

# THE ELEMENTS

THE WHOLE OF THE COSMOS WITHIN YOU

from the pages of The Divine Cool Breeze

## **THE ELEMENTS**

from *The Divine Cool Breeze*  
volume 20 number 2

# THE ELEMENTS

What is this word?

The word is a silent commandment.

Then it becomes the bindu.

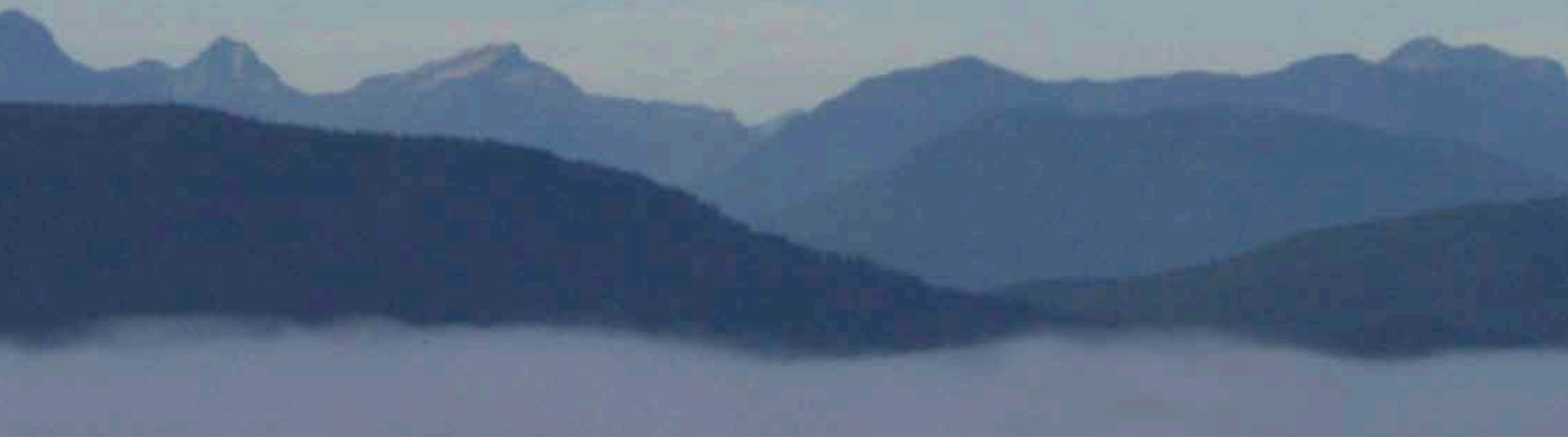
That means one small dot.

From this dot,

all these five elements start coming,

one after another –

light, air, water, fire and earth.



# THE ELEMENTS

# the whole of the cosmos

## within you

All the  
elements  
are working  
in you.

### THE WORD

What is this word? The word is a silent, silent commandment. We can call it like that. But from that word comes – according to Indian philosophy – *naad*, which is a sound. And then it becomes the *bindu*. That means “one” – or you can call it “one small dot.” From this dot, all these five elements start coming, one after another – light, air, water, fire and earth.

16 December 1998

The Adi Shakti, through Her Mahasaraswati Power, has created them. Before everything else, the causal essences have been created by Her. And it has started from Her only – from Her desires, by Her desiring it. It was created for Her and that’s how it was created in the whole universe.... It was made into the Earth, Moon, Sun and all these things. Actually, it was Her mere desire which brought forth these things.

20 February 1977

### WE ARE MADE OUT OF THE ELEMENTS

You are the supreme thing God has created. You are the supreme-most thing. All the elements are working in you. There’s no animal in the world who has all these elements working in such a beautiful fashion. You develop your own will, your own freedom. It’s such an intricate process which has worked out a human being, which we don’t realize, where you develop your own will, your own freedom.

28 July 1980

The six chakras are created out of these five elements. And these five elements, when they create the chakras, then they also give us a support to have the Deities in their *aasana* – a seat for the Deities to come in. They are important, but if you have to give a Deity a seat, you do not give some sort of a filthy seat. You give a nice, the best seat.

27 September 1980

### INTO THEIR SUBTLER FORM

When you get your awakening, when the Kundalini reaches the Sahasrara and opens out your fontanelle bone area, you become one with the Divine Power. Then this Divine Power Itself starts flowing through you. A connection is established. She starts flowing through you, this Shakti. Then, what happens? The subtle part we should understand. The subtle part is like this: these five elements we are made of, these vibrations, gradually start breaking into the subtler form of which they are made.

