



## AFRICAN NEWSLETTER 9

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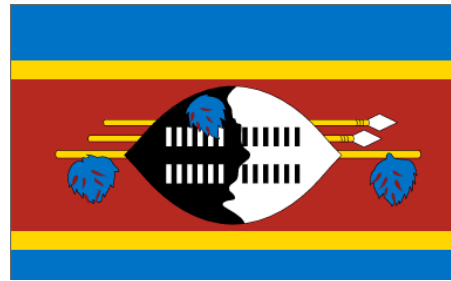
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## Country Updates:

### Swaziland

Jai Shri Mataji



In response to Mother's call for her message to reach all her children, the South African collective made the promise to spread SY in Swaziland and Mozambique by the end of this year.

With much enthusiasm 47 South Africans went by bus to Swaziland from 14 to 18 July to share with the people Shri Mataji's gracious gift. From morning until late afternoon all yogis joyfully took to the streets to tell as many as possible about Shri Mataji, and offer self-realisation. We believe that thousands of people had their realization.

In the interim (by the time this newsletter was written) , Mother had sent a yogi family from India to Swaziland.

Swaziland is a small, land-locked Kingdom, and is nestled in between the Republic of South Africa and Mozambique. It has a population of one & a half million, and unfortunately half of the population is infected with the aids virus. What was very interesting while we were there was that the government had organized a big "beat the drum" festival where the aids crisis was addressed. All schools from around the country were asked to attend, and the message was that the only way aids could be controlled was through abstinence. So they are on the right track ...

May Sahaja Yoga spread in this country and may purity and innocence reign!

Maike

## Fact File

### The Kingdom Of Swaziland

Swaziland is a landlocked country nestled in Southern Africa, between Mozambique and South Africa. The total surface area is 17,363 sq km & can be compared to a little bigger than Connecticut but not as large as the diminutive nation states of Israel or El Salvador. The terrain comprises of mostly mountains and hills with some moderately sloping plains. . This country has some natural resources comprising of asbestos, coal, clay, cassiterite, hydropower, forests, small gold and diamond deposits, quarry stone, and talc. The four living languages spoken are English, Swati, Tsonga & Zulu.

The smallest country in the southern hemisphere is also one of the most easy going - laid-back Swazis are more likely to celebrate for fun than demonstrate for reform. A progressive and hands-on attitude towards wildlife preservation has endowed it with a striking bunch of national parks.



Despite the country's size it lays claim to some of the best game reserves and national parks in southern Africa. Black and white rhino (rhinos had been absent for 70 years after being wiped out), elephant, and more recently, lion have been reintroduced into the collection of national parks and game reserves. You can trek, horse ride, raft on wild rivers or cycle through many of the parks and get surprisingly close to a huge variety of wildlife.

While one or two towns get a little rough around the edges after dark, the tension palpably lifts if you have crossed into Swaziland from South Africa. Some of the more important festivals turn the Ezulwini ('Heaven') Valley into a brilliant spectacle of dancing and singing a couple of times a year, as tribes people decked out in flamboyant

costumes reaffirm their belief in the monarchy and their culture. There may be only one museum in the country and little in the way of night-time diversions besides gambling in the casino, but the countryside's thriving and the life's wild.

Issues currently facing the environment are limited supplies of potable water, overgrazing, soil degradation & soil erosion.

Religion is spread out as follows: Zionist (a blend of Christianity and indigenous ancestral worship) 40%, Roman Catholic 20%, Muslim 10%, Anglican, Bahai, Methodist, Mormon, Jewish and other 30%. The government type is monarchy & is an independent member of the Commonwealth.

Autonomy for the Swazis of southern Africa was guaranteed by the British in the late 19th century; independence was granted in 1968. Student and labour unrest during the 1990s have pressured the monarchy (one of the oldest on the continent) to grudgingly allow political reform and greater democracy.

The chief of state is King MSWATI III (since 25 April 1986) with the head of government Prime Minister Absolom Themba DLAMINI (since 14 November 2003). The cabinet is recommended by the Prime Minister and confirmed by the monarch. There are no elections i.e. the monarch is hereditary, Prime Minister appointed by the monarch. Political parties are banned by the constitution.

