

## Q Cool Breeze

960 results found in 51ms



### I assure you, your father God Almighty is an ocean of compassion and love

1993/08/06

... flowers (unclear) who does this work? Divine power. But once you are connected with this power then you have a meaningful life and (unclear). Yogi: (unclear) Shri Mataji: Everybody says the same thing. There is no argument, no quarrelling, no war because you also achieve peace of mind. (unclear) it's the right of every human being get that state. Thank you! (Everyone clapping and Shri Mataji smiling and doing Namaskar) Yogi : (inaudible) very important question. Shri Mataji what do you want to say to all Russian Sahaja Yogis? What do they need to do now? Shri Mataji: They should spread Sahaja Yoga, give realization. Sahaja Yoga can prove that Christ is the son of God. It can prove, It's not just a blind Faith. It's not mental. Actualization happens. You can feel the **cool breeze**. (Shri Mataji place her hand above Sahasrar to show how **cool breeze** can be felt) Shri Mataji folds her hands near her heart to say thank you and smile) Shri Mataji gets up to leave. All Sahaja



### Human Awareness and Limited Rationality

1993/05/21

... works it out. It is not just a speech, or a sermon, or a lecture. But it is the actualisation of the experience which is important. And the becoming is very, very essential. That you do not just become, member of this and member of that. It is becoming within yourself. Once you become the Spirit, you start manifesting the beautiful qualities of your Spirit. The Spirit is the source of absolute truth. It is the universal being within you. Once you get this connection, you start feeling a **cool breeze** like vibrations, because it is the **cool breeze** of the Holy Ghost, we can say, is the biblical word. But in Sanskrit, it is called "Param Chaitanya". In Koran, it is called as "Ruh" and Patanjali has called it as "Ritambhara Pragnya". Whatever name one may give, the sensation is of **cool breeze** from your hands and also out of your fontanelle bone area. Once this power of Spirit starts manifesting, you become, also, collectively conscious. You see, there are centres through



### How to reach a higher state of awareness?

1993/07/17

... then please try to understand. You cannot pay for your ascent, not a single pai. How much do we pay to Mother Earth?. For giving us these flowers?. The Mother Earth has got the built-in quality to sprout and the seed has the built-in quality to sprout. That's how you have built-in qualities to sprout. So I give you about two minutes more, for those who do not want to have their ascent should leave the hall. It is a serious matter. And they should not force upon us. It is very easy to criticize others. But one question you should ask yourselves : what have you got so far?. What have you given to others?. What kind of world we have created?. We should introspect. Everybody will have to ask. We have to understand that Sahaja Yoga works spontaneously, no doubt. But, we have to nourish our own centres with our self-confidence. That's all for tonight. Then once you feel this **cool breeze** of the Holy Ghost all around you, you must know it is the Ocean of Forgiveness. And one condition



### Experience the Truth on your Centres

1993/06/25

Clear refinements

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... "Mother is this the Ruh or Brahmachaitanya?" Ask anyone of these questions, in your heart, only three times, anyone of them. Now, please take down your hands. You'll feel very relaxed. And now put your hands like this. Those who have felt the **cool breeze** or a hot air from their fontanel bone area, or on their fingertips, or on their hands, please raise both your hands. May God bless you. That's it! All of you have got it. Now, believe in yourself, have faith in yourself, that you have got it. And don't waste your Self Realization. It's very peaceful, and all the miracles will start happening in your lives. So many will say that they have got so many miracles in their lives. But the most important thing, that you become a universal being, you become a collective being, and then you realize what a potential you had within yourself. Respect yourself and respect your Self Realization. So may God bless you all. You have got pamphlets I am told, where you got the addresses, of all the



## Energy Centers are our foundation

1993/10/16

... correction of our being. As I told you they are responsible for our physical, mental, emotional and spiritual being. When this Kundalini rises She passes through these centers and She corrects all these centers not only that She integrates them and ultimately She breaks through this fontanelle bone area. Now, first thing you feel is this all Pervading Power of Divine Love, which is like a **cool breeze**, we say **Cool Breeze** of the Holy Ghost. This is the reflection of the Holy Ghost that you see, is your own Mother. Now I don't know why Mr. Paul didn't want any mention of the women in the Bible, and he didn't even mention the Primordial Mother, though he talks of the Father, God Almighty, His Son, and no Mother, it's a Holy Ghost, or a doe. What about the Mother? In every country, in the ancient times, like Greece has Athena, Ath means Primordial, Primordial Mother, China, any country you go to, they all believed in the Primordial Mother. But in the Bible they have removed that. Even



## Birthday Puja: Satya Yuga

1993/03/21

... I was. Never. I have never told otherwise also. So then, she recited a poem from "Saundarya Lahari" in Sanskrit language, and she was just a maid servant and in a man's voice. So everybody was shocked that the bhoot should say all these things and then she went away. After that these people started probing into it, and they wanted to have My puja first time in My house itself. Still people were not very sure they were doing the right thing. Even the brahmin they called, they said: "This Saptashakti (Puja) is a very difficult Puja and something will happen to us". But after the puja they said: "Nothing happened. We are so much better". They all felt the **cool breeze** and the entire atmosphere changed. They started understanding that Sahaja Yoga is the Yuga-Dharma, is the one of this Yuga, this Kali Yuga, so the Sahaja-dharma became the Dharma of this Yuga. This Yuga is very difficult, no doubt, but in difficulties only do we become intense seekers and that's what