16 December 1998

It goes back into its primitive state in the sense that it becomes its causal. You become your primitive. Or you can say your causal, of which you are made, all your five elements, express in its causal. But now the causal is aware. That’s the only difference there is. You become the joy, source of joy and the giver of joy and you yourself enjoy yourself because your Self is so glorious, so great and so joyous.

8 July 1984



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## LIGHT

This is the first element that comes out, called as *tej*. For example, a person who gets Realization has a face which is very radiant.... The radiance is the subtlety of the light. This radiance starts showing on your face. The radiance start expressing itself and, with that radiance, people get impressed and they start thinking something special about this personality which has radiance.

16 December 1998

All those elements are within us, but the highest of all is the light. Because light has an effect and that is governed by Jesus Christ. The light shows things that are correct. That's the one which makes us understand all the dimensions of worldly things and, ultimately, when this light comes from the spirit and is enlightened by the spirit, then you start seeing the other dimensions also, which sometimes make you laugh, sometimes make you smile and sometimes make you cry also.

Christmas Puja 1986

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## AIR

Then after this, from the light, comes the second thing, which we call as *vayu* in Sanskrit, meaning the air. The air that we have is gross air. The subtle of air is this cool breeze that you get. The subtle of what you understand as cool breeze is what we call vibrations – the subtle of that is air, which is a part and parcel of our making. This cool breeze is the second thing, that we start getting subtler and subtler. When your growth takes place, all these subtle things start expressing themselves. It's not only that you get vibrations, but you get the cool breeze and that is the subtle of air that has built you up.

16 December 1998

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## WATER

Then it comes – *pani*. We are also made of water and a sign of a realized soul is that his skin becomes soft. His wateriness gives us lustre, nourishment to make our skin very soft and that softness of the skin becomes very visible. This is the minimum of minimum. But when a person is a realized soul, he becomes a very soft person, very delicate. When he talks to somebody, in his voice there is warmth. This is another subtle thing that should be expressed in your behavior, on your skin, in your dealings with others, that you should be like the water, which is mobile, which is cooling, which is soothing, which is cleansing.

16 December 1998

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## FIRE

With this water you have also another thing, we call it as *agni*. This means the fire. You also have fire, but it's a very silent fire. It doesn't burn anybody. But it burns all the wrong things within you and it burns the wrong things in other people also. For example, a person comes with a great anger towards you. What happens is that this anger becomes cooled down with the fire that is there. Moreover, a realized soul cannot get burnt. The fire cannot burn. The burning cannot come to him. It's very important to understand. Also, if you are doing something wrong, it may burn you, but if you are a good Sahaja Yogi – and, I should say, a perfect Sahaja Yogi – fire will never burn you.

16 December 1998

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## EARTH

Then the last is the Mother Earth – *bhoomi*. Many subtle things of this Mother Earth come into us. One of them is gravity. A person becomes very attractive, not in the physical sense, but in the spiritual sense. Such a person attracts others. They feel attracted and they feel that there is something special about this person. This is one of the qualities of the Mother Earth. If She had not kept us attracted, we would have fallen off with Her movement. Also other qualities start manifesting within us. We become extremely tolerant and patient. But if you are not tolerant, if you are hot-tempered and all that, that Mother Earth Principle has not expressed Herself.

16 December 1998



## MAINTAINING THE ELEMENTS

In no way is Mother's love going to allow you to destroy your Guru Principle. The Guru Principle is a very sensitive thing and is destroyed if you yourself do not try to maintain it. First of all, the destruction starts from the very source of our being. Our being is created by five elements and the five elements have a capacity all the time to get destroyed. Any one of these elements, if they are not looked after, they get destroyed.

That is the built-in capacity of the elements or of the matter, as you can say. To maintain them is important. Some people have an idea that, once you become a guru, you need not maintain everything, it is maintained by itself. It is not. Agreed, that the spirit definitely enhances the beauty and the health of these elements, but, at the human level, there is always a greater force that is trying to destroy it. Until we have completely become the spirit, there is always a chance of this destruction working it out. One may say, "Why is this balance needed?" and this is an important question which we should be able to answer.

*Adi Guru Puja 1982*

## THE ELEMENTS ARE READY TO HELP

Here I'll take you little subtler. What are these acting powers? Tremendous. For example, this right side is manifesting all the five elements. All the five elements await your asking. See this fire? You ask this fire, "Take away my problems," it takes away. You have seen it, the water element. You go to the sea and just go and stand in the sea. After Realization, you find the whole thing is sucked in. The Mother Earth sucks all your problems. It's so fantastic. 6 September 1980

You'll be amazed how this power of love acts on the five elements. It works in such a manner that it should in every way encourage you, help you work it out – your programs, your ventures, your meetings. Anything that you want to do is worked out in such a beautiful manner. There are so many examples of that in everyday life today. For people ... have been amazed how they have been helped. They've been brought to a new ... complete control of the whole situation.

