



SHRI JESUS  
THE LIGHT OF THE WORLD

Talks and advice by His Divine Mother,  
Her Holiness Shri Mataji Nirmala Devi



OM TWAMEWA SAKSHAT  
SHRI JESUS MARY SAKSHAT SHRI ADI SHAKTI  
MATAJI SHRI NIRMALA DEVI NAMOH NAMAH

**'Veiled in flesh the Godhead see, Hail the incarnate Deity'**  
From the English Christmas Carol, Hark the Herald Angels Sing

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Cover photo: Easter Puja 1985

## Shri Kundalini Shakti and Shri Jesus Christ 1979, India - Translated from Marathi

The subject Shri Kundalini Shakti and Shri Jesus Christ is very attractive and interesting. It is altogether a new subject for the common people because nobody has at any time before attempted to establish any connection between Jesus Christ and Shri Kundalini Shakti.

On the Virata tree of religion, saints of various kinds bloomed as flowers in many countries and languages. It is only the Virata who can know the relation between these beautiful flowers. Wherever they went, these flowers spread the sweet fragrance of religion. But even the people surrounding these saints could not grasp the significance of that fragrance.

It is therefore futile to expect the common people to understand the relation between a saint and the Adi Shakti, the Primordial Mother. You would be able to experience or understand my viewpoint if you could attain the plane from which I am talking to you. Because at present, you do not have the necessary equipment to comprehend whether or not what I am telling you is the truth.

In other words, you are not yet equipped to understand what the truth is. Until you are able to understand the meaning of the Self, the physical body will remain imperfect and would be unable to verify the truth. But once the physical instrument is connected with truth you are able to verify the truth. It follows therefore, that first you have to accept Sahaja Yoga and get Self Realisation.

**“On the Virata tree of religion, saints of various kinds bloomed as flowers in many countries and languages. It is only the Virata who can know the relation between these beautiful flowers.”**

After Self Realisation, the vibrations of chaitanya begin to flow from your hands. If a particular matter is true, then waves of cool vibrations would start flowing into the palms, but if the same is untrue, hot vibrations would be felt. In this manner, you are able to know whether any particular matter is true or not.

Whatever the Christians know about Lord Jesus Christ is on account of the Bible. This book is very enigmatic. It is so deep and profound that many people have not been able to understand the hidden meaning of the truth embodied therein. The Bible says, ‘I will come to thee as tongues of flames.’ Israeli people explained this to mean that when the Lord would incarnate, He would emit flames of fire and therefore they would not be able to witness Him. The real meaning of this is that you would witness Me in the Sahasrara Chakra.

You will find many references to the Kundalini Shakti and the Sahasrara in the Bible, but only a brief reference is possible here. Jesus Christ has said, ‘Those who are not against Me, are with Me.’ It means, ‘People who are not against Me belong to Me.’ If the Christians are asked to identify these people, they have no knowledge about them.

Two great powers are combined in Jesus Christ. The first power is that of Shri Ganesh, who is recognised as His original power; and the other is that of Shri Kartikeya. Because of this, the incarnation of Jesus Christ is of complete Brahman

tattwa, or Omkara. Shri Krishna, being the father of Jesus Christ, bestowed a number of boons on Jesus Christ prior to His birth. One of these boons was, ‘You (Jesus Christ) will dwell on a plane higher than Mine.’

This could be explained to mean that while the plane of Shri Krishna is the Vishuddhi Chakra, located at the base of our neck, the plane of Jesus is the Agnya Chakra, which is located at the junction of the optic thalamus (pineal and pituitary glands). The second be the support of the whole universe.’

The third boon was, ‘You will receive one-sixteenth part of all the offerings made to Me in the puja.’ In this way, after bestowing a number of boons, Shri Krishna permitted Shri Jesus Christ to incarnate on the earth. You would understand these things better, if you read Markandeya Purana. Shri Markandeya, the author of the purana, has beautifully explained a number of such subtler points. In the same purana, there is a graphic description of Shri Maha Vishnu. If you would listen to this description while in meditation, you would notice that the description is of Jesus Christ only.

Now, if you study the etymology of the word Christ you would know that the word has originated from a corrupted form of the word Krishna. As a matter of fact, the father of Jesus Christ is Shri Krishna. That is why He is called Christ. The manner in which His name, Jesus, originated is also very interesting.

The mother of Shri Krishna, Shri Yashoda Mata, was addressed as Yesu. Even today, we notice that in northern India somebody named Yeshu is not addressed as such but as Jésu. It is therefore clear that from Yashoda came the word Yeshu and then further became the word Jesu and finally the name Jesus Christ.

Whenever Jesus Christ told stories about His Father, He was actually speaking about Shri Krishna; He was talking about the Virata. Although Shri Krishna did not reincarnate during the period when Jesus Christ lived on the earth, His teachings centred round the theme as to how the seekers should know the Virata Purusha, or God Almighty. The Mother of Jesus Christ was the Goddess Mahalakshmi Herself. Mother Mary is none other than the Goddess Mahalakshmi. She is the Adi Shakti, the Primordial Mother. Therefore, Jesus Christ used to address His Mother as the Holy Ghost.

**“Whenever Jesus Christ told stories about His Father, He was actually speaking about Shri Krishna; He was talking about the Virata.”**

Jesus Christ possesses all powers of Ekadesha Rudras, that is eleven powers of destruction. These powers have their centres located around the cranium of our head. When the incarnation of Kalki takes place, all these eleven powers perform the work of destruction. Out of these eleven powers one is that of Shri Hanumana, the other is of Shri Bhairava. In the Bible, these two powers are named as Saint Gabriel and Saint Michael respectively. After Self Realisation in Sahaja Yoga one can awaken these powers by addressing them in Sanskrit, Marathi or even in English.

The nadi on our right side, which is known as the Pingala Nadi, is activated by the power of Shri Hanumana. Whenever any sort

of pressure or constriction develops in this nadi, it is instantly relieved by chanting the mantra of Shri Hanumana. Similarly, even by chanting the name of Saint Michael one would experience relief in the Ida Nadi. The Ida Nadi is on our left side and manifests the power of Saint Michael or Shri Bhairava. Obviously, chanting the mantra of their names relieves any trouble or constriction on the Ida Nadi.

These matters can be verified by anyone after Self Realisation in Sahaja Yoga. The reason I am telling you all this is to impress upon you that it is absurd to quarrel among yourselves after grouping as Hindus or Muslims or Christians. If you could see the principle behind all this, you would realise that all these saints are like many flowers on the same tree of religion and are connected with each other because of the one and the same power.

Perhaps you would be surprised to know that in Sahaja Yoga, the awakening of the Kundalini very much depends on the condition of the Agnya Chakra of the seeker. In the present age, many people are found with a highly inflated ego (ahamkara). That is so because most of them lead an extremely egocentric life. It is on account of this egoistic attitude that man falls from his true religion. Man is misled, and therefore remains continuously busy working, thinking etc, which are complementary to the growth of the ego.

**“It is undoubtedly the grace of God Almighty which enabled us to have this beautiful human form Rudras.”**

Jesus Christ is of great help for securing freedom from the ego. As Paigambar (Prophet) Mohammad wrote about awakening of the Kundalini and the ways of protecting oneself from wicked (satanic) powers, so also Jesus Christ told in very lucid manner about the powers in us as well as the weapons.

The first among these weapons is forgiveness. The one which operates in the proksha form in Shri Ganesh principle manifests itself in the form of forgiveness in humanity. In fact forgiveness a very powerful weapon. It protects man against the ego. If somebody hurts you or gives you trouble or insults you, then your mind is engrossed in these matters and you get disturbed.

You continue to think about such a person all the time, and by repeated remembrance of these events you give yourself trouble. To overcome such troubles, we advise every such person to forgive one and all. Forgiveness is thus a very powerful weapon that we have received from Jesus Christ. It enables one to get rid of troubles caused by others.

I have told you earlier that Jesus Christ possessed a number of powers and that He was endowed with the powers of the Ekadesha Rudras. Then how is it that He was crucified and could not save Himself from this dreadful event? Jesus Christ, with His several powers, could have completely annihilated His opponents in a moment.

His Mother, Mary, was none else but Adi Shakti, the Primordial Mother Herself. She also could not bear the atrocities done to Her son. And yet it happened. Perhaps God desired to stage a drama. Really speaking, Jesus Christ was beyond happiness or sorrow and He had to enact the drama in a perfect and faultless manner.

How foolish were those who crucified Him! Jesus Christ rode

on a donkey so that the foolishness among the people of those days could be eradicated. If you suffer from a headache and you pray to Jesus Christ to forgive all those who have given you trouble, you will be cured of your headache without the aid of any medicines. However, before such a thing can happen, you have to awaken your Kundalini by accepting Sahaja Yoga, and get Self Realisation.

The reason is Kundalini in Sahaja Yoga and not otherwise. The Agnya Chakra is very subtle. The physicians are also unable to locate it. There is a very subtle door in this chakra. That is why Jesus Christ said, ‘I am the door.’ Jesus Christ incarnated on this earth for facilitating the passage through this door, and He Himself was the first to pass through it.

**“People crucified Jesus Christ because of their ego. They could not conceive of an idea that a human being can appear on the earth as an incarnation of God.”**

People crucified Jesus Christ because of their ego. They could not conceive of an idea that a human being can appear on the earth as an incarnation of God. Their intellectual pride could not accept this idea and they rejected the truth because of the ego. What was the bad deed for which Jesus was crucified? He had on the contrary cured many people of their ailments. He preached the truth and taught many good things to the people. He showed them the way to live a very cultured life. He always preached love.

In spite of this, the people tortured Him. But they would bow before those who teach filthy and rotten things and make a fool of them. What a height of stupidity! These days any Tom, Dick or Harry becomes a guru, robs the people and squeezes money from them. Such people are held in high esteem. On the contrary if a good person, who stands by the truth, wishes to show the true path, people not only won't listen to him but assault him.

To educate such very stupid people God Almighty sent His beloved Son, Jesus Christ, on this earth. But the people crucified Him. They have, ever since, been repeatedly doing the same thing. If you read, you will find that whenever God incarnated, or any sage or saint took birth on this earth, the people have harmed them and tortured them.

Instead of learning from them, they behaved with them stupidly. We notice the same story about Shri Gyaneshwara and Shri Tukarama, the great saints of Maharashtra. Similar treatment was meted out to Shri Guru Nanaka and Prophet Mohammad. Man always runs away from the truth and tries to embrace the untruth.

Whenever there is an incarnation of God, or a saint is born, and you ask a question whether such a person is an incarnation or whether he is a pious saint, a Sahaja Yogi would immediately feel the cool breeze on his palm, if the answer is in the affirmative.

**“Man should, therefore, understand that the ego is very subtle. Another thing I want to tell you is about fighting with your ego; that is not correct thing to do.”**

The past events in one's life result in strengthening the ego; for instance a person boasts that he is a disciple of such and such



person etc. Man is unaware of the factual evidence facing him.

Obviously due to the strengthening of ego, he loses sight of the real meaning of the self (sva). It is therefore necessary to understand the meaning of the self. Suppose the River Ganges is flowing from a particular place, and you go to some other place and say that the Ganges is flowing from that place, and that you are actually sitting in the Ganges, this will be ridiculous. Therefore, accept only that which is factually or materially present before you. In the case of Jesus Christ, the circumstances were similar.

Jesus Christ tried to awaken the Kundalini, and with great difficulty could give Realisation to some twenty-one people. But in Sahaja Yoga, thousands have got Realisation. Christ could have given Realisation to many more but His disciples thought that He could only cure sick persons and that there was no other significance of Realisation to them.

On many occasions Jesus Christ demonstrated walking on the surface of the water. This could be because He himself was pranava (Omkaara). In spite of all this, people could not understand that Christ was the Son of God. In Sahaja Yoga, a number of seekers have got Self Realisation and got rid of the diseases.

Man should, therefore, understand that the ego is very subtle. Another thing I want to tell you is about fighting with your ego; that is not correct thing to do. The ego is not in any way affected by your fighting with it. It should get absorbed in your own self. When your attention is focused on the Kundalini, and it pierces your Brahma-randhra, and therefore, merges with Virata, it is at this stage that ego is absorbed. The real ego is the ego of the Virata Shakti. In fact Virata is the real ego. You cannot free yourself from the ego. What do you do? That which I do is ego.

You just ask yourself as to what is it that you actually do? You can do nothing except changing the form of dead matter. Can you

transform a flower into a fruit? You are endowed with the nose, the face, the beautiful human body. How did this happen? We achieved this human form from amoeba. How could this have happened? It is undoubtedly the grace of God Almighty which enabled us to have this beautiful human form. Can we repay Him for this? Can you do anything which is similar? After man succeeded in producing a test tube baby, his ego swelled considerably. Really speaking here also man did not create any living organism.

As in the case of crossbreeding of two plants, so it has been done here by uniting two living human cells. But how much it has inflated the ego balloon! Then, man reached the moon, how much further inflation of his ego took place! What is our ego in comparison to His, who created the sun, the moon, the stars and the whole universe? In fact our ego is false. It is fake. The true ego is the ego of the Virata Purusha, because it is the Virata that is doing everything.

### **“It was when Shri Ganesh prepared Himself for incarnation that Jesus Christ was born.”**

You should know that it is the Virata Purusha who alone is doing everything. Therefore, let all things be done by the Virata, you are just like a machine. Suppose I am speaking before a microphone, and my voice is carried to you through the medium of the In the same way, you are simply an instrument of God Almighty.

