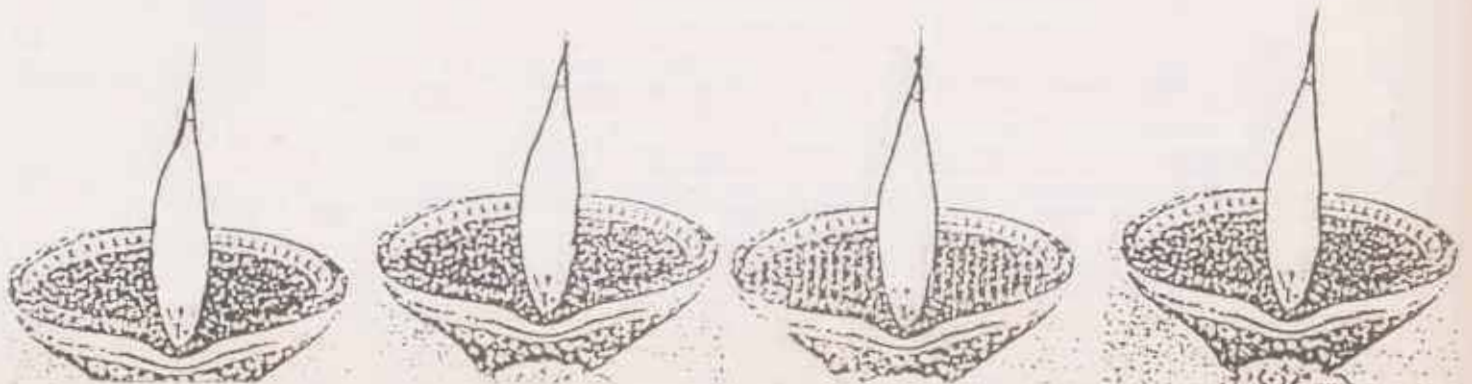




To enjoy the positivity in every negativity
is the capacity of a Sahaja Yogi.



SHRI BHAIRAV NATH PUJA TALK - BY SHRI MATAJI NIRMALA DEVI

CARLATE (ITALY)

DATE : 6.8.89

Today we have gathered here to do Puja of Shri Bhairav Nath. I think we have not understood the significance of Shri Bhairav Nath who moves up and down on Ida Nadi. Ida Nadi is the Nadi of Chandra (Moon). So this is a channel for us to cool down so the forte of Bhairav Nath is to cool us down. For instance hot temper is due to ego and hot liver. If a person is in a big temper then Bhairav Nath plays tricks on him to pull him down. He organises everything in a very hot tempered person with the help of Shri Hanumana to show that the stupidity of anger is no good. People who are left sided or are depressed, Shri Hanumana tries to help them to come out of it no doubt but also Shri Bhairava Nath help them to come out.

Now a person who is left sided cannot be collective. It is very difficult for such a person who is very sad, unhappy, worried, who cannot enjoy the fun of collectivity. While a hot tempered, right sided person does not allow anybody to enjoy collectivity, but tries to be in the collective so that he can ascend. Because such a person tries to show off his superiority, naturally he cannot enjoy the collectivity. On the contrary the person who is depressed all the time thinks nobody loves me, nobody cares for me, expecting something from others, also cannot enjoy collectivity. Such a left sided person will find unhappiness in everything. The negative attitude to find everything negative is the way we really spoil our left side.

Shri Bhairava Nath always has a light in his hand and he runs up and down Ida Nadi to make light for you to see there is nothing negative.

by putting a light there and confess the crime before him. Shri Bhairva also protects from doing wrong siy things. Whatever we think we do secretly and can be hidden, but you cannot hide it from Shri Bhairva. If you don't change then he exposes you completely. That's how he has exposed all the horrible false gurus.

Shri Bhairva later incarnated on this earth as Shri Mahavira. He stands at the gate of hell to stop people from falling into hell. But if you want to go to the hell then he says alright GO. It is better if we try to fight our negativity and become fun loving people, enjoying others, loving others. Not worrying about what others are doing to you but only thinking what good you can do to others. Let us pray to Shri Bhairva Nath to give us a sense to laugh, to enjoy, to have fun.