## Arrival

1993/04/25

... take the responsibility of transforming your country in a beautiful new age country. You can do it, it's very simple. I was happy so many dedicated people are there, here. [Inaudible][About coca] I had already before. Thank you. I'm so happy. Sahaja Yogi: Yes Mother we are very happy Mother being here. Thank you very much. Shri Mataji: I can't see the children before now and it's [Inaudible]. Sahaja Yogini: Yes Mother. Shri Mataji: If they can feel the **cool breeze** alright. Sahaja Yogi: Yes Shri Mataji: Thank you. Shri Mataji: [Inaudible] Sahaja Yogi: Yes Mother. Shri Mataji: Alright. May God bless you all. [Inaudible] I don't know what are my programs are. I don't know about my programs. What do we have. Sahaja Yogi: I will tell You after in the car Mother. Another Sahaja Yogi: We take this in our car. Do we take this?



## You have to have the experience of feeling the kundalini coming out of your fontanel bone

└┐Virata 1

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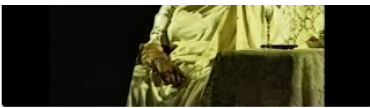
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DATE

1994/09/04

... Paramchaitanya? Ask anyone of these questions, three times. Now please take down your hands. Now please put your hand towards me like this, little higher. All those, watch me without thinking. All those who have felt **cool breeze** in the fingertips or on the palm, or out of the fontanel bone area, please raise both your hands. I bow to you, please take down. Now, your saintly life has started. First time you have felt this subtle power of divine love. Only thing we have to understand that in modern times, yoga is not individual, is collective. We have to become collective. So, to progress further and to grow into a great tree of Sahaja Yoga, you have to come to the collective. You may feel very much better now, very much relieved, relaxed. But you have to know your responsibility, because you have to give this to others, to spread this to others. So first you come to collective and become masters. It hardly takes a month, I have seen. Some people become masters instantaneously. But

Chaitanya Yoga 11  
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## We must have the wisdom to understand that we have to ascend

1994/09/12

... be cold ... Now please take left hand towards me ... Bend your head ... See for yourself with your right hand ... If there is a hot or cold coming out of the fontanel bone area... If it is hot that means you have not forgiven So please forgive ... Forgive everyone! Now put your right hand towards me and see it with your left hand ... if there is a **cool breeze** coming out of your fontanel bone area... Some people get it far away some people get it near. Now please put both the hands towards the sky like this... And push back your head. Ask 3 of the questions First one - Is this the **cool breeze** of Holy Ghost ... Ask 3 times Or Mother is this the all-pervading power of divine love. Or Mother is this the PARAM Chaitanya. Ask any one of these questions 3 times ... Now take down your hands. Please put both the hands towards me and don't think ... If there is a **cool** or hot **breeze** coming from your fingertips or in the palm or the fontanel bone area please raise your hand ... I bow to you all. All the new people



## We have to know the Absolute Truth

1994/04/17

... questions about living processes, how it works out, how the living process works out. And that is the essence of human life, life at large anywhere. This happening has been described to you of this power within you; is very easy, sahaja. Saha means "born", ja means "with"; I mean saha means "with", ja means "born", sahaj means "born with you" the right to be one with this all pervading power which does all the living work. So there is a subtle power which is extremely dynamic, which is described in every scripture, is described as the **cool breeze** of the Holy Ghost. It is described also the all pervading power of divine love, it is described as Rhu, it is described as Paramchaitanya. Patanjali had described it as Ritambhara PrAgnya. All the scripture have described this power which is subtle, which we have never felt before. So the second important truth is that there is an all pervading power of divine love, which we have not felt to far, to which we have to be united and this is what is



## We can not know the truth through reading

1994/11/11

... sky, push back your head, like in a namaaz. Now ask a question: You ask Me - you can call Me Mother or Shri Mataji - ask a question, 'Mother, is this the **cool breeze** of the Holy Ghost?', that question you can ask. Or you can ask, 'Mother, is the Ruh?', or you can ask, 'Mother is this the Paramchaitanya?' One of the questions you ask. 'Mother is this the Ruh?' Ask three times. Now take down your hands. Put your hands like this towards Me little higher, and watch Me without thinking. It's coming from here for some people. Put the hand like this and bring it up if it is coming like that. Alright, now see. Watch Me without thinking. You feel very relaxed. Now, those who have felt **cool** or hot **breeze** on their fingertips or on their palms or out of their fontanel bone area, please raise both your hands. (Pause.) Whole of Tunisia. May God Bless You. I bow to you all now, you have become saints and in it but you have to grow into it. First of all you don't have to say. You

and in it, but you have to grow into it. First of all you don't have to pay. You can't pay



## TV Interview, Reel Women, Part 3

1994/09/29

... curse of modern man. Shri Mataji: Of course, Rationality can explain everything. You may do any wrong and it explains that it is all right ... I mean that's how it is. It is very dangerous. Interviewer: The people like Floyd, they made rational everything. Shri Mataji: Like then it is emotional, the human being is going to be a spiritual being and that is- happens when this power within you rises ... through six centres, pierces through your fontanel bone area and connects to your all-pervading power of divine love. Now that is called as 'Ruh' by some people ... In the Bible, it is written as 'Cool Breeze of the Holy Ghost' and in other scriptures also it is described very clearly especially in Indian Scriptures as 'Param Chaitanya'. But the trouble with human beings is that they are capable of spoiling anything. If they go to a forest, it will be all clean, nicely, you see... preserved sort of a thing. But once a human being enters there you start spelling it ... Interviewer:



## Through Kundalini you get a complete integrated vision of yourself

1994/07/30

... breeze. That is the cool breeze of the Holy Ghost. So this Kundalini is the reflexion of the primordial mother, the Holy Ghost. That means that you feel this cool breeze which is actually the... you can call as 'parama chaitanya' in Sanskrit. Parama chaitanya has been described by Adi Shankaracharya the same as (?) 'Sa leelam, sa leelam' means cool and cool and cool, soothing. Firstly, we are as either Christians or Hindus, we have to be born in some religion. And we carry the brand on our head. But whatever maybe our religion we can commit any, any sin. So it has no meaning. But after realization you become spontaneously righteous. Overnight I have seen people giving up drugs. Overnight. They give up all that is destructive for them. I never say "Don't, don't." like Ten Commandments. No, no. Otherwise half of them will leave the hall. It is best if they can see it in their own light. And they should understand what is destructive for them and what is constructive



## Think about your benevolence

1994/09/29

... person) You didn't feel, sir? What's the matter with you? You didn't feel it, the cool breeze? No? You're the only person. Why? Just put your hands; it will work out. Just put both the feet apart. Now? Are you a doctor? [Mother asks a yogi to work on him.] Anybody can see that. [I.e., see the vibrations, Ed.] It's all right. Now all those who have not felt, are there any? One, two, three, four.



## There are so many powers of love

1994/10/18

... attention stands in the middle. And we become thoughtlessly aware. Means you are fully aware, but there's no thought from the future and the past. That is the time you grow spiritually and we get inspirations from the Divine. So we are in the present, which is the reality. And we know the reality, we become absolutely confident. Now the another thing that is very remarkable is that you know the absolute truth. That too on your fingertips. Many people don't believe that there is God. Many people don't believe that Christ was the Son of God. But after enlightened, you just put your hands like this and ask the question: "Is there God?". And you feel a tremendous cool breeze flowing. Supposing there is a man false who comes and meets you, you just put your hands towards that person and you immediately will know what sort of a person he is. By recording the sensations on your central nervous system which is indicated on your fingertips, you can know everything. Such a person is blessed



## The Primordial Mother is with you



1994/03/27

... coming on your fingertips. You start feeling **cool breeze** coming out of your own head. You are amazed at it but the experience is very peaceful. You feel extremely relaxed, and the eyes start sparkling. As a result of this happening the first thing happens to you that you become peaceful. Absolutely. How? See actually we are thinking, all the time our thoughts rise fall, rise fall. In between these thoughts there's a little space. When we are thinking we are thinking about the future or about the past, not about the present, we cannot think. So when this Kundalini rises then these thoughts get elongated, and this space increases, and that's the place where you become thoughtlessly aware. You are aware but you are thoughtless. That's the place, where you are in the present, and you are peaceful. And that's the state where you grow spiritually. You cannot do meditation, you have to be in meditation. Of course, you can't pay for all this, is something, I don't know how many times



## The Inner Religion

1994/07/12

... **breeze**. In the Koran it is described as Ruh. Now this all-pervading Divine Power is there, existing, we have to just get connected to it. You also start getting the **cool breeze** out of your fontanel bone area on top of your head. Now you have to certify yourself, nobody is going to certify you. You have to certify yourself. Are you feeling this **cool breeze** or not? Are you getting this **cool breeze** out of your fontanel bone area or not? It's a physical happening. Then you start feeling all the centers on your fingertips. You can feel your own centers, and then you can also feel the centers of others. Then who is the other? You become one with the ocean. Then all this world you feel is your own. There are many who do not believe in one God, who not believe in, say, God. There are many who don't believe in God. But when they believe in something, they have not seen it. How can you say there is no God? It's not scientific. You should first find out if there is God or not. By just



## Talk To Sahaja Yogis

1994/01/17

Talk to Sahaja Yogis, Madras 17-01-1994 [Transcript Scanned from Divine **Cool Breeze**] I'm so very happy that there are so many people that are interested in Sahaja Yoga in Madras. I've been coming here quite often and I felt that if people from Madras once understand Sahaj Yog they will realise that all these years whatever they have been seeking, whatever they have been doing, in the name of God, in the name of religion, now is the time for them to get the results. The people in Madras I know are very religious, but they are religious in a way that's just as Adi Shankaracharya has said it Shabad Jalam. That we are lost in Shabad Jalam. We say mantras, we read books, there are Shaivaites and also there are people who are Vaishnavities. All these things to us have been important also because we thought by following these methods, we will achieve our moksha, we'll achieve our last goal. This way I must say that Indians are very alert and basically spiritually minded. They



## Shri Raja Rajeshwari Puja: The aspect of Adi Shakti at Nabhi chakra

1994/01/20

... delayed. So on the way I asked, "Where is everyone sitting?" They said, "In the open." So I said, "Did you put up some shade for them?" They didn't know. They said, "Mother, may not be a roof, but **cool breeze** is blowing!" I said, "But a roof should be there. I won't like to have a roof only above Me and not above others." So they said, "It's like this, with roof only above You." "This is not correct". Finally when I saw they all had a roof above them, I was very happy. Similarly, in Chinddwara also it was very hot and everyone was sitting in the open. All the time I was worried about what was happening, and everyone was saying, "Mother, we were feeling cold from inside". Although they were sitting in so much heat, they were feeling cold! This power of Raja Rajeshwari is benevolent for everyone, everywhere. It is much more than benevolence, it gives everyone rest, it gives everyone happiness and joy. And the same power you have within yourself. If you want, you can take it to a