In this small, landlocked economy, subsistence agriculture occupies more than 80% of the population. The manufacturing sector has diversified since the mid-1980s. Sugar and wood pulp remain important foreign exchange earners. Mining has declined in importance in recent years with only coal and quarry stone mines remaining active. Surrounded by South Africa, except for a short border with Mozambique, Swaziland is heavily dependent on South Africa from which it receives about nine-tenths of its imports and to which it sends nearly three-quarters of its exports. More than one-fourth of the population needed emergency food aid in 2002 because of drought, and more than one-third of the adult population was infected by HIV/AIDS.

If you want to see the two most important Swazi cultural ceremonies, go in August or September for the *Umhlanga* (Reed) Dance, or in late December or early January for the *Incwala* (the 'first fruits') ceremony. The **Incwala** (sometimes called Ncwala) or 'first fruits' ceremony takes place in December or January and is the most important in the Swazi calendar. Groups of *bemanti* (learned men) trek over the country, bringing back plants, river water and foam from the Indian Ocean to the Royal Kraal at Lobamba. Finally the king breaks his retreat, dances before the people and eats a pumpkin, a sign that Swazis can eat the new year's crops. In the **Umhlanga** held in August or September, marriageable young Swazi women journey from all over the kingdom to help repair the queen mother's home at Lobamba. The festival is a showcase of potential wives for the king and draws the nation together to remind people of their relationship and obligations to him.

## History

In eastern Swaziland archaeologists have discovered human remains dating back 110,000 years, but the Swazi people arrived only relatively recently. During the great Bantu migration into southern Africa, one clan of the Nguni, moving down the east coast, settled around modern Maputo in Mozambique. Eventually the Dlamini family founded a dynasty there, but by the middle of the 18th century, pressure from the other clans forced a Dlamini king, Ngwane III, to lead his people south to what is now southern Swaziland, around the Pongola River. The Swazi now consider Ngwane III to be their first king.

Under pressure from the Zulu, the next king, Sobhuza I, withdrew to the Ezulwini Valley, which remains the centre of Swazi royalty and rituals today. King Mswazi, who ascended the throne next, was a gifted warrior and diplomat, and by the time he cashed his chips in 1868 the Swazi nation was secure.

The Zulus frequently clashed with the British and the Boers, which relieved pressure on the Swazis but created other problems. Swaziland attracted a ragtag bunch of great white hunters, inconsequential traders, fervent missionaries and land hungry farmers looking to feed their cattle. The kingdom's land was being gobbled up in leases granted to the Europeans, but in 1877 the British decided to run the place along their own lines and they annexed it lock, stock and barrel. The Swaziland Convention of 1881 guaranteed the nation's independence on paper, while considerably contracting its borders, and 'independence' proved to be just a word. In practice the Brits and Boers pursued their own interests with chaotic results, and after the Boer War the victors took over the reigns of power. Swaziland joined the long list of countries administered by London.

During the 20th century, land ownership grew into an issue threatening the viability of Swazi culture, given that Swazi kings are considered to hold the kingdom in trust for their subjects. With a large proportion of the kingdom in foreign hands, King Labotsibeni encouraged Swazis to buy back the farm, and many emigrated to South Africa to raise money by working in the mines. Land was gradually returned to the kingdom, both by direct purchase and by the British government, and at independence in 1968 around two-thirds of the kingdom was back in Swazi control. Britain's 66-year rule was overturned peacefully, and many streets in Mbabane retain their colonial-era names, perhaps indicative of the good will the colonial administration left behind.

Swaziland inherited a constitution largely the work of the British, and in 1973 King Sobhuza II suspended it on the grounds that it did not reflect Swazi culture. Four years later parliament reconvened under a new constitution that vested all power in the king. Sobhuza was followed in 1986 by King Mswati, who continues to maintain and represent tradition. He runs the country with the Council of Ministers, a small core of advisers. There is a little dissent in the country, although most Swazis seem committed to maintaining their culture despite external pressures of modernisation.

Opposition parties remain illegal, and in 1995 the National Assembly and the homes of the deputy prime minister and the vice-chancellor of the University of Swaziland were burned in student riots. Following a general strike later that year the king's powers were partially reduced, and in 1997 the heads of Mozambique and South Africa held talks with the king on further democratisation in Swaziland.

