

# Cool Breeze

Cool Breeze of the Holy Ghost, the All Pervading Power of God's Love; The Ruh; The Paramchaitanya; Rutumbhara (MME); Cool Breeze of the Adi Shakti, of the Primordial Kundalini (840313); The Cool Breeze is all around us... and we can start feeling it in our hands (821008), when the Kundalini pierces the Fontanelle bone area (800613), and emerges from the top of the head... if our Vishuddhi centre is alright (821008); You find a cool breeze coming out of your head... and that's called as Chaitanya Lahari... that's called as Cool Breeze of the Holy Ghost (821007); This is what Christ meant by 'to be born again'... and not to just call some people and say 'alright, now we will have some baptism' (821008); What is the subtle of Air... is this Cool Breeze that you get (981216)

It is cool...because the All Pervading Power is felt like that... when your Spirit is enlightened. It is existing everywhere... but you never felt it before... you start feeling it when your Spirit is awakened (810524); Is very temperate... it's not a thing that is freezingly cold... if it is freezingly cold, that means left side. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be very cool... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you - if it is hot, there is something wrong with you (810524)

- Jai Shri Mataji -

## Sahajvidya - Cool Breeze

### Tape References:

#### Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 840313 Intro Talks - Delhi and Hampstead
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements
- MME Meta Modern Era by Shri Mataji