The Virata has made you, so let the power of Virata flow through you and understand the meaning of self. In order to explain the meaning of the self, Jesus Christ incarnated on this earth with His seat in the Agnya Chakra. The Agnya Chakra is very complex, and is the seat of the subtle principle of Omkaara or pranava. In fact Jesus Christ is the Omkaara, the pranava. The connection between the Kundalini and Jesus Christ is the same

as the one that exists between the moon and the moonlight or the sun and the sunlight.

The Kundalini, that is Mother Gauri, created Shri Ganesh by Her will power, tapasya and noble deeds. It was when Shri Ganesh prepared Himself for incarnation that Jesus Christ was born. There are many things in this world in respect of which man has not been able to find any satisfactory explanation.

Have you ever considered how a seed sprouts? How you breathe? How you make movements?

Where the power in your brain comes from? How you came into this world? There are many such things. Can any man satisfactorily explain these things? We say that earth has gravitational force. But from where does this force come? A number of things need unfoldment. This is because you are under the influence of an illusion.

You have yet to come out of that illusion. Your illusion has to be blown up. Otherwise it would grow from strength to strength. For the spiritual evolution of man, it is necessary to demolish his illusion. At every stage of evolution incarnations have appeared. All of you know that Shri Vishnu incarnated as Shri Rama and wandered in the forests. He staged a beautiful drama to demonstrate the life of an ideal king. Similar was the life of Shri Krishna and the life of Jesus Christ.

**“God will immediately forgive them. But man finds it very difficult to apologize.”**

When we study the life of Jesus Christ, one thing is noticed prominently. That is the stupidity of the people of that time. Because of that stupidity this magnificent personality was crucified.

And what a express their opinion as to whether a thief or Jesus be released, the Jews demanded that the thief be released and Jesus Christ crucified. We know the state of these people today! The sins committed by them will not be washed away in many, many lives. And even now these people are enveloped in their ego. They think that they have done a virtuous deed.

Even now, if these people seek pardon of God, saying, ‘Oh God, pardon us for crucifying your sacred principle. Forgive us for destroying your sacred principle,’ God will immediately forgive them. But man finds it very difficult to apologize. He commits a number of evil deeds.

How many people can be found in the world who have worshipped the saints? Take the instance of Shri Kabir or Shri Guru Nanaka. People persecuted them at every step. In this world people have not given anything to the saints except harm and torture. But I tell you now that circumstances have changed. The Sattva Yuga has commenced. You may try, but now you would not succeed in persecuting or torturing any saint. This is due to Jesus Christ Himself.

**“In order to keep the Agnya Chakra in proper order, one should always read the scriptures and the sacred texts.”**

For Jesus Christ set in motion a mighty power in this world to make such wicked people suffer. They will be punished. The Ekadesha Rudras of Jesus Christ are all in readiness to strike. Those who would now torture any saint, would be completely



ruined. It is a great sin to torture any saint. You try to understand this from the example of Jesus Christ. Do not commit such stupidity hereafter; otherwise you may get completely ruined. If one great lesson is to be learnt from the life of Jesus, then it is that you have to remain contented in the state in which the Almighty has placed you.

Jesus did not change his mission, He did not separate Himself from the society, considering Himself to be a sanyasi. On the contrary on occasions He attended certain marriage ceremonies and made the arrangements. The Bible says that at one marriage occasion He transformed drinking water into fresh grape juice. Now, man has picked up this incident to suggest that since Jesus Christ made wine out of water, He used to drink wine. In Hebrew language you will notice that the word wine means pure juice of fresh grapes. It does not mean alcohol.

Jesus Christ incarnated to open the Agnya Chakra and to dissolve our ego. My job is to awaken your Kundalini power so that it could pierce your Sahasrara Chakra. This work is of a collective nature; I have therefore to do it in the case of one and all. I want to tell you about Jesus Christ, Guru Nanaka, King Janaka and a number of other incarnations and the way they relate with the collectivity. Similarly, I wish to talk to you about incarnations of Shri Rama, Shri Krishna etc, and also about Shri Shiva, because all the powers of these gods and deities are in us. Now, the time has come for collective consciousness to manifest.

In this Kali Yuga, all those who are seeking God shall find Him and millions of people will be able to do so. Sahaja Yoga is the Last Judgment. This is described in the Bible. You are judged only after you come to Sahaja Yoga. For that purpose you, however, have to surrender yourself completely after coming to Sahaja Yoga. After getting that, which means everything, it is important

to dwell in it, to be settled and stabilised in it. Many people ask Me, 'Mataji, when would we be stable?'

The answer is very simple. Suppose you are sailing in a boat. Then you know when the boat becomes stable: so also while riding a bicycle, you understand that when you do not wobble, you know you are in balance and stable. So also in Sahaja Yoga our stability is understood. The judgment in this matter is to be made by the individual himself. It is only when you stabilise in Sahaja Yoga that the state of thoughtless awareness is established.

So long as the Kundalini power does not pass through the Agnya Chakra, the stage of thoughtless awareness is not reached. This is the first step in the way of thoughtless awareness of the seeker. As soon as the Kundalini crosses the Agnya Chakra, thoughtless awareness is established. It is the power of Jesus Christ which is instrumental in opening the subtle door located above the Agnya Chakra. For that purpose you are to recite the Lord's Prayer, composed by Jesus Christ.

After crossing this door, the Kundalini power enters the limbic area of the brain. It is after the Kundalini enters this area, which is also termed as the Kingdom of God, that the state of thoughtless awareness is established. In the limbic area of the brain there are chakras which activate the seven main chakras and also the secondary chakras in the body.

**“It was when Shri Ganesh prepared Himself for incarnation that Jesus Christ was born.”**

Now, let us consider the reasons why the Agnya Chakra is spoiled. One of the main reasons for this deterioration are your eyes. You should take great care of the eyes, as they are very important. Then the Agnya Chakra is also spoiled on account of bowing before or touching one's head at the feet of an unauthorised guru. That is why Jesus Christ has told us not to bow one's head before every person or place, because by doing so, you unknowingly lose everything whatever you have gained.

You should bow your head only before an authorised person, that is the one who is an incarnation of God. Do not bow before any wrong place. This is very important. If you bow your head before a wrong person or place, your Agnya Chakra will get constricted. In Sahaja Yoga, I have noticed that nowadays many persons have spoiled their Agnya Chakras.

The reason is that these people follow a wrong guru or bow before them, or touch their heads at the wrong places. Many eye diseases are caused due to such wrong practices. In order to keep the Agnya Chakra in proper order, one should always read the scriptures and the sacred texts. One should never read unholy literature. Many people may say, 'What does that matter?'

On account of our profession, we have to do certain things which may not be strictly proper. But then, by doing such unholy activities the eyes get spoiled. I never could understand as to why people are bent upon doing wrong deeds. Even by looking at any unchaste and filthy man the Agnya Chakra may get constricted. Jesus Christ said firmly, 'Thou shall not commit adultery. But I tell you, thou shall not have adulterous eyes.' Thus, it again comes to the eyes. If your eyes are unholy, you have eye troubles and your eyes get weakened.

This does not mean that if you have to use spectacles, you become an unholy or improper person. It is the law of life that you have to use spectacles at an advanced age. The eyes are spoiled because

you do not keep them steady, and are always moving them from one place to another. So also the attention of some people is constantly shifting from one object to another. These people are not even aware that such action spoils the eyes.

**Jesus Christ said firmly, 'Thou shall not commit adultery. But I tell you, thou shall not have adulterous eyes.'**

The other reason for the deterioration of the Agnya Chakra lies in the manner in which you work. If you overwork then you become work-conscious. The work that you are doing may be good, but even then, if it is beyond the normal level, be it over-reading, over-stitching or over-thinking, it will spoil the Agnya Chakra. The reason is that while you overwork, you forget God. During the course of such work, God-consciousness does not stabilize in you.

The Kundalini is the truth. It is sacred. There is no hypocrisy in it. It is not something which can be purchased in a shop. This is the absolute truth. As long as you are following the wrong path you cannot recognise the truth. When you will merge into the truth, when you get absorbed in it, only then will you understand that you are but an instrument of God Almighty, the Holy Father, that you are the instrument through which the power of God flows and that you are the instrument of the same power of love of God, which pervades the whole universe and directs all movement therein.

This power is made available to you only because of Jesus Christ, through His crucifixion. What a great sacrifice on the part of Christ! It is due to Him that our Agnya Chakra has opened. If the Agnya Chakra of a person does not open, the Kundalini will not rise, because the Mooladhara Chakra will also remain constricted if the Agnya Chakra remains constricted. If a person's Agnya Chakra is too constricted, the Kundalini power will not rise, whatever efforts you may make.

To remove a catch on the Agnya Chakra we apply kumkum.

**“What do we have to do to keep the Agnya Chakra in order? The ways are many.”**

This has the effect of reducing the problems of the ego as also other troubles. When kumkum is applied on the forehead above the Agnya Chakra, the chakra is opened and the Kundalini rises. Such is the intimate connection between Jesus Christ and the Kundalini power. Shri Ganesh, who is stationed at the Mooladhara, and protects the modesty of Shri Kundalini also opens the door at the Agnya Chakra for the Kundalini to pass through it.

What do we have to do to keep the Agnya Chakra in order? The ways are many. Extremity in every action spoils the society, and therefore excessiveness in any walk of life is not proper and should be avoided. Maintaining a balance enables our eyes to get rest. In Sahaja Yoga, there are a number of remedies for this, but it is absolutely necessary to get Self Realisation, first. Then there are many exercises for the eyes which help to keep the Agnya Chakra in a healthy condition.

One of these is to watch your own ego and think to yourself, 'Yes sir, what is the plan and where do you propose to go?' This is how you may address yourself as if you are observing your own image in a mirror.



If you do this, the strain on the eyes due to ego will be minimised. The other area which is very important is the part of the back of the head that is exactly behind the forehead. It is in the area which is about the thickness of eight fingers, about five inches, above the base of the neck, and is known as the area of Shri Maha Ganesh. Shri Ganesh incarnated as Maha Ganesh and the same incarnation is Jesus Christ. Shri Christ's place is in the centre of the forehead and is surrounded by the kingdom of the Ekadesha Rudras. Jesus Christ is the Master of that kingdom. The Ekadesha Rudras consist of Shri Maha Ganesh, as also the Lord with six faces.

**“Mere thinking of Shri Jesus Christ or contemplating or meditating on Him would relieve Agnya Chakra.”**

If you open your eyes, after awakening of the Kundalini you would experience that your vision is somewhat dimmed or blurred. This is so because when the Kundalini awakens, the pupils of your eyes are dilated and get cooled. This happens on account of the action of parasympathetic nervous system. Mere thinking of Shri Jesus Christ or contemplating or meditating on Him would relieve Agnya Chakra. At the same time it should be remembered that merely following the conventions or traditions and the lines of succession made after Him does not mean contemplation of Jesus Christ.

Now, I will be telling you some eternal truths. Foremost amongst them is that looking at any woman with evil intentions is a great sin. You can realise the extent of the enormous sin that is being committed by several people who stare at women at the road sides with evil intentions. Jesus Christ spoke about this matter some two thousand years ago. But He did not tell it so openly.

That is why I have to remind you about this bad habit. Jesus Christ told us about this matter and was crucified. Jesus only told that this should not be done, because it is filthy. He did not tell about the bad consequences of this action. This habit makes man behave like a beast, as his mind is day and night engrossed in evil thoughts. In our yoga science it has been advised that the mind should be controlled and kept on the correct path. You should approach God with all attention centred on Him.

We are made out of yoga. Ours is the land of yoga. We are not egoistic, nor do we want to be so. We desire to live on this land as yogis. A day will dawn, when the whole world would bow to this country (India) in reverence. Then people would know who Jesus Christ was, and from where He came!

He will then be worshipped with due respect in this sacred land. In India, even today, the modesty of women is protected and they are treated with proper respect. All over our country, we regard the mother with great reverence. When people from other countries visit this land they know that it is in this country that real Christianity is practiced with great devotion, but not in countries which profess the Christian religion.

Jesus Christ said that we should be born again. In our country we refer to this process as dwija or born for the second time. The second birth of any human being is possible only by awakening of the Kundalini power. As long as the Kundalini is not awakened, one will not acquire the second birth, and as long as we do not have rebirth we will not be able to recognise God. You read the Bible after Realisation and you will be surprised to know that Jesus Christ has spoken of nothing but the importance of Sahaja Yoga.

Everything has been explained, even the minor details. Those who have no insight misrepresent matters. In reality, baptism means the awakening of the Kundalini power so that after it rises and pierces the Sahasrara, there is the union of the all-pervading power of God and the Kundalini power. This, in fact, is the final job of the Kundalini power.

**“The second birth of any human being is possible only by awakening of the Kundalini power.”**

Jesus Christ came to save and liberate the whole of humanity. He was not the personal possession of any particular sect. He himself was Omkara incarnate. He was pranava and the truth. The bodies of the other incarnations were made up of the earth principle, whereas the body of Jesus was made of the soul principle.

That is why He was resurrected after death. And it was only through the Resurrection that His disciples could know that He was none other than God Himself. Then they started beating the trumpets, started reciting His name and started delivering lectures on Him. The most important thing is that God incarnated. If the people could recognise Him and secure spiritual development and bliss, this would enlighten the soul and spread happiness and bliss everywhere. May all of you acquire the Yoga of God.

