

You have to please the Goddess who is sitting within you

Sankranti



Become great Sahaja Yogis and lead thousands of people,
lay a virtuous path in this world, teach goodness
and feel the shakti that is flowing within you.

translated from Hindi:

Sankranti means that today there should be something new. The kundalini has awakened within you, so as compared to what you were, you have become a new person. But on the day of Sankranti you should know that you have to please the Goddess who is sitting within you. What should you do to make Her happy? Distribute sesame seeds and jaggery. This is for love. To increase the love for each other, we give sesame seeds and jaggery.

Sankranti Puja
17 January 2008
Pratishthan

Today the Sun left its place and, in its northward movement, came towards us. At this moment we should be very thankful to the Sun. It is by the grace of the Sun that so many things take place in our country of which we are quite unaware. We should do namaskar to the Sun today and His power, His knowledge should come into us.

I would say that all of you have become realized and vibrations are flowing through you. Now you should make use of these vibrations, establish the shakti within you, establish the peace within you and show the world that this power within is for us and we have to acquire it. Nurture this with your good qualities and truthful speech.

Today is special because the Sun is particularly benevolent towards us and we should thank Him for all this.

You have received a lot. There is more to come. You will get more. We should increase it.

You have performed so many pujas to Me. I am surprised. What do you want by doing so many pujas?

I want you all to become great Sahaja Yogis and to lead thousands of people, lay a virtuous path in this world, teach goodness and feel the shakti that is flowing within you.

I am feeling very happy to see you all.

With Changed Heart

Full of Love, Affection and Kindness



SANKRANTI PUJA
14 JANUARY 2001
PUNE INDIA

Sahaja Yoga is not
limited with you.
It's not meant for
one individual,
but for the
whole world.

The Indian festival of Makar Sankrant coincides with the beginning of the sun's northward journey, as it enters the sign of Capricorn in Indian astrology. It falls on the 14th of January every year.

This day has been celebrated as a festival right from the times of the Aryans and is looked upon as most auspicious. In the Mahabharata, Bhishma, even after being wounded and lying on the bed of arrows, lingered on, waiting for this day to breathe his last. It is believed that a person who dies on the day of Sankrant can escape the cycle of rebirth.

In Maharashtra people give special sweets made from sesame seeds and sugar. The underlying thought in this exchange is to forget past ill-feelings and hostilities and resolve to speak sweetly and remain friends. In south India Sankrant includes a puja in worship of the Sun God.

This year a Sankranti Puja of our Holy Mother was performed at Shri Mataji's residence, Pratishthan. Only a few yogis were present. The following is an extract of the speech given by Mother on that day. Some parts have been translated to English.

For India, today is a very important day because the sun is coming from the south to the north side. The most important thing in Sahaja Yoga is that you have to change and that's what you should do to the Goddess with changed heart, full of love, affection and kindness. Therefore, I hope you will spread Sahaja Yoga.

It is very important because you know My vision is too big and you have to really work hard to fulfill my vision. And to give Realization to people, as many as possible, you have to think what is your mind doing. There are many people who are waiting to come in Sahaja Yoga. You should have the light of spirituality, you have to feel that you are spiritual, you have to grow it and also make others grow. Sahaja Yoga is not limited with you. It's not meant for one individual, not at all for one person, but for the whole world.

We have Sahaja Yogis all over the world, but they don't spread Sahaja Yoga. They are satisfied with their own motives. This is not Sahaja Yoga. You must openly talk about and say about it. But Sahaja Yogis are very shy. They don't talk about Sahaja Yoga. They can do it, no doubt. The sun changes its direction. Everybody knows about it. Everybody prays for it. People take bath in the River Ganges for purification. This is all right.

Now it is a time for purification, identification and also of understanding the importance of Sahaja Yoga. I don't know how many people really understand the importance of Sahaja Yoga. If that is understood, one can do a lot of work in Sahaja Yoga. It is such a noble work, which you all have to do collectively and then you feel your life has a meaning, otherwise there is no meaning and no light in your life.

So you have to work out in that manner which gives inspiration to others. You must have introspection, ask questions to yourself, "What I have done for Sahaja Yoga?"