya Laxmi | Adi Shakti |
| Shri Vidya Laxmi | Knowledge |
| Shri Saubhagya Laxmi | Good fortune |
| Shri Amrut Laxmi | Grace of the Spirit |
| Shri Gruha Laxmi | Wife |
| Shri Rajah Laxmi | Queen |
| Shri Bhogya Laxmi | Enjoyer |
| Shri Satya Laxmi | Awareness of Truth |
| Shri Yoga Laxmi | Giver of Yoga |
| Shri Maha Laxmi | Power of Evolution |

Notes on Guru Puja, 1992, Cabella, Italy

To be a Guru is a state - not a status. A status can be bestowed upon anyone. A state means that the innate being is evolved to a level that one becomes the Guru.

The 7 Steps to become a Guru:

1. **We have to be our own Master.**

We have to rise above the temptations of lust, greed, and our channels have to be perfectly clean so that the Divine power can work through us.

2. **We have to be able to stay in Thoughtless Awareness.**

When we see without thought, we become the witness, the Sakshi.

When we watch without thought, there is no obstruction for absorbing the knowledge about that thing. Complete absorption takes place, it becomes our knowledge and it manifests joy.

3. **Our Gravity must manifest.**

In this state we become silent and our gravity acts like a magnet.

We have to touch that depth inside us which can carry the Divine power and manifest it. Without saying or doing anything outwardly, our powers manifest.

This is how the Divine power works within us.

4. **We have to achieve Self-Esteem through introspection.**

We have:

- powers of love
- powers of compassion
- powers of grasping things
- powers of creativity
- powers of giving realisation
- powers of salvaging mankind.

We have to know that we are Gurus and we have to assume our powers.

5. Reach the state of Silence.

In any crises we have to try and reach that axes of silence which makes us really powerful because we are not only in our own silence but in the silence of the cosmos. In this silence we are in connection with the Divine power which is working out the whole cosmos and this power works through us. This silence is a sign that we are definitely in the Kingdom of God and that God is looking after us.

6. The Guru principle gives us Balance.

A Guru is not ascetic by nature, but he is so detached that he becomes ascetic. Nothing can tempt, nothing can disturb or trouble him, neither food nor money nor power. Nothing can dominate a Guru.

Once this balance settles in, we become absolutely fearless because we know that nothing can bring us down because we are above all these things.

7. A Sahaja Guru is a motherly Guru, a sweet Guru.

A Sahaja Guru is different from classical Gurus. He has to use his power of love, compassion and understanding. As we ourselves grew from the normal human level to a higher state in Sahaj style, in the same way we have to give it to others. No harshness is required, we should have kindness, sweetness and concern towards others and be kind, understanding, patient and sweet.

In Sahaja Yoga we have a collective Gurudom and we have to assume our powers and correct our self-esteem. With all this knowledge we have to become humble, to bow down like a tree laden with fruits. And this humility will give us that special edge which can penetrate into any heart. Thus we become apostles of truth, and the real faith that God is Almighty becomes one with us.

Once the faith in God Almighty becomes absolute and once we know we are his messengers - then we are in the Gurupada.

Jai Shri Mataji



HEART CHAKRA

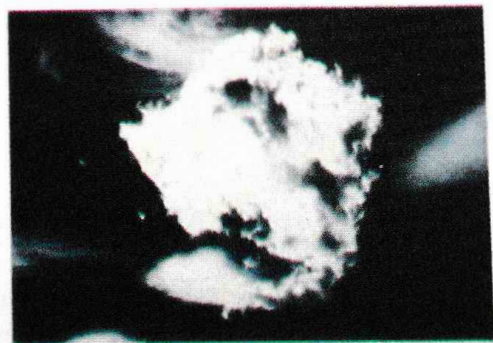
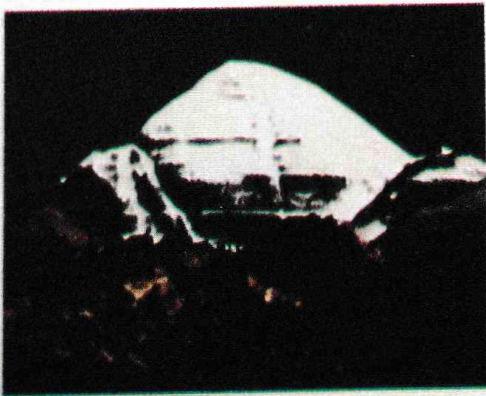
| | |
|--------------------------|--|
| Petals: | 12 |
| Deities: | Shri Shiva Parvati (left) Shri Jagadamba, Durga Mata Shri Sita Rama (right) |
| Symbol: | Flame |
| Element: | Air |
| Colour: | Ruby-Red |
| Day: | Friday |
| Planet: | Venus |
| Country: | England |
| Gemstone: | Ruby |
| Physical Aspect: | Heart - Heartbeat Lungs - Breathing Development of Antibodies |
| Qualities: | Pure, detached Love Security and fearlessness Joy of the Spirit Self-Confidence |
| Problems of Heart | Any Heart Condition Astma |



Venus



Ruby



Air

Description

The Heart Chakra is located behind the Sternum Bone. In the Sternum Bone, the **antibodies** are produced which **protect us against diseases and any form of negativity**.

The physical mother is a very important influence on the left Heart. She gives the child self-confidence and a sense of security.

The father is reflected in the right Heart; it is a man's ability to carry out his duties as a son, a brother and a father.

It is important to love and respect our parents and keep our relationships clear.

When our Heart Chakra is clear, we become absolutely fearless, strong and giving.

We love and trust ourselves and others because we see the Spirit in our Heart is the same as in others.

How to clear our Heart Chakra

1. Meditate regularly , give vibrations to the Heart Chakra and take mantras.
2. Keep your attention on the Spirit:
"I am the Spirit",
"I am the Atma".
3. Breathing exercise:
Breathe in, hold your Breath, and breathe out.
4. Take 12 time the Name of Shri Jagadamba
5. Recite the 23rd Psalm of the Bible,
Read aloud:
the Devi Mahatmyam,
the Devi Kavach and
the Rama Kavach.

Shri Shiva

The great God Shiva lives in his Heaven on the snowy peaks of Mount Kailash. He has many aspects. When dealing with evil creatures, he takes pleasure in destruction. He is also the Lord of goblins, demons and restless wandering spirits.

In his frightening aspect, he haunts cemeteries and cremation grounds and he wears a crown of serpents and a necklace of skulls. He hates being disobeyed and tramples furiously on the heads of rebellious demons.

He is also greatly loved because death is simply a stage in the cycle of creation and represents release and rebirth just as winter is followed by spring. So Shri Shiva is 'Mahadev', which means the Restorer, as well as the Destroyer.

Like many of the Hindu gods, Shri Shiva can change his appearance, and sometimes has four arms and five

heads with which to watch every part of the world. He is always very beautiful with a light skin and a third eye on his forehead which has terrible power when Shri Shiva becomes enraged.

When the world was being created the many things that were to live in it were thrown up from the churning ocean of milk. The ocean's first gift was the divine cow Surabhi whose son Nandi, the snow-white bull, later became Shri Shiva's constant companion. The second gift was a crescent moon which he took from the waves and placed on his forehead to decorate his hair, where it glowed for ever more. The third thing to come from the ocean was a deadly draught of poison and this Shri Shiva drank in order to save the world from harm. Instead of swallowing it, he held it in his neck and the strength of its venom turned his neck blue.