Self-Dedication - Knowing the Christ



## Self Realization - knowing the Spirit

1994/04/26

... Hindu, Muslim, Sikh and all that religion, but anybody can commit any mistake, any sin. They may say we're this, they may be fanatics but everybody is capable of committing sins of killing each other or doing something wrong, nobody is awakened, because the religion is not awakened within them. Once the religion is awakened within the personality you become a saint and a saint can never do wrong. That is the chance you have now, the time has come, this is a special time, we call it the blossom time. And the Christian religion describe as the Last Judgment. In every religion, Islam has talked about Qiyamah. So clearly Mohamad Sahib has said that 'your hands will speak.' This is exactly what happens. In Sahaja Yoga that on your hands you can feel this all-pervading power, you can feel the **cool breeze** coming out from your Brahmrandhra, from your Taloo, what you call the fontanelle bone area. You can feel it yourself, and this is your own power, again I must tell you that there's no



## Sahaja Yoga: Actualization of Reality

1994/04/20

... Then you start feeling a **cool breeze** like sensation of this all-pervading power. It's described in Indian scriptures as '**cool cool**, salilam salilam'. It is described in the Bible as **cool breeze** of the Holy Ghost. The time now has come for you to know all the realities. So first you know about your centres means you get the self knowledge. When you feel on your finger tips the different centres, you know what's wrong within you and what is to be corrected. You will be happy to know that in India we have three doctors who have got their MD in Sahaja Yoga. So it is tangible. If you have 10 children and cover their eyes and ask them what's wrong with this gentleman, they are realized soul then they will tell you only one or two fingers like burning, they will show you. Supposing they show you this finger (Right Heart) that means the person is suffering from lung trouble. You don't have to go through the cruelties of diagnoses. You don't have to take medicines which react, which give



## Sahaja Yoga: A breakthrough in our evolutionary process

1994/09/06

... to take out an eye or cut the hand. You become what Christ has expected, people have to be. The trouble is all the religions became power oriented or money oriented, never spirit oriented. So we find that religion has failed human beings, actually the human beings have failed the religions. All the religions were born on the same tree of spirituality. Like flowers on the same tree, but they plucked the flowers and now fighting with the dead flowers. This has been realized by many people, we had Mahatama Gandhi and he realized the same, that once we get Independence in India, we should really propagate this. Actually what happens that once we become one with the Divine power everybody knows the absolute truth. You know the absolute truth on your fingertips. Because this vibrations start coming from your hands and you can feel this all-pervading power. If you want to know, Is there God? You just put your hands and ask a question and immediately you will start getting a **cool breeze** of the



## Respect your Realization and grow into it

1994/10/15

... ask them what is wrong with this person, they will all lift the same fingers. So in our awareness, a new dimension is created called as vibratory awareness. Many people don't believe in God. But if you want to know, you just put your hands and ask, 'Is there God?' And immediately you start getting tremendous **cool breeze** in your hands. And if you, say, want to find out was Christ the son of God, you just find out. And it is true because you get the **cool breeze**. But if there is falsehood, if there is a false master, you can immediately make it out because you get heat, sometimes pins and needles. Everybody knows the same. Then the greatest thing that happens to you [is] that you become collectively conscious. Because you can feel the vibrations of another person, and you can feel the chakras, the centers of another person also. Then who is the other? Like a microcosm becomes the

macrocosm. Like a drop becomes the ocean. And such love, pure love and compassion flows in them. Then



## Pure attention becomes very powerful

1994/10/16

... power of love, which does all the living work. We have never felt this divine power before. It is also called by different names. Some call it the **cool breeze** of the Holy Ghost, and some call it as the all-pervading divine power of love. And some call it as Paramchaitanya. So, the second important thing at this time is that you have to become the spirit. And you have to feel this all-pervading power on your central nervous system. If this does not happen, you will be restless. You'll have all the problems and you will never feel satisfied in life. People have been seeking everywhere in these special times. They have been taking frantically so many things but they have not been able to understand what they are seeking. Firstly, we must know that it is a living process of evolution. You cannot pay for it. This is your own power and is your own potential glory has to be manifested. When this power rises within you it passes through six centres. It nourishes your six centres by which



## Public Program and Impressions, Evening

1994/07/31

... system, until then you have not found anything. Buddha also comes from the word "Bodha". Bodha means to know something on your central nervous system. Similarly Vedas, "Veda" has come from the word "Vid". Vid also means the same thing as Bodha. The first verse of the Vedas says that, even if you have read the whole Veda but still have not realised your Spirit, then it is useless for you. So you may try to explain it in many words, but unless and until you experience it, there is no point. When this experience happens you will see that your Kundalini rises up the spine, through the six chakras and then flows from your Sahasrara, which we call as the fontanel bone. In Sanskrit it is called "Talu". When she's out of this Talu, the integration with the cosmic energy takes place. Now this Divine energy is known by many names – Muslims call it "Ruh", and Christians call it "The **cool breeze** of the Holy Ghost", we call it "Param Chaitanya". It must be called