**“The most important thing is that God incarnated.”**

## The Creation of the Lord Jesus - Easter Puja 1982, London

In My last lectures, I've told you how Christ was created first in the heavens. In the Devi Bhagavat - if you read that - He was created as Maha Vishnu and it is mentioned very clearly that first He was created as an egg.

It is written in this book, which perhaps was written 14,000 years back. It's a book that predicts about Christ and that is why people in the West, at Easter especially, offer an egg to each other as a friend. So, first the existence came on this earth as an egg that was Christ and part of it was kept in that state and the rest of it was used by the Holy Ghost, by Mahalakshmi, to create Christ out of it.

In that ancient book He was called as Maha Vishnu, means the greater form of Vishnu. But actually Vishnu is the Father and He is the Son created by the Holy Ghost. After My lecture, I would like, if you have the book, to read it out to them - the whole text of how Christ was created and when He was created.

He cried for His father and He cried also on the cross once, and He cried for years and then Christ, in Maha Vishnu state, was blessed by His father who said Your position will be placed higher than Mine and You will be the adhara - means the support of the universe. See how from Mooladhara He becomes the adhara.

This was all done at the heavenly stage, Vaikuntha stage. You can say then, He was given birth by the Holy Ghost who was the Mother of Christ on this earth, who was nobody else but was the incarnation of Mahalakshmi - means She was Radha. Ra-dha. Ra means energy, dha the one who sustains energy.

There are many aspects of Easter, one has to understand, but the most of all, 'Why did He have to die and why was He resurrected?' This point I have not yet touched perhaps so clearly - that's the point I want to tell you today. It's only you people can understand the importance of the life of Christ. And when it is said that you have to get your Realisation through Christ, it means that He had to pierce through the Agnya Chakra. He had to be there.

**“There are many aspects of Easter, one has to understand, but the most of all, 'Why did He have to die and why was He resurrected?'”**

If He had not created this gap in the gate, we could never have got Realisation. That is why it is said you are to pass through the gates of heaven only with the grace of Christ. Of course, that doesn't mean churches, it doesn't mean at all churches.

You have to understand as Sahaja Yogis that you have to pass through the Agnya Chakra. Ultimately that's the most difficult point where human beings had to pass. Because at the Agnya Chakra your ego and superego are fully grown. At the human stage only this ego is developed. Now, how to overcome the ego was a point, and to overcome the ego Christ had to do this.

When He was created in the beginning as Shri Ganesh - you know the story how He was created; that the 'mala' (paste used to anoint the body) from the body of Parvati was taken out because before Her marriage She had to cover Herself for Her bath with many scented things, and it was taken out - all these things - and Her vibrations came out.

And She created this Child just to protect Her chastity. Outside Her bathroom She put Him and you know the whole story about it. Now, there was a part of the element of the earth in that child - prithvi tattwa was there.

All other centres have got some elements in them, some elements, like prithvi tattwa is there, earth element. Then you have got water element, then you have got air element, and when you come to this: it is the light element, it's the light.

And, at this point, at Agnya Chakra, He had to cross the last element, that was the light element, that means He had to come out into the true form of only the Divine Power, the Omkara, the vibrations you can call it or the absolute - you call it the Logos or something like that, the first sound - Brahma. So He had to become the principle of Brahma. To become principle of Brahma, He had to get rid of all other elements in Him.

So, the last was also the light element which He also had to cross through. So He had earth element in Him as He was of the mala, and all other elements within Him. But when it comes to the Agnya He had to give up all the elements, that He had to die the death of all these elements that were within Him - to become complete, absolute, pure Spirit.

What He did in subtle form works out in the gross form, and to do that He had to die, and whatever died in Him was that little earth element and other elements. And what came out



of Him was pure Spirit, was pure Spirit. That was resurrected, the pure Spirit, the pure Brahma tattwa which had formed the body of Christ which was the body of Christ and this happening came. Christ has done what was predicted about Him. That He's a saviour because He passed through that gate to take people from this bodily existence - means the one that depends on the elements - to that existence which is Spirit.

**“I wonder how many Christians know the significance of an egg. Now egg signifies a stage where you are, before Realisation.”**

So the Resurrection is where you become, from your attention you jump into the attention of the Spirit, when you feel your attention, when you become the Spirit. That is the happening which has happened to you also. But He became pure Spirit, pure Brahma tattwa, when He was resurrected and the Resurrection is a happening of the Divine Power which came from Mooladhara Chakra as just earth element, started growing.

It took its birth from there, came up to Agnya Chakra, there Christ was created to pass through all the elements, ultimately to enter the Sahasrara to become a complete Brahma tattwa. And this was a very difficult thing, was very experimental; and the experiment was a quite dangerous one. It could have failed because He had in Him that human element, the body element,

which suffers. And He suffered, because this body element suffers - not the Spirit, the Spirit does not suffer, the body suffers.

So, He had to suffer that body element and to get over it, to get out of it. And to get out of it, He had to have a tremendous courage. It was such a difficult operation without Him nobody could have achieved. He knew it was predestined, but it was one of the most difficult things to happen.

I wonder how many Christians know the significance of an egg. Now egg signifies a stage where you are, before Realisation. When you are in your egg shell - that you are Mr X, you are Mrs Y. But, when you mature fully inside, the bird is ready and that is the time you are hatched.

This is the time you get twice-born. So, the Resurrection of Christ signifies that, and that's why we give that egg to people, saying you are that, an egg, a reminder of that. And this egg can become a Spirit.

And also it is written that it was an egg when He came first, He was created as an egg - half of it remained as Shri Ganesh, and half of it became Maha Vishnu. Then He came on this earth and He departed with all His elements and the pure vibrations formed His body.

He remained there within all of you to be awakened and when the Kundalini takes your attention through thatpoint there you also become the Spirit. That's why He said, 'I'm the gate, I'm the door,' because you can become Christ. That's why He didn't say, 'I'm the destination,' that you have to achieve Him. But, He has created this space for you. You can become spiritually awakened, you can become your Spirit.

**“Now egg signifies a stage where you are,  
before Realisation.  
When you are in your egg shell.”**

But, Christ is an incarnation. He was the Son of God, and so He's an incarnation. And that incarnation came on this earth just to pull you out of your elements to make you become the Spirit. Now, how it is that it was the most difficult thing - because human beings have created in their heads all kinds of artificial barriers.

You see whatever we think and whatever we do with our mind is all dead, manmade, is artificial - because reality is beyond your mind, it is not in your mind, you cannot conceive it, you cannot hold it. Whatever is in your mind is not the reality.

It is beyond. So, for a human being to accept something that is beyond mind had become so difficult, at the time of Christ because of Romans and all these people coming up. We are repeating the history again. They were so ego-oriented, they were so full of ego that to destroy their ego somebody had to do this - to create a passage.

By His death so many things are proved. That all those who crucified Him were stupid people, they were ego-oriented, they were blind, they could not see what He saw. They could not see what a genuine personality He was.

They crucified Him. I mean, this is the greatest stupidity, and they crucified Him. It was all known because these people were so stupid they would have only crucified Him. What else could they do? Because they couldn't bear with their little egos somebody

Who is so simple, Who is so genuine, Who is so true. So, they crucified Him, and that crucifixion came as a breakthrough for us.

But message for us is the Resurrection part. Message for us is the Resurrection and not crucifixion. Crucifixion is not the message because He has done for us - this is the point where the Jews must understand.

I think (the leader) will read it out to you later on about what is written about Christ in Devi Bhagavat. This book was written about 14,000 years back by Markandeya. So, imagine 14,000 years back! He knew, being a seer, just like Blake, what was going to happen when Christ was to come.



*He was created as an egg. It is written in this book which perhaps was written 14,000 years back. It's a book that predicts about Christ and that is why people in the west at Easter especially offer an egg to each other as a friend.*

But He was called as Maha Vishnu. He was not Vishnu. He was the Son of Vishnu, and how many Christians understand this about Easter? They don't. Christianity today is nothing but a mental activity which is dead, just nonsense, just like any other nonsensical religion. It has become just another foolish, stupid religion, which has no meaning.

Unless and until you get your Realisation, unless and until you feel the vibrations, unless and until you feel this Divine surrounding power, how will you understand? Because that's the only thing that is truth, that's the only thing that's reality. And unless and until you achieve it how will you know about Christ? And fighting about Him! How can you fight? I can't understand. To Me it's stupid, gone to another extreme. By this thing what you do actually, is to use all these incarnations to kill each other. Can you imagine?

The things that came to elevate you, to make you into higher living are now used, the same things, the names are used, to kill, to kill each other, to bring down each other. At the most, if you reach a point where you don't understand, then they start saying, 'It's a mystery.' What is the mystery? In Sahaja Yoga there's no mystery. It's all just there. To Me human beings are a mystery. I don't understand them. I can't understand.

The Resurrection of Christ has to now be collective Resurrection. This is what is Maha Yoga. Has to be the collective Resurrection, and for this collective Resurrection first of all, Sahaja Yogis must decide to be collective. Because through Kundalini awakening you cross, no doubt - you cross through. But you enter an area of collectivity and if you do not allow that collectivity to permeate into you, then you come down.

**“And that incarnation came on this earth just to pull you out of your elements to make you become the Spirit.”**

Supposing you become a state beyond the elements, the state where you are a collective being. You're aware that you're a part and parcel of the whole. You're aware that you have to help your nose and your eyes because you're a part and parcel of the whole. You reach that stage where you understand: I'm as important as

other cells are and other cells are helped by me and they have to sustain me. We are one. There should be complete concord.

This awareness comes after Realisation and if you do not understand that this awareness, that this collective awareness is the only way you can stay in that area, otherwise you get out. You start having your smaller wells and you just go down into them. The more you start to expand yourself you rise higher and then you are again with your baddhas and whatever it is.

But, if you think that I have to live for the whole, I'm responsible for the whole, I'm responsible for creating a nucleus of a cell which is going to look after the whole and if I fall down the rest also suffers; I have no business to fall down because I have been resurrected to this point; I've entered into the state of collectivity where my being, which is the Spirit, is the collective being and I have to stay there, I have to be there, I cannot fall, is not the way I can live.

## Extracts from Christmas Puja talks - by Her Holiness Shri Mataji

### Christmas Puja 1990

Today we have such a great opportunity to celebrate the birth of Christ. He was born in a manger. All these things are already pre-planned. That He should in difficult situations show that whether you are born poor or rich, whether you are born in difficulties or in problems, if you have Divinity within you it shines by itself.

Today we are here to celebrate the birth of Omkara. It's a very big thing. I don't know if you can realise yet what it is. Which moves into everything whether it is, is the atom molecules into all the organising of chemicals also the plenary clause and the gravity. Into everything that moves is this Omkara. And your vibrations are nothing but Omkaras.

Actually, My photograph, the vibrations, have come as Omkaras. On the head of the people there are Omkaras. How is this happening? These lights look like Omkaras. How is it on top of the heads of the Sahaja Yogis? There's all Sahaja Yogis' heads, there is Omkara, or Allah in Arabic language. My name also in Arabic.

Who is doing this? It is He who is doing all this. So Omkara itself takes the form to do things to convince you of Adi Shakti. He's the one who is handling all these powers. He doesn't enter into the photograph. No, He does not. But He plays a trick. After all you see, if you go into details, how do you get a photograph through the light? The light passes straight - a straight line, but if He wants He can make a light pass another way round. He can just transform the light.

He can do whatever he likes, and that's what He does to convince you. He (Christ) said that anything against Me I'll tolerate, but nothing against the Holy Ghost. This Holy Ghost is the Adi Shakti. Without Him you cannot go to the Sahasrara, so that in the whole play it's like the Suthudara. He's the one who is the conductor, the one who moves the strings in a puppet show. And so it is very important to pray to Shri Ganesh every time we have puja. We have to pray to Him and that's how we are praying to Lord Jesus Christ, every time.

Without His auspiciousness, without His help, we cannot do Sahaja Yoga. He's the manager. You see I'm sitting here and He's the manager. Supposing there's no management, how will I speak here?

Nothing can happen, but He is so efficient, and you never see Him working everything, doing everything.

### Christmas Puja 1991

So (it) is a very important day and that's how we have to learn that if you worship Ganapati or if you worship Christ, you should try to think what qualities we have got within ourselves.

### Christmas Puja 1992

He has said that, 'Thou shalt not have adulterous eyes.' Such a subtle thing. Even the eye should not have adultery, should not have lust and greed. Such a subtle thing He has said. The first and foremost thing He has said is that you must enter into the Kingdom of God, that you must be born again. Now one has to understand how Christ in His miraculous life has shown so many miracles. First of all His birth. It was immaculate.

I had told you long time back how we can prove that Christ was Ganesh, and He was the Logos, He was the, what we call, the Brahmanad, the first sound. By looking at your left side from the right side, if you see the Mooladhara, you will see swastikas, because it is made of carbon atom.

If you see from the left to the right, you can see Omkara. And if you see from down upward, it looks like Alpha and Omega. In those days Christ said, 'I am the Alpha and I am the Omega.' And now we have made the animation, we have no arrangement to show you, I don't know if we could arrange it somehow. But you can see it clearly. What I have said can be proved.

So the first thing of Shri Ganesh is that wisdom, and that wisdom you see in the life of Christ, from the very beginning. He was so confident of it that at the age of twelve years He went and talked to these Pharisees, that means the people who were priests. We still have priests and mullahs and these bhutjees and all of them, these so-called 'darvamatandas' all over.