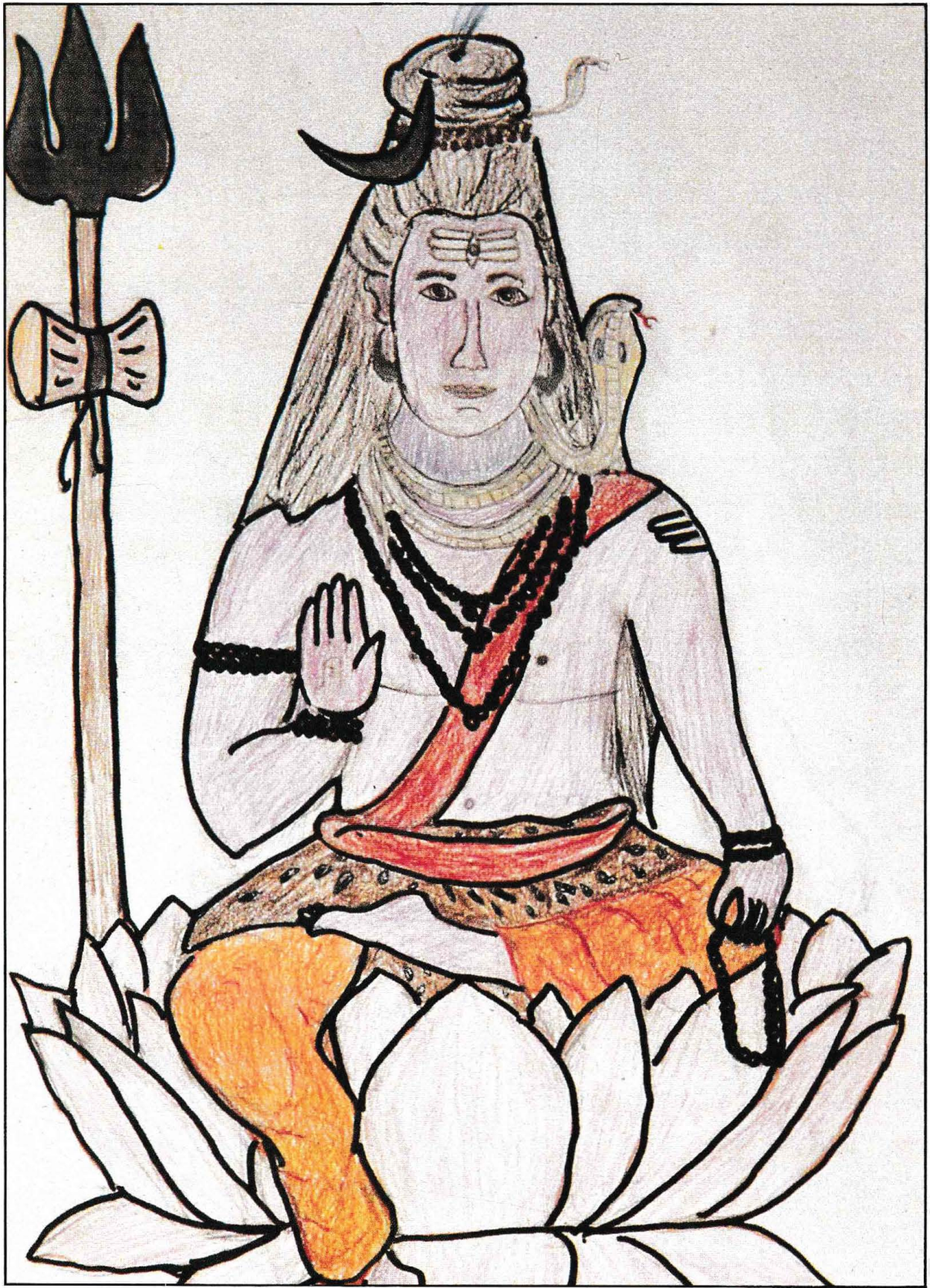
Once Shri Shiva decided to visit the Earth in the form of a man to punish a group of ascetics who had become

unbelievers and spoke of a world without God. Their wives fell in love with Shri Shiva's great beauty as soon as they saw him even though they did not know who he was. The ascetics became jealous and using their combined powers, produced a tiger which leaped out at Shri Shiva from their sacrificial fire. Shri Shiva simply caught the tiger with one hand, peeled off its skin and slung it over his body as a shawl.

Next the ascetics caused a large deer to pounce on him. Shri Shiva fielded it with another of his four hands and held it there ever after. Still determined to destroy him, the ascetics created a vicious serpent but, being himself the Lord of Serpents, Shri Shiva hung the creature round his neck as a necklace. Finally the ascetics created a hideous dwarf-demon who flailed at Shri Shiva with a club which had a skull at one end. Shri Shiva took away the club and held it in his third hand.

He then pinned the dwarf-demon down with his foot. Shri Shiva was furious by this time and he began slowly to perform his celestial dance. This dance represents his five functions - Creation, Preservation, Destruction, Embodiment and Release, and it is said to cause the movement of the universe. Gradually, the momentum of Shri Shiva's dance built up to a frenzied climax and the heretical ascetics and all the other creatures who watched its power were carried away by its beauty. It is said that they gave up everything in this and many other reincarnations for the promise of seeing it once more.

After this visit to Earth, three of Shri Shiva's hands were permanently occupied by the tiger's skin, the deer and the demon's club. In the fourth, he held his bow or when meditating, a drum shaped like an hourglass as a symbol that he continued to be the patron of devout ascetics.



Temples of Shri Shiva in India

Somanath

Once the moon had watched Shri Shiva and Shri Parvati secretly. Shri Shiva cursed the moon.

In this place the moon prayed to Shri Adi Shakti for help. So She asked Shri Shiva to pardon the moon. Shri Shiva said that the moon will be forgiven, but he will be, from now on, full for only one day and there will be one day without moon.

This is how the phases of the moon were created.

Malli Karjun

When Shri Ganesha had won the fruit of knowledge by going around his Mother, Shri Kartikeya was very angry, left Kailasha and went to the South of India.

Shri Shiva and Shri Parvati disguised

themselves as Arjun and a fisherwoman and went to see him. They danced and he asked them who they were, and they said: "Arjun and Billini". But Shri Kartikeya recognised them and asked for his Mother's blessings.

Mahan Kaleshwar

and

Onkareshwar

are two temples on either sides of Narmada which divides India into North and South. One cannot go from the river bank from one temple to the other. Some miracle works and makes people go in the pattern of OMKARA.

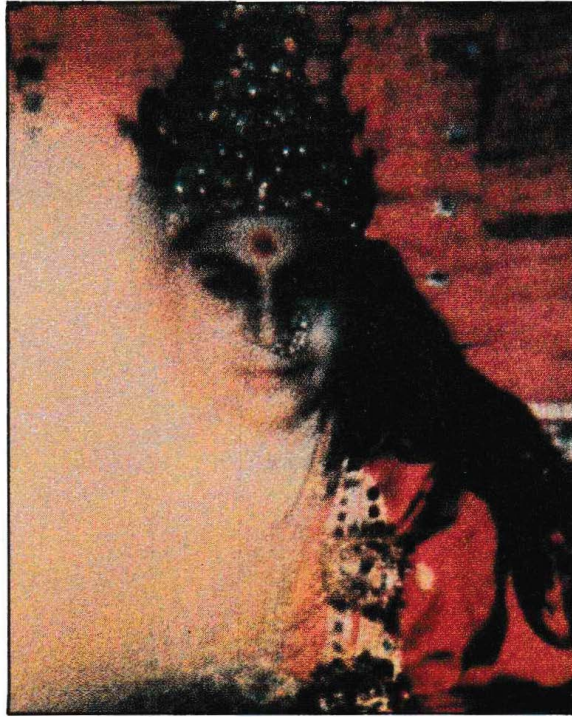
Rameshwar

This is where Ravana captured Shri Sita and Shri Hanumana leapt from there to go to Lanka.

Baijanath

Bhimashankar

RAGUPATI RAM



Raghupati Raghav. Raj. Ram
Patita Pavan. Sita Ram

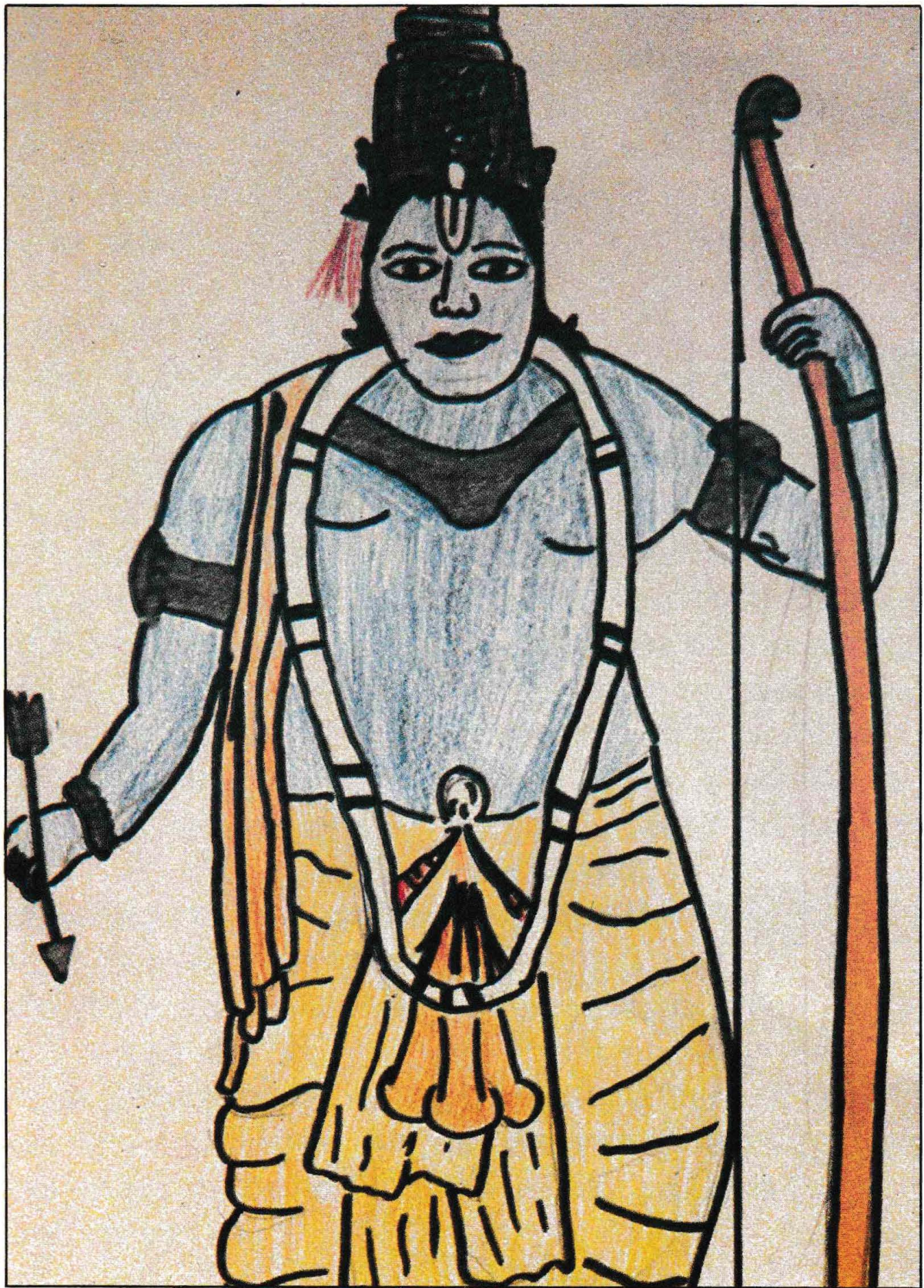
Sita Ram Jay Sita Ram
Bhaj. Pyare Tu Sita Ram