SHRI KRISHNA PUJA TALK BY SHRI MATAJI NIRMALA DEVI

SAFFRON, U.K.

DATE: 14.8.89

Today we have gathered to worship Shri Krishna's incarnation. Shri Krishna is the incarnation of Shri Narayana, of Shri Vishnu. In every incarnation they carry all their qualities, powers and all their nature with them. So when he incarnated he had all the qualities of Narayana and Shri Rama. Every incarnation tries to rectify whatever in their previous incarnation was misunderstood or carried out to the extremes. That's why they come back again and again. Shri Vishnu is the preserver of creation and Dharma. So when he took his incarnation he had to see that people abide by their Dharma. You have to get your realisation to keep alright and remain in the central path of Shri Mahalaxmi. By the first incarnation we can say that he tried to create a benevolent king as Shri Rama.

Shri Rama was Purushotamma - the best among human beings. He incarnated as a complete human being with all the qualities of human beings. He married the Laxmi principle that is Shri Sita Ji. He lived a normal married life. Then he gave her up and lived like an ascetic. By his life he showed how a husband should be with his wife. Later on he had another role to play as a king. When he became the king he found out that people were criticizing him because he brought Shri Sita back from Ravana. So Shri Rama sent her away. How many people who are in power would be that sensible that they must set an example by their behaviour in a manner that they should be ideals for all other people who are working under them. Shri Sita Ji was Mahalaxmi, she understood everything, the whole play and she went away.

As a king Shri Rama taught how to rule the people. He established the ideals of kingship and it is said that the most ideal kingdom was Rama Raja. Under his rule there was peace, no competition, every one was joyous and happy because he emitted fair play, Dharma, joy, bliss and peace. But people always take to something which is not normal in the case of each incarnation. Because Shri Rama lived as an ascetic people started following ascetism. People became austere, would not laugh or smile. Everything became very serious. As people did not marry they lost balance. Marriage gives you balance. That is the time Shri Krishna incarnated to show that the whole creation is fun, is leela. There is nothing to be serious, dry or ascetic. Infact before Shri Rama's time all the saints used to marry. Then also a kind of funny brahmanism started. They weakened the caste system which was determined by birth rather than work. The Brahmins started dominating others. So Shri Krishna came as a son of cowman.

When Shri Krishna was only five he played all kinds of pranks and did all kinds of leelas like he killed one big cobra snake, he killed many demons with his power in a play. Shri Rama was not supposed to know that he was an incarnation. Even though it was revealed to him by various methods that he was an incarnation yet he would not accept it because he was not supposed to know. Something like Mahamaya. In the same way all the cameras are now giving you all the evidence of the real Mahamaya, what she is like, but one may try to show that you don't remember, you have no memory of it. Because if you remember it your action would not be human. They would become Divine actions and that may not be alright for human beings because they will not be able to stand it, they will be frightened, there will be such an awe. So Shri
...6.

Krishna behaved normally like a very ordinary person.

In this childhood he was very fond of butter. Butter is very good for the vishudhi chakra. In the tea add a little butter so that the throat which is dried out gets relief. With the help of his friends he would break the containers and eat all the butter. Then he would tell little little lies. All his pranks, childish sweet lies were just to create a feeling of understanding. When children are naughty like that with their mother it is considered very sweet. In the Orient they enjoy the naughtiness of the children. The strictness with the children is mostly because people do not love their children. They love their carpet and other material things because they can sell it. They can't sell their children. As children and parents are separated by materialistic ideas, the material things become more important.

