

# COMPASSION

from the pages of The Divine Cool Breeze

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from *The Divine Cool Breeze*  
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COMPASSION

# My Sahaja Yoga

## *I have* nothing but

But in compassion, sometimes I have to scold and, in the same compassion,

I have to speak in a very compassionate manner.... So thank God

that you have somebody who will correct you at the right time, for your good,

because you are saints and you have come on this Earth to establish God's kingdom.

That's what you have to do. And if you are the people who are not respected,  
who are not sensible, who haven't got the dignity, who behave in a cheapish way,

how can people accept you?

*Vaiturna India 1983*

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**works this way:**

*I have no malice against anyone in the whole world,  
no malice at all, and no anger for anyone in this world.* ♦

compassion

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You know  
the presiding  
deity of the  
Sahasrara  
very well.

### **The era of compassion**

The essence of all the religions, of all the prophets, of all the incarnations, is compassion and is placed in this chakra of Heart. Thus we understand that in the second era now, we have to have compassion. It's the manifestation now of the compassion.

If God Almighty had no compassion, He would not have created this great universe. Actually, His power, or the Adi Shakti, is the embodiment of His compassion. And this compassion has brought forth all the evolution to the human level and even your emancipation as Sahaja Yogis.

And compassion is always completely covered with forgiveness, so you can see the trinity meets at this point... God Almighty, who is the witness; the Mother, who is the compassion; and the Child who is the forgiveness – all of them meet at the Heart chakra in the Sahasrara.

Now one must learn how to improve the Sahasrara itself. You know the presiding deity of the Sahasrara very well.....

The next era is of compassion... All the chakras that are within us are to be looked after, to pay attention to every chakra and put compassion, the feeling of compassion on these chakras....

To manifest compassion, you have to ask nothing but one thing, that "O God of innocence, give innocence to all the people of the world."...

Pray to Shri Ganesha ... "Please make me innocent so that I'm empowered to ask you for this boon, that wherever I go I become the source of innocence, so that I emit innocence, when people look at me they feel I'm innocent." This is compassion, the compassion to ask Him to give you the power of compassion itself....

The new work of compassion, of spreading it to others, has to be done by you. As the light grows brighter and brighter, the area it covers becomes bigger and bigger. So you become the giver of compassion.... Once you understand that you are special, you will become humble about it. Then when it happens to you, that you humble down when you see you have achieved something, that you have some powers, that you are emitting innocence, that you are discreet and, as a result of that, you become a more compassionate, a humbler personality, a sweeter personality, then you should believe that you are in the heart of your Mother.

This is the sign of the new Sahaja Yogi, now in the new era, who has to move with new force, where you will grow so fast, that without meditation you will be in meditation, without being in My presence you will be in My presence, without asking you will be blessed by your Father.

This is what you are in for. And again I welcome you to this new era.

*Sahasrara Puja 1984*

You have felt My love, but your love must be felt because God is love. So your love must be felt by others. Others must feel that you are compassionate, loving, understanding. All the time this will of God is flowing through you and you have to work it out in such a manner that people should know that you are a saint, that this power is flowing through you.... You should become a proper, strong, compassionate vehicle of God's will.

*Sahasrara Puja 1992*





### **In the same ocean**

We have an innate value system because we have inborn within us a great sense of love and compassion. This compassion has to be really understood and enjoyed. And you jump in the ocean of compassion, so beautiful, and you'll be amazed to see that automatically you'll swim. Automatically you will meet other people also in the same ocean and – without any problems, without any troubles – all enjoying the bliss of this love, this compassion. *Birthday Puja 2000*

### **A global personality**

Your willpower, your thinking on those lines, your tears even are powerful and they can bring solace to those people who are suffering unnecessarily. You have to experiment with it. Just having a feeling of compassion and love, things will improve....

You can meditate also with such compassion and such love that your tears can also have an effect on these people who are so cruel and stupid and killing each other. But it is important for you to know that now you're not an individual, but you have become a global personality... You are working out all the global problems. You're not a small person now, who's only worried about your own children, about your family, about this and that. No, this mind of yours has expanded – expanded like this, that it works automatically for all the problems of the world.

*Easter Puja 1999*

## This is the work of Adi Shakti, not the work of any saint or

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### Why are we here?