Ishwar. Allah Tere Nam
Sab. Ko Sankat. De Bhag. Wan

Meaning

Oh Dear, please sing:
Raghupati Raghav Raja Ram
Patita Pavan Sita Ram

Oh Lord
God Almighty and Allah
Are Your own Names.
Please give righteous
Talent to all.



Shri Rama

Shri Rama was the eldest son of King Dasharatha, who ruled the Kingdom of Ayodhya in northern India. Rama's greatest friend was Shri Lakshmana, his brother. As they grew up they heard that King Janaka had a beautiful daughter named Sita. The King declared that the Prince who could use his heavy bow would marry his daughter.

Shri Rama and Shri Lakshmana, with many other princes took part in the contest. Most of them could not even lift the bow, but Shri Rama bent the bow so much that it broke.

Thus, Shri Rama was married to Shri Sita.

Rama's Father, King Dasharatha, now wanted Shri Rama to be his heir. However, Rama's stepmother objected so the King banished Shri Rama for fourteen years. In his place Dasharatha's third son,

Bharat, was made heir to the throne instead.

Shri Rama obeyed his Father's wishes and left the Kingdom with Shri Sita and Shri Lakshmana. They travelled south to the Dandaka forest where they stayed for some time.

One day Shri Sita saw a golden deer in the forest and she asked Shri Rama to catch it for her. Asking Shri Lakshmana to protect Shri Sita, Shri Rama left. The deer ran swiftly and Shri Rama followed, getting further and further away from the cottage. Shri Sita became worried for her husband's safety.

In fact, wicked Ravana, King of Lanka, had lured Rama away from the cottage. At last Shri Sita asked Shri Lakshman to go and help Shri Rama. Before leaving, he drew a line on the ground in front of the cottage with his bow. "Do not cross this line for any reason," he told Shri Sita.

Later, when she was alone, Ravana appeared, in the dis-

guise of a holy man begging for alms. Shri Sita crossed the line to give him alms. Quickly he grabbed her and carried her away. When Shri Rama and Lakshmana finally returned to the cottage they found that she had disappeared.

The two Princes searched for her for many months, during which time Shri Rama helped Sugriva, the deposed King of Kishkindha, to regain his crown. In return, Sugriva sent Shri Hanumana, his monkey general, to look for Shri Sita. At last Shri Hanumana discovered her. She was being kept prisoner in the garden in Ravana's kingdom of Lanka. Shri Hanumana gave Shri Sita a ring from Shri Rama and told her she would be rescued soon.

But, alas, Shri Hanumana was captured and brought before King Ravana. As a punishment, Ravana ordered that the monkey's tail be set alight. Fortunately, Shri Hanumana was very clever, he stretched out his tail and

set fire to half of Ravana's capital. Then he returned to Shri Rama.

Shri Hanumana organised the monkey army and, after crossing the ocean, led his soldiers to Ravana's capital. Ravana refused to release Shri Sita, and many fierce battles were fought between the two armies. In the final battle Shri Rama used the God Indra's dart to pierce Ravana's heart and the King of Lanka fell down dead.

At last Shri Rama was reunited with Shri Sita. Together with Shri Lakshman and Hanumana they returned to Ayodhya in a flying carriage and Shri Rama was crowned King of Ayodhya the very day. The people of the capital were delighted to welcome their beloved prince home after his victory. Banners and flags hung from the houses and decorated the streets. At night the city glittered with lamps. The coronation festivities lasted for various days.



The 9 Names of Shri Durga

Shri Shailaputri

Daughter of the King of Himalayas

Shri Brahmacharini

One who observes the State of Celibacy

Shri Chandraganta

One who bears the Moon around her Neck

Shri Kooshmanda

Whose Void contains the Universe

Shri Skandamata

Who gave birth to Kartikeya

Shri Katyayani

Who incarnated to help the Devas

Shri Kalaratri

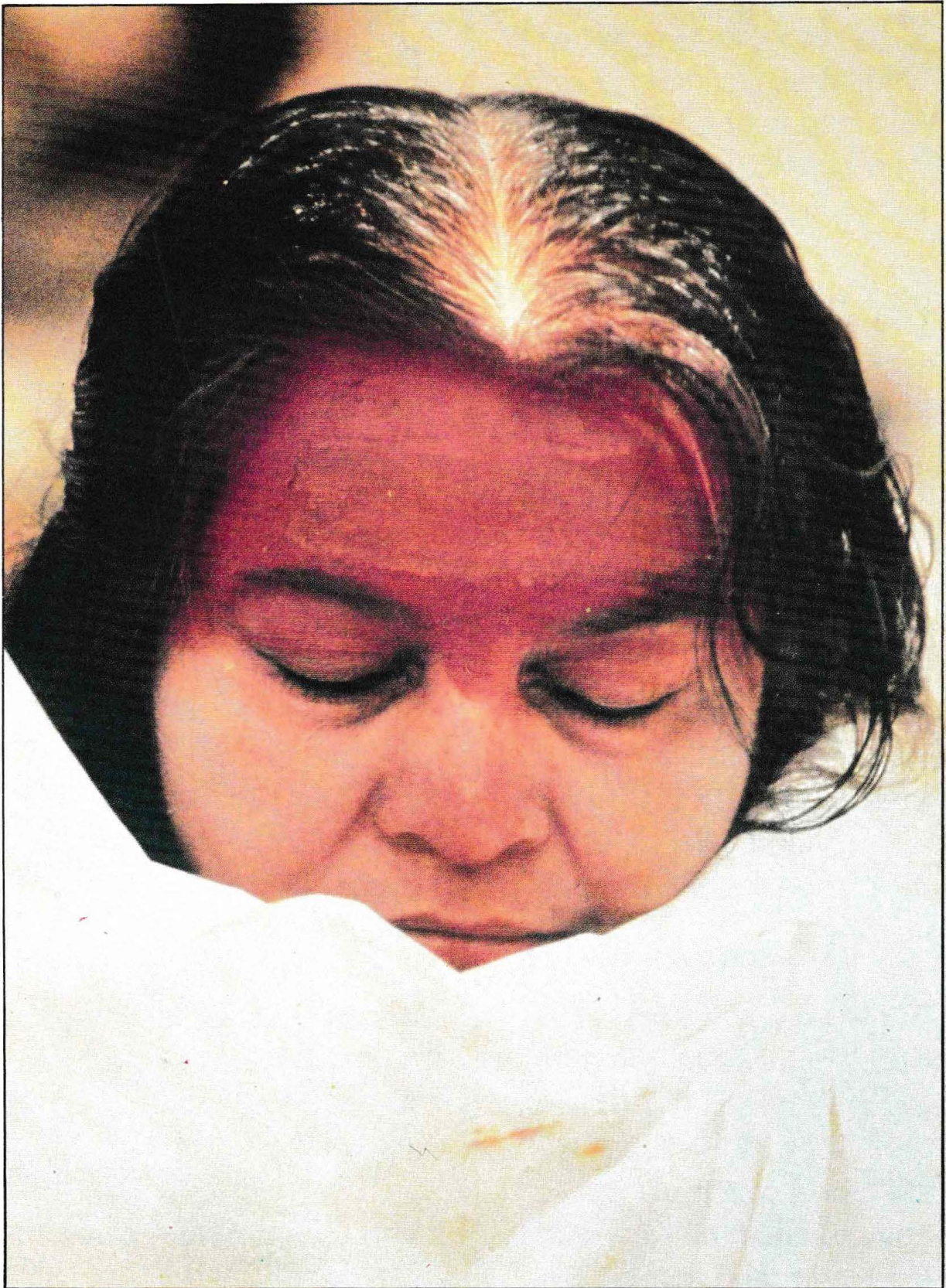
Who is even the Destroyer of Kali

Shri Mahagauri

One who made great Penances

Shri Siddhidatri

One who grants Moksha



**Notes on
Shiva Puja 1991, Cabella,
Italy**

The goal of our life is to achieve the state of the spirit.

