

that. And we'll be able to manage in that very well. And we'll not have many places to go to. We have only four or five places where we will go - five and sixth one will be the Ganapatipule, that will be at the end of the Tour. So, we'll be starting the Tour say, on the 12th of December, ending up on the 12th of January. So, we arranged it in such a way that you get five days, at least, at every place, or four days; four to five days, so that you can relax well and you could be there and I could be with you there.

Also in some places, I'll have to give lectures, there are two places. There, of course, in Gauri maybe, we will arrange like that. Or maybe, in some of them, you like some of them [unsure] very much, the lecture is programmed [unclear 9:04]

So we can arrange all these things on our way. But we won't be going this time to Nasik, I was thinking. Because it's quite out of the way for us Nasik. But it could be summer maybe [unsure 9:16] And -

Sahaja Yogi: They will be celebrating Christmas with me.

Shri Mataji: [Unclear] My brother [Balamama?] has invited you all for Christmas. He'll have to reach there for Christmas.

Sahaja Yogi: Well done.

[Laughter]

Anything else you want to know?

Just now, the question they ask, you see, now, in the morning. First question Paul has asked me, you see, You must tell them all these asserts, so that when there is a question about Sahaja Yoga, they have it. It's not enough to get Realization. It's not enough that you give Realisation, but you must know how to answer us. So, you must know the background, you must know about other scriptures and things like that so you master it. So, anybody asks you a question about Sahaja Yoga, you should be able to tell them what is what. That is very important for all the Sahaja Yogis that they should develop now horizontally. Vertically they have developed, but horizontally also. The knowledge should be such that you should be able to answer them very well and you should be able to tell them what you know about Sahaja. So, there won't be any problem.

The whole Tour was so wonderful and my stay in Melbourne has really done me good. Because, I want to say to you, I needed some sort of a little rest and that I've had, thanks to you all. And it was wonderful coming down here. It seems that now Melbourne has taken over and it will be increasing very fast. So, it's all right if you take a small house and then another small house and another small house, like that. You can go on spreading.

Any other problem you have? No, nothing.

Is it working out in the villages?

Sahaja Yogi: Yes, it is working beautifully, Shri Mataji. Exactly as you said, it was. People who were coming are somehow simpler but very direct.

And very deep once they start to

Shri Mataji: First, there is simple people, you see. And once they realise that they have been befooled by these religious people, they just come round. They have to be convinced on that point, that this is not the way to get to God. Hang on to this, your [unclear 11:40] will expose.

So, you can say that this time, they'll all get exposed. That's the best way.

[Unclear].

So, Mary [unsure] what your husband's opinion, think about Sahaja Yoga?

Sahaja Yogini: I don't know.

[Laughter]

He's waiting for [unclear].

Shri Mataji: See, in Sahaja Yoga, they get frightened also because we don't drink, we don't smoke, and then they think we are gone cases.

Sahaja Yogini: He is not smoking.

Shri Mataji: Smoking. So, you see, I tell you many people came to Sahaja Yoga and I know, after coming to Sahaja Yoga also, they were smoking. I knew all of them. They used to go somewhere and smoke a little bit. [Laughter]

I knew all of them, but doesn't matter. I mean you get the strength from within you. The smoking just stops out. For that, one

needs not run out, away from Sahaja Yoga. It automatically drops out. If not in the first shot, second shot, third shot, they just drop out.

In so many things, you see, it feeds you, transforms you, I mean, all hankerings drop out, all kinds of hankerings drop out. Like smoking or anything else. You see, the temperament, the nature changes.

In Pune, there was a girl – lady – she came for my puja on the dais. And it was like a heater, you know, before me. I said, “God! What is this one!” So I said, “Now, ask this lady to go out, she’s just a heater”. And she went down. And she didn’t understand what was wrong with her. And people told me, “Mother, she’s a such a hot-tempered woman! All the time, the temper is on her nose. Every time she sees a person, she parks at him or shouts at him. It’s horrible. And God knows why she does it”. Now she doesn’t even know that she was doing all those things. Then gradually, she discovered that everybody is running away from her. Nobody wants to come near her, talk to her and all that. Then she started looking into herself. And I was amazed, you see, that how she worked it out. She sat down before the photograph and she worked out in water. and days and day out. And she said, “I don’t want this dirty nature of myself. It’s horrible. I just don’t want it”. She pulled away. “All this hypocrisy is not me, and all this is not needed. I just don’t want it. I want to be myself”.

And this time, when I went to Pune, I was amazed: her daughter had come to see me. Her daughter is a wonderful being. So, I said, “How is your mother? I want to see her”. So, she went and told her mother that Mother wanted to see her. She said, “I had such joy. I’ve never felt this joy any time in life, when she said to me that Mother wants to see me. This joy was so much! I couldn’t describe it in words or anything and I started crying” she said. And she came to me and she just felt at my feet. And she started crying. She said, “Mother, you have cured me completely. All that horrible nature of mine has gone. All that temper has gone away, everything. And then she started talking also like that, “That I knew I had my Nabhi, Right Nabhi which really was catching all these things. Gradually, I discovered it. Then I cured it”. Within one year’s time, she was a changed personality completely. Otherwise, I would not even allow her to touch my feet. Or, I mean, I would not allow her to come on the dais.

So, Sahaja Yoga is such a helpful thing. But you have to take to it seriously and understand there’s something wrong with you. Unless and until you understand that there’s something wrong with you, you cannot cure it. You’ll continue with your things, you see. Sahaja Yoga tells you that this is wrong with you, this is the problem with you. If other chakras are catching, better clear them up. If you clear them up, then you’ll be satisfied. It’s just your own chakra. It’s your own body and it’s your own life which has to be joyous. So, if you know what’s wrong with it, you should try to take it.

Uncle, he came back from the hospital?

Sahaja Yogini: [Unclear].

[Laughter]

Shri Mataji: All right. You see the child wants you to see me.

[Laughter]

Like Savita, also she was very anxious to meet me here with you.

And I’ve seen people who are very, sort of recluses, who run away from society, who don’t want to talk to anyone, sort of things, you see. They also become such happy and joyous beings. But the main point is you must come up to a point to realize there’s something wrong with you. Then the second stage should be that you should feel your own chakras. And third would be how to correct and get after it. Just get after it, that’s all. And to this lady, it took - she was saying about eight months or so. I met her after a year also. So, eight months it took for her to cure herself. But she said, “For the first four months, I didn’t know there was something wrong with me”.

For whoever is like that, and she was like that, it’s true. Then everybody said, “What has happened? How have you changed so much? We can’t believe it. You are not the same person”. And then, “Oh, you look [unclear 19:54] that is your Self which has started pouring out and you enjoy it very much. You enjoy every personality, every person, with their individuality, with their own everything. You enjoy it. You don’t feel that anybody’s oppressing you or troubling you. That is what is your own Spirit. I mean, I don’t have to do much about it, that’s your Spirit that shines in your attention. And it just works. What am I doing? Nothing. Only I

get flowers from you, lots of flowers. Isn't it?

Sahaja Yogi: That could be like a flower pot, though.

[Laughter]

I hope to come next year for a very big function we are going to have. And I hope you prepare for it and that would really, I think, transform Australia in a very big way. And by that time, I hope also, your newspapers and all your media will come round. Maybe your government or maybe your dignities [unsure], maybe.

Sahaja Yogi: Yes.

Shri Mataji: Things might work out much faster.

Whatever you desire will happen, whatever you desire. The desire is very important now. You must think in a big way always, not think about only yourself, your children, your 'this thing'. If in a big way, everything is all right, in a small way, it is all right too.

But now you have children, you've families, this, so naturally, the attention will go on them. But now it's over, the problem is over. Now you spread it out more. And that will help a lot.

So, you did telephone to your brother? Or anything?

Sahaja Yogi: No, I haven't Mother.

Shri Mataji: You should look after him.

Sahaja Yogi: I'll bring him in Melbourne today.

Shri Mataji: You get him all right because poor man will be losing everything. If you help him for a month or so, he will get a job.

I think for these children who would be coming to [unclear Lester?] program.

Sahaja Yogi: The children? Yes.

Shri Mataji: They should be there because it's their first right.

[Laughter]

It's a Shri Ganesha's puja so they should be there. And I hope to see all of them there. You all need not wear that thing like Shri Ganeshas. [Laughter]

All the children coming with that.

They will all enjoy a lot there, I think. How many days programs you're going to make? You don't know that.

Sahaja Yogi: Up there? I think about five, Mother.

Shri Mataji: It's quite a lot.

Sahaja Yogi: Yes.

Shri Mataji: Five is very good.

This one was also a very good program what we had, it's a wonderful place. Wonderful place it was.

But then, do you have the signature places and halls and everything?

Sahaja Yogi: Yes, we do know Mother.

Shri Mataji: Oh, well.

Sahaja Yogi: Yes we're starting outside programs once a week, as we accommodate new people.

Shri Mataji: Also, you can get some of the new boys, if you find they're all right and they're working out all right. Gradually, you must include them in Sahaja Yoga. You tell them, just tell them, this is a new knowledge and for that you have to be subtler. And for that, so many things have been done.

But first of all, you see their preparation and their understanding. Otherwise, you see, their mind, if it's working too much, then they go in turning up this thing. You will think that something is complicated, is getting wasted in Sahaja Yoga, but it's all thoughts. On the contrary, it's better. Because then you sort it out also as what has happened in Adelaide, you see. So, what time are we to leave now?

Sahaja Yogi: We should be leaving very soon.

Shri Mataji: We should leave now. All right.

So, thank you all so much. We did lots of jobs in this short time.

I need that for a while.

[Hindi]

[End of audio]

## 1987-0519, To get to realization, you have to have people of quality and a calibre

View [online](#).

19 May 1987

To Get To Realization, You Have To Have People Of Quality And A Calibre

Public Program

Adelaide (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program

(A Sahaj yogi addressing the audience, speaking specifically to someone) If you come here to disrupt the meeting, then I have a right to get you moved. You come here to listen and then to ask questions when the question time comes up. Fine. But that's not (unclear) or advisable because you have a particular problem.

(A lady's voice from the audience) Haha. (Not clear) followed by clapping from the audience Sahaj Yogi: And you too. Thank you. Now, I am walking. I am standing around here. Four years ago, I walked with the brace. I had a belt and my leg was in a (unclear) because I had a prolonged disc in my spine, which caused my (unclear) nerve to flatten and I lost the USD of my right leg. I am not claiming, that Sahaja Yoga was totally responsible for my present condition because I know there would be regeneration, but the best medical advice you can get will tell you, that regeneration does not continue much beyond eighteen months. It is still continuing.

I have a daughter. I am speaking in the first person because I don't see any point in speaking about other people. I have a daughter, who was a heroinette. She gave up heroin in two weeks after she got what Mother calls self-realization. She is now married. She has one child and another one is expected. And she has totally changed. That came about not through some mumble jumble or not through some curious form of standing on your head and doing yogic practices. But simply by getting her self-realization and concentrating on the perfection of herself. That is what Sahaja Yoga is about.

We are all human beings. So, in Sahaja Yoga from time to time, we had clashes. We had people who don't agree and people who for various reasons are asked to leave. As I said you cannot join Sahaja Yoga. You can only practice it. Please come. (Interruption from a lady in the audience, unclear)

Yogi: If you are living in a house Madam and you are not conforming to the way in which the other people in that house wish to live together.

Stevens: Conform not perform. Conform. If you are living in a house with other people and then they consider that you are aggressing them. And be careful Jenny. Because I have someone in the audience that you agressed. I think she is just coming in now. (Voices and disturbance from the audience) There is a question time after.

(A man amongst the audience speaking, inaudible)

Stevens: We expected this you see, that is why the gentlemen of the press are here. I am sorry for those who came to hear about Sahaja Yoga. It is one of the things we have no control over because this is a public meeting. And if people choose to come here and disturb it, till I make it quite clear that they intend to disrupt the meeting, we cannot ask them to leave. So, if you will hear with them, we will try to continue and tell you something about Sahaja Yoga.

I am a living proof, that things can happen physically to you, that wouldn't otherwise be expected. My daughter is similarly someone, who has overcome a problem that is threatening a large section of our young community and it was done through self-realization.

What is self-realization? Basically, if you look at this character behind me, you will see at the base of the spine a triangular bone. It was called Sacrum, it was called sacred. Within that sacrum bone, there resides a residual power, which is lying probably like a seed that is put in the Earth. Until, such a time as the time when we are living. When through a mechanism I don't take to understand through the agency of someone like Shri Mataji Nirmal Devi, this mechanism is activated.

When this mechanism is activated, the force passes up the Central Nervous System. And believe it or not and many of you have to experience it tonight. Too many interruptions. You actually feel sensation in your hands and on top of your head in the form of a coolness. Now, that sounds wild, highly unlikely, but in fact, it happens. When this happens, there is a signal to you on Central Nervous System, that something unusual has taken place.

In terms of Yoga, in terms of what Yoga means, that is a union or a connection. If you like that television camera over there, is a remarkable piece of a modern day technology. But until I plug it into their Battery panel (unclear) or into the PowerPoint, It really is the useless pile of junk. Now we are not a useless pile of junk, but we are a point in our evolution, where something happens and something changes. We are not going to survive because we live in a world that is distrustful. We live in a world, that is unable to tell the difference between Truth and Falsehood. And so we are all on a merry-go-round. We don't seem to be able to get out of the continuing cycle of Kill or be killed. Put down or be put down. We have to change. The world is getting Fuller and Fuller of people.

(Interruption from the audience)

Stevens: after (unclear) please keep quite.

Lady from the audience continues.

Stevens: I am speaking myself.

(Lady interrupting again, many voices can be heard)

Stevens: I don't know what's got into you. I noticed you (unclear) sound. This lady is (unclear) for sound. She has a microphone on her lapel, which is set so everybody could hear what she has to say. You can tell from that. You can tell from that, that she has come deliberately to disrupt this meeting. I want you to know that. So, whatever she says or does, you can expect.

So, these seven-coloured balls represent the subtle plexuses in the body. If they are, wherever there is a nerve plexus there are subtle plexuses alongside. They reflect our attitude and our behaviour. The heart is the centre of security, isn't it? If you get frightened, you can feel your heart race. There are several medical practitioners in Sahaja Yoga, mainly in the United Kingdom. And they are doing research into this. For instance, they have discovered (interruption from the audience) please you will have your time to ask questions. Let's be fair. They have discovered, there is a high proportion of women who have breast cancer and they have problems. And it's obvious isn't it that this is affecting our security. I mean there are people down here who don't believe that, but it's immaterial. They obviously don't believe a lot of other things. If your security, if your security (interruption from the audience) yes similarly coming to that. If your security is threatened, this centre which is the, I forgot the name, could be the plexuses, I am speaking of the physical plexuses. It affects your lungs, it affects your heart rate. It affects your well being in the sense that if your security is sufficiently threatened you start to exhibit a disease. It has thrown your whole system out of bound.

What Sahaja Yoga is talking about is balance. If you can keep the balance, then you have a very healthy life. There are still accidents. You can still, unfortunately, get into the way of disease, but generally speaking, you will find you are much more resistant. We are not saying that Sahaja Yoga will cure all our things. We still have a very long way to go but it is, in essence, the next step that we must take if we are going to progress in our evolution.

Some of us will not. Some of us will choose not to. But others nonetheless, will try. One of the things that Shri Mataji very often says, that you must look at this thing like a scientist. You don't have to believe what I say. You don't have to believe what Shri Mataji says, but its fare to listen. It is fair to look at it and see whether there is a truth in it, to see whether it works. And if it works why not give it a try. You are not going to lose anything. She doesn't require money for it (interruption from the lady from the audience)

Stevens: I beg your pardon?

Lady: (inaudible)

Stevens: Yes indeed.

Lady: (inaudible)

Stevens: There is no particular brand. It's spiritual. Spiritual enlightenment is spiritual enlightenment. Are you trying to divide up the (interruption from the lady)

Stevens: I didn't say it is a religion.

Lady: (inaudible)

Stevens: it is a way to improving yourself. It is a way to developing yourself in your evolution. It's the connection with the all-pervading power which obviously makes the world tick.

Lady: (inaudible)

Stevens: If you experience it, you will understand. It's very difficult to explain to people what I am talking about if you have never had this experience. It is almost impossible to expect you to understand. If I want to(interruption from the lady)

Stevens: You have the opportunity. You have the opportunity. Whether or not you succeed because it's up to your talent. I can't explain to you what fish tastes like if you have never eaten a fish. I can roughly tell you what it is but you have to eat it to experience it. And what we are basically talking about is the physical manifestation of Sahaja Yoga that occurs. These people are sitting with notes. You can see how well prepared they are.

Lady: (inaudible)

Stevens: Oh. Thank you for austerity. The questions will come later. There is always a time. Could you please keep quiet. There is always a time. (Clapping from the audience)

Lady: (inaudible)

Stevens: We really did come here to talk to people about Sahaja Yoga. About what spiritual enlightenment is all about. We didn't come here to talk about arms and car and drag. (Laughter in the audience) Now, I don't understand why you people don't get a hall and invite people to come to explain what your problems(interruption from the lady) I don't have any money.

Lady: (inaudible)

Stevens: No. It's not. I have no money. There is no organization. There are a lot of people in the organization to put up money to

hire this hall. Is there a problem? (Clasping from the audience)

Lady: (inaudible)

Stevens: Shri Mataji is coming.

(Shri Mataji is seen coming from the middle of the audience walking towards the stage. She comes up and is welcomed by Stevens. She is now seated and accepting flowers from a yogini)

Stevens: Now may I (interruption by lady again) Will you listen to what Shri Mataji has to say? There will be a question time after. If you insist on interrupting then I'll ask security people to

remove you. We are entitled to do that. You had a fair go till now. I think you will all agree with me that she had a fair go (sudden clapping from the audience)

Shri Mataji: (looking slightly surprised asking a yogi) What's that? (The yogi tells something in her ear while she is smiling) I see.

Stevens: Shri Mataji Nirmala Devi is here to explain to you what is the Truth. Truth is experienced on your Central Nervous System. It is not something that you have to believe. It is not something that anybody had told you. It is something that happens. And no amount of talking or shouting in the auditorium will make any difference. Truth is Truth. And because we are such sceptical people, i mean people in the human race. I am not talking about Australia or anybody else. It is not surprising that (unclear) said to Christ, What is Truth? It is not surprising because there are always people shouting you down when you speak the truth. Tonight you will hear the Truth. Tonight Shri Mataji Nirmal Devi will tell you the truth. She will give you the truth. Hope you will listen. (He turns, does namaskar to Shri Mataji and walks out of the stage. Clapping from the audience)

(Shri Mataji is sitting ready to start her speech) What's that? (She laughs addressing a Sahaj yogi)

I bow to all the seekers of truth. Now, we have the knowledge with us through science and through other enterprises about the tree of life which is outside. But when it comes to the roots of the tree, we have to understand it has to be a subtler knowledge and (interruption, Someone in the audience) Can't hear.

Shri Mataji: Can't hear? Something wrong here (a yogi comes to change the mike) Mike is not working. Must be some mischief.

Yogi: Something wrong with this. (Removing the second mike he had put and fixing the third one)

Shri Mataji: Alright? (Testing the mike by knocking on the mike with hand)

Some audience: (unclear)

Shri Mataji: Beg your pardon. Some mischief has been done. (Knocking the mike to test it and laughing) That's Adelaide. Always I have to face something like that in Adelaide. A special place I must say (laughing). Ah. Good.

(The mike is falling from its position and yogi is adjusting it)

Shri Mataji: (to the Sahaja yogi) Move it a little bit down. Alright.

(Yogi is tying the mike to its stand to place it directly before Shri Mataji and she is holding the mike in her hand)

Shri Mataji: (to the Sahaja yogi) It has to be brought like that a little bit. So, it's facing, now, thank you. Ya. Here down. alright. I bow to all the seekers of truth. We know the truth about the tree of life through our search in science and other enterprises we



have taken through. But still, we have to find out our roots. Unless and until we find our roots, we cannot nourish this tree of life. This tree of life had grown beyond the supply of energy, that can come from the roots. But as the tree grows also the roots grow downward, and in that search, I have been lucky enough to find out the method to give an en masse, that subtle thing called as the SPIRIT. The spirit is your own, is the God Almighty reflected in your heart. He resides in your heart all the time. He watches you but he doesn't come into action. He doesn't come into your attention.

The power of God is the Holy Ghost, is the desire of God to take you into his kingdom. That is reflected in this triangular Bone called as SACRUM. Surprisingly, this bone was known to the Greeks. That's why they called it 'Sacrum' meaning sacred. Greeks came quite close to the search of this truth, but suddenly I don't know what happened to them, that they also started going outward becoming extroverts. I have been to Greece and I have seen 'Athens' itself means Primordial Mother Athena. In Sanskrit, it is called 'Ath' means Primordial.

In the same way, so many great Prophets, Incarnations came on this Earth to tell you, that you have to become the SPIRIT. Even in Kuran in the very beginning of it, it is written, that you have to be connected to God. Without a connection to God or his power, you cannot talk about God. You cannot understand God and if you try to do anything, you become aggressive, dominating and ultimately cruel. But just think of (interruption from a lady sitting in the audience) please let me finish Madam. Just a minute. Just a minute. Have patience. There is no need to be so disturbed. This is a place we are trying about our self-realization. You too have got it within you. You too have got that Spirit within you. Be patient. Better know your own properties slowly. Be patient. I am not taking anything away from you. Just be patient. Alright. No use being aggressive. Please, Please, Please. Please, please, please. Now, this is. I cannot hear you. What's the use? Now, Let us be. You see this is the trouble. You need really, in Marathi it is said (tyala paije jyati che) to get to realization, you have to have people of quality and a calibre. Superficial, cheap people cannot get realization.

In the olden times in India, they gave self-realization to one or two persons. One or two persons. At the time of Rama, there was one fellow called Nachiketa, who came to Nanaka, who came to Janaka, the father-in-law of Rama, who was a great saint and asked him, 'Sir will you give me realization?' He said, ask me the whole world, that I can give you but not realization. He had to go through severe tests, then self-realization was granted.

But then when I was born, I found the world in a complete chaos. People have no time and there are so many useless people in this world, that they are the 'murmuring souls' as described

by Christ. And they will spoil all the rest of them. And there won't be any chance for them to take to a lengthy process of self-realization, that one by one I clear the chakras. So very assiduously I studied the problems of human beings. I was amazed that the modern human beings are very complicated, much more complicated than what people were.

I was told that some very good Christians came in Adelaide to settle down here, but they are no more. They are no more. And such people who have their own projections of doing this and doing that and doing that, trying every sort of thing just to have some new things spoil themselves completely within them. It was a very difficult task, to begin with.

I had first only one lady and after two years I could give realization to only twelve people. In London, I had to work for four years on seven people, for four years to give them realization. But there is one thing about English. They are hard nuts. But once they are there, they are there. So, in the west I never thought, I would ever work. Because I was not sure, that I'll be able to do that. But unfortunately or fortunately, my husband got elected to this post four times, that too unanimously. And that's how I am in England.

Whatever it is, one has to realize, that whatever these Prophets have said, these incarnations have said, since long they have talked about the roots and not about the tree. But when such a thing starts, also there are people who are seekers of ages are born. They are seekers. They are serious seekers. There are many serious seekers in the west, I found. Very very serious people. They have read so much about religion, every religion. They are not conditioned people, very sensible people. And they started coming to India and fell into traps of many cults and many people.

From the year 1970, in a bigger hall than this, I had announced that you cannot charge any money for God's work. You cannot live on the earnings of God's love. That time I took the name of the people, who'd go all round and try to entice people and take money from them and live on that. Of course, surprisingly, nobody has yet prosecuted me. That was the first beginning of Sahaja Yoga, that we started thinking in the terms of mass realization.

But I had to study quite a lot. Because an Indian mind is very different from the western mind. An Indian knows that the aim of his life is self-realization. Of course, we have learnt so much from you about science, about Economics, about banking, insurances, but we have some knowledge about the roots. And there is no harm in learning something from India also, in case we know it is worth something.

The knowledge of the Kundalini was known to Indians thousands of years back. And also there are many examples of people getting realization. But they were very very few people. So, when I started studying people, I said there is a problem on the Chakras, on the centres.

If you have to become a subtle being, to enter into your roots, I have to see that your subtle being is completely manifesting. For that, your chakras have to be cleaned. These chakras can

be cleaned by various ways. And we started using various methods to clean them. Of course, all these methods that we used to cleanse them were according to the prescriptions we had from our other people, like putting the hands like this comes from Mohammed Saheb. Because Mohammed saheb has said, that at the time of resurrection your hands will speak.

We do not deny any religion whatsoever, because according to us all religions have truth hidden in a very subtle form and if you have that subtle understanding, you can approach that. Now, he has said that at the time of resurrection your hands will speak. And is a fact, your hands can speak no doubt. But you have to take your realization, otherwise, it doesn't work out.

What we call is baptism is same as realization. It is that the centres are cleared out, then the Kundalini rises, that is the Holy Ghost rises and blesses you with your self-realization and opens out your fontanelle bone area. You'll be surprised in New Zealand, a place like New Zealand the whole hall was full. We didn't advertise much, but I don't know why people were so sensitive. And they came and they told me, Mother. Like a booze, it came out of our head. But I must say, New Zealand people must be very deep people. There must be a very deep seeking in them and they are not affected by other conditionings. So surprising it was.

While in Melbourne also, I had a very good experience. I would say that it is the quality of a person that matters in Sahaj yoga very much because it is the becoming. Like an egg becomes the Bird. Like we can say a seed becomes a plant. Now, it is becoming is very important. And so we have to see if a person is willing to adapt that becoming. We have our ways and methods of telling how to do it.

Nanak Saheb has said 'Sahaj samadhi lago' He said only through Sahaj, by spontaneous happening, by a living process you get Samadhi. He said it. He said also that there are Ida and Pingla two nadis within us. Kabirdasa has clearly said it. So, into any cult when you go, you will find they do not talk of any religion as such. They do not give you any ideas as to what the essence of the religion is. They do not prove it you and they do not show you where it exists.

For example, we'll say that Christ is within us. Now, where is Christ? Who was Christ? How he came on this Earth? How he was conceived? First in the heavens? What was the thing he did? We don't know. If you just read the Bible, you won't know. You have to read for that Devi Mahatmya. You have to understand through that, that Christ was the Omkara, means what you call the divine sound. He came out of that and that's why he could walk on the water. There are so many things written about Christ in other books. And so many great things written in those books, that we do not want to go into them. And how are we going to understand him, but first of all realization is very important to expand your attention with an enlightened way.

I was happy to know that people in Adelaide are traditional. All good traditions are to be accepted. They are not to be given up. They are family people. That is also another good thing that they are family people. But the problem is that they are placed in such a chaotic condition,

that they cannot decide what is right and what is wrong. Now, these traditions which are good should be taken and on these traditions, we should build up to something that is wider and greater. As soon as you get your realization, you get your new awareness called 'Collective consciousness' about which Jung has written very clearly.

You have to become collectively conscious. But those who are superficial people don't get it. Those people who have a problem on this centre (Shri Mataji pointing to her own Vishuddhi Chakra) do not get it. They do not feel it. Those people who are not serious minded don't get it. If they don't get it then they start blaming others then blaming themselves. There are so many who have got realization and so many are doing well. This is what is needed today. Unless and until you get your transformation, unless and until you become the Spirit, unless and until you get collective consciousness, the problems of this world cannot be solved. That's a fact. But everybody doesn't get it. Everybody cannot get it. And we cannot guarantee that. Those who can get it, has to be the people who should seriously understand the importance of self-realization.

For example in India no problem. We have say, the President of the world high court (unclear) he got his realization just like this in two minutes. And he was so amazed at it. He asked his wife all the way, we knew them very well otherwise also, to fly out from Udaipur to see me and to get her realization. To them, it is an important thing, very important thing. The most important thing is to become the Spirit. Because he is now the high court judge, Hail high court, the highest position he could reach. It doesn't matter. It's nothing great. If he has not got his self-realization, what's the use of living in this world.

But the attention of the people has to move that side. And it has moved in the west quite a lot. There are definitely lots of seekers in the West. But the problem of the west I must tell you is something very different. The problem of the west is like this, that within us there are two systems which work Autonomous Nervous System. One is the left another is the right. The left one is called as Ida Nadi or you call the moon channel. Or the one which looks after (Shri Mataji stops to drink water) I have been lecturing every night for hours. Moon channel. Now the moon channel is the one that works out our desires. We get our desires through this left side moon channel.

And the right side one if you see it clearly, starts little from the second centre is the one we call it as, I mean no use telling in English. In English, there is no English names. It is called as Pingala. Now, this is the channel that works out our action. First one gives us desire and the second one gives us action. Now, a person who goes to extremes on anyone of them tries to go away from the centre. For example, now we have in the West, lots of ideas say about action. Now, this is the right side. This is the left side. (Shri Mataji is showing by her hands the three channels) Now we have the right and left and the centre in between. Alright. Now, if you are too much into action on the right side, go into imbalance, it breaks the connection with the mains. If it breaks the connection with the mains, then what happens, you start working on your own this side. The connection the control goes away. Once the control of the central nervous system is

gone, you can become malignant, you can develop any diseases of that kind which are psychosomatic.

Also with the physical exertions, and all that you can develop some other diseases which are more physical. Now, going to extremes, for example, for ladies I have always told, who are married ladies I have always told about them, that they really work very hard in the west. In the sense, their standards are so high, everything should be spick n span. All the time cleaning. They have no time to rest. They have no time to rest at all. They must take out some time to rest and look after themselves as well. They should involve the whole family in the work and see that there is a little balance. It should not be that only the woman should go on working all the time for the household. Of course, homemaking is her love and her liking, but that doesn't mean that she should completely sort of get ruined with that. She has to use a balance. She should use some balances which are useful to keep her up herself in the centre. So, what we say that everything should be done in a moderate form.

(Again some disturbance from the lady in the audience)

Shri Mataji: Please. Please, Madam. Please. Please. Everything should be (to the lady) you are not the only one listening there are many other, see listen. I'll tell you madam see. Now, one thing I must tell you. There are so many who have come here all the way. And I have come all the way from London. Alright. Understand that. You are not the only person who has come to listen. But why you don't allow others to listen? This is uncivil. You are not civil. You should allow others to listen. They have come to listen to me, not to you. Keep quiet. I'll listen to you later on. Alright. There should be sensible thing. This is no sense. What's the use? If I am ( more noise from the audience) but I mean whatever your ideas are groping inside you keep to yourself. Why do you want to force it on me? (Further noise from the audience) Alright. Let me make. Then you hold a meeting and make it. Can you get even get one person to listen to you, Madam? I would like to, no, no, no, no. Please. (Shri Mataji is laughing) Just see. They have not come to listen to you at all. They have come to listen to me. Alright. None of them are here to listen to you. It's a simple thing like that. Why are you talking? If you want to talk, let us, you can have a meeting of a bigger quality. Talk to them, tell them whatever you want to tell. It's alright. (Still, noise can be heard from the audience) And I won't disturb you. (More noises) Arey. Let me tell them alright. Now keep it to yourself. Nobody had come to ( ) alright.

Now (Shri Mataji gives a big smile) this is the, I was telling you about the extreme behaviour of anything is not good. We have to keep in balance. When we come in the balance, in a moderate way if we live, then what happens that we keep this contact all the time with a whole. Now the Kundalini that is down below in three and a half coils has to rise through all this. When she rises through all these, she pierces through your fontanelle bone area and you actually feel the cool breeze coming out of your head. If you do not feel it and you say I am feeling it, you are a hypocrite. I am not going to say you are feeling it. It is you who has to say. There are many people who come to Sahaj yoga like that. I am feeling it, good, this, that unnecessarily. Why

should they try to deceive themselves? You are not to deceive yourself. You see yourself, that you feel the cool breeze coming out of your head. (Same lady from the audience again interrupting)

Shri Mataji: Are you Ginnie? Are you Ginnie? What's it? I can't hear you, sorry. I can't hear you, Madam. I am sorry. (Lady say something inaudible) No. I am not. I can't hear you. No. I am not. I am not. You shouldn't say like that. No. I am not a liar. I am not hearing you at all. And I'll give you a chance to talk. Alright. Despite everything, I'll give you a chance to talk. There is a letter against you here. (Shri Mataji picks up from the table and shows the letter) Are you Ginnie? Are you Ginnie? (The lady replies inaudible) Shri Mataji: Jenny? You thinned down very much I must say. You were a much fatter person. Were you?

Lady:(inaudible)

Shri Mataji: Yes. I know. Now there is a letter about you here, which I don't want to read it out. It's not good but you better read it yourself. No, no, no. I am not like you. I am not like you. Alright. Now keep the dignity of the whole thing. Be sensible. Be sensible. There is nothing it is so (interruption again from the lady).

Shri Mataji: (looking upset) But it's not the time. They have not come here for me to (many voices from the audience)

Shri Mataji: Yes, Just see. Why should you take their time? They have not come here to listen (interruption)

Jenny: (inaudible)

Shri Mataji: (looking fed up) Madam. you see, I didn't even know you much. You see, this is, you are. She herself, see now, this lady says that she was driven out. Means she was sticking on. She herself never went away. Why didn't she go away, if she didn't like it? That's the simple thing. She should have gone away. Why was she sticking on?

Jenny: (inaudible)

Shri Mataji: (asking the yogi) What is she saying?

Jenny: (shouting in reply but inaudible)

Shri Mataji: Oh. I see. There is a letter about that, your brainwashing. Nirmala, you know Nirmala? Now, read it out now. Better have it.

Jenny: (inaudible)

Shri Mataji: Alright. Let it be. What she has to say about you. If you can say something, she can also say something. Alright. She also has a right to say. (Handing over the letter to yogi standing next to Shri Mataji) Now, let it be. Read it out. Stevens. Do you mind reading it out? Once for all. Listen to this. What she has to say about you. (Stevens commence reading the letter)

Shri Mataji: He has sent a telegram. (Stevens continues to read, inaudible)

Shri Mataji: Take this. (Shri Mataji tells Stevens to change the mike and he comes to take it)

Shri Mataji: That's wasting of time. It's Adelaide speciality. Ha. Ha. Ha. (yogis removing the mike) We should, I don't know what's the matter. But last time we have gone again, they came to hit me. Before that, there was some other. All the time you have a group like that. All the time and I am surprised. You see if some people can't do Sahaj yoga, alright give it up. Why should they be thrown out? (Voice from the audience) That's all. And you can go to the courts. You see. Not here. Why doesn't she go to the courts. (yogis still managing the mikes placed before Shri Mataji) You see. That's sensible. She is angry alright. (Shri Mataji laughing suddenly) Why is she so angry? And now listen now. Another angry person will listen to her. What she has done to her. (Someone in the audience, inaudible)

Stevens: (addressing the audience, inaudible) (Someone in the audience, inaudible) Shri Mataji: Just a waste of time. Alright. But this is not the place. My child. This is not. See If she is hurt she would have written to me. She would have come and seen me. She would have talked to me. (Someone in the audience, inaudible)

Shri Mataji: This is, don't waste, you see. You see, nobody had come to listen to her. If somebody is hurt, is this civil? You tell me.

Audience: (inaudible)

Shri Mataji: Others have come here to listen to me. Alright. But why to expose here? Why to demonstrate here? She can come and see me tomorrow. I will give her time. One hour, two hours, whatever she wants. Alright. But why disturb everyone? They have come for their realization. Let them have. Why do you want to be dog in the manger?

(Voices from the audience)

Shri Mataji: But it is justifiable. (laughing) (Stevens reads the letter, inaudible, and there is clapping and cheering from the audience)

Shri Mataji smiles and folds her hand in namaste)

Shri Mataji: Now. Alright. Alright, just listen to this letter. You have one complaint, she has another complaint about you. She told me on the phone, that it is about you she has written, but this is what she has said. Now, there is a complaint about her. You see, in any group, there can be complaints about people. We have driven out so many men also from Sahaj yoga. So many but you see driven out. We had to ask them to get out. They never went out. If she would have gone out then I would have understood

her, that she had grudges. But when was asked to get out, then she has grudges, means that we should have a grudge about her. Isn't it? (Shri Mataji smiling)

Jenny: (Inaudible)

Shri Mataji: I can't just hear. I don't know what has happened. (looking up towards Stevens standing on her right) (Addressing Jenny) Alright. Let it be. Let them. Jenny. There is no need to be that aggressive with me. There is no need. Alright. No need. Come along.

(A Male voice from the audience, inaudible)

Shri Mataji: See now. This is too much.

(A lady perhaps Jenny speaking very harshly but inaudible)

Shri Mataji: You were in Sahaja Yoga? (there is cheering and clapping by the crowd. Shri Mataji is laughing) I tell you this Adelaide business.

(Voices from the audience inaudible)

Shri Mataji: You are not allowing me to speak at all. But this is not the way. If one person is hurt, this is not the way. Now if she is hurt, she could have come and told me. She would have. She is welcome for that. She could have told me this has what has happened. Anything. You see. There are ways.

(Lady's voice from the audience, inaudible)

Shri Mataji: It is quite simple my Child. She looks quite alright. You don't know what she has done. If you read the letter. (Addressing Stevens) Why don't you read the letter?

(the lady is constantly speaking from the audience and perhaps Stevens is replying, inaudible)

Shri Mataji: What is it? (In the Hindi language) Bevakooon ki kami nahin hai Galib. (meaning 'there is no dearth of fools' as said by Galib the great poet)

(There are noises and clapping from the audience, reason not known)

Shri Mataji:(smiling) What is this? (Shri Mataji laughing) I mean what can I do?

(Lady perhaps Jenny speaking again and yogi Stevens replying to her, inaudible)

Shri Mataji: Yes this is not proper. This is not being kind to your people in Adelaide. This is dog in the manger. This is. No. no. no. no. no. no. Jenny. That's not proper. No. no. Is not proper. is not proper. There is no propriety. I must say. There is no propriety. This is not the way to behave. You could come and see me. I am here only for one day. There are so many people, who wanted to hear me. Now you jump, you want me to hear you, is selfish. isn't it. Of course, very selfish. You should come and see me. I have told you, come and see. I can talk to you. I talk to all of them and tell them whatever is wrong. We'll try to correct it. That's the simple way. But this is being very selfish. Just to correct it, attract the attention of everyone. If you call a meeting will you have these people there? No.

Jenny: (inaudible)

Shri Mataji: Alright. Six years is finished. Eight years is finished. I have been working for sixteen years, and I have had people like this. (Shri Mataji pointing towards Janie) So, what am I to do? I have been Eh? How much what?

(Voice of Jenny and another man, inaudible)

Shri Mataji: I have paid from my own bank quite a lot, for your information. You know for definite. That's there. You should not lie. That is Janie now you don't lie there. You know I have paid out of my pockets. You know that very very well. Now, don't tell lies there. Oh. No. You know that. You can't say this.

Jenny:(inaudible)

Shri Mataji: What jewellery? Which jewellery? Nothing. I all. You see. Actually, you'll be surprised (interruption)

Jenny:(inaudible)

Shri Mataji: What jewellery? What jewellery? No jewellery? What jewellery you gave me?

Jenny:(inaudible)

Shri Mataji: What did she give me?

Jenny:(inaudible)

Shri Mataji: I mean, just imagine. (Shri Mataji laughing) See now. I'll, I'll tell you one thing. She is. She is really. She is really. She is really talking through her hat. (Mix Noises from the audience)

Shri Mataji: If you ask my husband (Shri Mataji laughing) he'll tell you. You see I (interruption from Janie shouting)

Shri Mataji: These feminist are. What are you doing? Why are you, why are you behaving like this? You see, this is not proper. It's not being proper. No. No. Jenny. It's not proper. You are making allegations which are absolutely false. You know that. You know that I have spent lots of money out of my pockets. And I have been giving lots of presents myself. And not a single thing you have given me, I have used it. No. no. No. No. no. no. no. no. No. No. No. is not correct.

Jenny:(inaudible)

Shri Mataji: What? (Shri Mataji asking Stevens about what Jenny is saying, what Stevens say and what Jenny is constantly speaking is inaudible) What's it? Why do you? What? False you? Eh? No. No. No. I'll tell you about. I'll tell you about. Is she here? Melissa is she here? Is Paul here? Is he here? Is he here? Call him? I'll tell him. He will know, why, why what happened. Let him be here. Why are you talking? No. You don't talk for him. Why didn't he come? Why didn't he come? No. no. no. No. I know everything. I know everything that happens, everything. Alright. Sit down. Sit down.

Jenny: No.

Shri Mataji: Why not?

Jenny:(inaudible)

Shri Mataji: Now this one is a story. See, we had a thousand people in that place. Thousand.

Jenny: (inaudible)

Shri Mataji: I didn't take. I never touch money. You know that very well.

Jenny:(inaudible)

Shri Mataji: No. No. I, Who?

Jenny:(inaudible)

Shri Mataji: Who's brother? Who? Who gave me? (Shri Mataji laughing) Who? Who is this brother?

Jenny:(inaudible)

Shri Mataji: (looking up at Stevens in surprise) Ten thousand dollars. (Addressing Jenny) I have absolutely no knowledge. Is an absolute lie. This is a lie. I can put you on the court on this. No. Nothing of the kind. Nothing of the kind. If he had given me I would have known. And if he had put that money, I give it for Sahaj yoga work. I do not need your money. You must know that. I am sufficiently enough with myself and I give away my money, you know that very well Jenny and don't tell lies.

Jenny: (inaudible)

Shri Mataji: I don't know. I don't know where is it. You find out. I have, first time I am hearing. See. I'll tell you. First time I am hearing this from you that the person who died because I had cured him of AIDS. You know that and then he died.

Jenny: (shouting but inaudible)

Shri Mataji: Is he the one? No. Which one? Which one is William? Which one is this William? From Adelaide? Where? where? Who is this William?

Jenny: (inaudible)

Shri Mataji: Eh? Who? Who? Who? Who? I never say that. We never use those words. I never use.

Jenny: (inaudible)

Shri Mataji: Did I say to you? I never said. (laughing) All lies. I mean A to Z is a lie. Now, there are, there are so many people in our movement and if somebody says that, if I find it, if I know It I verify it and I throw him out. And she did the same, that's why she was thrown out.