Since then King Mswati and the pro-democracy forces have engaged in a tit-for-tat game of one-upmanship; the increasingly fearless unions have organised strikes and bans on imported and exported products, which has resulted in government bans on trade union meetings and the reintroduction of a 60-day detention law; pro-democracy groups have refused to recognise the Public Order Act which forbids party politics in the kingdom and requires police permission to hold a meeting and, in return, the king's office has refused to comment on a UN-sponsored report on the country's constitution.



**Group photo**



**School children receiving their self-realisation.**





**Attracting the crowds with music and song.**



**The young lady in the bottom picture wanted to have her realization three times. She enjoyed it so much, and accompanied us for a few hours through the streets of Manzini**



**The group of men who earnestly desire to start a center in Manzini**



**One of the 12 Swazi gentlemen immediately put a poster on his car window**



## My Experience As A Sahaja Yogi

I am a Sahaja Yogi for 10 years . I took the Realisation from Shri Nirmala Devi in 1995 at the Netaji Indoor Stadium , Calcutta , India . I already told my experiences how Shri Mataji saved my life from colon cancer in the African News Letter in the 1<sup>st</sup> or second issue. Today, I would like to make an introspection about my experiences.

During my course of last 10 years , I met lots of people coming to Sahaja Yoga and I found them discontinuing . For , in the beginning ,they come to see some miracles . If they don't get a miracle in their life - they give it up .

I got a miracle , I believe and know that it is the truth . We need to believe something in life .

Again, some people confuses Sahaja Yoga with Hatha Yoga or physical exercises and if we produce some physical posture - some meditation , covering our body with clays or putting our legs up and head down and make some meditation , this type of people would have been charmed . So, for these people, what they need is black magic and not Sahaja Yoga .

Again, some people come to Sahaja Yoga for curing their diseases and become restless if they do not get cured quickly . Shri Mataji has told us not to bring anyone to Sahaja Yoga by talking about curing . The people should come spontaneously without having any desire . More over , we will have to die one day whether through disease or natural death or accident . For these people who come only for getting cured , perhaps they could go for Reiki . In Sahaja Yoga , we believe in curing but our main object is the Self Realisation which is TRIGUANATIT

Again, in Sahaja Yoga, I have found many people are mad about giving realization just like some religious fanatics. No, I don't believe it . Wherever , I get any chance ( or may be I create that ) , I talk about my experiences , I talk about Shri Mataji and my main aim is to spread the name of Shri Mataji among many people. I don't indulge myself in giving realization first unless I find that the man comes to me for realization. This idea of giving realization sometimes cause problems . Again , I don't give the realization - I become a medium and it is Shri Mataji who gives realization . Praying to Shri Mataji before giving any realization is very important.

During my last ten years , I have found lots of people in the forefront of Sahaja Yoga - some big leaders - and after sometime - they are lost when Shri Mataji finds that they are not required any further. From time immemorial , so many saints took birth in different ages - and they went away when their time was over . I find also lots of people enjoys much in talking about the faults of those leaders who are no longer there - but they forget that Shri Mataji always talks about illusions in leadership . Shri Mataji also talks about ego . If we do not work or come to the forefront , it is also another negative ego. It is better to have positive ego than negative ego. Though, every one will be tested ultimately and will be replaced by new leaders.

Again, I do not believe in so many rituals in Sahaja Yoga though there are some people who are very orthodox in their way of performing rituals. I believe that by doing meditation, we develop our will powers and through will powers, we can raise our Kundalini. Of course, cleaning the various nerve centers are very important. Again, lots of people talk too much of vibrations. I don't think that one should think too much whether he is getting vibrations or not. It will disturb our attention. While I meditate, sometimes I get disturbed - I don't meditate much. For some days, I get immense joy so much that I don't like to leave meditation. That is the point which all of us should try to attain. Again, in spite of following Sahaja Yoga, I don't know whether I am in a position to surrender myself completely. Very few people can achieve that and once you have achieved it - you achieve everything. So, I give above the few guideline experiences of me.