In former times this used to be done through severe penances. In Sahaja Yoga the Sahasrara was opened first and then we start cleaning ourselves through introspection. All former attempts were on the level of an individual ascent, in Sahaja Yoga it is a collective ascent.

But whatever we do in Sahaja Yoga has to come from the heart. The heart is the abode of the Spirit, is the Shiva within us. So we have to know more about the Heart, and this is important.

We know our subtle system has three Nadis, but

**in the heart are four
Nadis:
The first Nadi goes to
Mooladhara**

When we cross the limits of Mooladhara we go to hell. This is why Shri Shiva is called the destroyer. If we go beyond the maryadas we ask for our destruction, we have to be destroyed. Shri Shiva is innocent like a child, he is innocence personified.

We have to dissolve our carnal desires in the ocean of his innocence. Animals are innocent, flowers are innocent, children are innocent. We have to divert our attention to them, see on a three feet level.

We can live in this world, be married, have children and still be innocent. That is the sign of our purity.

**The second Nadi goes to
Desire**

Desires come for material things, but they can also be

quite mental: just for the sake of having more. All these desires are impure desires and once we allow them to work in us they can take us anywhere, like Saddam Hussein or Hitler. But ultimately they lead us to our destruction because there is no joy. The attention which has to enjoy and to nourish the spirit gets disturbed, gets polluted by these impure desires.

We can shift our material desire into aesthetics. It is the quality of Shiva that he beautifies everything created by Brahmadeva and evolved by Vishnu. He creates aesthetics, joy. Gradually, if we go to aesthetics we will end up with vibrations.

Because everything that is beautiful has vibrations. And to have vibrations we will have to go to pure desire. We have to dissolve all our desires in vibrations. We will not desire anything which has no vibrations. All

desires will end up in vibrations.

The joy of Bhakti comes from Shri Shiva. Vibrations are nothing dry - it is the joy of Bhakti - the quality that Shri Shiva adds to our lives.

The third Nadi is the Nadi by which we feel attached: limited love

We should not be attached to our child, our husband, our house, etc. Whatever we do for somebody we should do out of love and not expect anything in return. Limited love will take us to destruction.

Sahaja Yoga has to penetrate into the society, into the economical and political life. We are chosen for the emancipation of the whole world, we are not here for one ascetic ascent! How much love, how much wisdom, how much discrimination we must have!

Shri Shiva is nothing but love - love that corrects, that nourishes, that wants

our benevolence - unlimited love. If we start looking after others with this unlimited love the whole pattern changes. We really start enjoying it because we become one with so many, we forget which race we are, which country we are, we become a universal being. This is only possible when we dissolve our limited love into this great ocean of unlimited love of the Divine.

The forth Nadi gives us the Thuriya state

This Nadi starts from the Heart, goes through left Vishuddhi, passes through Agnya, and it has four petals which open up. It gives us the Thuriya state, that is the state of thoughtless awareness. When there is no thought, we have to be innocent, we have to have vibrations, we cannot be attached to anyone....

In this state these four petals open out in our brain and that is when we will

absolutely understand what is God - that is the time when one receives the real knowledge.

Unless and until these four petals open up one may fall down.

It comes from the Heart into the brain, as if the ambrosia of our Bhakti covers the brain, that is the time of Nirvana.

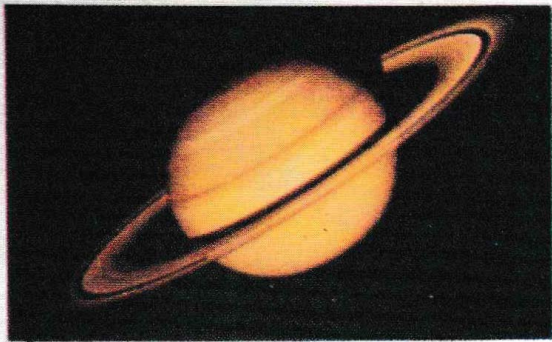
That gives us that beautiful surrender where we feel absolutely secured in that ocean of love which is Shri Shiva.

Jai Shri Mataji

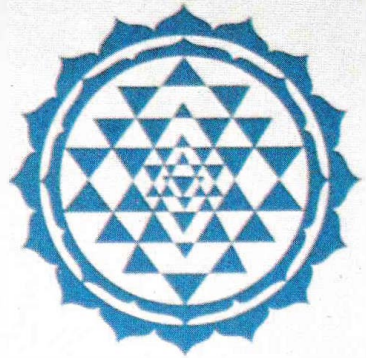


VISHUDDHI CHAKRA

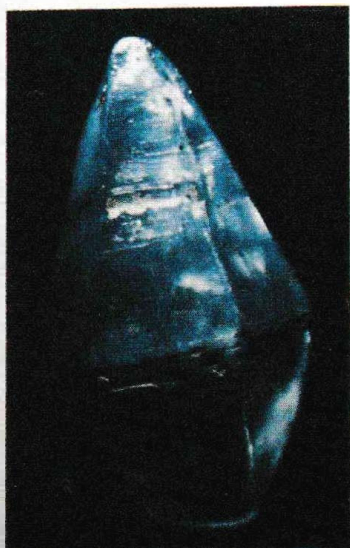
| | |
|------------------------------|--|
| Petals: | 16 |
| Deities: | Shri Radha Krishna (centre) Shri Vishnumaya (left) Shri Yeshoda (right) |
| Symbol: | Wheel of time |
| Element: | Ether |
| Colour: | Sapphire-Blue |
| Day: | Saturday |
| Planet: | Saturn |
| Country: | America |
| Gemstone: | Sapphire |
| Physical Aspect: | Neck, mouth, ears, nose, teeth Face, tongue and speech Movement of eyes Arms, ankles and wrists |
| Qualities: | Collectivity Pure Brother-Sister Relationship Sweetness of Speech Witness State |
| Problems of Vishuddhi | Angina Spondylitis |



Saturn



Ether



Sapphire



Qualities of Vishuddhi Chakra:

1. Collectivity:

We become collectively conscious and feel each other chakras on our fingertips.

2. Self-esteem

We respect and love ourselves and have confidence in us.

3. Pure brother and sister relationship

This is the bond that makes us all spiritual brothers and sisters. We can enjoy and help each other without asking for anything in return.

4. Sweetness of Speech

The sweetness of tongue and speech is awakened and we enjoy saying sweet things to each other.

Symbol: Shri Krishna's flute

5. Discrimination

The Hamsa Chakra is part of the Vishuddhi. It helps us to know what is right and what is wrong, what is good and what is bad for our spirit.

6. Playful witness

We are the spirit and watch the world outside like a play or a drama.

Description:

The Vishuddhi Chakra is placed in the neck of human beings and it is the centre responsible for communication with others, because through our eyes, through our nose, our speech and our hands we communicate with others. On the physical level it looks after the Cervical Plexus.

Problems of Vishuddhi

1. Guilt: We identify with our weaknesses instead of correcting them.
2. Feeling of inferiority: Lack of self-esteem.
3. Aggression, arrogance and dominating others.
4. Swearing, harsh and sarcastic speech and "wit" at another's expense.
5. Smoking and "chanting" mantras.
6. Impure relationships in collectivity.
7. Speaking against God.

How to clear Vishuddhi Chakra

1. Meditate regularly, give vibrations to the Chakra and take mantras.
2. Put your Vishuddhi Fingers in your ears and say 16 times "Allah hu Akbar".
3. Protect your Vishuddhi by wearing a shawl, put Ghee in your nose, put oil in your hair (head massage) and drink milk with butter and ghee.
4. Ajwan-treatment = Ajwan dhuni
5. Keep your teeth and mouth clean, massage your gums with oil and salt, gargle with salt water, rinse your nose with salt water.
6. Sing Bhajans to praise God.



The 16 Names of Shri Krishna

Shri Radha Krishna

The supreme power of the dark-blue God who is of the nature of truth, consciousness and bliss.

Shri Vitthala Rukmini

Shri Radha and Shri Krishna with the right Vishuddhi power.

Shri Govindampatih

The Supreme Lord of those who know pure speech.

Shri Gupta

Ruling over all creatures, he protects the world.

Shri Govindah

The Lord attained by pure speech.

Shri Gopatih

The Lord of the Earth

Shri Americeshwari

The Lord of America.

Shri Yeshoda

The foster-Mother of Shri Krishna.

Shri Vishnumaya

Shri Krishna's sister as the Maya Shakti.

Shri Vainavini Vamsanadaya

The One who is the holder of the flute and the sweet sound of the flute-melody.