Jenny: (inaudible)

Shri Mataji: (addressing Stevens) Why not read the letter, why we threw her out. Just read the letter, why we threw her out.

(Stevens reads out the letter, inaudible, Jenny speaking relentlessly, clapping from the audience)

Shri Mataji: This the way. (Addressing Jenny) Why do you want to get insulted? Why do you want to get insulted for nothing at all. Is all a lie. I must say it's all lie.

Jenny: (shouting but inaudible)



Shri Mataji: I don't need. (Jenny and few others leaving the hall) Let them go. It's not correct. Absolutely a lie. What's the name of the gentleman who gave the money? Just ask her also. What's the name of the gentleman? You should find out. Hello. Mrs. Jenny. Please tell us who is the gentleman.

Jenny: (shouting but inaudible)

Shri Mataji: No. No. We want to know. Hello. I want to know the name of the gentleman who left the money. Will you please tell? Please tell me. I want to find out. I will find out.

Stevens: (inaudible)

Shri Mataji: Who? Who was he? (addressing Jenny) And now who is the gentleman give us the address. I must find out and if it is not so, I'll sue you. I will sue you.. Alright. Bring it. Where is the thing? (Jenny shouting) Where is the ten thousand? Alright, let's find out. No. No. No. No. To be exact, let us know who is the gentleman. Nobody gave. Just imagine. (Shri Mataji drinking water, Some mix noises from the audience) These are lies. I tell you

Stevens: (addressing the audience but inaudible)

Shri Mataji: Even this time, coming to Australia, I have purchased my own ticket. This extent. Now, this lady. They should tell me the name of the man who gave money. Supposing. (Voices from the audience. Shri Mataji looking at Jenny and friends and telling Stevens) You better get her removed. (To Jenny) You better go. You are very troublesome. (addressing the audience) You see they are the people who form sort of unions. And they did the same in the Ashrams. That's not allowed in Sahaja Yoga. You are not supposed to form any unions like that. And these were saying, we are feminist and we must dominate men.

Jenny: (suddenly entering the hall and shouting) that's shit.

Shri Mataji: Shit. That's later (pointing to her left) What words. Imagine.

Jenny: (shouting words not clear)

Shri Mataji: You can't abuse me.

Jenny: (still shouting, Stevens trying to stop her, words not clear)

Shri Mataji: Please, will you ask this lady and this one also to go? (Pointing at the Jenny and another lady) No. No. This one. This one with the orange dress. Ask her to go. Please. You see, I don't want to insult you, Madam. But this is wrong to insult me like this. You can't say all these words to me for nothing at all. I have done no wrong to anyone. I have always tried to help everyone. Spending my husband's money. It's a fact. You know that. (Someone speaks from the audience)

Shri Mataji: (suddenly smiling at the audience) Beg your Pardon. What's he saying?

Audience:(inaudible)

Shri Mataji: What is he saying? (asking Stevens)

Stevens:( inaudible)

Shri Mataji: Quite a lot. I must say, quite a lot. You see he has now paid for my coming here. Alright. But sometimes they also feel

ashamed, that I should pay for their salvation. So, they try to pay to the travellers. Not to me. I don't need any money. Thank God. You know, if Christ was living I don't know what you would have done to him. By God's grace, I come from a rich family and my husband is quite well off. Otherwise, you would have finished off Christ, who was just a carpenter's son. After all, if I have to travel, it's better you pay for your salvation. But still, that also is paid by my husband. And sometimes he jokes also that all the Gurus are making big money and here is a one Guru who is giving her own money to others.

You see this is not a fact but somebody supposing gives something to me say precious. The other day one lady gave me a diamond. I don't take it. I said sell it and whatever is the money, all this money should be donated for the work of Sahaja Yoga. Now the work of Sahaja Yoga is that we have to buy Ashrams for people to live. We have got a very nice school in Melbourne. Actually in Adelaide, we have done nothing. Here the people have not been constructive. But in Melbourne, we have got a beautiful school, where the government has certified that the school is so beautiful and the children are what they are claiming. So beautiful and such a private school doesn't exist in Australia. That's how they have certified the school.

It's a primary school run by Sahaja Yogis. The Sahaja Yogis have to also sacrifice a little bit because you know the private school fees is quite a lot and everybody cannot afford to pay. And they are amazed at the children they are. Now if you want to make false allegations, what can anybody do. But I can prove it, that this money she is saying. Somebody took ten thousand. It is very difficult to give me anything. Very difficult. You try. Even my husband finds it difficult to give me anything. (Shri Mataji laughing) That's not my nature to take. Alright. You see this is the main thing. A person who takes money, will not shout at the top of her voice all the time, that you cannot pay for God, openly.

This is the first time we have people here like this. And this lady, I must tell you has a problem. It's a very funny problem which I don't want to talk to you. And because of that problem, we had to ask her to go. (Jenny suddenly appearing again, saying something inaudible)

Shri Mataji: Come here. I'll tell you. Come. I'll tell you. If you come here I'll tell you. Why do you want to know her problem? I'll tell her not you. Who are you to ask me? I am not going to tell you.

(Lady perhaps Jenny speaking but inaudible)

Shri Mataji: Let her come and see me I'll tell her. I am not going to tell you. Otherwise, why did we throw? Now there is one person, I'll tell you as he said it. (Shri Mataji pointing at someone in the audience) This gentleman has said it correctly, that there may be somebody who did it. You see, there was one person. I don't know if he did the same, the same here. But somebody who was a man, who was not a woman, and very very dominating. We threw him out. He is an Australian. We threw out three men and a few women. We had to because we are not supposed to dominate. You see, in a place where we have to think of God and of peace, we cannot have people who believe in dominating. We cannot have people who try to assert on anyone. Now the question of her husband being sick this Melissa, they haven't come. Both of them haven't come because I know the mistake was there's.

They, I had told them not to sit in the sun too much. And not to drink too much of orange juice. But orange juice is such an attractive thing. They think they could not control. And he developed this diahorrea. We have three doctors always on the tour. Always we have three doctors on the tour to look after them. They are there free. They look after them. Now, we were in a very far off village when this fellow got this. Still, he was brought. They said we'll take him to the hospital. She wouldn't agree. She wouldn't agree. She is such a neglecting wife, such a neglecting wife, that Indian women were surprised, how could she neglect her husband like that? It's alright. He'll be alright. She was postponing it. And it was our doctors who took him there. I mean they were admitted because of us. Because in India a foreigner cannot be admitted unless and until you have a doctor's certificate. You know in India they are very particular about foreigners admitted. And that's how they admitted.

Now there is another thing I'll tell you. How bonafidice can be established of Sahaja Yoga. Sahaja Yoga also in India is very much respected. Any foreigner who goes to India has to have a clean chit from the doctor, except for Sahaj Yogis. In Delhi, you see the trouble is. In Bombay, in Delhi, we are doing so much but here it is so difficult. And also I'd say Rome is very good. Austria is good and also Australia partly is very good and partly very funny. (Shri Mataji smiles) Now, I'll tell you one thing. In Delhi, they are

having a proper investigation made for cancer, for liver and for asthma, how Sahaja Yoga can cure. They have already made. The Dean of the Faculty of Physiology, you can write to him. Mr Rai of Delhi University has already submitted a paper about Sahaja Yoga saying, that Sahaja Yogi has much better resistance than

other people. Has proved it. And it is being accepted and published by the government. You can write to him and find out.

You see this is the trouble. Here no officers come. Such people come in who are good for nothing. They trouble us, do this, do that, all kinds of things, such problems. You get fed up with them. You see you are here to get your realization, to get well. To be alright, to be healthy people. To enjoy yourself, to have a good married life and to have sweet children. That's why we are in Sahaja Yoga. Not to fight and claim things.

I mean this is a falsehood, complete falsehood, that somebody gave me ten thousand rupees. Complete falsehood. Why didn't she tell me the name and address of the person? It's impossible. I can't take a single Pie. Why should I? What is the need for me to take? If you get Melissa's husband Paul, he'll tell you. He knows. He never came here. Why didn't he come? The one who was sick. He never came. Melissa never came. These people are just putting up something. Some people are never in the Sahaja Yoga. Only this lady was. And she was troublesome. She gave us trouble. And we are, are we not free to ask somebody to go out of Sahaja Yoga, if she gives us trouble? Still, we should stick on to them? And the jewellery and all that. What jewellery you can give? I have so much jewellery. You see sometimes these people give some sort of jewellery, which is auctioned sometimes and given money to Sahaja Yoga.

I don't take anything. I have so much jewellery. I don't know what to do with it. Actually, I am giving away my jewellery, silver to all these people. All nonsense. My brother is here, who is a judge of the high court, Bombay High Court. He is sitting here and watching you people. Is this the way to behave? Very childish. Very childish. Despite that, you get your realization. (Shri Mataji smiling)

I must say, you people must be great in your last lives. How many mistakes people have committed here. How much we have tried to sort of harm ourselves. But you will get your realization. That's the beauty of the whole thing. There must be something about you that you get your realization. But those who don't get start fighting. Now, how can we give it there is no force? We cannot say now, Alright. now supposing there is one seed, which doesn't sprout say. Then she says, I must sprout. Why don't I sprout? Can you do that? It's a living process, isn't it? And we don't tell the problems of one person to another. There are problems. Serious problems. Very very serious problems. People have we don't tell because it's not proper.

We know because we know their centres. And that's how we know, what problems they have. I mean we have definitely cured people no doubt about it and you can be cured and you can enjoy your health. We have with us one psychiatrist here, who is first class first of Cambridge and first-class first, We have a psychiatrist. You see these are very mediocre people. We have people here who are very highly qualified, who are travelling with me. Absolutely mediocre people, nothing to do, living on dols. And we have been like this. This dol business should vanish from this country. I tell you half of your problems will be solved. Let them get to some

work. Let them know their value. That's the problem is. Because of this dol business you see, there is no self-respect. And they don't understand, that they must get their self-realization.

It is very surprising, that all the television and all that, just came here for the people to shout. And then they are not interested in this. Is this the way to encourage these people? Nothing good about them. What is so special? What good she has done? What is her importance?

(Voice of a lady, perhaps Jenny, inaudible)

Shri Mataji: She is still talking. Now please stop Madam. (Shri Mataji does Namaskar in her direction) (Voices of a man and a woman, Inaudible)

Shri Mataji: (slightly smiling) What's she saying? What's she saying?

(Someone replying to Shri Mataji, Inaudible)

(Someone replying to Shri Mataji, Inaudible)

Shri Mataji: What to do? You are not in balance. I have to stoop down to your level (laughing)

(Someone speaking to Shri Mataji, Inaudible)

Shri Mataji: You see, she is the same person who tried I am quite in balance but I have to stoop down to your levels to pull you out. I am quite in balance. Alright. (Shri Mataji laughing)

(Someone speaking to Shri Mataji, Inaudible)

Shri Mataji: Now Listen. Don't tell me stories. Will you please stop that?

(Someone speaking to Shri Mataji, Inaudible)

Shri Mataji: You are not interested. No. You are not. You are not the one. (A yogini comes on the stage and Shri Mataji looks up at her enquiringly and smiling)

Yogini: Can I just say something?

Shri Mataji: Alright.

Yogini: I would like to say that Shri Mataji had given me so much in my life. So much peace and happiness. But I would just like to ask all to these four, two people here, two people here,

may be you two here. If you can't keep quiet, I don't know. But could you please just go now and let's have the meeting, to give other people a chance to get what I had.

(Shri Mataji looking very pleased while there is applause from the audience)

(Someone speaking to Shri Mataji, Inaudible)

Shri Mataji : (still happy and laughing) Oh no. Will you please ask her to go now? Will you please? Now, this is a. Will you please? Can you please ask the? (interruption by voices Inaudible) So much time she has taken. I can't help it. I was just in time for you. (Shri Mataji looking at Stevens who is standing to her left) Stevens. Please ask the policeman to take her out. She is talking too much. I mean, she doesn't understand anything.

Stevens: (bending towards Shri Mataji and talking) I think the best thing will be just to talk about Sahaja Yoga.

Shri Mataji: Alright. So those who are interested in Sahaja Yoga should stay, the rest can go away. You see, it doesn't matter how many people get it. The thing is as I have told you, only those who deserve it will get it. Everybody doesn't get it. Doesn't matter. Whatever has happened, I am sure you will get your realization. I am sure of it. It doesn't matter because it's the quality that matters. It is quality. Now. There are people who are anxious to get realization. (the audience applaud)

Shri Mataji: Don't hurt her. (talking about Jenny) (In Marathi not clear) don't hurt her.

(Voice of lady perhaps Genny, Inaudible)

Shri Mataji: (laughing, folding hands in namaskar to that lady) Baba. Ah-ha. What a relief. (Laughing) but don't hurt her. Just let it be. Only thing you can't crucify me (laughing again). Alright. Doesn't matter. Take it easy. This is life. Now, as I was telling you, if you go to any extremes you break your connection with the whole. And as you break your connection with the whole, all these centres which are supplying horizontally to our mental, physical, emotional, spiritual being, get cut or get exhausted or augmented as they call in medical terminology. So, the central path is the parasympathetic nervous system, which doctors have not reached.

Now, through this Kundalini which is there, which is three and a half coil, when it rises, It pierces through six centres, pierces through your fontanelle bone area. And when it pierces through your fontanelle bone area, you get your self-realization. As simple as that. This is your mother. Individual mother, because she gives you birth, a second birth. And she doesn't trouble you. She doesn't give you any problems. She takes up all problems upon herself. She tries, but I have seen in some people the Kundalini is very badly hurt, wounded, just all the time like a bleeding serpent you can say. It's just moving up and down helplessly trying to rise. It rises and

falls down in some people. And it is such a sad thing, that it works out in days together when the person co-operates to keep the Kundalini up there.

But most of the people get it. And with little practice in about a year or so at the most, they become masters. But within one month they know everything about Sahaja Yoga and they know how to do it. In fact, you become your own master. You don't have to have any guru. You don't have to have any master. For this, you don't have to pay a single pie. You don't have to do anything of that kind. It just works out automatically and you can give realization to others once you get it. When you become the master. But that is a quality which one has to achieve. If you achieve that quality then only you can do it. Otherwise, you cannot do it.

By talking about Spirit, by talking about God you do not achieve it. It is a living process of evolution. As we have become human beings, we become that higher being. This is the seeking today and that's what people are seeking. They are not seeking something, which has been said or done, but they want beyond this what? And beyond this is the Spirit. But as I told you the people who are not of that quality, do not get it. But for that, you cannot blame anyone. You should not blame yourself and you should not feel guilty about it either. But you must know everybody, if they try can achieve it. Some people might get it today. Some people might get it tomorrow. Doesn't matter. If you work it out it is very easy to get you self-realization in modern times.

Now, as in our country, we have searched in the subtler side of our life towards the roots. We have definitely found out so many things, so many poets, so many saints have written. Say, in the sixteenth century there was a great poet called Tukarama. He has described it very clearly. And then in the sixth century, we had Adi Shankaracharya who has described it. But later on, I would say, it was Guru Nanaka and Kabir who has described Kundalini in their scriptures.

The main point is, that in India also people got diverted. They were told that you should not read the sixth chapter of the Gyaneshwara because it talked about Kundalini. Because they did not want to do it. Because they did not know it. They had no authority. Like a priest class, they were. In the same way, in every religion, I think nobody tried to find out how to get self-realization. That was the problem and because of that people have suffered. There have been many great people who have been self-realized. Even we can say like Michael Angelo was a realized soul. Now if I say that, you can say how can you say, mother? You can ask me a question, Mother how can you say that Michael Angelo was or Mozart was? He was because when you put your attention to him and put your hands like this, you start getting cool vibrations in your hands.

That's how you can find out who was a realized soul, who was not a realized soul. So, the truth you know through your hands not

through your rationality, through your understanding. But you know what is right and what is wrong through your hands. Now, these are five centres (Shri Mataji indicating towards the chart showing subtle system) as shown there clearly. You can see on the hands. Hands are not shown on this one I think. Alright. These are the five centres. This

is the sixth and this is the seventh. The left-hand side is the emotional side and right-hand side is the physical and intelligence. (Shri Mataji showing the chakras on her hand) So these one, two, three, four, five, six and seven. These are the seven centres. Now somebody has a problem on any centre, you start feeling either a numbness, or a coolness, or a kind of a burning. Sometimes even little blisters come out of the thing.

Then you should know that the person . has problem of this centre. Now, if you know the decoding of this finger, what does it mean and how this is caused, you can correct it. If you can correct it, that person feels alright. You feel alright. And you have all the powers to cure that person and cure yourself and be one with the divine force.

It is all-pervading power of God everywhere as called, but we have never felt it. We have never felt the cool breeze of the Holy Ghost. Now, this is the first time we feel the cool breeze of the Holy Ghost. First time we feel. We become sensitive and we start feeling it. But those people who are conditioned, who are running after other things, who are members of this and members of that and members. All their life finishes as members of this and members of that. They do not get anything out of it and they do not know what is their meaning.

First time you know your meaning when you become the spirit. Unless and until you become the spirit you will not know your meaning. As I told today to the radio lady, that it's like an instrument. Unless and until it is connected to the mains, it is useless. In the same way, unless and until we are connected to the mains, we are no good. We are not happy. We are not satisfied.

Now, this (in Hindi) 'trikonakar asthi' what we call as Sacrum Bone has that power, which is the pure desire within us. The pure desire. The pure desire is only one. The rest of the desires are impure. The pure desire is to rise and get to the divine power. Once you get that, it's like a light coming into a lamp. Then what does the lamp do is to give realization to others? It starts giving lots of realization to others and starts giving all the (suddenly laughing) They are only interested in the quarrel part of it. Best thing. I mean, Just imagine. Otherwise, they would not come. It is such an important thing. Such an important thing. But they are only interested in the quarrel. If somebody is going to quarrel, they'll line up. It's not.

It's not a very good thing you know. They must understand the importance of time. It is the most important time. This is the Judgement Time. Here you are going to get the power to judge you and judge others. And if you don't develop that within you, you are lost. So, it is important for all of you to feel your Spirit. Now, I can go on talking like this for a long time. But I would like you to get your realization. And by God's grace, I am sure it will work out.

Now, those who want to have their realization should stay and those who do not want please go away. You cannot force on anyone. You have to ask for it. I cannot force it on anyone. You see, It is something one should understand. It's a living process. You become absolutely normal first of all. Normalcy means, that you do not feel guilty about anything. Be pleasant to yourself. You

should be pleasantly placed towards yourself. You should be in a happy mood. And should not think you have done this mistake and that mistake. Have committed this crime and that crime.

It is you who is going to judge yourself. It's not me, it's you who is going to judge afterwards when you have got your realization. It's like this if supposing I have a snake in my hand. Alright. And somebody tells me there is a snake in your hand. And there is darkness. In my ego, I might say, No. I don't believe. I am going to hold on to it. But then, somebody says, that put on the light. And the lights are on. You see the snake and you just drop it. It's like that. So, the knowledge is the truth and truth is the knowledge and everything is the love of God and compassion. There is no place for hatred and anger in Sahaja Yoga.

Now, I think we have had too much of question and answering. Let us have our realization. Some people can come forward. It

would be a better idea. You can move forward if some people want to come forward. No. No. No. Here. here.

Now be peaceful with yourself. First of all, forgive yourself. Forgive yourself. That's very important. And be confident, that you are all capable of getting realization. Do not blame yourself for anything. Whatever you have done is forgiven absolutely. So, do not blame yourself. You have to have a complete faith in yourself. That's very important. Alright.

Now, as I said the left hand is the desire. You please put your left hand on your lap. It would be nice if we could take out our shoes also to get help from the Mother Earth because she sucks in most of our problems very easily. It takes only five to seven minutes. But only thing is one should intensely ask for it and want it.

Please put your left hand towards me. Now, with the right hand, we do the action. Now, I will tell you how you will have to raise your own Kundalini. Alright. You will know how to raise your own Kundalini. And that's how you can practice at home also. Now, this left hand is towards me i.e. you want your realization. Now, the right hand is first put on the heart, where resides the Spirit. Now, this right hand is taken down again on the centre here which is the centre as we call it Swadishthan, which is the centre which does all the I am sorry this is on the upper part of it there is the centre of the principal of your Mastery or guidance.

Below that, on the stomach, on the lower side of the abdomen. You have the lower side of the abdomen on the left-hand side you have a centre which is very very important. Which is of Swadishthana which works out all the processes of divine love or all the techniques of divine love. So, then you go back again on the upper part of your stomach left side again. The whole thing is working on the left-hand side. Then put your right hand on the heart.

Then please put your right hand on the neck and turn your head like this (Shri Mataji demonstrating how to do it) between the corner of the neck and the shoulder. Now, take your right hand on top of your head and press it hard on both the sides. Now, take your hand on the backside and put your head on the backside and press it hard on the backside. Now, the same

hand now has to go on top of yourself head and has to be stretched like this on top of your head and press it hard, the scalp seven times. That's all. You have to do. Now, you have to close your eyes.

So, here we go. Start our process of Kundalini awakening. But to begin with, I have to tell you again, that you have to be in a very pleasant mood and you have to forgive yourself. And you have not to feel guilty at all. That's the first condition for anything. If you have taken drugs, alright finished. If you are an alcoholic, finished. Doesn't matter. Anything you have done, done. Finished. That's past and at this time it doesn't matter. At this time it does not matter. Just forgive yourself. Now close your eyes.

Put both the legs parallel to each other. Now, take the right hand to your heart. On the heart, put this hand properly. And here resides the Spirit so please, ask me a question in your heart very intensely. Very important question. You can call me Shri Mataji or you can call me Mother. Mother. Am I the Spirit? Ask this question three times.

Now take this hand in the upper part of your abdomen on the left-hand side and press it. This is the centre of your mastery. So, the second question comes in. As you are the Spirit, you are your master too. Now, ask me again three times with full confidence. Mother. Am I my own Master?

Now, take down your right hand in the lower part of your abdomen, on the left-hand side. Here you have to ask six times because this centre has got six petals. Here you have to ask because I cannot force on you. So, please ask me, Mother. May I have the pure knowledge. This is the knowledge of the technique. Mother. May I have the pure knowledge. Just press it hard. Hmm. Six times. With this, the Kundalini starts moving upward now.

Now, at this time you have to co-operate with your Kundalini. Sit straight. Put your both the legs apart from each other. Now, be careful. Take your right hand on the upper part of your abdomen, on your left-hand side and press it hard. Now, here with full confidence, you have to say, Mother. I am my own Master. Say it with full confidence. Please say it, Mother. I am my own Master. Now, raise your right hand. This is to be said ten times. Press it hard. Say ten times first.

Now, raise your right hand to your heart. Here again, with full confidence you have to say twelve times the most important thing and the only truth i.e. Mother. I am the Spirit. Please say it ten times. With all confidence in yourself. Mother. I am the Spirit. Please keep your eyes shut. Don't keep them open. Just keep them closed. Mother. I am the Spirit. Till I tell you, keep your eyes shut. Mother. I am the Spirit. Now, raise your, this you have to say twelve times properly.

Now, raise your right hand on to your neck in the corner that is formed by your neck and your shoulder and turn your face towards the right. Turn your head towards the right. Press it hard. Here is the centre which is always blocked when we feel guilty. God is the ocean of Love and

grace but he is above all the ocean of forgiveness. So, please say sixteen times here. Mother. I am not guilty. Please say sixteen times and if you still feel, you can say it 108 times to punish yourself. Sixteen times. Mother. I am not guilty at all. With full confidence.

Now, take your hand on your forehead across and press it hard. Now, here you have to say, Mother. I forgive everyone. Now, some of you all the time say, that it's very difficult Mother, to forgive. But whether you forgive or do not forgive, it's a myth. You do not do anything in both the cases. But when you say, I forgive, you do not play into the wrong hands. So, just say Mother. I forgive everyone.

Put back your hand. You have to say it from your heart. Now, put back your hand on the backside of your head. And allow your head to rest on it. Here just for your satisfaction, you can say, Oh. Divine. If I have done any mistakes, please forgive me. Just for your satisfaction. Don't start counting your mistakes, please. Push back your head. From your heart, how many times is not the point. Push back your head back. Keep your eyes shut. Terrible heat.

Now, take your hand on top of your head. Open it out fully. Press only your fontanelle, press your palm only in the centre on the fontanelle bone area that is the soft bone which you had in your childhood. Press it hard. Press the scalp and make it move seven times. Please keep your eyes shut. Press it hard. (Shri Mataji blowing into the microphone seven times) Now, take down your hand.

Open your eyes slowly. Put your right hand towards me. Like this, like this, right hand, like this. Right hand like this and with your left hand you see on top of your head. You can bend your head a little and see for yourself if there is a cool breeze coming out of your head. Bend it. Bend. Bend your head. And it could be little, some people get it here.

Haan. Now, change the hand. Left hand towards me, with the right hand you see. Now, bend your head and see for yourself. Hmm. Now, again change once more. Right hand towards Me and see with the left hand. Hmm. Now, raise your hand up in the air and just ask a question in your heart. Is this the cool breeze of the Holy Ghost? Is this the Brahma Chaitnya? Is this the love of God that we are feeling as cool breeze? Ask any question three times in your heart. Put your head up towards the sky.

Haan. Now, take down your hands. Just see for yourself. Watch me without thinking. You can do it. Hmm. You were supporting a wrong person (Shri Mataji laughing) I knew this would don't matter. Later on. The divine you see judges you very much. (In Hindi language) Aa Raha hai dhanda? Cool is coming in your hands? Great.

Now those who are getting cool in your hands or on top of their heads, please raise both the hands. Those who are getting, both the hands. Those who are getting the cool breeze. Both the hands. Those who are getting a cool breeze in their heads or on their hands. Please raise both the hands. Good. Put it. Put it up. Put it up. Don't down. If you aren't feeling it doesn't matter.

See, how many have got it. Alright, put them down. Despite all the trouble (in Hindi language- Sardarji. Aap ko nahin hua Kya? Haan? Arey Bhai paar utar Gaye sant Jana Rey? Kyon bhai aap ko kyon nahin hua? Chalo. Haath karo meri taraf. Hua nahin? Aaya nahin dhandak haath mein sar mein? Aa gayi na? They have got it. Arey Sardarji. Logon ka hi toh kaam Kar rahey Hain. Nanak



Saheb ka hi toh kaam Kar rahey Hain. Unhone hi toh kaha hai. Hain na baat?) (Translation of Hindi words said by Shri Mataji- She is addressing a Sikh Indian man and enquiring if he is feeling the cool breeze in his hands or head and also telling him the in Sahaja yoga we are doing what Guru Nanak has talked about)

They know this. They know this very well. Haan. May God bless you all. Now, what is to be done? How to maintain it? And how to keep it up? And how to master is the point. You must master it. Some people haven't felt it I know. Some people haven't felt. Doesn't matter. You were opening your eyes, closing your eyes. You see, that's not the way. Intensely you should do. Alright. Those who haven't got it should not worry. Those who have got it are very good.

They should, all of them can come to a programme they are having. What they call a workshop where individually they will attend to you. You don't have to pay any money whatsoever. That's a fact. You don't have to pay any money whatsoever. And there could be one or two persons. As Christ has said, Beware of the murmuring souls. But here people are over conscious of them I think. So, it has done good to so many and will do good to so many of you. What it does to you first of all that you feel extremely peaceful, extremely peaceful. And then you develop this thoughtless awareness.

(Shri Mataji pointing towards a gentleman in the audience) You didn't feel sir? You didn't feel? You. No? Surprising. I thought you will get it because you are so much there. (Pointing to someone else in the audience) What about you? You too didn't feel? You feel it. (Shri Mataji laughing) You are absolutely gone into that. Haan. It's good. It's very enjoyable. You'll sleep very well tonight and then you come and see for yourself, What powers you have. What glory you have. What peace you have.

We talk of peace, peace, peace, peace. It is not outside. Peace has to be within. When the people will have peace within then they will be peaceful. And there can be some people who take time. It's all right. Doesn't matter. Little time but one should work it out assiduously and with humility. One should not aggress for that. By aggressing, you don't get it. It has to work out, is the point. There might be something wrong with you or which can be corrected very easily. So, may God bless you. Despite the whole thing, I am thankful that you all came and you got your realization. And I hope next time we won't have this problem in Adelaide. (Shri Mataji is laughing and bowing to all)

(Shri Mataji indicating to someone in the audience and speaking in the Hindi language) Ek in ko realization den. This gentleman. I think he should get it in no time. This gentleman here. Can you see that? Now, see he can give realization. These Sahaja Yogis can give you realization. You get out, i mean some people who haven't got realization can get out and they can give you

realization. Now, they have got the light. They can give you realization. You can give realization. Alright. Please if you don't mind if you can just go there?

Anybody else who wants realization hasn't got it should come on this side. And they will work it out for you. Anybody who hasn't felt it? There is nothing to feel funny about it. Some people might not have got it. Is she alright? She got it? This lady. You got your realization? I am happy. This one? This lady here. Did you feel the realization? Haan. Good. Very good. What about you? No? No. No. Just see her. She is not sure. Can you tell from there? (Shri Mataji speaking in the Hindi language- In ko Jara dekhiye dono ko) These two are here. Just see them.

In any case, I would like to shake hands with you so, forget it. Last time they were these 'Born Again'. They brought Bible to hit me. Can you believe it? (laughing) You see, I am against the feminist movement, that's why they are angry. (A yogi removing Mike placed before Shri Mataji so that she can get up whenever she wants)

Shri Mataji: Has she got it? Has she got it? Eh? Just try on her.

Stevens talking to Shri Mataji: (unclear) We worked on her. She wasn't sure.

Shri Mataji: No. no. no. no. There isn't anything. Shouldn't doubt it. (Speaking in Hindi language- khoob joron sey as Raha hai) doing very well. You should bring your children. Should have brought them. Children are the best. They get it very fast. Now, this

gentleman. Hello. What's your name? (Telling Stevens) Give him realization. (Addressing the gentleman) Just come along. Must give him. He was supporting a wrong case, that's why. (Shri Mataji laughing) just laugh it out. Now, joy n joy n joy. So, Adelaide has some great seekers also, I must say. Some very great seekers.

Stevens talking to Shri Mataji: These three are here from Rajyoga.

Stevens: These three are here from Rajyoga. They were hoping to have a word with you.

Shri Mataji: Doesn't work out.

Stevens: I have tried.

Shri Mataji: They are right-sided. Very right-sided you see. They are like nuns. doesn't work.

Stevens: I don't know if they want or not. They were wondering if they could speak to you.

Shri Mataji: They can't. They are on the right side. Rajyoga doesn't work out.

Stevens: There is also television people still hanging outside. They might want to speak to you. Do you want to speak to them?

Shri Mataji: (laughing) What. I am really surprised at the television. Wasting their time with this nonsense. Why don't they see these things and televise it and let people get it? You see, on the television, people can get realization.

Shri Mataji: (suddenly smiling at someone) Haan. Yes. Hello. (Someone not visible give some flowers to Shri Mataji) Thank you. Haan. Beautiful. (Shri Mataji smelling the flowers and then keeps them aside) So, I should go and talk to them. (Shri Mataji starts wearing her cardigan) Adelaide has a minimum number of people but very serious people. There is something great about Adelaide. Very nice people you see. And I think in the foundation you need some serious people also. Then, later on, it will grow.

Stevens: (passing from behind Shri Mataji's seat) I'll go and see which way to go out.

Shri Mataji: Haan. I would.

Shri Mataji: (Three people come on the stage before Shri Mataji, she smiles up to them) Haan. What were you doing? You are Rajyogis?

Rajyogis: Yeah. From (not clear)

Shri Mataji: Oh. God. (Shri Mataji accepting the flowers from them) Thank you. So, what is it? Want to get your realization or not?

Rajyogis: We have got realization.

Shri Mataji: No. You haven't. You haven't got it I tell you. You have to feel a cool breeze in the hand.

Rajyogis: We feel love in the heart.

Shri Mataji: Eh? Pardon? Who is?

Rajyogi: Pyar?

Shri Mataji: Pyaar Kya? Pyaar (Pyaar is Hindi words for love) is in the heart. Is in the heart. Everybody says that. Saying is not the

point. Must work. Love must work. Must act. Act. Act, you see. Unless and until you are connected with that divine love, you cannot act. It acts. Sitting down here you can act with that. You see. This is the thing. Just believing that we have love doesn't work out. Must act.

One of the lady Rajyogis: We must get experience

Shri Mataji: Beg your Pardon? Experience it. That's the point I was saying and you see, that's what it is. We don't have anything. And the experiences of the, as described by Adi Shankaracharya. Adi Shankaracharya has described it as (words in the Sanskrit language) Saleelam Saleelam, the cool breeze. It's all described in our Puranas and all that. But in the Brahmakumaris, I don't think they tell you all about it.

The man from the Brahmakumaris: Have you heard (unclear)

Shri Mataji: Yes I have heard. I have heard. But I see. But doesn't work out. I think you have to have simple self-realization first. That's very important. It's very right-sided. Brahmakumaris are very right-sided according to us.

The man from the Brahmakumaris: You think so? What is that?

Shri Mataji: It's more on the right side. Is more intellect and things like that. And it has to come to the centre. It has to come to the centre. I have met many people who are from Brahmakumaris. But somehow I feel they should try to understand also, that's it's all, for one thing, is to become self-realized. It's important and that you must get. But that is not what you think. It's not that. It's the thing that you get and on your Central Nervous System, you must know. You must get it on your Central Nervous System. See now, your faces are very red. Vishuddhis are not alright. This centre is not alright. Faces are very red for normal. You have to be very normal people. Extremely normal. In normal life, you have to live like Christ lived like everybody lives. There is no abnormality needed at all. To be absolutely normal life.

The man from the Brahmakumaris: What do you mean by normal life? Worldly people?

Shri Mataji: Worldly people. You should live like worldly people. Actually, we have no place for sanyasa in Sahaja Yoga. We don't believe in sanyas.

The man from the Brahmakumaris: Brahmakumaris is in the family path.

Shri Mataji: Yes. But the difference is that we believe in the experience of realization and the manifestation of it. That we should be able to raise the Kundalini. If you can raise the Kundalini, give realization and you are master of that, then you are a Sahaja Yogi. That's the point is. (Brahmakumaris, two women and one man are leaving) Think it over. Give it a thought. Alright. Think it over. Think it over. May God bless you. Thank you. Thank you.

Sahaj Yogi: Shri Mataji. This ABC lady is quite sensible about these crazy people and she would like to come back to the house and in a very quiet atmosphere, to talk with you.

Shri Mataji: ABC? Who's that?

Sahaj Yogi: They are from 7.30 reporters.

Shri Mataji: Others rest of them have got?

Sahaj Yogi: There are some waiting in front talking to people who are going out. We have arranged for them to meet you (unclear)

Shri Mataji: First send the Sahaj Yogis to tell them we have got realization. Pretending. First the Sahaja Yogis.

Shri Mataji: (speaking in the Hindi language the Indian lady) Ho Gaya tum. Tum ko thanda aaya key nahin? Aaa Gaya. Achha. Kya naam hai tumahara? Khush Raho. Khush Raho.

Indian Lady: Mera naam Amar hai. Mein nayi aayi Hoon Sahaja Yoga mein.

Shri Mataji: Achha. Abhi aayen Hain.

Indian Lady: Bahut taras rahi thi mein aap ko dekhne ko. Kal jaongi to unsey baat karoongi.

Shri Mataji: Haan. Jaroor in logon sey milna. Yahan aana achha. Tumhare father mother Kahan Hain?

Indian Lady: Father mother sab Singapore mein Hain. Mein akeli Hoon.

Shri Mataji: Kaise?

Indian Lady: Pati Hain saath mein par woh Sahaj Yogi nahin hain.

Shri Mataji: (laughing) Chalo. Doesn't matter. Ho jayega. Achha. Khush Raho.

(Indian lady goes and a foreigner lady comes and sits before Shri Mataji) English Lady: I am Robert's mother. Nirmala's mother (unclear)

Shri Mataji: (looking pleasantly surprised) Haan Ah. I know. You know what has happened. It's a serious thing with Nirmala I don't know with this woman. You could blame her for this. She is the one who has just brain-washed Nirmala and I have got a letter for her. I have got a thing from her. They brain-washed her and brain-washing made Nirmala so dominating, so dominating that Robert got into trouble. He has very bad pneumonia. When he came in the ashram I said such a bad right heart. I was quite worried and I said, Who's that? He said, Robert. Robert. how did you get such a horrible thing? Ah. Then I realized, He had this pneumonia. I think Nirmal has to send him to Rome to get alright. I said what's this? Why did

you learn this dominating stuff? Why were you dominating? It's very wrong. I think she could have ruined his life and that's the letter she had given.

Shri Mataji: (receiving another lady and shaking hands with her) How do you do Madam? How do you?

Yogi: She has come from Sydney to see you.

New lady: I have seen you in Sydney.

Shri Mataji: How is he? How are you?

Yogi: (not clear)

Shri Mataji: Ah. Good. Thank you. Look at these one or two persons here and there. They are just trying to trouble me. Doesn't matter. It's alright. But people got realization (Shri Mataji laughing) it's all right. It's alright. After all, a mother has to face all this.

Shri Mataji:(addressing another lady) Yes. Come.

Another lady: I come all the way from Iceland.

Shri Mataji: (looking surprised) Really? Imagine. From Iceland, you come. Baba. My God. (Laughing again) All the way from Iceland. I have to go to Iceland also sometimes. We have some friends in Iceland. There are about two thousand families. We have forgotten their names. No. No. It's alright. Sometimes. Doesn't matter.

One of the lady: (Sitting before Shri Mataji and speaking to her) It's so frustrating because we wanted to hear you.

Shri Mataji: I know. It's better you come and tell all these people outside. These television people should understand. They give so much importance to them. That's why they talk. See, they are not.

Another lady: (not clear)

Shri Mataji: it's a very sad thing. To give importance to the wrong type of people. And she told all lies. It was all lies. I mean, I never take money. What's the question of taking money at all? Somebody might give some jewellery or something. I auction it out. I don't touch anything. What is the need? I mean I am the one who is telling everyone not to take any money.

Lady: Well I am sure nobody is hearing them.

Shri Mataji: I don't know. Why don't they seek themselves? (Addressing a new arrival a man) What happened to you, my child? You didn't get it?

The man: (not clear)

Shri Mataji: Why? You didn't get it?

A man: Sorry.

Shri Mataji: You didn't get your realization?

A man: (unclear)

Shri Mataji: I tell you what exactly, you didn't forgive. You should forgive everyone.

A man: (unclear)

Man: (unclear)

Shri Mataji: You couldn't forgive them?

Man: (unclear)

Shri Mataji: Alright. Forgive. Forgive everyone. No. No. Just forgive yourself and I'll work it out. You just forgive. Don't say all that. Don't say anything to yourself. Just forgive yourself. Just forgive. What Christ has told you. On the cross he said, Forgive. He forgave and we have to forgive. Alright. Started?

Man: sorry?

It's working? Can you feel it? Is it going now? Can you feel the cool breeze?

Man: Do it again. Do it again. (He laughs)

Shri Mataji: (laughing with him) Alright. Let's see. Now. Is it. Now see. You got your realization. Forgive. Forgive. From your heart. Forgive yourself first of all. Forgive. Forgive. Forgive. Now forgive everyone. Forgive everyone. Forgive. Now? Got it?

Man: Yes. I can. God bless you. Thanks.

Shri Mataji: May God bless you.

A lady: (unclear) I had written a letter to you.

Shri Mataji: (looking towards a yogi) What?

Yogi: She was struck by lightning, Shri Mataji.

Shri Mataji: (looking shocked) Ah.

A lady: (unclear) I feel high and very very strong vibrations. But I feel it in the hands.

Shri Mataji: (Shri Mataji holding the lady close to her and speaking in her left ear for a few seconds) Aham Sakshat, Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Aham Sakshat Vishnumaya. Now? Let's see. Feeling it? Not yet? Both the hands? Little bit? Started? You have to work on the photograph. Alright. (Unclear) Must forgive. Forgive.

Shri Mataji: (talking in Hindi language to new arrivals on stage ) Aiyee. Hello. You have got it. I can see that. Good. May God bless you. Nice. Nice. I came for you people really. Alright. Come and see them. Alright. (Talking to another new arrival and shaking hands) You come from where? From Fiji?

Lady: Sri Lanka.

Shri Mataji: Sri Lanka? Achha. Got all of you. Got your realization.

Another man: My sister you must be knowing.

Shri Mataji: Who?

Another man: Uma and Anuraag

Shri Mataji: What is their surname?

One lady: Natraja

Shri Mataji: Haan. She is your sister? It was nice meeting you really. I know. I know. He is a Veena player. I know, I know, I know him very well. Oh. She wrote to me. Is very good. He had got his realization and is really enjoying.

Shri Mataji: (addressing the lady she is working on) Now? Better. better. It's started now. That's the mantra you have to say, of Vishnumaya mantra you have to say. Alright. Started. (Looking up at someone arriving) Now, how are you? Got it.

Lady:(lady leaving from the stage) I go.

New arrival lady: I don't know if I have got it.

Shri Mataji: You have. You have. You have I know. Sit down. (Working on her hand) Don't doubt. It's there. There. (Shri Mataji laughing) work it out.

Lady: I try hard.

Lady: I try hard sometimes.

Shri Mataji: You should not try. Just leave it. Just don't try. You cannot try. Just leave it. Haan. Now. Now, Just say. Alright. That's it. You shouldn't try. This is a spontaneous thing. You cannot try.. Alright. (To another arrival) Let me see you got it.

New arrival: I got it.

Shri Mataji: You have got it. Really got it. She is got it in a big way.

New arrival: Thank you.

Shri Mataji: Yes thank you. Thank you. (Shaking hands with another arrival) Thank you. Sir found out. (laughing) now laugh. Laugh. And laugh. So simple. It's so simple. So simple my children. Now, enjoy yourself. Enjoy is the point.

New arrivals: Thank you.

Shri Mataji: God bless you. After all the whole thing is all finished. Now, you all got it. (Talking to someone else) May God bless you. So good. So beautiful. Addressing the audience) You want to take photograph? Alright. May God bless you. (Shaking hand with some new arrival) So, now. What's the matter?

