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H.H Shri Mataji Nirmala Devi

“NIRMALA VIDYA”

(The pure Divine knowledge: left Swadhishthana)

RAHURI, MAHARASHTRA 31/12/1980

NIRMALA VIDYA IS A SPECIAL POWER THROUGH WHICH WHOLE DIVINE WORK IS ACCOMPLISHED. EVEN THE FORGIVENESS IS GIVEN THROUGH IT. WHEN YOU SAY (PRAY) “MOTHER PLEASE FORGIVE ME”, THAT TECHNIQUE THROUGH WHICH I FORGIVE ALSO COMES IN THE BOUNDARY OF THIS NIRMAL VIDYA. THAT TECHNIQUE THROUGH WHICH I LOVE ALL OF YOU, IS NIRMAL VIDYA. THAT TECHNIQUE THROUGH WHICH THE MANTRAS GET EFFECTIVE IN THEIR OWN CLARITY AND AWAKEN, IS NOTHING BUT NIRMAL VIDYA.

The word ‘Nirmal’ is born out of combination of two words, that is Nir + Mal= ‘Nirmal’ which means that it has no dirt or spot of any kind, means completely pure. ‘Vidya’ means Knowledge. Therefore ‘Nirmal Vidya’ is ‘Pure Knowledge’. In other words we can say it as ‘Technical knowledge’ (Knowledge with technique) also. This produces attachment and feelings. Shakti is also the mother of Ragas (feelings) in which variety of shapes are formed. As the result, it gets activated and attracted towards different types of impure unwanted desires and drenches it with its power. This is a technique, which is very pure and I won’t be able to describe it completely in front of you all. Because your subtle system is not active. This special instrument is not at all with you.

But you can see it very clearly that how much secret it is. Just by pronouncing *Nirmal Vidya* you should invite that great power. Then that whole and complete technique will appear in front of you and will be ready to obey you like your subordinate. You don’t have to worry about it at all. This never happens in any government, anywhere in this world. You have to just address that government and the whole thing gets activated! In the whole world and whole creation this technique is known as ‘Nirmala Vidya’.

TO GET MASTERY IN THIS TECHNIQUE YOU HAVE TO SURRENDER SINCERELY. THE MOMENT YOU GET MASTERY, IT IS READY TO OBEY THE ORDERS WITH SAME SINCERITY. THIS IS SHRI GANESHA’S POWER, IT’S SIMPLE, IT’S SAHAJ AND IS FILLED WITH PURITY. THIS COMBINED SIMPLICITY ITSELF IS OMNIPOTENT. WHEN SIMPLICITY TAKES OVER THEN IT ARRANGES EVERYTHING AND IN THIS WAY IT AWAKENS AND GETS ACTIVATED.

It keeps on ascending so it is also called 'Parashakti' (The energy beyond). Even beyond the Shakti it takes the form of 'Madhyama'. On the left hand side it comes up to the Vishuddhi. There on your own you become guilty.

THE CAUSE OF IT IS THE FEELING OF GUILT WITHIN YOU. THEN YOU START SAYING HARSH WORDS AND MISBEHAVING. The left Vishuddhi is the catch of Shri Ganesha's power. Shri Ganesha is the most sweet spoken. If you awaken and have the Darshan of Shri Ganesha then you will be surprised to see that this simple humility will start flowing. You must think about it. You will experience extreme joy and bliss within you. This humility and simplicity on the left Vishuddhi becomes bitter and troublesome.

SO, YOU ALL MUST CONTROL YOUR LEFT VISHUDDHI AND TRY TO SPEAK SWEETLY AND USING JOY GIVING WORDS. IT IS MUST THAT YOUR LANGUAGE FOR EVERY PERSON SHOULD BE SWEETEST. SPECIALLY THE MEN SHOULD TALK TO THEIR WIVES VERY SWEETLY. NOW, THIS SWEETNESS WILL CLEANSE YOUR LEFT VISHUDDHI. YOU MUST ALWAYS USE SWEET LANGUAGE. SPEAK SWEETLY. TO SPEAK SWEETLY IS THE BEST POSSIBLE WAY TO CORRECT AND REMOVE THE GUILTY FEELING OF YOUR'S. BECAUSE IF YOU USE HARSH AND HURTING WORDS TO SOMEONE THEN IT IS DUE TO YOUR HABIT AND IT GIVES YOU PLEASANT FEELING WITHIN. BUT AS SOON AS YOU STOP YOUR SENTENCE, YOU REPENT ON IT, REGRET IT AND YOU SAY, " OH! GOD, HOW DID I SAY THIS?", THIS IS THE GREATEST GUILT.