Shri Viratangata Virata

The Supreme Power of the absolute Cosmic Being.

Shri Bal Krishna

Lord Krishna as a child.

Shri Sikhandi

The peacock feather adorns his head.

Narak Antaka

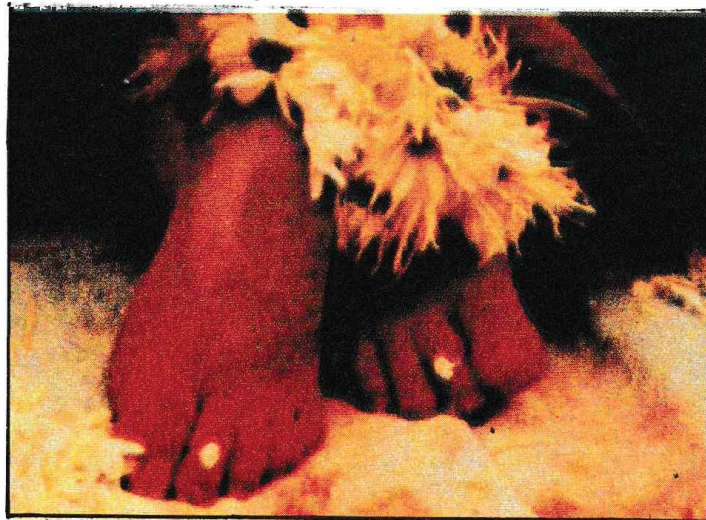
The destroyer of Narakasurna.

Shri Mahanidhih

All beings reside in him.

Shri Maharadah

The Yogis remain peaceful and happy by plunging in the refreshing waters of his bliss.



**Sakshat Shri Adi Shakti Mataji
Shri Nirmala Devi Namoh Namah**

Madhurya-Song

Adharam madhuram
Vadnam madhuaram
Nayanam madhuram
Hasitam madhuram
Hrudayam madhuram
Gamanam madhuram
Madhuradhipaterakhilam
madhuram

Vachanam madhuram
Charitam madhuram
Vasanam madhuram
Valitam madhuram
Chalitam madhuram
Bhramitam madhuram
Madhuradhipaterakhilam
madhuram

Venur madhuro
Renur Madhurah
Panir madhurah
Padau madhurau
Nrutyam madhuram
Satyam madhuram
Madhuradhipaterakhilam
madhuram

Gitam madhuram
Pritam madhuram
Muktam madhuram
Uktam madhuram
Rupam madhuram
Tilakam madhuram
Madhuradhipaterakhilam
madhuram

Charanam madhuram
Haranam madhuram
Smaranam madhuram
Swapitum madhuram
Shramitum madhuram
Madhuradhipaterekhila
madhuram

Gunja madhura
Mala madhura
Yamuna madhura
Pritir madhura
Salilam madhuram
Kamalau madhurau
Madhuradhipaterakhilam
madhuram

Gopi madhura
Leela madhura
Yuktam madhuram
Bhuktam madhuram
Drushtau madhurau
Tishthau madhurau
Madhuradhipaterakhilam
madhuram

Gopa madhura
Gavo madhura
Yashtir madhura
Drushtir madhura
Dalitam madhuram
Palitam madhuram
Madhuradhipaterakhilam
madhuram

Translation

Everything is sweet of the Lord
of all Sweets

(e.g. Shri Krishna):

His lip, his face, his eyes, his
laughter, his heart, his gait
Everything is sweet of the
Lord of all Sweets.

His speech, his behaviour, his
clothing and his movements,
his walk, his wandering
Everything is charming of the
Lord of all Charms.

His flute, his smallest particle,
his arm, his legs,
his dance, his truth
Everything is Charming of Lord
Shri Krishna.

His song, his affection, his
deserting and his talk, his
countenance, his kumkum
Everything is sweet of the Lord
of all sweet things.

His ears, his feet,
his taking away (= theft)
and his memory, his sleep
and his fatigue
Everything is charming of the
Lord of all Charms.

The jingling sound of his
earrings, his necklace,
his river Yamuna and his devo-
tion, his water (of the River
Yamuna which he purified by
killing Kaliya serpent)
and his lotuses
Everything is sweet of Lord
Shri Krishna.

The Gopis and his Leela, his
tricks and his eating, his sight
and his style of standing
Everything is charming of the
Lord of all Charms.

The Gopas and the cows, the
stick and the search,
the down trodden and his
protection to them.
Everything is sweet of the Lord
of all sweet things.

Notes on Shri Krishna Puja 1991, Cabella, Italy

We worship Shri Krishna as Yogeshwara, his greatest name. Yogeshwara means the Ishwara of Yoga. Yoga means the Union with the Divine, but it has another meaning: Yukti. Yukti is difficult to translate into English, but the meaning is "technique" and more than that, "the trick of the technique". At Shri Krishna's level, we have not only to be connected to the Divine, but we also have to know the trick of the technique, otherwise it is useless.

Shri Rama has given the complete ideal of maryadas and a benevolent king.

Then Shri Vishnu himself had to come as Shri Krishna to tell us that it is all a play: Leela Dharma. But only a person who is a Master of the Play can do the play. Shri Krishna came as a master of all the arts of this Yoga, of Yukti.

The Yoga, the Communication with the Divine, has to go to the whole world. The whole

world has to get the realisation we have achieved.

In his time, Shri Krishna, in a childlike manner, tried to awaken the Kundalini, for example of the Indian Ladies going to Yamuna River to take bath. He also used to make Shri Radhaji dance. He used to play the flute and she would dance, and the energy would pass through her hands to all the Gopas and Gopis who did the Ras.

His Power was Ra - dha, the one who sustains the energy; Ras means to dance with the energy. Shri Radhaji is Aladh Dayini, the Giver of Aladh, a joy like when a fresh breeze comes in.

Thus, in the play of a child, he tried to raise the Kundalini and later on, he showed his child-like expertise in dealing with politics, communication etc.

In modern times Sahaja Yoga not only gives Kundalini awakening but also the complete knowledge about Sahaja Yoga and also empowers the person to give realisation to others.

In those days the Kundalini was awakened, but the Sahasrara was not broken. Such people became the seekers, and so we have today Sahaja Yogis who know the Yukti.

But there are subtler and subtler Yuktis:

1. Yukti: We have to master our tongue -
Madhurya = Sweetness

Communication with others, the way we talk, the expression of our face, our action have to be "madhura". If we are sweet, talk sweetly in a genuine manner, any problem between two people can be dissolved.

So, the first quality in communication with another person is humility. There is no harm in showing that we are less than the person we talk to, in saying "I am nothing compared to you". This humility is a sign of greatness, of fulfillment.

So the best thing is to be genuinely sweet and to play down.

2. Yukti: We have to master our temper: **Equanimity**

Krodh, that is anger, is our greatest enemy. If we have anger within us then we are not a master at all.

There is no need for any temper if we are a master. If we find we have anger we should watch out: It starts from liver and expresses through Vishuddhi. To master it we have to face ourselves.

Never say anything harsh which might hurt another person. Just stop, it will work out. Otherwise this anger will make us catch on left Vishuddhi because we start feeling guilty for what we have said.

If we feel angry with somebody, we should simple turn away from that person, go to the mirror, get angry with ourselves and slap ourselves nicely.

If we do this, if we face ourselves, this temper, this arrogance will go - and it has to go.

3. Yukti: How to master the temper of others -
Humour

If we know somebody, and if our attention is on all his qualities, then we can suggest what is so special about this person. But we can say it indirectly and in a humorous way.

Humour should not be sarcastic. Sarcasm is against Sahaja Yoga. **Another person should enjoy the subtle humour and at the same time understand what is the problem with him.** Like we can tell a story and transfer all the qualities of the person concerned to a person in the story.

One of the names of Shri Krishna is Ranchoddas, the one who ran away from the battle field. **Thus, we can also transfer our jobs to a more capable person.**

The main point is to get rid of evil. If we can transfer it to someone who can do it better, in our own humility, we should do.

We have to understand our value as Sahaja Yogis, then

we can become Masters. Mastership does not mean domination - the first thing we have to master is our Self. Our Self is with us, so why can't we correct it? It should be the easiest thing, because we are in the Ocean of Knowledge.

And then we have to emancipate the whole world, to bring them out of their ignorance.