*6 July 1998*

## YOU CAN CONTROL THE ELEMENTS

With Realization, if you establish yourself, then you can give Realization to others, you can manifest all your powers. You can even control the elements, for your information – yes, after some time.

*6 October 1981*

It is absolutely in your hands because the whole of the cosmos is within you. The cosmos is working under your control completely. It is absolutely looking after you. Every element is looking after you to preserve you, to guide you, to take you to the right thinking.

*16 November 1987*

Once you reach your own essences, then you reach the essences of all the elements and then you can handle all the elements as you like or you can order them as you like. First they will act, expressing that they have been touched.... Later on, you can command and you can ask the rain to come. To work out many things of that kind, we have to be deep people. We have to go much deeper within ourselves to touch our essences.

*6 May 1987*

# THE ELEMENTS

*You'll be amazed  
how this power of  
love acts on the  
five elements.*

## **THE ELEMENTS AND DEATH**

When we die we really do not die. Only part of us, the earth element, drops down. And part of the water element also.

*23 February 1977*

*For all these – surya and chandra and all these stars – the whole cosmos has only one thing to do. It is to see that Sahaja Yoga is spreading well, is settling well and is achieving its goal. Every element is working it out. Everything is working. This paramchaitanya is working around in so many ways. Shakti Puja India 1991*

The rest of the elements remain there. The rest of the body disappears and you can't see it because it is not a complete human form. It goes on decreasing in size and the kundalini leaves the body and stays outside the body. And the atma – what we call the spirit – also leaves the body and stays outside the body, which is the remaining body. In a human being who dies, the spirit and the kundalini leave the body, but they're around that body. It's a great procedure that follows, which is fantastic. It's unbelievable how the body disappears into different elements.

*January 1977*

## **SHRI VISHNUMAYA**

She took Her birth at the time of Shri Krishna when He was the King of Dwarika and She married these five Pandavas because She was Draupadi. There's a significance in that, that this is the one which joins five elements. And these five Pandavas represented the five elements. She joined them as one wife because She's the one who joins all the five elements that have created this material universe.

*Vishnumaya Puja 1992 (Belgium)*

This Vishnumaya shows Her strength. She does lots of things by which people are frightened. She can enter into any element. She can permeate. Supposing She enters into a water element, She can create a typhoon. She can create any kind of disaster. She can enter into the Mother Earth and She can create an earthquake. And all these problems that you are facing today in America are because of left Vishuddhi, because of Vishnumaya.

*Vishnumaya Puja 1992 (USA)*

## **SHRI KRISHNA**

What were wives for Him? Nothing. It is just a play. To Him no sin can be attached. He married because He had to marry His five principles or the five elements. He made them into women and married them. He had to marry sixteen thousand women because He had to have sixteen thousand powers and He had to channelize them through some bodies, so they came as women.

*Shri Krishna Puja 1982*

## **SHRI SHIVA**

He forgives us so many of our sins, so many of our destructive activities, our horrible mind which tries to create problems for everyone – up to a point. But He has the greatest power to destroy. His destruction comes so suddenly because He rules all the elements. All the elements He rules. He rules the Mother Earth and He rules all other elements. Through their causal, He rules and He can destroy everything that He wants to if He finds there is problem.

*Shivaratri Puja 2001*

## **SHRI JESUS**

Only Christ could be subtle because He's the subtlest of subtle. He's even subtler than an atom because in the atom those vibrations, which move as asymmetric and symmetric movements, are subtler than the atom. And this is the subtler of that also. So in that little, very constricted area is only a personality like Christ, which is nothing but purity. There is no other element in Him but purity. All other Incarnations have all the five elements. He has nothing. He is nothing but pure vibrations. That's why He could walk on the water – because there was no mass in His body, no matter in His body – no matter, no element, except for chaitanya itself.

*Christmas Puja 1990*





**JIVATMA IS THE SOUL – THAT MEANS WITH THESE FIVE ELEMENTS.**

And these five elements give you your own identity,  
your own character, your own particularities, etcetera.  
These five elements – the way they are placed in you –  
that's the causal element, the causal of the elements that are within you.

Then these causals act on the chakras and through the chakras.

These causals act on the other – on the grosser side.

So from the subtle to the subtler to the subtlest.

The subtlest we can say is the spirit.

Then the subtler is the soul.

And the subtle you have are the chakras.

And the gross is the body.

*25 July 1986*