So, select all the sweet words and always use them with every person. Look... listen to the chirping of birds... In the same way you also must learn different sounds so that you can make others joyous with your sweet language!! This is the most important thing. OTHERWISE YOUR LEFT VISHUDDHI CATCH WILL INCREASE AND YOU CAN DEVELOP A VERY DIFFERENT WAY OF SPEAKING, AS THE RESULT OF WHICH YOUR LIPS WILL GET DISTORTED AND TURN TOWARDS LEFT SIDE.

When this flow reaches to the higher state of Agnya chakra, where Shri Ganesha's power becomes the power of forgiveness, then it rises above to the limbic area where The Power of Shri Ganesha which is beyond Sun, is seated. Then Superego appears above. This is the power of Moon. Here is the spirit of Moon. It becomes the 'spirit'. It is always seated on the head of Shri Shiva. This is the complete evolution of Shri Ganesha's Shakti, as you see, it's extremely beautiful. IN THIS WAY OUR 'DESIRE' ITSELF BECOMES THE 'SPIRIT'. YOUR DESIRE AND SPIRIT BECOME ONE, UNITED. But, sometimes this catch becomes too complex. YOU ALL HAVE SEEN, ALL OF YOU WHO ARE CAUGHT ON THE LEFT VISHUDDHI, WHEN YOU SPEAK HARSH AND SARCASTIC LANGUAGE YOU MUST KNOW THAT IT IS NOT YOU WHO IS SPEAKING IT. In fact, No, because you all have become spirit, and SPIRIT CAN NEVER USE HARSH WORDS, NEITHER CAN USE FILTHY SARCASTIC WORDS. It will use harsh words only when it is very much needed, but very little and constructive, you must give special attention to it. This work has to be accomplished by some other Shakti.

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CALLING FROM TANZANIA

Jai Shri Mataji! By the grace of Shri Mataji Nirmala Devi , we had a Public Programme at the Hindu Mandal Hall at Moshi , Tanzania on 26 October 2002, at 5-30 P.M .

Since I am alone in Tanzania, I requested Mrs Mirriam, Ms Nimishah Shah to join from Nairobi Centre. On the 25th evening, Ms Nimishah came with Mr Kapil Goyal a very active Sahaja Yogi from Rajasthan who came to Visit Nairobi. I have been told that by the coming of Kapil at Nairobi, already some people got realization. Anyway, we have made some good postering in Kiswahilli and English. Since, Miriam did not report on Friday, we were worried not being able to present an African Sahaja Yogi. We were praying to Shri Mataji for her presence. On Friday evening, we went to the place where the Public Programme would

be held. We found the names of Mirriam and Nimishah had been already Published on the Notice Board of Hindu Mandal Hall and Hindu Union Temple as the prime speakers.

On Saturday morning, Kapil and Nimishah went for photo copying some literature and found two white women were asking about Meditation. On Saturday afternoon, we were tense about Mirriam's coming . . . She reported at 3 o'clock and we became very happy. The Programme was started at 5-45 P.M. and more than 50 people, men and women almost in the same ratio, attended the programme and got realization.

Next morning , we gave realization to 50 children and some more senior people and a follow up programme was held again in the afternoon. After the Programme, we got very big response for establishing a weekly Mediation collectivity center and it was decided that after Diwali we will have regular session on every Sunday at 11 A.M.

MY EXPERIENCE

I am sending herewith my own experience of Self Realisation which came to me with great intensity 10 years back. It may help some new yogies to surrender to Mother faster:

I belong to Jaipur (India) and in 1990 when Her Holiness blessed me with Sahaja Yoga, I used to work for a Tyre company. *I was 27 at that time.* I was inspired by the Leader of Jaipur centre to experience Self Realisation. He in fact, was one of my Company's dealers also.

Those days, I was so much busy into making (rather losing) money, that I hardly had any serious seeking to try it. It was January, 1990 , and I was down with lots of losses in Shares etc, and was quite frustrated with failures in life.....that's when I made up my mind to go to Sahaja Centre on one weekend, with my wife, with a curiosity in mind as to what "exactly will happen ? How one feels vibrations..etc as I had heard something like it....