4. Yukti: We have to see the Drama - Shri Krishna was an **expert of Drama**

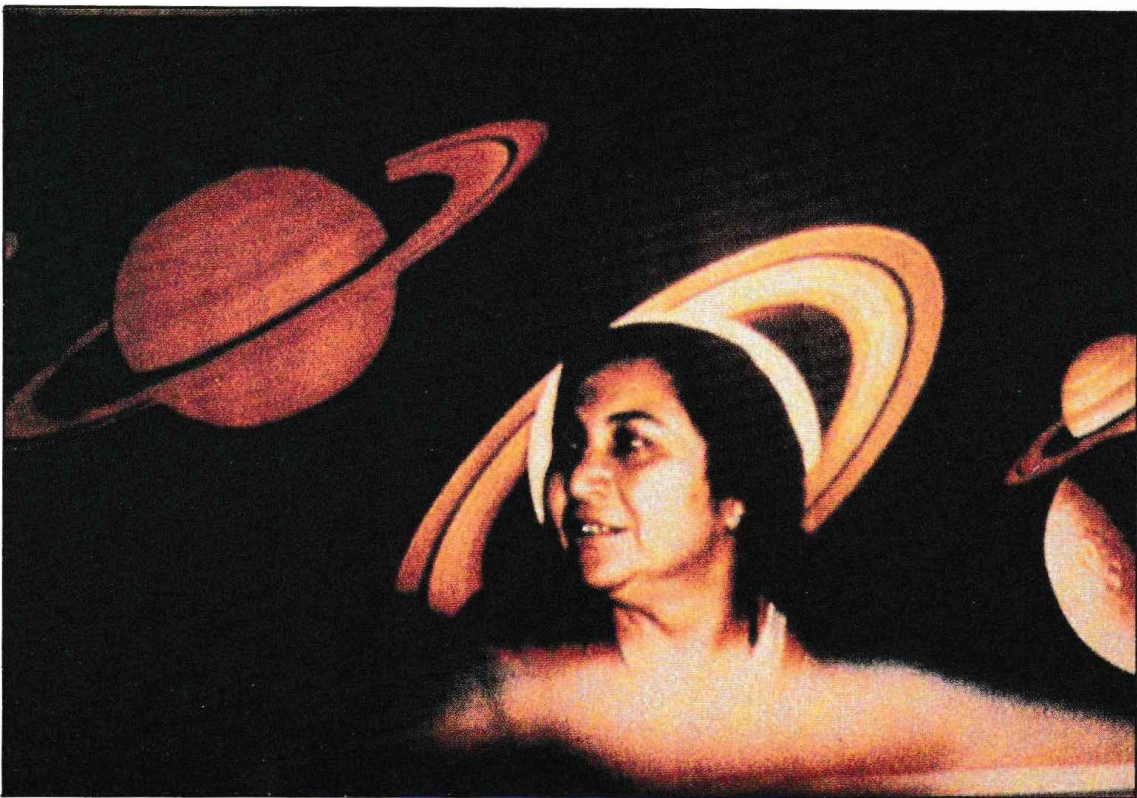
He creates Dramas, acts in the Drama and is the spectator of the Drama. Likewise we have to see how we create our own Dramas, act in it - then the deception of our mind runs away, the self-deception disappears.

When we are in Yoga, we are one with the Divine, and totally detached from all other things. Today, it is a more evolved stage than at the time of Shri Krishna:

He was talking to one Arjuna,
Shri Mataji is talking to Thousands;

He was talking at a time of War,
Shri Mataji is talking at the time of Peace.

We are already part and parcel of the Virata -
We have to become one with the body of the Virata
and that with a very patronising, loving and affectionate
smile in our face.

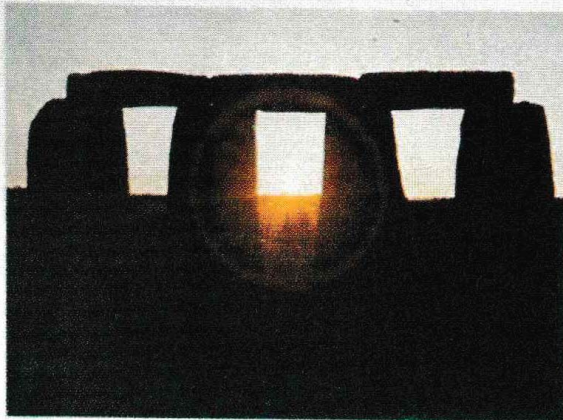


Jai Shri Mataji

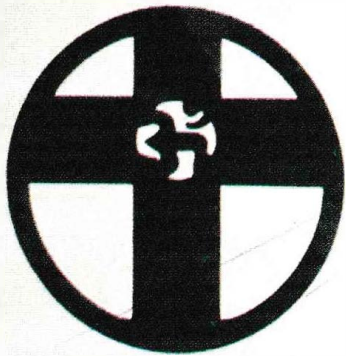


AGNYA CHAKRA

| | |
|-------------------------|--|
| Petals: | 2 |
| Deities: | Shri Jesus Mary (centre) Shri Buddha (right) Shri Mahavira (left) Shri Mahaganesha - Back Agnya |
| Symbol: | Cross |
| Element: | Light |
| Colour: | Pearl-White |
| Day: | Sunday |
| Planet: | Sun |
| Country: | Russia China (Back Agnya) |
| Gemstone: | Diamond |
| Physical Aspect: | Brain Thinking Process Conditionings Eyesight |
| Qualities: | Thoughtless Awareness Forgiveness Compassion |



Sun



Light



Diamond

Description

The Agnya Chakra is located at the centre of the brain (forehead). When the Kundalini rises and crosses Agnya, all our past "sins" and all our karma are dissolved. We become thoughtless.

Thoughts are like waves: they come, rise, fall and go. In between two thoughts there is a space and this space is silence, is present. When the attention is fixed on this space we become a receiver (and no longer a sender) for the all pervading life energy which is constantly radiating from the Divine source, that is vibrations.

Problems of Agnya

Ego and Superego can swell up like balloons and block the central channel.

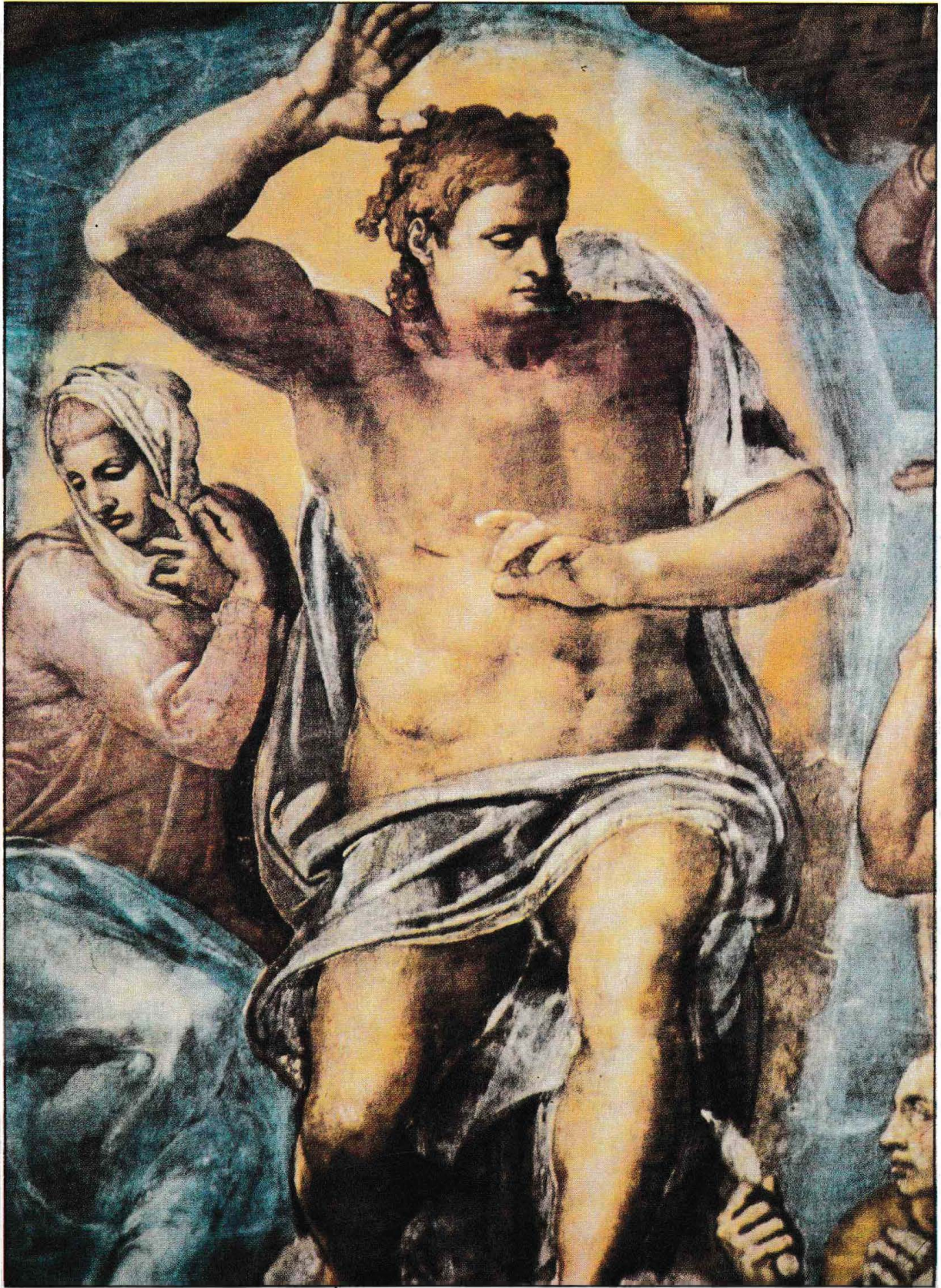
This comes from overactivity on either side.