Now stealing is considered bad, but Shri Krishna used to steal the butter of all the ladies, who used to take it to a demon in Mathura. This butter was eaten by all the demons and they were becoming very powerful. So he thought better to eat all the butter so that the ladies won't be able to sell it there. Also if you see the significance - we starve our children just to have some money. Money orientation is there with the idea that everything is to be sold so children become a permanent liability. Children are treated as if they are just burdens. If all the value system just turns down to money then children have no place in the family. According to Sahaja yoga children are more important than all the wealth of the world and they are to be looked after that way. Ofcourse they should know what is dignity and how to behave themselves but their little little pranks are to be understood and enjoyed. Only as children they can play pranks and not as grown ups. They should

have that much freedom to play pranks and tricks otherwise they will become very serious people and might become ascetics. Those parents who are very strict with their children are never normal. They either are extremely perverse or they quiten down and cannot face life. Both are of the same style; one cannot face life and the other cannot be faced by life.

You have to treat your children with great love and understanding, but they should know that if they misbehave , this love will be finished. Children only care for love, they don't know money or anything else. The love you establish in your child becomes a very precious thing. Sahaja yoga is based on Divine love and it can only work when people are loving. If they love money, power or their reputation etc. and not their own children or family then they are loosing a very big part of their society.

As a king Shri Krishna wanted to establish people in dharma and he needed the help of the five elements, so he made them into five ladies whom he married. But they are the very part and parcel of his being. He was Yogeshwara, absolutely detached in his yoga but for all practical purposes he had five wives and then there were sixteen thousand women who became his wives who were nothing but his sixteen thousand powers. The Vishudhi chakra has got sixteen petals multiplied by the Viratas 1000 petals comes to 16000 powers. These 16000 powers were incarnated as women and were taken away by a horrible king. Shri Krishna defeated the king and released these women and gave them his protection by marrying them.

When we have Vishudhi problems we have to know what are the dieties on both the sides and what are the qualities which are lacking in us that we are suffering. Lets see right side Vishudhi when we catch. Shri Krishna's essence is sweetness. His power was Radha. Ra - energy - dha - the one who sustains the energy and his power was Allahad - joy giving qualities. Shri Krishna's quality was that he was Yogeshwara - the eternal witness. Now a person who shouts and screams, talks loudly and loses his temper suffers from right Vishudhi. One should understand that even if we have to scold somebody we have to say 'what are you doing' in a sweet manner. The best is to give some rest to the right Vishudhi by observing silence 'mauna'

On the right side the heat starts coming from the liver. It starts rising, first it goes to the right heart as a result you might become a very hot tempered husband or father. Then it passes to the right Vishudhi and you become a very irritable hot, tempered person, all the time shouting at others. If you use your anger in that manner then that person may be just frightened of you, might develop an inferiority complex, might become a left sided person, God alone knows what can happen to a person who has somebody all the time shouting at him.

From Shri Krishna's life we have to learn how he used to play the flute and how the whole atmosphere used to become absolutely quiet without any ripple. But in modern times they have the other way round where the right Vishudhi is about to break or burst. Where the music does not bring peace but excites you more and more. Such music numbs the limbic area which is the seat of the Virata aspect of Shri Krishna.

From the right Vishudhi it goes to the Sahasrar , then you take drugs because your brain is numbed. Then again you feel the drug is not sufficient, you take stronger drugs. You go on like this, ultimately you reach a stage where you are no where. Where it is all self destructive.

Shri Krishna was a divine diplomat. What is divine diplomacy? You don't have to shout. If you want to bring somebody to some conclusion then the best thing is to first change the subject. That's a clever thing to do. To have a complete rapport with the person is to play with that person. One has to know that the essence of all this diplomacy is BENEVOLENCE. You have to achieve the benevolence of the whole humanity. If you are doing it you are not doing it for your own gain, or any particular person. So there is no need to shout, play around with it and bring it to that point which is benevolence. Shri Krishna said you have to tell the truth, but it should also be pleasing and it should be for the benevolence. Supposing you tell the truth to someone he may not like it at the moment but if it is for his benevolence then in the long run he will feel a great obligation to you that you tries to help him. Even if you have to tell some lies for benevolence does not matter because Shri Krishna who is the diety knows it.