But He went and argued with them, at that young age and He said, 'What are you doing here? What is this? What are you talking? All lip service.' He was discussing and talking to them, but His parents perhaps were frightened that these people might kill him, so they brought Him to India.

He came to India, for wisdom. I don't know where that wisdom is that's now missing from Indians. But it must be that this country was full of wisdom when He came and stayed in India and we have lots of memories about Him.

Even the King Shalivahan met Him; it is described in his book that he met a man in Kashmir who was very saintly and he asked Him 'What's your name?' He said, 'My name is Issa.' See now, imagine, Issa (Eessa). 'Ee' is the word used in Vedas for the Adi Shakti, 'sa' means with. He said,

'My name is Issa.' He (the king) said 'From what country do you come?' He (Lord Jesus) said, 'I come from a country which is foreign to Me and this is My country.'

Now recently I got a book which was hidden in a jar in Egypt until fifty years ago, they discovered it. And this book is called The Library of Hammadi, the place was called Hammadi where it was discovered. And what Christ said, what Thomas has written, when Thomas came to India he put all these things in, and it is very interesting. About drinking he said, 'Drinking begets debauchery.' It's a bad word to use. And Christians don't know.

And the basic thing of Christ's life is morality. He is on the left side, as you can say he is from Shri Ganesh. And then He establishes himself at Agnya. But morality is the essence of His life. What we call in Indian language His character.

So another quality of Ganesh shown in Christ's life is a devotion to Mother. In that book Mary is telling them about knowledge, but this Paul objects to it. And She says that this is what you have to achieve. But he doesn't want to know. He is arguing with Her. But then Thomas said what Christ said on the cross, 'Behold the Mother. She is the Mother of Christ and how dare you insult Her?' But just the opposite, Paul never respected women. So he called Her as just a woman, no respect. For Mahalakshmi, no respect! Can you imagine? Just a woman.

## Christmas Puja 1993

In every incarnation in the evolution, every incarnation did something very, very unique. At the end of it Christ did the Resurrection part and He did it because He had to die. Otherwise, how can you Resurrect yourself? So there are lots of things, which look mythical, which are not. Tomorrow they'll say that Christ never Resurrected Himself. And actually, He died later on in Kashmir. There's a proof of it, but still the people don't want to believe and they just wanted to spread Christianity because they know that if you have majority of people then they can rule.

It is the people who said, not in the Bible, not in the Christianity, but the people started calling Her Madonna and from that Madonna level that people started seeing the Mother and the Motherhood. She was Mahalakshmi. We know that very well and we worship Her as Mahalakshmi. She was Radha. Radha also had a son and He was like an egg. And a half of the egg was Christ and half of the egg was Shri Ganesh. But when this child was born, He started crying for His Father. Father was Shri Krishna. It's in the - if we read Devi Mahatmyam it is there. So always He puts His hands like this, towards His Father. So one is, as you know, is Shri Krishna's finger, another is Vishnu's.

And She was Ra - dha. 'Ra' means energy, 'dha' means the one who has sustained the energy. And She is the one who called Him Jesus. Actually in the Hebrew, it is 'Yesu' and also in the - thank God, I read the Bible in Marathi, which was directly translated from Hebrew - Yesu is the name. Yesu is the name of the Mother

of Christ, Mother of Shri Krishna 'Yesu' means, as we call Her, Jesu or Yesu from Jeshoda or Yashoda. From that She called Him. And Christ word comes from Krishna. So She called Him Krist and Yesu or Jesus. We, too, call Yashoda sometimes Jesu or Yesu.

## Christmas Puja 1994

Merry Christmas and all the blessings for the next year. Today we are not going to have a very long puja, but there are certain things, which we have to understand from the life of Christ. Christ was born in very poor conditions, just to show that spirituality can live in any circumstances and under any problems and He had to face so much opposition from His own clan. He was born in a Jew family and that time, the Jews would not accept him, but they did not kill him, that's the main point, which we have to understand. They did not kill Him. Under no law a multitude can kill. Is the judge, who was a Roman judge from the Roman Empire who actually ordered His death.

It is very difficult to follow His life because He was absolutely a Divine personality, absolutely. And that's why He - whatever rules and regulations He has passed for the Christians are really very difficult to follow, very difficult. I don't think very few people are even able to follow His life. It's very difficult because He said that if you commit any adultery with your eyes, you'd better take it out. You cut your hand if you do any crime with it. For Him, the crime was also a very subtle thing. Turn your left cheek if somebody slaps you on the right cheek. To follow this kind of difficult, very, very difficult thing is impossible. And also He said that, 'You have to do it, not others.'

He was the greatest Sahaja Yogi, but He had so many powers, which are difficult for human beings to have. But His sacrifices, His adjustments, acceptance of whatever was told to Him, He accepted. His love for His Mother and on the cross He said, 'Behold the Mother!' He just said, 'Behold the Mother.'

So we come to another point that we should realise what we are. This is very important for Sahaja Yoga. Christ has said, 'I am the Son of God.' All right. He said it openly, though people crucified Him for that, but He said it. He said it openly, 'I am the Son of God. Do what you like.' It was a fact, which was the truth He was supposed to say.

So now, the Sahaja Yogis have to say, 'I am the son or daughter of Adi Shakti.' Once you say to yourself that, suddenly you'll start changing because it's a very big position. It's a very anointed position. Once you start saying that, then you'll start understanding what is your responsibility. You'll be amazed.

Now these Ekadesha Rudras come out of, as I told you, from the Void. So, we can say that the destruction part of it comes from the Void mainly. But these are the powers, all are given in one person that is the Maha Vishnu, that is Lord Jesus Christ, because He is the support of the whole universe. He is the personification of Omkara, He is the personification of vibrations. So when He gets angry then the whole universe starts breaking.

As He personifies the power of the Mother which is penetrating into every atom, into every molecule, into every human being, into every thing that is living and non-living, once it gets disturbed the whole thing gets into jeopardy. So the pleasing of Christ is very important. Now, Christ has said, 'You have to be like small children', that is the innocence. The purity of the heart is the best way you can please Him.



### Christmas Puja 1995

First of all, He (Christ) was born in a manger. To be born in a manger means in a poor circumstance. That means He showed there's no need to have money or there's no need to have a huge, big properties or anything to be impressive on people. Those were the days where people respected the tapasya, the ones who were doing tapasya. That was the time to do tapasya.

So He came on this Earth and lived like a tapasyi. On the contrary, the Christians are the most self-indulgent people you can think of. You go to any Christian nation you'll be amazed how they are just slaves of money and their watches. How they are living - it's very shocking to see they are following Christ. 'Yes, we follow Christ.' Then follow means what? He's there and you are standing backwards moving. Is that the following?

So, today we are talking about Christ. He's sitting in a position of Agnya Chakra controlling pineal and pituitary. By that, He controls our conditioning. If we follow Him, then we cannot be conditioned by anything because He talked of Spirit only. Spirit cannot be conditioned, conditioned by anything. Whatever is good, that will be accepted, good, congenial to the Spirit. ....if you see His sermons, it's so deep and so enlightened, despite the effort of this gentleman,

Mr. Paul, you see Christ talking to people, giving them different ways of explanation, what happens after Realisation, how a seed is sprouted and how it can get spoiled and very beautifully He explained to people. Actually, we have to understand that Christ never started any exclusive religion. Never. None of them. Specially Mohammed Sahib has talked about Abraham. He's talked about Moses. He's talked about Christ and His Mother much more than in the Bible respected Her.

His (Christ's) life was so charming and so beautiful. Like a shooting star, He came on this Earth, but left such a remarkable

impression on people. His crucifixion was a part of the game because He had to make the way in the Agnya Chakra. To cross the Agnya Chakra, He was crucified. But His message is not crucifixion. People wear the cross and I feel very hurt about it. He crucified Himself. But that's not the message. That's not [what] you should celebrate, that He was crucified. There are people who celebrate it.

You have to celebrate His Resurrection, because human beings are to be resurrected. In Sahaja Yoga nobody's crucified and is resurrected because of one crucifixion of Christ. That was enough. That was sufficient. You can't carry the cross on your shoulder. Don't have to. He's carried for you. He's done everything for you. He said also that He died for all the sinners. It's a fact. If He had not done that, it would have been difficult to open your Agnyas because two problems, I told you, this conditioning and ego.

But the pure nature of Christ is Innocence. You know that. He's Shri Ganesh. Shri Ganesh is an eternal child. Christ is also complete innocence because He doesn't react, because He's not conditioned.

### Christmas Puja 1996

Today, we are celebrating the birth of Jesus Christ. The birth of Jesus Christ is very symbolic because He was born in such a manner that even the poorest of the poor wouldn't be born in the stable. And He was put in the bed which was made of dried grass. He came on this earth to show people that for a person who is an incarnation, or who is a highly evolved soul, is not bothered about the comfort of the body.

Racialism, what was the race of Christ? Was He a fair man? No. Was He a white person? Not at all. What was His colour? He was brown like Indians.

Christ had only twelve disciples, except for one or two, all of them dedicated, without Realisation, dedicated fully to the work of Christianity, and it spread.

### Christmas Puja 1997

I was telling them about Christ, what was His power? His power was of love and not of anger - because He is the one who has crossed the most difficult centre - of Agnya.

Why did you come to Sahaja Yoga? ....you came here to become a great guru, as you asked Me - gurupada dijiye. For that you have to have, in Sahaja Yoga, a complete humility, natural humility, natural balance - this is what Christ has taught us. If you have no discipline you can never be a good Sahaja Yogi. From the life of Christ we have to learn these things - that unless and until we have these things we cannot become good Sahaja Yogis.

Look at Christ, He took birth in a very humble abode, but He was the king. And He lived with the poor, and tried to save them. He saved the lepers, He saved so many people, there were twentyone people who were cured by Him.

Christ only once went into temper - which He had a right to do - that, when He saw people selling things in the temple. That's why Christ took a hunter (scourge) and beat them, those who were selling things near the church.

Christ went for a wedding and they had no wine. Now in the Hebrew language wine means the juice of the grapes, it doesn't mean fermented. So He converted water into that wine.



You cannot convert water instantaneously into wine, wine has to rot, has to smell, the more it smells the better it is. But they think that Christ said you must drink. He never said that, He just converted it into wine meaning the taste of the juice of grapes.

Once I went to some television and there was a very nice man, in Italy. He said, 'Mother you first give me Realisation.' So I said, 'Get some water.' I put My hand into it, 'Now you drink it.' He said, 'It's tasting like wine,' I said, 'This is what Christ did.' He got his Realisation. Instantaneously you cannot make wine.

But if somebody dies, they will drink, if somebody is born, they will drink. At any cost without drinking they are not normal. But the people who got Realisation have suddenly changed,

they don't want to drink, they've stopped drinking, their attention has become nice, the whole thing has changed.

This is the transformation that has worked, of which Christ has talked, Mohammed Sahib has talked; everybody has talked about this particular time when people will get transformed.

So for you to understand Christ, it's all His qualities you must have. Surrender it, surrender your ego, all your problems can be solved because as long as there is ego, this Divine power doesn't take over.

You may do anything, you are not connected, the connection is missing, Christ is missing; He is no more there. To establish Him first of all you must show how you love.

That doesn't mean that you love your wife, love your children and love your house. You have to love everyone. Try to make everyone happy.

And thanks to Christ that crucified himself, sacrificed His body for our sake, that our Agnya is opened - otherwise I could not have done this Sahaja Yoga. But in this area (pointing at the

Ekadesha Rudra) we have Buddha, Christ and Mahavira, and they had to do tapasya, tapaha, they did it. You don't have to do now, they have done for you.

It's nice you have balloons here to celebrate Christ's birthday and all these balloons in your heads, of ego, should be burst, should be finished.

## Christmas Puja 2003

There are so many things I would like you to know about Christ, but this is a short time in which I cannot tell you, the way He had His own priorities.

Though in the Bible He's not described fully, I should say, and whatever it might have been, they have reduced it, maybe, and the way they practice Christianity also is shocking. So one has to learn Christianity through the heart, no other way out, they should learn through the heart - heart of your Mother.

## Christmas Puja 1998

Today, long time back, Christ was born. You all know the story of His birth and of all the sufferings He had to go through. He's the one who has given us a model of a Sahaja Yogi, for He didn't live for Himself, in no way, but He lived for others, working out the Agnya Chakra.

.... I think Christ has suffered the most. As you know He was endowed with all the powers of Shri Ganesh, as He is the reincarnation of Shri Ganesh. The first of them was His innocence. He was the eternal child, we should say, that He couldn't understand the cruelty and the hypocrisy of this stupid world.

Still, if you understand, what can you do about it? But with great courage He took His birth in a country where people had no idea of spirituality. I read a book about Him, saying that He came to Kashmir where He met one of My forefathers - Shalivahana.

It's written that he asked Christ, 'Why have you come to India?' So He said, 'This is My country, that's why I've come here, where people respect spirituality.'

But I live among people who do not understand spirituality at all. His conversation with Him (Christ) was very interesting. Because Shalivahana said, 'That's all the more reason that You should go back to Your country, and teach them Nirmala Tattvam - that's the principle of purification.'

He went back, and after three and a half years, He was crucified. So from His beautiful life that I've seen, we have to learn that unless and until we are realised souls, we will be torturing the Spirit of Christ. We have seen it happening, all those who talk of Christ.