1. Arrogance and aggression (thinking no end of oneself) is a negative attitude of the right side.
2. Too much thinking and planning (right side).
3. Too much worrying and anxieties (left side).
4. Unforgiveness, that is a closed heart. Forgiveness and love come from the heart and they are like waves of soothing, positive energy for our whole subtle system.
5. Impure eyes, e. g. eyes full of lust, greed, anger, hatred and jealousy.

How to clear Agnya Chakra

1. Meditate regularly, give vibrations to the Chakra and say mantras.
2. Say the Lords Prayer.
3. Apply vibrated Kum-kum on the forehead.
4. Watch Shri Mataji's
5. Forgive everyone and also yourself.
6. Forget the past, the future does not exist - live in the present.
7. Never allow anyone, apart from Sahaja Yogis, to touch your Agnya Chakra.
8. Bring down the whole right side (front Agnya catch);

bring down the whole left side (back Agnya catch).
9. For Back Agnya catch: give bandhans with a candle around the Chakra (up to 108 times); use camphor.
10. Stop thoughts by taking the mantras of: Shri Nirvichar or Shri Nirvikalpa.



**Notes on
Christmas Puja 1992,
Ganapatipule, India**

Shri Jesus is the incarnation of Shri Ganesha who was the son of the Adi Shakti to begin with. But then he was given to Shri Radhaji and She, as Mahalaxmi, as Mother Mary, created this great incarnation of Shri Jesus Christ. And he was conceived by immaculate conception.

His purity, his holiness and his auspiciousness was never understood in the West. The Christian Religion is just a perversion of the teachings of Christ.

We have to understand Christ in the right sense: He is the eternal Child. He is innocence itself, he is the source of innocence. He is the bestower of all blessings in all Chakras. He has

said many things which point towards Sahaja Yoga: "Thou shalt not have adulterous eyes". "You have to be born again." "You must enter into the Kingdom of God." His life was a blessing for mankind.

Christ was Ganesha, was the Logos, the Brahmanad, the first Sound. If we look at Mooladhara we see:

- from the right to the left:
a Swastika
- from the left to the right:
an Omkara
- from down to up:
Alpha
- from up to down:
Omega

Christ said "I am the Alpha and the Omega". As we worship Shri Ganesha, we have to worship Shri Jesus Christ. Shri Ganesha is the source, the potential of Christ.

We see the wisdom of Shri Ganesha expressed in Christ's life:

At the age of 12 he went to the temple and talked to the priests. But his parents were frightened for his life

and brought him to India - for wisdom. King Shalivahana met him in Kashmir, he described it in a book, and he asked him who he was. Christ said: "My name is Isa". "I" is the word used in the Vedas for Adi Shakti, and "sa" means with. "From what country do you come?" "I come from a country which is foreign to you and to me, this is my own country!".

So this Bharat is the Country of Spirituality and we should not feel inferior because some other countries have gone up materially. We should be spiritually high. Christ recognised that this country of spirituality is his own. We all belong to this country of spirituality and not to the mundane, baser type of life. His life was so short and every word he said was great. Paul changed and "edited" the Bible and put all his own weaknesses in it. There is a book which was hidden in a jar in Egypt till it

was found around 50 years ago. It is called the "Library of Hammadi". That was what Thomas has written about Christ: Like Christ never allowed drinking - it goes against our awareness.

The base of Christ's life was morality. He comes from the left side and then establishes himself on Agnya. Christ has to be again reborn in us: We have to lead a very honest, powerful and pure life and we have to have character.

The West has lost its sense of morality, is totally lost in a horrible, destructive immorality. We have to tell them that this is wrong and pull them out of their ignorance.

Another point in Christ's life was his Devotion to Mother: In Thomas Gospel it is said that Mother Mary talked about "knowledge"; she said that this is what you have to



achieve, and also what Christ said on the cross: **"Behold the Mother"**.

"Thou shalt not have adulterous eyes". The purity of mind has to be expressed through our eyes. Our eyes have to be innocent. We have to have the light of Christ in our life. Purity is also expressed in truth.

Christ expressed purity, truth and compassion.

Shri Ganesha punishes if we go against him. Shri Jesus Christ is compassionate, he forgives because he believes in transformation.

Christ said:

"The Meek in Heart will inherit the World"

and Shri Mataji said:

"The Meek in Heart will inherit the blessings of Mother".

"Know thy Self"

means we have to introspect, to see our own weaknesses. We should not criticise others we should criticise ourselves. We should

not deceive ourselves but face ourselves. In our meditation we have to introspect, to see and understand what is wrong with us. Virtue within gives us joy. Natural meekness is natural goodness and makes us shine with spirituality.

"Love thy neighbour as thyself." This is only possible in Sahaja Yoga. We have to collectively improve towards goodness.

We have to express Christ through our lives:

- wisdom
- purity
- meekness
- compassion.

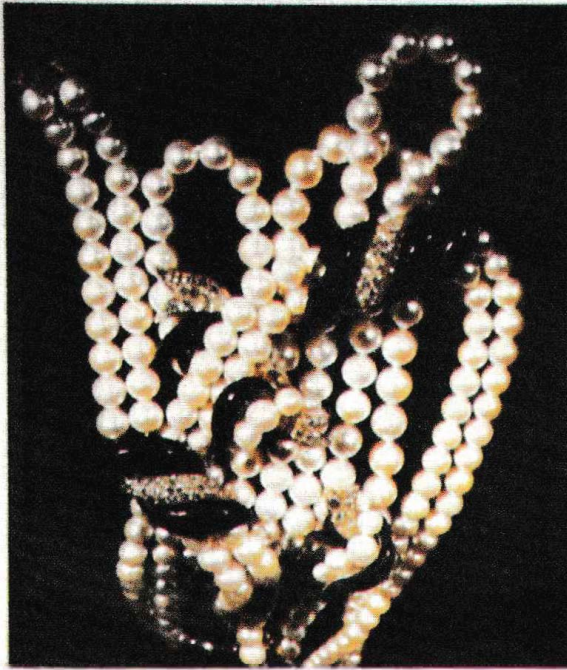
Then we become fearless - for we have to be afraid of nothing but God. And if we have done no wrong we also need not be afraid of God for he loves us.

Jai Shri Mataji

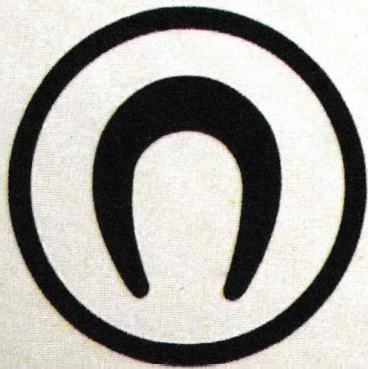


SAHASRARA CHAKRA

| | |
|-------------------------|---|
| Petals: | 1000 |
| Deities: | Shri Mataji Nirmala Devi Shri Kalki |
| Symbol: | Bandhan |
| Element: | All the Elements |
| Colour: | All the Colours |
| Day: | Monday |
| Planet: | Pluto |
| Country: | Himalayas (India and Nepal) |
| Gemstone: | Pearl |
| Physical Aspect: | Limbic Area |
| Qualities: | Thoughtless Awareness Silence Joy and Bliss Absolute Freedom Self-Realisation |



Pearl



Pluto

Description



*The Sahasrara is located on the top of our head
in the fontanel bone area (limbic area).
It is the Brahmarandra, the one thousand petalled
lotus,
the integration of all the chakras and of all the
deities.*

*The Sahasrara Chakra was opened
by Shri Mataji Nirmala Devi
on 5th May 1970.*

*She is the incarnation of the Adi Shakti,
the Pure Desire of God Almighty,
the Holy Ghost,
who took birth to redeem and salvage Her children.*



*Shri Kalki is the Rider of the White Horse
who will destroy all evil so that
the Kingdom of God,
the Golden Age,
can be established on this Earth.*

The 108 Names of Shri Mataji Nirmala Devi

Shri Mata

Sacred Mother: She not only gives every good thing that a loving Mother gives to her child, but also the highest knowledge, Brahma Vidya, the knowledge of Brahma, to Her devotees.

Shri Maharajni

The great Empress

Shri Deva Karya Samudyata

Emerges for a Divine purpose. She appears in Her great splendour when all the Divine forces are helpless and unable to eradicate wickedness.

Shri Akula

One who is beyond kula, i.e. measurable dimensionality; i.e. who resides in the head, in Sahasrara.

Shri Vishnu Granthi Vibhedini

She cuts the knot of Maya (illusions) of Shri Vishnu. Then the devotee perceives the unreality of his individuality as body, mind, present incarnation. He loses the consciousness of the limited "I"-ness.