You cannot shirk from telling people what is wrong with them specially those whom you are incharge like your family, relations etc. It is best to frankly tell them what is right. It is your duty. People escape it also. Many people who don't want to face their children give them toys after toys. Discipline does not mean domination but it means whatever we do is for the benevolence of your spirit and the spirit of others. That is Sahaja discipline.

Left Vishudhi is the lightening like a person who can scream and shout and who can expose others as did Vishnumaya. You should not be afraid 'how can I do it' - Mostly the people who feel guilty have lost confidence and the ego has entered the left side. Its a very complicated situation. We should be on the look out that we are not feeling guilty. Guilt is just a myth. We want to escape reality that's why we say we are guilty. You have to face the reality. Try to find out what's wrong with you and others. Because Vishnumaya is nothing but like electricity. Electricity exposes people, she screams and shouts at people, roars at people. If you have a left Vishushi you have to use these methods. The person who has a left vishudhi should go to the sea and address the sea, " I am the Lord of the sea, I am this, I am that", loudly.

The power of Shri Krishna in the right ^{/side} of the throat is over the vocal cords - the power of sweetness. The same thing happens with Vishnumaya too. Vishnumaya is the potential power but she uses it to scream and shout, to show her existence that she is there. Now all these miraculous photographs you get are because of Vishnumaya. She is the one who acts as electricity and she is the one who manages all these things. Though she is the sister of Shri Krishna she is very subtle and she helps you in a subtle manner. Now this microphone has electricity in it and you will be surprised that vibrations are passing through it. From here they are going anywhere you want them to go. You can put a computer on the other side and computerise them. It is such a remarkable thing that the one who is supposed to scream and shout and roar is the one who is on the left hand side so that it exists in a potential way in the people who are feeling guilty, who are

....11.

suffering from inferiority complex, who are sly, who feel they are good for nothing. See the contrast. Her power expresses in a person who is not self confident and then she asserts her power by which people become self confident.

When we talk of Vishnumaya we have to know that she is seated there, any moment we decide we can become great speakers, we can expose people, we can be like lightening, we can be like thunder but normally we are not. So this gives balance to both types of people. In the centre when the kundalini rises most of the people have their vishudhi caught up, so they have to see that they are not guilty, that they are completely in balance with themselves, that they are in the central path by which they become sweet, kind and nice. There are many people who are artificially sweet to exploit others. Such people will go to hell because they are using the power of Shri Krishna in a very absurd manner.

It is important for us to understand that our Vishudhi is to be kept clear. First of all we must have a very beautiful and a clear heart where there is the fragrance of Shri Krishna's melodious music. Improve your vishudhi, work it out, look at the Virata and find out whats wrong with you and correct it for it cannot be done by any one else. See that you have a full idea about yourself. That can only happen if you have a good vishudhi otherwise you can never see yourself because at the vishudhi point only you become the witness. If you have achieved the witness state then you can see in your vishudhi what's wrong with you, what's wrong with your problem, with your atmosphere and everything. So today when we are worshipping Shri Krishna we should know that he ultimately becomes the brain. The fat of the stomach goes in the brain.

so Shri Narayana enters in the brain and becomes as Virata - Akbar.
When he becomes Akbar then he is the brain in the matter. That is why
people who worship Shri Krishna become brainy people without ego.
Their brain develops and they have no ego about it. Egoless intelligence
which I call as pure intelligence starts manifesting.

May God Bless you.



FIRST KNOW THYSELF.

Porchester Hall, London.
1.8.89.

At the very outset we have to understand that truth is what it is. We cannot conceptualize it, or organize it, or use it for our own purpose. Moreover with the blinkers on both the sides like a horse, with all our conditionings, we cannot find the truth. We have to be free people. We have to be open minded people, like scientists to see for ourselves what is the truth. If somebody preaches, professes or says something, is not to be accepted blindfolded. The essence of all the religions is to find the eternal. And to treat the transitory in its own understanding and its limitations. That's why we have lost our balance. If we are really the people who want to know the truth, we have to know that at human awareness we cannot know it. It becomes a concept. You have to have the spiritual awareness. This spiritual awareness is a state of your being, where you can become the spirit. Is not artificially certifying somebody that now you have become a Hindu or a Christian or a Muslim or become anything. You can commit any sin, you can do anything that is wrong because you are a Hindu, or a Christian or a Muslim. Nothing from inside is going to stop you. So all these things have become so much outward that now there are people who have started saying that there is no God. There is nothing like religion. It is not true.