He has said it very clearly, 'You'll be calling me Christ, Christ - I won't recognise you.'

Very clearly He has said it. I don't know why they didn't remove it from the Bible. It means those who will talk, and preach, and dress up to show off that they are spiritual, in the name of Christ, He will not recognise them. It's as simple as that.

And this time now when it's the Last Judgement, He is going to judge the whole world on the basis of spirituality - which means vibrations. His judgement has already started. I've seen it. You can see in so many countries, things are just disappearing.

All their ego, all their aggressiveness, all their cruelties are being challenged.

And those who did wrong in the war also are taken to task. So in the history also, those who have done wrong to any community, to any people, they all will be taken to task. They had no business to be aggressive on people and to torture them. This is what is Shri Ganesh's principle acting through Sahaja Yoga.

Christ didn't say that, but He did say there will be Last Judgement. On one side He was very kind and compassionate, on the other side He was really Shri Ganesh because He took a hunter (scourge) to hit the people who were selling things in the temple. You cannot have business in the name of religion.

## Christmas 2000

Regarding today's great advent of Shri Jesus Christ, I told them that He came on this earth with a very great mission, I would say one of the greatest missions; because He wanted to open this Agnya Chakra which was so constricted, and could not be done before. For that He had to sacrifice His life.

By that sacrifice only, the great Agnya could be opened. He was aware of it, He knew that it has to happen - that He had to somehow accept this sacrifice. As it is, He was a Divine personality. He had no problem in doing so; but He thought that there could be some other way whereby you can open this Agnya Chakra.

## Extracts from Easter Puja talks - by Her Holiness Shri Mataji

### Easter Puja 1991, Australia

Today we are here to worship Christ as He was resurrected from dead. There are lots of theories about His death, but actually He resurrected Himself and then He went down to India and settled there with His Mother.

After period of His Resurrection is not described in any books, as such, but in one of the puranas written about Shalivahan, one of the kings of the dynasty I belong to, has met Christ in Kashmir and he asked Him,

'What's your name?' He said, 'My name is Issa.' And then he asked Him also that, 'From which country you come, which place?'

He said, 'I come from a country which is foreign to you and to Me and now I'm here in My own country.' That's how He appreciated, I think, the Indian thing. And then He used to cure people there and His tomb is there and His Mother's tomb also is there.

### Easter Puja 1996, India. Translated from Hindi

Today we are doing Easter Puja. Today is a very important day for Sahaja Yogis because Isa-Messiah (Jesus) has shown us that the redemption of human beings is possible, and for that redemption we should always put in an effort. One must also understand why He was crucified.

He was crucified on the cross and this cross is a symbol of the swastika on the Agnya Chakra. He was crucified and He left His body there only. He told some important things at that time and one most important thing out of this was, 'Behold the Mother.' 'Behold the Mother.'

Everybody can interpret it in a different way, but it seems He said that He will send us a Shakti (power) who has three channels - Trigunatmika, and that is described very beautifully. One of these Shaktis will give us comfort. This comfort giving power in us is Mahakali's power which gives us comfort, which cures our diseases, which corrects and resolves many questions of our past.

The second power, which He gave us, which He sent to us, was Mahasaraswati and to this Mahasaraswati power, He called Counsellor, the one who will counsel you - that means, who helps us to see the form of yoga. With the help of this second power, we will get knowledge, we will know the subtle knowledge, and the third power, (Mahalakshmi) with the help of which we will get our redemption.

### Easter Puja 1999, Turkey

You must know that you are all the time protected. Christ is there as your eldest brother, I have always said that, but also you have your Mother, and you have all the ganas and all the angels around you.

So the message of Christ's life is that He forgave all the people who troubled Him. Even He said that, 'Oh God, please forgive them for they do not know what they are doing.'

On the cross He said those things, when He was tortured, insulted, He said these words, 'Forgive them, have pity, have sympathy for them, because they don't know what they are doing, they are killing the Son of God and what will happen to them?' Where will they go, what will be their situation? This one is a big message for us. That even on the cross, He said forgive, 'Oh God, Oh Father, forgive them.'

In the same way we have to also forgive people. It is very important from the life of Christ, that we have to forgive people. His forgiveness was of the greatest importance for the world to understand, you must forgive. If you learn how to forgive you'll be amazed that half of the wars of the world will be finished.

Did Christ boast of anything? Never. He never boasted of anything. But when He saw people were selling things in the holy places, what did He do? He started beating them with hunters. Because that was wrong - absolutely wrong against the holiness of the place.

But He didn't say, 'I don't like it', no, He just showed His complete disapproval of the whole system of selling things in the temple or in a holy place. People go there to worship. They need a mind which is devoid of money orientation. There should be no money orientation when you are meditating.

### Easter Puja 2001, Turkey

This is one thing to be understood from the life of Christ. He was a very simple, poor man, son of a carpenter. And to Him, money was nothing but an absolutely useless thing. To Him, Spirit was everything. And He was preaching and telling people that, 'You must have spiritual awakening. Very important.'

Try to understand that there is life beyond all this and then you should get the best results out of this life, which you are just wasting.' He was so intelligent and the way He discussed with all those great fathers from the church about the religion and



all that, it's amazing how a little boy could understand so deeply about religion.

He was a small boy at that time, no doubt, but He was a person from the Divine, created by the Divine. He was Shri Ganesh. He's Aum. He's knowledge, everything. So the greatest thing about Christ or any one of these great people is that they loved. They loved the people. They loved all human beings. That is what we have to do.

That's what Christ has taught us, that He had love for all the human beings and He wanted to prepare them for the Resurrection. He came before Sahaja Yoga came in. If He had not done that job, it would have been difficult for Me to achieve it. So He had prepared the stage for Sahaja Yoga. Now look at Christ and His life. He didn't fight anyone. He didn't argue with anyone and He accepted, accepted the death on the cross.

He accepted it because He knew that it is for the Resurrection, for not only His, [but] for the Resurrection of the whole world. Jesus had a very short life of thirty-three years - what a short life. And He was wandering all the time. While wandering, He went to India and how much He worked in His life. So many things were founded after His name, so many institutions - this and that.

### **Easter Puja 2002, Turkey**

Today we have come here to worship Jesus Christ and His Mother. It's such a coincidence that the Mother of Christ came and stayed in Turkey. Isn't it surprising that She should come here after the crucifixion of Christ and stayed here.

I wonder if He also came with Her later on? But they say then He went to Kashmir and She was also there.

## **Extracts from talks by Her Holiness on Lord Jesus and our blessed Mother Mary**

### **Talk on the Heart Chakra 1977, India**

I'm saying that these three powers have a third, these three sounds, and that's how this word is created, of Om. For a realised soul, Om is a most powerful thing. For example, if you want to protect yourself, the word Om itself can protect, and when these three powers combine as Om we say that this only the child or the Son God represents in its purest form Om.

That's why in the life of Christ, or we can say in the life of a personality that represented the Son of God, Om is very important because He embodies that Om within Himself. All

these three powers are in Him, and in the most innocent form.

What I'm trying to say is this way, now you take any other deity, any other deity except for this one. Take any other deity, you will find they have more of this power, of that power. For example, if you take say, Vishnu, who stands for evolution, if you take, say, Brahma Deva, He stands for creation. If you take Mahesha,

He stands for the what you call the superego side. Even if you take Krishna, He stands for evolution. But when you rise here, then only you find that all these three powers combine here at the Agnya. Till Agnya they are separated. At the Agnya they combine. That's why it is very important that all these three

powers are controlled by Christ, and that's why Jesus Christ is the most important deity as far as Sahaja Yogis are concerned, because evolution is all right, but the complete co-ordination and protection of a human being is only possible if you have all these three powers in your hands.

## Diwali Puja 1980, London

Now She (Shri Lakshmi) was born in the sea, She was born as Neera Ja, She was born in the sea on Neera, that means water. My name is one of them is Neera as you know, out of Nirmala one name is Neera. Nirma and Neera that I've got two names, four names I should say the big one is Nirmala. So this Neera part means water, that She was born in the sea.

That the name of Mary is also the same. Miriam or Mary, I don't know how you say in English, but Maria, it comes from Maree, the word Maree. Maree itself comes from the word Mary. So this Mahalakshmi, Mary is named as She is because She was born in the sea and that's how Her name was Mary, Mariana they call it, some people call Her Mariana, some call Her Miriam, all these words are indicating that She was born in the sea.

So She is Mahalakshmi, now Mary is Mahalakshmi, and Ganesh is the child. Now see how symbolically it works, that only in Diwali the Lakshmi and the Ganesh are worshipped, only these two persons. Can you understand that?

The symbol of Mahalakshmi for me is Mary, for you it is Mahalakshmi is the symbol. As a symbol of Ganesh outside is Christ, He symbolises Ganesh, so both of them are worshipped only on Diwali, actually this is the Christmas this is the real Christmas that was before also, and this was the time baby Christ was born, not the 25th December, no it's a misunderstanding, doesn't matter, keep it up, doesn't matter whenever He was born, because there used to be a very big festival, and after the festival He was born, called as Valanan.

I don't know what you call in modern times, at the time it was called like that, and then this child was born and that was the time Christmas was celebrated, it was just with that but somehow it shifted, I don't know how it shifted, there might be somewhere you'll find out that real Christmas was shifted.

## Public Programme 1982, England

We may miss Christ again because He was a carpenter's son. How are we to know Who is Christ? Is there any way of finding out who is Christ? Many people are now talking, 'Christ is going to come. He's going to come on the television.' You can put up anyone there as Christ.

How are we going to make it out? By His dress or by some sort of a thing they have done? Most of the paintings of Christ and most of His statues that I've seen are nowhere near Christ, nowhere near Christ. See, they're horrid things. I don't know what are they. So how will you make it out that this is Christ or not?

Or this is some sort of a hocus pocus fellow or some sort of a person who has come just deliberately to delude us from reality. There is no way out, to find out what is the truth because we are so much used to material forms - for example, our idea of art also is in the same way moulded. If a seed is miraculous, how these flowers, for example, the particular flowers are only on a particular tree and another are on another tree. How does it happen? Who chooses them? Who puts them in proper shape? Who organizes all that? And this is what one has to re-

alise and that is the all-pervading power of God that does all the living work and once you become that, the Spirit, then this power starts flowing through. You feel the power through you.

As Christ was touched, and He said some power has gone to someone, like that. You just become a medium of that power flowing, but you are empowered to manoeuvre it, to manage it, to understand it. You know completely about it. You know how to give it.

## Shri Saraswati Puja 1983, India

And if Surya Chakra at the Agnya level is occupied by Lord Jesus Christ then it is even more essential that the purity of life, what you call 'niti', is the morality of life.

## Talk on the Agnya Chakra 1983, India

So this Agnya Chakra is a gate, is the door of heaven, and everyone has to pass through it. Now on this chakra resides the great incarnation of our Lord, Jesus Christ. In our Indian shastras, He is called as Maha Vishnu, the son of Radhaji. And His essences are made of eleven Rudras, means eleven destroying powers.

But the governing essence, the main essence, is that of Shri Ganesh, means innocence. So He is the embodiment of innocence. Innocence means complete purity. And His body was not made out of Mother Earth, in the sense that He never had a body that was perishable. It is Omkara. So when He died, He ascended.

That is the fact, He ascended, and because He was a person made of Omkara. Now as He is the son of Radhaji, you can see the relationship between Him and the relationship between other deities very easily. About Maha Vishnu, it is written in the Devi Bhagavat. But who reads Devi Bhagavat? Nobody has time to read these books. Mostly what trash things they read, there you cannot find explanation of all these incarnations who have come on this earth. So to understand Jesus Christ, you must read Devi Bhagavat.

...because Christ has been described very clearly in Devi Bhagavat, and we can prove it in the Kundalini, that when the Kundalini rises and stops here, at the Agnya, here, you have to say Lord's Prayer, otherwise it would not open. To awaken Jesus Christ, if you do not awaken Him, it would not open.

You have to take His name otherwise it would not open, proves it was Christ who was ruling. Or even if you take the name of Maha Vishnu, it opens. So Maha Vishnu and Jesus Christ are the same. So you must see the proof of it, and just because you want to believe that Christ is your own and discard everybody else as heathens, you are sadly mistaken. Absolutely you are sadly mistaken.

Now if I have to tell you that Radhaji has created Christ and if you see Christ, His fingers are like the Father'. And who is the Father of Christ, then? Is Shri Vishnu, Shri Krishna. Because in Maha Vishnu's description, it is, Shri Krishna Himself worshipped His son and said, 'You will be the support of the Universe, and whosoever will ever worship Me, the fruits of that will go to You,' and He placed Him even higher than Himself. And that you can see that above the Vishuddhi Chakra stands Maha Vishnu.

And He is the gate through which everybody has to pass. He (Shri Krishna) actually blessed Him specially and He said, 'You

will be the support of the universe.' See now you have known that Shri Ganesh stays at Mooladhara Chakra. Mooladhara Chakra means the support of the moola, support of the roots. But Christ is placed at the support of the fruit. So the same thing evolves at that point, that you become aware of Christ only when your Agnya Chakra opens.

Actually that is what happens when Christ is awakened within you, He sucks your karmas, He sucks your ego and super ego. He sucks your karmas, your sins, your conditioning and that is how you become free. This is a very important point which people must know. That, that was the great job He did, was to establish Himself at the Agnya Chakra to suck these two things. And when He sucks these two, when He sucks these, then we are above our karmas and our sins. So we don't have to worry about sins and all that.

