

## **FORWARD**

*“THE DIVINE MOTHER, HEART AND MIND LEADS TO THE ULTIMATE TRUTH”*

The Divine is boundless, limitless, omnipresent; impossible to define conclusively. Is it possible to measure space? You have to become space to know what space is; only space can know itself. Creation has happened: the manifestation of the Universe is inherent in the nature of the Divine but the Divine Play is not an expression of the Divine’s wishes (the Divine has no resolutions, preferences or partiality like the ordinary mind). The Divine, as one single Self, exists in Itself, all-pervading, unaffected by any dualities.

Yet those great spiritual giants, the knowers of Ultimate Truth, tried to give the beautiful knowledge about Ultimate Truth from the depth of their hearts’ experience. They did not use intelligence to compose, knit or frame. It came out spontaneously. Every time they gave the Truth, they also said that it is inexplicable, inconclusive. They used a beautiful word “ananta” which means boundless, beyond all imaginations.

Mind is actually a bundle of thoughts. If you can get rid of all its imaginations of thought processes and visual effects, what remains is the Pure Consciousness of existence. The emotional aspect of the mind is referred to as the Heart by knowers of the Truth. These emotions can either be one’s strength or one’s biggest weakness. You need to channel these emotions to visualise The Highest; if these emotions are left uncontrolled, they can project into the world and break down into billions of layers of consciousness, lose their strength and become miserable. Instead, if the same emotions (in other words the Heart) can be directed single-pointedly towards The Highest, then the Heart’s strength can be immense and matchless. Amazing love

and devotion towards the Ultimate Truth develops.

The Heart visualizes the highest form of Ultimate Truth as the Divine Mother. A mother's love is always unconditional, without any expectations. She unconditionally forgives all the mistakes her children commit knowingly or unknowingly, protects and takes care of her children. Even if the child goes away and forgets mother, mother's love and care remains undiminished. In the entire creation, the concept of the Mother is the highest. Mother Nature gives us life and sustains us.

During sadhana<sup>2</sup>, it was revealed by the Divine Guru how the Divine Mother concept came into existence: When creation was to happen by the Divine consciousness erupting, which came to be known as Maha Rudra, Maha Rudra shouted, "Who am I, how have I come into existence and for what purpose?" A Divine voice replied to concentrate between the eyebrows and watch. Maha Rudra went into deep samadhi<sup>3</sup> and therefore creation could not continue. So the Divine created the illusion called yogamaya but when the Divine consciousness had erupted, enormous fire energy had been created and all of creation became engulfed in it.

Then the Divine consciousness manifested as the first Yogis (Sanaka and others); they prayed to the Divine Fire to forgive and protect the creation by appearing as the Divine Mother. They thought of this concept because it is only the Divine Mother who can forgive the creation and love it unconditionally. Thus the Divine Mother Bhuvaneshwari (meaning Queen of Creation) appeared.

So, this is the beautiful relationship between mind, heart and the Divine Mother. Ultimate Truth is the Divine Mother, mind is the illusion and the heart is the

---

<sup>2</sup>Sadhana: spiritual practice

<sup>3</sup>Samadhi: a non-dualistic state of consciousness in which the consciousness of the experiencing subject becomes one with the experienced object, and in which the mind becomes still; a state of Oneness with the Supreme Self or Absolute or Truth.

channel which can unite all imaginations into single-pointedness to lead you back to the Ultimate Truth.

Sara J. is like a daughter to me and a genuine spiritual seeker. She is a serious pursuer on the path of sadhana. In this book she has explained in a lucid way all her experiences which have come to her from the depth of her heart. I deeply appreciate her efforts in writing this book which can be an inspiration to many others. May she be blessed by the Divine Mother to experience the Ultimate Truth.

We are grateful to the Ultimate Truth for having appeared as the Divine Mother to take care, protect and inspire the creation to go back to Ultimate Truth.

My love and blessings to you and to all readers.

Babaji

(Baba Shivarudra Balayogi)

Dehradun 20 August 2007