First of all you say there is no God, you should find out, have we been able to find out about it or in our ego we are saying there is no God. Have we been able to work it out to see if there is God or not? You do not judge God from the people who talk about God. Anybody can talk about God because they think

there is now law that can catch them. They can talk for Him, against Him or they can do what they like. They can even make money by talking against God and against all the Prophets.

So first of all we have to be a little independent to be free. To know that if you have to know the Spirit - Know Thyself - and you have to know it on your central nervous system. As I can feel this is cold or hot, you have to feel the Divine Power which is all pervading, which is the Truth, which manifests the Truth because it is the love of God. You have to first feel it on your central nervous system, which is the bodha.

One may say that in the West we have advanced so much, or we have gone too far with everything. But if you see when we started with science what have we produced? Hydrogen Bombs, Atom Bombs and all kinds of devils sitting on our heads. Any enterprise we take, we go to extremes. There is no balance. Any mental projection is linear. It moves in one line and then recoils back and then you are chocked. Now you have got acid rain. You have produced machinery. Machinery is for you, you are not for machinery. And thus there is no balance between you and the machinery. No balance between you and science. It's just like going amuck with anything that you get in your hand. And this balance you get when you become the Spirit. You see beautifully made chandeliers here. But unless there is light they have no meaning. In the same way, if you do not have the light of the Spirit shining in your attention, you will not know your meaning. Unless this microphone is connected to the mains, it is useless. Unless we are connected to the mains, we do not know the Absolute and that's why all these problems are there. When I talk about the instrument which lies with us

one has to know that this is the knowledge of the roots, for which you have to become a subtler personality. To the gross mind you cannot see it. To become the subtler personality you have to know the roots. Something has gone wrong somewhere in every human enterprise, even in religions. That's why today we find this kind of a farce going on. And what has gone wrong is that we have to seek the Eternal. Maybe it might look a little different. For example - Budha and Mahavira did not talk of God at all. I also did not talk about the God for four years. As soon as you talk about God people start jumping that when can we become God. So first you become the Self - the first step. They said first you become the Self. Unless and until you have your eyes, how can you see the colours? It is for your benevolence, that you better get what you deserve, what is your own, is your birth right as a human being, i.e. to become the Spirit. That is what Sahaja Yoga is. Sah means with, ja means born. Born with you is the right to get this yoga - the union with the Divine. It is your birth right as a human being. You are the epitome of evolution. And it has to work out, but please open your hearts and open your minds, and then see for yourself. I know it will work. But by thinking about it you cannot conceptualize. This is the biggest problem of our seeking that we run after some sort of a concept.

Now you have seen the instrument, which is the most beautiful instrument that is created within us during the process of our evolution. The first one centre is the most beautiful one, because it stands for our innocence. This innocence is the one which gives us real support, real strength.

It maybe overshadowed, there may be clouds, maybe you are a hopeless case, some people might say, that we have destroyed our innocence. Whatever you might have done this is one centre which cannot be destroyed. You may have problems with it, but it cannot be destroyed. It is such a wonderful centre, which has got four petals, which looks after the pelvic plexus.

In our freedom, we do all kinds of things which may not be benevolent for ourselves. Doesn't matter. Kundalini cannot be destroyed. The source which is going to give you the self realization, I say she is your individual Mother. And this Mother is a loving Mother and She knows each and every thing about you from your past lives. She is just waiting for a chance that She can be awakened and She can give you your second birth. She is a Divine Mother. She is not going to give you trouble. But these problems that have come are coming from people who have no authority, who have no education, who do not know what Kundalini is.