Honestly speaking, till that time I used to percieve Mother as another spiritual teacher only...and I had no impression about Her Divine Powers or Goddess/Incarnation Status. But somehow I was so curious to feel that Cool Breeze, that one of my close friends used to talk about so often, who got already cured of Polio of leg after practicing Sahaja for 4-5 years.

So....I was given Realisation by the leader in the centre. During all affirmation chanting and prayers, I was not there ..and my attention was somewhere else. I did not feel anything at all, though they said that they could feel cool breeze over my Sahasrara...then I was told about salt water and was given Mother's picture for meditating at home. Somehow, I was sincere and regular in salt-water and morning-evening meditation....but I could see no improvement even after one week, as I didn't know what exactly Vibration was and how to control thoughts while meditating. Rather, the more I tried to be thoughtless, the more they flooded in to my mind...Boy!! What to do ??? In fact, I was not surrendering to Mother at all, and was trying to meditate myself - trying to get thoughtlessness, as though I can do it myself - Ego trip !!!

This continued for another 4-5 days and I got bored with the process and started feeling guilty that due to my bad deeds (karmas) I am not being blessed with this feeling and perhaps I am not worthy of it.

At last, I again went to the leader (my business associate, and a friendly guy), for whom I had lot of respect due to his very kind and sweet nature. I narrated my problem and I told that "look, I am not feeling anything, I can't stop my thoughts, I have been trying everyday for so long now, but nothing is happening...I am disappointed !!!!!"

He listened to me carefully...and asked me.." By the way, who is this "I" you are referring to again and again...that "I" did this , "I" did not do this..etc etc...**WHO IS THIS "I" ?** Then he explained: "Look Kapil, If you were able to do it yourself, then did you really need to come to Shree Mataji ! Because, you can not do it that's why you were given picture of Mother...and not some imaginary painting of some deity...or

God...that is real live picture of the Incarnation Herself... which has all positive vibrations and powers of Shree Mataji. That is not just a piece of paper we gave you the first day...that picture is as good as "In Person" ...no difference. So you must ask for these vibrations and blessings from Her, directly when you sit for meditation and try to surrender to Her, as She, only, is the giver of this power and feeling. ***But you have to surrender...no other way out..."***

Then very lovingly he gave an example "look, if you are drowning into the sea, and you do not know swimming, then, the more you will fight with waves in order to save you, the more you will go into the sea. BUT.. if you surrender your body completely to the sea, then you will float...then it will take care of your being...hence, my dear friend, today, when you go home and sit for meditation, Please try to surrender...and whatever problems or tensions you have in your mind, tell to Mother. Open your heart to Her.

And my dear Brothers and Sisters, ***that night...*** when I sat for meditation, I kept looking at Mother's picture, first, trying to tell my problems to Her and then.... I WEPT...I opened my heart to Her, and from the bottom of my heart (for the first time) I prayed for the feeling of Kundalini Awakening. And that very moment, it happened like "Eureka ! Eureka !" to me and I felt my lower side spinning clockwise, as if my whole body has turned towards right and those spinning circles increased faster...going upwards...came up to Sahasrara and then I felt that there is a straight connection from Mooladhara to the Cosmos via Sahasrara....one single straight line...the connection of joy. I knew this is kundalini, still, spinning was there and I got little scared (in complete joy) that where I am being taken to....to what height !!!! Journey seemed endless....joy had no bounds. It continued for 20-30 minutes....and when my eyes were opened, I looked at Mother's pictures, unable to collect words to thank Her, I knew that She has made me a Yogi and this is my new birth...**NO DOUBTS AT ALL....**

I felt myself at a very high wavelength. And found difficult to explain to my family what has happened with me in just few minutes...I wanted everybody around me to instantly recognize Shree Mataji and to come into Sahaja. They were amazed with my sudden transformation. Miracles started happening every next moment....I knew..Param Chaitanya is with me now. I need not worry for anything.

Lots of beautiful Sahaja Bhajans flew from my pen in the next few days. I was completely surrendered to The Adi Shakti, though I had yet to get Her Darshan in person - which happened 3 months later, when I enjoyed my first, sakaar Divine sight in "Delhi Birthday Pooja". But, She had already blessed me with Her power, compassion and love at my home, at my small alter....She is everywhere...we all know.

I only want to say to new people that the shortest route to attain Shree Mataji's blessings is "**YOU SURRENDER TO HER COMPLETELY**".