Lady: I was reading about you. And you just arrived in Adelaide suddenly. I was reading about you.

Shri Mataji: It just works spontaneously, isn't it.

Lady: Of course. I think my Kundalini was partly raised and it is going to drive me a bit mad. (unclear) my husband.

Shri Mataji: Oh. Really. Who did that?

Lady: Patrick (unclear)

Shri Mataji: Oh. Baba. They shouldn't do like that. (unclear) They ruined you completely.

Lady: Sorry?

Shri Mataji: They can't do it. Must have an authority to do it.

Shri Mataji: Who is this Patrick?

Lady: He is a spiritual leader.

Shri Mataji: Oh Ba. it's not good. Very bad. (Shri Mataji addressing a yogi among the audience) Rustom. Don't go to these people. Horrible. They take money for that. (Shri Mataji laughing and talking to a Sahaja yogi standing on her right side behind her chair) Done nothing. So, we got very nice people later on. And so many have got realization. The lady has gone now. She was making all false allegations. This is, I mean I have never heard about these.

Rustom: Ji Haan Shri Mataji.

Shri Mataji: (speaking in Hindi language Isko Dekho Jara Kundalini iski) some fake leader has done it. (Shri Mataji talking to another new lady) Alright. Good.

Lady: Alright.

Yogi: Shri Mataji they came to ashram nearly one year ago and got their realization.

Shri Mataji: Now it's confirmed. Alright. God bless you.

Another lady: Just wanted to say Hello. Welcome to Adelaide. It's nice meeting you.

Shri Mataji: (laughing) it's alright. It's a joke. And It's all falsehood. The main thing is that it's all falsehood so I didn't know whether to laugh or say something. But it's a fact. You see, when somebody, something goes wrong. Somebody frustrated, they try to behave like that. It's a wrong thing to behave. You should try to be more peaceful and see for yourself and not to just get into problems, isn't it? Because she could not say anything to us. I mean what was wrong with us. I mean nothing with us. Maybe, somebody might have dominated her, I can't say that.

But that doesn't mean that the whole of the Sahaja Yoga is like that. Some people can dominate you. It's alright.

Yogi: A cup of tea Shri Mataji.

Shri Mataji: Later on. Nice to meet you. A smile is the most beautiful thing that I want to see. God bless you. (to another visitor) Alright. So. You got it. Despite all the problems. Don't you worry. Don't you worry. May God bless you.

## Part 2 - Interview of Shri Mataji

Interviewer: Expect your teachings, your philosophy, more than other countries.

Shri Mataji: Yes. That's true. For example, Austria. Austria is very good, England. And I would say, the best is Italy. Best is Italy. And then the second best would be Australia I would say. I don't know how to compare, but so many countries like that But in India, of course, they know what it is. So I have thousands and thousands of people who got realization.

Interviewer: (unclear) In India there are so many people who are in need of some sort of a hope, that you would have a big influence on them. Is that the way you see it, that you have a very very large population, a lot of people looking for hope.

Shri Mataji: Yes. Apart from you see. Once you get realization, you see this problem of population is solved. You see, a person becomes very dynamic. They become very creative. They start getting dynamic. They improve financially also. All of them have improved financially, everyone. So, it's a thing of the energy that is within us which we have not used. Which comes into use and we become dynamic.

Interviewer: You are very happy soul.



Shri Mataji: (laughing) Yes I am. That's what. Sometimes they don't like to see me very happy because they think I am ignorant. But why I am happy I'll tell you. I have great hopes. I am sure this world is going to be a beautiful place. That's why I am so happy.

Interviewer: Sorry. You would be.

Shri Mataji: I am happy because I know now the world is going to be a very very happy place for all of us to live very happily.

Interviewer: But you do say there are a lot of useless people in the world. What do you do with those useless people?

Shri Mataji: I don't know what to do with them because you see there is no room even in the hell. You see, I don't know where will they go. They might hang in the limbo or something like that (Shri Mataji laughing) you can say. But why don't they see, what is their use? Why they have come on this Earth?

Interviewer: (Not clear)

Shri Mataji: They don't want to think. They might. You see some people, some people take after the multitudes. So, may be if there are many people who are realized souls, they can.

Interviewer and Sahaja Yogi not visible can be heard talking) You want to copy that letter? Give me a copy of that. It was a very short Interview. Thank you.

Shri Mataji: Yes. Please.

(Some people not visible can be heard talking next to Shri Mataji)

Shri Mataji: Yes. I can hold it if you like.

Lady interviewer: Oh no. It's Alright.

Shri Mataji: Alright.

Lady Interviewer: How do you feel about tonight's meeting? To your satisfaction?

Shri Mataji: I am alright. You see, this doesn't stop me from giving realization. Most of them have got realization tonight. But you see, it shows that people can go very low sometimes. Doors of Sahaja Yoga are open to everyone. Even to a convict, or a criminal, all kinds of people come in. And we don't also find out, what sort of a life they had in the past. Forget the past. Forget the past. But sometimes they come from a very complicated life and then they show that thing. It's alright. Doesn't matter. It's not so important. But one has to have some civil ideas. That when you are in a meeting, allow me to speak. I would have asked her the questions later on, given her full chance but she wouldn't allow me to speak. And she made all false, absolutely false allegations which has no meaning.

Like the first thing, she says, that somebody gave me ten thousand dollars. What do I care for ten thousand dollars? It has no meaning to me at all. I mean doesn't matter ten thousand dollars. I must have spent much more than that, much much more for Sahaja Yoga because I think it's very important. For me, that's the most important thing. Why should I take money? What's the use? What's the use of money to me? And I am the one talking from the top of the mountains, that you should not give. Maybe, some people might have given some jewellery as she said, so called. You see, all of that we auction. We auction it. Nothing I took. Everything

belongs to me whatever I have. So, it's a wrong idea to talk like this when others are sitting, anxiously waiting for a very important

thing in their life which is self-realization.

Lady Interviewer: (unclear) the friend of her's who died (unclear)

Shri Mataji: No, it's wrong. She should tell us the name of the person first of all. Nobody said they are evil people, nobody. Evil word we don't use in Sahaja Yoga. That's not the way we are. We don't tell them like that but maybe see somebody like her might have said to her. I don't know must be in the group someone maybe like her might have said it. But this word we are not supposed to use at all, such words to anyone. Now She says he died. I asked her the name. She wouldn't tell the name of the person who died. And then she says somebody has given me ten thousand dollars. Whose that person? She didn't tell me the name of that person either. So, this is very ambiguous things to say.

Lady Interviewer: (unclear) she said she gave you everything she had. She was cleaning floors, she was doing all things like that.

Shri Mataji:(unclear) Men also do in Sahaja Yoga. You see, there is nothing like() Men also clean daily in their own ashrams and they have to do it. Actually, she was staying with a person where a lady was leader herself. And there all ladies were doing like this. But she has ruined somebody's life by telling her that you must dominate your husbands. Must dominate. And by domination, this fellow got a horrible type of pneumonia. And he was going to die. But I didn't want to say all these things. After all, if she has no brains you see it's all right, but I shouldn't say all those things. There is a letter about that, that she did all these things and that's why they said (unclear) But she was teaching people that you must dominate.

Teaching this leader also you must dominate. This is our right to dominate. Why did they dominate us? She is sort of a feminist woman an extreme type of a feminist. And we don't have feminist and all these things. What we have is normal people, who love each other, who want to live with each other. You see when you marry you should live like a wife or a husband not like quarrelling all the time for your rights, duties this and that.

Lady Interviewer: How do you see the role of the wife?

Shri Mataji: No. I just say that there are two wheels on a chariot. Alright. One on the left one on the right. Now, the thing is that right and the left are equal but they are not similar. That's the point. They are equal but not similar. And if a woman tries to be a man it's a wrong thing. Or a man tries to be a woman is a wrong thing. Now, the thing is woman loves to have a home and homemaking is her own personal qualities and all that. She should look after the home. There's nothing wrong in it. It's a very good thing, a very satisfying thing. Now, I am myself a very home-loving person. I have got grandchildren. I have got my daughter married. I have a very big social life as you know my husband is the Big Boss there, so I have to attend many parties and

all that. Everything I do but I do also Sahaja Yoga. But I don't feel low in any way in doing my household duties, on the contrary, I enjoy.

Lady Interviewer: (unclear)

Shri Mataji: It's alright. It's alright. Go ahead. Arey Just put on the left lights, please. Just move out because there should be light. You be comfortable. I think comfortable. (unclear) that side. Yes now. Come along.

Lady Interviewer: What about the future of your sect? Where do you see the group's future lie?

Shri Mataji: This is not a sect. We don't call it a sect. It's a movement within yourself. It's an evolutionary process. As a fish came out of the water and became a reptile, in the same way, human beings have to become something more. It's a movement within and that is something so natural and absolutely a living process. It has nothing to do with any sect. We don't have any membership. Don't have any payments for that nothing of that kind. Anybody who wants to try should try. And as long as they want they can stay or go away. But if somebody tried to trouble us, then we have to say you go away. Because we asked her to go away, that proves at least we wanted her to go away. She didn't go away. If she didn't like it, why didn't she go?

Lady Interviewer: But what about the future of the movement? Where do you see that?

Shri Mataji: I am very hopeful. I am very happy about it. I think a day will come when many people will be realized souls and the kingdom of God is about to come.

Lady Interviewer: But So many movements come and go. I mean.

Shri Mataji: That's it. I have told about them openly. I have told about them. From 1970 I am been shouting. I have also told them in America on the television, that AIDS is going to come. The way you are behaving. Give up these ideas, it's not proper. But they wouldn't like me. And they were very angry with me especially in San Francisco they got so angry. What are you talking? We don't want to advertise for you. You see this is the trouble is. They didn't like it at that time when I told them because as a mother I have to tell the truth. Isn't it? They didn't like it when I told them you shouldn't do these wrong things. But it happened that way.

Lady Interviewer: Hmm. Thank you very much for (unclear)

Shri Mataji: May God bless you. What is he doing now? From that side? Alright. Alright. Just to see.

Lady Interviewer: Where are you going from here?

Shri Mataji: Here I am going to ...for a day because I am having a very hectic time. And then I'll be going via Hong Kong to Bombay. I am also building a house for my husband in Poona. So, in between, I am seeing the house then coming out doing my work. Lots of things are to be done but in Sahaja Yoga, you don't feel tired. And you become really dynamic. Really don't feel tired. Feel so dynamic and so happy that you don't feel that. You can do so many things together. Now, I am sixty-five years of age, you can imagine.

Lady Interviewer: I can (smiling) Thank you very much.

Shri Mataji: Thank you. May God bless you. (Addressing) now which one is going to come?

Yogi: We have CBIBC.

Shri Mataji: Alright. They are still waiting here. May God bless you. (Shri Mataji getting up to leave)

Yogis sitting in the audience: We have been really concerned about you tonight, Shri Mataji.

Shri Mataji: They are real ones, good ones. That's what Adelaide is. You see, there are very good people here and some stupid also (laughing)

Shri Mataji shoes can be seen and voices of Sahaj Yogis can be heard (unclear)

Shri Mataji ready to leave and standing for a long time in the middle path among the seats for the audience and talking to a man, who is sitting in presence of Shri Mataji, trying to clear his Agnya and giving her valuable advice.

Shri Mataji is seen finally leaving with a smile on her face and talking to all the people and yogis present there.

## 1987-0520, Departure from Burwood Ashram

View [online](#).

20 May 1987

Departure

Burwood Ashram, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

1987-05-20 Departure from Burwood Ashram, Sydney, Australia, DP

The last but not the least

(name of the Sahaja yogini ), Your husband forgot the sweater which I gave him...Use it alright!

Where is the farewell?

(Sahaja yogi's name ), This is for you ...

Sahaja yogini: Thank you very Much mother, Thank you ...

Shri Mataji: Thank you (after taking flowers from Sahaja yogis)I hope you work out your eyes very soon ...Alright ...

I have told all of them ...All the Indian Sahaja Yogis have to stay in the ashram No excuses of studies and all this ...It looks as if you have come here to exploit...Nothing of the kind ...They all will shift here and work hard and study ...They can study... they have rooms ...Why can't you study ...

My God bless you all!

Alright, you better tell them that mother does not want at all to stay outside.[unclear/  
you can study here if you want ...]

You have not come here to study, you have come here for Sahaja Yoga ...

And not to bring a bad name ...

(Sahaja yogis did jaykara of mother)

May God bless you all!

Bye, Bye Bye Bye Hope to see you soon ...Come for Guru Puja ...:)

## 1987-0520, Shri Mataji with ABC TV

View [online](#).

20 May 1987

Interview

Adelaide (Australia)

Talk Language: English | Transcript (English) – Draft

Shri Mataji with ABC TV

(Starts at 3:20)

Shri Mataji: Now today, I want to tell you how you can cure your trees and how you can cure yourself also. And then how to cure others. First of all, you must get cured completely yourself. You have to mature yourself in a way. When you are matured, the first thing that happens [is] that you, when you try to feel others or when you try to go into funny places, you don't get any sensations from them. You are detached and you watch the whole thing like a witness. You don't feel the pinch of anything.

Now so, first of all, you must work on yourself and the working on yourself starts in such a way that you see yourself, what sort of vibrations you've got. One, you can use my photograph because my photograph has got vibrations. So, now when you start feeling it on your hands, anything wrong with it. You must know how to treat it.

Now supposing today, I found that Lalitha had some liver problem, say. Now she has some liver problem here because I could feel it here on the right-hand side, little liver problem. She had it before but still, she has some lingering problem. So, it's nothing serious. But, liver you see, doctors cannot detect very easily. But you can. Immediately you feel a sort of a ting here like that, the bell sort of rings, that is liver. Now, for liver, we know what is the liver treatment is, it is very simple how to do it but I have found out that for Sahaja Yogis, it is very easy to treat their liver because, from their hands, the energy is flowing. All right? Now, what you do is to take some ice and put it on your stomach on that liver side. So, because of your hands, it is vibrated, you'd be amazed that the ice will sucking all the heat and you'll feel very much better for quite some time.

But there are many other things which we have written down and you can study them and practice. Very simple, simple, simple, simple things. You see? Now, but there are people like the other day I heard somebody had blood cancer. For blood cancer also, there is no need to have a big clinic or anything. Of course, for certain diseases, we have to have a clinic and that's what we're doing. To start something into the Shudy Camps. But here you can do one thing simply is that the simple diseases must be tried here and can be cured.

For example, I think that blood cancer is a simple disease though it works very fast and one can be killed. Now, we have enough one architect in India who got blood cancer. He never believed in God. He didn't believe in anything like that. He was an architect, an engineer and all that he believed was in science. But when he got that cancer, we have Linda, you know Linda, she is there. And she said, "Mother has said you can cure so let me try my hand". You must believe that you can cure, first of all. And then she started putting her hand on his spleen because you must know what is the centre catching. And when she had a left Nabhi catching, she knew it was the spleen. So, she put her hand on his left Nabhi and put her one other hand outside. And she sat in the heat of that one and then suddenly he started feeling very much better. And like that, she did it for eight days, he was in the hospital, declared to be dead after a month or so but he didn't die. He's a very good person now. He's a very good architect and he's practising, and everything is working out very well. So, this is how one should try to cure people.

By just putting attention also you can cure. For example, in the beginning, when Davindra came to me and he said, "Mother, my father has not telephoned to me for quite some time, and I don't know what's wrong with him". So I said, "All right, you can telephone and find out what's wrong with him. So, but I tell you what's wrong with him". He said, "How?" I said, "You put your hands and just ask me, Mother, what's wrong with my father?" And he got a tingly in this part on the finger here and he said that,

"Oh God? This is the thing that's catching so what does that mean?" I said, "That means he is suffering from some throat problem. He has got some sort of a throat problem". So he said, "That's the reason he did not telephone". I said, "You telephone just now to your mother and father". And the telephone. The mother came and she said exactly the same. After some time, I told you him that you rub it here with your hand, just like that. With that rubbing, after half an hour the father came on the phone, he said, "I'm sorry, I couldn't speak to you but miraculously my throat is all right. I don't know how".

So, we must know that Divine is miraculous. It is very efficient. It works with such tremendous speed that even the Sahaja Yogis find it difficult to believe it. You have seen how Divine has helped you, monetarily otherwise also.

Also, now you can see the photographs of mine which give lights and things you see with the camera is catching. The sensitive camera you find the lights coming from me. You see the light coming on my head. You see the light coming out of my feet or these things you see because now the camera and all the media is for spreading such actually for spreading the good news and good message. Because if people are constructive, they will see to it there must be some remedy for all this chaos and if they really becoming constructive, they can show it that this is how things can work out. Now you all are doing so well. Your health is so good and I want that you should have compassion for others and love for others. And you must now come out and try to help others. Because now you're all right. There's nothing wrong with you. There's nothing serious with you.

So, you all can come out and you can help others to do the job of a Sahaja Yogi. I would say that Adelaide has been lacking behind because you had few people come in. All right. But you are very, very good Sahaja Yogis. You are very deep Sahaja Yogis and you can do wonders. So, you should not think that we are less in numbers so there's going to be something wrong. What you have to do is to work it out and see that you cure some people. But also, now I think it is important that you must maintain documentation of those cures because we never bothered about documentation, now we're finding difficult. Because people wanted to be established.

But first of all, you must tell everybody that we are not here for curing people. That's the first thing. We are here to give Realisation. Otherwise, your room won't be sufficient here for the people to come. But if they come for Realization, they become resistant to so many diseases and so many diseases can get cured.

But that's not the point. The point is you must know yourself. It's only for diseases if you come, then you can see that they are very superficial people. They come for a short time. And then disappear. So, the best thing is that you should see the people who are seekers. They actually deserve the repairs. Like I would say that Divine is the most sensible and a common-sense thing. Why should we give a cure to a person who is of no use? Say if there is a light which is never going to work, say this light is given up now as it's not going to work for you and you don't repair it. Do you? In the same way, there's no common sense in treating people who are not going to give light to others. They should be the people for them to light. We want people who can give light and one should not get disturbed by these little things going here and there. It's not important for you because you are above. They are people who are trying just to disturb you to see how patient you are. You must have such people otherwise you won't have any testing grounds.

Interviewer: Sorry Mother, I don't mean to interrupt but I know both of us are fairly strapped for time. I wondered if just in finishing off, we could have you involved in a brief prayer if that's possible. It's not something you have to say.

Shri Mataji: What's he saying?

Man in the audience: He wants us to get involved in a big prayer but I think it's meditation.

Shri Mataji: If we just meditate with your hands like this. And keep their eyes open if I'm sitting there. If I'm not there, just stay, close their eyes. Nothing pope (?) like that.

Interviewer: Thank you.

Shri Mataji: This little one will talk (?) in pray? It's such a sweet thing isn't? When you become thoughtless, you can close your eyes. When the Kundalini crosses your Agnya, you become thoughtless. When there is no thought, then, you close your eyes. Don't feel sorry that I am going away because the Kundalini stops here. Don't feel sorry. You see, I'm not away anywhere. I'm with you. Now it's better. Watch your flow of your Kundalini, you can feel it. Where is it stopping? Where is it going? Now it's better. You should try to keep your thoughtless awareness. There is growth. Unless and until you have that peace, there will not be any spiritual growth.

May God bless you all.

How are you feeling?

Man in Audience: All right. Thank you.

Shri Mataji: You must take him. Looking so fine. Just look at him. This gentleman, sitting on the chair.

## 1987-0520, Departure from Adelaide Ashram

View [online](#).

20 May 1987

Departure

Adelaide Ashram, Adelaide (Australia)

Talk Language: English | Transcript (English) – Draft

1987-05-20 Departure from Ashram, Adelaide, Australia

Sahaja yogi: It's a nice place ...yet peace in your mind ...

Shri Mataji: Mother, Why are you doing unnecessarily...Let them do it with themselves ...You should not lose your temper, that's the big thing. That's all we are going to do ...I can look after them because when we have done nothing wrong why should we worry ...[unclear...] have you written the letter, one I asked you to write ...

Sahaja Yogi: Yes [unclear]

Shri Mataji: No but it should be with me also...Then ...

Sahaja Yogi: We are coming later...

Shri Mataji: Once also direct your television at those people who are doing the Television here ...You should say that we want to show it in England ...How these people are behaving ...Alright ...



## 1987-0711, Evening Program: The New Jerusalem and Talk, Eve of Guru Puja

View [online](#).

11 July 1987

Evening Program

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

Talk day before Guru Puja (Evening Program), Shudy Camps (UK), 11 July 1987.

Today, I bow to all the Sahaja Yogis of the world. First, I used to bow to all the seekers of the Truth and today, all those seekers of Truth have shown that truth is love, and love is truth. With the power of love, you have been able to establish a beautiful place for Sahaja Yoga in England. I must congratulate you all for fulfilling your desire so beautifully, working it out together and the collectivity which you have achieved - not only in England, but all over the world. All of you feel so responsible that Shudy Camps should be a perfect piece of art, the perfect piece of love, perfect piece of peaceful atmosphere. There's dedication, no doubt, but apart from dedication, the collective oneness, the integration of your feelings is beautifully demonstrated. Even Indians wanted to send you something for Shudy Camps and it was not ready before I left, so they were saying that they will be able to give you when you come there for your tours. Every country wanted to express their love. They say love begets love; I loved you, no doubt, but in so many faces, when you see the reflection of that Divine Love, it is multiplied beyond My expectation. I cannot describe My joy: you can sing, dance, jump, say "Jai" - I also feel like saying your "Jai", and singing like ... This is the beginning of our collective effort and we have to go further and further with this.

Tomorrow is a great day for Me, as well as for you - it has to be one step forward; very substantial step forward and you must be looking forward to it. I am sure something will work out in the inner building of Shudy Camps, in every Sahaja Yogi's heart. All that is expressed outside has to be expressed within, and that is what we have to achieve.

May God bless you!

Now, what do you have - the program?

[Sitar recital]

[Two English songs (duet) - "You are the ocean Shri Mataji ..." and "Opening up".]

[Announce Song - "How much we are loving Mother" by Swiss & English collectives, but then two Bhajans are sung - "Be Khabar" (Hindi 2) and "Ajib. Das. Ta hai ye" (Hindi 3). May be useful to keep information in case anyone wants to revive them as they are not often sung now, if at all!]

## 1987-0712, Guru Puja: Sankhya & Yoga

View [online](#).

12 July 1987

Sankhya & Yoga

Guru Puja

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) - Reviewed

Today, it's a great day that you are here to worship your Guru in the realm of the Heart of the Universe. If we can do that in our domain of the heart, we don't have to do anything else.

Today, also, I feel I have to tell you about Sahaja Yoga and its value, which is related to other Yogas which were accepted in the olden days all over the world. They called it, one, as the Yoga – not Sahaja Yoga, Yoga. It started with various types of practices of 'Ashtanga' [Sanskrit/Hindi meaning 'having eight stages/parts'] Yogas – eightfold yogas – with a Guru. And one had to go through lots of hardships.

Nobody who was married was allowed into that Ashtanga Yoga, and they had to give up their families, give up their relationships. They had to become absolutely - [just a minute] – absolutely without any attachments, to go to a Guru. All their property, all their possessions were given up. Not to the Guru as is done in modern times, but given away. And this was called as Yoga.

The another style was called as Sankhya. Sankhya is where all your life you have to gather things with detachment, and then to distribute them completely and take to a Guru, in a way completely surrendered, and then get realization.

Sankhya was the left-sided behavior. And the Yoga was the right-sided. Where the Gayatri Mantra was used was the Sankhya. Because they were left-sided, they used to use Gayatri Mantra.

They went so much to the left side – that is to gather things, to gather possessions, to gather properties, to gather all kinds of friends and relations and societies – that they were afraid that they may be completely lost into all those things. They would go to Gayatri, the Mantra of Gayatri which teaches you the essences of all our Chakras – the centers.

I have told about this before also – 'Bhu', 'Bhurv', 'Swaha'. 'Bhu' stands for the essence or the 'Bija' of the 'Mooladhara'; 'Bhurv' for the universe that is created that is Swadishthana's 'Bija'; 'Swaha' is the 'Bija' of the Nabhi; 'Manah' is the essence of the Heart Chakra. Then, 'Janah' is the people, collectivity, is the essence or the 'Bija' of the Vishuddhi Chakra.

Then, 'Tapah' is the one where you go into 'tapasya', into renunciation, into hardships – is the essence of the Agnya Chakra.

And then the 'Satya' is the truth, is the essence of the Sahasrara – not the truth that we think as truth, but the truth that is expressed in our central nervous system. So, this is discovered at the seventh stage of the Sahasrara.

So the people who did Sankhya were, sort of, not so much respected as spiritual people, because they thought these are all involved into worldly things and worldly possessions and worldly happenings. So, they were regarded as something secondary. Or those who were yogis of the Gurus were regarded higher, because they had already given up everything, and they have gone to a Guru giving up all the things that they have.

But here, these Gurus had a problem within themselves because they found that those who came to them gave up everything – no doubt – but still there was lurking attachments.

In their own 'Ashramas' [Hindi/Sanskrit meaning hermitages] they found, these people had their own attachments to things.

Though outwardly they had given up, but inside they had not given up. So, they were still sticking on to these ideas that, 'Oh, it's all right. But still we can have little things like that, doesn't matter.' Like that, there was little compromises going on. Like, as we have here nunneries and all that.

So both, in a way, were artificial. The one side, is the Sankhyas, were trying to ascend with all the luggage they were carrying. And another were trying to descend with all the ambitions of ascent.

So, it was a very funny thing in every aspect, in both these styles of Yoga. As you can see that now, if you go to America you'll find, 'Oh God, what is this America? It's not democracy, it's demonocracy.'

But if you go from that in the realm of another country like Russia, you'll find – what is this? You are working here under complete pressures and fears. But as soon as a Russian comes out of that country, he can become worse than an American. So what is this? One theory works here, another theory works there. So which is the theory that is all right?

Same you find about religion. Say, a religion, which believes in many Gods, like the Hindus, they are also believing now into the 'Bhoots'. And they are also following the path of possessions. If you go to a temple, every temple has got nice arrangement for you to get possessed. (Laughter)

Or even a church, or a mosque – where God has to reside, you find suddenly you get attacked and you come out absolutely puzzled about yourself, ending up into lunatic asylums.

So what sort of worshipping places are these, where you go to find God and you get the horrible satanic forces acting on you?

That's why, in the modern times, people have become so very confused. We do not find truth in anything – in any ideologies, any philosophies, anything that started... say, Confucius started humanism, Socrates started another thing, Mohammad Saheb started another thing. Like Mohammad Saheb said let us not worship God as an idol; let us worship Him in the 'Nirakara', in the formless God.

But you see the formless? How they are killing each other now? I mean, after seeing the Muslim countries, you can't believe there could be any formless or formful God existing anywhere – all must have run away – the way they are fighting.

Then you see the Christian countries. Wherever they have gone, they have tried to dominate other people who were not Christians, just as if they had a right to do it because they were Christians. The Disciples of Christ, who said, "Forgive them for they do not know what they are doing."

And I have to say the same for all the Christians, "Forgive them for they do not know what they are doing." And when you are shocked at all these things, one must sit down and think what is to be done, what's the problem is.

So, it is neither Sankhya nor Yoga; then what is it you have to achieve? That is Sahaja Yoga.

Sahaja Yoga is a system in which first you are not given a theory, but the light in your hand to see for yourself in which both things look the same.

For example, now you have got this beautiful house made for your Mother, while your Mother doesn't know how to get attached to even a pin.

It's a funny situation. Everybody has to remind Me, "Mother, it is Your house." "Oh I see." And I have to be reminded I must thank you all, specially the English, specially the leaders of English Sahaja yogis, for making full effort to get this house. But then, I think why should I thank? It's not mine, it's theirs – and that's what it is.

So a new type of confusion starts, and that's what I felt that this confusion is very sweet and beautiful.

It's a fact that nothing belongs to us, but everything belongs to us.

When I think about how beautifully you have done this place, it belongs to Me, all right; this house belongs to Me; England belongs to Me and above all, the whole world belongs to Me.

That's how we see Sankhya and Yoga become one in Sahaja Yoga. And it's said that when you see Sankhya and Yoga as one, then only 'Sa-pashyati' – that's the one who sees; that's the one is the witness.

So, for normal people it could be that how is it your Mother is supposed to be a Guru and She wears all ornaments? But what to do? She's also a Mother and She is also a Goddess. Another confusion. How to make these two things be? You see, a Guru has to be a very angry person, wearing only single dress either upwards or downwards, I don't know how they wear. With a big thick rod in the hand, never smiling – laughing no question – smiling.

And the Gurus have to be very long faced, developing big, big beards, and no ladies allowed.

In such a situation, where the women are not to be seen at all, I mean I shouldn't even see My face – it's like that. There is a big discussion in all the scriptures – not scriptures, I would say the critiques, whether a woman should be allowed to do the spiritual practices or not – imagine.

Not only among Christians, you'll be surprised, even in Indian scriptures – whether is, woman should be allowed or not to do spiritual practices.

Now when your Mother is a woman and She is your Guru, what will you do? This is another confusion. Because it is wrong, the whole thing is falsehood, based on no basis at all. You may try anything to say that women are not meant for spiritual life, try any argument, it fails.

The other day I met one big John in a University, big fellow, I might say a really hard nut, and he started saying, "We Christians cannot accept a woman to be God."

I said, "Why?" "Because..."

So to put all these upside-down stories right, your Mother had to come on this earth as a Guru. I got to this point out of one little confusion I had about Myself.

The other day, somebody was after My life that I should buy a bracelet. I said, "I have no money anymore; I don't want to buy."

"All right, we will give it in Puja."

I said, "But now there is only Guru Puja."

He said, "All right, we will give You in Guru Puja." I said, "To buy a bracelet in Guru Puja is something funny I have done."

After all, in a Guru Puja you don't give a bracelet to your Guru, do you? You can give, say, a big rod; or you might give him a sandalwood 'Khadavas' – as they call the 'Chappals', or you may give him a shawl. But here it is... I have asked... all right, give it in Guru Puja. What was the reason? And I became aware of My own confusion and I thought of it. I said, "This is what it is, that it has to happen this way that, on a Guru Puja you have to give a bracelet to your Guru." Let us change it over.

The whole thing has to be brought up this way that everything faces reality. All these false ideas have to be given up. Like, if you have a carpet upside-down, the whole design is upside-down. But, if you put the carpet right, everything falls in line. And that's why you needed a Mother to give you realization, and a Guru as a Mother to teach you that for ascent of God nobody can be prohibited.

That is how the Sahaja Yoga today is working out in all directions, if you find, to put all upside-down things into right direction, to expose it to reality, to bring all real values, to abolish all rotten value systems, all political, economic systems, all spiritual theologies, all psychological and all such nonsensical ideas into its proper direction.

How in one incarnation it has worked out, you can imagine. How in one incarnation all these ideas have been put right.

Another idea exists, among Hindus, that if you are a religious people, you should be a vegetarian. All the Brahmins believe this, and even the non-Brahmins. But we had a Brahmin working in one of the places where I was living, and they said that for Mother we have to give meat, She doesn't eat anything else. She has to eat proteins. She said, "Yes, yes, Of course. For Mother, She must have."

Whether it's a Brahmin or a non-Brahmin, all understand that Mother has to eat proteins. Because She has to drink the blood of all these 'rakshasas' [Hindi meaning demons], how can She be vegetarian?

And if She has to kill so many devils, how can She be non-violent? So the contrast that you see in the description of the Mother – that She is the one who is the most furious personality when it comes to the killing of the people who are of the negative land, who are trying to destroy Her creation, Her own children; and She is the sweetest and the mildest person for Her own children. These two contrasts should be seen. Even in animals you'll find the same contrast, but very evident in an incarnation like this.

And today, through Sahaja Yoga, we have been able to prove that Sankhya and Yoga are the same.

Whether you collect things, whether you have possessions or whether you give away, makes no difference to a person who is detached from within. If you collect them for others, even better. But if you collect for yourself and then give away, that's even much better. Because first you collect for yourself, then you think, "Oh it's good for me, I will use this one for myself, will be a good idea" – so the self is there – but then, that you give away. That means your detachment is complete.

Or the third personality could be like me - which just goes on collecting and just goes on giving. Without thinking it collects and without thinking it gives. Because thinking is not My job.

That is one thing I have given up – is to think. I don't want to think – that's your work, not Me. And without thinking, how many things we have achieved through Sahaja Yoga.

Yoga and Sankhya both are products of thinking, not products of spontaneity.

This house itself is a product of spontaneity. I mean, as we call the English as 'Saablogs\*', you see. So I took some 'Saablogs' with Me around to see some houses and they wanted to (see) some houses with some character – means something must fall out, something must be crooked, this should not be straightforward. I said, "Now please, I can't bear all this crookedness."

So, "No, no, but it has character." I said, "Now, this kind of a crookedness I don't want." Straightforward it should be. So they were rather disappointed at Me. And the 'Saablog' had some other ideas also that, say for example, if you go to, say, to a place called Windermere, it's a posh place. And if you go to the Northside, little less; then if you go to the east, it's useless – like that. I said, "Let's go the north, northeast as far as we can go." Because, you know, the Goddess has to be 'Dakshinamurthy'. She has to be on the north side to be on the – Her eyes on the south. That's the reason She has to be... I mean, we could not have been in Scotland – that would have been too much for you. But that would have been the ideal for all of us, because then our 'Drishti' is towards –

our vision is towards the south and we see the whole universe under our own beautiful visions.

So that's how, spontaneously, we found this place. And 'Saablog' were, "Yes, No, No, Yes." But spontaneously we got it. And then we found out it has a history; then we found out its beautiful vibrations; then we found out the potential about it. Whatever you get spontaneously, it is full of potentials.

On this point, I have to say a few words, is important. [Can I have my handkerchief, please?] I had to get – few points I have to say about spontaneity part, which is quite interesting the way people think spontaneity works. Like, it's mostly ego part which says, 'This is spontaneous,' with so many people.

Specially the very old Sahaja Yogis think they are authorities on spontaneity.

Like, we had a land in Vaitarna. So one of the older ones went there and he said, "This land is vibrating and this is not vibrating." So everybody accepted, 'All right, all right, all right.' Then they said, "In this part of the land nobody should eat their food." Now, from where does this knowledge come? I mean, eating food is not a sin, is it? As if it is a sin that you are eating food in there.

Then religiously they follow a, b, c, d, e, f, g, h, z and again a, b, c, d of Sahaja Yoga to such an extent, 'ki' [Hindi meaning 'that'] I start thinking now they have become another fanatic Sahaja Yogis.

Fanaticism is against Sahaja Yoga – absolutely.

Now they will ask, "How many times we should say this 'Mantra'?" Then I say, "Zero times."

"How many drops we should put, the ghee, in our nose?" Then I say, "A full jug."

Then, "Oh, I should not have gone from the left side, I should have gone from the right side." Then, I would say, "You just jump up."

You have to be like children! But the ideas are so settled down in Sahaja Yoga, now it's so many years of course, but they should not settle down. If they settle down, it's not Sahaja; it's not spontaneous. 'If you do this way, then it is wrong; that way, it's wrong' – nothing of the kind. Nothing is wrong for you people. If you do anything wrong, your vibrations will be lost, finished. What is there to be so cautious? Like, somebody said, "I don't want to look at the cigarette." I said, "Why?" "Looking at it also is sinful." I said, "Looking at it what happens?" "Then I feel like smoking." So I said, "Better smoke once for all."

Or, "I cannot hold a wine bottle in my hand."

"Why?" "No, holding the wine bottle is sinful!"

I mean, you can swim in the wine.

So this kind of understanding should be there. Though I have always said that if I say one thing, you will clinch on to it. So I always say the other side of it – that don't stick on to something; Sahaja Yoga is not for sticking on to something.

Like somebody who had learnt certain say, lessons about Sahaja Yoga in the beginning of it, certain Mantras they had learnt, and still they are sticking on to the same step. No, no, no, no – you have to go ahead. This is just a staircase. Don't get stuck at a point.

We have had so many such cases here in England (33.03). People get really outworn as they say. They will go on telling you so many nonsensical ideas – "You see, if you do like this, then this happens."

First of all, you don't give ideas to others.

That's one thing – if you decide that we don't give ideas about what's wrong with another person, half of your job is done.

Because you don't have to do any job, as I don't do. Anybody who comes, "You are a 'bhoot'. You better have it". I get reports from others. They say that your Sahaja Yogis are wicked people. I said, "Why?" "Oh, they tell you, 'You are evil.' They tell you, 'You are possessed', they tell you, 'You are this, you are that'; they are very wicked people."

I am really shocked to hear that Sahaja Yogis – how can they be wicked? If somebody is suffering from something, in the phone they say, "Oh you better have it. It's good for you."

That's not the way. We have to be not only humble, very tactful and sweet to new people – if you want any more to come in.

But if you have decided not to have anymore, because you will have to put another marquee, then I have nothing to say.

But if you want others to come in, then it's important that you talk to them in a very sweet and beautiful language, the way they understand. Rudeness, arrogance, showing off, is of no use. One should understand Sahaja Yoga is where you are in complete enjoyment about it; you are just lost into that enjoyment.

Where is the time to remember how many times to give a 'Bandhan' to yourself? What is the need to give 'Bandhan' to yourself? It's all a joke now for you, should be. A little child sucks the milk from the bottle, all right, because it has no teeth. But what about you people having that kind of a thing? It's very childish and shows no growth at all.

Sahaja Yoga must grow within you. You should not be, anymore, regarded as immature Sahaja Yogis. I would say: a person who is a matured Sahaja Yogi is the one who can combine so many things together, with all beautiful lines, thin lines, thin 'Maryadas' [Hindi/Sanskrit meaning code of conduct] maintained. But, you cannot do the other way round. For example, you shouldn't say, "All right, now I will be sweet. Then I will be angry; then I'll be like this; then I'll be like that." It will be a hotchpotch. It is a funny personality you see – suddenly I get angry, like that [facial expression], and then I [presumably Mother demonstrates with facial expression]. People will think you are doing 'Bharatnatyam' [a form of Indian classical dance] or something like that. Showing all your moods – in five minutes you show ten moods.

This is the growth within you, which will show. So, we have to have our growth, and for growth, let us be silent within.

Let us not react to others – "This person is like that, that person is like that." What about yourself? Also there are other ways.

Like, I tell somebody that, you see, you have this problem. So that person immediately goes to the second person and says, "You see, Mother told me that you too have this problem, better look after it." I didn't tell that person; I told you.

Keep it to yourself.

So, 'Mother says' is to be given up, absolutely. If Mother has to say, She'll say it. Why should you communicate; why should you say? I never asked you to say that.

Understanding Sahaja Yoga is very simple, extremely simple, when you understand one thing – that you have to have your innocence intact. Now, "How to get to innocence?" people will say. How to get to innocence? It's a vicious circle. How to get to innocence? – It's a very vicious circle. We have to get to innocence, through what? Your ego or superego? How will you get to innocence?

Mother says, "Don't raise your Kundalini." I mean, I am sitting here – people are just doing like that. What's happening? I am

sitting here – your Kundalini is up there on your head. What are you raising?

Now how to manage is the problem. Very simple it is. In the beginning I said, “Let your Guru reside in your heart.”

How to manage – why? Let Mother manage. Mother is managing me. Keep it at that. Your right side will clear. Your left side will clear when you say, “Nobody can manage me but Mother can manage me” – two things together. Things will work out.

Thank God you have somebody like Me, who is sitting here, where you can say so. Think of those who never had anyone to tell them, or to be in their presence to say that I can manage this, or you can manage that. That’s how you can balance. Allow your Kundalini to grow. Everything works out. Like this house when I purchased, or when they purchased, or who purchased – So many questions and complications – How, how, how?

But it’s worked; it’s there, quite intact; nothing has fallen off; nothing has gone wrong. I had to shout once, all right. But let Me shout, you don’t start shouting.

As soon as I finish, they will take a loudspeaker, shout even louder. “Mother said so, you are this, that.” I am saying about you, (to) whom are you preaching?

But only, you must know that when I tell you something, please do it; please do it.

You see, because I know quite a lot.

Because I am Guru, your Guru; because I am the Guru of all the Gurus. And those who is a real Guru, knows that my Mother knows everything. She is knowledge Herself. If She says something, it means something. And even I may test you sometimes, doesn’t matter. That’s how you become the Guru.

Shivaji had a Guru called Ramdas. In those days, Gurus used to take lot of test of their disciples. I never took your test or anything. But you are testing yourself, that’s all. And his Guru one day said that, “I think I need the milk of a tigress. I have to drink the milk of a tigress.”

Half of them died and most of them didn’t hear it.

Shivaji said, “All right. I’ll get you.” He went in the jungles. He saw a tigress and there were little, little, small little children she had, and those cubs were lying on the side. He went and he just said ‘Namaskar’ [Hindi word meaning salutation] to her. (He) Said, “My Guru wants your milk,” that’s all – because Gurus are ‘Parabrahma’ [Hindi/Sanskrit meaning God Almighty], their orders are listened to by the ‘Parabrahma’. “My Guru, Shri Ramadasa, wants your milk. So please, will you give me your milk?” So nicely she got up, stood up before him. He milked her and took that milk for his Guru. This is what it is. Have you understood the meaning of ‘Gurupada’ [Hindi/Sanskrit meaning the status/position of Guru]?

When you become absolutely one with the desires of your Guru, you achieve the position of a Guru. But if you still have certain ideas about it, then Shri Ramadasa has said that then God ‘Alpa dharishta paye, It sees your little courage – “All right, go ahead. Break your heads and then come back. I’ll fix them up.”

So it is important that we should do one thing seriously – is to take your Mother very seriously when it comes to some request.

Of course, in English language I always say, “Please, will you do it?” Or I may even say, “I am afraid will you do it?” But that should make no difference.

Other day only, when we were coming from Cardiff, I said that the first class will be coming on the other side. But everybody at the platform said, “No, it is coming on the other side.”



I said, "All right." We sat down, and then they announced that the first class is coming on this side. So we all again walked back.

It's all right for those people, but what about you? Many-a-times you have seen.

And at the asking of a Guru, if something goes wrong also, it should be always accepted as the law of the Divine – because, Guru is the giver of the law of the Divine, not the worldly laws. The law of the Divine He gives you.