If they had read anything of the Devi Bhagavat and had told that Maha Vishnu is born, then people would have given up this idea that you have to suffer for your karmas.

So Indians are still thinking that we have to still suffer for our karmas, we should fast, we should walk and we should hang ourselves by the nearest tree all the time. This is not needed. What you have to do, is to just wait for the moment when the Agnya Chakra will be opened. Keep in the centre.

Even Christ said, 'I am the Light, I am the path,' because He is the Omkara. He is the path and He is the door, He is the gate. And everybody will have to pass through His gate. He never told lies, but they crucified Him.

They just crucified Him, because Christ could not talk much and whatever He said was written down by His disciples the way they understood. To understand Christ you have to have your Realisation.

## Shri Mahalakshmi Puja 1993, Bulgaria

Today is a great day when we are celebrating Mahalakshmi's puja. You must be knowing that today is the day of Mary, Mother of Christ, who was Mahalakshmi.

## Shri Krishna Puja 1993, Yamuna Nagar

Also His (Shri Krishna's) Mother was there, Yeshoda, and Radhaji was the Mahalakshmi. Mother Mary .... gave birth to Shri Ganesh, that was Lord Jesus Christ. In India nobody would doubt the Immaculate Conception, nobody would doubt. But for others it is too much to believe in the Immaculate Conception or they are all arguing and saying all kinds of nonsensical things, because Ganesh was created like that and also Christ could be

created like that. Agnya.

So Radha, She was Mother Mary and it is surprising, if you read the Devi Mahatmaya, in that, it's clearly written who was Christ, that He was the support. He was Maha Vishnu. He was the support. That's the Mooladhara. He was the Support of the Universe.

All these were all related people, but we are stupidly fighting because we do not have the knowledge of reality. So Radhaji wanted to give Him the name Yeshoda. So She called Him Jesu, in Hebrew it is Jesu, also in India, Yashoda is called just as Jashoda. Many people call it Jesu. That's how He became Jesus. You can verify what I'm saying on your vibrations.

## Shri Vishnu Puja 1994, France

So one has to understand what is the basis of dharma. If you know in the matter there are eight valences. They're negative, positive and neutral, but in human beings there are ten valences and these ten valences are created by Shri Vishnu within us. They are protected, looked after and nourished by Shri Vishnu and, whenever

He finds human beings falling down in their dharma, He takes His birth on this Earth. Ultimate stage is the Virat. At that stage, this Vishnu principle divides into two. One goes to Virat, another to Viratangana. But the third principle is what you call as the Maha Vishnu, which incarnated as Lord Jesus Christ. So all these three principles act at this time in Sahasrara, mainly.

## Shri Hanuman Puja, 1999

Christians say that Jesus Christ made wine to be served in a wedding feast. It's false.

When they talk of Jesus Christ they are absolutely wrong. In Hebrew, I have read wine that they drink is the juice of grapes. Jesus Christ put His finger in the water and it was converted to juice of grapes.

## Shri Ganesh Puja, 1999

Shri Ganesh, as I told you, was incarnated as Jesus Christ, and Jesus was also a very innocent person. If He was not innocent, He would not have been crucified, but He was not a cunning fellow to see the cunning of others. His own disciple deceived Him and still He knew who it was, He never said who it was. If you see His life, it is full of innocent beauty, is such a simple hearted personality, such a good personality and wherever He saw anything wrong done, He is to go all out to fight it. Same is Shri Ganesh.

## From Divine Incarnations by Her Holiness Shri Mataji Nirmala Devi

Through a deeper understanding of Sahaja Yoga the reader will grasp the simplicity of the Immaculate Conception. Mary proved She was the Primordial Mother by conceiving the child in Her Sacred Heart (Primordial Heart Chakra).

The Sacred Heart is the place where the Mother of the Universe (Jagadamba) exists. In the same way that She conceived the universe She also conceived Jesus Christ and moved it through the Adi Sushumna Nadi into the Adi Swadisthan Chakra which controls the Primordial Uterus (Kumbha) to give Him human

birth as a baby. In that Divine heaven of creativity the Immaculate Conception took the form of a zygote egg.

It remained in that state for many ages until Adi Shakti took birth as Mary. She then manifested it as Jesus Christ. It was not difficult for Adi Shakti to do that.

Unfortunately the greatness of Her powers was only recognized after She departed from the earth. A seeker gets his rebirth in exactly the same way through Sahaja Yoga.

Adi Shakti wants to give second birth to all seekers. She conceives the subtle body (suksha sharira) of the seeker in Her heart. Her attention raises the Kundalini in the seeker's subtle body. She blesses his soul (jeevatma) which has been raised to Her heart, and brings the soul to the limbic area of the brain by

Her attention. There She causes it to pass through all the chakras of the brain until it is born through the Brahmrandhra, the hole in the fontanel bone on top of the skull.

This is how every soul gets rebirth as a Sahaja Yogi.

## Christ and the Last Judgement



### The closest representation of Christ

When Shri Mataji travelled to Rome in 1981 we visited different places with Her, and we were lucky enough to go to the Sistine Chapel in the Vatican. When we entered the Sistine Chapel, it was really something magnificent to see all the paintings of Michelangelo.

Mother told us that Michelangelo was a realised soul and how that was the most perfect painting and the closest representation of Christ. In that Last Judgment painting, we can see the Agnya Chakra — because there is a shape, an oval shape like an egg, around Christ, and Mother Mary is next to Him.

Then Mother showed us how in the Last Judgment, all the people from the left side were going down to the hell and how people were raised up to be judged and saved. The people who were going down to hell were going down on the left side of Christ, according to the painting. She gave us all an explanation of the Last Judgment. We stayed quite a while there and it was amazing to see that, in the presence of Shri Mataji Herself, giving us all these commentaries.

Marie-Laure Cernay

Wall painting by Michelangelo of the Last Judgment Lord Jesus and Mother Mary - The Cistine Chapel, Rome.

## The Eternally Inspiring Recollections of Our Holy Mother - Lord Jesus in England

During Shri Mataji's tour of England in 1984, She gave a public programme at the tearooms near the remains of the Roman baths in Bath, in south-west England, in July 1984.

Shri Mataji instructed Dr. Mathur, one of a party from India who accompanied the tour, to take the party to visit the Glastonbury thorn tree. She explained that Lord Jesus himself had planted this tree when He visited England and that He had blessed the land, saying that the wind would always blow over this place.

Shri Mataji had made a point to Dr. Mathur that the tree Lord Jesus had planted was not to be found in the grounds of the Abbey but on an escarpment in green fields above the town. Sean Kelly

**Editor's note:** *The Glastonbury thorn is in Glastonbury, a small town near Bath in the south west of England. It always blooms on or near Christmas Day. This tree is not native to England and comes from the Middle East. Glastonbury is the Agnya of England.*

### Salutations to the One who came to England

When Shri Mataji was being driven down from Bristol to Exeter, in the south west of England for a puja and public programme in 1982, someone remarked – they were passing near Glastonbury – that there is a persistent legend that Christ visited there, and according to one version, built a temple to His Mother. Shri

Mataji said that He had been 'all over'.

At the Easter Puja in Hampstead in 1984, when adding some names to the names of Jesus, Shri Mataji said, 'Salutations to the One who came to England.'

Anonymous English Sahaja Yogi

### The Holy Lamb of God

In the early 1980's Shri Mataji often came to the Hampstead, North London, public programme, which was held on a Thursday.

At the end of the programme, in the early eighties, we often used to sing Jerusalem, the beautiful hymn by William Blake, to Lord Jesus and Shri Mataji. William Blake was Himself an incarnation of Shri Bhairava. This is the first verse.

*And did those feet in ancient time Walk upon England's mountains green? And was the Holy Lamb of God On England's pleasant pastures seen?*

*And did the countenance Divine Shine forth upon our clouded hills? And was Jerusalem builded here Among these dark satanic mills?*

Once Shri Mataji explained the meaning. Those feet refers to the Holy Feet of Lord Jesus, as does the Holy Lamb of God, and Shri Mataji said He did come here, and walked all over England.

## Explanation of the Holy Communion and the Mass - Shri Mataji unravelled everything

We were in Portugal in 1980, in a small village called Cintra. We were about ten people, with Shri Mataji, and we went to an inn at the top of a hill.

We all sat around the rectangular table and Mother had a white sari on, and Her long hair was on Her shoulders. She was at the middle of the table and on it was a basket of bread and some grapes, and we were all waiting to have our supper.

Antoinette Wells

'Shri Mataji, please, could you explain to us, what was the holy communion (the Christian mass)?' my elder sister Antoinette asked Her.

Marie-Laure Cernay

We were about to take some grapes.

'Just wait,' Shri Mataji said, and put Her hands on them for a while, 'Now you can take them.'

We had tasted the grapes before She put Her hands on them and they had been quite average: sugary, but no taste. After Shri Mataji put Her hands on the grapes, they were absolutely succulent, a lovely nectar flavour. So we just ate the grapes and praised Her and said how good they were.

Antoinette Wells

Shri Mataji was really looking like Christ and took a loaf of bread, which was quite big, oval shaped and took it in Her hand. She kept it in Her hand a little while, then gave a little piece of bread to each one of us.

Marie-Laure Cernay

'Now you take this bread and share it among yourselves,' Shri Mataji said. So we did and I was quite amazed at what was going on here because I could recall a scene that had happened two thousand years ago. 'You see,' She went on, 'when Christ shared the bread

among His disciples, He could say, "Take that because it is My body," because this very bread was His own body, because it was full of vibrations and, as He was full of vibrations, He was pranava.

He was the vibrations Himself. He could convey that to the bread and, obviously, when the disciples would eat this bread, they would eat His vibrations.' And it was the same with the grapes or the 'wine' that Shri Mataji transformed.

Antoinette Wells

'That's all. That's it. That's all of it,' She told us.

We all ate this in silence and we realised that this communion, was the same as the vibrated food that Shri Mataji is giving to us and She was putting the vibrations in the bread and then giving it to all of us. So we realised also, as an experience, what it was. It was a very strong moment.

Marie-Laure Cernay

I was completely in awe, and was in meditation, because years and years of going to mass (holy communion) never explained to me that mystery. There, in a telescopic way, in five seconds, Mother just unravelled everything for us and we understood what was going on and it was very beautiful.

After this we went out and it was evening, a beautiful sunset in Cintra, in Portugal. Shri Mataji had Her burgundy-coloured shawl around Her head, Her big brown eyes were looking at the sun and the sun was enormous, just at the horizon, and it seemed not to move. We were all still beside Her, looking at the sun. In my head, I thought, 'The sun is waiting to go down because Mother is here.'

Then She blinked. The sun went down and I felt that the sun was saluting Her, and that was the end of this beautiful evening.

Antoinette Wells

## Extract from Shrimad Devi Bhagavatam - The Birth of Maha Vishnu

Narayana said, 'Oh Devars! The egg, born of Mula Prakriti, that was floating in the waters for a period equal to the life of Brahma, in the fullness of time separated into two parts. Within that egg there was a powerful child, lustrous like one thousand millions of suns.

This child could not suck His mother's milk because it was forsaken by Her. So being tired of hunger, the child for a moment cried repeatedly.

The child, that will become the Lord of countless Brahmandas (universes), now an orphan, having no father or mother, began to look upwards from the waters. This boy came to be denominated afterwards by the name of Maha Virat....

The power of this Maha Virat (is) one sixteenth that of Lord Krishna, the Highest Self. But this boy, (born of the PrakritiRadha) is the sole stay of all this universe, and He is denominated by the name Maha Vishnu.

In His every pore countless universes are existing.... So there are endless Brahmas, Vishnus and Maheshvaras. In every Brahmanda (universe) there is Brahma, Vishnu and Mahesha....

Now the Virat Purusha began to look up to the skies again but

He could not see anything within that egg except the void. Then distressed with hunger He cried out repeatedly and became merged in anxiety. (The) next moment, getting back His consciousness, He began to think of Krishna, the Highest Person, and saw there at once the eternal light of Brahma.....

Looking at the Lord, His father, the boy became glad and smiled. The Lord, the bestower of boons, granted Him boons appropriate for that moment.

'Oh child! Let You possess knowledge like Me; let Your hunger and thirst vanish; let You be the holder of innumerable Brahmandas (universes) until the time of pralaya (the universal dissolution). Be without any selfishness, be fearless and the bestower of boons to all. Let not old age, disease, sorrow nor any other ailments afflict Thee....'

Shri Krishna arranged for His food thus: in every universe, whatever offerings will be given to Shri Krishna, one sixteenth will go to Narayana, the Lord of the universe, and fifteen sixteenths will go to this boy, the Virat. Shri Krishna did not allot any share for Himself..... (Then Shri Krishna said): 'Oh child, say what more You desire. I will give You that instantly.'

The Virat boy, hearing thus the words of Shri Krishna, spoke thus: 'Oh Thou omnipresent! I have got no desires whatsoever, save that as long as I live, whether for a short time or long time, let Me have pure bhakti to Your Lotus Feet....'

Shri Krishna then spoke in sweet words: 'Oh child, let You remain as fresh as ever, like Me. You will not have any fall, even if innumerable Brahmas pass away.

'Let You divide yourself in parts and turn into a smaller Virata in every universe. Brahma will spring from Your navel and will create the cosmos.

From the forehead of that Brahma will spring eleven Rudras for the destruction of creation, but they will all be parts of Shiva.....Besides, from each of Your sub-divisions the Vishnu will originate and that Bhagavan Vishnu will be the preserver of this world.