It is the power of Adi Shakti that has given you Self Realization, that has given you the truth, that has given you the power of compassion and love. That's the power that separated from Sadashiva. And this power wanted, Herself, to create this complete universe. Universes after universes, She's creating and loving. With Her love, She did this great creation.... This is a specially selected planet.

With this self knowledge only, you become powerful. The real power is of love and compassion....

Self knowledge is the key for a saviour to give to people. We have had so many saints. We have had so many sufis. We had Tao people. We had Zen people. All kinds of realized souls came on this Earth. They all suffered. They were tortured. Nobody understood them. But now the time has come for you to know the truth, but truth which is not dry, truth which has compassion, truth that encompasses everyone, that brings the complete view of our existence. Why are we here on this Earth? What is our purpose? What should we do? Adi Shakti's powers are such, of love and compassion, that make you understand your self first....

Are you really a compassionate person? If you are compassionate, the first thing that will happen to any compassionate person ... will be to help others, to emancipate others. They cannot be satisfied with their own achievements and with their own state of Self Realization.... The work of Adi Shakti has to be shown in your life. It is a compassion without any reward.

People have tried to spread their religion by showing compassion to poor people, looking after the poor people, handicapped people. There's no need, actually, for Sahaja Yogis to do that. What they have to do is to transform other people. Find out ways and methods how you can transform, how you can spread the message of Adi Shakti. Put your mind to it and you will know how you can manage it.... Let us, through our compassion and love, save as many as possible.

This is the work of Adi Shakti, not the work of any saint or any incarnation....

Compassion today is to transform human beings into Sahajis, into good people. That is the love of Adi Shakti because those who are born have to die in any case. We should not be unkind, of course, but our attention should be how many people we are giving Realization....

The joy of creating Sahaja Yogis knows no bounds, is such a joy-giving thing. You develop such fraternities, such solidarity, as they call it, such oneness, such enjoyment of love, enjoyment of compassion. It's a different level of enjoyment that's not like ordinary enjoyments. *Shri Adi Shakti Puja 2001*

The work of Adi Shakti  
has to be shown in your life.  
It is the compassion without any reward.





### **I want to talk about Her compassion**

It's not an easy task to talk about the person who is wedded to you and with whom I have lived now for fifty-six years ... forgetting for the moment that She's my wife because She is the Adi Shakti. And what I want to tell you is in this world – where we have all kinds of problems dividing humanity, creating friction, creating problems – She has devoted Her life completely to the creation of a new humanity, comprising men and women who are given to, who are wedded to truth, spirituality, morality, compassion and every other quality you can think of. She has created that kind of human being.

Now, I for one, when She began it, I did not believe that it was possible to do so. But then you have this humanity sitting here and it is Her creation. She is perhaps the only one leader in the world who is bringing people together, who is getting people of all religions, all races....

She has created a world. It is not easy to create a new world. But today I want to talk about one particular quality of Hers and that is compassion....

Once many years ago, we were travelling by train.... At about lunch time our train stopped at a particular junction and lunch was brought in for us, to be served in our compartment. And right at that moment came another train from a different direction to the same station, stopped. There was only a little distance between our train and the other train. And what we saw was this: from the dining car of that train, the cooks threw something, the remnants of food from people who had eaten earlier. And a few children, small children, they ran towards that in order to get a few morsels for themselves.... She looked at that and She had tears in Her eyes and so did I. And She said, "Is this the fate of these children? They don't deserve this. They deserve something better." And She said, "It's impossible now for Me to eat this food. Now, from now I determine some day we will have an ashram for orphan children."

She is an ocean of compassion.

*Sir CP Srivastava, 27 March 2003*

She is an ocean  
of compassion.

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### **Where is the compassion?**

Even about compassion we have a concept. For example, if somebody has a hospital and goes to the hospital regularly and treats some patients and does not take money, we think he is a very compassionate person. This is also our concept about compassion. Actually, when reality expresses itself as compassion, then you don't do anything about it.

For example, to say that I raise your kundalini, also I don't know if I do that because you are all ready. You are all like candles. I am a candle which is enlightened and if this candle enlightens another one, I do not think I have done a great job. Because if I enlighten and then if you are ready and if I enlighten your candle, then it is just done. This is what reality is. There is no question of having any humility about it, but that is a fact. I really do not do anything. You are all made ready for this purpose. God has prepared you like this and you just have to accept yourself and, if this works out in a simple straightforward manner, you get your Realization....