When the law of the Divine you understand, then you have to surrender to that law of the Divine, and that's how you will become masters of that law.

Today, for a Guru Puja, I can go on talking to you. But today, I would request you to understand that why(45.34) surrendering, as Islam is called, was so important – that if God is your Guru, let Him guide you; Thy will be done. Let us not guide ourselves and also, sometimes they try to guide the Guru as well. Then the Guru plays tricks, and then you fall into the trap of tricks, and then you find it's too much.

It is better to listen to what the Guru is telling you, and better to do it. Whatever the Guru says is all right. Gurus can ask you anything. I mean, I am quite a nice Guru.

Like, this Ramadasa himself asked his disciples that, "I have got a very bad, septic, big boil and please try to suck it out because it is full of pus."

Imagine.

So they didn't know what to do, you know. How to suck the pus of the Guru is too much. But Shivaji came forward. He took down his hat, sat down next to him, started sucking. People said, "How is it?" Said, "It's very sweet, very nice." Actually, he had tied a mango there.

That is how the Gurus took lot of tests.

I have never taken your test, and you do not take the tests of others. Leave them to Me, I'll manage all of them one by one. Whatever has to happen happens.

In Sahaja Yoga, to think that 100% will be rich, wealthy, healthy and on top of the world, is a nonsense.

If we become very wealthy, then there will be recession because others will be very poor.

If we become very healthy, then nobody will come near us; if we all look like wrestlers, who will come near us? If we become very wise, then people will be frightened of such wise people; nothing will... they cannot understand anything, it will go over their heads.

So let us be in the center. We should be wealthy, but not too much; we should be healthy, but not too much; we should be wise, but not too much. So far, so good – that's how we should move.

So we keep to our 'Maryadas' and we become beautiful Sahaja Yogis, who will be congenial to others, who will be able to get others to us, who will be able to project an image of magnetic personalities.

And this is what we have to do. If we try to show off in any way – like I have seen people try to show off unnecessarily – there is no need.

Just be in the background. If you are very much in the background, just be in the foreground. Try to balance yourself. Try to watch yourself and guide yourself and tell yourself, "Become your own Gurus." Judge yourself how far you are in the center, how far you are growing, how much growth have you achieved. Are you still attached to small things here and there?

Are you still bothered about small things? – "Mother, I should have got 80% marks, I have got only 75% marks."

Oh God. Because he got 75% marks, there is something good has to come out. He has to learn a lesson, maybe. Or maybe that he has to take some other course. Maybe something that is good for his ascent has to work out – is to be seen if you have to be Gurus.

If you can't see that, how can others see that? This is to be realized.

Not to be put in the mind, but to be realized in the heart.

In the realm of your heart you have to realize it; you have to understand it in the realm of your heart. Nice that we are in England, the heart of the universe, that we are talking about opening our hearts. If you have to put Me there, is the ocean of love, and to contain this ocean of love, you have to have a very, very large heart – bigger than your personalities, bigger than your countries, bigger than this world, bigger than this universe. May God bless you.

## 1987-0712, Evening after Guru Puja

View [online](#).

12 July 1987

Evening Program

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – VERIFIED

1987-07-12 Evening after Guru Puja, Shudy Camps, UK

[After the concert – 1:45:57]

Shri Mataji: We have to thank all of us, Debu Chaudhary who is one of us, who has played such divine music for the entertainment of our spirit. I wish from here many of you take inspiration and go deep down into the arts that you know and develop beautiful things for the entertainment of our spirit. May God bless him and may God bless Subhash who is such a good player and will come up very fast I am sure. He has very delicate finger touches and I am sure he will have other dimensions to this instrument of tabla. We have many types of tabla players, and everybody has some speciality and this one I am sure will play certain modes as they call it in the tabla, like “Chakardar” and “Dhirkat” and all that... He is very good at all that. May God bless him for that.

And professor Chaudhary - I shouldn't call him professor; he is just Debu to Me. But his speciality, I feel is more of composition, which he should take to - composition - because he really makes such beautiful compositions that I haven't heard anybody making that beautiful compositions. And if he can do those compositions one day all over the world, he will be known very well for all that because it touches your heart, the way he does his compositions. They have asked Me to give a little token of your love, just a little bit for them and to ask for forgiveness if it is very little... so that we can express ourselves. May God bless them, both of them. And we all thank them from our hearts.

Let them have some tea... Helen, where are the children? They are coming now? Alright, thank you very much for coming. [some Hindi] [small discussion]

This mic is alright. Let him have it.

Sir C.P: After this divine music, I am sure you are in no mood to listen to any speech and I am not making a speech at all ...I dare not ...and I do not wish to either but before taking leave, I did want to say how profoundly grateful I am to all of you for permitting me and my daughter and my granddaughters to be in the midst of this wonderful gathering. When we came yesterday and I saw those divine expressions on your faces, I felt elevated. In my childhood days, we used to hear of some stories of mythology. We were told that sometimes from earth emits rays went to heaven and from heaven they came to earth, but on 21st March 1923, someone was born here on this earth to bring heaven to earth itself.

To be admitted to this heaven is a wonderful privilege, it's a bliss, it's an experience, which I shall always cherish. I do want to thank you from the bottom of my heart, wish you the very best... You have the very best, how can I wish you anything better? All I can say is I pray you keep it up, spread the message, the world needs you... the world is in desperate trouble. When I am here, I have hope. Sometimes I do feel when I am not in this world - the world that I am here today in - I feel desperate, for the world is in trouble; so much strife, so much trouble. But fortunately, I got transported to another world here today... Now to go back to that world is not easy! But this evening I also want to thank Professor Debu Chaudhary. My wife and I, we both made very special requests to him to play these wonderful ragas. And this was, as your Mataji - I say your because you know how it is... She is my wife also! Professor Chaudhary's music was divine: it was pure nectar. I thank him from the bottom of my heart and I will carry that [lilt?], that divinity with me back to earth. Thank you all very much.

Sahaja Yogi (David Spiro): So, Sir C.P., if I may just say a very few words in reply to your very eloquent and very moving speech. I'd just like to assure you, on behalf of all the Sahaja yogis who are gathered here, that not only did we feel honoured and

privileged that you and the rest of the family came, but we were overjoyed that you were here this weekend to share these moments with us, and we hope in the future, that many such occasions will take place. So, thank you very much for coming. [Applause] And may I also, on behalf of all the Sahaja yogis, offer you our really, most sincere congratulations on the recent honour that was bestowed on you at Cardiff last week; the honorary Doctorate. [Applause]  
[small discussion]

Sahaja Yogi: We just have to change the stage setting...

Shri Mataji: We could have dinner now and then come back? Whatever you wish now...

Sahaja Yogi: Mother, I wish You could see our show, but if You...

Shri Mataji: No, I would love to see... I mean, I'm not hungry.

Sahaja Yogi: Alright Mother, but only it will take a few moments for us to get ready

(cut in video)

Shri Mataji: [2:00:45]...who is the master of this art, and then he goes to the master and stays with the master. And then the master teaches with different melodies, composed of different notes. So these melodies are composed from... since long time; they are composed before the Vedas. Because they have seen on the kundalini itself, because these are composed by the saints. They have seen that the notes which are congenial to the rising of the kundalini, because there are seven notes as we have, in the same way there are seven chakras. So they have seen that it is congenial, and that's how only a melody is built. The difference is in the south and north music is this: In the south, the notes - one note from one to the another - is also divided into many parts and called as "shrutis". That's why it goes little more I should say, into more notes - into finer notes - and may not be that much appealing to some people. But in the north, especially in meditation, people have discovered these melodies which were congenial and that's how all these notes put together in a particular manner, were rising and descending, were called as ragas: as the melodies. Now, these are built up since long.

Now, these ragas are brought down in generations of generations according to the dynasty you can call it, called as "Gharanas". Every great artist, if you go and ask him what is your Gharana, he will tell you that this is the dynasty and that's how they work out the dynasty. In a particular Gharana, they have particular style another Gharana they have another style. Then these ragas are played before the guru; the guru teaches how to play them, how to do all the permutations and combinations, for years together. Sometimes they start from the age of 10 years going up to the age of 25 to 26 years minimum. And then they start coming to the public, to the audience to play. Audience is also very conversant: they dare not play any wrong notes otherwise they don't like it; they'll get up and walk out. So like that, these ragas are made very traditionally. After that, now there are two types of ragas which are very well known: 900 melodies are well known and there are many others which are unknown, which are composed like this but they also have to be very careful to see that the composition should be such, that the combination of the raga should be blended very well, completely integrated. And that's how these different ragas are made. Then the artist, when he is matured enough, would start playing a raga and he has all the freedom to do what he likes with the permutations and combinations, but he has to keep the 'maryada' of that raga. It's like you build a beautiful plane or a beautiful ship which is absolutely seaworthy, then allow it to go wherever it likes. In the same way, but the ship has to be fully equipped and together: otherwise nothing will be left out of that ship.

Now in the western music, you also had the same style, to begin with. Then it was changed over by certain geniuses, was a good idea, to compose beautiful poems and out of that they got inspiration and they started composing... I mean, I would say the manifestation of those ideas in a poem or a poetry... or a drama, to express the drama in the music. So they tried to make the 'sakara' - that is the form - into a formless. And that formless thing started moving. But now that has reached such shores that I don't know what to say... Because they just hold the mic and jump on it and I don't know what they sing; God alone knows. In the same way in Indian Music also, a lot of deterioration has taken place no doubt, and our modern generation likes this 'shouting

music' very much. Now you are taking to classical Indian music and they are taking to this shouting music ...If there is a 'shouty music' in any one of the big, big hotels in India, people are charged about a thousand rupees as the fee. I think you should start some money earning propositions. [Shri Mataji laughs] Actually, we were thinking of having a Sahaj disco club in Pune! [laughter and applause]

I am getting some of you there to sing the song in that fashion but Sahaja Yoga, with My photographs covered with thin paper and singing the song of Sahaja Yoga. And they won't understand what they are listening to, and making a big money out of it. There is no harm in befooling people like that. If they are fools what can you befool them? They are already fools. Like Krishna has said they are already dead, I say they are already fools. How can you befool them anymore? That is how Indian Music also is coming down, and they have adapted many, many absurd, useless music from outside. But I must say that it is very close to the deities and deities understand them. That's why you start getting the vibrations, so if you could appreciate it slowly through your heart, through your spirit, you will enjoy it, you will like it. May God bless you!

After Drama: [3:44:50]

Shri Mataji: Hello? Now, to end it up, we can make a beautiful Sahasrara out of all these ladies. Should I tell them? Alright, you all come up on the stage... We must have the Sahasrara at the end of Mataji song, isn't it?

[Shri Mataji demonstrates on one yogini's sari then guides them all on the stage]

From the side, open sari... No, no you have to open sari, open sari... Open sari, hide your hands, hide your hands. Open saris, all of you... No, no, one hand, one hand ... One hand makes it. All of you sit together. Now sit down... make a bigger circle.

Now put your right hand inside the pallu inside, inside... your hand should not be seen ...Now all of you sit down ...All of you hold it here, make a pointed thing ...Now, will you please sit down this side ...Who is this one? Just make a round, come along ...No, no, no not like that... Do you understand? This hand, you take it up like that. Now hide your faces... Do you hide your faces? Take it further... Take it further... Up, up in the air. Take your hands further up in the air... no still more...There, now that's it! Now you all bend down ...Absolutely bend down. That's the closed lotus, see that? Closed lotus... bend further... Close further, bend further. Put down your hand fully... further, further, put your hand as much as you can. Now sing the song...

Now don't get up... Keep your hands slowly, slowly. Hold it at the edge of the sari... At the edge of the sari hold it properly. Very close you sit down. You can make two circles if you like. Make two circles would be better. Make two circles. Alright now, come along. Hold it higher... Higher, like this. Just hold it like this ...Like this, can you hold it to your sari? With your hand not showing. Now, bring it down...Hold it tight ...Now... Now be careful... First of all, take it properly... No, no, no, no, she is not alright ...Just put it ...She has taken the other way round ...Yes, take the upper one ...Yes, yes that seems somebody has done there a good one...in the pink...that's how... Do it now bending. Make a full circle. Come closer to each other... That's it now. Now sing the song. Slowly, slowly get up... very slowly... just a minute ... Slowly, very slowly... Some are not opening. Now bend back up to a point... See? Now again go back. Again. Slowly, slowly... First class! Great! Alright, now, everybody's Sahasrara is open or not? Thank you! [Applause]

Very spontaneous! Looks nice! Alright? May God bless you! May God bless you! You all look like the petals, various petals of the Sahasrara. May God bless you!

So now, what is the situation? No one? That's the end? Alright. Thank you very much. Wonderfully done! But I wish you could have put one more in this, is the song of Rabindranath Tagore and the description of the dream of [Lewis?] would have been nice... Can somebody... has got them? Ya, You can read it, see the effect. It would be very good effects. Has somebody got it? Can you read it out? See the effects! First the description and then the end with the Rabindranath Tagore's thing. Now you show the Ganpatipule. And all the actors can come on the stage now, sitting down... come along ...come along on the stage. One side the boys, one side the girls will look nice, alright? Sit down. Now leave a space for showing the photograph of Ganpatipule, and you can show Me also in between. Now come along. In the end, all the actors must come on the stage. Where is Gareth? I can't see him. He's there, alright. You are the leader of all the seekers, you see so better sit in front... [Shri Mataji laughs] Alright, just

move out a little bit this side so that... You sit here, some of them, sit here... some can sit here... Come along ...just move out. Now put the picture ...Now see feel the Ganpatipule ...now come this side. Come this side...more... Still a little, the boys have to be more on this side, just some more on this side. Alright, let's have it. Alright, try that... [Applause]

Come here, the guru, please... Come here, sit here in front... The guru has to sit there. Alright, now let's have it. Good, wonderful... Alright. So, who should we have? Govind [or Gavin?], can you read it? Give him the mic there, please... Who is in charge of the mic?

Sahaja Yogi [reading]: 'On the shores of Bharat, where men of all races have come together...

Shri Mataji: Now, see the vibrations ...

Sahaja Yogi [continuing]: awake, O my mind...' It's too much special effects, I can't read it... [There is a lot of reverb on the microphone...]

Shri Mataji: Too much what, did he say? Too much emotions, is it?

Sahaja Yogi [continuing]: 'Standing here with outstretched arms, I send my salutations to the god of humanity and in solemn chant, sing his praises. At whose call, no-one knows came floating streams of men and merged into the sea of Bharat. The Aryan, the non Aryan, the Dravidians, the Huns, the Pathans and the Mughals, they all have merged here, into one body. Today, the West has opened its doors and from thence come gifts. Giving and taking, all will be welcome on the shores of Bharat where men of all races have come together. In mad exultation, singing songs of victory have they come, crossing deserts and mountains; they all dwell within me, and in my blood, echo their varied melodies. O, terrible One, let the heavens resound with your music. Even those whom in disdain we kept apart, we'll gather round thee, O Bharat, where men of all races have come together. Here one day in the hearts of men, the message of the One resounded. In the fire of tapasya, all differences were forgotten and the many forged into one. Round that fire of sacrifice, we all have to meet with bowed heads and unite on the shores of Bharat, where men of all races have come together. In that fire, the bloodshot flame of suffering is aglow. O mind, bear this suffering and hear the call of the One. Conquer all shame, all fear and let vanish all humiliations. What great life will emerge at the end of the days of suffering! The night ends, the great Mother is awake. On the shores of Bharat, where men of all races have come together.

Come, O Aryan and non-Aryan, Hindu and Moslem, come, O English and you Christian, come, O Brahmin, purify your mind and clasp the hands of all. Come, O downtrodden, and let vanish all burdens of your humiliation. Tarry not, but come you all to anoint the Mother on the shores of Bharat, where men of all races have come together."

Shri Mataji: May God bless you all. May God bless you. May God bless you all.

I want to thank all the actors, actresses, and the composers, who did the effects, the lights, all organisation... All of them. It's a beginning of a new drama system and a very good idea because I used to write dramas and plays in My childhood. I am very happy somebody has taken up this side of life which is very important. And it is very communicating... A day may come you might form a very wonderful drama society and may go to the whole world to announce the advent of Sahaja yoga. May God bless you all. [Jai Shri Mataji]

For tomorrow is there any program?

Sahaja Yogi: Shri Mataji, Your guess is better than ours. [small discussion]

Shri Mataji: I hope you have sung all your songs or you want to sing more? Alright, so let us have food and we'll come back. [Applause]

Sahaja Yogi: Shri Mataji, before we finally go, could we just ask You to say a word for Pedro who has been so patient, and so skilful in producing... and Valerie as well, Mother...

Shri Mataji: Pedro is such a great find you know, as they sometimes find an actor, sometimes a hero, sometimes an actress... In the same way I found out Pedro, for you people to develop your dramatic arts, long time back. It's going to work out. Give him a hand. [Applause] And also, we have people among you which I see very clearly their futures as great musicians, and the ones who will compose, the ones who will write plays, who'll direct plays... All of you are there, I can see them very clearly... I only hope to live to see all that. May God bless you!

## 1987-0713, Baptisms in Shudy Camps

View [online](#).

13 July 1987

Departure

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

Conversation with Sahaja Yogis, Baptisms, Shudy Camps Park, Shudy Camps (England), July 13th, 1987

[Children and Sahaja Yogis are waiting for Shri Mataji]

5:29

Cannon singing, "Mataji, Mataji".

"Sat chit ananda rupam, Shivo ham".

"Mother we adore you"

[10:20 Shri Mataji arrives.]

Shri Mataji: Hello, Prity!

May God bless you.

Ah, let's take a chair.

[12:00 Conversation starts.]

Shri Mataji: Can you bring the children who are to be baptised. One by one.

That's all right, now keep it down. Keep it down, OK, keep it down, all right?

You can put that in the cars, I think you can give it to him.

Sahaja Yogi: Can we have the children who wish to be baptised, children who haven't been, here, now, one by one, please?

[Shri Mataji holds a baby]

Shri Mataji: Ah, ah. What's her name? Did you give any name?

Sahaja Yogi: Naïm.

Shri Mataji: Naya?

Sahaja Yogi: Naïm.

Shri Mataji: May God bless you. May God bless you. [The baby cries.]



No, no, no. [Shri Mataji speaks in Hindi to the mother]

Sahaja Yogini: Nayan.

Shri Mataji: Nayana. Naina Devi, I think.

You can call it- her as Naina, it's better. Naina Devi is the sadhu place for Goddess in the Himalaya. You could name - [conversation in Hindi] Ramdas swami... Even the guru of Shivaji. Ramdas swami was the guru of Shivaji, she knows.

Now, who else is there?

Now, how you called him?

Sahaja Yogini: Simon.

Shri Mataji: Hum?

Sahaja Yogini: Simon.

Shri Mataji: Simon? Oh, I see.

You can call him as Shravan. Shravan you don't know, but it's a story of Shravana. He was a very devoted son of his parents and he was especially blessed that he was so devoted, he was carrying his parents with him and he was killed on the way. And then the parents died, crying for him. And Rama's father [Dasharath] who was the one who killed him, was again- he was punished in the same manner that he cried for his son. Shravana is regarded as a very devoted son. All right? Shravana is a very devoted child. You'd like to have that kind of name? Very spiritual, all right? name.

Shravan, because it goes with Simon, it's easy to call Shravana. Better called Shravana. Also, there's a month of Shravana. At the beginning of the months, out of the twelve months, the first one is the Shravana. The first one, when it starts raining.

[Hindi]

Now, this is the month of Shravana.

Sahaja Yogi: This is Kamina.

Shri Mataji: You give it to them one by one, they'll get up. [Unsure]

What should we call you? Hem?

Sahaja Yogini: We called him David, Shri Mataji.

Shri Mataji: David.

You're called David? Oh, what's the matter why does he vomit? He vomits normally?

Sahaja Yogini: [Inaudible]

Shri Mataji: He is [inaudible] all right, you have to do something for the liver. For his liver, you have to give vibrations here.

Sahaja Yogini: To the liver.

Shri Mataji: Yes, that's the best way. I think he has a liver problem. Gases also?

Sahaja Yogini: No. [Inaudible]. What about this radish leaves?

Shri Mataji: Hum?

Sahaja Yogini: Can I give him radish leaves?

Shri Mataji: You can [inaudible] he'll be all right. I think he has gases. Ah, he has.

You can call him Dattatreya as he's David.

I'm trying to remember some names.

[Cut in the video]

Shri Mataji: You can call him Yogeda, a name of the Yogis. If you call him Shrikant it will be better. Shrikant is the name of the- what are the child [inaudible]?

Who else? That's all?

Sakshi is a good name. Sakshi means the witness, also a name of Shri Krishna. You call him Sakshi, it's the witness. Everything is easy Sakshi [Hindi]. What names are "saha" with all very complicated names, Sakadev. "Buddha sewa saka mund." Would you like to have Buddha's name?

Sahaja Yogi: She is coming.

Shri Mataji: All right.

So I'm here now to thank you all for creating this beautiful house, a place where you can feel that Ganapati is there now. Ganesha is established in England and a kind of security among your hearts that we have been able to fix some place for our worship. It was very difficult, to begin with, and the work started in England, first of all, in the West. And the people of England, as you know, how they were like before: they would come and go and you get caught up. Again they would come back, it was like a slippery board all the time, people jumping in the sea, again coming back again and again.

With all that, one can say at the end of now fourteen years, after the exile of fourteen years of Shri Rama, now we have got the new Jerusalem, the kingdom. It's definitely a big achievement to happen in England especially because this is the heart. And heart has to be established if the life has to start. And as soon as we started building this place, people developed tremendous confidence, collectivity, understanding, love. I can see now the same faces so mild, so compassionate, so beautiful. No questions, no arguments [laughter].

And I had to come to England to circulate. And we should give a hand to all the English Sahaja Yogis who are- [Applause].

Also, the credit goes, you see, to our leaders who have worked very hard, very tenaciously, to all the workers and people who really felt the responsibility of getting it done. I would not like to name them one by one, but I know in my heart that they have laid

the foundations of Sahaja Yoga, not only in England but in the whole of the Western world. After this, we'll have ashrams after ashrams, I know.

The most difficult place was England where we have achieved it. With rules, regulations, this, that, it's quite a big problem. But it has worked out thanks to you, to your hard work.

Now, as a Mother, I feel so proud, very proud of my children who have worked so very hard. I couldn't look after your food, I couldn't do anything for you. You have made such arrangements for Me, it's such a Thanksgiving for Me.

But sometimes I look back: what have I done for them? Nothing. Whatever was in my nature itself I did it. So, what is so great? It was great for you to do all these things with such hearts, with such feelings, with such involvement. And the achievement is so great, everybody, everybody who came was not only surprised but overjoyed; you all shared the joy of your achievement. This house symbolises your devotion and your love for Me. But above all, it symbolises the hope that we have that one day we'll build this world into New Jerusalem.

May God bless you all.

What's her name?

Sahaja Yogini: Amrita.

Shri Mataji: Amrita is a name itself! It's all right. Amrita is a name of the Goddess as such.

Amata, what about Isobel and Martine?

Where is she gone?

She's playing outside.

I think her name should be Anapurna, meaning the one giver of food, the Goddess. Anapurna. You may tell her. She said: "Mother, give me a name."

Hello? Come here [to a girl]. You wanted a name. So your name is Anapurna. All right? Meaning the Goddess who gives food. The one who gives food. All right? You understand that. Beautiful name, all right? So your name is Anapurna. You are the one who gives food to everyone. All right?

She came to Me all alone and she said that "I want another name." [Laughter].

So now, I'll make a move. And I would like you if you have any problems – we should put one box here, where all the complains [laughter] and all the good wishes can be put in two boxes.

[Laughter].

So you give the name Shravana, does she like the name Shravana?

Sahaja Yogini: Yes, Mother.

Shri Mataji: Are you following? It's a very nice name, I mean in India, in Ramayana it's written, Shravana Kumar is regarded as a very great symbol of devotion. Shravana Kumar is the name but to call it, we call him Shravana. All right? May God bless you.

You had a phone call. Nobody telephoned to you?

Sahaja Yogi: My mother.

Shri Mataji: Is she all right?

They are taking out the badha. [Shri Mataji is laughing]

Now, all right. So.

All right, now what's that? What is happening now? All of you. Are you going to have another drama?

[Some small fireworks]

May God bless you.

Rustom? How are you going? How are you going?

Rustom: I'll find someone Shri Mataji.

Shri Mataji: Who?

Rustom: There's a lot of people.

Shri Mataji: All right.

Bala: Mother, we wish to give this photograph to David Spiro.

Shri Mataji: David.

Bala: For being a wonderful leader of England.

Shri Mataji: Give him a hand.

[Applause].

Hello, hello, thank you very much.

It's all right, no, no, no, distribute to all the people. Gavin? Get those hearts and distribute to all the people.

Gavin: Yes, Shri Mataji.

Shri Mataji: I don't need to take any.

Gavin: There're some more upstairs.

## 1987-0806, Conversation during Indian music recital

View [online](#).

6 August 1987

Talk to Sahaja Yogis

YWCA Camp, Pawling (United States)

Talk Language: English | Transcript (English) – Draft | Translation (Hindi to English) - Draft, Translation (Marathi to English) - Draft

Conversation during an Indian music recital, "find the lost American seekers", 1987-08-06

I am really overwhelmed, really overwhelmed by your love and devotion.

May God bless you.

You don't know how happy I feel to be with you here. And I have been rather very upset about the future of America, the way things are moving. I've been thinking what should we do? Should we take all the Sahaja Yogis from here to India and settle there?

[Applause]

Or bring more Sahaja Yogis from abroad to strengthen you here? It's very sad that there are so many Americans whom we have not been able to locate and that they are lost somewhere. You have to find means and ways of bringing them. After seeing you I see a great hope.

I hope all of us put together, we will do something great. We will be able to get some more and more Americans. How many times I have been here? But was difficult. Let us see what we can do. I do not know if they have scheduled Me to come this year again. If they have, I might come for 2-3 days to San Diego again and we may have a nice public program here.

But first of all, you all have to prepare yourself. You have to be very, very much embedded in Sahaja Yoga, just like lotuses. So that people feel the fragrance of your presence and they come to achieve their Self-realization and to enjoy life as you all are enjoying. You have to pray for it, you have to meditate for it. I am sure maybe this year I might come again for at least 3-4 days here.

May God bless you.

I hope you are enjoying this house which I saw just, in a short time. I didn't know what sort of house it is and I hope you are comfortable. Now I didn't know what to buy for this Ashram. So, I have got a little present for you. And then [name of Yogi ] told Me that this is the only thing that is less in Ashram. So, I said, "All right, it's a good idea".

So, how many are staying in this Ashram? Raise your hands.

Sahaja Yogi: How many are staying here?

Shri Mataji: And the rest are staying alone or separately or they have another Ashram?

Sahaja Yogi: We have another Shri Mataji all collective, Shri Mataji.

Shri Mataji: Huh?

Sahaja Yogi: We have another Shri Mataji all collective and people are living separately.

Shri Mataji: I see.

Another Sahaja Yogi: We come from Canada, Shri Mataji.

Shri Mataji: I beg your pardon?

Sahaja Yogi: A lot of people have come from Canada also.

Shri Mataji: Today?

Another Sahaja Yogi: Vancouver, from Vancouver they have come.

Sahaja Yogini: Santa Cruz.

Shri Mataji: Ah! I see all the way.

Is Vancouver close to this place?

Sahaja Yogi: Quite far.

Shri Mataji: As much close as it is to London, is it?

[Shri Mataji laughs]

[In Marathi: What's the program now?] What's the program now?

[In Marathi. Please give me some water]

Sahaja Yogi: Shri Mataji, the musicians have been practicing. So, whenever You are ready, we can have them.

Shri Mataji: I'm ready.

Sahaja Yogi: OK.

I am sorry for being late but we had to go and buy these presents for you. And then we got delayed.

Shri Mataji: So, I'll have some water. Let's have the music.

[Shri Mataji speaks in Marathi: Please give me water and tea. First, I would like to have some water.]

[I can have some tea now]

Shri Mataji: What happens? Is she crying?

Sahaja Yogini: She just got up when you came. Normally, she does not cry.

Shri Mataji: Sharayu, can you give Me my spectacles?

[The singer is praising Lord Rama]

Shri Mataji: What a beautiful voice!

[Applause]

Very beautiful voice.

[Shri Mataji in Hindi: The singer's voice has got the beauty of a Bengali singer.

What does the singer do for living?

Sahaja Yogini: [The answer is not clear.]

I am very happy you are learning our music is and it's such a rare thing to hear such a beautiful music.

Shri Mataji: Wah, wah.

[Applause]

[Shri Mataji in Marathi: Is she teaching in the university?

Sahaja Yogini: Yes.

Shri Mataji: Both of them?

Sahaja Yogini: Yes.

[Inaudible]

Shri Mataji: Wah, wah.

[Applause]

Shri Mataji: Is she herself teaching in the university? [Inaudible]

Shri Mataji: Where does the singer stay?

Sahaja Yogini: In the university.

Shri Mataji: In Santacruz?

Sahaja Yogini: No, in San Diego. Once the Yogis had received an advertisement in their mail

Shri Mataji: So, the Yogis started joining these classes?

Sahaja Yogini: Yes.

Shri Mataji: So, they are giving private lessons and also teaching in the university?

Sahaja Yogini: Yes, they do both.

Shri Mataji: Who is giving lessons in the university? Is it the husband?

Sahaja Yogini: Her husband is giving instrumental music lessons. And she is teaching vocal.

Shri Mataji: Her voice is really sweet. It's God's gift.

Sahaja Yogini: The singer is from Calcutta. The husband has a lot of Sahaj qualities. Inaudible. "Durga Mata, Kali Mata".

Inaudible.]

[Applause]

[Shri Mataji in Hindi:

Shri Mataji: (To the singer) You teach also so well and sing so well. You have a very good voice. I could not imagine that in such a place (USA) we can find such good singers. Very good.

Singer: Thank you

Shri Mataji: (To the singer): Do you teach here also?

Singer: We have started a school in which we are teaching.

Singer: My husband teaches instrumental music.

Shri Mataji: Very good, it's a very good thing.

Singer: We need your blessings.

Shri Mataji: My blessings are always there for music and also for you.]

It's very, very rare to hear such beautiful voices and such beautiful music.

[Shri Mataji in Hindi, to someone: Please, come.]

You are very lucky people I wish others could also have it in America to have someone like that to teach the music and. You find it very interesting? It's difficult also. Indian music is very difficult.

[Shri Mataji speaks in Hindi:

Shri Mataji: Who is he?

Sahaja Yogini: He is the husband

Shri Mataji: May God bless you.

Shri Mataji (to the Yogini): Are they from Calcutta?

Shri Mataji (to the husband singer): This Yogini is praising you. It's really surprising that you have come so far and trying to spread your music. It's a very beautiful thing.]

Singer: I just pray by my music, that's the only thing I have. So, that's the way I can [Inaudible.] Just pray by my music.

Shri Mataji: Little loudly, through words, I mean.

Singer: I have my music. So, I can pray God, just playing music.

Shri Mataji: That's the best way to pray, isn't it?

Singer (in Hindi): If you permit, I would like to play some more music.

Shri Mataji (in Hindi): Of course, you can play.

[Shri Mataji in Marathi: They are very young.

Sahaja Yogini: Yes, Mother they are young.

Shri Mataji: How did they come to the USA?

Sahaja Yogini: As students.

Shri Mataji: Yes, to study. Who is playing the tablas?

[Inaudible]

Shri Mataji: He has not come, the son of Al Rakha and co?

Sahaja Yogini: They live in San Francisco.

Shri Mataji: Oh, so they have not come.]

[End of part 1]

[Part 2]

[Applause]

10:45

[Shri Mataji speaks in Hindi. Kalatit]

Shri Mataji: Wah, wah.

You all must try to learn, all right?

If you start from a very young age you can do it. And some people I know have started very late.

[Shri Mataji speaks in Hindi about the guru of the musician in Calcutta.]

Shri Mataji: I never knew about this kind of a thing that is going on here. You are just very lucky people to have somebody like Allauddin Khan Hassan. Oh, he's great, absolutely great, no doubt about it.

[Shri Mataji speaks in Hindi.]

Their guru was a Realized soul. And he was in a place called Maihar [in Madhya Pradesh] where my father was a political adviser to the king. We always used to go to that museum. He as a very strict man, very strict and extremely sweet. As far as the music was concerned, he was very, very sweet. Sometimes, you see, he would play to us.

I remember, once, he respected my father very much because my father was such a connoisseur of music. And one day, Ravi Shankar, he was sitting there. And my father said, "Why don't you play sitar? I would like to hear." So, Ravi Shankar, he said, "Please, don't ask me. I don't want to play." He said, "Why? What has happened?" He said, my father said, "What has happened? Why not play?" He showed a big lump here on the head. He said, "See now? Do you see this? I was playing out of tune a raga and my guru has hit me here already. Now, you don't ask."

[Shri Mataji is laughing]

Musician: That's his father-in-law.

Shri Mataji: He was is father-in-law but later on. That time they were not yet married when I knew them, they were not married, later on he married Anapurnaji. Also, their marriage and all that, I know how it happened, and big fest [unsure]. And in the night, one day, his guru came alone in Kasav [unsure].

A wonderful person he was. And he has picked up somewhere a little deer and he was feeding the deer with a bottle, a little deer, little. And so, he liked Me very much, he used to. I was a little girl that time, but still. So, I said, "What are you going to do with the deer?" He said, "I must find out the mother of this deer, somehow, because no use keeping the deer with me. It must go to its mother".

And he was a great pujari of Durgaji, surprisingly. He was a Muslim but used to worship Durgaji. He used to call Me "Ma" when I was a small girl before him, but still. He was very found of Me. I used to go quite often and even after my marriage I went with my husband once there. It was a wonderful place that Maihar, a small little place.

But he was very good at, what we call, a percussion instrument "pakhawaj". And he said, "Why I came to Maihar? Because the wood of Maihar, here there's beautiful jungle, and in this jungle, I found a special wood which make beautiful pakhawajs". It's a big thing, you know this percussion instrument. But the way he used to play- he knew many instruments. He's a genius, absolutely a genius.



And with great ease, he used to play. But a very strict master, a very strict person. And that's how he brought up such great people. All of them are very great. Ravi Shankarji, you must have heard his name. Then Annapurnaji is his daughter. She's another genius, genius lady full of knowledge about [inaudible]. So, I am happy that Ali Akbar Khan is here and he is luckily teaching you music. I hope all of you will take a real opportunity of learning music.  
May God bless you all.

[Shri Mataji speaks in Hindi]

The other day, I heard Strauss music, Strauss from- in Germany. He was German but when he came to Petersburg, he played waltz and beautiful tunes. And we were there for about three and half hours, in Russia, and the music was so beautiful, we never knew how the time passed. So, even in your classical music, you all have to become experts. It's easy after Realization. As you can see, their guru was such a master. After Realization, it's very easy to achieve it. I hope you'll do your best to learn some music from these people, it would be a good idea. It's all God's scent. Thank you very much.

[Shri Mataji speaks in Hindi]

Shri Mataji: She's learning, you are also learning music? How many of you are learning? Let's have how many of you are learning. Three of you, good.

Musician: The music is for the whole life; how can we learn within a couple of years?

Shri Mataji: Yes, all your life you say that way, really. I know.

[Music, "Bhavani, Dayani"]

Shri Mataji: Wah, wah.

[Applause]

Well done!

[Shri Mataji speaks in Hindi]

In Switzerland you know, Phil is there.

Sahaja Yogi: Hu?

Shri Mataji: Phil, he plays very well. And Antonio from Rome. He is a piano player; he is a very good piano player. But now, he has become [Cut in the audio]

[Shri Mataji speaks in Hindi]

And in London, there is one Patricia. She's another very well know piano player and she has picked up this. You have so many musicians now in Sahaja Yoga, so many of them. For this Guru puja, we didn't know how to manage the time. Three nights they were singing! [Shri Mataji is laughing.] And playing something.

Have you seen the poster of Guru puja?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: Beautiful, isn't it?

[Shri Mataji speaks in Hindi]

All those in favour of my coming this year to America, please raise your hand.

[Applause]

May God bless you.

[Applause]

May God bless you.

We already have, I think, arranged that I'll be here in the whole tour, I think there's fifteen or sixteen days they have given Me on a

day [unsure]. But I wanted to find out what was your reaction to it.

[Laughter]

Sahaja Yogi: Only sixteen days, Shri Mataji?

[Laughter]

Shri Mataji: Sixteen days! After going from here, after going from here, continuously I am travelling. First of all, I 'm going to [inaudible] from here. Then of course, I'm going to-

Sahaja Yogi: Switzerland.

Shri Mataji: France for this [inaudible, jam mashed?]. Then coming back to London, going to India. There I will be for the- I'm going to Calcutta, Bombay, Delhi. Calcutta for the Navratri puja. Then I 'll be back to Switzerland for the Shiva puja.

[Shri Mataji speaks in Hindi] Then I will be from Calcutta.

After that, now October, it is something like fourth October they have- second October they say but we are having it on the fourth because that's a Sunday. And after that, I'm going to tour America. [Shri Mataji speaks in Hindi]

[Applause]

Italy will be Diwali puja, for two months again, till I think, till the second of December. And then I go to India again, you all are expected to come. It goes on like this.

Today, that lawyer saw my passport and he was stunned. He said, "Mother, how do You travel so much like that!"

So, that is how it is going to be. Now, I'm very happy you want Me to come here for this program. I'll be able to inform you when I go London. They will tell you what they have decided.

[Shri Mataji speaks in Hindi]

I hope you are comfortable in this house.

Sahaja Yogini: More than comfortable.

Shri Mataji: It's very uniquely done I must say, the architect who he is, I was wondering. [Shri Mataji speaks in Hindi] It's very well done.

[Shri Mataji speaks in Hindi about Sahaja Yoga]

May God bless you all. May God bless you.

## 1987-0807, One Has To Work Hard For Ones Own Country

View [online](#).

7 August 1987

Talk to Sahaja Yogis

YWCA Camp, Pawling (United States)

Talk Language: English | Transcript (English) – Draft

1987-08-07 One Has To Work Hard For Ones Own Country

Nirmala Vidya - 1987-0807 1: Informal Talk - Canada, San Francisco, America, Improve Yourself

Shri Mataji:

I just don't understand if you own the house (you are the owner of the house) how could they [unclear]...

I just don't understand!

Of the 2 children, where are they gone?

Just have it ...

Are you alright?

(Sahaja yogini shares some problem with mother)

Shri Mataji: You being to some guru or somewhat?

Sahaja yogini: No mother my husband has start Sahaja Yoga

Shri Mataji: I see! You feel vibrations?

Sahaja yogini: [unclear]

Shri Mataji: Who is your husband?

(Sahaja yogini tells the name) Terry

Shri Mataji: Terry, he is not here now ...

Sahaja yogini: No, he has not come this time

Shri Mataji: He was here last night?

Sahaja yogini: He didn't come here this time He came to see you first time in the National Puja last year.

Shri Mataji: Terru!(name) Something here [unclear...] (Then in Marathi)

Sahaja yogi: In America, there is a law: If there is a music party after 10 O'clock the neighbours have to be informed. If you don't inform the neighbours they have right which I told him right! You can play the subtle music if you did not like you can talk to the police we can tell next time onwards we won't play after 10 O'clock. But I would not have the answer to all his questions...I am here from 17 years ...[unclear in Marathi]

Shri Mataji: Not Rock Music!

Sahaja yogi: If there is one-time party...I told him right ...You did not like it right ...You talk to police...Police come you say sorry we will stop the music after 10 o'clock ...

Shri Mataji: Love thy neighbour as I said...

Sahaja yogi: NO NO I am American citizen...I don't have to answer you all these questions...I am American Citizen ...I have lived here from so many years ...I don't have to listen to anything ... (Here Sahaja yogi is telling that why should he tell everybody what's going in his house, there are Indians with him or not etc. to his neighbours as he is also living in America from so many years...He has some privacy concerns, and doesn't like interference of outsiders ...This is what he is trying to explain mother )

Shri Mataji: Nobody can enter into my house better tell. This is the house of a diplomat own by a diplomat ...You better behave! Own by a Diplomat...Even if you murder somebody inside nobody can say anything...Diplomats have so many rights you see! That you cannot challenge whether American or...This country is funny you know There is no freedom at all. You go out people is about to shoot you ...& go inside the house police is going to shoot you. What sort of freedom you have ...

Sahaja Yogini: [Unclear]...

Shri Mataji: Come come ... (to some other person) Sit down ...Sit down ...

So where is he now she says?

Sahaja yogini: Cannada

Shri Mataji: Canada ...So what does he say.... your husband? HE doesn't believe in Sahaja Yoga ...So that may be the reason ...you're this thing is ...But ...

Sahaja yogini: [unclear]

I know...what does he say?

Sahaja yogini : [unclear]

Shri Mataji: Against Sahaja yoga ...then big problem ...You should not ask ...That's the one thing Just don't worry about him ...If he is against Sahaja yoga let him be ...If you go on like this you will be upset all the time ...Your Agnya is catching everything alright! That's why I wanted to know what the problem was.

Sahaja yogini: [Unclear]

Shri Mataji: I mean if he is too much troubling you it's better Because as you look to me I mean you don't look very Sahaja in the sense you look upset person Isn't it? So, in that case, I think better you go somewhere and get alright...In case he is so much against Sahaja yoga ...You see my point ...You are Canadian? Where do you live?

But what will you do in the collectivity where we live?

Sahaja Yogini: Vancouver ...

Shri Mataji: Yes Vancouver we have ...How many of you are from Vancouver here? So how do you find Vancouver is doing well. What do you mean by that ...

Lauri is there ...and how many of you are there? ?? There in the ashram ...I don't know why Canadians are so difficult ...What about the Indians in Canada. Are they responsive?

But where Michel Nite was what was the place he was in?

He had some good Indians there ...But not in Vancouver ...No ...So how we are propagating Sahaja yoga there?

Sahaja yogi: [unclear]

Shri Mataji: They come down but you didn't take any public meeting as such?