"OM TWAMEVA SAAKSHAT, SHREE "YOGESHWAR"* SAAKSHAT, SHREE ADI SHAKTI MATAJI, SHREE NIRMALA DEVI NAMO NAMAH:"

Jai Shree Mataji

Kapil Goyal

Nairobi (Kenya)

* who is the giver of Yoga, the divine connection, the self-realisation.

MOSHI, TANZANIA

At the foot of Mount Kilaminjaro, we went down there last week-end and a total of 108 persons got realisation among which 50 children. The whole town is covered in vibrations and absolutely peaceful and

settling. So much greenery around and absolutely peaceful people. We hope that a regular centre will be set up there soon.

Nairobi, Kenya – On the 1st of November, we went to a private primary school and gave realisation to a total of 220 children aged between 3-11 years. Such wonderful vibrations. When we asked how many felt cool, we got all the little arms up!

Jai Shri Mataji!
Mirriam

ZIMBABWE

Jai Shri Mataji!

By the Grace of Shri Mataji, more than seventy people got realised at a programme we had in Bulawayo. One woman having serious problem of swelling of legs from arthritis is getting cured by the divine vibrations. She is now telling about Sahaja Yoga to others as well.

We pray to Shri Mataji for her divinity to save this region from economic turmoil and use us as instruments for spreading Sahaja Yoga.

Jai Shri Mataji

POEMS

I LONGED FOR YOU

*I longed for you.
I knew you were real, you existed.
I longed for you
For peace, happiness, love and direction.
Peering through the window
I would pray...
If you sent someone like the Lord
You came yourself*

*When you called,
I came running.
I followed my peace, happiness, love
Most of all I found my direction.
Life without direction ,
Can make you mad
I am glad,
I found you.*

OCEAN OF LOVE

*The ocean of love is so strong
It ponders and roars of strength
Lapsing to and fro,
To and fro.
Gently, gently it engulfs
Shivers run up my spine
It is a nice cold
So strong, yet gentle
Dripping with love*

RAINBOW

*You have given us the crown of love
Blessed with the rainbow of protection
When our seven colours radiate
With love and wisdom
We mend and meditate
The colourful arch,
Gives us an umbrella
It shall not wilt in the storm
Melt nor
Bend or break it shall not
The colourful arch protects our jeweled crown
The shine, the shine
Splendor and Divines*

*Every being vibrates with love
Spreading...
This oceanic love empowers you
Gives you confidence to know yourself
Gives you a light
You never knew you had.
Enjoy it.*

REMEMBER TO SURRENDER

*When your days are dark
When you are lost in the storm
Your compass is not clear
Your eyes hazed with storm and tears
You trudge into mud
It slows you down
You have lost everything
No... all is not lost
Remember to surrender
You are not alone
Mother is with you
She will wipe your tears
Comfort and mend.
Because humanity needs a helping hand
Of love and reality
Oh Mother, in union we shall stand tall and great
In union, the universe, we shall vibrate
Please drench us in your Divine breath.*

SPREAD IT

*We love yoga
It must spread
Everyone must experience it
It must spread
Do not hoard it and guard it
It must spread
How can we be selfish
With something so precious and God given
It is free
It must spread*

*We have been blessed
With love, peace and harmony
We experienced the joy of Mother's love
It transcends time
It is your rebirth
Your crowning glory
It is not a fossil
When awakened, it keeps growing
It is big
That's how it is with Mother's love*

It must spread...

GANDHI



When Gandhi arrived in South Africa he was young and had no first-hand knowledge of conditions here. However,

twenty-one years later he had matured into an astute politician and a leader. He fought against racism and discrimination and upheld the principles of non-violence as a means to solving political problems. His African experience was the forerunner of greater things to come. In South Africa, he mobilised hundreds of resisters but in India he mobilised thousands, making him the true leader of a mass movement. After an enormous struggle he helped secure the independence of India in 1947. Without the South African experience this would not have been possible.

It was here in South Africa that he experimented with and developed the technique of Satyagraha or Passive Resistance, as it is more popularly known. The technique of non-violent resistance was successfully tried out since 1906 and is today a widely accepted technique by which men and nations can resolve their differences.

