

# Puja

## Shri Mataji Talks About Puja

“Now for Puja one has to understand that without realization, Puja has no meaning, because you are not *Ananya*. Means you have to become aware of your whole.” (80.07.19)

“Puja is one of the things by which you can excite the forms into formless. Now your centers are the centers of energies, but they too have a guiding Deity sitting on all these chakras. They are also the formless made into forms. And when you do the Puja, the forms melt into formless energies. And these formless energies start flowing and then blows the wind. So the wind comes from some other source. That is the source of the Holy Ghost, your own Kundalini.” (83.06.18)

## Preparing for Puja

“If you have to gain anything in Puja you have to give it the highest priority. If you do not give it the highest priority it doesn't work. If it is just by the way, it doesn't work. And then just before Puja if your mind is telling you anything, or doubting, just tell him to stop. Because the mind can act against you. So for the Puja you should be all prepared, in a way, in a receptive way, and receive it.” (82.12.19)

## Things to do in the days before puja

- Meditate every day
- Clear your chakras and footsoak every day
- Keep your attention inside as much as possible
- Throughout the day raise your kundalini with your attention
- Attend collective meditations

## During the Puja

Wear clean, nice-looking clothes. In Sahaja Yoga, traditionally the men wear kurta-pyjama and the women wear saris.

“In Puja, all your Chakras will be awakened .... It's a very deep experience ... so come with an open mind ... keep yourself open ... with a receptive mind ... and don't talk in the morning too much ... just take your breakfast ... and come with a calm mind. When you are doing Puja, receive it also. Be in thoughtless awareness when you are doing Puja, completely concentrated and receiving. But people are talking, are moving about; that is the time the nectar is

oozing out ... you just receive it at that time, with full devotion. If you feel the vibrations of My chakras at that time, you will realize that even the minute small little wheels in My body are moving at different speeds ... and different dimension ... and I really don't know how to explain it, but, you see, it creates a melody. You have to receive it, and it is a melody individually suitable for every individual, and when you receive it, it triggers in you that state of infinity. So at that time of Puja you must know that ... all your attention should be on reception.” (76.03.30)

## After Puja

- Remain in thoughtless awareness and absorb the vibrations
- Remain silent

## Effects of Puja

Many people say these are the effects of attending a Puja:

- Deepens our faith
- Expands our recognition of divinity
- Sincerity
- Humility
- Innocence, as Shri Ganesha is awakened
- Complete silence
- Joy – complete union with the Spirit
- Overcome attachment to and hankering after material possessions
- The attention becomes enlightened

## Some of the components (*vidhis*) of puja

“**Mantras** are the words of your Kundalini. But if Puja is not performed from your heart or if Kundalini is not associated with the recitation of mantras, then the Puja becomes a ritual.” (Marathi Letter)

**Kalasha** – This is a coconut placed on top of a metal pot, with green leaves. There is some water in the pot. “Kalasha... is the Kundalini, is the Aquarius” (Shri Devi Puja 1984 Rahuri).

**Ganesha Puja** – “We worship Ganesha first. Now when we do the Puja, first of all you will praise Shri Ganesha. By that, in you Shri Ganesha will be awakened and established. By worshipping Me as Shri Ganesha, your innocence will be established and you will see your vibrations will increase and you will feel very stable within

yourself. Now when you will take Shri Ganesha's names you will know what qualities He has, what powers He gives you. When you praise those qualities, those powers of those qualities will start emitting through you. This is how the Divine works, as if you get charged with those qualities.”  
(86.05.24)

## Havan

“This Havan you know is a very good thing for reciting the name of the Goddess. Her eyes are given by fire at this stage. And in that light, in that fire, in the name of Goddess we awaken our Deities within us and throw away all that is wrong in these particular chakras which invoke those powers. So with devotion and understanding you have to do it.”

10th Day of Navaratri, Hampstead (UK)

“Yagya were performed with the intention to enlighten all five elements in nature.”

1979, Public Program, Delhi University

“*Swaha* is the capacity of the Nabhi Chakra. That is, it burns everything. The capacity; you can say the essence. It burns up everything.”

Havan after Shri Adi Shakti Puja, London