Sahaja yogi: No

Shri Mataji: But why don't you try that ...Public meetings ...Is a Good idea ...Tell Lauri ...If she coming to the puja ...So I will talk to her ...You see Canada will be better than America. Because here the people are so scared ...Scared people. Very Scary place ...Everybody is so scared ...So the progress is not very fast...If they scared of something then they will think that Sahaja yoga is another horrible thing or something ...Maybe ...

But Canada should work out ...Canada is not that bad. There is a reason so much violence there. Isn't it? And now you are also developing your country quite a lot ...Don't you? You are having factories, lots of factories have been built now...Germans have gone there and have built up a lot of factories ...So I think Canada should do good ...

She is Lauri's daughter?

How are you? You are there only in Vancouver? You have gone to New York, isn't it?

You were there?

Sahaja yogini: No

No, I see! Somebody told that you are going to go to New York ...

Sahaja yogini: [unclear]

Shri Mataji: No no for staying in New York ...No ...Someone told me you are going to be there...

So what are you doing now?

Sahaja yogini: I have just finished my school ...

Shri Mataji: So there in Vancouver, What's the class you are going to join? The first year as you call it ...

Then what do you want to do? Arts?

Sahaja yogini: I really don't know ...

Shri Mataji: But you were happy in Australia? Isn't it? You were in Australia ...

Sahaja yogini: yes

Shri Mataji: Not so much here ...

One has to work hard for one's own country, isn't it? ...Just can't run away! Americans have to work hard ...You can't run away from your own country...That's why you are there ...You took your birth with the understanding. I know it's difficult what you say?

I know ...Especially San Francisco is a very difficult place. Nothing can teach them lessons. With AIDS they have become great

Martyrs of the crescent of age you see...Very sad thing! They have never known the love of God ...such a sad thing ...  
Can you imagine such unhappy people...They have not known God, they have not known his love, his blessings...

Sahaja Yogi: [unclear]

Shri Mataji: What is this? But you have given me ... Alright! What about the cups I have got for you? Distribute cups also ...Alright!  
For all of them ...Even they can take to Vancouver some of them ...Good idea!

Alright! Thank you!

What is that? Why to do such a thing? Key to my house ...Is there a key? Alright! You better open ...Thank you.

(Some name) You have got my passport?

Sahaja Yogi: Tickets also

Shri Mataji: Tickets and passport ...

Yes, take it out ..."Shankh". 2 of them ...

What beauty? See the nature ...Beautiful ...So beautiful ...You see ...It's made ...that's how the Kundalini is ....See...And it's  
7...1,2,3,4,5,6,7,8,9,10,11...correct should be 11 numbers ...It is god's plan. You can't use it for blowing. How is the stand...?

From this side ...Let's see What is the stands are?

Oh, that's fine ...Beautiful What nature ...How it creates? This beauty ...Beautiful ...

That's what I told you this morning

All done at an animal level which is in state of complete "bandhan" and all. "Pashu," they say ...are "pashu"...

But human beings are free people they can do what they like themselves... you can see very clearly what they have done. If they  
want they can destroy themselves very easily, they want they can be master of all these things...for them to decide ...

This morning I was telling about them the forest's protocol...In the forest, you have got the tiger as the king. So when the tiger is  
in that area nothing moves no sound if you find absolutely silent jungle then know that there is tiger sitting somewhere...When  
the tiger is sleeping ...Absolutely there is no sound ...Tiger itself is a very majestic animal ...It kills an animal always one at a time  
and about 2 in a month that's all ...The first time it will kill an animal ...Leave it there for the whole night for all the blood to lose  
out and then it will come back the next day. That's the time when a hunter shoots it ...Now it comes back and eats it as much as  
it wants to eat that's all. Then finished, for 15-20 days no more eating! Then it goes away ...Leaving the whole animal for others to  
eat ...

Then other animals who are eating flesh come down ...

All of them –the foxes, the jackals this that goes on ....till the sparrows this that and ultimately the crows when they eat then it  
finishes off. Such an understanding of the protocol ...And if there is a tigress, the tiger and tigress can eat one animal or both of  
them can kill 2 animals ...And when the tiger dies then at least for a month you can see that tiger is dead...Everybody so unhappy  
because they think that the tiger is dead we have no king ...And even if the king kills for somebody he leaves it for way...Suppose  
it happens like that so many times a tiger may ill or he might be killed or caught something like that then these people would not  
eat that animal killed by the tiger ...Nobody touches it. See the amount of "Maryadas" they have. But they are under complete  
control of God ....Pashu's they are pashas So to achieve their ultimate freedom, God has given you the freedom...That doesn't  
mean that you go to hell the fast, faster and fastest. But you will notice very clearly that there is a force going upward in Sahaja  
yoga, there is a very big sliding down especially the America is the country which is going very down fast But what I feel that  
other countries are also following them...Like Canada, worse than Canada I say France...There are so many people in France who  
are absolutely mad and wiered...And they are walking into the streets and they are getting into the bus from the railway station.  
One fellow walks in talking with himself ...another fellow walks in talking to himself ...The third lady walks in talking to himself  
loudly very loudly ...I got very surprised I asked Mary as it what's this –Oh they are mad! I said really ...Why are they here with us  
...He said you know we are very sympathetic people towards the mad ...But I said What about yourself Are you not sympathetic to  
yourself ...These people who catch hold of you will throw you away ...Then one lady came in and she started abusing every one...  
When she started abusing these two also got excited. But they knew how to take a ticket, they knew how to get down, they knew  
all this...There were 2 men ....were talking about war and they don't know talking about God knows ...So already there is an attack  
of the negativity on these people I think But apart from that drugs, if you are saved from drugs, AIDS saved from AIDS, then now  
they are shooting each other. As if very few people are being killed so now they think we should shoot each other finished ...How  
much it is self-destructing in a collective way...In a collective way there is a scheme of destroying themselves. You should see as  
Sahaja yogis this point very clearly. Now you all have chosen the path in that path you can save so many people. The worst thing  
I feel about America is that you can't spread Sahaja Yoga so fast ...People don't have subtleties at all...Yesterday I was talking to  
Laur, I thought it's the potatoes in his head or what absolutely a man without any subtler understanding ...I mean I could

understand an uneducated labour on the street but he is a lawyer if he cannot understand anything subtle then whom do you expect to come to Sahaja yoga. Yesterday I was very disappointed but when I saw you here I again felt No We can try again ...So again this time we are going to come maybe ...I might [unclear/go to Vancouver also ] You have kept 15 days for that altogether I don't know ...I don't have the full program with me. But Do you have? Alright. We have put it...I said I can't .2 years I am not free...Just try again You see when I come you will see the hall will be full ...All the crowds ...Are they mad people I don't understand What is in me that they come there ...

Sahaja Yogi: They always come for the program Shri Mataji

Shri Mataji: But why? What is it? I don't understand these people ...When I go they just see the photograph [unclear] and the whole hall will be filled and When I go away nobody is there...

Sahaja yogi: No discrimination Shri Mataji...No discrimination

Shri Mataji: I just don't understand. They don't respect their realization.

In Nov 5th USA to the 12th .....We can increase it to 15th also ...that I am saying to increase it to 15th.

But let's see now suppose I come on Nov 5th so where should I come first

Sahaja yogi: unclear

Shri Mataji: Of course.

Sahaja yogi: You can come to New York because we assure you ... [unclear]

Shri Mataji: Alright or else then from here I can go to Canada. Alright! And then from Canada, I can go to [unclear] Ruston is going to be a new founder. But this Bala business, what to do with Cincinnati...

So what we can do: suppose I go to the New York first ...

o.k end up in New York would be better...(Suggestions are given by Sahaja yogis in the middle).

Alright! Do one thing in New York I don't have the programs say for eg then I will go in the middle, have the program then come to you people, have the program, go to Canada have the program and then lastly go to New York. Alright.

Sahaja yogi: Big Bandhan Shri Mataji

Shri Mataji: Big Bandhan

Alright just do that way ...So now supposing I come here so I will be coming to you people now what do you want? Do you want me to come Saturday-Sunday or you want me to come at the day time?

Sahaja yogi: We would probably have better response near the weekend...

Shri Mataji: Weekend! All right! So the weekend is 8th. 7th and 8th is the weekend. Alright! So I will come at 6th here, no 5th I will come to ...so 7th,8th – 2 days program or you would like 3 days.

Sahaja yogi: Whatever you say Shri Mataji.

Shri Mataji: What about in Los Angeles? We don't have the program in Los angles

Alright! So when do you want to have In the Weekdays or Holidays

Sahaja yogi: Holidays

Shri Mataji: Holidays alright! So we can do 6th and 7th here and 8th there ...6th, 7th and 8th ...But I can stick here for one day if the people want to see ...

So 9th up to 9th (one month), I would be here ...

No no, San Francisco will not [unclear]

Los Angles and Santiago

Now, if you have to go to Canada which is the better place Santiago or San Francisco?

Sahaja yogi: One and the same thing...

Shri Mataji: No no, If I have to go from Vancouver which is the easiest place to go? From Which Place?

Sahaja yogi suggested San Francisco

San Francisco is what you think is the possibility of having the program for one day...

Alright! So keep it on Tuesday...San Francisco

Then 11th of the night to Canada, Vancouver and 12th I am there...

13th, today is 13th ...11, 12, 13...The 14th I will go for Cincinnati...Is the other way round It will be there?

Sahaja yogi: yes if you like then New York first, you can come from Cincinnati through Santiago ...

Shri Mataji: oh I see that way

Sahaja yogi: Because it is on the way

Shri Mataji: That's better ! Alright!

So from here, we go to Vancouver to Cincinnati and then to New York ...

So we are there on the 14th Cincinnati ...14th, 15th New York now ...

New York will be 17th, 18th.

Then I think we wait for the Spanish program. We have to find that when would they like to have and then decide...Because we can adjust here between these ...There is on the 21st People will go to Briton, London...Sunday is good for London Program. Alright, then you could have it!

Briton, London 21st, 22nd Then Cambridge ... is 23rd or you can put it ....like this ....

21st you put in Briton and 22nd I could be rest.

23rd in London. And 25th Cambridge.

Now rest of the thing we will discuss ....in like going to India. Now what I decide do you agree, all of you?

That when people go to India they of course pay for their travel but in that money ...travel money also they give for the project money plus they pay for all the sari's, they pay for all the pujas therein...They also pay partly for the silver because with this money I can't buy all the silver I buy ...And we are buying for about 28 Centres...Also, they pay for marriages ...So they pay for the five things apart from their food and their travel. So the whole pressure comes on you. Now for any other thing, we have no money ...Supposing I want to build an ashram anywhere ...I don't know If I can spend my own money ....

## 1987-0808, Talk, Eve of Shri Vishnumaya Puja

View [online](#).

8 August 1987

Talk to Sahaja Yogis

YWCA Camp, Pawling (United States)

Talk Language: English | Transcript (English) – VERIFIED

It's very gratifying to see so many of you Americans have gathered today, and tomorrow you want to have the Vishnumaya Puja. I remember the days when I used to talk to chairs only, but all these years after working so very hard, visiting this country so many times, still we have very, very few Sahaja Yogis compared to any other nation.

In this country of Shri Krishna, is inevitable that people will put their attention to money, because He is the incarnation of Vishnu and His Power is Lakshmi. Lakshmi is the Goddess of money, but that is not the money that is called as "dollar". It is the money which means a complete, integrated form of material wealth. As it is, matter has only one power: that it can express our love to others. Like, if you have to express your love to someone, you would make a nice present or something that is useful for the person; or you may give your property, wealth to your children. In a very symbolic manner, you might even give a small, little stone, if you are a child to your mother, which you find interesting that would make your mother happy. But all the time, the idea behind giving matter to someone is to show your love and emotions - to show your concern and express your heart. So to express your heart through something gross, we use matter. Now when this matter is converted into something and it becomes sort of an economic activity where you have to price it, then the attention shifts from emotions to matter as something that has some superficial value than the deeper value that is love.

Even in the olden days when people had lots of money with them, they used to decorate their houses, wear good dresses, to invite people into their homes to make them happy, to make them comfortable. A rich man would have a fair or something like that to make people happy. Gradually, again the attention shifted from that to something which is extremely gross, is to show off. But the purpose fails completely when you try to show off, another person is never happy. On the contrary, he's jealous. So what's the use of showing off because the purpose is to make another person happy. Instead of that, you make him jealous. Then second steps comes in with it that you create a antagonistic feelings in another person. That person thinks that, "Why should he have and why should I not?" Because that person cannot enjoy what you have.

Thus, there are theories and theories that came out in our political systems, into our economic systems: how to [?] [6:exacerate 52]it and how to utilize it for something even grosser. And this grossness grew more and more and more. Once you allow the matter to act like that, this matter sits on our top. We are powerless people. It's the matter that becomes powerful, because it rules us completely. We can't do without this, we can't do without that, we can't do without this. And then we become complete slaves of matter. Matter sits so much upon us that we get completely blinded to what our purpose is to be on this earth, and start crawling like worms under the pressure of matter. What is this? Is nothing but stones, bricks, everything is matter. What is the importance of this? Is nothing, except we have to have a seminar. If we don't have the seminar, if you are not going to do anything sensible to create harmony and understanding, no use having all this.

This is what has to be realized: that matter has its own purpose and, as Sahaja Yogis, we are not going to be ruled by matter. Is very difficult to decide because from our childhood we are taught, "Be careful! Don't touch this. Don't touch that." As if that is the God. "Don't spoil it."

So the whole attention gets engulfed into this gross existence of matter. So the person starts moving from his ascent to his descent. From matter you became carbon, from carbon you become amino acids, from amino acids you became living things, from living things you became human beings and now you have to become Sahaja Yogis. But the attention starts moving downwards towards matter and we acquire all the qualities that is matter, except for one which only we can give that power to matter - that it can express our love.



You become static, you become unchangeable; and when you start using this matter for a lower end than this, then you hurt. Same matter starts evolving into things like weapons. First must be the stone they must be hitting with, then the clubs of stones. Then came the swords, then came the guns, then came atomic energy. So the same matter has gone into evolution into another direction. But matter could have been moved into a higher direction if you had seen the quality of matter to give joy.

Then we did that for quite some time, we made beautiful carvings, beautiful churches and temples, beautiful paintings, beautiful statues. I think it ended up in America when they made the Statue of Liberty. After that it took another form. Now if you see the women of America, you will understand that it has no resemblance with that of the Statue of Liberty. I mean, even to have a model you'll have to import some from somewhere else to make a model to create that statue. That dignity, that presence, that motherly feeling that she emits, the protection she gives with her strength.

Everybody is tired like that. Everybody is absolutely a dainty darling. They do not want to take any responsibilities, put the responsibility on to somebody else. Here stands the symbol of such great protection of a woman to man. On the contrary, the same protection today has become a domination of men.

Instead of men becoming men, they have becoming cabbages here. It's the other way round things have moved. I find it very hard to believe that the same time we had people like Abraham Lincoln. Now I don't think we can produce anyone like this. Where are those mothers who created Abraham Lincoln? Where are those great women who sacrificed everything for their children to give them such greatness? George Washington fought the whole time all his life with such a strong wife he had.

But here now the women have become nothing but matter they think that by wearing such and such dress or going to a hair dresser, cutting all their hair in a funny way they become powerful. Why I am talking about women today because we are talking of Vishnumaya, but not to hurt you. Because in this men are very much responsible. Let us see, see the point, where we are going. The whole society is ruined today, if you see. You feel terrible when you see how things are happening in this country. The children are shooting everyone, small little children are shooting. On the road if you go, everybody is panicked. Why it has happened to us where you have created such great heroes in this country and now you cannot create any hero? What has gone wrong, where?

I know they have made a mess, these men have made a mess of all this politics and everything that they call "manly", so-called. But, Vishnumaya is the power of a woman. She's the power of a woman, and they say that American women are very, very powerful. Where does the power lie? The power lies how many men you can divorce and have how much money with you? How many people you can divorce and have, under the law, so much money - that's not, that's not the power of a woman. One has to understand where have we lost our power. The power of a woman is not enslaving for men, that they should appreciate you morning till evening, every person on the road must look at you - that's not the power of a woman. That could be the power of a prostitute, but not of a woman who stands as a symbol of liberty.

The power of woman is like that of the Mother Earth. See how much She's done for you. She's given you all the greenery, the beauty. Wherever She goes down, She fills Herself up with water, and She gives you such joy and happiness and bears all the problems of the world despite of whatever things we have done to Her, despite the way we extracted all Her wealth and everything, still She's giving us wealth. That's what we are! When we have lost our power, our society has come down. The society has to be maintained by women, not by men. One must understand, woman plays the most important role. She's in no way less than man, but if she becomes this kind of a power, destruction starts moving in the other direction.

The whole topsy turvyness we have to correct in Sahaja Yoga. When I see the image of Sahaja Yoga, when I see when we all will be together, where we will be all enjoying ourselves, I want to see My women, My daughters, to be the symbol of love and symbol of sacrifice and symbol of understanding. And then the dynamism of this sacrifice will be shown because they are potential. You are the ones, you are the ones who are really potential and you have to give them energy to be kinetic. Those who cannot have potential energies have become potential. What's the use? While those who have the potential energies have become kinetic.

What's the use? This has to shift now. We have to think about it, understand. We've gone wrong, really we've gone wrong somewhere and this wrong our children will have to pay, their children will have to pay, the whole nation will have to pay.

Turn your attention to something very noble. This is the power of Vishnumaya because Vishnumaya is the One Who was the sister of Shri Krishna. She came as Shri Krishna's sister. Of course She is the virgin. She was born as the sister of Shri Krishna. Now see, the story is very interesting. If you see the story, then you'll understand what I'm trying to tell you. The story is like this:

The eighth Incarnation - as they call it, power; according to Sahaja Yoga we call Him the King of the Vishuddhi Chakra- Shri Krishna was to be born. He was born in a jail. His parents were in the jail. So Vishnumaya, at the same time, took birth in a village called as Nanda Gram where another friend called Nanda was living, and his wife was Yeshoda. She took Her birth in that family. Then She was a very, very powerful child. When Shri Krishna was born, He was carried by the father from the jail. Because of Shri Krishna's powers, all his shackles, all his chains were broken, the doors opened, and he waded through the river Yamuna and carried the child and gave it to Nanda.

Nanda said, "I have got a child but She is a girl, about the same time." So see the power that time this little child gave to Mother Yeshoda.

They said, "All right. Do one thing: take this child with you and replace it with Shri Krishna."

What a sacrifice for a woman to give her own child at that time, a little babe, to be killed by this horrible fellow, Kansa! No mother would do such a thing. Can you think of any mother who will give her child to be killed for the replacement of Shri Krishna? We cannot think of any mother, but we had some mothers like this in India who did very great sacrifices. Now, this was the greatest sacrifice one could think of - for a woman. She may sacrifice small, little things or quite a lot of things, but to sacrifice your own child is the greatest thing. The woman sacrifices for her children quite a lot. She works for them, she keeps nights and nights vigil for them. She does so much for her children. But to give up Her own child is something, such a extraordinary thing, which She did. And when he brought the child, that child was the Power, was the Adi Shakti in the form of a virgin and was kept back.

So when this Kansa came in the morning, and he heard a little girl is born, he was amazed. It was going to be a son, how is it a girl is born?

"Whatever it is," he said, "I'll destroy this Child." Got hold of that Child and he was about to hit the Child on the ground, when She slipped out and went into the sky and became a lightning to announce that, "The One Who was to destroy is still alive." He was shocked.

So behind all this what we see a character of Yeshoda Who was so sacrificing, of the father who was so sacrificing, of a society where it was important to preserve the Incarnation above everything else. And this kind of happening when it took place, Shri Krishna grew up in the house of Nanda where He then expressed Himself as a powerful personality.

But this Vishnumaya is there and She is very active these days, extremely active. She's the One which is within you, very much there, in the Left Vishuddhi She sits there. She doesn't allow you to feel guilty.

"Why are you guilty?" All the time She says, "Why are you guilty? Why are you unhappy? You are realized souls, you are Sahaja Yogis. Get out of it! This guilty business, no good - get out of it! Come along. You have to find a way."

Yes, the destruction is ahead of you. You see the destruction of this great country, you see so clearly is working out. I feel there are two worlds which are now building up. One that is getting destroyed; one that is coming out of it like a lotus. But behind is the Power of Vishnumaya - is the Power of Vishnumaya, the Power of Sister of Shri Krishna.

Now this Vishnumaya is a female Power, as you know that. She didn't care for anything mundane. Can you think of Vishnumaya going after all these nonsensical things? And to protect Her brothers, and to give all the strength to those brothers, what did She

do? What did She do? She came in Her purest form, as a Sister. You all have here so many Sahaja Yogis as your brothers. You must be having other people also as your brothers. This purity has to be brought into women. Unless and until this purity comes into them, they have no powers, they are powerless. So we come down to main thing is that: where the women are pure and chaste, there resides the powers of all the deities. So it's such a responsibility for us to be very chaste, and to be very pure, and to be sisters to our brothers so that their brothers are also protected from the temptations of the world; so that they, too, have their attention onto something higher and greater.

It's a very, very great day I feel to come down to America to do this Puja. I'm going to tell you all about it, but let us understand that we are power, we are power. We are not the power which can be dominated by money, by anything else. We are power because we are Sahaja Yoginis, because we have that character.

Now, it's important for men to understand the value of women. Those men in this country, all right they look like cabbages but they can be horrid, absolutely horrid people, because they have no sense of purity of their character. If the man is not all right, how can he have a sister who is pure? If the man doesn't believe in the chastity of life - for some men, I mean most of the men, there's nothing like chastity. They never believed in anything like chastity - in the modern times. That is what we lack, and in Sahaja Yoga when I think of My children, of My sons, they should be brilliant with chastity. The whole presence must shine with chastity. When people look at them they should say, "Oh, that's innocence going. See the innocence and the chastity moving together!"

So that's what is in men: the innocence. It's not necessary to be too cunning. Nobody can deceive you. An innocent person, with one stroke, can kill hundred useless people. So it is important that men must also understand the value of innocence.

She was Krishna's sister, all right. Now look at Shri Krishna as a child - how innocent He was, and how powerful! He wanted to eat the butter. Now why He wanted to eat the butter because all the butter that was made in Gokul, in that place, was sent to Mathura where this horrible King Kansa was ruling. And all his military people became very strong by eating that butter. So He didn't want them to eat the butter, so He started a kind of a tribe of small children and a game that they climb on top of each other. And the butter was kept in a pot hanging from the roof, so they would go and eat all that up. In that little childhood He started this innocent play, so all the children used to climb up and eat the butter. So now there's no butter left, so how will they take it to Mathura? This was done and one day His mother caught hold of Him.

She said, "Did You eat any butter from here?" All butter was here all around.

He said, "How? How can I eat the butter? See, can I reach My hand there? See now, how can I ..."

"Oh, so You took the stick and broke it?"

"No, no, I did not."

"Then what is all this?"

"See, these are all My friends who ate it. I put it on My mouth so that you can [UNCLEAR]."

So innocently talking like an ordinary child, this One, an ordinary, simple child.

So Mother said, "All right. Let Me see Your mouth."

He opens the mouth and it is the Complete She sees, She sees the complete universe, complete universe revolving into His mouth. And She sees it.

And She says, "Oh Lord, please forgive Me. I forgot! I really forgot that You are the Lord of this universe and I am doubting You!"

She just fell at His feet. "There must be some play in what You're doing." In a simple, innocent way like a child would say He told the Mother.

So the innocence of a child and the innocence of a virgin, or you can say the chastity of a virgin and innocence of a child brought forth, brought forth the existence of America. Out of that, this country was created. So you can imagine that this great country has now, see everywhere the beauty, I mean every place you go to, you find such greenery. I went to Los Angeles, it's a desert, but still you could get water and you can make it into a beautiful place. You have everything that a human being can ask for, but there's something lacking: is not to understand why it was given to us, how it was give to us. As I told you, it was created out of that innocence and chastity. And if we cannot think of that chastity and that innocence, then we can never mature into sensible, proper Sahaja Yogis.

There's nothing to feel hurt when somebody tells you that, "See, this what we are." Basically, that's what we are and that's how fundamentally we should understand and grow into a personality that is American. But what one finds is: all the instruments of destruction are created. Like small children, I mean, you find children and children. Small children, you'll find them, they fight each other. All right. Fights is all right. But not only that, they kill their parents. They kill their grandparents. What's that going on? How is it happening? Where have we lost the innocence? What's gone wrong? Where are we mistaken? We have to just turn round.

If you really feel you are Americans, you have to save this country. It's in great danger of complete destruction. You do not realize what you're facing. It's not the AIDS I'm so much worried about, or it's not the earthquake which is hanging on them. It is complete losing of your being and becoming matter. When you have robots, you'll become same, and you'll destroy yourself in that way. It's a very, very serious matter which is not yet seen through your eyes, for you do not see it. You must really be praying that, "Oh God, please save this country!" You should be really asking for nothing else but "save this great country", a part and parcel of Virata, and the Virata rules in the Vishuddhi.

It's such a problem for Me. Whole thing is so upside down. I have to start from America, and where do I go? I started from America. I came here, as I told you, talking to chairs, and still so many are just chairs. All the subtleties from the brain have gone away. Whatever advancement has been made, has made them primitive. And after some time, they'll become like stones. They won't feel anything, they won't hear anything, they won't understand anything. They'll not grow anymore. Then, what am I to do? This universe which was created as the working of the Virata will have to shift to some other style of universe, which is a very big shifting.

For all the Sahaja Yogis it is necessary to understand the importance of their existence as Sahaja Yogis. They are Sahaja Yogis first, and Americans later. But, if they're Americans first, then they must work it out. It's not something sideways - you see, "all right, there's a seminar, let's go for the seminar, good" - then come back home, again just the same. You have to really meditate, work very hard. You are the people who are going to change this country; and, ultimately, the whole of the universe. Is you who has to understand. It's not Me. You have to see it and understand that your position is very important. In Sahaja Yoga, Americans have a very great position. Remember, in the beginning we paid everything for these Americans to come down to India. They were treated with such lavishness.

And everybody was saying, "Mother, why are You paying for their fares? Why are You paying for their food? Why do you want them to be so treated? What's so great about Americans? Again they'll develop ego."

I said, "You don't know."

Of course all those are lost now. I don't see them anywhere, but whatever it is, My desire, My anxiety, My concern has worked. I'm very happy you all are here. I could come here for the Vishnumaya Puja. It's something I hope we should work it out. I don't know how far we have gone now. In the subtler way I think Ganesha Puja has helped a lot, and I can see the two worlds coming up very clearly. One which is living, which is pulsating, which is full of vibrations, which is becoming the lotus; the another one which is becoming the worm, the mud, the mire. I see it so clearly, separated by this Ganesha Puja. Now by this Vishnu Puja, let us see if

we become those dynamic, loving, affectionate, compassionate Sahaja Yogis, and pure relationships with each other, so that people see you as something very great like the lightening, they should see you shining in the sky and they should then come down to Sahaja Yoga and come up to the expectations of Shri Krishna.

May God bless you.

Shri Mataji: Now, any questions?

Question from a yogini: I have a question. Something that I'm encountering in my life, and I and this guy who I introduced to Sahaja and we went together. He became very frightened after the first meeting and he became very much against Sahaja

Shri Mataji: Me?

Yogini: Yes, saying that You were bad. And I, continually I have had great results with another woman whose experienced. And he, on the contrary is very much against it and we were involved a lot with channeling and a spiritual, you know, man that channels spirits. And I seem to think that he is still involved with that in some way. I seem to think that is what is holding him back. Something is holding him and I don't know that if it is my place to help him or just be a light or ... I don't know what to do.

Shri Mataji: Now to be very frank, no American is afraid of anything. Every world is afraid of them. It's a wrong idea they have. It's very surprising that the people who give sense of insecurity to everyone always say, "I'm insecure." Very surprising. That's the way they can just say. I haven't met any American who is insecure. On the contrary they are extremely aggressive people - very, very aggressive for nothing at all.

I'll give an example. The other day we had gone to one lawyer and we were waiting for the lift to come down. When the lift came, such a hefty, tall man, six foot at least seven inches, very hefty man was in that. And we were standing for the lift to come, we didn't know there's somebody inside there.

As soon as the lift opened, he says, "Who are you, like a bunch of thugs standing here?"

Can you imagine? We were amazed. There was no need. He had a chance to say something to us, he just said it.

"So please," we said. "It's all right." What could you do?

This is the kind of fear they have. Russians and Americans. Both are just the same, I would say. Let them fight it out among themselves. But to say that an American is frightened of something, that's the biggest joke. They are not frightened. On the contrary, they always fall into problems because they go to something which is challenging. I'll give a [UNCLEAR]. All the false gurus take money from you. All right. Now they say, this one, recently somebody told Me she paid so much money to the gentleman. He took her into a room all alone. She's not frightened! I mean an Indian woman would be frightened of a man who takes her into a room alone.

She says, "No, no, no. You'd better do whatever you like." She's not frightened. She went inside the room.

He said, "Now take out your clothes." She took out her clothes. Not frightened.

He said, "Now you sit here, and jump. Jump, jump, jump!" She started jumping. Not afraid that she'll break her bones or hands or feet or anything. Just started jumping.

"Haah! I feel very fine. I feel very nice."

What are they afraid of? Doing stupid things they are not afraid of, doing nonsensical things they are not afraid of, but to do

sensible things they are. That's basically wrong thing. You know in Brighton we had a nude, a nude - what do you call that? - swimming pool. When it's such a cold time there. I don't know why in a country which is so cold people want to take out their clothes. Some sort of - I can't understand. I mean in the night we sleep with all our clothes on in a place like India. What is the need to take out clothes, I still don't understand.

All right. So, there was a, one swimming pool they started, a very big venture, you know. All the television, everything focused and everybody watching, is for the women and men who become nude. What is so great? Anybody can become. But, there was an old lady, of My age, walking into the water. It's very cold, you know. I was wondering, "This woman will get cold or something like that and pneumonia."

They said, "How do you feel?"

"Oh, I feel very hot."

This stupid woman was feeling hot, you know. This is what it is. "What's wrong?" To do something stupid, nonsensical they have no fear. How is it you think all these gurus have prospered with all their tricks where people have become mad, have become lunatics; they've lost their money, sold their children out. How? For Sahaja Yoga, they're frightened. Why? You see the point? See the point? This is exact is the character. Such people cannot do Sahaja Yoga. We have to have people of strength, people of character, people of dignity. We can't have such people who go after this thing.

Like the other day, one boy came and he asked Me all stupid questions and he was saying that, "You see, what about flying in the air?"

I said, "It's all right. But supposing you are suddenly dropped down. What will you do?"

He's willing to fly in the air. Supposing, you see, he has no wings, nothing, no parachute. How will he come down? Even the children understand the joke. So this is what it is. To be like a clown, they have no fear at all. But to be sensible, balanced and dignified, they're afraid.

We are not here to ask for elections, are we? Sahaja Yoga is difficult - for people who are stupid, naturally, people who want to have a life of destruction. It's for people who want to evolve, people who want to become more compassionate, affectionate, and humble - which is very difficult. Here the training is, if you are humble, anybody will trample on you, you'll be finished, you'll be killed. All right? You have to be aggressive.

To say an aggressive person is afraid of another person, then you'd better change the meaning of the word "aggressive." I would not say only Americans, even English. In English language, "I'm afraid." What are they afraid? Everybody is afraid of an Englishman. If he comes in your house, be careful. He'll create problem between husband and wife.

What is there to be afraid? Afraid of that is Divine, of that is blissful, that is such an advantage to you? Sahaja Yoga is nothing but blessings, blessings, blessings. Nothing to sacrifice, nothing to give up, nothing to sell out. Even small, small things like children, their problems, this, that is looked into. Somebody who cares for you, Somebody who manages things, Somebody who makes you powerful and confident and secure. What is there to be afraid of? But the brains are upside down. They are not afraid of a tiger, but afraid of a cow. What do you say to such a person?

Say, "What are you afraid of?"

"Afraid of a cow."

"And what you're not afraid of?"

"Not of a tiger."

"All right. It's all right. Sorry. I'll go to some other place." That's what you have to say.

I mean, this is what it is: people are just upside down. Their value system is upside down. Example I'll give you, very simple example, this Mr. Hart lost his election because they said he had some relationship with some woman somewhere. It's so common in this country. What is there that he should lose? I mean, if he had done something else, like if he had taken some money of the government or must have cheated them, then it's all right. But on a point which everybody does! It would be tomorrow, "Why did you eat a sausage? That's why it lose you." It's absurd. They're upside down. Brains are upside down. See, what is the logic?

So those who say they're afraid, you say, "You're right. You go and bang your head with something. That would be better for you." It's all stories, I tell you, is the way they put you down. There's nothing to be afraid from a fragrance of the flower - it's like that.

There's ... we have a guru who cannot bear any flowers. No fragrance. But if you take the water from the gutters, he's very happy. Now, what do you say to that? I mean we are not here to please such people, are we? You know there's a guru like that. He can't bear ... He got how many Rolls Royces? Sixty-three Rolls Royces. And they used to take gutter water for him, instead of giving flowers. And there are many Americans who did it, thousands and thousands and thousands. Imagine, to buy sixty-three Rolls Royces out of American money. What do you say to them? But they're afraid to come to Sahaja Yoga. See? This is self-deception.

There's nothing hiding in Sahaja Yoga. We have to say what one has to say. We have to face what one has to face. You should not have any conditionings about it. You should not have any ego about it. Try to understand that this has to be understood: that we have to be ourselves. We have to grow. Whatever is wrong within us has to go away. But it's only possible when you become the Self. Like, if I have something wrong on My sari, I can only see it if I have eyes, otherwise anybody says, "You're wearing a sari which is dirty", I might be angry. If I'm identified with the sari, I'll be angry. But if I see, "Oh God! I'd better clean it."

So it's a vicious circle how to open their eyes, because to open their eyes is very difficult, impossible, because they are afraid. They're afraid of the light, happy with the darkness. Now you cannot please them. Also, you must know that if you put the whole American people together and all the Western people together, we have manifold more people say in India and other countries who will become realized souls. God doesn't bother from where they come. If they want to accept such horrible gurus, let them have it and go with them. As they say, "Take two running jumps and go to Hell!"

That's the attitude of the Divine, I really tell you. But not Mine, because I am the Mother so I have to make the compromise between the nonsensical people and the Divine, which is nothing but sense. There, that is common sense. So what I have to do is to: "All right. Doesn't matter. Let's try. Let's try. They'll come along. They'll be all right. They are created by God, that's why they are loved." But not because you are seeking any elections. You must realize it. We are not the only human beings living. We are not the topmost people. Let's see where we have gone. I don't want to condemn anyone as such, because they are all My children, but I would like you to see where are we. We must understand, we are getting destroyed, our children are getting destroyed, our society is getting destroyed, the whole thing is getting destroyed. Where are we? What's the use of calling ourselves great?

Now AIDS, you'll be surprised, there's a war on AIDS - what is the war on AIDS? Once upon a time, you see, these tourists used to bring their clothes and their, what you call, sleeping bags and everything, and sell them in the border of Nepal. My daughter lives there. Once they got the news of AIDS, not that they don't purchase this, but they've thrown everything, whatever they had in the house and burnt it up. This is the situation. Nobody wants to kiss an American these days, to be very frank. I've been warned. That's what you are. That's what we are going. Let's see where are we going, relatively. But we think still we are great. Then who can help you? You are just holding on now to something. Any moment you'll fall down. Supposing that is the situation, then try to understand you are in a difficult situation. I want to warn you again, just like Vishnumaya, be - not only that you should

understand, but be in possession of this understanding that we have to save others.

If they are afraid, tell them, "What are you afraid of, stupid fellow? Come along." They like it, I tell you.

"But I am afraid ..."

Then you also very sophisticatedly say, "Oh, I am sorry you are afraid. What are you afraid of?"

All right? That's how it will work. Otherwise it is not going to work out. I've tried all tricks. Nothing works out unless you tell them, "Better join Sahaja Yoga otherwise you'll be destroyed tomorrow. You'll get cancer, you'll get AIDS, you'll get this. If you want to save yourself, come to Sahaja Yoga." That's what they understand, and that's what the gurus do to them. "If you do not jump, I'll throw you out of the room." So they start jumping. It's a fact. Till they break their bones, they jump.

So you should know that you're Sahaja Yogis and that you are building up a new society of people who can save others. For that you have to know how far people have gone, how you have to pull them out, how you have to work it out. Any style of compromise, any style of explanation, discussion - try everything, because after all, I don't want them to be destroyed. But don't think what they say has any sense in it. You must have a higher understanding than they are because you know that they are catching on the Agnya and they are afraid. All right?

Some of them do say - I've heard - that, "Supposing we get transformed, then we cannot enjoy the life of every day life." What are you enjoying? On the road you are walking, when I came in Los Angeles, they told Me, "Mother, do You know, serious things have happened."

I said, "What serious things?"

"On this road three people were killed last week."

I said, "How?"

"Just they shot."

"What's so great about us?", you should ask. "Aren't you worried about this may happen to you - to happen to your children? They'll be killed. Anybody can kill you. What are you doing about it?" Talk like that as if you understand the problem. You express your concern, your heartfelt concern. Definitely they will understand.

Because they told Me that "In Sahaja Yoga it's very bad because we'll be transformed and then we'll not enjoy." So this is what you're enjoying on the street - go ahead. Enjoy the fear, the scariness of it. You can't make your children play in the front door. That's what you're enjoying? They enjoy, if they're stupid they say, "We ... this is our fundamental right to be stupid." But you have a fundamental right to enjoy joy, to meet joy. Have you met joy? That's your fundamental right: to be the Spirit. Have you become the Spirit? It's fundamental right - what sort of a fundamental right it is to be stupid? And they say it openly, shamelessly, without any respect of yourself. They have no respect of themselves, so they have to first have their own respect. For that, they have to understand that they're human beings at the epitome of evolution. They don't have to become worms now anymore.

All this you can talk to them the way I'm talking to you, all of you, and tell them, "See, now this is what it is. What is happening? What are we doing about it?" All right? Even then if they say so, all right. Don't waste your energy. We have to work it out together. Try any tricks that are possible; you are permitted. But in Sahaj Yoga there's no need to tell lies, no need to do any harm, to torture someone. There's no need at all. But better bring to their understanding, in their vision, what is going to happen to the country. That's your job as Sahaj Yogis.

I don't want anything from you, as you know. But, you have to understand that Mother has given us realization, that we have



become Sahaj Yogis - for what? We have become Sahaja Yogis to be the light, to show them the light, show them the darkness, show them the way they will fall down and will be destroyed. That's our job. All right?

May God bless you.

Any other question, please?

Question from a Yogi: I was wondering if You could talk about what we could do to form a school for our children here in America. Many of us now with small children [UNAUDIBLE]

Shri Mataji: That has been My primal problem here. I know, it's terrible, I know! You see it's going to be very difficult for you to have your children sent to these schools because the atmosphere is so bad. For the time being I only feel that you must develop your children in such a manner that they become strong, self-confident, and also they have good examples before them, as you people are - to begin with. And you will find many Indian families are here, but what I have seen is that the children of at least sixty percent of Indian families don't learn bad things, normally. This is My own experience. The reason is because the Indian family people are all the time talking to their children, having a nice family meetings together, taking them out, telling them about good things, of sharing; because those people who are here from India have had that kind of a training, so they are trying to train their children in the same way. Now the families which are so-called "advanced" here can beat you hollow in nonsensical things. Because when it comes to advancement, they don't know how to relate it to anything else. But those who are not that way, those who have been going through a lifestyle, still maintain their own ideas and their own behavior, their own principles. They are imbibed by children, and they just think, "These are another category of people; these are not our style, these are different." They don't change. I've seen many families like that.

In the same way, first of all you must pay full attention to your children, talk to them, bring them up in such a manner that they have another value system. I mean, I can say about My own daughters or grandchildren, you put them anywhere in the world, they will never become like others, because they have their roots. So you must try to make their roots very strong into great principles. Then they won't be that much in difficulty.

Like as I was discussing today ... people that ... see the ... as I said that Indian society has built up itself in traditional ... now ages it has built in traditions and things. So it must have made mistakes, trial and error and all that. But it has reached certain really some very fine points. One thing about children in India, say, we don't tell them, "Don't touch this! Don't take this! Don't open this!" Never. We also don't allow them just to behave like a bull in a china shop.

Supposing now I want to have a Diet Coke. All right? So I tell a child, "All right, go and get one tin of Diet. Now bring this glass. Slowly, because it is very good, so beautiful, you have to use it very carefully. Now keep it there. Now open the can. Put it in there. Now you have bring it and give it to a friend or anyone."

So the child carries it very carefully. But supposing it falls down, doesn't matter! He'll have another one. So the child develops the deftness of handling it, the respect for it, and not the sort of a fear of it. The cooking, same way. Today there was a big complaint about the way people cook here. And in the discussion then I reached a conclusion that the mother cooks that way. So what mothers says, all right, she ... the child doesn't sit in the TV room if mother is cooking, in Indian homes. Is the child is in the TV room? No, is with the mother.

The mother says, "All right. Now what you do, we'll cut some vegetables. I'm cutting. Now you'd better do it. Now whatever is left out, which is not to be used for cooking, we'll have to put it in this thing. Now, this has to go into the wastepaper basket."

And Indian kitchen is all the time clean, spic and span, every minute. Every room is spic and span. House. Outside, what can we do? It's the government, the management nonsense. I mean the people here think they're very clean; I think they are not, only the government is. The clothes are hanging here - this, that. In Indian homes, even in the poorest of poor you go, everything looks spic and span, clean. Because the child is told to keep it. Now the child has, say, a paper in his hand. He won't throw it

everywhere. Carry it, take it to the ... How? because the mother will say, "All right, now this paper is here. Where should it go?"

All the time the mother and the child are together, or the father. All the time. Wherever. It's not that the children can't go to this place. Here the beginning itself is wrong. When the little child is born, you put him in another room and the parents are sleeping in another room. It's the worse thing that you can do to a little baby. That's how the child will become very insecure, unhappy, abnormal. In the subconscious, the child will have a very funny feelings.