MOTHER

What word can you use to describe a mother

No! no words can

If you try you can come close

But not close enough

Mother loves us so much

It is infinite

She gives us so much

She is infinite

Mother always forgives

She longs for her children to fill her lap

Yet, there is so much gap

She cries for us

The ocean cannot compare

Her heart is full of love

The size you cannot compare

It is like a flower

Fragrance, you can absorb

Yet it is not a flower

No words can compare

Feel Mother's love

Oh! Yes... yes you can

You can feel Mother's love and thrive on it

That is a mother's love.

Nelson Mandela



Nelson Rolihlahla Mandela was born at Qunu, a village near Umtata in the Transkei on 18 July 1918. His

father, Henry Mgadla Mandela, was the Chief Councillor to Thembuland's acting paramount chief, David Dalindyebo. After his father's death, Mandela became a ward of the chief, and was groomed for Chieftainship. But being greatly influenced by the many cases that came before the Chief's court, he was determined to become a lawyer. Hearing of the valour of his ancestors also influenced his determination to contribute to the freedom struggle in South Africa.

After matriculating, he enrolled for a BA degree at the University of Fort Hare. As a member of the Student Representative Council, he participated in a student strike and was subsequently expelled from the University. He completed his BA degree through correspondence in Johannesburg, after which he commenced study for a LL.B. at the University of Witwatersrand. His political involvement really began in 1942 when he joined the African National Congress.

In 1944 he helped found the ANC Youth League and in 1952 was elected national volunteer-in chief of the Defiance Campaign. In the same year, Mandela and Oliver Tambo opened the first black legal firm in South Africa, and he was both Transvaal President of the ANC and deputy national president. In the early 1950's, Mandela played a leading role in resisting Bantu Education. In the late 50's, he turned his attention to labour exploitation, the pass laws, the Bantustan policy and the segregation of open universities. Throughout this period Mandela was banned, arrested and imprisoned.

In 1960 the ANC was banned and Mandela was detained until 1961 when he went underground. In the same year, together with other leaders of the ANC, he constituted Umkhonto we Sizwe, with a view to preparing for an armed struggle. In 1961 MK was formed as the military arm of the ANC with Mandela as its commander-in-chief. In 1962 he was arrested for leaving the country illegally and for inciting strike action. During his trial he conducted his own defence. He was convicted and jailed for five years. While serving his sentence, he was charged in the Rivonia trial with sabotage and sentenced to life imprisonment in Robben Island.

While in prison he remained a symbol of hope and resistance for others in the freedom struggle. After a series of negotiations, Mandela was released from prison on 11 February 1990. He was inaugurated as South Africa's first democratically elected President on 10 May 1994.

QUOTATIONS PEACE

"This is one of the most important moments in the life of our country. I stand here before you filled with deep pride and joy - pride in the ordinary, humble people of this country. You have shown such calm, patient determination to reclaim this country as your own, and now the joy that we can loudly proclaim from the rooftops - Free at last! Free at last! I stand before you humbled by your courage, with a heart full of love for you. I regard it as the highest honour to lead the ANC at this moment in our history. I am your servant.... It is not the individuals that matter, but the collective.... This is the time to heal the old wounds and build a new South Africa."

"Today the majority of South Africans, black and white, recognize that apartheid has no future. It has to be ended by our own decisive mass action in order to build peace and security. The mass campaign of defiance and other actions of our organisation and people can only culminate with the establishment of democracy The factors which necessitated the armed struggle still exist today. We have no option but to continue.

We express the hope that a climate conducive to a negotiated settlement will be created soon so that there may no longer be the need for the armed struggle."

"There was much in such a society that was primitive and insecure and it certainly could never measure up to the demands of the present epoch. But in such a society are contained the seeds of revolutionary democracy in which none will be held in slavery or servitude, and in which poverty, want and insecurity shall be no more. This is the inspiration which, even today, inspires me and my colleagues in our political struggle." N bbb fgc fd

"The government has interpreted the peacefulness of the movement as a weakness: the people's non-violent policies have been taken as a green light for government violence. Refusal to resort to force has been interpreted by the government as an invitation to use armed force against the people without any fear of reprisals."

"I have never cared very much for personal prizes. A man does not become a freedom fighter in the hope of winning awards, but when I was notified that I had won the 1993 Nobel Peace Prize jointly with Mr de Klerk, I was deeply moved. The Nobel Peace Prize had a special meaning to me because of its involvement with South African history.... The award was a tribute to all South Africans and especially to those who fought in the struggle; I would accept it on their behalf."