Under My favour You will always be full of bhakti towards Me, and no sooner You meditate upon Me, You will be able to see My lovely form.... And Your Mother, Who resides in My breast, will not be difficult for You to see....

## References to Lord Jesus in India

...One day, Shalivahan, the chief of the Sakyas, went into the Himalayas. There, in the Land of the Hun (Ladakh, a part of the Kushan empire), the powerful king saw a man sitting on a mountain, who seemed to promise auspiciousness. His skin was fair and he wore white garments.

The king asked the holy man who He was. The other replied: 'I am called a Son of God, born of a virgin, minister of the non-believers, relentless in search of the truth.' The king then asked Him: 'What is your religion?' The other replied, 'O great king, I come from a foreign country, where there is no longer truth and where evil knows no bounds. In the land of the non-believers, I appeared as the Messiah.'

'O king, lend your ear to the religion that I brought unto the non-believers: after the purification of the essence and the impure body and after seeking refuge in the prayers of the Naigama, man will pray to the Eternal.

Through justice, truth, meditation and unity of Spirit, man will find his way to Isa in the centre of light. God, as firm as the sun, will finally unite the Spirit of all wandering beings in Himself.

The blissful image of Isa, the giver of happiness, will remain forever in the heart; and I was called Isa-Masih.' Bhavisya Purana  
**Editor's note:** Lord Jesus's name was pronounced Yesu, or Issa, so He, the Messiah, was known as Isa-Masih.

During this time Hazrat Yuz Asaf, having come from Bait-ul Muqaddas [the Holy Land] to this holy valley, proclaimed his prophethood. He devoted himself, day and night, in [prayers to] God, and having attained the heights of piety and virtue, He declared himself to be a Messenger [of God] for the people of Kashmir. He invited people [to his religion].

Because the people of the valley had faith in this Prophet, Raja Gopadatta referred the objection of Hindus to Him [for decision]. It was because of this Prophet's orders that Sulaiman, whom Hindus called Sandeman, completed [the repairs of] the dome. [The year was] fifty and four.

Further, on one of the stones of the stairs He [Sulaiman] inscribed: 'In these times Yuz Asaf proclaimed his Prophethood,'



and on the other stone of the stairs He also inscribed that He [Yuz Asaf] was Yusu, Prophet of the Children of Israel.

I have seen in a book of Hindus that this prophet was really Hazrat Isa, the Spirit of God, on whom be peace [and salutations] and had also assumed the name of Yuz Asaf. The real knowledge is with God. He spent His life in this [valley]. After His departure [his death] he was laid to rest in Mohalla Anzmarah.

It is also said that lights of Prophethood used to emanate from the tomb of this Prophet. Mullah Nadri, Tahrik-i-Kashmir (History of Kashmir), 1420 CE **Editor's note:** Lord Jesus was also known as Yuz Asaf. Hazrat means saint. Raja Gopananda (or Gopadatta) ruled over Kashmir from 49 to 109 A.D.

Departing from that town, He visited several other towns preaching to the people. At last He reached the capital city of Kashmir. Having settled there, He called all people towards the Kingdom of God. He stayed there in Kashmir till the last day of His life. At the moment [of His death] He called one of His disciples, who was known among the people by the name of Yabid. This disciple had served his master with much devotion and had obtained a high status in the spiritual succession.

Now making His will, Yuzasaph said, 'Now at this last moment My Spirit is ready to fly towards the Holy One. It is necessary for all of you to follow the Commandments of God. None should go towards the untruth, leaving the truth. All of you should adhere to the prayers and hold fast to the truth.' After saying this, He breathed his last.

Dear readers, much wisdom is contained in this story. Understand the hidden wisdom and follow moral and spiritual teachings so that desires for the material world are destroyed from your hearts. Qisa Shazada Yuzasaph wo hakim Balauhar.

## From The Christian Bible - The birth of Lord Jesus and some words and deeds of Christ the Lord, The most beloved son of Shri Mataji

### On the birth of Lord Jesus

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God.

All things were made by Him; and without Him was not any thing made that was made. In Him was life; and the life was the Light of men. And the Light shineth in darkness; and the darkness comprehended it not.

That was the true Light, which lighteth every man that cometh into the world. He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not.

But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. And the Word was made flesh, and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. *John 1.1*

And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed. And all went to be taxed, every one into his own city.

And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; because He was of the house and lineage of David: To be taxed, with Mary his espoused wife, being great with child. While they were there, the days were accomplished that She should be delivered.

And She brought forth Her firstborn son, and wrapped Him in swaddling clothes, and laid Him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, glory to God in the highest, and on earth peace, good will toward men. *Luke 2.1*

### On changing the water into 'wine'

And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there. And both Jesus was called, and his disciples, to the marriage.

And when they wanted wine, the mother of Jesus saith unto him, They have no wine. His mother saith unto the servants, whatsoever he saith unto you, do it.

And there were set there six waterpots of stone, after the manner of the purifying of the Jews, containing two or three firkins apiece. Jesus saith unto them, fill the waterpots with water. And they filled them up to the brim. And he saith unto them, Draw out now, and bear unto the governor of the feast. And they bare it.

When the ruler of the feast had tasted the water that was made wine, and knew not whence it was: but the servants which drew the water knew; the governor of the feast called the bridegroom, and saith unto him, every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now. *John 2.1*

### On cleansing the temple

And the Jews' Passover (feast) was at hand, and Jesus went up to Jerusalem, and found in the temple those that sold oxen and sheep and doves, and the changers of money sitting; and when He had made a scourge of small cords, He drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; and said unto them that sold doves, 'Take these things hence; make not My Father's house an house of merchandise.' *John 2.13*

### On what happens after Realisation; How a seed is sprouted

And He spake many things unto them in parables, saying, Behold, a sower went forth to sow; and when he sowed, some seeds fell by the way side, and the fowls came and devoured them up. Some fell upon stony places, where they had not much earth and forthwith they sprung up, because they had no deepness of earth.

And when the sun was up, they were scorched; and because they had no root, they withered away. And some fell among thorns; and the thorns sprung up, and choked them.

But others fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold.

Who hath ears to hear, let him hear. When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side.

But he that received the seed into stony places, the same is he that heareth the word, and anon with joy receiveth it. Yet hath he not root in himself, but endureth for a while, for when tribulation or persecution ariseth

because of the word, by and by he is offended. He also that received seed among the thorns is he that heareth the word; and the cares of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.

But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty. *Matthew 13.3*



## On the Resurrection

The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre (tomb). Then She runneth, and cometh to the disciple whom Jesus loved, (John) and saith unto Him,

They have taken away the Lord out of the sepulchre, and we know not where they have laid Him. And that disciple came to the sepulchre and He stooping down, and looking in, saw the linen clothes lying. Then went in that disciple, and He saw, and believed. Then He went away again.

But Mary stood without at the sepulchre weeping; and as She wept, She stooped down, and seeth two angels in white sitting, the one at the head, and the other at the feet, where the body of Jesus had lain.

And they say unto Her, Why weepest thou? She saith unto them, because they have taken away My Lord, and I know not where they have laid Him.

And when She had thus said, She turned herself back, and saw Jesus standing, and knew not that it was Jesus. Jesus saith unto Her, Woman, why weepest thou?

Whom seekest thou? She, supposing Him to be the gardener, saith unto Him, Sir, if thou have borne Him hence, tell me where thou hast laid Him, and I will take him away. Jesus saith unto Her, Mary. She turned and saith unto Him, Rabboni; which is to say, Master.

Jesus saith unto Her, Touch me not; for I am not yet ascended to my Father: but go to My brethren, and say unto them, I ascend unto My Father, and Your Father; and to My God, and Your God. Mary Magdalene came and told the disciples that She had seen the Lord, and that He had spoken these things unto Her. *John 20.1*

**Editor's note:** Shri Mataji has explained that Mary Magdalene was an incarnation of Shri Mahakali and John was an incarnation of the disciple principle.

## On the subtle nature of Lord Jesus

'I am the living bread which came down from heaven; if any one eats of this bread, he will live forever; and the bread which I shall give for the life of the world is My flesh.' *John 6.51*

'If any one thirst, let him come to Me and drink. He who believes in Me, as the scripture has said, 'Out of His heart shall flow rivers of living waters.' *John 7.37*

'Strive to enter by the narrow door; for many, I tell you, will seek to enter and will not be able.' *Luke 13.24*

'I am the door; if any one enters by Me, he will be saved, and will go in and out and find pasture.' *John 10.9*

## On Kundalini's action

'To what shall I compare the Kingdom of God? It is like leaven that a woman took and hid in three measures of flour till it was all leavened. What is the Kingdom of God like? And to what shall I compare it? It is like a grain of mustard seed which a man took and sowed in his garden; and it grew and became a tree, and the birds of the air made nests in its branches.' *Luke 13.1*

## On Shri Mataji

'Truly I say to you, all sins will be forgiven the sons of men, and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit never has forgiveness but is guilty of an eternal sin.' *Mark 3.28*

'And whoever says a word against the Son of Man will be forgiven; but whoever speaks against the Holy Spirit will not be forgiven.' *Matthew 12.32*

'These things I have spoken to you while I am still with you. But the Counsellor, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I have said to you.' *John 14.25*

'I have yet many things to say to you but you cannot bear them now, when the Spirit of Truth comes, He will guide you into all the truth.' *John 16.12*

## On the collective consciousness of the Sahaja Yogis with the Virata

'In that day you will know that I am in My Father, and you in Me, and I in you.' *John 14. 18*

'Father, the glory which Thou hast given Me I have given to them, that they may be one even as We are one, I in them and Thou in Me, that they may become perfectly one, so that the world may know that Thou hast sent Me and hast loved them even as Thou hast loved Me.' *John 17.22*

## 108 Names of Lord Jesus Christ in Sanskrit

Om Twameva sakshat Shri..... You are:

1. Agnya Chakra swamini The Lord and Master of the Agnya Chakra
2. Surya The sun
3. Kshama pradayaka The bestower of forgiveness
4. Kshama swarupa The One whose form is forgiveness
5. Shama dama vairagya titik He who bestows contentment, selfrestraint, shah pradayaka detachment and patience
6. Omkara He who is the Word incarnate, the primordial sound Om
7. Chaitanya The vibrations of Divine consciousness
8. Adi Purusha The primordial man
9. Sahasra shirsha He who has a thousand heads
10. Sahasraksha He who has a thousand eyes
11. Vishnu The ninth incarnation of the all-pervading Lord
12. Vishnu suta The son of Shri Vishnu as Shri Krishna
13. Maha Vishnu The higher form of Shri Vishnu
14. Anantakoti Brahmanda dharaka He who upholds endless millions of universes
15. Hiranya Garbha He who was born of the golden egg
16. Purva ghoshita He who was foretold
17. Brahma Vishnu Rudra sevita The One who was attended by the Trimurtis as the Three Wise Men
18. Pavitrya pradayaka The bestower of purity
19. Gopala He who looks after cows
20. Gosevita Served by the cows
21. Krishna suta The son of Shri Krishna
22. Radha nandana The joy-giving Son of Shri Radha
23. Papa nashaka The destroyer of sins
24. Papa vimochaka The liberator from sins
25. Prakasha The light
26. Akasha The ether
27. Agni The fire
28. Maha karunya rupin He whose form is great compassion
29. Tapaswin The greatest ascetic
30. Ham ksham bija The seed mantras 'I am', 'I forgive'
31. Atma The embodiment of the individual Spirit
32. Paramatma The supreme Spirit
33. Amruta Imperishable
34. Atma tattwa jatha Born of the Spirit
35. Shanta Silence
36. Nirvichara Without mental activity
37. Adi Agnya Chakra stha Residing in the primordial Agnya Chakra
38. Kalki The final incarnation of Shri Vishnu
39. Ekadasha rudra sevita Served by the eleven destroying powers of God
40. Utkranti tattwa The principle of evolution
41. Utkranti adhara The support of evolution
42. Sarvochrita The highest
43. Mahat manasa The mind of the Virata
44. Mahat ahamkara The Great 'I am' of the Virata
45. Turiya sthiti pradayaka The bestower of the state of pure Spirit
46. Turiya vasin Residing in the fourth state of pure Spirit
47. Dwara The gate to the Kingdom of Heaven
48. Kartikeya The demon-destroying Son of Shri Shiva
49. Maha Ganesh Absolute innocence coupled with full knowledge
50. Abodhita swarupa Innocence incarnate
51. Abodhita pradayaka Granting innocence to Your devotees
52. Shuddha Absolute purity.
53. Mangalya pradayaka Bestowing auspiciousness on those who worship You
54. Audaraya Generosity personified
55. Mahalakshmi netra taja The light in the eyes of Your Mother
56. Pari purna Sahaja Yogi The perfect Sahaja Yogi
57. Adi Sahaja Yogi The primordial Sahaja Yogi
58. Sreshtha Sahaja Yogi The superior Sahaja Yogi
59. Adi Shakti Shri Mataji The One whose works are pleasing to Shri Nirmala Devi priyam karta Mataji
60. Shashvata Eternal
61. Sthanu Immovable
62. Sat chit ananda ghana The concentration of Divine qualities
63. Svaira chara nashaka The destroyer of adultery
64. Dharma martanda nashaka The destroyer of religious fanatics
65. Niriccha Desireless
66. Dhanada The giver of wealth and well-being
67. Shuddha sweta The pure whiteness
68. Adi balaka The primordial child
69. Adi brahmacharin The first amongst the celibate
70. Puratana Ancient
71. Alpha cha Omega cha The Alpha and Omega
72. Samasta sakshin The witness of all
73. Isha putra The Son of God
74. Moha varjita Free from all temptations
75. Mamatah hantrin The remover of all attachments
76. Viveka The discrimination between truth and untruth
77. Aghor nashaka The One who condemns all occult practices
78. Gnyana rupa The One whose form is all knowledge
79. Sad buddhi dayaka The giver of true intelligence
80. Sugnya All wisdom
81. Purna namra Perfect humility
82. Bhautikata nashaka He who condemns materialism
83. Ahamkara nashaka The remover of ego
84. Prati ahamkara shoshaka The One who sucks in super-ego
85. Ashuddha iccha nashaka The destroyer of impure desire
86. Hrud mandira stha Residing in the temple of the heart
87. Aguru nashaka The eliminator of the false gurus
88. Asatya khandin The annihilator of falsehood
89. Vansha bheda nashaka The remover of racialism
90. Krodha nashaka The One who neutralises anger
91. Adi Shakti Mataji Nirmala The beloved Son of Shri Mataji Devi priya putra
92. Adi Shakti archita Worshipped by Shri Adi Shakti
93. Pratishthana kshetra nivas krita Abiding in the holy land of Pratishthan
94. Cabella vasin Residing in Cabella
95. Sahasrara dwara vasin Stationed at the gate to Sahasrara
96. Nishkalanka Unstained purity
97. Nitya Eternal
98. Nirakara The formless
99. Nirvikalpa Free from self-doubt
100. Lokatita Beyond the three worlds
101. Gunatita Beyond all attributes and qualities
102. Mahayogin The great yogi
103. Nitya mukta Eternally liberated
104. Avyakta murtin The formless incarnate
105. Yogeshwara The supreme knower of yoga
106. Yoga dhama The abode of yoga
107. Yoga swarupa The One whose very form is Divine union
108. Yeshusa Our eternal Lord, Shri Jesus Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namah

