



Shri Mataji Nirmala Devi

and the Opening of the Sahasrara

“I want to be smaller, Like a dust particle.

Which moves with the wind

It goes everywhere, can go, Sit on the head of a king

Or can go

And fall at the feet of someone.

And it can go

And sit everywhere.

*But I want to be a particle of dust That is fragrant, That is
nourishing*

That is enlightening.”

Nirmala Salve, age 7



Shri Mataji Nirmala Devi



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The realization of a dream

La réalisation d'un rêve

Interview Shri Mataji



The Pivotal Moment

“I felt at that moment whatever energy was there above suddenly entered within me like a cool breeze from every direction. I saw the whole thing open and a big torrential rain of breeze started flowing through my head all over. I felt I was lost now, I was no more. It is only the grace that was there. I saw it completely happening to me.”

Shri Mataji Nirmala Devi





Transformation is Her Legacy

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So this Kundalini that is your Mother, she is there to supply you, nourish you, to look after you, to make you grow... by giving you a higher personality - higher personality, wider personality, deeper personality.

11/08/91 Germany

Be kind to yourself. Be gracious to yourself and get your realisation. This is the simple thing as a Mother I would like to tell you. There is nothing to be done except getting your realisation... You are not being forced to do it, your freedom is completely respected. If your freedom is not respected, how are you going to enjoy it, the freedom of your spirit? So it is completely in your hands, be free and accept, whether you get realisation or not.

Australia Monday, April 6th, 1989



THE BLOSSOM TIME

*On the tree of life there might have been very few flowers
but now the blossom time has come.*

*Their fragrance of longing
has collectively materialised the manifestation of Sahaja Yoga.
Many are going to jump into the realm of thoughtless awareness
where you get introduced to yourself and start identifying with your universal nature.*

*Those who deserve will get the throne of their inner being
which rules the skies of peace, and the oceans of divine love
and supreme knowledge within, which is limitless.*

Engeland 1979

Summary

- **Opening of the Sahasrara Chakra:** (on 5th of May 1970, India)
 - Complete integration and union with the divine
 - A universal happening which has up to that point in history never happened before
 - Directly linked to the collective (un)consciousness
- **The Self-realization:**
 - A method to awaken the Kundalini in everybody who desires it
 - Spontaneous, gentle and instant awakening of the Kundalini without any `sacrifices`
 - In complete freedom and respecting the free will
- ***En masse* realization:**
 - A way to give a large group of people their self-realization at the same time
 - The power to pass it on to other people, once your Kundalini is awakened (`one sugar cane can make 10 sugar canes`)
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- ***Shri Mataji***
 - name given by the people whose lives have been transformed through Sahaja Yoga meditation, meaning `respected holy mother`