So when nobody is the other, then where is the compassion? Because supposing this finger is painning and if I try to rub it, am I doing any compassion to this finger?... It is a part and parcel of Me. *28 March 1983*

### **The greatest thing I enjoy**

This source of compassion is within your being, in your heart. You have to just open your heart. If you open that heart, it's like opening the Sahasrara. You'll be amazed how you can forgive people and you can live with them....

What gives Me the greatest enjoyment is to see how you love each other, care for each other, joke with each other and dance with each other. This is the greatest thing that I enjoy.... The whole thing makes you feel like in a new world of new people who care for the feelings of others....

There are no words yet created on this Earth to express My deep feeling of how you people have taken Sahaja Yoga so well and have understood it. *Sahasrara Puja 1995*

### **The compassion has to be pure**

In a light in India, we have the pot or the container which is made of clay, then the oil and then the wick. Now this body, this mind – you can call all that is visible and is within is all the pot. And the oil is the compassion, the love. And the wick is the kundalini, the pure desire. And the spark is the spirit....

The second part is the oil, which is compassion, which is natural, innate and joy-giving. This oil has to be pure. The compassion has to be pure....

So for compassion, it has to have decency, as fragrance in the oil. *Diwali Puja 1994*

### **It is like the ripples**

I know you all love Me very much.... When I get the vibrations from you, it's like the ripples that reach the shores and again they return back and lots of little, little sparkling drops are there on the shore also. In the same way, in My heart I feel your love echoing the beauty of sparkling. This divine love, I cannot explain to you the experience that it creates. The first thing that it creates, that the tears come into My eyes because it is the compassion, which is *sandra karuna*.... It is not dry. *Shri Adi Shakti Puja 1993*

### Compassion is radiant

Compassion doesn't mean that you should pity someone, but compassion means the sharing of personality, sharing of the love personality. And that is where we miss the point, that compassion means that somebody has to be helped. Sahaja Yoga compassion is not that. Sahaja Yoga compassion is in sharing....

First is forgiveness. Second is – you can call it the compassion or the detachment leading to compassion.... These are the wheels of your chariot which moves you. These are the wheels you should know....

Still what is the judging point? How do you know that you are all right?... You should be a peaceful person. Agitation should be outside, but you should be an absolutely peaceful person. If you are not a peaceful person, then be sure that you are not yet there....

So the love that you enjoy is not what is bestowed upon you, but what you bestow upon others....

The love that hurts others, love that tortures others, the love that expects, is not love. Love that just flows, just forgives, it is just compassion. It's the most enjoyable thing – radiant, just like the sunshine.

*Easter Puja 1984*



### Without compassion it would not have worked out

We want to show that human beings can get Self Realization when they're living in this world. They don't have to give up everything, take only two clothes and go to the Himalayas and live there and then get their Realization.... They have to live in this world, they have to work in this world, they have to establish their Sahaja Yoga and they have to grow in this world, which is a very difficult thing. But we managed. And we managed this by one simple thing and that simple thing is compassion. Without compassion, it could not have worked out. Whatever you may try, whatever discipline you might do, whatever regimentation you do, it would all fail. It's the compassion and compassion which is enlightened by wisdom.

*evening before Shri Krishna Puja 1990*





**The fragrance of compassion**

You are all made into lotuses.... You are the people who are the real fragrance of your love, fragrance of your compassion to others. And you should feel happy about it. That doesn't mean that you give up this, give up that – nothing of the kind. But it means that whatever you have, whatever is your possibility, capability, you must try to do for others.

*Shri Adi Shakti Puja 2000*

**The compassion**

should come within you as a universal being,  
that by God's grace you have risen higher  
in the real sense of the word.

*Kundalini Puja 1992*

The spirit,  
you cannot kill it.  
It cannot blow out....  
But what is the oil that keeps it there?  
It is your compassion, is love, care of others.

*Shri Krishna Puja 2000*

#### **A storehouse of compassion**

You have a storehouse of compassion, which can be enlightened by the spirit. You have the storehouse of love, compassion and knowledge and an ocean of forgiveness....

What we should ask for is that beautiful, soft, soft, compassionate nature and then the kundalini will supply because She only has that. Kundalini doesn't have anything else. All Her power is of love, nothing but love....

So in your introspection, in your pujas, in your meditation, if you see for yourself why are you meditating, it is for pure desire of compassion and love to be awakened within us.