Kundalini will never give you any problems. On the contrary when she rises and when you get your awakening the first thing that is established is thoughtless awareness. For a thought rises and falls and the Kundalini makes the thoughts smaller and inbetween at the present. It makes you stop in the present and you grow in the present. If you want to think you can think, if you don't want to think you don't. This works out when Kundalini crosses the Agya Chakra.

So what happens in the second centre, when it enters is you just become dynamic, because second centre is for aesthetics and for creativity. My brother who is a chartered accountant

was very bad at all the languages. Now he's making poetry in Sanskrit and Urdu and also in Marathi which is the most difficult language. When the Kundalini rises, it nourishes that centre, like a very beautiful mother she nourishes. After realization, Amjad Ali became a great artist. Because the Kundalini goes up and the creativity becomes so tremendous and active and so dynamic. At the same time that person becomes very mild, very sweet, very compassionate.

So this violence, this anger this temper is not your creation. It's the creation of your liver. Now when the temper is there you don't know what to do. You are like a drunken personality who does whatever he likes. But all this temper everything becomes so cool and beautiful. It's very surprising that a very dynamic person becomes very compassionate. Now, also they say that certain nationalities have got special traits. Everything dissolves. Because of this centre which is so creative, and which also gives you the manifestation of pure knowledge, you start feeling on your central nervous system. You start feeling on your finger tips. Like somebody came and said to me - my Agya is catching. It means I've got my ego on. Would anybody say like that? On the contrary if you tell somebody you've got an ego, they'll show you that they have their ego on. It's very dangerous to say to somebody your ego is on. But because of self-knowledge you know that Mr. Ego is sitting here and I cannot cross through, as there's a blockage here which I have to take out.

It's so innate within you and once the connection is made, immediately you know about yourself and this centre which is responsible for creating all kinds of funny thoughts and horrible creativity, becomes so benevolent, so soothing, so beautiful. Apart from that these people who could not say one word in the Hindi language, they have started singing in Sanskrit. So in Sahaja Yoga an artist who is struggling today may become a great artist. But still I would say there are temptations. You'll become a great artist, you'll start earning more money, etc. But that's not what you have to be really satisfied with. You will never be satisfied.

So now we move to the third centre which we call as the Nabhi Chakra. This centre is made on one side of water and the other side of fire. Around it are ten valencies, our innate religion within ourselves. This Nabhi Chakra or solar plexus gives us religiousness as soon as Kundalini rises and the light spreads in this centre. Overnight people have given up drugs. Overnight they give up alcoholism, everything. And the best part is that they enjoy their virtues. Some people think then what is the fun, what is this that you take something in the pub and the next day you have a hangover. Here you take something and next day you are much better off. It never comes down. It never gives you a reaction. It's not artificial. It's not intoxicating. It's from you, it's bubbling out.

Here we have a capacity that we enjoy our generosity. Now all matter whatever it is, we are materialistic. But the aesthetics of matter is that you can give it to others suggesting

your love in it. That's the only thing that matter can do. And in a very special way you can express that love. The feelings that you have expressed of knowing what that person would love and this kind of a depth develops within you with such a lovable beautiful society, you enter into and you don't need anything because everybody is looking after your needs.

The joy you are giving Comes from this centre. You don't have to bother as to what to eat. You just eat whatever is good for you, benevolent for you. You become so wise and also you please others. You dont displease others by saying this is bad food, I want that. 'I want' goes away. Like a candle which is not enlightened is asking for light. I want light. But once it is enlightened it gives light to others automatically. In the same way you also start giving your light, your love, your joy to others automatically. Nobody has to go through any ten commandments anymore. Those days are gone. Now automatically you become like that. Very beautiful people, very affectionate, and very glorious.

s See the glow on the face of Sahaja Yogis. The face itself is radiant. Many people drop out ten to twenty years in their age and they are so enth^usiastic. They never get tired. Specially in the west people get very easily tired. Young people too. Why are you tired? Because we think too much. All energy is wasted in thinking so no energy is left to enjoy anything whatsoever. For example - you invite people for dinner. You think what to drink, how to make the food warmer, what to do, etc. etc. So agitated and so nervous about the whole thing that wehn the guests come in, they feel like running away, because so much of tension of thinking and planning is generated. Ultimately the whole joy has disappeared.