## Public Program - Satya Ki Khoj

1994/12/02

... top of the head and for some when it is far. If you are feeling hot air it means either you have not forgiven yourself or you have not forgiven others. So please forgive now. Forget everything. Now raise both your hands with palm facing upwards towards the sky and push back your head slightly upwards towards the sky. Now you should ask one of these three questions: First question you should ask is - Mother is the all pervading power of the divine love? Ask three times. Second question you should ask is - Mother is this the Paramchaitannya? Third question you should ask is - Mother is this the **cool breeze** of the Holy Ghost? Ask three questions. Now put down your hands. Put both your hands towards me. Like this. Now become thoughtless (Nirvichar). Now whoever felt on their hands, on their fingers or on the center of their palms on one of the hands or both of the hands or on top of the head on the fontanel bone area feeling the hot air or the **cool** air, please



## Public Program - Paise Ke Peeche Daur

1994/11/30

... is essential that you forgive yourself and forgive others. Sometime **breeze** comes near the Crown and sometimes far away from the crown. Now. Now please raise both your hands. Raise both your hands up and bend your head backwards. Put back your head in the sense that towards the sky. Now ask one question three times. Any one question. " mother, is this the all-pervading power of divine Love"? Second question " mother, is this the **cool breeze** of holy ghost"? Third question " mother, is this the rooh"? Please ask one of these three questions three times. "Mother, is this the **cool breeze** of the Holi ghost"? First question. Second question " mother is this the all-pervading power of divine love"? Third question " mother, is this the param Chaitanya, rooh"? Ask any one of these questions three times. Now put down your hands. Now bring down your hands. Again, keep both your hands towards me. Please again put both the hands higher than before. put your hands like

... please again put both the hands higher than before. put your hands into this a little higher, look at



## Public Program - Kundalini Ek Mahan Shakti (Kundalini, a Great Power)

1994/11/29

... it close (to top of the head) and take it far (from top of the head). Now raise both the hands towards the sky. Bend the head backwards. Here, ask one of the three questions. (First question): Mother is this the power of Gods' Love? Ask three times in your heart. (Second question): Mother is this Param Chaitanya? (Third question): Mother is this the Rooh (the spirit)? Ask any one of these three questions in your heart, three times. (Mother in English) (First question): Mother is this the **cool breeze** of the Holy Ghost? (Second question): Mother is this the All-Pervading power of Divine Love? (Third question): Mother is this Param Chaitanya? Ask any one of these three questions in your heart, three times. Now place your hands toward Me. And don't think. In your journey of Sahaja Yoga ahead, you will realize that you attain thoughtless awareness first. It was earlier considered very difficult to experience. Then, you will attain doubtless



## Public Program

1994/09/15

... told that you will be born again. And that Holy Ghost will do the job. So one has to understand that all such people who talk of something past are just trying to avoid, face the reality. I am very much thankful to [unclear] about the scientist. We have many scientists in India, all over the world who are Sahaja yogis and who are doing the work of Sahaja yoga all over. But not such a force not such a conference. They can say with such understanding. Its said that, work which he has done will be really remembered in the history of spirituality. People like him will definitely take you out of this. All kinds of problems are there of very stupid people also but you should be wise to understand what's real problem. and [unclear] that's all. So now I say goodbye and best of luck. Thank you very much. You have already got it, " Mother, is this the **cool breeze** of the Holy Ghost,[unclear]. Now let us see how many are feeling the **cool breeze** in their hands. **Cool** or Hot **breeze** over



## Picnic

1994/03/31

... you! Must ask for miraculous photographs all of you - that's very important. I don't know, if it is convincing to other people but at least [UNCLEAR] What's the matter? - What happened to you? Anhh? Kya keh rahe? - Cancer hai. - Cancer. Of what? Cancer of? bone? Backbone? Backbone has got the cancer? Where? On the back side? They removed it? -[UNCLEAR] - Anhh? - [UNCLEAR] - [UNCLEAR] - there breast cancer to begin. Hmm. You have to give a three candle treatment - let's see how it works out. She might feel better. Did you feel the **cool breeze** in the hand? What were you doing before you were a house-wife? What work you were doing? Hunh? - [UNCLEAR] - Accountant? - [UNCLEAR] in a shop Very right problem is there. Doesn't matter. You try three candle to begin with and then we'll see. The doctors are saying it's gone in the backbone? The whole of it? [UNCLEAR] - Just see on her head. Take a bandhan and see on her head. Take a bandhan - You should take a bandhan first and then see



## Penetrate into the depth of reality

1994/09/28

... of them three times. Please put up your hands up and your head back. Now ask a question, first question is "Mother is this the **cool breeze** of the holy ghost" ask this question three times, or the second question you can ask three times "Mother is this the all-pervading power of Divine love" Or the third question you can ask "Mother is this the Parama Chaitanya, is this the rooh"? Ask any one of these questions three times. Put back your head. Push back your head. Now please bring it down. Put both the hands towards me like this. All those who are feeling the **cool** or hot **breeze** on the fingertips or on the palm, centre of palm or out of the fontanelle bone area, please raise both your hands. All those who have felt the **cool breeze** on the hand. You didn't feel? [Translation from Hindi: You didn't feel? Then put your hand

... didn't feel? [translation from Hindi: You didn't feel? then put your hand up]. Everybody has got it practically. May God bless you. Now as I said you have to respect your self-realisation. And you have to go and see these people.