*Shri Adi Kundalini Puja 1991*

#### **From compassion to bhakti**

What is the quality of your compassion? When you love somebody without any expectations, just love, then you are absolutely dedicated to that person – absolutely. You just obey. You'll do anything for that person.

If there is this love, which you call as surrender, this is just the love. Surrender is nothing but the love and that love which is extremely joy-giving. This bhakti starts, this dedication starts and you are cleansed by that bhakti. All the bad qualities you have ... all the deficiencies you have, all the problems you have, you understand and you get over it....

The compassion, when it extends from other people to God or to a divine person or to your guru, then it becomes very easy to live, very simple to live, no complications. Everything is sorted out and you are not bothered about anything. Just close your eyes and things work out. Everything works out as if that's your will, but you don't have to will it. You don't have to think about it. It just works out. The Divine looks after everything....

If a negative thing takes place, then you again use your compassion. If it is negative, you use your compassion and you solve the problem. You can solve the problems of your own, of your surroundings, of your community.

*Guru Puja 2000*

You represent that category of people  
who are known for their righteousness,  
for their compassion and love.

*Rahuri India, conclusion of the India Tour 1987*

**We are not separate**

This transformation that has taken place within you has brought out all the beauty of your heart, of your compassion, of your love and you want to give security to others without expecting anything, without demanding anything ... as if they are part and parcel of us. We are not separate.

*Shivaratri Puja 1992*

**Believe in yourself**

Believe in yourself. Have confidence in yourself – confidence and faith in yourself – and that you are a storehouse of innocence, which is nothing but compassion and love....

You have the power. In that power, you must know that you're not going to do something indiscreet, you're not going to spoil anybody, but your power itself will show that this power is really of love, affection, compassion for the transformation of the whole world. I'm thinking of the complete global transformation.

*Shri Ganesha Puja 1995*

**People value love**

We have problems. And these should be slowly, slowly ... dissolved – not by argument, not by saying things, but by love and compassion. If you have love for a person, you'll be amazed. Ninety-nine percent of people value love.

*Guru Puja 1999*



With Sahaj dharma,  
you take people into your heart.  
You love them. Your love flows all the time.  
Your compassion flows all the time.

*Shri Krishna Puja 1997*



**There should be pure compassion.**

**What you are doing is not for your benefit as such,  
but because you are compelled by this force  
to do good for others, to transform them.**

*Sahasrara Puja 1999*

**This is Her compassion**

She began the transformation of human beings in 1970 and in early 1974 I got transferred to London to take up a job there. We went together. And we had taken up a house just outside London. I used to return in the evening.

In the house, there was my wife to help us and nobody else. So once, when I returned one evening and the door was opened for me, I went in and went to the drawing room of the house and there I saw a young, white man sitting on the sofa and reading a newspaper. I couldn't understand. I didn't know that somebody was coming to the house and I was a little puzzled. But what puzzled me even more was that I saw him wearing my clothes, kurta and pajama. I said, "There's something seriously wrong with me."

So I went to my wife and said, "Now do I see what I see? Is it true?"

She said, "What is it?"

I said, "I see a young man sitting there reading a newspaper and he looked at me as if I am a stranger coming to the house. Who is he?"

So then She related the story. She said She had gone that day to Picadilly Circus in London and there She saw a young man, totally derelict, lying on the floor and obviously in pain and no one to look after him. So She got out of the car, went to him, asked him, "What is the matter with you?"

And he said, "I have nobody to take care of me and I am very sick."

So She said, "Okay, would you like me to look after you?"

And he was amazed. He said, "Yes, yes, certainly, if you could."

And She said, "Okay, come along. Come to my car." And She brought that young man home.

Now he came to our house, but he had no clothes. He was dirty. He had to be bathed. So he was sent to the bathroom for a bath and what else could She do except give my clothes to him. So that's how he was wearing my kurta and pajama and he was sitting there.

Now comes this strange story: that young man stayed in our house two or three months. She treated him with love and Sahaja Yoga and the care of a mother, with total compassion, total love and day by day that young man flowered. He became a handsome, young man. Flowering, he forgot his drugs, he forgot his alcohol and he became a wonderful, nice, young human being.

This is Her compassion creating a new, new life.

*Sir CP Srivastava, 27 March 2003*

**Let Me hear the stories of Sahaja Yogis  
who are giving love and compassion.**

*Christmas Puja 2002*



Love is not something dead, like a stone.

When it melts, it then encompasses everything  
and everything becomes very beautiful with that.