Jai Shri Mataji

Shiba Brata

### **At The River Bank**

Inside a room they locked me, above the earth, and beyond salvation. Waking each day, never truly feeling the dawn on my body. Beams of joyful radiant sunlight shine through the window, but I watch, helplessly trapped inside. A child left within the darkness with the rope for escape gone long ago, down a great abyss. I watched it fall from the height of this prison cell, I screamed in agony as it fell away, leaving me stranded in a dark and airless chamber.

Inside the room, alone, the child became a man. But living in fear, never venturing out. Age and experience had filled the hermitage with all kind of paraphernalia intended to distract from the oppressing gaze of the walls. The place was now so familiar that escape was no longer considered, and the rope was forgotten long ago.

While looking around one day for a distraction, I was drawn to a piece of paper on the floor. I had cried many times in this part of the room, but never before found this. Perhaps I had just not put my attention to it. The paper was under some old books.

It was actually a poster, of sorts. Brighter than anything else in the room, shining, or glowing somehow. As I gazed into the eyes of the Lady in the picture, Her name was Shri Mataji Nirmala Devi, the paper transformed into a key which I used to unlock the door. Light flooded in, revealing things to me which I had never before seen. Eventually with such brightness in the room, I felt the confidence and desire to leave its confines and explore outside.

I wandered for many days as the joyful sun revived my aching joints. Finally I reached a valley through which a small stream flowed. As night fell, I sat on the bank, gazing at

the stars. The water ran across my feet, bringing a coolness over my body. I noticed the river seemed awash with luminous rope, each strand humming the most beautiful notes in all creation.

A bearded man's angry face filled the sky, 'I shall take you with me, I want your soul!', he bellowed. At first I was frightened. Then I heard multitudes of people singing, making the river glow ever brighter. I turned and looked further up the bank, and saw thousands of angels dancing and praising. There, on a stage made of every imaginable flower, and on a golden throne surrounded by radiant clouds of virginity, sat Shri Mataji, in a brilliant white sari. She gave a loving, knowing, smile, enveloping me in Her breath of silver-white clouds.

on the silent throne supreme  
reigns the silent holy queen  
wearing the purest virgin cloud  
to us it seems a simple shroud

Overflowing with joy, I turned back to the anger in the sky, looking into the hideous face. Deep inside I felt the resonance of the words which I declared before such hatred, 'I am no longer afraid of you, I am one of Shri Mataji's children.'. My body filled with and emanated a soft cooling light, tearing the face to shreds like the strongest steel sword. The sky was clear, the face was gone, I could see the stars. With that, I turned to a new life.

I sat on the bank, my feet in the river  
you took all the sky, to make my soul quiver  
nought else did I see, 'cept rage and anger  
to your fury you ask'd me to pander

I bow not to the thief of the sky  
never shall you make me cry  
I know that I am truly protected  
by your anger and rage, never affected

you smite my soul with words of guilt  
seeking to make my inner strength wilt  
with each word I now fall a bit lower  
of all dark hearts, you are the sower

but then I hear the angels sing  
they fly with swords and protective wing  
from the clouds they drive the thief  
and from this battle I turn a new leaf

Jason Mulryan

## South Africa

### Self-realisation in Kimberley

Our August trip to Kimberley - city of diamonds, and the geographical centre of South Africa - was a truly heart-warming experience.

Historically a city built on the greed of early entrepreneurs who fought for control over the diamond mines and left a gaping hole in Mother Earth (215 metres deep, with a perimeter of 1.6 kilometres) after removing 22.5 million tons of earth to sift for sparklers, Kimberley now supports a middle to lower income group population and has no apparent signs of wealth to show for its indulgent past. It also holds the tragic statistics of having the highest suicide rate pro-rata amongst youth in SA.

Venturing with no preconceived ideas of our reception into this red-sanded Northern Cape Karoo-type terrain, where the temperature can plunge to below zero at night in winter and rise to 40 degrees centigrade in summer, our Cape Town team of four was overwhelmed to find warm-hearted, open-spirited, friendly people who were deeply grateful for being offered their self-realisation.

*And during our 7-day visit Shri Mataji opened every door.* Appropriate, economic, accommodation was found instantly, with what became essential conference facilities for follow-up meetings, and from Day 1 things just rolled.

