

# The DALI MAMA Sutras

(A Compilation of Sayings to relax you Into your  
OPEN, SPACIOUS, LOVING, FREE-FLOWING  
NATURE)



Dvorahji  
(aka- Shut Up Guru)



" You cannot separate the wave from the ocean."  
-- Sri Sri Ravi Shankar



"Silence blossoms and explodes into the SPACE & PEACE that is your NATURE. Here's wishing you an overflowing burst of LOVE, HAPPINESS and PEACE in the process of reading & opening to these Sutras. Big kisses to all my dear friends" --Dvorahji



"D-Ji, you've taken all the hard work and suffering out of my path. Yikes, this is scary... D-ji, you are so cruel!"--Fred

"Your simple words carry such profound thoughts. When I read them, I'm simple inclined to believe them!--Jim

"Dvorahji, you have a simplicity and directness of expression, unencumbered by spiritual concepts -- that just speaks to my heart."--love Caty

"Thank you so much, I'm in tears - for this simplicity and for the love you give what a gift. LOVE..."--Geisa

## DEDICATION



*What would a Dali Mama be without a Dali Papa? In all gratitude to my Adorable Guru, His Holiness Sri Sri Ravi Shankar for pointing me in the direction of what it means to be at Peace and resting in HIS/MY very Nature. In all adoration, your Dvorah-gee.*

*And my deep gratitude to dear Tanbir. Without her help, this book could not have been compiled. Thank you.*

*And to all my darling friends on Facebook, who's feedback and inspiration has helped me continue writing and putting forth more knowledge and fun! Love you all.*

## FOREWARD by Tanbir Karawal



I have so often found myself quoting these simple Sutras to myself. One of my favorites - "If it could be different-It would be different" - has helped me relax and continue my flow without getting stuck in life's unhappy circumstances.

This knowledge makes me feel free and always loved. I've found myself clapping, laughing and having fun like a kid, when reading these sutras or watching Dvorahji's videos or reading her books. How she makes it all so easy, so natural - is amazing! A rare combination of fun, simplicity and knowledge.

So many times, Dvorahji has intuitively known what wisdom is needed in a particular situation and has touched us with her loving, compassionate (straight from the heart) words. We feel light, relaxed, unstuck, free and back on track.

Love you dearest Dvorahji, there is no one like you, like all of us...Tanbir.



*"True Liberation is being YOU- authentic. Out of the trillions of snowflakes that fall, NOT ONE is the same. You have this image of what liberation looks like & you expect it to look like Sri Sri, Ramana, Osho, Jesus, Muhamed, Buddha. Liberation looks exactly LIKE YOU with all your BS (brain scabble)! Relax & be yourself. "*

--Dvorahji

## SUTRAS



SUTRAS are possibilities...there are no opposites or opinions about sutras, there is no advice or explanations...A SUTRA is an offering. A POSSIBILITY given. Let it come back to you again and again with it's faint fragrance of freedom and wholeness. A SUTRA is not for discussion...it's for appreciation and WONDER...

--Dali Mama

## A NOTE TO MY DARLING FRIENDS



This is the SUTRA that did it for me. One day, while listening to an Ashtavakra tape, I heard Sri Sri say: "How long will you continue this play, this drama? When will you get it?" Then a deep knowing loudly whispered - NOW. And this world of illusion began to unravel and I saw there is ONLY THIS.

Everything, and I mean everything was seen as a concept, with no substance. The world and all it's ideas vanished into thin air. Every time I perceived any long held ideas, spiritual principles, family, thoughts of any form, that comprised this world, they disappeared, like a breeze passing through. So EVERYTHING, and I MEAN EVERYTHING comes and goes. The only thing that doesn't come and go is YOUR NATURE.

Now, that doesn't mean the world and all it's ideas are real or unreal. It just means they don't have any substance or permanence of any kind. They are constantly changing. This world comprised of thoughts, feelings and actions COME, and thennnnnnnnnnnn - they GO.

Every moment of your life, thoughts, ideas, images, actions, EVERYTHING that defines YOU in this life is a HAPPENING: Emanating from BEING and thrown on the OPEN screen of SELF/space. It's so seamlessly amazing, because it appears to be a continuous life of important movements, when in essence, these images are just like a flip-book of ever-changing images. Each individual image appears to move and consecutively combing as your LIFE'S personal journey on an impersonal life background Very Unimaginably Crazy Cooool!

That's why my Darlings, it's time to have fun and relax with all this nonsense in your head and just flow with your life AS IT IS: Without all this guilt and remorse over your ever-changing HAPPENING thoughts, words and actions.

It's time, to live your life, FLIPPING THROUGH THE PAGES. Laughing, crying, screaming, loving, praying, yoga-ing, meditating, depressing, blissing, yagya-ing, complaining, singing and generally causing trouble and fun all over the world and beyond!

This life, although it APPEARS very real and very serious, is an unimaginable, exquisite holographic array of images for our entertainment. A MAGNIFICENT show, orchestrated with every emotion and thought possible: AND we get a front row seat to the best and ONLY movie in the universe - LIFE.

Here's hoping that these simple, natural Sutras remind you of HOME, and blow your mind in AWESOME WONDER. Darlings, I love you. Relax...Enlightenment is Your Nature.

Lots of love and good wishes, your friend and Dali  
Mama, Dvorahji

PART I



THOUGHTS

&

FEELINGS