## Namaz is nothing but kundalini awakening

1994/11/12

... greatness, which is innate - here. They're already feeling it. Now feel it on your head also. Bend your head and see with the right hand towards Me and with the left hand you can see if there's a **cool** or a hot **breeze** slightly coming out of your fontanelle bone area, which was a soft bone on your head. Now, please take your left hand. Now bend your head and don't put the hand on top of your head, with your right hand you can feel it, not touching the head, but away. If it is hot, then know that you have not forgiven yourself or others. Please do it now. See with the right hand now and put right hand towards me and the left hand on your head and see for yourself. Bend your heads please. Now, please put your both the hands towards the sky like this. Push back your head and ask one of these three questions - any one of them - three times. [missing text][as per the French translation: "Mother, is this the **cool breeze** of the Holy Ghost?"]... or "Mother, is this the [ruh]?" or "Mother,



## Medical Conference

1994/09/14

... feeling sorry for something, then it goes to the left. Russia has more left side I feel because of whatever was the political situation before. So one has to be in the center because if you go to the left, then these viruses catch you or some dead animals will catch you, some micro animals might catch you or some human beings who are dead. So the possessions take place. Now with the awakening of the Kundalini your attention is drawn in the center, all the religions were created to create a balance, not to go to extremes. But why the balance? Because with the balance only you can ascend. As I said these flowers are created, all living work is done by All-Pervading Divine Power. In the Bible is described as the **cool breeze** of the Holy Ghost, in the Koran as Ruh. And also you say Ruh? Really? Good. And in Indian philosophy is described as Paramachaitanya. Adi Shankaracharya said, "Salilam Salilam." Means, "**cool, cool.**" So you have to become one with that. That is the yoga. Once



## Kundalini: The Feminine Divine Power is within you

1994/06/05

... **cool breeze** of the Holy Ghost?" three times in your heart or "Mother is this the Ru?" or "Mother is this the Parama Chaitanya?" Ask any one of these questions three times. Now please put down your hands. Put your hands like this. You will feel on your fingertips. All those who felt **cool** or hot **breeze** coming out of their fingertips, towards fingertips or on top of their palms or out of their fontanelle bone area, please raise both your hands. See I bow to you all. May God Bless You! I bow to you. Now your saintly life has started. Please believe me. But you have to grow into it. You have to grow. For that you have to come to collective. - Nobody will charge you any money or anything but you have to pay attention to your self realisation and with little understanding within one month's time you can become a master of this Sahaja Yoga, no doubt maximum. But you have to come to our collective, they I don't know where they have it just now Dr will tell you and after this I think



## Kundalini is the reflection of that Primordial Mother within you

1994/09/18

... kinds of -isms. Your attention becomes innocent and it acts, whenever you put your attention it works. Above all you know the absolute truth. On your fingertips you can know the absolute truth. Many people don't believe in God. They can ask a question, "Is there a God?" And immediately they get start feeling the **cool breeze** of the Holy Ghost on their hands because that's the truth. Christ was the Son of God, no doubt. So you can ask the question,

"Was He the Son of God?" and immediately you start getting **cool breeze** on your fingertips. Now if you know how to correct your centers, you can correct your centers because you get the Self-knowledge. And also you get the knowledge about others. You can cure others also. When you become thoughtlessly aware, you become absolutely peaceful. You become very dynamic, but you feel very young. I'm about seventy-two years of age now running [UNRECOGNIZED WORD]. And every day I'm traveling, every day practically. I don't think I am



## Kundalini creates the space between the thoughts

1994/09/02

... Love?" The third one is: "Mother, is it Paramachaitanya?" Ask any one of these questions three times. Now please bring down your hands. Now put both the hands like this. All those who have felt **cool breeze** on fingertips or on the palm or out of the fontanel bone area, maybe hot also, doesn't matter, raise both your hands. Ha, ha! Romania, after all. May God bless you! Again, here I want to see. May God bless you! This side? Oh ...Can I see on the front side? May God bless you! You are all now saints and I bow to you. You don't have to give up families, you don't have to give up properties, you don't have to do anything nonsensical. You don't have to fast, you don't have to do anything to torture your body or mind. Just come to the collective and enjoy. Enjoy each other and enjoy your life. Enjoy the blessings. May God bless you all!



## Know your inner self fully

1994/03/30

... this question. Science cannot answer this question. Science has its own limitations. So this all-pervading power, which does all the living work, we have never felt it. We have read it in Scriptures that there is all-pervading power of God's love, there's the 'Ruh', is there. They call it Paramchaitanya or also they say it is the **Cool Breeze** of the Holy Ghost. But where is that? Nobody has felt it, nobody has known about it. Another problem is this that our civilizations grew too big in the West, even in Australia, everywhere. Like a big tree but what about the roots? If you do not find the roots, the result is as you have now recession; this problem, that problem. So where are the roots? If the knowledge of Science comes from West, this knowledge comes to you, say from India, or from East, what's the harm. Because it is important that we should know our roots. And these are the roots, this is the knowledge of the roots that is within us. When there is problem outwardly, we