## 108 Names of Lord Jesus Christ in English

We bow to the One who is the only Son of His Virgin Mother, in every pore of whose body galaxies whirl as dust, Who was born to teach us of His Father Sadashiva, the Everlasting God Almighty Amen.

He is the Primordial Being, the AUM.  
He is Vishnu and the son of Vishnu.  
He is Mahavishnu.  
He is pure pranava energy.  
He contains millions of universes.  
He was born in the Primordial Cosmic Egg.  
He was conceived in the heart of Shri Mataji.  
He was foretold by the prophets.  
He was heralded by a star in the east.  
He was attended by the three magi, who were Brahma, Shiva and Vishnu.  
He was born in a stable.  
He is the teacher.  
He is a friend of the cows.  
He was attended by cows.  
His Father is Shri Krishna.  
His Mother is Shri Radha.  
He is the saviour who burns all our sins with His fire.  
He adorns the Agnya Chakra.  
He is light.  
He is of the nature of sky.  
He is fire.  
He performed miracles out of His compassion.  
He whose cloak was touched.  
He is a friend of ascetics.  
He is worshipped by families.  
He is the Bija Mantras Ham and Ksham.  
He is the forgiver.  
He allows us to forgive.  
He is the Spirit.  
He is born of the Spirit.  
He who was crucified and resurrected in pure Spirit.  
He who rose after three days.  
He is peace.  
He absorbs all thought.  
He abides in the Adi Agnya Chakra.  
He who promised The Comforter who is Shri Mataji, the Holy Spirit.  
He who returns as a King.  
He is Shri Kalki.  
He is the principle of evolution.  
He is the support of our evolution.  
He is the end of evolution.  
He is the evolution from collective subconscious to collective Consciousness.  
He is the narrow gate.  
He is the way to the Kingdom of Heaven.  
He is the silence.  
He is Lord Karttikeya.  
He is shri Mahaganesha.  
He is the purity of innocence.  
He is continence.  
He is generosity.  
He is the light in the eyes of Shri Mahalakshmi.  
He is obedient to His Mother.  
He is the perfect Sahaja Yogi.  
He is the perfect brother.

He is the embodiment of joy. He is the embodiment of gentleness. He spits out the half hearted. He who condemns all fanatics.  
He who is uninterested in riches.  
He who gives all riches to his devotees.  
He who is pure white.  
He is the sacred heart.  
He wears a crown of thorns.  
He who condemns misery.  
He who suffered so that we should enjoy.  
He is a child.  
He is ever ancient.  
He is the Alpha and the Omega.  
He who gives the Kingdom of Heaven equally to those who are first or last.  
He is ever with us.  
He is beyond the Universe.  
He is the sign of the cross.  
He is above discrimination.  
He is the witness.  
He is the one who is witnessed.  
He who overcomes temptation.  
He who exorcizes evil.  
He who condemns occult practises.  
He is the embodiment of tapas (penance).  
He worships His Father.  
He is hallowed by His Father.  
He whose name is Holy.  
He is intelligence.  
He is wisdom.  
He is perfect humility.  
He is angry with materialists.  
He destroys ego.  
He absorbs superego.  
He is the destroyer of desires.  
He is the pure power of desire.  
His church is the heart.  
He has the eleven destroying powers.  
He is the destroyer of false prophets.  
He is the destroyer of untruth.  
He is the destroyer of intolerance.  
He is the destroyer of racialism.  
He is the destroyer of anger.  
He is the herald of the Golden Age.  
He is adored by our Mother.  
He is praised by our Mother.  
He is loved by our Mother.  
He is the One who is chosen.  
He is awakened in all Sahaja Yogis.  
He who rides the white horse at the end of the age.  
He is the end of our fears.  
He guards the gate of our Mother.  
He is the only way to the Kingdom of God.

AUM Shri Mahalakshmi Mahavishnu Sakshat Shri Mahavirata sakshat

Shri Adi Shakti Bhagavati Mataji Shri Nirmala Devi Namoh namah.

Jai Shri Mataji!

# Qualities and Treatments for the Agnya Chakra

## Agnya Chakra

With only two petals this centre corresponds to the centre of the Optic Thalamus.

- 1 Pineal Controls superego
- 2 Pituitary Controls ego

The Agnya Chakra at the crossing point of the optic nerve. It is placed at the centre of the optic thalamus. The window of this subtle centre is placed at the centre of the forehead.

**Qualities:** Thoughtless awareness, forgiveness, compassion, resurrection.

**Causes of Catches:** Uncontrolled thinking, too much reading or looking at TV, Jewish or Christian fanaticism, worries, sexual fantasies, flirting, pornography, unforgiving nature.

### Treatment

1. Use the mantra of Shri Jesus Mary or Shri Maha Vishnu or Shri Mahalakshmi.
2. Use the affirmation: 'Mother, make me a forgiving and sacrificing person.'
3. Give vibrations by directing the vibration to the centre Agnya Chakra, located inside the head at the point of crossing of the chiasma optialis at the pituitary gland.
4. Know that when the Kundalini rises to your Agnya Chakra, all your past sins are forgiven and your karmas are dissolved. Forget the past. The future doesn't exist, just be in the present.
5. Develop the state of thoughtless awareness, alert but not thinking: Nirvichar Samadhi. Use this state to dissolve your tendency to think too much.
6. Pray the 'Lords Prayer' with the whole heart.
7. Watch, in a relaxed way, the Agnya of Shri Mataji's photograph.
8. Apply vibrated kumkum or sandalwood oil or balm on the forehead to protect the Agnya Chakra.
9. Let the downflow of the Brahmashakti remove all the angularities in your thinking, so that your thoughts and attention gets purified.
10. Use the light element, the subtle aspect of fire element, to enlighten this chakra.
11. Where there has been any 'initiation' by a false guru, longer treatment may be required to remove the 'baddhas' put into the Agnya by the false guru. (Clear your Void also.)
12. Look through a flame at the photograph of Mother.
13. Smell scented flowers.
14. Try to see that Lord Jesus Christ was opening the way to the spiritual rebirth. When this Agnya Chakra clears, our awareness fills with the light of His being, now in Shri Mataji.
15. Allow no unrealised person to touch your Agnya between the eyebrows or your eyelids.
16. Where there is excessive heat in the front and left side of the head, or top, put an ice bag there.

## Left Agnya Chakra

**Qualities:** Constitution, remembrance, capacity of seeing (eyesight).

**Causes of Catches:** Harming yourself, self pity, conditionings, if you cannot forgive yourself.

### Treatment

1. Use the mantra of Shri Maha Ganesha – Shri Maha Bhairava - Shri Mahavira - and Shri Mahakali.
2. Use the affirmation: 'Shri Mataji, by Your grace, please forgive me.'
3. Give vibrations to the back of the head, and for the superego to the whole of the head.
4. Without feeling guilty ask for forgiveness.
5. Avoid all impure use of the eyes. (This is also connected with the Left Mooladhara).
6. Use candle treatment on the back of the head.
7. Tapping on the back of your head with right palm, left hand towards Mother's photo.
8. Reduce the pressure of the superego by stroking your left temple across the back of the head, downwards until the Swadisthana Chakra. (Mahakali Shakti).
9. Where there is excessive heat in the back or on the right side of your head, use ice-packs instead of candle treatment.
10. Sometimes superego becomes so over bloated that it squeezes the ego and presses down the Vishuddhi at the base of the skull and neck. (This is sometimes wrongly treated as a Vishuddhi problem, it can be cured as above).
11. Do not live in the past. Reflecting on past events and relationship and nostalgic attitudes feed the super ego. Break any useless conditionings and habits.
12. Surrender to the superego of Shri Mataji.
13. In severe cases use burning camphor bandhans on the back head.

## Right Agnya Chakra

**Qualities:** Ego, 'I-ness'

**Causes of Catches:** Wrong ideas about God, doubt, worries, violence against others, aggressive attitude, egoism.

### Treatment

1. Use the mantra of Shri Maha Kartikeya – Shri Maha Hanumana – Shri Maha Buddha - and Shri Maha Saraswati. For ego use these mantras and in addition use Shri Mahat Ahamkara.
2. Use the affirmation: 'Shri Mataji, I forgive everyone, including myself,' and 'Shri Mataji, by Your grace, keep me in Your divine attention.'
3. Give vibrations to the forehead, whole right side and also left top of head.
4. Reduce the pressure of the ego by stroking from the left temple over the forehead towards the right side, keep stroking downwards on the right side towards the Right Swadisthana.

## Back Agnya Chakra - To stop thoughts

Chakra (Maha Saraswati Shakti).

5. Where there is an excessive over bloating of the ego, the super ego becomes squeezed and 'memory problem' shows up. Treatment as above.

6. Forgive everyone. Do not hold grudges or unforgiving attitudes, as others can manipulate your thoughts. To forgive is the simplest thing when seen in this light and it is also a great power of protection from malevolent thoughts. The power of forgiveness makes you very strong, and beautifully opens the way of Kundalini to the Sahasrara.

7. Do not be 'futuristic'. The future does not exist in the present. If the Right Swadisthana is caught, very often the Agnya also is caught. This gives serious problems and should be corrected by the treatments given above.

8. Stop all meditative practices which involve the Agnya. Do not use concentration or visualisation techniques and abandon 'mind control' methods, clairvoyance, hypnosis and other 'siddhis' of the Right Agnya Chakra. They are possessions and must be removed.

### Back Agnya Chakra

1. Get up early and meditate (ideally 4 am). Getting up late, after 8am etc, could give you Back Agnya problems.
2. Three candle treatment, which clears the whole left side and

the Back Agnya. One candle in front of Shri Mataji's photo, one candle at your left side and with the third, hold it in your right hand and circle it anti-clockwise in front of all the chakras on the left side.

3. Sit or stand with the rising morning sun on the Back Agnya, also you can use Shri Surya, Shri Maha Ganesha, Shri Maha Bhairava and Shri Hiranya Garbha mantras.

4. ....they should use a candle at the back, if their eyesight is getting weak or short sighted.

Shri Mataji Nirmala Devi

### To stop thoughts

.....The simple thing to stop your thoughts is the Lord's Prayer, because that's the Agnya state. So in the morning you remember Lord's Prayer or Ganesha's mantra. It's just the same. Or you even say 'I forgive'.

So you can start with Ganesha's mantra, say Lord's Prayer and then say 'I forgive'. It works out. Then you are in thoughtless awareness. Now you meditate. Before that, there's no meditation. ....If there's pure love and purity in your heart that's the best thing; that to do so is to surrender.

**Leave all the worries to your Mother - everything to your Mother.**



# THE LORD'S PRAYER

OUR FATHER, WHO ART IN HEAVEN,  
HALLOWED BE THY NAME.  
THY KINGDOM COME, THY WILL BE DONE,  
ON EARTH, AS IT IS IN HEAVEN.  
GIVE US THIS DAY OUR DAILY BREAD,  
AND FORGIVE US OUR TRESPASSES,  
AS WE FORGIVE THOSE WHO TRESPASS AGAINST US.  
LEAD US NOT INTO TEMPTATION,  
BUT DELIVER US FROM EVIL,  
FOR THINE IS THE KINGDOM,  
THE POWER AND THE GLORY,  
FOR EVER AND EVER.

AMEN

With love to our beautiful brothers and sisters.

We bow to the source of all Joy  
Her Holiness Shri Mataji Nirmala Devi

Jai Shri Mataji!



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