After marriage, after having children the parents have to accept parenthood. They are still in the bridal dresses, or the men are still thinking they are romantic heroes going around. You are parents now! Otherwise don't produce children. If you produce children, be parents. That doesn't mean you should become absolutely boring type people. But, take interest in your children; keep them with you all the time; talk to them; tell them how to behave. I mean the behavior here of children is abnormally funny I find. For that, one has to blame the training. And all the freedom is to be given to children. Now the carpet is more important than child; a door is more important, wall is more important than the child. Then what happens, when the children grow up I've seen, when they go to somebody's house they start using everything as if their own. In their house they are very comfortably seated. And also every way you have restrictions on children, which sometimes shocks.

Like I'll tell you the example of My own granddaughter, she was telling Me that "Naani, I'd invited some girls for my birthday party. And you know they liked it very much. And she asked me, 'Can I have some more?' I was surprised. It was all Mummy had made for them, and she had such a lot inside, and she was enjoying, they were eating. So they came and asked, 'Can I have for some more?' They're not beggars; they are children. They should rule all their wants. They should ask for. But then you'll get some toys, put them, the toy is with the child. The child doesn't know the parents. Toys, fill it up with the toys. Then by the time you go in the garage, there's no place. All the toys are kept there, you see.

So the whole training system is wrong. You must take your child with you. You must take him out. You must show everything. Who else is going to teach them? I see a mother who is, say, a person who has done, say, M.A. in Botany, and the child doesn't know what is a leaf and what is a flower. Involve them with yourself. You go to work, tell them what happened, "You know, today this thing happened in the work, this is what." They are something separate from you. How can they grow? At this time, they depend on you for all their nourishment. Every time. And in that you have to teach them how to share things. But I think very little time is spent with children, which should be much more - much, much more. Continuously it should be. I mean even My girls who are - one is forty years of age, even now she comes and sleeps with Me in the morning time. She must hug Me, sleep with Me; and when I come, she cries like a little baby, what to do? I did the same with My mother. But I knew everything about My mother, and I knew so many things that she liked and what she didn't like and what should not be done. And there's such an attachment to the mother comes in, and father. You don't want to lose that love.

Once My daughter asked Me, when she was in college, "I want to wear sleeveless blouses."

I said, "Go ahead. No harm"

She said, "But why don't You wear?"

I said, "I feel shy. I feel shy to expose My arms."

Then she said immediately, "Then this is no criteria - because I've asked You, You should say 'yes' to me? No, that's not good." She, herself, corrected herself.

So first a complete integration of the children with yourself. Now, the films - they have films for children, for adolescents then I don't know what else is there. No, all the films should be for everyone. But if you have to show filthy stuff, then you have to have it after twelve o'clock in the night. Why to see filthy stuff? Whatever you're children cannot see, why should you see? It's not something very mature, is it, that you want to see and the children can't see.

So the whole shifting starts, like a mother is seeing the very mature thing is about God, is about some great Incarnation, of some philosophy. Children are also sitting. And they start asking, "What is collective consciousness?" at a very young age. "What is Chaitanya? What is Omkara?" The whole attention moves to something else. Otherwise you show them the thing for the children in that they show you this doll coming today, that doll. "Mommy, I must have that doll!" Get them the doll and be finished with them. That's wonderful.

Bring their attention out of all these things. See these all medias, everything, are working on your children morning till evening. Now they have a doll in America which even have a birth date. And then you have to join a club, and for that club you have to pay so much, so much dollars. Then you become a member of that, and they write to you, "What is the name for the child and when was she christened, and this and that." They are playing upon your children. And you are happy as long as children don't trouble you, and when they trouble you in England - I don't know in America what do they do - they kill their children. Then the children kill them. Whole thing is upside down. India it might happen if they become developed and advanced.

So we are different people; we come out of it. Now let's start another way. Let's not identify ourselves with that nonsense. Let's be something extraordinary. Let's make our children something different. That's what is to be given to your children, not money, wealth, toys. No! Personality. Roots. You are their roots. If you are shifty like this, how do you expect your children to be all right? You have to nourish them. All right?

So first of all, the education of the child starts with the father, mother and the family - and the respect for elders. Supposing your father is there, your mother is in the house, and if you will ill treat your parents, they will ill treat you, naturally.

There is a very interesting story: There was an old lady and she had a father-in-law who was very old, and the son always used to carry his broth in a bowl made of ordinary clay. And she used to treat him like a dog, the daughter-in-law. One day that broke, and this boy fell down and it broke and he started crying. So the mother thought he's very badly hurt the way he was crying.

He said, "No, I am not hurt, but this thing is broken."

"So why are you crying for that? We can get another one."

"Sure you can get another one?"

She said, "Yes."

"You know because I was worried how will I give you food when you will be old. That's what I was worried, that when I have to send you food, how will I manage?"

Then she understood.

How you treat others, how you behave towards others, how you live neatly, clean ways and things - that's what children learn. Greatest thing, more than precepts, are practices. Here the husband, wife will quarrel in the presence of children, beat each other. Can you imagine? I've seen that. I mean if you see any film these days, it's the quarrel between husband and wife - put this way, that way, that way, this way, this way, that way. That's all, get fed up with it. No respect, no love, no affection. Or some sort of a destruction. Then the children, themselves, don't want to see any picture.

You see, when My daughters were small, I would only take them to religious picture like Shri Rama's life, this, that, and all that. So they developed a taste for that. So when they went home to My mother's place they said, "We will not go to this picture. If there is any Ramas, Hanumanas, then we'll go."

So My sister said, "You see, first of all we can't leave them alone in the house. You can't take them to any picture, they don't like

any other picture but that of God's pictures. So, I mean there are not so many, so what to do?"

I said, "All right, why don't you also see with them the same?"

She said, "But there are some nice social pictures, but they don't like it."

So what sort of books you give them, what sort of things you talk to them - always be with them, keep them with you. That's the best. Or even if they have to go to some school, it should be a school where there's love, affection, good company, they talk of Sahaj Yoga, sort of a thing. I wish you could start a school of Sahaja Yoga in America. But you know how difficult it is to start anything sensible? Everybody is afraid. But if you want to start a school of nonsensical things, they'll give you grants.

It's very difficult, even in England - same thing, can't start a school. If you want to start some sort of a disco, it's very easy. Many schools are closing down in England. Actually, there was a school for sale. I wanted to buy in My own simple ideas. They said, "Mother, first think why it is closed."

I said, "Why?"

"Because of the different rules and regulations, it is closed."

I said, "Then, you're great grandchildren might be able to go to that school. It will take so much time."

So first thing I'll say, you should look after your children. Tell them when it is wrong, you must tell them, "This is wrong, it should not be done." Like your child doesn't respect others, you must tell them. If he doesn't do, if he spoils something or does something wrong to others, then you must tell him. If he doesn't share things, you must tell, "You must share your doll. You must share this." But when it comes to correcting him for nonsensical things, you should not. You'll see, it will change. Then later on, of course, we have to think of school and all that, trying to do something. Let's work it out, maybe, then we'll take over.

Basically they should be all right. Otherwise, they come to India and slap all the teachers. What's the use? It's not easy. Western children are not easy, you know, to manage. Actually, then definitely they'll be frightened of western children coming to India - rather difficult. Because you must discipline them. And the main thing is, they should like the discipline, they should want the discipline. That's how you should be. This stupid idea of freedom, means license, should go out. They should like it.

I remember My parents, the way they disciplined us, we would like it. Any child would remember that, "Oh my father, very particular." But here they'll call a twelve-year-old son - I know a friend of ours, such a shocking story! The lady came to -friend means in the official way. She came to London and she said, "Have you seen the pubs?"

I said, "No."

"Wonderful, interesting pubs in London."

I said, "Really?"

She had a list of them. She said, "The best is this one."

I said, "What is so special?"

"It's called as the Hermit's Pub."

"So what is great?"

"You see, a man died in this place, and people did not know for months together. Then the smell started coming out, so they came in, took him away and buried him. But all the cobwebs and all the smell is still retained. And that's the most expensive pub in London."

I said, "Oh God. What's this going on?"

This lady said, "You know, we are very free with our children. We allow them to do what they like." And she had two sons, I think - one was twelve-year-old and one was eleven-year-old. And these husband, wife were sleeping upstairs, in America. These two children were having a party, and the father had given them alcohol, beer, all open drink. "Oh, enjoy, we are one!"

And these children of that age group started drinking, and then I don't know what happened to them, they put fire to some alcohol and the whole house was burnt. One child ran out, eleven-year-old. The mother, father, one son all died and so many children.

This is no freedom. You have to teach your children discretion; you have to teach them. This is what one has to learn. So I think before starting a school for children, let us start a school for parents. What do you say?

All right. What is next?

Ursula: Shri Mataji, You had suggested that we can try many tricks, or different tricks for approaching seekers to find our brothers and sisters. And in Australia, when someone has ...

Shri Mataji: No, no, no. I can't hear you. Just come here. Yes, Ursula. What is it?

Ursula: You had suggested that we could try many tricks to find our brothers and sisters, and different ways and approaches. And in Australia, each idea seems to be ... they're so enthusiastic and they, they support the idea. And this is, I don't know if it's just my feeling, but there's a feeling here that when there's a suggestion or an idea we're very "Oh, no." One person may say, "Yes, good idea." Another person may say "No, no." And then you don't want to do anything wrong, so you just don't do anything, you just wait. And then nothing happens.

Shri Mataji: Among Sahaj Yogis, you mean to say?

Ursula: Among Sahaj Yogis.

Shri Mataji: See, it comes from the individualistic attitude about ourselves. I mean anything you tell them, they cannot live collectively, that we know in the West.

I know what I have to go through when we have to organize their programs with three hundred people coming, this and that. But ... this individualism is so much, like every bathroom has a different tap. You'd better ask somebody, otherwise you'll land up into difficulties. Even the ties have to be different; everything has to be different.

Now, if there's something fundamental, then you can ask your leader. But if it is something mundane, all right. You want blue color? I have blue. You want red? Have red. Like that you can solve your problem. If it is something fundamental, then you should ask your leader. But if it is something which is not fundamental, which is very simple, let them have their own way, then gradually they'll grow into it.

Because this is the basic problem of this country is. So-called individualism makes them feel that, "Oh, this mine. I'll do it the way I like." Now say a motor car has a different handle. Now a person who's sitting inside must know what sort of a handle it is. Tomorrow something happens, you can't even open it.

Otherwise, they're not at all individualistic, I'll tell you how. Like in India, supposing I'm wearing this sari. Maybe there's another sari like that. If another lady's wearing the same sari, she'll go and change and come back. She won't wear the same sari. But, here when fashion, if somebody's ... now that our Princess of Wales has this kind of a hairstyle, all English girl's have the same hairstyle. You don't know from one to another. So what is so individual about them? If some fashion starts, now this is the fashion, very fashionable. What is fashionable? Is to cut your hair this way and make a punk. So everybody is a punk. Suddenly you find Sahaja Yogis walking as punks, you want to know who is who. So what is the individual character there? Where is the individuality? On principles you should be individuals - on principles, and not on artificial things.

Now this one has a principle. Supposing I'm wearing this sari. It's made by hand, it's one designed by one person. So I'm giving importance to one person. Now he might have made two or three or four at the most. Now if somebody repeats the same sari, that means I have not encouraged that man so much. Like you can have the same sari made out of a, say, machine. Then you'll start, "All right have ten saris like this, twenty saris like this, all made by machines." But here, because we want to have a sari separate, it has to be made with hand. In principle, see? How it helps!

This is what it is. In principle you should be collective; in principle you should be individualistic. In Sahaja Yoga we don't want you dressed up the same way. I mean I don't want Americans to go about like something Chinese. Let us have our own dress, dress up the way we like, everything. That's all right. It's nothing important. But in principle, we have to be the same. One principle nourishes the tree - the sap. It has many flowers, fruits. It has many leaves, it's all right - outside. So in principle you have to be collective. All right?

For mundane things, why to fight? But in any case, somebody who is an elder, who knows better, who's wiser - listen to that person. We always have an awe, and a respect for elders. Like I see, thank God, you have now Sherayu, supposing - take one case, individual case. She's come all the way from India, now she's staying. She knows quite a lot about pujas, things like that. She knows how to do many things. You should be prepared to know from her. Otherwise sometimes it's very embarrassing the way things happen. Now she's here, she can teach you. There's nothing wrong in learning. She has learned many things from you. But there's no respect, I think sometimes, for her, at all. She's an auntie somewhere sitting on the shelf. No, she's here for a purpose, one should learn, respect. But that doesn't mean you be her slave or anything, but you gain something out of her. Another person who comes here should learn. Like from Americans, we have to learn a lot. Tell Me what.

Yogini: I don't think we're doing much about communication.

Shri Mataji: The communication is not there because of individualism. But, that's not so. There's no individualism at all, because I've seen, once the fashion starts, everybody looks the same. The other day I came, I saw ladies looking like men with muscles like this, walking like that. I said, "What sort of creature is this?" One came, two came, three came, five came, ten came.

"What's this going on?" I didn't understand. They are all walking like that, like Draculas. I said, "What is this?"

"Oh, this is fashionable." What is fashionable? "They're developing their muscles."

What's the principle?

(continued on second cassette)

That's it. So, in such things we do not argue. Means in stupidity we don't argue, but in sensible things we argue. In sensible things - we have to understand what is sensible. After all, we are realized souls; we are not like other people. We must understand what is good. When I say something, you agree. I don't know how. You like it. I may say something also which may not be so palatable, but you like it. See, think must have it, it's a medicine. In the same way, one should see to things which you may not like so much, because maybe you're conditioned, but see to the sense of it, the common sense, the balance. You can understand, and you

have something very great called vibrations. But even that also, I have seen, horrible things they do.

Some people went - husband, wife - went to stay with some lady because her husband had gone to India. Threw all her furniture out, all her carpets out, everything out.

I said, "Why did you do it?"

"Very bad vibrations."

I said, "Really? Now will you please pay for all that - for the bad vibrations." I mean anybody else's things, who are you to decide good or bad vibrations? You look after your own vibrations.

So they also sometimes use the vibrations just to, sort of, express their ego. So let us try on ourselves, everyone, "Am I doing it just for ego's sake? Am I quarreling because of ego? Am I saying 'no' for ego?" As far as possible, try to concede. You'll feel much better. You'll learn much more. I mean, I've learned so many things since I've been abroad, I mean, I didn't know so many things. I don't know even now. For example, I didn't know how to operate a TV. Even now, I don't know much about it. Really. I didn't know how to operate a telephone of a particular type. So, I had to learn. I had to learn how to book a ticket, which I don't do even now, but still I have to learn. So many things I have to learn, and whatever I can learn I would like to learn. Cooking I know, but I never knew how to wash utensils because in India they, I mean normally you have servants. But I learned it - your style with fairy liquid. I had to learn. There's nothing wrong in it. So one must try to learn, than to argue.

Ursula: In Australia, the enthusiasm and the joy that they have! And if someone has an idea for something, there's just so much support for that, that they all go out to help each other. It becomes a very big, collective effort.

Shri Mataji: But Australia, Australians are very wise people. They understand wisdom. That's what we have to be - wise, very wise. And if any Indian is there, they try to ask, "how do you do?" Particular things, on principle as a puja things, they'll ask an Indian. But booking the seats, never ask Indians. They're no good. Cooking, kitchen, cleaning - very good. Maintaining house - all right. Looking after children - all right. But driving a car, an Indian? Save Me. I would never sit in a car which is driven by an Indian in America. Because crazy the way people drive. You know this fellow won't know how to do it.

So it is just wisdom and discretion one has to use, and not to fight. It happens, I'm happy, I've seen this in Australians. They were declared as people of - people who were criminals, the children of criminals. They are so sensible.

Discretion must be used, that's important. It's sad. But it will be all right, I'm sure one day. Never argue on things which doesn't involve any principle. It's the best way; it's the happiest. Even now, you see today it was so warm. I wanted to wear a cotton sari, you see. But My children said, "No, must wear this one." I said, "Wore it." I was perspiring, this, that. All right, doesn't matter, what's the difference, perspire for a while. Came out with this sari. They liked it, so it's all right to please them. Nothing, no principle is involved in it. When you think about others, then you will get rid of this problem.

But so many people try to preach also Sahaja Yoga to others. They should not. It's a very serious thing, they will start teaching. It need not be taught that way - then people don't like it. But your own behavior, in your own character, in your own responses, people should see "this person is like this." And they should imbibe it. That's the point, I think what we lack is discretion. If you are discrete, you will learn very fast, it's not difficult.

Ursula: We still can be very judgmental of newcomers. If they have particular problems, we get all ... it's hard.

Shri Mataji: The newcomers. Agreed. With the newcomers, you should not be harsh with them. You should be kind, you should try to understand this thing. But, you know still, I tell you sometimes ... The other day I had some boy who had come, all right? He asked Me at least twenty questions. I answered them properly - this thing, that thing. And he got so pampered, he sent Me news, "I don't want to become Sahaja Yogi."

I mean, but for Me, anybody would box his nose, for such an answer. You see, you have to take it in a stride. Situation is so bad; situation is very bad. Must understand we are on a warpath, whatever is possible, we can do it. But every country has improved so much. So what's wrong here is: people don't want to learn; people don't want to understand the sacrifice of giving up your ego, giving up your decisions. "All right, let's see, let's see." Like that. That's why it doesn't grow.

Now one thing I must say, in America if you have My program, hall will be full, I won't be able to enter in, and when I get out, I'll be pushed out like a piston. I've seen it. It's the people are so much I don't know how to get in and how get out. It's terrible! And when I go away, they just disappear. Because, there's something lacking - of course, I agree - among Sahaj Yogis, that we have to see. After all, nothing special about Me as such, I mean, they just see My photograph and come to the programs and sit down there. Even if I have three days program, it goes on increasing. While there are Sahaj Yogis who may not even be able to have one person in the hall. What's the reason? They don't know Me. All right? So there's something lacking in us, also, when the newcomers come in, how we treat them, we talk to them, how we appeal to them. Once in awhile of course there will be somebody who will rude. Doesn't matter. But try to be nice to them. On the whole I think the newcomers - I won't tell all these things to a newcomer if he comes. If a newcomer come I say, "Oh, very nice. How are you? This, that." You see? Settle him down.

Any other fundamental differences you find, you can ask Me - fundamental.

Yogi: I'm just little curious about, well, future little bit. Are You going to manifest Yourself in some different way as Shri Kalki? Or are You going to sort of let the change happen a little more gradually?

Shri Mataji: Direct questions. You tell Me, what should I do? Tell Me, what should I do? Any other form won't be suitable. Try any other form. Take Shri Krishna's form, You have to take the Sudarshana and just kill off all those who don't believe in Sahaja Yoga. Is it all right? Take form of Jesus Christ. Hang Yourself nicely, finish with everyone. Then think of Kalki. Finish everything. After doing all this work, beautifully creating all this world so beautifully, don't you think One should manage it, try to manage it, as far as possible? That's My style.

Which one would you prefer?

(Laughter from the yogis)

Shri Mataji: What did he say?

Voice from the crowd: He likes Your style, Mother.

Shri Mataji: Aha! That's it. You see that's what - nothing else. Of course you should know that Kalki's acting, everybody's acting, everybody's acting but is on a low key, as they say. One has to be very careful; it's a very delicate job. So many are lost. These gurus have taken over so many. It's a very, very delicate job. All right? But if necessary, I can do something.

Now, any other question? What time is your dinner? Any other question?

Yogi: Mother, it seems that many of us here don't really know about the Hamsa Chakra, in terms of understanding how it relates to the Vishuddhi and what we can do to strengthen our Vishuddhi.

Shri Mataji: Hamsa Chakra stands between Vishuddhi and Agnya as you can see clearly positioned like that. But from Vishuddhi there are many nerves which pass through Hamsas and end up here. They don't all go to the brain. Or we can say that at this time, at this point, all our reactions which are what you call reflex reactions finish off. So supposing now I get some dirty smell, I'll close My nose like that, or if I can't hear, I'll just pull My ears like this; or if I see something dirty, or if I see something jarring, My eyes will close automatically. If somebody tries to put a pin through Me, immediately I'll ... spontaneously, it's all built in, within



My system, and your system, too, that you react with reflex action.

Same thing may not happen to animals. Animals are different. Some animals have certain reflex actions, some have some reflex actions; but we are different and our reflex actions we are all practically just the same. There's not much individuality. There isn't much difference in our reflex actions. At the most, with conditioning somebody might say "Yah!", somebody might say "Oh!", somebody might say something - that's different. But the reflex actions are just the same.

So up to the reflex action, we don't have to use discretion. Then starts our discretion part. Discretion starts when we are using these two nadis which meet here, without going to the Agnya. So when these two nadis meet here, what happens we start seeing through our experiences. First would be a reflex action, automatic reflex action. The second is when, supposing a child, if you tell the child, "Now this is hot; don't put your hand there", he won't listen. Put the child. With experience, he will develop reflex actions, the conditionings of it. So thus reflexes are built in within us. Also, they are built in within us with, we should say, with other conditionings like, you see, in a country supposing there's racialism, or in a country like ours there's a caste system. Then person react according to what they have learned from childhood. All these conditionings could be of the present day, when you are born. You could have been, yourself, born in last life in, say, Africa. Today you are born with a white skin, so you have started sort of calling that African you have become.

All these conditionings can be built in, into your Hamsa Chakra, which have come from your training of the mind, you can say the experiences of the mind, the experiences of the society, of your knowledge, of your education, the way you're conditioned can be built in here - in the Hamsa Chakra. And it reacts to things which has no meaning. If you were ... "I hate someone!" Why? Because that person wears a blue jean, or something; or you can say a green shirt. Now this is built in your mind. Or sometimes this falling in love, also, comes from the same kind of a conditioning. Supposing you had met somebody who had, say, blue eyes and was kind to you. So you have fascination for a person who has blue eyes. There's no pure idea about beauty; there's no pure idea of happiness; there's no pure idea of esthetics. All is condition. For some people, this is beautiful; for somebody, this is not beautiful.

So this is the place where these interchanges take place between both the nadis, and here the Hamsa lies outside the path of Kundalini. They sort of come out here, out of the path of Kundalini. It's very surprising. When the Kundalini moves, She goes from Vishuddhi direct to Agnya. Now, how can we improve our Hamsa then? It's a big problem, because if our Hamsa is sick, is over-conditioned. The Kundalini cannot work on it; it just gives up. Now, so for Hamsa we use all these physical things. Like I said, put the ghee in the nose. Keep it in a way that it is nourished properly. Because Kundalini, if it tries to too much attack the Hamsa, it will have problem. Problem because, as it is most of our time we spend in such a manner that your Hamsa things become - what you call the epithelial cells, the linings - become dried out. When the Kundalini rises, She may try to create a problem more for that dryness - maybe. So it is kept out, but it has an effect in the sense that even if there is a light outside, it can fall inside.

So it's not the Kundalini directly that affects your Hamsa. It is like when the Kundalini awakens, you yourself see now that a person is, whether he is fair complexion or dark complexion, he is a human being. You reason it out and Hamsa clears up. Then you see yourself that, "Oh, I'm very egoistical." You start seeing yourself through your Agnya, start seeing that, "I'm so conditioned." So you reason it out, and that's how you correct your conditionings. This is what is Hamsa Chakra.

So Hamsa Chakra cannot be done if just you're a realized soul, but is an effect, is the symptom of your Kundalini awakening. Some people think that you develop discretion just as the Kundalini rises. Is a wrong idea. No. That has to be deliberately seen that you build up that discretion within yourself. But once it is built - for example My discretion is absolute, I just know what it is. You see My conditioning here is absolute, is one with the Kundalini, one with reality. But for human beings, it has to be reflected by understanding. Like a child who touches something hot, then it is hot. Now this is hot, because it's heated up.

So you see a person is catching on the right heart. Right. He's catching on the right heart means he's got a right heart, and he is suffering from such and such thing. You have to see it yourself.

Now if you tell the person, "Are you suffering from, say, asthma?"

He says, "Yes, how do you know?"

"I know it because I've learned it through my finger which was burning, that's why I know it is."

But supposing somebody has an asthma and in that plays the part your Kundalini, you will get asthma immediately. You see the point? The conditioning cannot come to us unless and until it passes through, or sieves through, our reasoning and understanding. Are you understand the point? It cannot work. The reason is, it filters your collective consciousness. Otherwise, you go near a person who has AIDS, and you become collectively conscious that he has AIDS. And if you imbibe all that into you as a conditioning, you will get it. But you are separated. Like person who reads a - there's a very nice story about this, Jerome has written. Like one man, he went and read Materia Medica.

Went and told doctor that, "Doctor I have all the diseases except for one, which is housewife's knee."

He said, "How is it you haven't got it?"

"Because I am not a housewife."

So he got conditioned into all the diseases. That's how many people get diseases, but thank God there's a filter. If somebody has a disease, you don't get it, because you can filter it.

But Hamsa Chakra could be affected by baddhas. That's one problem, if some baddha passes through the nose, you might; some viruses pass through the nose, you might. Affected, means it can get sick. But one must understand the discrimination between the two. Say there's a virus infection outside. It can pass into your Hamsa Chakra and can give you a problem of sinus, this, that - physical. But you won't become like a person who has given you virus infection. So there is a filter. But supposing there's a person who is very hectic. And you come in contact with that person - he's very hectic, so your Swadishthana can take over. You can become hectic with that person. Being with that person, you can become hectic. But as far as the Hamsa is concerned, with anybody you live, your Hamsa doesn't carry the complete impact of that because there's filter.

So now, if you have to develop the discretion, you have to learn, you have to understand. It doesn't come automatically. But with children who are born realized, their Hamsa is so developed that they know it - what is right, what is wrong. Because their Hamsa is so much trained that way, they don't have to use much understanding. But those who are now growing up, have become now Sahaja Yogis have to know through their own experiences their Hamsa. It's a filter, also. But for a child, he knows what is right, what is wrong, because his Hamsa is developed. In India, when the child is born he's massaged nicely. Oiling is the best way to have a good Hamsa. Oil his hair, oil his body, put some drops in the nose, everything. They try in the ear, in the nose and that's how they build up.

So what I have to say that physically you should help your Hamsa Chakra by using ghee and all that, and mentally you should use it by learning things, in experience - what to do, how to do it, how to work it out, how to establish. That is how Hamsa Chakra grows and makes you discrete. That's why tradition is very important. Tradition gives you the growth of the Hamsa Chakra and then you go on discarding whatever is wrong out of that tradition. Then again, you keep whatever is good. Give it to your children, to your children, to your children. So the discretion comes to a person who is traditionally built up better than a person who has no traditions.

Now, for example, this morning I was discussing that people take, fill the wash basin and wash their face, in the West. In India, we cannot conceive of it, cannot even think of it. I mean, people don't know it can be done. Because in traditional way it has come out that if you're washing your face and again the water goes into there, then all the dirt is in it, again you're using the same water. So you cannot have completed. So always use running water. Traditionally we've learned it. So it's so much in our heads,

in our discretion, that we cannot even think of such a thing.

Simple thing that Mooladhara must be cleaned and washed. Any Indian, you take it, he knows that is, because they must have had some problems before. Whether he is in the North, he's in the South, East or West - ask him. Auspiciousness is another thing. It's so much imbibed in the tradition. But if you have a tradition, say, of doing things which are absurd - also you can have traditions like that. Like very primitive people have all kinds of traditions which are very absurd. I was told that if you go to Ladakh what they do, somebody dies, they keep the hand of the dead person in the house all the time like that. They think that that helps. But with tradition which is wrong by discarding that, they will understand that is wrong. So the more traditional you are, the ancient you are, you learn many things.

Like we have seen English are, in a way, very traditional, so they - supposing theirs a lady coming down and you are coming with the lady, then the man will be in front - automatically. He'll just move. But if she's going up, then man will follow her. Just happens, automatically, because traditionally they have learned that if you're going down, the lady may fall or something, so we should be in front. So what you call as the traditional habits of person gives you this Hamsa. And these habits are built better and better with trial and error methods. And that's how you develop it. Now for people who are Sahaj Yogis, it's much easy to imbibe them, because if you see something, "Yes, that's wrong - should not do it - finished." But you should be so clear cut about it as you determine. It works out. You're Hamsa will be all right. But you tell them ten times, still they do the same thing. Then that means their Hamsa is not willing to accept. But you must nourish it, you must look after it, you must - as I said also this kajal is also very good for Hamsa Chakra. All kajal and the oil in the nose, ears - it's very good. All acts for that. Even, say, talking to another person, to talk discretely is to say something which doesn't lose its power of affecting that person. Like if you say something very harsh, then you should know how to neutralize it so that he retains that into himself.

All these discretions only come also by tradition. When you find something that is futile, in a collective way in a tradition drops out. So the blessings of the tradition is great, but greater are the blessings of your Spirit. And the blessings of the Spirit are such that through your vibrations, immediately you know this is wrong. But you have to be honest about it and you just give up. You want to ascend, you want to improve your vibrations, so for that whatever is needed you will do.

## 1987-0809, Shri Vishnumaya Puja: She has created a big maya

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9 August 1987

She Has Created A Big Maya

Vishnumaya Puja

YWCA Camp, Pawling (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Vishnumaya Puja, New York (USA), 9 August 1987.

Today we have assembled here to do the puja of Vishnumaya.

Vishnumaya is created through human effort, also. As you see the clouds, when they rub against each other, then the electricity is created. So first the clouds have to be created. The sun acts on the sea. See how many chakras come into play! Sea is the Void, and the sun acts on the sea. Also the moon acts on the sea. As a result of that, clouds are created.

This electricity is not created in the ocean - that would create problems. Is created in the sky so that everybody can see it, can hear it. They see it first and hear it later. It's all well organised, well calculated - that is Vishnumaya. But it was created, also, with some understanding by human beings on this Earth. First of all they saw the two clouds rubbing each other. So in the primitive stage, human beings tried to rub two material things to create electricity. So two material things, that is two parts of matter, when rubbed created the electricity. It's very significant to see: matter can be used to create electricity! The spark of the electricity comes from the matter. Without matter, they could not have started cooking the food. So how it has helped the Void. First from the ocean, it went into the sky, gave the message to the people to create the electricity. See the love! Then people learned how to cook the food for the digestion to be easier for human beings. How it comes back. From nature, how human beings learn and do it for the good, betterment, 'hita', of human beings.

This benevolent energy, which was meant for the benevolence of human beings, again was utilised. As you see, this is the creation, all this is of Vishnumaya. That's why it's a maya. With electricity you can create a maya, you know that very well, how you can create it. So many are here, luckily in such a spontaneous way, so many who are dealing with this electricity in creating maya.

America is so much helped by this electricity, by Vishnumaya. You're not thankful to it. Like you have got Niagara Falls, you have so many falls here. Again, the water when it falls - it's come from water - when the water falls on the lower level, very lower level, then it moves the turbine and those movements can create electricity. So you have hydrostatic electricity. Also the electricity is produced, as you know, through coal. Now here, again, the Mother Earth works out for the betterment of human beings to create the coal in Her Being. I think She must be taking all the baddhas, absorbing all of them in Her stomach, and must be burning the stones inside Her to make the coal. And then that coal is used for making electricity.

How much the Nature is working for our betterment! Your New York would not have been there but for electricity. It stopped for fifteen minutes and you knew the power of electricity. You cannot move without it, you cannot exist without it. That's why it had to be used and created - given you so much of benevolence. You cook with it, you see with it, you listen with it, you enjoy with it. You wouldn't have your televisions, you wouldn't have anything without electricity. You won't even have these "Exits" here written. You would have walked into the walls! So much of this Vishnumaya has worked, but She is a maya. She can create a maya. And this has created a big maya in the minds of human beings that "We are on top of the world!" You are not! If electricity recedes from you, you'll become again the same primitive people making electricity out of rubbing the stones - take it from Me!

This flow of electricity is available to you for your good, and not for your destruction. But what has happened today is, that using [of] this electricity for your destruction. I remember about, say, thirty, forty years back, or even earlier when we saw the films, they

were not coloured films, American films were beautiful films with substance in it. They wouldn't show one married man running after another married woman. None of these stories. Very pure form of beautiful family life. Everything nourishing was shown. We don't hear of any such thing where they showed evil winning over. Now you find they show a thief, and the thief becomes the hero. Then the people see those films, and the children, specially I've seen, have that thief as the symbol of something great. So they are going against the Void completely, against the religion that is within us, absolutely!

The thing that was to nourish the Void, the one that was to sustain you in your valencies, is now disturbing the Void completely. That's the maya part of it. The same electricity which was to give you the right path, the light in the darkness, is now sucking you in like a magnet towards your destruction. This is the Vishnumaya who came to this country in such a big way and then spread all over - has given ideas to everyone. People picked up all your techniques, all your styles, even you have Hollywood and all these very famous people here who have thrived on this electricity. But without thanking the Vishnumaya, they started doing things which were against Vishnumaya. This Vishnumaya is the one who has helped you because She is the Sister of Shri Krishna, and because this is the domain of Shri Krishna, She came down here to help you.

Now She's the Sister - this must be understood very well. Now sisterly relation is a pure relationship. Now, of course, everything is so confused, but that's the purest relationship between the brother and the sister. The brother is protected by a sister, and the sister's chastity is looked after by the brother. A brother who doesn't feel hurt if his sister's chastity is in danger or she plays about with her chastity, he's not a brother. He's not a brother anymore. He's responsible to see that his sister keeps her chastity. Only her chastity can protect him - it's a mutual working.

This feeling, if it does not develop that "She is my sister and that I have to look after her chastity, for that I have to behave myself well, so that she doesn't find faults with me." It's such a cleansing process this relationship has, as much as the electricity has the cleansing process for you. Everywhere what the electricity does, a sister does for her brother - she cooks for him, she tells him the right path, she enlightens him and sometimes shocks him, also. They have to have certain shocks, otherwise they will not know how to work it out. And the best of all, she's the one for whom you have to be very careful to know the technique how to handle your sister. If you do not know how to handle your sister, you can be absolutely wrong and you may get it - something that you would never expect to get.

So one must understand how to handle a sister. In this case, we have to know that the same (Vishnumaya) was born again at the time of Shri Krishna as Draupadi. She took Her birth as Draupadi, and when Draupadi was attacked by the Kauravas - they wanted to remove Her sari. To remove the sari itself is a symbol that they challenged Her chastity. Now if you see in the Maya Nagri, women have no sense at all that they should cover this part of their body. In this Maya Nagri, the other way round. When I heard a very responsible person saying that "In our culture, women must expose their body." What is this culture? Is anti-Krishna, completely anti-Vishnumaya.

Such people will get into trouble, I'm sure, with electrical problems. The brothers who do not bother about the chastity of the husband of their sister, and also support him and asking to do wrong things, hide his things, are also equally responsible.

Like in Sahaja Yoga, you know that a sister is to be protected, and the sister's husband, if he's doing anything wrong, he's to be told off by the brother.

Like once in India, one newspaper passed some remarks about Me. My brothers were up in arms. I thought, "Now, it's going to be terrible. How am I to manage it?" It was a big problem.

They were going to go to the courts. When I told them, "I'll not go to the courts."

"All right, don't go. But we'll go." They told My husband also. My husband and My brothers put together was formidable! I didn't know what to do. I wrote to one Sahaja yogi that "Go and see the editor of the newspaper. Tell him that these are My brothers, be careful. They are very powerful people in India and from here My husband. It's terrible,"

but they would not apologise.

So I thought of another Vishnumaya that there was a big strike and the paper was closed for exactly six months. And they had to go in for a big, very big losses. And when they started [again], the people who were working there came back and said that "Why did you write against Shri Mataji? We're not going to come back." And they had to apologize.

So how the brother's love can compel even Adi Shakti to do things that She would not normally do. In the same way, when Draupadi was challenged, Shri Krishna was not in Hastinapur where it happened. He was thousand, at least more than thousand miles away from that place. But it's said that "Shankha chakra gada padma, Garuda lai sidhare." He came on His condor with all His weapons - shankha, chakra, gada, padma. All these He brought to save the chastity of His Sister.

There are many incidents in our history, I don't know if I can cite anything in your history. But I would say when I see Abraham Lincoln I think he was a great brother to the Statue of Liberty. The way he fought for women in such pure love and without taking any money, without charging them anything, to punish the husbands who were drunkards. That's just like a very good, powerful brother to behave. But those feelings are now dying out I think.

But, say, in Russia, when I went, went to see Lenin's house and throughout, apart from his wife, was his sister who helped him - to type for him, to do all his official work. He has written volumes and volumes of books in that small age of fifty-four years, volumes. First of all he was in Siberia and just imagine, this sister of his has typed most of it. Throughout in the whole tour, we felt the presence of the sister and the way she has helped her brother.

This relationship is so pure which doesn't want anything. A wife may say that "If you don't give me a coat, I'll divorce you." May in England and possible in America, they say so. But a sister cannot divorce. She cannot divorce it. This time in the newspaper, they published the name of My brother. So I said, "What can I do? He's My brother, so he's My brother," Whether good, bad, anything, he's My brother, I cannot divorce him. Is something, a relationship which you cannot break. Nature has given you this relationship.

But when you come to the collective, is very important that we must respect this relationship. If you do not respect this relationship, you cannot work out collective living. Like in a party I go and I feel something very funny happening. Somebody's wife is entangled with somebody's husband. All sorts of funny things happen. But in collective if you know, except for my wife the rest of them are my sisters - the purity settles in like that, you don't have to worry - "They're my sisters!" And your eyes steady out. Innocence starts pouring out of your eyes. It's a very, very simple thing.

So in the eye, when you get your realisation, you get a glint - must have seen, there's a shine - that is Vishnumaya. That is the Vishnumaya which shines through your eyes, and She's the One who makes you through the maya of Vishnumaya. This glint in the eye you must have seen in people who are realised souls and this glint in the eye is the one that makes you understand and feel the beauty and the power of sisterly brotherly relationship. In the beginning of Sahaja Yoga, I found it impossible to establish this. So I said - let's try the Vishnumaya. And it worked. Actually, naturally we know this is wrong. We know that it is wrong, naturally. We don't have to have a law for it.

One lady came to America with her brother and she told Me when I had not come to America, "It's a funny place."

She said, "I went to America and we wanted to stay in one room," because they wanted to save money.

They said, "No. If you are brothers and sisters, you can't stay."

She said, "Why?" I mean in India if you are brother and sister you can always stay. If you are not brother and sister, then of course you can't stay, you don't stay together, the other way round. If you are brother and sister you cannot stay in one room here, in a hotel, under law! And [if] it's a father and a daughter you can't stay in one room. Absurd. I mean for us Indians it's a shock.

I said, "But why?" I just couldn't understand. Now I know what it is! That it has become now a law, to that extent. To us, it is absurd to have such a law.

And, as we have learned so many things from you about electricity, you also better learn from us certain thing about Vishnumaya's powers. There's no harm in learning something for the roots, because if the tree has gone wrong, it has to learn something very much essential from the roots and that is it, the purity of relationship between brothers and sisters.

But the sister relationship always gives a very big cementing force for the husband and wife. I know if My husband tries to trouble Me, his own sister will be after his life, and he'd better be careful about it! And same with Me, if I do anything wrong, My brother will side with My husband and not with Me. So it cements the relationships very well.

In the history that I know of, two very beautiful incidents I'll tell you which come to My mind today is one of Shivaji. When Shivaji - it's twice it has happened in his lifetime which is very remarkable - he was once presented with a lady who was very beautiful, and people had plundered her things and all her ornaments, because she was a daughter of a Muslim courtesan, as you call the courtier. And they tried to plunder him and they brought this beautiful woman before Shivaji. So Shivaji looked at her and said, "Please remove your veil," because Muslims have a veil. And when she removed her veil, he said that

"If my mother was as beautiful as you are, I would have been equally beautiful." What a thing to say - what a poetic thing to say: that is that "If you were my mother, I would have been as beautiful as you are," means you are my sister. And then he got very angry with all these people and asked them that "You better take her away and never do such a thing to any woman!" And not only, but he gave lots of ornaments and lots of things to her to say that she's a sister going to the husband with all respect and regard. And this gentleman, her husband, was a very deadly enemy of Shivaji. How he solved the problem with such purity and then this gentleman became sort of a milder person with this gesture of his.

Second in his lifetime we hear about a fort which is now very close to My house in Poona was, there was a Rajput lady called Kamal Kumari, who was entrapped by the man who was the officer of that fort, who was a Muslim, and he was telling this Kamal Kumari that "You must marry me." And she would not accept. They had brought her from somewhere, sort of, by force. And she would not accept; she was Rajput. And he said, "By tomorrow, you'll have to marry me."

This lady didn't know what to do, so with someone very secretly she sent a letter to Shivaji with a rakhi. But it reached the mother of Shivaji. Mother sent a letter, sent a message, to Shivaji on a horse that "Come here as fast as possible - if you are eating your food, then come here to wash your hands," to that extent. And Shivaji was so obedient to his mother, very obedient. One has to learn from his character. He rushed there, because obedience was his power.

He rushed there and asked, "Mother, what is it?"

So she said, "No, I want to play chess with you." He said, "Why now?"

"I must play chess." He couldn't understand. And she played chess and she won something. She could have told him, but she just wanted to sort of put a Vishnumaya on him. He lost.

"Mother, what do you want?"

She said, "Today I want you by night to capture this fort."

"Today?"

"Yes."

Then she showed him the letter and the rakhi. Rakhi was so powerful that a mother had to ask her son, who was responsible for the deliverance of Maharashtra from the clutches of the Muslims, that he should go to this fort and capture it. Such a powerful message out of that string. So. All right. Came out. He was quite upset how to do it. Suddenly there was one gentleman called Tanaji, had come to invite him for his son's wedding with his uncle. And he saw him so upset; he said,

"Why are you so upset, sir?"

He said, "My mother has asked me such and such thing."

He said, "All right, I'm going. You don't have to go, because we'll have many Tanaji's like me but we have only one Shivaji. I'm going to do it."

He said, "But your son is going to marry."

He said, "First let my sword marry this fort, then I will marry my son."

Such people we had also. Such sacrifice. Only on that rakhi. Think of that, only one rakhi. All right. They didn't know this girl, they didn't know her father, they didn't know anything about her, they had never seen her. Can you think of somebody who will do like this in modern times? We are supposed to be very evolved, powerful, great people. Even in the pictures we need not show it. Nobody will come to see such a film because they'll feel so low.