## It is your right to be united with the Divine Power of Love

1994/09/17

... when we had a conference of two thousand scientists and afterwards we had also another big programme where people got realisation without doing anything to them and I am sure it will happen tonight here also. So just put your hands towards ME like this. All of you. I think the **breeze** has stopped now. If you feel a **cool breeze** like thing or a hot **breeze** in your hand and also through your fontanelle bone area which was a soft bone in your childhood. Try to feel it. He is a possessed boy. Ask him to go out. Go out. (Mixed unknown sound) Please put your hand up like this. No no this one is alright, this one Red and Black. yeah put your hand, stupid fellow. Possessed. I can see now. Please put your hand on top of your head. All of you please put. Now put your right hand towards me and feel it with left hand. Now with the left hand again and with the right hand. From your own head you should feel. All those who have felt **cool breeze** on their hands or on their fingertips or out of their



## It is question of you feeling it yourself experiencing it yourself

1994/01/15

... people. First we had only one person one family who was enlightened and today we have so many Sahaja Yogis, I am moving all over the world and I



come only once a year but just see how they are achieving. So your own powers get enlightenment, so what happens I must tell you because this one lecturer, I am trying to tell you explain to you what happens to you. The first thing that happens is that you feel the Chaitanya on your fingertips as **cool breeze**. Adi Shankaracharya has called it "salilam salilam" by saying Shivoam you don't [UNCLEAR] but might become when you [UNCLEAR]. Just by reading books, just by saying mantras nothing can happen. It's the question of becoming, unless and until you are enlightened whatever you may try, Kabira has said [UNCLEAR] how come by reading people become [UNCLEAR]. I have met many they are supposed to be great masters... this... that. You talk to them they just start reciting everything nothing inside...all outside [UNCLEAR]. So the first thing you



## Interview

1994/03/21

... anything nice something good, anything, you just become thoughtless, that is to be in mediation. Then the second state is called as "Nirvakalpa Samadhi" means doubtless awareness, is a hard state when you can give realization to others, you can cure people, you can do all these things. So unless and until you have knowledge of yourself, you cannot be in meditation. But this knowledge is not mental... not mental... that you can read in the book but it's a state, like we are human beings so we are in a state to know so many things like we understand beauty, we understand color, we understand that this is dirty this is clean, animals don't understand. So in our awareness on our central nervous system we feel the presence of this all-pervading power as **cool breeze**, so it is on the central nervous system in your evolutionary process you have to achieve this state of mind. Question: You said just now that there is lot of strife in this world, restlessness, i would add that there is also



## Innately are we righteous?

1994/04/08

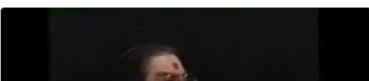
... identity, is that you are the Spirit, you are the Spirit and this Spirit is the ultimate that you have to become. Once you become the Spirit, in the light of the Spirit you see the Truth. First of all on your fingertips you start feeling this **cool breeze**, 'Cool breeze of the Holy Ghost', you can call it or this 'all pervading power of divine love'. And when you start feeling that power, is... your body acts like a computer. You ask any question. There are many people who don't believe, there is no God. I think it is very unscientific to say there is no God, because you have not found out. Without finding out how can you say there is no God? They have all kinds of funny stories even about Christ. They say He was not the son of God. How do you say? You are not at that point where you can decide, what is true, what is not. Just mental projections, they go on condemning all the great incarnations, and all the great prophets, and seers and sages because they are all blind.



## In Sahaja Yoga you do not have confess everything

1994/09/03

... the [UNCLEAR, patriot] has invited me to at [UNCLEAR] speaking of 300 scientists with lots of doctors. Now what it is I am tell you that it will happen to you that you feel the **cool breeze** of the Holy Ghost on your fingertips tonight. But you have to know that it is just the beginning and it has to grow. For that it is important that you must know that this work is collective it is not individual. So you have to come to the collective. You don't have to pay anything for it nothing. It is absolutely free. What do we pay to mother earth for giving her these flowers? So there is no no involvement at all or any obligation. But you have to respect your own realization then you can grow very well. So many thing happen but in this short lecture I wouldn't be able to tell you [UNCLEAR]. At least I [UNCLEAR] more than 4.000 lectures in English language and [UNCLEAR]. First you get your self-realization. So there are three conditions which are [UNCLEAR]. The first one is that



**If you are a seeker of truth, then you must find out the truth**



1994/04/18

... like sensation is coming from your head? If it is hot, then you have not forgiven. Please forgive everyone. It will **cool** down. It will **cool** you down. Again, do it with the right hand. Bend your head well. And with the left hand, you see if there is a **cool** or a hot **breeze** coming out of your head. Now. Please raise both your hands like this. Now as a question, [UNCLEAR few] times. Anyone of these question: "Mother, is this the **cool breeze** of the Holy Ghost?" Secondly, you can ask 3 times. Otherwise you can ask: "Mother is this the all-pervading power of Divine love?" Then you can ask, otherwise: "Mother is this the Prama Chaitanya?" May God bless you. You bring down your hands please. All those, who have felt, who have felt, the **cool** or the hot **breeze** on their fingertips or on their palms or out of their, fontanel bone area, please raise both your hands. Imagine! May God bless you! Whole of Tokyo is! So many. May God bless you. Take it down. This is Bodha. So you