So the second centre does a very miraculous thing, that it provides the grey cells in our brain, when we are using it for thinking. It also looks after your liver, pancreas, spleen, kidneys and part of your abdomen. But instead of doing that, it is busy sending grey cells to your brain because you are thinking and thinking like mad. So you develop all other diseases liver troubles and then you get diabetes. Now diabetes you do not get by taking too much sugar. In India, in the villages you see that they takesugar in such a manner that the spoon stands up in the cup. But he never gets diabetes. The reason is that he doesn't think of tomorrow. He just works hard, eats his food and sleeps off. He doesn't take sleeping pills either. So this diabetes comes by over thinking. And can be easily cured if you take to Sahaja Yoga.

Then the third disease which is even more dangerous is blood cancer. Blood cancer is cause only to people who think too much. It can even be to the children if the mother is very meticulous. Particular about her carpets, her house, everything, that even a rat doesn't enter that house. And all the time thinking and planning. This affects the child and the child also can get blood cancer. Blood cancer one gets because your spleen is a speedometer. Its the one who gives you the rhythm of life. When we are hectic people all the time under shock, then this goes out-of order. For example, in the morning we get up, see the newspaper and news of someone killed, or an accident. Such a shock. Newspapers never give good news. They never report how many people got realization or something is working out alright.

something horrible that shocks your head, your limbic area, otherwise you wont take it seriously.

Your system is a very delicate system, it gets a shock. So then you get into your car without taking your breakfast, or maybe in your hand is the breakfast, because you are late. On the way there's a traffic jam. You're shouting and screaming. Somehow or the other you reach the office and there's a boss barking. This is how we live under complete tension. We are supposed to be free people. In the night if you sing loudly the neighbour will come and put you in the police station. You can't do anything. There's no freedom. You have to be bound by the watch. This is the exact time you have to reach there. So all these things work on us and we become hectic and for emergency this spleen is the one which releases red blood corpuscles. But if you're all the time hectic then the poor spleen becomes mad. It doesn't know what to do, and starts producing more and more cells and then thinks that its a mad person I'am fixed with. Because I don't know when to act and when not to act. So the vulnerability is there and suddenly with some other shock he might get blood cancer and the doctors will certify you are going to die after one month. But Sahaja Yoga has cured blood cancer of many people. Because as soon as the Kundalini is awakened, too much movement this side and that side which is going on all the time, subsides. The Kundalini passes through and brings it back and nourishes it. Even vulnerability to cancer and to all incurable diseases are because of these centres going out of place.

Now we have the heart centre. It controls left and right side both. As you know the sternum bone creates the antibodies

and they fight the diseases. This is the centre of our mother. When your mother is challenged you develop breast cancer. supposing a man is a flirt and his wife is worried, she might get breast cancer, because her motherhood is challenged. And her sense of security gets very disturbed. As a result of that she gets this problem. Also you think too much and are very right-sided and futuristic. Like people who plan too much. They plan ten years ahead. Even their deaths, what dress they are going to wear and where they are going to be buried. All this futuristic planning creates such tremendous heat in the body because the liver which is supposed to absorb all the heat is neglected by this centre and as a result the heat travels up and you develop asthma.

Asthma is very easily curable. The right heart is the centre of the husband or of the father. If you are a bad husband or if your wife is a shrew, or if you are a very bad father, or if your father is not kind to you, you may develop asthma. Or if you have not forgiven your father you may get asthma. But the relationships of our parents we have chosen when we came on this earth. I know they may be wrong, or obstinate, or head-strong. They may be drunkards. But even if you leave them, still forgive and forget. Otherwise you carry the problems with you.

.

The Divine Cool Breeze Wishes you a VERY HAPPY DIWALI.