Self-realisation was given to youth at technical colleges, and to the general public at regional halls across the population groups, and at the central public library throughout the week, as well as spontaneously in the streets and local shops. Two to three public programmes were presented daily, including evening follow-ups at our Horseshoe Motel (which was built in a bandhan shape!)

The presenters at the local radio station, Radio Teemaneng, welcomed us with open arms, inviting us to no less than 4 live interviews (2 Breakfast shows, current affairs, and a religious programme), during which Maike was able to give realization to listeners over the air twice in one day. And altogether 8 or 9 personal recommendations were voluntarily made by the broadcasting team to the public for listeners to come and get their realization!

It was estimated that 590-600 received their realization in the daily public programmes, and that approximately 20,000 got it over the air.

By the time Rajen had made a follow-up visit in Week 2, a center-core of enthusiastic new meditators had elected to meet weekly, alternating between a school classroom and an offered art studio, and with the help of emails and videos to be sent by Rajen.

The whole experience was one of joy and encouragement for the visiting Capetonians who were bowled over by so many open-hearted responsive residents.

JAI SHRI MATAJI!

Jane Schafer

## Sahaja Yoga Stress Management Presentation At Baragwanath Hospital on 24 August '04

Rajen Moodley arranged a Sahaja Yoga Stress Management Seminar at the Baragwanath Hospital on Tues.24 Aug.04. On the Monday evening preparation regarding the updating of the power point presentation with graphs and transparencies for over-head projector etc was done. Kudos to the yogini's (Irene and Jaya who helped - one feels more yoginis should get into computer-operations etc.) and Ravi who also assisted well into the night. One last browse thro' the presentation and all was set for next day.

The presentation took place in the Speech and Audiology dept. at 2 pm .As always there was a play of Maya as Rajen was informed that there will be another presenter on the same topic ie. Stress Management, and we would have to share the time with him. We were requested to do our presentation first, which we did with the assistance of the power point and over head projector. The presentation went very well and was well received by the thirty-six odd students of the speech & audiology, and the physiology depts. The following were the salient features:

1. Shri Mataji was introduced as Dr. Shrivastava.
2. No mention of God and Religion was made.
3. Those attending were not asked to remove their shoes, during the giving of Realization.
4. They were asked to put their hands in front of them during realization (Shri Mataji's picture was on the screen in front of them, so in a subtle way they did not realize they were pointing their left hand towards Her.)
5. They were informed that they were getting connected to the 'Cosmic Energy' instead of the normal terminology "All pervading Power of Divine Love.
6. All, except one girl who was not attentive, got their realization, and most agreed they felt the vibrations, especially one lady with a beaming face who initiated the chorus that she felt a cool breeze coming out of her head.

Next the other speaker went on and his labored presentation was done. Amazingly he also spoke of chakras in his talk and conceded that the Sahaja presentation was more in-depth. At the end of his talk he tried to make every meditative by playing relaxing music which dragged for first few minutes which left every laughing. Then his attempt at auto-suggestion had every one sleepy (heavy agya). Finally he conceded that meditation, like Sahaja Yoga was the best method for stress relief .So Shri Mataji turned around what seemed like a negative experience into something positive. The gentleman also ended up getting his realization.

In conclusion Rajen has been informed that Sahaja Yoga has been invited to do a seven week program on meditation at Baragwanath Hospital. All should put their attention and give bandhans as it is one of the biggest hospitals in Africa if not the world, and it was an important start for Sahaja Yoga medical committee projects.

JAI SHRI MATAJI.

## Parliament Of The World's Religions 2004

Montserrat -July (5-7) Barcelona -July (7-13)

This report is collated to give feedback to the Sahaja Yogis.

The parliament 2004 of the world religions provided an extraordinary opportunity to listen and make commitments towards peace building and in attempting to establish a global society of compassion.

This unique international inter-religious gathering offered participants the following-

- \*Deepen our spirituality and experience personal transformation
- \*Foster mutual understanding and respect
- \*Learn to live in harmony in the midst of diversity
- \*Recognize the humanity of the other, and the broader community
- \*Seek peace, justice and sustainability
- \*actively work for a better world.