And he went there and he used a kind of a big lizard which went and fixed the nails. With a rope he climbed up and they conquered and won that fort.

It was decided that if they are successful they should lit fire which Shivaji can see and come down. He saw the fire early in the morning so went there, and under a tree the dead body of this Tanaji was lying. He looked at it and he said, "We have got the fort but we have lost a lion."

That's why it's called as the Fort of the Lion, Sinhagad, which you can see from My house very clearly. But these are the monuments of a small thing called a rakhi. A small symbol of expression that can capture forts after forts.

Another one where, I've told this story before but I'll repeat it today, was when Alexander the Great arrested one king called Puru. Alexander had married an Indian lady and the great Alexander was in jail. That was the day of Vishnumaya. So she sent - this lady was very clever, his wife - she sent a rakhi in a small, little thali covered nicely to the King Puru. And, as the rituals are, that day this was presented to him. So he had to accept. If it is sent, you have to accept. The sister sends it with deliberations but you have to accept. And he accepted it, and it was tied, then he said, "Who is my sister?"

They said, "Your sister is the wife of Alexander."

Said, "Oh God, that means I have arrested my own brother-in-law."

Immediately he becomes a brother-in-law, immediately! No marriage took place, nothing - he's a brother-in-law. He rushed to the jail, fell flat before the great emperor. He couldn't understand, "What's happening to Puru? Why did he do all this?" He said, "Sir, I am sorry," in his own language, "I'm sorry I didn't know you were my brother-in-law. I'm sorry whatever I've done. Will you forgive me?" and all that. And he brought him, asked him to sit on his throne. He couldn't understand, "What's this going on?"

"Please." Made him sit there, garlanded him, did his aarti, gave him ornaments, gave him big garlands of diamonds and rubies and things, and touched his feet, washed his feet and then, with great honour, sent him home. He couldn't understand, "Has he



gone mad or he's possessed by someone?" He must have thought some Greek has possessed this fellow, the way he was surrendering. When he went home his wife was smiling. He said, "Why are you smiling?"

She said, "I knew the trick will work with Indian mind."

"What was the trick?"

She showed him one string. "This was the trick."

He couldn't understand, started looking at it. "What is this?"

She said, "This is the rakhi. This is the thing I sent him. This has the symbol of a sister, that's how you're released." Alexander sat back. He said, "Oh God, these people can release their enemies on a string? I can't capture these people. They are too good. They are too subtle. These subtleties we cannot understand." And he turned back. But he took some poets with him who sang his praise, how he was, what a generous man.

But I must say it's rather surprising to see such a subtle man in Greece. But maybe that was the time for them to understand subtleties, but today I don't have much hopes. As I've seen them, they are not that subtle. They only have people like Onassis who are their heroes, whom they worship.

From where to what we have come? How we have used the same good things from horrible things now. How far we have gone. And I would say the same Vishnumaya has now put into this maya that you go to hell now! Finished! It is She who has arranged this for you. She doesn't think that Americans deserve to be in Sahaja Yoga. It is She who is fighting Me. She says, "Mother, forget it! Forget it! Forget it!"

See the films - one worse than the other. You see the recent pictures, the modern ones, you can't even see them, you have to close your eyes. The same power now is for your destruction, used by you only. You are using it for your own destruction.

All these films are working you out to fight each other, destroy each other, how to kill each other, how to be violent, how to be ugly, how to be shameless, how to have no self-respect, and no respect for others - is all coming through these medias.

Your children are so rude. Nobody listens to anyone. Nobody respects their elders. If somebody is a simple, honest, intelligent, brilliant man, they think he's a fool because he doesn't know how to outwit you. He doesn't know how to talk sharply, because he doesn't know how to insult you all the time.

The whole film industry is now working out how to coin more insulting words. The more insulting words there are, the better it is, and that's what the public wants, because now it has become an economic thing to use films for economic purposes.

When money becomes everything - what is prostitution? You get money, what's wrong? What is wrong in destroying your families? You get money. It's all right.

Now, are you going to take this money with you, or are you going to leave this barbaric children on this country? What are you going to achieve?

And the money orientation is so much that people say that Americans are the most miserly people, they are very self-indulgent and the most miserly people, while here it is the Vishnumaya which is the most generous thing. She burns Herself up to give you light. And the miserliness also comes with money-orientation.

They are also very mischievous, sometimes they try to play such tricks which are very heinous and horrible. Then electricity has to work and I don't know, I don't know about Her, how She'll work it out, but She's very angry, with Americans specially, because

this is the country of Her brother. This is the country where Her brother rules, and She wants everything to be all right, because from here is generated all these nonsensical films, nonsensical things which are destroying the whole world.

AIDS is one of the blessings of Vishnumaya. It comes from Left Vishuddhi, people do not know. You start perspiring on the Left Vishuddhi to begin with.

When people start feeling guilty, they should face it and get rid of it. Of course it starts, as you say, with right sidedness, but this right sidedness ultimately ends up into Left Vishuddhi, and then the residual part of it starts generating this kind of a weakness in a human being, because it is also the pure form of motherhood, is the Centre Heart, is the pure form of motherhood.

You see a child, you see a girl who is innocent. What interests her is her little dolly. She's a mother, out and out. If she's properly brought up, from very childhood she's a mother. And motherhood is the epitome of womanhood. There are some sahaja yogis also who are so stupid they don't want to have children after marriage. They should get out of Sahaja Yoga, immediately. We have not done all this to have people here who cannot produce children. If they can, they should. The reason is there are so many great souls who want to be born. These are the great fruits which are going to be prospering on the tree of your family life, and if you do not want to have any children, then what are you doing here?

So the Vishnumaya's main thing is that a woman has to be a mother. Then that motherhood gives her that special capacity to shine.

Now it starts with the Left Vishuddhi, the AIDS goes to the Center Heart. The Center Heart is challenged, the motherhood is lost. That's how the antibodies become weak, once they are attacked, they become weak, they cannot fight the disease and that's how the person who gets AIDS has to face things in such a manner that it has no antibodies, so he becomes allergic to everything and he dies.

To fight the AIDS, the sisters' and brothers' relations must be established so that sisters can look out for men, the way they are behaving, and they should look out for sisters, the way they are behaving. In this whole satanic movement I find the men become physically attacked and women become mentally attacked. And it's such an attack that women are difficult to get out of it.

First of all, we have to decide what is our goal - is to become the Spirit, and not a sex point. This maya has changed your goals completely, is going to make you into worms or I don't know what else. Actually, this is what the Americans have to understand: where are they going?

Everybody thinks that Americans are half-mad if not full-mad. Any American coming into any organisation, "Oh, beware, American." Americans may not know about it. They never consider an American as a completely sane person. What is the reason? Because of this queer, weird, stupid ideas they have. But I heard that here the people claim that we have a fundamental right to be stupid and mad.

This kind of a thing that is moving today in the country where you live, and if you have to save it, you have to turn their faces towards God. You have to turn their faces towards Self-realisation. And this is a very, very difficult task for which you all sahaja yogis, I request you and I pray for you, that you develop that kind of a power which is the power of Vishnumaya that you shine with the power of Vishnumaya.

When I see your Statue of Liberty, I think she is the Vishnumaya here standing. Why didn't they make a man stand there, why a woman? She is the symbol of the sister, of Vishnumaya, and if you have to have your liberty, have it - but liberty of wisdom, not of stupidity.

And this is what I have to tell you today in this great country of Shri Krishna - that you'd better be on the lookout. Better be on the lookout. You can say that She really rules in a proper way in South America, and that was Her domain, too. And there electricity is not so prevalent. But the perversion has started because they started producing cocaine and other horrible things to spoil your

Left Vishuddhi.

One feels guilty with one thing in the North America and another one makes it bad through cocaine, and is nicely transported here for you to spoil your Vishuddhi. This is an attack on Vishnumaya, another attack on Vishnumaya, from the South, because they are exporting.

And once I asked them, "Why do you export it?" They said, "That is their lookout to save their people; it's not our lookout." In Colombia, officially! They feel that: if the Americans cannot look after themselves, how can we look after our people? And they're making a big money out of you because, you paid so much attention to money - "All right, have it. We'll also have money by giving you this horrible thing to spoil your Vishuddhis and take all your money, if you think money's that important."

It's something, a very big play, it's a maya, it's a horrible maya into which this country has gone into. And you have to do it by shining examples to show how starkingly it is horrid the way we accept things so easily.

I'm sure this Vishnumaya will crack certain nuts here and I hope it will create a new path for sahaja yogis to follow, to get more people into Sahaja Yoga in a proper, dynamic way and settle them in Sahaja Yoga.

May God bless you.

Before we start the puja, I really admire the way you have created this maya here. I hope this will cover the blinding maya and put people into their right path. I must say I admire it, the way you have done it. It's beautifully done.

May God bless you.

Yogi: Should we do Shri Vishnu's names first and then the Devi's ... mantras?

Shri Mataji: Ah, all right, can do that way. So fifty-one and ...

Yogi: There are twenty-four names for Sushumna, for Shri Vishnu.

Shri Mataji: "That's not Vishnumaya. What you have to do is to ... Vishnumaya is the one which is the Virgin. So if you take the Devi's names is sufficient because we have done Krishna's names here. What are the Devi's names you have?"

Yogi: Yes we have the Devi Mahatmyam, Shri Mataji: "Ya Devi sarva bhuteshu, Vishnumaya'eti shabdita."

Shri Mataji: Whatever are Devi's names are all right for Vishnu's name. All right.

One of the names of Devi is also Nirmala, because means pure, also these days people are talking of Khalsa and Khalistan. Khalis means 'pure'. Khalistan is the place where the pure people have to settle down, that is sahaja yogis. That's what was said that only the Khalis people, means the people who are pure have to form Khalistan, not those who are violent or those who are stupid. It's meant for the people who are Sahaj Yogis. It was said for the Sahaj Yogis. The saints would never tell that those violent people should have their Khalistan. So, as they call it Nirmalites are the Khalistani people and they are the Khalsas. Such a misnomer under the influence of Vishnumaya.

Those who have to read the names, you see, should not tell what is to be done; should sit down with this immediately.

Let the little girls come in first. Not very small little girls you see. Say, those who can walk on their own and can do things on their own.

## 1987-0815, Talk and Evening Program: Shehnai Concert by Bismillah Khan, Eve of Shri Krishna Puja

View [online](#).

15 August 1987

Talk And Evening Program: Shehnai Concert By Bismillah Khan, Eve Of Shri Krishna Puja

Evening Program

Ile de loisirs, Saint-Quentin-en-Yvelines (France)

Talk Language: English, Hindi | Transcript (English) – Draft | Translation (Hindi to English) - NEEDED

It's very nice to see you all here assembled in such happy mood and the nature is also very happy with you.

I've tried to learn French but I think it's a very difficult language.

When I came first to France they told me, Mother you should never say that you are a happy joyous person. I think I practised to myself --- Now the idea was that, in France people believed that the whole world is full of misery, we are all sinners and we should all suffer and we should be all miserable, so everything that was

grey and very gloomy was regarded as the highest art, I did not know what to do because I enjoy, what am I to do. They said because they'd think that you are ignoramus, you don't know what is going on in this world, that's why you are joyous. But I said I know everything, so I started addressing them with "Les Miserable" and today I say the joyous, you are the joyous people here sitting down in France, because you have found out the truth and that is the source of joy.

We are here to celebrate the birthday of Sri Krishna tomorrow and is the most suitable thing to celebrate his birthday in France. Because he came on this earth to establish the fact that truth is joy, when he came on this earth, at that time there were people who believed that one should be very serious, and one should be very ritualistic and they believed in all kinds of restrictions on life, they had reached the same conclusions as the Christians that you should not have a married life and you should be an aesthetic if you have to achieve God. I don't know how all of them reached such conclusions.

So he established a new way of expression of joy, now his power was Radha, Ra is the energy, Dha is the one who sustains the energy, but she was the source of joy, as they say in Sanskrit Alah Bedinigh. She was the power who started a new style of understanding God and the child Krishna used to sit on a tree when these ladies would be bathing, he was about hardly four or five years of age, and when they would come out of the water, of the Yamuna, he would just break their pitchers from the back, because she would put her feet in the water while filling the pitchers, the water would be vibrated, and then the same vibrated water would flow on their back, by which their kundalini would be awakened.

Because there was no way of telling people in those days that you have a Kundalini, you better sit down and meditate, people were very gloomy, just like French, at that time. So he had to play some tricks, then he would have a dance called Rasa, Ra means energy and Sa means with, to dance with the energy. So he would hold the hands of all the Gopis and would dance, passing the energy through Radhas hands into all these Gopas and Gopis who were there.

So the traditionally, what they were had come down as a very morose, gloomy religion, he wanted to transform it into a joyful fun and that is why he also used other methods, to create great fun. His Alah Bedhini Shakti that is Radha, he would play with her and with other friends and the friends of Radha of what you call Holli, which is with the water, coloured water, because you must have seen when the children get to the water, they just start playing with the water all the time, throwing water on each other and enjoying, like Christ has said "You have to be like children, if you have to enter into the Kingdom of God."

So he started such nice childlike play, like Holi, to make people very joyous and happy, because very strict type of discipline started emerging out of the religion. Even the other day, I went to see the Maharaja of Travencor, who is the one who is residing in Kerala. He told me he has to be everyday get up at 4 o'clock and

take a bath in a lake which was very dirty. I have seen it, not a lake a pond like a stuff and he has to stay there for everyday for one hour and then he has to come out of it and with those wet clothes he has to walk at least quarter of a mile in a temple to worship the Goddess and whenever he went out of Kerala to say foreign

countries anywhere, everyday he had pay has a penalty fifteen hundred rupees, I said that even if you give me everyday fifteen hundred or any amount, I will not jump into the dirty ponds.

So, in Sahaja Yoga, I find also, when people come for the first time, they get to the extremes, all the time they are giving bandhan to them even if they are facing just a tree, they are meditating hours together not eating any food going miserable, even in the programmes I see when I am giving lecture or something, they are still giving bandhans, raising the Kundalini, and others looking at them, the new people thinking what is happening here?

There are two types of people: one are those who want to go deeply into Sahaja Yoga and another who are frivolous and are abandoned type. So, the kind that goes into too much ritualism is also not correct.

That's not the proper way to be in Sahaja Yoga. You have to see spontaneously, at that present moment, whatever is to be done. Then best thing is to be, in the Nirvichara, in the thoughtless awareness. As soon as you face a problem, get into thoughtless awareness and that is your fort, that will make you grow and your discretion will improve, your attention will become discreet. The people who meditate for hours together, I find them, have not finished anywhere. But those who meditate for a short time in the morning and evening achieve a lot. The reason is you must understand the law of the divine. The laws of divine work when you are in thoughtless awareness, not by putting any effort into it, but a strong desire to be thoughtless awareness.

The other type are rather difficult because they are still standing on the back of a crocodile and try to come in the boat of Sahaja Yoga. Their head is still filled with all the ideas of the past, either they are self-pity, they think that we can never achieve anything, or they think that, we should not change much and we should try to have all our old ideas.

Now in Sahaja Yoga everybody has passed through that stage and those who've been called as leaders have passed through it also and they know what it is. I've known some of them as very hot tempered, some very quarrelsome, one some very extremely gloomy type and some were very aggressive, some were idiotic, some were, all kinds of things, all kinds of colours and hues there were. Now the work of a leader is rather difficult, it was easier for me to do this job because I know how to manage, maybe I have some more powers than the leaders have, so if you deny your leaders, if you try to argue with your leaders, if you don't listen to your leaders and if you don't want to imbibe what they are saying, it's going to be very difficult for you and them and I have told you many times I know your leaders very well, because I know their vibrations, if there 's anything wrong let me handle them, you don't have to worry, but if you have to grow in Sahaja Yoga and if you have to stand on your legs, first you have to hold the hands of your leaders.

Now many people think that we have to bow to someone if we listen to someone, but listening to yourself you have not been able to achieve anything and yourself itself has not yet expressed, because you have not reached the state of self realisation, to achieve that first of all you have to listen to your leaders, when you say I believe it is your ego is saying that, or if you say I like it, it is your conditioning, it is your super-ego that is saying that, it is not your spirit, so to reach the state where you can feel your spirit you have to take help from others and theres nothing wrong with it, as in childhood we have to take help from our mother, father, teachers, in the same way in Sahaja Yoga also, you have to take help from your leaders, so there should be no problem in following the leaders because they are there for your good.

We are again once Krishna was asked, that it is said in the Scriptures that you have to tell the truth and something that is Vihah Saptumbah Vihah Tiumbah Vihah, so they said how can that be? If you tell the truth it may not be liked by another person, so how can you tell the truth. He said that there is a word in-between is Saptumbah Dihah Pitumbar Dihah Priumbar Dihah. that is the truth, then Hitah is benevolence, and Priah is Dihah, which is light by others.

So, these three things are combined together if you just put your attention to the benevolence of the person. Now if a leader tells you something it is for your benevolence, that is why in the long run it will be dear to you, in the beginning you may not like it, but ultimately it will be very dear to you, because only through that you will achieve your complete freedom, thus I have to thank the leaders here, for they have got so many French people as Sahaja Yogis and all others from all over Europe and England all those who have come here, they all are so proud that there are so many Sahaja Yogis in France and you will see that everything will change when we'll have more Sahaja Yogis and you all will all establish yourself as great gurus of Sahaja Yoga, but you have to be responsible and you have to be earnest about it, thats going to help you very much, as it is the leaders have to judge, that whatever they are doing is out of their love and with the idea of benevolence. I am sure France will give such a big lead now to all

the Europeans here and show how we should gather more Sahaja Yogis, in one year to have hundred and fifty like this is very surprising isn't it, and all others must give them a hand for it.

Now you are going to listen to some very good Indian music and this gentleman who's going to play to you is a very well known musician from India, it is a great surprise for me and I'm very much thankful to you, because he has played for so many places where Auspiciousness was needed and I am happy that you have honoured him like this.

THANK YOU VERY MUCH.

## 1987-0816, Shri Krishna Puja Evening Program

View [online](#).

16 August 1987

Evening Program

Ile de loisirs, Saint-Quentin-en-Yvelines (France)

Talk Language: English | Transcript (English) – Draft

Shri Krishna Puja Evening Program, Saint-Quentin-en-Yvelines (France), 1987-08-16

[Sahaja Yogis sing “Swagat. Agat. Swagatam” to welcome Shri Mataji]

[6:35]

Shri Mataji: Thank you very much. Thank you very much, thank you.

[Conversation in Hindi]

They can come here [on the stage]. It would be better. [Shri Mataji asked the musicians to come on the stage in Hindi]

Would you like him to play tabla?

Sahaja Yogis: Oh, yes. [Laughter, applause]

Shri Mataji: Ah, what is this?

Sahaja Yogi: This is the list of the children, who would like to get a name.

This is the list of the children, but they are twenty years old.

Shri Mataji: Ah. Today, we have to do it.

Sahaja Yogi: Some of very same age but some are quite old.

Shri Mataji: So, I can do it quick, otherwise,

Sahaja Yogi: Yes.

Shri Mataji: And we can inform. Now we have so many children here. He has given me a big list of children.

Sahaja Yogi: But some are very old children Shri Mataji.

Shri Mataji: They start from two months.

Sahaja Yogi: Two weeks.

Shri Mataji: Two weeks to seventeen.

Sahaja Yogi: Twenty-one. I saw one of twenty-one Shri Mataji.

Shri Mataji: One is twenty-one. Yes!

[Laughter]

All right. So, it's a very big list and I'll try to give them nice names.

[Hindi]

Please be seated, all of you. Please be seated

Sahaja Yogi: Shri Mataji, before starting his performance, we have a surprise for mister CP and Yourself.

Shri Mataji: Oh.

Sahaja Yogi: Because you are traveling both on each side of the world, and I heard that mister CP has not been in Pune for quite a long time. And we have sent our photograph reporter to Puna and he is getting a surprise for You. Christian!

Shri Mataji: You have already surprised me with so many things, now what's that.

[Christian gives a photo album]

Thank you very much, thank you. Ah! That's it!

The limit. Oh, I never knew. You are a surprise. [Hindi]

Sir CP: For me it is a real surprise, I've not seen it before.

Shri Mataji: Look at that. See the 'makandu' [unsure]!

[Hindi]

Sahaja Yogi: Wandana just got her visa in time. Her pictures of Shri Mataji's house being built in Puna.

[Applause]

Shri Mataji: This one is a real surprise, I tell you, because mister Shrivastava has not seen even the land. [Laughter]

And he says, "When it will be all ready, everything fixed, I'll just go with the key". [Laughter]

Sir CP: When the creator is there, why should I worry.

Shri Mataji: Oh, I see. He says, "When the creator is there, why should I worry". [Applause]

Sir CP: Thank you very much. That's a very, very wonderful surprise from him. It's first time I'm seeing my own house. [Laughter]

[Shri Mataji speaks in Hindi]

Shri Mataji: Now what music?

Guido: I think Patrick has organised something. [Unclear]

Sahaja Yogi: We have a professional, Shri Mataji. So, I let Jean-Louis tell us the program for tonight.

[Shri Mataji speaks in Hindi aside]

Sahaja Yogi: Shri Mataji, let us start with a few songs written in French and dedicated to our Holy Mother.

Shri Mataji: We can start, I think, first of all, we can start with Shri Adi Shankaracharya to begin with. And then we can start. Because that sets in the vibrations and everything well. It would be good.

Guido: Adi Shankaracharya.

[Shri Mataji speaks in Hindi about music]

All right. You arrange first of all, all the musicians to come this side [towards the left side of the stage] And- it's all right, it's all right. After all, we have so many musicians from so many countries.

Sahaja Yogi: Every body wants to sing now.

Shri Mataji: It's all right, come along. You could move a little bit this side, some people [towards the right], so the musicians could all stand that side [left]. We have a huge choir I must say. Come along, come along.

Sahaja Yogi: Let's have the musicians this side and the singers the other side. Please.

[Shri Mataji is laughing because of the big mess]

Gregoire: Shri Mataji, he is fantastic. [Name?] ask for an hour now.

Shri Mataji: Move on, move on. Let them move that side. Can you move this side? You are all musicians? All right, all right. Come along. Now I think some of you have to come that side. Most of them are musicians, you see, that's the problem.

Sahaja Yogi: The singers, on that side please.

Shri Mataji: I think some people can move this side, those who are not going to sing.

Sahaja Yogi: Shh, please.

Shri Mataji: There's no- somebody has to arrange. Nick, can you arrange for their sitting? Some people who are sitting next to this side can move on that side, a little bit. Now, won't you sit down? Just there, if you can move a little backward, all of you, a little bit. All of you move a little backward so that they can be seated. Let's do this fast.

[Arnaud is giving instructions in French so that people move backward]



Shri Mataji: Now, better be seated, I think. Better be seated. All right. Sit down, sit down.

[Shri Mataji speaks in Hindi]

Nick, please, see there are some wires there and I don't want the children to touch that. Next to that, yes please, as there are certain wires and things. Just tell somebody to look after that part.

This is Shankaracharya? Give them one [a sheet on which there are the lyrics of the song "Adi Giri Nandini" by Shri Adi Shankaracharya]. [Hindi]

Then, in this one, when he says, "I am Shiva, I am Shiva, I am Shiva", he is meaning that, "I am the Spirit. I'm not this body. I am not this intelligence. I am Shiva". Throughout it is like this that, "I am the Spirit". And as you know now, you all have become the Spirit.

[Shri Mataji speaks in Hindi.] [Sahaja Yogis sing an English version of this.]

May God bless you. Beautifully done, very good.

[Applause]

Guido: "Adi Giri Nandini", Adi Shankaracharya.

Shri Mataji: Ganesha? Or you can, I think that "Nandini" one is good because that creates this [movement of Shri Mataji's hands meaning vibrations] then we can start with anything else, all right?

Where is Akbar, I don't see him? Akbar? He comes? Oh.

Sahaja Yogi: He has got his Italian passport but he's not yet arrived.

Sahaja Yogi: He is following me Shri Mataji. [Laughter].

[Sahaja Yogis sing "Adi Giri Nandini", Sanskrit.]

[38:46]

Shri Mataji: Thank you very much. It's beautiful. It clears you out completely.

I think that you can sing some Hindi song that they can understand. For their sake, some Hindi song. One of those, once- I don't know which one you could sing.

Sahaja Yogi: [Unclear]

Shri Mataji: Which ever you sing proper, a Hindi song.

[Conversation in Hindi.]

No, no, no, this one. Because we have had a fast one, so let's have a little slow one now. Which page? What page it is?

Sahaja Yogi: Page 2, Hindi songs.

Shri Mataji: Page 2.

These are, non, non, no. On page 2? Sorry, sorry. Ah, yes, it's there.

[Conversation in Hindi.]

[Hindi bhajan]

[Conversation in Hindi.]

Shri Mataji: He is saying that it's all my blessing that has made them so much congenial to Indian music. And [Applause]  
Now, which one you'll sing?

Sahaja Yogi: [Unclear]

Shri Mataji: Jogawa, tike? You see this is, [Shri Mataji explains in Hindi the meaning of this Marathi song, sung in the villages of Maharashtra.]

You don't have 'Jogawa' with you?

Sahaja Yogis: Yes, Mother.

Shri Mataji: All of you?

Sahaja Yogi: Children know Jogawa.

Another Sahaja Yogi: The children know, learned it, Shri Mataji.

Shri Mataji: Children know it?

Sahaja Yogi: Yes.

Shri Mataji: That's good! You all children know, good, good. That's very good.

You know by heart. Melania? Melania? Hello, Melania, you know this Jogawa? All right. Sit down, sit down, all of you should sing.

Sahaja Yogi: They learned the song during the camp.

Shri Mataji: Atcha.

Sit down, sit down, sit down. Give a room. Give a room.

Sahaja Yogi: Let the children sing.

Shri Mataji: Non, no. I mean, you have to support them. Start it, all right. Let's see.

Shri Mataji: This is the rhythm.

[Bhajan Jogawa, ancient version]

Shri Mataji: You already have got this Jogawa. You've got your Yoga, isn't it? So, now you are asking it that means: what else?

Sahaja Yogi: Deeper and deeper.

Shri Mataji: Deeper and deeper. [Hindi]

Now any one of your songs, we can have some French songs?

What has happened to your piano?

Sahaja Yogi: He is sleeping, full of vibrations.

Shri Mataji: Full of vibrations.

Sahaja Yogi: The first song Shri Mataji, the name in French is, "Tu es la Mère" "You are the Mother".

"For the one who goes ahead on your way,

For the one who receives the love and the joy of the Divine,

For the tree, that the rain grew up,

For the day and the night which can in You be united,

You are the Mother, the truth,

You are the play

And You are God

For the sky and the earth,

For the water, the Sun and the fire

For those who are sincere and seek peace in themselves

You are the Mother, the truth,

You are the play

And You are God

For those whom by your light are rejoiced

For those who, though in war, have faith in your law and smile

For the sacred beauty, the freedom,  
For the signs of time, the joy that history has hidden  
You are the Mother, the truth,  
You are the play  
And You are God

Finally, for those by whom the world will soon be saved,  
For those who have chosen to love You, to adore You  
You are the life, the Kundalini, the Holy Ghost and the Adi Shakti"

Shri Mataji: Beautiful.  
[Conversation in Hindi]

Shri Mataji: Thank you very much. Very well done. How children spontaneously organise among themselves! [Laughter].  
You don't have to teach them. They just pick it up and how they manage it.  
[Conversation in Hindi]

Sahaja Yogi: Let's have Jericho. This one is in English.  
Shri Mataji: All right.

Shri Mataji: What's a-Hello? What's Jericho? Jericho is a –  
Sahaja Yogi: The battle of Jericho. The trumpets of Jericho. The trumpets were playing and all the walls fall down.  
Shri Mataji: Yes, so [inaudible]. It's a place. Yes.  
Let them see for themselves.  
[Hindi]

This was a real, a real Martin 's song I think and all the negativity must have run away already from France. [Laughter]  
[Hindi]  
Now with this, Nirmala is also a good song if you know that one, onward.  
All right. Let's have the other one.

Patrick: A thousand glance.  
A thousand flashing glance flow the glade  
around Nirmala Devi our Mother  
From Her loving eyes, the day will be reborn  
[Unclear] her children, time will be restored.

The Sun, the love and the wind will return.  
Lotuses will bloom again early May.  
In the entire world, all hearts will open.  
The days of the coming darkness will taste of honey.

Born on your loving and tendre breath,  
For ever, straight ahead,  
Our heart full of delight with Thee  
Mataji Nirmala Devi  
To win the battle, leading to eternity

The Sun, the love and the wind will return.

Lotuses will bloom again early May.  
In the entire world, all hearts will open.  
The days of the coming darkness will taste of honey.  
[English translation is very different from the French song]

Shri Mataji: Now, which one you want to do?  
What has happened to the English?  
Sahaja Yogi: We have one song for Shri Ganesha.  
Shri Mataji: Shri Ganesha? That you sung in the morning.  
Sahaja Yogis: Another one. Different.  
Shri Mataji: Another one? All right, another one, let's have of Shri Ganesha.  
[Conversation in Hindi]

[Musicians are leaving. Applause]  
[Conversation in Hindi]  
[Aside] Now, which one?  
French Sahaja Yogi: We have another one.  
Shri Mataji: Another? But I said, if you [switch] then it's better.  
Now let the English come.  
Where are the English?  
French Sahaja Yogi: English are coming.  
Shri Mataji: It's the Battle of Trafalgar! [Shri Mataji is laughing] Napoleon defeated! Napoleon was defeated by Nelson. [Shri Mataji is laughing]

Sahaja Yogi: Shri Mataji, Michel bought two bed covers [unsure].  
Shri Mataji: Oh, I see.  
[Conversation in Hindi]

Also, [Hindi].  
Come forward. Get him something to sit down. Come in, come in. Give him a chair or something to sit down. That's a good idea.  
[Conversation in Hindi]

[Musicians sing:]  
Sumukha, Ekadanta  
Kapila, Gajakarnaka  
Ganesha, Ganesha, Ganesha, Ganesha  
Jai, jai Shri Ganesha  
Lambodar, Vikata  
Vighnanasha Ganadhip  
Ganesha, Ganesha, Ganesha, Ganesha  
Jai, jai Shri Ganesha  
Dhoomraketu, Ganadhyksha  
Bhalachandra, Gajananah  
Ganesha, Ganesha, Ganesha, Ganesha  
Jai, jai Shri Ganesha  
[Sung for the first time here, this bhajan (Sanskrit 13) has changed with time]

Shri Mataji: Ah! This is good!  
Thank you very much for this new tune. But it is something, you can use it for POP music sometimes, you see. And we can, really!

That's the way you can popularize Sahaja Yoga. It's quite in tune with that, I think. And as they don't understand any meaning of it, they will think it's some sort of a "ramba, ramba" going on. And it will have the effect of the mantra. It will be a very good idea, that's a very good one, very good composition, that way. You must make something on POP style and in Sanskrit. So, it's all right.

[Laughter and applause]

[To Patrick] Hello? Yes, that's how it could be. Tell them in French what I said.

Sahaja Yogi: Patrick, could you pass this to Shri Mataji, please?

Shri Mataji: [In Hindi].

Patrick: This song they are singing, Shri Mataji.

Do you want a cup of tea?

Shri Mataji: No. All right, if it is available.

[Musicians sing:]

Across the Red sea You lead us

to the promised land.

With your love you feed us

The blessings from your hands.

Oh, Mother, you know we want to be closer to you

Only you can show the way

And help us make it through

Leading us back to you.

Shri Mataji, inside we feel your touch.

Shri Mataji, we love you so much.

And from the mountain you bring us

Your sacred laws to teach.

Within them you keep us

To keep us in your reach.

May we stay inside the truth

And please you every day.

In our heart eternal youth and drive up is away.

Listening to us,

You say.

Shri Mataji, inside we feel your touch.

Shri Mataji, we love you so much.

Jerusalem is where you take us

Above Sahasrara is your seat.

When we sleep you wake us

To raise us to your feet

Every time you took your birth the children came to you

Every time upon the earth you taught the world anew

You are our one Guru.

Shri Mataji, inside we feel your touch.

Shri Mataji, we love you so much.

Shri Mataji: Ah! Beautiful! How beautiful, very touching, hum?  
[Applause]

Sahaja Yogi: Just have, there's one more song we would like to sing Mother, please.  
Shri Mataji: Yes, please, please. Then we'll have the French and then we'll have Italians.  
Sahaja Yogi: It's on page 19, Shri Mataji. Page 19, Patrick.

[Musicians sing:]  
Holy Mother Durga, protecting us,  
May we sing this song for you  
May be with love  
For you are Shri Chandika ever in our hearts  
Please raise your children now the battle starts ...

Shri Mataji: Beautiful, very nice. Thank you, beautiful. Is there one more? All right, let's have it. Yes, please.  
[Conversation in Hindi]

[A senior Sahaja Yogi sing a song, "Thy be the glory".]

Shri Mataji: Well done, well done. [Applause]  
Very well done, very well sung. So, we could have a French song.  
Patrick: Bill, with his nice law voice will read the translation.  
Shri Mataji: [Laughing]. All right.  
Bill: The song is called, "We thank you Shri Mataji".  
Mother, they are the bread  
Mother, they are the source  
They are the way and the goal of the course  
We thank Thee, Shri Mataji.  
For all this, we thank Thee.

Mother, they are the time  
Mother, they are the space  
They are the moment and the season that go by.  
We thank Thee, Shri Mataji.  
For all this, we thank Thee.

Mother, they are the arisen  
Mother, they are the life  
Mother, they are the vibrations and the sweet harmony  
We thank Thee, Shri Mataji.  
For all this, we thank Thee.

Mother, they are the sky  
Mother, there are the earth  
They are the Sun and the whole universe  
We thank Thee, Shri Mataji.  
For all this, we thank Thee.

Shri Mataji: Nice.

My shoes should be there.

[Musicians sing, some children too.]

[Applause]

Shri Mataji: Ah, very beautiful. Thank you very much. Thank you, wonderful! Beautiful song. It's a beautiful little [unclear] there. There's one hymn written on, about the same tune like, "Once to every man and nation, a moment comes to decide". It's a beautiful song. I don't know if you people have ever come across it, but it's a very beautiful tune, same style. It's very nice. It's more Arabic [unclear] in it. Thank you very much. May God bless you.

[Patrick translates into French].

Shri Mataji: You have already done your decision.

[Laughter, applause]

Patrick: You already spoke this morning about the little tricks. But one of yours was to offer to France a nice painting last year, at the last Krishna Puja. And on this painting, it was instruments, music, papers and songs. So, it has been improving. Thank you, Mother.

Shri Mataji: Oh, wonderful! French have come out on their own beauties, you see. You can see how beautifully they have arranged all the music and everything. It's so beautiful! Thank you for this, really, thank you very much. Because without music, we can't have Sahaja Yoga.

Patrick: The next song, Shri Mataji, we associated Armenia and Iran.

Shri Mataji: All right, good. We must sing for them. May God give them sense.

Patrick: I just mention to everybody, but as a very strange happening, the hotel we found for Shri Mataji is in Neauphle-le-Château. And Neauphle-le-Château is well known for another personality who is acting [Ayatollah Khomeini, Iranian fundamentalist who fled the Shah and took refuge in France]. And [unclear] love Mother with all the Deities are fighting what is wrong, you know, where it has been conceived. Jai Shri Mataji.

[Patrick reads the translation of the song:]

Little start of live, twinkle in the night  
For my heart in Thy delights  
Shine upon our love  
For it to sew on and on  
Keeping life beautiful and carefree  
Shining stars shine whose sparkless in the sky  
Purest of flames, eternal fire  
Your love like a river  
Drenches us with joy divine  
When the lights dwell upon the world  
Jai Shri Mataji Nirmala Devi  
Glory to Thee who has given us life.

[Musicians sing in Armenian and in French:

The Armenian part of Bhajan:

- 1 Siroon e eem myre [Beautiful is my Mother],
- 2 Hamest e eem myre [dignified and modest is my Mother],
- 3 Neman e anmeghe yeghnigee [She is like an innocent deer; in Middle Eastern literature, the deer is a symbol of innocence and tender beauty]
- 4 Oozoom e inz bahel [She wants to take care of me],
- 5 Oozoom e inz pergel [She wants to save me],
- 6 Yev na siroom e Asdzov abrel [ And she loves to live with God],
- 7 Aynkan em siroom Nirmala Myreen [I love so much Mother Nirmala),

8 Garogh em haydnel bolorin [I can announce it to everyone],  
9 Aynkan em siroom yes eem mayreen [I love my mother so much]

Petite étoile de vie  
Scintille dans la nuit  
Car pour toi mon coeur se réjouit  
Brille sur notre amour pour qu'il s'élève toujours  
Et que la vie soit belle et sans soucis.  
Astre brillant, soleil  
Tu brilles dans le ciel  
D'une flamme pure, feu éternel.  
Ton amour comme l'onde  
Divine joie nous inonde  
Quand ta lumière se pose sur le monde.  
Jai Shri Mataji Nirmala Devi  
Gloire à toi qui nous a donné la vie  
Jai Shri Mataji Nirmala Devi  
Gloire à toi qui nous a donné l'Esprit.]

Shri Mataji: Today, we are all celebrating Holi, I think. [Shri Mataji is laughing]. Today, it's his birthday. Plus, on this Holi, also we have brought the Holi day here for his birthday. It's so joyous, so beautiful. And this is what he wanted. Shri Krishna wanted you to enjoy, every rhythm, every note, every beauty of the nature. May God bless you all.

Patrick: One more song?

Shri Mataji: One more, all right. Last one.

Sahaja Yogi: The last one?

Shri Mataji: Yes.

What about Italians? Are they satisfied?

Sahaja Yogis: Italian!

Shri Mataji: Italian? All right, one Italian and one French. All right, one Italian.

"Hame ma se pyar kitane" [Hindi,12] That's a good one. That's a small and nice one, they sing it very well.

"Hame ma se pyar kitane".

Guido: All right.

Shri Mataji: All right, be seated. All the children should sit down now. Please, be seated. They are singing a Hindi song to begin with.

Sahaja Yogi: Would you like this song, Shri Mataji?

Shri Mataji: Ah, this song. They sing very well. And then we'll have, after this Hindi song, we'll have an Italian song.

Sahaja Yogini: Mother, would you like a fan [unsure]?

Shri Mataji: No, it's all right.

Guido: Antonio?

[Musicians sing.]

[Applause]

Shri Mataji: I hope you understand the meaning of this song, it's very nice. Do you understand the meaning? All right. So, who can translate?

Sahaja Yogi: Only the "refrain" [chorus] Shri Mataji, we know. It's that: "I don't know how much our Mother loves us, but whatever I know is that we cannot live without Sahaja Yoga."



Shri Mataji: That's it. Further?

Sahaja Yogi: I don't know further.

Sir CP: I think, you go beyond that.

Shri Mataji: It's very a nicely written song which says that, "Why don't you join all of us, in the great festival of 'nirananda'? Today, we are celebrating the great festival of 'nirananda' which is the 'ananda' of the Sahasrara. So, why don't you join us?" They are calling other people. "Why don't you join us for this festival of 'nirananda'?" It's the joy of - absolute joy. Also, my name is 'Nira', as you know. So, it combines with the two.

All right, what else. Now, is there anyone more left from the French?

Patrick: We are one more.

Shri Mataji: All right, one more.

Patrick: We have one which name is Kundalini.

Shri Mataji: Kundalini. So, now what about the Italians? Must have a chance.

[Applause]

[Hindi]

Guido: So, this is a song composed by a Sahaja Yogi from Milano, his name is Marco.

Shri Mataji: Composed by whom?

Guido: A Sahaja Yogi from Milano, Marco.

[Applause]

So, You asked before for a POP music, that's it.

Shri Mataji: Yes, you must make some of that. That's attractive in these days, in modern times, "samayachar" [according to time].

Guido: I tried to make the translation.

"Jai, Jai, Shri Mataji Jai!

In this world, nobody can bother me.

Nobody can give me any problem anymore.

You are existing only You for me.

But a little of Maya is enough to create confusion in me. [Laughter]

I know, with a foot-soak, it will go [Laughter]

And then I will know how to raise a little bit more until tomorrow. [Laughter]

You are still waiting since long

But you will see tomorrow

We will not have any more trouble

And we will be all with You, higher and higher

But after that, so now I am in hurry

I think about and I know what to do

So, I do a madka.

[Shri Mataji is laughing very much]

Shri Mataji: Now, that stage is over, I hope, for all of you.

Guido: But, that's not enough

I will try to shoe-beat.

[Shri Mataji is laughing very much]

Shri Mataji: You see, in America, there was one gentleman quite elderly. His son is a Sahaja Yogi, his wife, daughter-in-law- I mean, everybody is a Sahaja Yogi. He came and he said, "I must say one thing: the great secret". I said, "What is it?" "The shoe-beat is the greatest mantra". [Shri Mataji is laughing.] "Mother, who has told you?" I said, "Mohamed Sahib has told us that

shoe-beating is the best to make the Satan run away". So, he said, "It's a real mantra, I must say, because it has worked on all kinds of people". All right.

Guido: So, we try to shoe-beat our Left Vishudhi.

[Laughter] I'm sorry and I start perspiring.

So now havan can wait.

I surrender I don't know what to do.

Shri Mataji: Good!

Guido: "Jai, Jai, Shri Mataji Jai!

I surrender, I can't help it anymore.

Nothing better than go back and meditate".

Patrick: We make Guido translate it in French

Shri Mataji: All right. You translate in French also, because you know French also.

[Guido translates in French up to Left Vishudhi]

[Shri Mataji is laughing very much]

Shri Mataji: Really, it was so painful this morning.

All right good. [Applause]

Patrick: This song, we should know by heart, Shri Mataji.

Shri Mataji: Yes. Patrick is saying: this song, we should know by heart. [Laughter]

I mean, you are all out of it and you might have forgotten also many of those things, you see.

Very simple methods, aren't they?

Guido: Jai Shri Mataji!

Shri Mataji: It's such a humorous side of Sahaja Yoga!

So, is there anymore, anyone wants to sing?

Sahaja Yogi: Spain.

Shri Mataji: Spain? Yes. Spanish, yes.