## Give up everything that is destructive

1994/10/20

... many places since thousands of years. Especially in India we had ?? who used to give realisation. But only one person would give realisation to another. What I have done if it is something, that I tried to find out a method by which thousands can get realisation. One person, even if it discovers anything, is useless if it is not available to everyone. This is what is available to you tonight. When the kundalini rises she passes through six centres and pierces through your fontanelle bone area which was the soft bone in your childhood. Thus you get the actualisation of baptism. Actualisation! You can feel the **cool breeze** of the holy ghost coming out of your head. Kundalini is the reflection of the holy ghost. Surprisingly they say there is father god and the son god and never about the mother. But the holy ghost is the primordial mother. In India we call her the Adishakti. In many religions, she is described. But in the bible, this Paul didn't like a woman. So he never wanted to mention



## Find out the essence of every religion

1994/04/11

... cannot force it, I am sorry. This freedom is given to you by God Almighty which is to be respected. If you want your self-realisation, it takes hardly 10-15 minutes. But if you don't want it you please leave the hall. That is the best to be fair to other people, those who do not want it. I'll give about one minute for that. It is not meant for people who are extremely aggressive, critical type. Though if you just want it from the humble heart, you'll get it. Because it is your right you see, you just have to be a humble person that you want to have it, that's all. You don't have to surrender anything, you don't have to give anything, nothing of the kind. As you are, whatever your personality is you can get this realisation and you can feel it. So what happens first is that feel first, some people feel it on top of their head a **cool breeze** is coming out of their fontanelle bone area. Then they start wondering if there is airconditioning maybe, but that is air conditioning in your head.



## Collective mistakes originate here within yourself

1994/04/22

... takes place, and for the first time you can feel this All-Pervading Power on your fingertips as **cool breeze**. Once you are connected, you become, so powerful, with your enlightenment, that, you are surprised at yourself. Now if this [microphone] instrument is not connected to the mains it has no meaning. In the same way if you are not connected to the mains, then you have no identity. People paint their heads and wear funny dresses, they think they are expressing their identity. Identity is within yourself. With this happening, first thing that happens to you, that you become very peaceful. The modern disease of stress and strain goes away. Especially in this Hong Kong I find has problems: working so hard and, sometimes it ends up into big problems. So what happens that we are all the time thinking about the future or the past. We cannot be in the present which is the reality. So one thought rises, falls off, another thought rises, falls off, and we are jumping on the cusps of these



## Be aware of your pure desire



1994/07/19

... Power of Divine Love, is this the Ruh?" The third is, "Mother, is this the Paramachaitanya?" Ask anyone of these questions three times. Now, take down your hands. Please put your hands to Me. All those who have felt the **cool breeze** on the fingertips or on the palm or through their fontanel bone area, **cool breeze** or hot **breeze**, raise both your hands. My God! May God bless you all, you all have become saints now, I bow to you. Now respect your Self-Realization. Still you have to grow. We have to understand that this is a collective process. You cannot do it alone anyway. So you have to come to collective. Of course, you don't have to pay at all for anything. But you have to give some time, some importance to your Self-Realization. So please, make it a point to come to the collective. Very surprising, you don't know Me, I am not an Austrian, but when I come always the halls are full, but when I go away they don't follow up, I don't know why. Only in Russia, I have seen people



## An enlightened personality

1994/10/03

... beautiful they are no doubt but they are living and it's a miracle. But we take them for granted. If you ask the doctor who runs your heart, he'll say it's the autonomous nervous system but if you ask who is this auto he will have no answer. So the second truth is that there is a power of Divine love which is all-pervading. All the scriptures have talked about it; for example, in our Sanskrit language it is called as "Param Chaitanya"... Patanjali has given him another name "Ritambhara PrAgnya"... but in the Bible it is the **cool breeze** of the "Holy Ghost"... in the 'Kuran it is "Ruuh" also among the Jews it's the 'All-Pervading Power Of God'. But nobody bothered to find out what is this? We really sometimes take to science and we find it is a moral it cannot answer many questions especially the question 'Why are we on this earth'? So we take to another kind of explanation that is the religion and when we get to the religion, first we find them all



## An Ancient Knowledge

1994/04/06

... conversation with Sahaja Yogis) You put your hand like this. It will increase with the song. You'll feel the **Cool Breeze** increase with the songs. You put your hand like this it will increase with the song it will definitely increase with the songs. (After the Song) Now just feel your vibrations just feel with this clapping, how they have improved or not. Alright? It's much better, the flow. Also you can see on your head, you're much better. As the lady had seen, the one describe by Lord Mayor you can see on other's head also, if it is there or not. With the neighbours you can see. It's there. Not on top, here little. It's open now.



## All religions are within yourself

1994/10/01

... with your left hand on top of the fontanelle bone area, move your hand and see there is a **cool** or a hot **breeze** like vibrations coming out of your own head. Now don't doubt it. Don't doubt it. Now raise both your hands towards the sky like this and push back your head and ask this question, three times, any one of these three questions you can ask three times. First, is, Mother is this the **Cool Breeze** of the Holy Ghost? Three times. Mother, is this the All-pervading power of Divine love? Three times. Anyone of them. Mother is this the Paramachaitanya? Is this the Ruh? Ask. Anyone of these questions three times in your heart. Push back your head. Please put them down. All those who have felt **cool** or hot **breeze** like vibrations on their fingertips or on their palms or out of their fontanel bone area, please raise both your hands. I bow to you, all the New York people. You all have got realisation, is very remarkable. May God bless you all. You now have become saints. You will be surprised what