We experienced infinitely expanding awareness, deeper interrelatedness, and empathy. We collectively overcame the illusion of separation and realized our individual and collective evolutionary capacity and capability.

The gathering in Montserrat was attended by over 100 different Faith group Spiritual leaders, Futurist, Nobel Peace prize winners and philosophers .The overwhelming voluntary responses of these leaders were indicative of the wonderful and terrible times in which we live in. Timing was right and the need was the greatest from all who committed to avail themselves to offer their wisdom of practices. This was a pre-parliament gathering of dignitaries and provided the high security needed for this collective. It was a human experience of spiritual beings engaging in conscious evolution by choice.

Montserrat was significant on two levels, namely since the original black Madonna was found in Santa Cova and the monastery was built honoring this feminine energy. That is so visibly prevalent that we referred to the nurturing energy of our Mother innately manifesting in each of us thus bringing the religious leaders together to dialogue on 4 world issues-

The plight of refugees worldwide,  
Overcoming religious violence,  
The shortage of drinking water, and  
The reduction of international debt for 3<sup>rd</sup> the world.

I was initially invited to join the facilitation team in Kenya for a pre-parliament gathering hosted by the Sikh community and The Council for the World Parliament of Religions as data gathering for Barcelona. As soon as I joined, I was appointed the lead facilitator and incorporated into the design team for the parliament 2004. The success of this gathering of how-to engage in heartfelt conversations secured me the lead facilitator's job for both Montserrat and Barcelona .It changed my vocation and career into an avocation -my spiritual calling!



I desperately tried to invite other yogis to join me in Spain and surrendered my intentions to Mother. As it evolved I was the only yogini, yet through the grace of Shri Mataji I was given the honor and privilege to open and hold the space for the first 2 hours of the Montserrat gathering. My challenge was to nurture and invoke conversations amongst these spiritual leaders who are self realized souls, practicing meditation daily and who dwell on a higher plane than me.

I opened with a meditation with reference to Shri Mataji as my guiding mother who as gifted me with my self- realization. I shared this gift with all present and lead the meditation from my own knowing, holding our eternal oneness and the still center of our collective wisdom to birth. I cannot recall the script but it was effortless and pure joy. I received unlimited compliments from the various spiritual leaders including the Dalai Lama, Rabbi, Tibetan Monks, Bishops and Spiritual indigenous practitioners. I referred people to the Sahaja website once they showed enthusiasm.

My colleague was a Jewish Canadian male, who held the male energy in tandem with me. It was an equating of genders- honoring and respecting both the male and female energy present in the room. Men and women joined as coequal, co creators in the society of universal humans. A number of female delegates were astonished at the respect they gained at this gathering when compared to the past. There was a deeper inter-relatedness, where empathy increased and intentionality expanded beyond the practical perspective.

There was an awakening to the power of our potential creativity, collective intelligence and collaboration. It was a celebration of humanity's creativity and compassion. People were reaching out and touching each other across religious barriers. There was an uprising of unconditional love and forgiveness.

The work in Montserrat was effortless for me, I operated knowing that I was holding the space as an instrument of Shri Mataji, and I embraced the emergence. It was the most soulful world work that I had ever done. I was never alone or fearful. Mother's vibrant presence was all around. It was a gathering of a Great Awakening. On closure at Montserrat I was ushered out for a press conference to Barcelona.

Just as I was enjoying my VIP seat at the opening ceremony of the Forum that evening, I was grabbed out, sent through security check- and sent onto the stage. My task at hand was to contextualize and summarize what happened at Montserrat .A few pre-selected spiritual leaders joined and they gave their feedback too.

My experience of this task was effortless, and I was fearless not having prepared to speak to 4,500 people and international cameras flashing. It was the Divine Bliss of Mother's manifestation and her vibrancy resonating. I enjoyed the spiritual connection with my Source, and caught a glimpse of my full potential self. Eventually we dispersed to different corners of the world having networked and systematically webbed in our intention and commitment.

I challenge each and every one of you to go out and offer what you can to spread Sahaja Yoga. You will experience what I did. I feel blessed to walk this journey in this lifetime with you.

Perhaps we must evolve through our own maturation before we can meet others.