Shri Bhavani

Queen of Bhava, i.e. Shiva, Giver of Life to the whole Universe.

Shri Bhaktipriya

Fond of devotees.

Shri Bhakti Gamyā

She is realised by devoation.

Shri Sharma Dayini

Giver of happiness, i.e. including Divine Bliss.

Shri Niradhara

*Unsupported. She is the support of the Universe.
She is pure Consciousness, unformulated, indifferntiated.*

Shri Niranjana

Unstained by any limitations whatsoever.

Shri Nirlepa

Untouched by various karmas and dualism.

Shri Nirmala

Pure.

Shri Nishkalanka

Faultless brilliance.

Shri Nitya

Eternal.

Shri Nirakara

She is formless.

Shri Nirakula

Unruffled.

Shri Nirguna

*Attributeless. Beyond the three Gunas and the three Nadis
(Ida, Pingala and Sushumna).
She is Consciousness devoid of the qualities and attributes of the
mind.*

Shri Nishkala

Indivisible - complete.

Shri Nishkama

Nothing to desire, having everything.

Shri Nirupaplava

Indistructible.

Shri Nitya Mukta

Ever free;

and her devotees are ever free.

Shri Nirvikara

She is changeless, but is the unchanging basis of all changes.

Shri Nirashraya

She has no basis as She is everything.

Shri Nirantara

Undifferentiated.

Shri Nishkarana

Causeless, i.e. cause of all causes.

Shri Nirupadhi

Alone, without maya, the basis of plurality.

Shri Nirishvara

Supreme

Shri Niraga

Unattached.

Shri Nirmada

Prideless.

Shri Nishchinta

Without any anxiety.

Shri Nirahamkara

Without Ego.

Shri Nirmoha

Without any illusion such as mistaking the unreal for the real.

Shri Nirmama

Without selfishness.

Shri Nishpapa
She is beyond sins.

Shri Nisamshaya
Having no doubts.

Shri Nirbhava
Unborn.

Shri Nirvikalpa
She is beyond all doubts.

Shri Nirabadha
Untroubled.

Shri Nirnasha
Deathless

Shri Nishkriya
Beyond all actions, not involved in any action.

Shri Nishparigraha
*Taking nothing, since She needs nothing
as She is the Purnakama or has everything.
Devotees also become Nishparigraha.*

Shri Nistula
Unequaled.

Shri Nilachikura
Dark-haired.

Shri Nirapaya
Beyond dangers.

Shri Niratyaya
Impossible to cross or to transgress.

Shri Sukhaprada

*Confers happiness or Bliss or Moksha
which is the Bliss of Liberation.*

Shri Sandra Karuna

Intensely compassionate to her devotees.

Shri Mahadevi

The greatest of Goddesses, infinite.

Shri Maha Pujya

*Worshipped by the highest, i.e. the Trimurties:
Brahma, Vishnu, Shiva.*

Shri Maha Pataka Nashini

Destroys the greatest of sins.

Shri Maha Shakti

The great power.

Shri Maha Maya

*The supreme creator of illusion and confusion even to the
greatest of Gods.*

Shri Maharati

The greatest Bliss - that is beyond all sense pleasures.

Shri Vishvarupa

*Universe is her form and also the individual Self, "Vishva", in the
wakeful state is her form.*

Shri Padmasana

She is seated in the lotuses, i.e. in the Chakras.

Shri Bhagavati

The matrix of the Universe, worshipped by all including God.

Shri Rakshakari

The Saviour.

Shri Rakshasaghni

Slayer of evil forces who are Rakshasas (demons).

Shri Parameshwari

The ultimate ruler.

Shri Nitya-Yauvana

Ever young, untouched by time as it is Her creation.

Shri Punya-Labhya

Attained by the meritorious or righteous. She is worshipped as a result of good actions in previous births.

Shri Achintya Rupa

Inaccessible to thought since mind, the instrument of thought, is Her creation.

Shri Para-Shakti

The ultimate power. The energy manifest in every particle, as well as the Primordial vibrations, is She.

Shri Gurumurti

Of the Form of Guru.

Every guru is the Goddess Herself.

Shri Adi Shakti

Primordial Power, being the first cause.

Shri Yogada

*One who gives Yoga or Union of the individual soul "Jeevatma".
The unitary basis of the plurality of the Universe.*

Shri Sukharadhya

Antar Yogee, inner Yoga, without putting the body to great strain.

Shri Shobhana-Sulabha-Gati

The easiest path to self-realisation.

Shri Satchitananda Rupini

"Sat" is absolut Truth. "Chit" is the Consciousness. "Ananda" is the Bliss. These are the three components of the ultimate, they are therefor Her forms.

Shri Lajja

Bashful modesty. She resides in all beings as modest chastity.

Shri Shubhankari

The beneficent.

The greatest good is the realisation of the ultimate and She grants that to devotees.

Shri Chandika

Angry with evil forces.

Shri Trigunatmika

When She becomes the creation, She assumes the form of three Gunas (moods): Sattwa Guna, Rajo Guna, Tamo Guna, which correspond in the human body to the three channels of the autonomous nervous system.

Shri Mahati

The great, immeasurable, supreme object of attention and worship.

Shri Prana Rupini

Of the form of the Divine Breath of Life.

Shri Paramanu

The ultimate atom.

Shri Pashahantri

One who destroys "Pasha" or bonds and gives Liberation or Moksha.

Shri Vira Mata

"Vira" means devotees who are competent and who can lead the battle against the human forces. She is their Mother. Shri Ganesha is also called "Vira".

Shri Gambhira

Bottomless depth.

In the scriptures the Great Mother is visualised as a great and bottomless lake of Consciousness, uncomprehended by space and time.

Shri Garvita

Proud, as the Creatrix of the Universe.

Shri Kshipra Prasadini

Who showers grace on her Devotees very quickly.

Shri Sudha-Strutih

Ambrosial stream or flow of Bliss resulting from meditation on the Great Goddess in the Sahasrara.

Shri Dharmadhara

Dharma is the code of right conduct handed down by tradition in each age.

She is the support of right conduct.

Shri Vishvagrasa

Devours the Universe at the time of Pralaya, the ultimate dissolution.

Shri Svastha

"Sva" means Self, "stha" established.

She is established in Herself, also She establishes the Self in the devotee.

Shri Svabhava-Madhura

Natural sweetness, i.e. Ananda. Shre resides in the heart of Her devotees as Bliss.

Shri Dhira-Samarchita

Worhipped by the wise and the brave, meaning that She cannot be worshipped by the cowardly and the stupid.

Shri Paramodara

Of supreme generosity. Who readily responds to the prayers of Her devotees.

Shri Shashvati

Ever present, continuous.

Shri Lokatita

Transcends all created universes. She is seated above Sahasrara.

Shri Shamatmika

Peace is Her essence. Devotees with their minds at peace are Her abode.

Shri Leela Vinodini

Whose sport is the Universe, i.e. the entire act of creation is Her play.

Shri Sadashiva

The sacred spouse of Sadashiva.

Shri Pushti

Nourishment.

It is She who nourishes the Jeeva by Divine vibrations.

Shri Chandranibha

Luminous like the moon.

Shri Ravi Prakhya

Effulgent like the sun.

Shri Pavanakriti

Sacred form. The purest which washes away all sins.

Shri Vishva-Garbha

*The entire Universe is in Her
as She is the Mother of the Universe.*

Shri Vimala

Clean, pure, untouched.

Shri Varada

Giver of boons to the Trimurtis.

Shri Vilasini

*The Universe is for Her pleasure
or She, at her pleasure,
either opens or closes the way to self-realisation.*

Shri Vijaya

The element of success in all actions.

Shri Vandaru-Jana-Vatsala

Loves Her devotees as Her children.

Shri Sahajayoga Dayini

Grants spontaneous Self-realisation.

**Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh
Namah**

Sahasrara Day Puja Address
5th of May 1982
Le Raincy, France

....."As soon as the Sahasrara was opened, the whole atmosphere was filled with tremendous chaitanya, and there was tremendous light in the sky, and the whole thing came on the Earth, as if a torrential rain or a waterfall with such tremendous force as if I was unaware and got stupefied.

The happening was so tremendous, and so unexpected that I was stunned and got totally silent at the grandeur.

I saw the primordial Kundalini rising like a big furnace, and the furnace was very silent but a burning appearance it had, as if you heat up metal, and it has many colours.

In the same way, the Kundalini showed up as a furnace like a tunnel, as you see these plants you have for coal burning, that create electricity, and it stretched like a telescope and came out one after another, shoot! shoot! shoot! just like that.

And the Deities came and sat on their seats, golden seats, and then they lifted the whole of the head like a big dome and opened it, and then this torrential rain completely drenched me.

I started seeing all that and got lost in the joy. It was like an artist seeing his own creation, and I felt the joy of great fulfilment.

After coming out of this beautiful experience, I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the nectar, not all stones."

Her Holiness Shri Mataji Nirmala Devi

(JAI SHRI MATAJI!)