Looking forward to what's emerging next.... I am commissioned to lead facilitate the Eco-agricultural partners conference in Kenya in September 2004.

Jai Shri Mataji!

Thava Govender

### **Important Reminder**

As you are aware the Third Advent was released by HHSM at her birthday in 2003, is for sale on [www.amazon.com](http://www.amazon.com).

Alan Wherry who published this book, humbly ask for yogis to please order this book from [www.amazon.com](http://www.amazon.com).

Maybe every collective in Africa should get a copy, a good addition to each sahaj library.

### **Upcoming Events**

10/04 - Yogis from South Africa will be visiting Lesotho with the aim of giving self-realisation

October, November & December - yogis from Brazil & South Africa will be in Mozambique on a mission to establish Sahaja Yoga. If you are interested in joining us please send a mail to the address below

On the 15th of October , Obi from London collective will be assisting in setting the foundations of Sahaja Yoga in his Mother country Nigeria. Please give a lot of bandhans. Please write to him on 'ob1ob1uk@yahoo.co.uk'

## Interesting Fact

The Effects Of Five Elements In Realised Souls  
Babitha , Hyderabad , India

Shri Mataji Nirmala Devi

How Realised Souls Are Different From Others?

The five basic elements are light, air, water, fire and earth, which control our body. According to the Science of Ayurveda, these elements are present in varying proportions in different people. That is the reason why all people are not alike, their behaviour and their personality is also different. The effects of these elements on us can be felt in Sahaja Yoga in a very subtle form.

**LIGHT:** How light pervades Sahaja Yoga so much? For example a person who gets realisation has radiance on his face. i.e. radiance starts flowing on face and starts expressing on face. Faces starts shining, a kind of different complexion.

**AIR:** The subtle form of air that prevails in Realised Souls is cool breeze. As we settle and grow deep in Sahaja Yoga, all these things starts showing. We can experience the cool breeze in our palms, fingers and on top of our head.

**WATER:** This makes hard skin soft. i.e. skin becomes soft. This is another sign of realisation. Water in us gives us that lustre, that nourishment, to make our skin very soft. Thus a realised person becomes very delicate. When he talks to other person, they have the coolness of water. Their behaviour will be expressed while dealing with others, just like water, which is soothing, mobile, cooling and cleansing.

**FIRE:** Burns all wrong things within us. Example, when a person with a great anger comes before you, it cools down the anger. If you are a perfect Sahaja Yogi, fire will never burn you. If you are doing something wrong, fire will burn you.

**MOTHER EARTH:** Kundalini is in Mother Earth. Gives us all nourishment and makes us grow healthy. It is the giver of birth to flowers trees etc. It plays a great role in us. Subtlety of Mother Earth is "gravity" which comes in us. A person becomes very attractive, not in physical sense, but in spiritual sense. Others feel something special in us. Other qualities of Mother Earth starts emitting, we become extremely tolerant with lot of patience and forgiving.

This is minimum of minimum that should happen to all Sahaja Yogis who have realisation. We must realise what we got. Self Introspection can tell us whether we have these subtle things in us. We do not have to do any effort. It just happens and happens spontaneously.

## Quotation

The greatest quality of Shri Ganesha is Joy. It gives you joy, as small children, they may not speak even, but they give us so much joy. Joy giving quality comes from Shri Ganesha. Even after coming to Sahaja Yoga, I have seen people are not full of joy, are very serious, they don't know how to laugh, how to enjoy anything. That's the sign that they are still lacking in innocence. So it's important to understand that if you are Sahaja yogis, you should be joyous and give joy to others. Just like children, how sweet they are. They may be newly born, but how much joy they give you. But supposing you do not have that capacity to enjoy the innocence of children, then nobody can help you. Ganesha cannot help you. Because that's the innate quality human beings have and if you don't have that quality, no use having any other sense. Like some people like food, they like colours, they like all other things. But if you don't have Shri Ganesh, you cannot purely enjoy anything.

Cabella Ligure, Italy. September 14, 2002

## Contributions

Please send contributions for the next newsletter to: [sahajayogafrica@gmail.com](mailto:sahajayogafrica@gmail.com)

We would very much like to hear from you as to what you would like to see on this newsletter - please send comments & suggestions to the e-mail address above ...