[Conversation in Hindi or in Marathi with Sir CP]

Spanish, Latin American music.

You think they can come to the stage? I saw Antonio, call him to the stage. Better is, you see because – will you be able to manage it here?

Sahaja Yogi: Yes.

Shri Mataji: All right. Yes?

Guido: Mamata, Mamata. Amata.

Shri Mataji: Who's that?

Ah, so many Spanish are here. I didn't know so many Spanish have come.

Patrick: Sorry.

Shri Mataji: So many Spanish have come. Remarkable.

[Conversation in Hindi or in Marathi with Sir CP]

[Shri Mataji reads the translation of the song]

[Musicians sing and play]

[Applause]

Shri Mataji: Thank you very much! Thank you. Beautifully sung, I must say. What a rhythm! It's a new rhythm of two bits, so beautifully done. I hope all of you learn these songs, you see. Spanish is easy to learn. French is difficult though.

[Laughter]

[Shri Mataji opens both the hands]: French style. All right.

So, I think everybody is satisfied. We can-

Sahaja Yogis: French!

Shri Mataji: All right. The last one will be by the French to thank you very much for coming over, for celebrating the birthday of Shri Krishna. [Shri Mataji looks at her watch]. He was born at twelve o'clock in the night.

[Applause]

[Sahaja Yogis sing 'happy birthday']

Shri Mataji: Well, thank you very much. Now, it's surprising, we never celebrated the birthday on the day the child is born. But in India, that day is counted as one first birthday. So, like my age is now sixty-five years, because the first birthday is to be counted. So, it's nice that people sing the song when the child is born. It's a better idea, isn't it? To greet the child.

It's in English, is it?

[Musicians sing in English]

"You are Kundalini ... You are Shri Mataji...."

[The three great mantras]

Patrick: Shri Mataji, do you want to speak to the French on Monday night?

Shri Mataji: All right. In Le Raincy.

Patrick: 8 o'clock?

Shri Mataji: About 7, 8.

May God bless you.

Patrick: For those who are in Paris, Shri Mataji would like to speak to the French Sahaja Yogis who will be in Paris tomorrow night at 7 o'clock. So those who are still there can come, of course. So, don't forget to get your Ganesha before leaving.

Shri Mataji: What's it? What is it?

Patrick: I just remind them to get their Ganeshas.

Shri Mataji: Can I?

May God bless you all. Vibrations have increased instead of decreasing down.

## 1987-0816, Shri Krishna Puja: The 16 000 Powers of Shri Krishna

View [online](#).

16 August 1987

The 16 000 Powers Of Shri Krishna

Krishna Puja

Ile de loisirs, Saint-Quentin-en-Yvelines (France)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: What's that?

Sahaja Yogi: Little Ganeshas, a gift.

Please be seated.

Shri Mataji: What is shaking?

Sahaja Yogi: It think it's the stage.

Shri Mataji: What's shaking here? It's the energy?

Sahaja Yogi: It think it's the stage.

It was very beautiful of children to come and receive me, in this beautiful manner. This can take you back to the days of Krishna, when in his childhood, he was very much respected by his friends, and they tried to do all the honour that was possible. You know the story of his birth. Also, you know the story –

Shri Mataji, [aside]: I think you should stop the water, otherwise my speech might be little bit-

You know the story of his birth. Here we have the flowing of water, both the sides. The way he used to play his flute, along the Jamuna River. The whole thing looks, sometimes, so human, but it is not. At the right time, whenever he needed, as a child, he manifested his powers, that he killed a woman who was a devil [Putana]. Ultimately, he killed Kansa.

After that, you know that he preached Gita, but it is not so fast as that. After killing Kansa, he went down to Dvaraka to rule there. And there he has to marry five more wives. First, he had sixteen thousand wives. So, many people can ask a question, "Mother what sort of a husband he must be". [Laughter]

These sixteen thousand should explain that he has sixteen petals on his domain of Vishuddhi chakra and these sixteen petals, multiplied by the one thousand petals of the Sahasrara become sixteen thousand. So, these are sixteen thousand powers, which are available to us also.

These sixteen thousand powers are working in the brain. These powers could not come as Sahaja Yogis, so they came as women who were entrapped by a king - exactly sixteen thousand - and he married them because by marriage, it was all very dharmic. Also, he married five wives later, who represented the five elements.

[An] Incarnation cannot be understood from human angle - can never be understood, I should say, because their ways and methods are different. They have ways and methods of their own and they do not expose them to other people. Not that they are afraid to expose or they don't want to expose, but it will not be intelligible, it cannot be understood by human beings. If you ask me a question, say, "Mother, how do you manage that?" I may just change the topic very cleverly.

So now, I am going to tell you about sixteen thousand petals of the Sahasrara and now we can start the translation. In gist, you can tell them [to the translator].

So now, to understand the sixteen thousand powers that you have got in your brain, already manifesting: as soon as you get your Realisation, those sixteen thousand powers start manifesting. Every petal of Sahasrara has got sixteen powers. And these are - I mean the petals -are made of the five elements. So, these five elements, who create these one thousand petals, have got sixteen powers on every petal.

Now the five elements is the right side, which is the content or, we can say, the matter of the brain. The matter of the brain is

created in such a manner that it has a protective matter also. So we have grey matter and also the white matter which is outside to protect the grey matter.

Now the sixteen powers which are expressed in every petal are coming from the left side. Shri Krishna is an Incarnation of the left side. So the sixteen powers which are coming from the left side adorn the petals which are made of five elements. But these powers already exist in the brain. By these five, plus sixteen, powers we do all our nervous system work. For example, if you have to lift your hand like this, then it is worked, first of all, through the left side which desires that it should be lifted. And then is ordered to the five powers or five elements: they go into the action. Also, we have in our system a special type of arrangement where there is a reflex action, which is built earlier in our evolution.

So, in a human consciousness whatever works is not a reflex action. But now, when your Sahasrara is enlightened with the Kundalini, all these one thousand powers multiply it into sixteen thousand. So all the nerves in the body get enlightenment. Your attention becomes enlightened. With these one thousand dimensions you become collectively conscious. We can say like this: if there are sixteen people staying in five houses and they are working separately and sometimes coordinating. But a flood comes in.

Translator: Flog?

Shri Matai: Flood, flood.

As a result of the flood, all these houses are brought together and get enveloped into the energy of that flood. Then they join hands together. They forget their houses and they start using now a new energy of collective consciousness. This is exactly what has happened in you, that, as soon as the Kundalini has risen within you and given you Realisation, the flood has brought, these dormant energies in you, into play. You don't have to think that you have to hold each others' hand when there's a flood, you just hold it automatically, spontaneously.

So, all the energies suddenly start getting into motion. So, this power, where the one thousand energies of the brain suddenly awakened, is the power called as Viratangana. She is the power of the Virata. She is the power which makes Shri Krishna a Virata. So, the sixteen thousand powers which She achieves in your being is done through the power of Viratangana. And at this modern time you know who is that. So, the Adi Shakti takes the form of Viratangana. With that enlightenment, you achieve your Realisation.

So, the Kundalini, passing through different centres, enlightening the different energies, ultimately comes to the brain and enlightens the Viratangana Power. At this point, at the brain point, the Kundalini starts spreading in the head. She of course shoots off from the Sahasrara but also she trickles down through this plate of the brain (medha) downwards on the sympathetic. That relaxes you. That's why you feel relaxed. It relaxes the sympathetic. That enlarges the centres. It brings it back to its normal positions.

The enlargement of the parasympathetic, or Sushumna, makes the Kundalini rise in more quantum. It is all done by a reflex action of Kundalini. So, the Kundalini is already built in such a manner that, when she rises, she automatically does all these things. So, your Kundalini has got the power to enlighten all your centres and to enlighten your brain and to relax you, to increase the size of the centres, and make the Kundalini rise again.

But the Kundalini has a very special power: that every human being's Kundalini knows me. Many people who have just seen my photograph have got their Kundalini awakened. But if your centres are very clouded, or exhausted, or jammed together, or separated away from each other, then the Kundalini stops there. That's why some people get Realisation very fast and some take time. These conditioned minds are the most difficult.

[Noise in the mike].

Shri Mataji: What is happening?

Sahaja Yogi: I don't know.

Shri Mataji: Is it touching each other?

Energy joined together [Laughter.]

Shri Mataji: What is happening?

Sahaja Yogi: OK?

[Shri Mataji nods]

Now the rising of the Kundalini is achieved better in a place which is frequented or visited or lived into by saints. Also for people who are not so complicated. For example, today only, I discovered that the Catholic Church has complicated your lives so much. I did not know that they have been preaching that sex is a sin! Then, if that is so, that means only Adam and Eve, two would have lived on this Earth. And these people were not with Adam and Eve to know what they did. And this absurd idea was very much there also at the time of Shri Krishna among Indians. And as a result of that, we had ascetics who were very hot tempered. They developed one-sided personality, of, say, a sun-like. If they looked at somebody, they could just burn him off: "bhasma" [ashes]. And such austerity they had that, if you had to talk to them, you had to use at least a distant, some pole [bargepole], hollow pole. Such horrid people!

But Shri Krishna, when he was born, he found out that this imbalance is being created. At the same time his cousin, whose name was Neminath, who was a Jain Tirthankara, developed an aversion to meat eating. As a result of that, another extreme nature started, and people thought that eating meat is a sin. All kinds of varieties of 'sins' started prospering. And they had brands [of sins]; this brand, that brand. As you have brands like 'Christian Dior' - like that: this sin, this sin, like that. But underneath, they were very much infatuated by sex. They are the ones who started these erotic temples in India - Jains.

Now the other side of it is, that the horrible Hindu 'saints' - not saints I should say, what should we call them? - ascetics and the terrible, these Jain people, all put together, formed a formidable idea about religion. So Krishna took an incarnation. It was not only to kill Kansa but to tell people that this kind of stupid conditioning is not religion. Religion can never be against the natural laws. But the ascend starts moving from a sex which has no maryadas - or in the lower animals it is even worse than that - going up to a point in human beings where it has to have maryadas: to be devoted to one person, and be faithful to that person. And then he brought forth the religion of natural maryadas [where] you have to marry the person.

Now, he had married five wives and sixteen thousand more. So they challenged [him] , "What do you say of one marriage with one person? You already have so many wives!" Then, I have told you already a story [of] how he proved that he was a Yogeshwara. He was beyond all these relationships. And this shows that, for Yogeshwaras, it does not matter how many times he married or, for a Yogeshwari like me, how many children I have. So, the times - or what we call the "samayachar" - makes a person behave in a particular manner which is an Incarnation.

There was a murder case for a man who was following Hare Rama Hare Krishna [cult]. Of course it was not established, but he felt that, after all, he's Krishna, so he can kill people. Now, Krishna was an Incarnation, he knew whom to kill and how to kill. He said that, "Nobody is living, I have already killed them." The discretion of an Incarnation is perfect. So one should not immediately think that because an Incarnation has done like this, so we can also do. But human beings always take over. That's the stupidity part of all the human beings I must say. Like the Christians, all of them believe they must get crucified and they must suffer. Are you Christ? By so many crucifixions of so many stupid Christians what are we going to achieve? All sorts of complicated ideas come out of all this kind of a nonsensical thing just to say [that] there has to be gloom. Like yesterday as I told you, it's miserable people. Christ crucified himself so that your Agnya could be cleared and that you enjoy life, because Christ himself was an Incarnation, and whether you crucify, or do not crucify makes no difference to him.

So, the difference between an Incarnation and a human being is to be understood first of all, in Krishna's life. When it started raining heavily and when Indra wanted to put down Shri Krishna, the rains were so strong. He just lifted one mountain, Govardhan, on his one finger. So the others, who were his followers, his Gopas, they also had some sticks with them, so they also put some sticks you see. [Laughs] But they were children! Now, I don't understand the people who are so grown up, who look grown up, and behave worse than children! Nature teaches us all the time. See now, people are understanding that whatever they have done, as far as the marriage is concerned, is a wrong thing and now they are coming down to what Shri Krishna had said.

Shri Mataji [to translator]: What did you say?

Translator: "As far as what is concerned"

Shri Mataji: Again marriage. [Laughter]

It's like a red rag [to a bull] to him! And to many! That's also, I think, is this Catholic Church. But why did Christ attend a wedding? I mean, this should be understood: if he was against marriage why did he attend a wedding and also made wine for them? But they used that incident just because they want to drink wine! (laughter) But even there, Christ was very careful, what he did, he made water into wine, in a second like that, but to make an alcohol, you must ferment it. I can also do that, so what? But I can't make an alcohol, I'll have to put some fungus into it.

So this is what it is: how people have made God or Incarnations into – according to their small minds and according to their selfish ends. Because if you say you are originally a sinner then you say, "Now what do we do?" "Now for atonement, you give lots of money," and God doesn't understand money - what's the use? It's all wrong, absolutely wrong. You have committed no sins. These are all non-existent things they are talking about. But I have seen in the West, people would say, "How can our Kundalini rise? We are sinners." Better give up all these conditionings! Nobody is a sinner: that's what Shri Krishna has said. Of course, he divided people into three categories basically. But he said that anybody can get Self-realisation and could be enlightened. If he had believed that people are sinners he would not have said this. This is absolutely anti-God and anti-Christ and anti-Krishna. Here you are, the Viraata has created you, up to a point, brought you to a point. Now you are just about to flower out and already you are told that, as seeds, you had some disease in you. So, all the great work of evolution, the great work of taking you to the Kingdom of God is completely cut out.

So, today is the day to be joyous, to be happy - but not jumping in the sea [but] keeping to your boat of maryadas - because you have got now your brain enlightened. This brain is now such a powerful thing you have got, that it pierces through all the five koshas you have around you, all the five auras around you, made by the five elements. This brain touches the subtle of the ether, the subtle of the Mother Earth, the subtle of all the elements. By this enlightenment you have become subtle. So, we have to forget about the gross things. Gross things just follow anything that is subtle just like magnet attracts.

Once in Australia it was a puja of Shri Ganesha and the hibiscus, red flower, is the flower of Shri Ganesha. And when we were going for the puja, all around I saw this hibiscus flower coming out. So I told the Sahaja Yogis, "Better stop the car somewhere, and get hold of some of these flowers for the puja." But then they forgot! You know the mantra, "Ya Devi sarva bhuteshu bhranti rupena samsthita", so the illusion. And then, they suddenly remember, "Oh Mother, we've forgotten the flowers!". I said, "It's nice you've forgotten, somebody has taken over from you. That's why you've forgotten." When we reached the puja thing, the whole place was filled with baskets and baskets of those flowers!

So when you forget, don't think that you have forgotten something, so something has gone wrong with you. No, it has gone to your subtle understanding, which works out in a reflex manner, but into sixteen thousand dimensions. Can you imagine an instrument with sixteen thousand wires connected with another sixteen thousand wires with another sixteen thousand wires, and all the time working so efficiently? This is the work of Virata and this is the work of this enlightened mind.

So you don't have to worry about the gross part. You want an ashram, you'll have it. Anything gross, mundane, will work out. But, at this stage, you must remember that you have to just put your attention to it for a minute. Just an attention - what we say is the bandhan - and it works. But the main thing one has to remember [is] that we are Yogis, we are enlightened souls. We are specially blessed people with special powers. And there are very simple ways by which can control all these mundane things. And the whole thing will happen so beautifully that you'll be surprised.

That is what one has to realise: the powers of your Sahasrara. I've told you that sixteen powers already were there. So, sixteen powers that were there, were twelve of the heart and four of Shri Ganesha, were in your brain already. And that is how you were an emotional person and you had relationships of emotions and also relationships with others of innocence as well as relationship of marriage. This was all built-in within you. But because of these kind of stupid ideas, all these natural feelings were suppressed, that nobody was a sister, nobody was a child, nobody was a brother, and all these stupid ideas have finishes those beautiful feelings of flowers, of fragrance - completely destroyed it.

The false fears and the false ideas and the false prohibitions, all have ruined that part of the brain, and the right side started

working. Only the right side working: then left side doesn't exist, all the values of the left side do not exist. Only the right side and the connection with the right side, with the things that we do with the right side. Also to add it up, so many things came like industrial revolution and the war and all that, so the right side became the dominant part and this ego developed. Ego makes you feel very important and love becomes nothing but egocentric. In addition to that, when money became important, then it is like somebody who is already a drunk man, and a scorpion bites him. The situation was very bad. All the ways and methods, permutations and combinations, of escalating this situation, escalating this ego was created by the same ego.

This is the most dangerous thing we have in the West. For them, even a love for the wife is a thing to be valued in money. Everything is business, whether it is church, whether it is mafia, whether it is politics, everything is money. Money becomes the power. Then, if money is everything, why care for chastity? Why care for innocence? Why care for art? Whatever can sell is [regarded as] art!! Whatever can fetch money is a relationship! So, the whole dryness on the left hand side created a problem again for the left-sided extremes to be sucked in. So, the Collective Subconscious was sucked into your subconscious mind and then to your conscious mind. And you can say that the ego reached such a point into your brain that it started getting into superego and a very messy personality was created.

So, I have to tell you one thing: you are in for your ascent, you are in for getting all your powers, and you are in for your Kingdom of God, but you must work out your left side with understanding of purity, pure relationships, and the right side by facing it, the facing [of] your plastic ego. When you don't want to do something, ask yourself, "Why am I not doing it?" And when the left side is sucked in, a lethargy, an inertia sets in. All the right side gets completely drenched or completely overpowered by the left side powerful entities. People feel very tired all the time and they want always to drink or to take drugs to go to the left side and the inertia sets in. That's why there's a problem. But collectively, if we understand this is the problem, we all can work it out together. Not despising anyone, not correcting anyone, but correcting yourself and not correcting your leaders. It will work out, I am sure it will work out.

Today is a great day, and I remember this France, such inertia like rock of Gibraltar. I didn't know how to move their brains; brains were made of plastic - what to do with them? Can you believe, in the first year, I came three times! I went on banging in France and even English people said, "Mother why do you go to France so often?" [Laughter] Now, even the English are comparable! I should have been equally dynamic about them, and I was. It was a work of tremendous patience, and love, of understanding that they are deserving cases, lost in the wilderness of ego; but they are the ones who will save Europe, England and America.

May God bless you.



## 1987-0817, Talk to Sahaja Yogis, Criticism, Ego, Rightsided Dangers

View [online](#).

17 August 1987

Talk to Sahaja Yogis

Ashram in Le Raincy, Le Raincy (France)

Talk Language: English | Transcript (English) – Draft

Talk to Yogis, ashram in Le Raincy, Paris (France), 17 August 1987.

So first of all, on behalf of my husband I want to thank you because he told Me he wants to thank all the French for giving such a nice time to him. But let be [inaudible] because you'll feel embarrassed later on.

[Laughter]

All right. Come in.

And I must say I was really amazed how in such a short time you could arrange such a nice program and such nice music, specially the music surprised me very much. I've never had such good poetry and such good music from the French. And this time it was really remarkable.

Now why I have called you to talk to you, because I've had no time to talk to the French separately. I thought I better talk to you here. And you are so many, I'm very happy to see that.

I must tell you that France has been the most difficult country for Me to work out Sahaja Yoga. To begin with we had Marie who was in charge of the France Sahaja Yoga, and somehow or other she found it impossible to manage things. When I came for lectures there were so many people, but when I went away they all attacked her very much. So, every third month she used to telephone to Me, "Mother, You come along otherwise I'm going to give up Sahaja Yoga. I'm not going to work with them." And whenever I came here they always used to tell me against her, "She's like this, she's like that," and to such an extent that I told them, "Have you any replacement?" She was a very generous person. She has given her own house where I used to come and stay with her, and between Me and her, we would pay for the hall, for all the arrangements, for advertisement. She paid part of the money. Of course I did pay, but she paid part of the money. But the criticism was so much that I could not understand that instead of going into Sahaja Yoga, learning about Sahaja Yoga, they were just criticizing her. That was their job.

She had a friend. I mean she was a real good friend of hers. She also started misbehaving. So the person who was criticizing her was Alexander – very, very much. So I told that, "All right, you become now the leader." Though Marie was a very deep person, and was a real seeker and very truthful person, and she was very generous, and she never asked Me for anything.

But small, small things they would ask her like, "Where did you spend this money? Who has done this?" Like, I mean, it was terrible, as if they were supporting her you see. And I reached a conclusion that we have to change the leader. So I got Alexander, because he was very critical of her. And then Alexander started staying here with his wife who was Indian. But he was much worse. He started making money here. He bought a car out of that money, did all those things. No complaints for him. No complaints. Nobody complained. Nobody told me that he was making money like this, nothing of the kind. Nobody criticized him even. The father-in-law of this, he came here and stayed with him. And he's an Indian. He came and told me that, "Mother, I'm really shocked. This Alexander is a cheat." And all the five, six who were living with him had joined hands with him. His wife also, she didn't know what to do, but she has confessed to Me.

I didn't know what to do. I said, "Where is Sahaja Yoga and where is this horrible leader?" He used to send me a big bill every time I visited this place. He got a hall which was for 1000 pounds per night. For two nights he got it and I had to pay that money. My

husband used to joke that other gurus make money, here my wife is sending money first. I told him that, "You see, this is only for France. I'll have to work out because I'm worried about French people, and I must work it out, so you please don't mind." Then, when I talked to Alexander about it, he said, "I'll have to send back my wife because now I can't afford her without the ashram, without being the leader." I said, "Don't threaten Me. If you want to send her, you send her away. I'm not going to be threatened by these things." And in Sahaja Yoga nothing is hidden, nothing is kept secret. But I didn't want to expose him or to talk against him, because, you see, it would not have been graceful to do, but I mean I was not afraid of him. I was surprised the way he was criticizing Marie. He himself was such a wrong person. So I reached a conclusion that those who criticize a good leader, there's something wrong with them, and I sent a circular all over saying that no leader should be criticized. Do not try to find faults with the leader. I can look after the leader Myself. And you better look after yourselves.

So I wanted to find out why there is so much criticism of the leaders in France. Nowhere it happened like that. Maybe that, you see, you had a revolution – French revolution, and the king and queen you criticized so much, and you got you freedom, so-called, from the queen. Maybe that is one of the basic historical reasons, might be. But to criticize somebody is a sort of a historical upbringing.

But, even then I would say French were wrong because Marie Antoinette, whatever she did, she did as a queen. And in Russia I went, even the tsars did the same. In every country where the queen and the king lived they did the same. But she was very creative. If you see to the good points of her; you must try to see her good points. She was extremely creative person. She gave so much work to the artists. She gave them so many ideas. She made beautiful furniture. She decorated her palaces with such beautiful things. She actually gave a complete wealth to the Renaissance development in your country. I mean, when I went to see her palace, everybody told me, "Oh, have you seen her palace?" I mean there's nothing else to show but her palace to people nowadays. I mean, that's what she's done, the job. When I went to see, I saw the greatness of this lady. And I'm sure somebody must have deceived her, and people criticized her for nothing at all. I just don't understand, what was there to criticize? That was the pattern of those days. Every king and queen did the same as she did. She didn't do anything worse. She didn't kill anybody. She didn't do anything very bad.

And if you see, say, the kings of England – horrible kings and queens; Bloody Mary [Mary Tudor], and then there is – we have got this one man who marries seven wives, kills them [Henri VIII Tudor]. Horrible things they have done. And still the royalty's on. Even now the ladies make their hairdressers, like this Princess Diana and all that [Shri Mataji laughs] all over the world. They go as king and queen. The British have put their king and queen who are at a very great height. You see wherever they go, such a little country like that, you see, people call it "Ex-Great Britain.". But still, how much they are propagating, and English are very proud. They would never criticize their authority of a leader. Never. While the leader who was Gavin had a mad wife, and quite a problem we had, I could see, but nobody would say a word. If I said that they would keep quiet. And that's how today you find Sahaja Yoga has spread so well.

So, one has to remember that this is not politics. This is not some king and queen ruling you. Sahaja Yoga is a very different thing. It is your Mother loves you very much, and She wants you to rise higher and higher to enter into the kingdom of God. You know what French life is, where your children are going to go, what's going to happen to them. Think of it. It's hell here, was hell once I came here. Nobody's wife is safe. Nobody's husband is safe. Everybody trying to break the family system. So many divorces coming up. Everybody getting drunk and addicted to drugs and all kinds of things. Now AIDS coming from America. Everything is surrounding us. We are in a very big mess. We have to save our children. We have to save ourselves, and we have to become pure. But with our own understanding about life, whatever they have tried has failed. You can see it around. People now believe in anarchy.

So when God's kingdom has to come on this earth, we must understand the nature of Sahaja Yoga. When you come to Sahaja Yoga you are coming into the temple of God. All the deities want to welcome you. They want to look after you. They want to give all the blessings. And they want you to give those powers by which you can give Realization to others and improve their lives.

Now, I know that maybe this historical factor, or whatever it is, or maybe the style the media is, the way the politics is in every democratic country, we always judge others. Now the ultimate judgment that is before us, is the judgment of God Almighty. We

have to judge ourselves. In the Koran it is written your hand will give the witness against you. Feet will get witness against you at the time of Qiyamat, meaning the Resurrection. So that is this time. You allow your hands to speak and they'll tell you what's wrong with you. Allow your feet to speak and they'll tell you what's wrong with you. You become like a mirror. You can see yourself clearly what you are, and you can also cure yourself, correct yourself, cleanse yourself, because you've got the power to do it. You are such powerful people. But this power cannot come to you if you challenge the authority of your leaders. I have given them the authority and if you challenge them you are challenging Me directly. Moreover, how can I help you individually? You have to help yourself. And your leader has to help you.

Supposing you go to university and you have to learn something from your professor, and as soon as you see the professor you start criticizing his suit, or his nose. Supposing you go to university and you have to learn something from your professor, and as soon as you see the professor you start criticizing his suit, or his nose. Children also understand the joke. [Laughter] So, that is not a sign of intelligence, of pure intelligence. It's a sign of ego, and ego makes a person stupid. So, that is not a sign of intelligence, of pure intelligence. It's a sign of ego, and ego makes a person stupid.

Is a nice story written about this in the Ramayana, by Valmiki. It's Narada, once got into the realm of ego, and he started saying that, "What do I care for anyone? I am such a great celibate person. I have never married. Even Shiva had to marry, imagine. I have never married. I'm such a great bhramachari." And, when he was walking on the road, he met two people who were sent by Shri Krishna to befool him. And Vishnu had sent Him to befool this fellow, his ego. So, these two persons came and started telling him, "You are such a handsome man. You are such a great person, greater than Shiva, greater than any of the Gods." So he became a greater stupid fool. [Laughter] His ego, you see, swells up like this, start floating in the air. [Shri Mataji laughs] It's like a plastic. You can't see the reality. You think no end of yourself. "Ah, I am so great." And that's not reality.

Now this fellow believed that he was the most handsome man going. Then they said, "We have come to tell you that there is a beautiful woman. She's a princess and her "swyamvara" [marriage] is going to be performed, for which you are the most suitable man because she said she will marry the most handsome and the most intelligent, and you are the most intelligent and the most handsome man." So he said, "Where is the wedding?" He said, "In Maya Nagari." "Maya Nagari" actually means a city of illusion. [Laughter] So they took him there, and he saw a big pendal, and every arrangement made, big – a music was on, and all that. And then they all sat in line, you see, waiting for the princess to come in. When the princess came out with her garland, and she went round, and which she was, I mean very shy. And when she faced Narada she just laughed, she could [Shri Mataji laughs] She laughed aloud, you see. Not only giggled but laughed, you see. And then she went ahead.

So, he asked them, "What's the matter?" They said, "We don't know. She might come back. Let us wait. She must have been very happy to see such a handsome man." But she never came back. So they went to the – they went out and He said, "Now let me go and now rest for a while." So he wanted to wash his face in the lake. When he looked into the water, he was amazed he was looking like a monkey. So he got very angry with these two persons, and He said, "Why did you befool me like this?" They said, "Sir, we did not befool. It's your ego which makes you out into a stupid personality. You were sitting there and criticizing everybody, saying he's ugly looking, he's useless, he's good for nothing. You were the one looking like a monkey. And you were such a stupid fool, even when we told you this is Maya Nagari you did not think that Maya Nagari's just an illusion. So, you lived in a illusion about yourself, and there was no princess. There was nothing of the kind. Only your illusion created all those things." So this is what ego is. And this ego cannot give you anything but illusion and stupidity.

Now this has to be understood very clearly, that you have to be prepared to face yourself. You are people if you are really French, and if you really love your country and your countrymen, you have to become something special. Those people who are getting drowned, if you have to save them, you must know how to swim. So, I have to tell you that please try to understand that whatever your leader has to say to you, you have to listen, and you have to work it out.

Now, it happened once in Switzerland. There was one English girl married to a Swiss. She was a "bhoot", absolute "bhoot", and she started telling people against Arnaud. And they formed a big majority. They all signed and sent Me all the complaints against Arnaud. And then their leader telephoned to Me. So, they said, "Mother, please ask Arnaud to resign, otherwise we all will resign." Threatening Me. I said, "You better all resign. I will have Arnaud." And they were shocked. I said, "And if I have made Arnaud the leader, I must have seen something in that person," and things changed.

So this is one thing, because when I tell anything to Patrick, he says, "Mother I'll try but I don't know." He's not so sure that you will listen to him. I could read that very clearly. You like a lot other – other's – other leaders. He doesn't talk like that. And I feel very sorry. And, as you know, I play tricks. And yesterday I played a trick on him. When he told me that some ladies used to fight and he gave them to make a nice, what you call, a quilt for Me. In that creativity, they became very friendly. So, I said it openly. That's my trick. And I said that's the trick of a leader to see if he's going to be criticized. And I knew that he was criticized. Didn't like that he told me this. He is there to tell Me about you. He has to report to Me. But if you have faith in My love, you should not doubt anything.

Now, we are here to judge ourselves and not to judge others. I know the French are very individualistic, but all the individuals now have to enter into my being. You have to all become part and parcel of the Virata. The microcosm has to become the macrocosm. For that, you have to give up your small, limited personalities. You have to become very large, big, but what do you have to surrender is your ego. That's the stupid thing which covers you up completely in the head here and doesn't allow you to grow. So, if you fight with it, it will exhaust you. For example, your ego is here and you are here, so light falls and you fight with your own image or your shadow. Then, you're exhausted, then you say, "Mother, I've been fighting with my ego, but the ego doesn't go." It's an illusion.

[Cut in the audio]

. . . The thing is to stand under the light – under the light of enlightenment, so no shadow. You don't fight yourself. So you don't fight your ego. You must only know that it exists. You stand before the mirror and say, "Now, how do you do Mr. Ego?" Now a stupid idea comes, you say, "Oh, Mr. Ego, now don't tell me anything. I know it's all right, it's all right."

So, you start detaching yourself, like we say, "All right, I forgive, I forgive, I forgive. I forgive you. You get out. You get out." Best thing is to shoe beat yourself. Then this ego business goes away. Now any idea comes into your head that, "This is very wrong. This should not have happened." It's all right forget it. Like, you see, supposing I see anything black on My sari, I won't have it. Then I'll wash it off. Supposing I think this, My sari is Me and this, whatever is dirt on that, is also Me. Then I won't leave it there.

But ego is even worse than dirt and filth, because it attacks others. Also it attacks you. It comes from over activity of the brain. First thing is attacked is your liver, by which you sometimes get bilious, you don't feel like eating food, you go on throwing food, you become very fussy, you don't like this, [UNINTELLIGIBLE] should not be kept like that, should be kept like that. You become – your attention becomes all the time mad.

Especially food; you don't like English food, you don't want – like Indian food, you don't like Russian food, you just like French food, and then you don't even like French food. Then you go to somebody's, "Oh, I didn't like that. All very bad. This should not have been there. This carpet was really bad, that one was not all right, this one was not all right," And that you don't like anything. You see, you have no taste buds left in your mind, you don't like anything, how can you enjoy anything? It's like a tongue which has no taste buds, you see, doesn't like anything. And such a waste of energy I tell you.

Same with dress, "I don't like this. I don't like that." You'll get to ten store rooms, stores. You won't like this. You won't like that. You won't like that. Then you'll be exhausted and then you'll buy something stupid, a hippie thing and come out with all your hair standing up like that [Shri Mataji laughs]. Absolutely ghost like I saw today one. Hairdressing – you'll go to the hairdresser, he'll be fed up. He'll just shave you off. Your attention becomes extremely disturbed.

Today we went to the stores. Every, say, I was talking, say, to him but [he was] looking at another thing. "Govinda, I'm talking to you." Looking here, there, there and the person to whom I'm talking also looking all over. The attention becomes so funny that you tell them something, they do another thing.

Like in America you ask him, "What's your name?" Simple question. That person's looking somewhere else. They'll say, "Did you say what's my name?" Then we'll look at another thing. I'll say, "Yes, yes. I want – just wanted to know your name." Then he'll turn another, "Did you ask for my name?"

He'll go on for five minutes, then I would say, "All right, I don't ask you anything, I'll stop."

Now, you tell them something.

A French lady came to Me criticizing all the people here. Just to see Me she just forced into My house, came to Me and all that. I made her sit down. She was quite a big ego and all that. I gave her kumkum and I said in the night you put it here. Next day she telephones to Me, "Kumkum is very sour." [Laughter] I said, "What are you doing?" "I'm eating it." [Laughter] She said, "I didn't understand English," she said. But I said, "I applied it here. Didn't you also see My action?" [Shri Mataji laughs] "Did I put it in the mouth". I said, "Don't eat kumkum." Then she asked, "Did you say I should not eat kumkum?" And she's a very famous woman.

All very big people are fond of her, this, that. I don't know what sort of a woman she's and what's wrong with her. I just don't understand. But not only that attention gets like that, they don't have proper memory's left. They'll come and stand before you, say, "Where is Mataji?" I'm standing there. Such a big woman. "Where is Mataji?" I said, "Get a microscope now." [Laughter] The eyes become upside down.

Now, the attention part is all right. Now, forget about the attention. Physically what happens? You vomit every food you eat. You become thin like T.B. [tuberculosis] patient. There are so many like that because there – means, what you call, cheekbone like that. And what you see in your shops, you see, they have made models out of these mad people there. And they look so old at a young age, you see.

There was a lady who was traveling with Me in train. She's a French lady and quite thin, you see, and like that, so I thought she's a old lady, naturally, you see. So we had a seat, so I said, "I'll sleep upstairs. You better sleep downstairs. In the morning I said – she said, "Thank you very much" and all that.

I said, "No, no, after all, you see, I must respect your age, and this and that, yes, yes, yes, you know." So I said, "What's your age?" She says, "My age is forty years."

I said, "That's my daughter's age." What did I do with this woman? All gone like that, all wrinkled, here wrinkles. I thought I'm older- I'm younger than her, so I went up and she slept. She said, "I'm forty years." Really I can't believe it.

Shri Mataji: [Speaking to Guido] You told the whole story? I must say, the Italian is better than English, because you can put it in proper [UNINTELLIGIBLE]. All right. So now, [UNINTELLIGIBLE]. All right. [Laughter]

So now, this is what happens to a person. He – such a person gets old very soon. He is such a bore. Nobody likes such a company He may not like anyone, but such a bore no one likes.

Now, the physical side of it, that you may develop a ego by which you might get diabetes. Then you might get high blood pressure – high blood pressure. Kidney can stop working. You can get blood cancer. You become vulnerable to any cancer. Or, your heart – you'll get heart attack. You might get palpitations. You might get asthma. You might get cirrhosis. You might get on your hands and all that all kinds of eczemas. You might, also, ultimately end up in a state, as you call it, "ga-ga state".

[Guido doesn't understand.] Shri Mataji: It's French! Michel Cernay: It's for the old people who don't know what they say. Shri Mataji: It's quite in young age it happens. Nowadays, in young age.

Now a disease which I say is going to come has already started. I've told about that, that your conscious mind becomes helpless, that is you can move your hand if you're unconscious about it, but consciously if you want to move your hand you cannot. You get paralyzed [UNINTELLIGIBLE]. With these things happening, I don't know what other things can happen. One can develop eye problems. You cannot face the sun. And your nose and ears can get absolutely all the time sneezing, and – because the phlegm melts away -so nose starts, I mean sort of all the time, it's flowing. And from your ears also you might get puss. Puss will start

coming out of your ears. Now, that's the blessings of Mr. Ego.

So be careful.

To correct your ego, first thing, you should never criticize others. Never get irritated with others. French are known to be very irritable. Once I came by My car which has a right hand driver, and Dr. Spiro driving it, and it always used to go on the right hand side. Even the slightest movement – PAM! PAM! POOM! POM PEEM! – everything going on all the time, and they become very impatient. So try to pace yourself. Now then be patient. You're a Sahaja Yogi. Be patient. Be patient.

But, for the ladies, it is even worse. In My experience, I've seen when women try to dominate. Actually, a woman is like this Mother Earth. And if the Mother Earth thinks that these trees are dominating her, then what should we say? Same way if the women think that the husbands are dominating, I must say they are very wrong.

Now, it's very easy to handle husbands.

Mine is there, out. But if you are not wise, and stupid, you think by dominating, saying things – bad things, you can manage him – you cannot. But to handle your husband, it's important that you should show that you are very submissive. And it's nice to be submissive that way. You see, because men are very simple, they have no angularities. Women have angularities because they don't live together. You see men live together so they have no angularities. So you must know that all of them have the general face [?].

First of all, they must see their watch. [Laughter]

They'll take you to the airport one hour earlier. Without getting ready they'll say, "Now, five minutes left. Three minutes left." Like that, they keep the time. Very common. Now there's a trick. These, also, boys do that to Me. Once, you know, Warren – horrid, he was – always used to take Me to the airport at least three hours early. Because airplane and airport, you see, the men become mad like that. Airplane – going by air – to the airport means men are all mad. I mean, supposing you miss the plane. You miss the plane. That's all. You can have a nice meal there. [Laughter]

You can talk to people. There could be some new people you might meet. Something good might happen. Nothing of the kind. Airplane means, must run. Even they have become Sahaja Yogis, this is a bad habit they have. So I told Warren, "See, now don't hurry Me. Now this time I'm going when I have to go. You go early." So one hour before he took all the luggage, everything, got into the new car, sat on it with somebody else and all of them drove off. I'm a housewife. I have to do lots of things in the house. I nicely did it. After one hour I started. On a much older car, which was an older car, and Dr. Spiro was driving, and he said, "I'm enjoying now Mother. It's so nice. It drives so slowly. I can see the nice scenery." I said, "Very good." We reached the airport. There was no Warren. No luggage [Laughter]. There were two Sahaja Yogis waiting. They said, "He called us one hour earlier. We are waiting here for one hour." After twenty minutes we find Shri Warren and company coming. "How are You here?" I said, "Why? I am here. What about you?"

"Which way did You come?" I said, "The same way." There's no other way. "But," he said, "I never saw Your car." I said, "I disappeared into thin air, and crossed over your car, crossed over and came here." He said, "Mother you did some tricks to me I must say. You must have given a bandhan." I said, "No, I did nothing. I just . . ."

What you have to do when your husband is arguing you off, just give him a bandhan. Finished. For Sahaja Yogini it's very easy. Give a bandhan to the husband. No problem. There's no need to dominate. Because you are Gruhalakshmis, you are shaktis, and all the deities are going to help you first, before they help your husband. [Laughter].

But, the condition is that you have to be a Gruhalakshmi first of all. You must have all the qualities of a Gruhalakshmi. If you are a dominating woman, find faults with everyone, then you are not a Gruhalakshmi at all.

Especially the leader's wives are like that sometimes I've seen. They are much more dominating and much more criticizing. Even no leader can do that way. And they live in a fool's paradise. They are not leaders, but a fool's paradise, thinking they are the, what you call, the whole soul of Sahaja Yoga. These stupid women must come round, and behave themselves, I'm telling you, because I've known such women become schizophrenic, because they live in imaginary world. They are not leaders and they have no business to behave like that. The wives of the leaders have to look after everyone, to be kind to them, and they should stand in between the leader and others, so that if the leader is supposing angry, she should say, "Now it's all right. Forgive. Forgive," like that. That is the duty of a leader's wife.

Try to pacify. You see, that is her job, not to criticize others. On the whole, a lady should never be right-sided, because there are so many problems she will jump into. . . . seen these things happening in Sahaja Yoga.

There was a girl who was very right-sided and she – her husband became important. Then I told her, "You better become all right." So she tried to be all right, so she had a child, but the child was born like a devil.

Then the right-sided woman might have abortions. First she will not conceive. Even if she conceives, she'll have abortions. Now, if she does not have abortions and even if she has children, still the right-sided women will create children who will be devilish. They'll be spoiled children, dominate other children.

Now if you see why in the West there is so much of violence. I would blame the mothers. The mothers, instead of giving love to their children, try to dominate. You must discipline your child, but with love, and should not be a dominating person to the husband and to the rest of the family, because then the child picks up. Then the children cannot be changed easily. Always right-sided children may have also physical deficiencies. Very right-sided mother's children might have blood cancer – born with the blood cancer, could be born with a bad liver; all these deficiencies. And also, could be, say, born with physical handicaps. That's what you call them autistic children. So when people say, "What's wrong?" Everything's wrong.

A pregnant woman should never see the eclipse of the sun or the moon, because if they see the sun eclipse, they'll have physical problems. The children will be born with hands like this, feet like that. And if they see the lunar eclipse, the moon's eclipse, then they will have mental problems.

So they should not spoil their children at all, but they should not also over discipline their children or shout at husbands, and shout at children. They should develop a very mild, beautiful, congenial personality. I have two daughters. One is forty years, and then thirty-eight years. All these lives I've given two slaps to the younger one, very small, and once to the elder one. That's all. And they're very well behaved and even now, if I say "No" to something, means no. Once my younger daughter, when she joined college, she said, "Should I wear sleeveless blouses?"

So I said, "All right, go ahead." So she said, "Why don't you wear?"

I said, "Because, see, I feel shy. Why should I expose my body first of all, and secondly that there are chakras which are important, they must be covered."

So she says, "Then it is no criteria. Why should you have said, 'Do what you like'? You should have told me that just don't do it."

And she was about eighteen years of age. Not small girl. Another girl, when she was – you see, in India also they started this "teenage". We don't have "teenage" in India, but there is a continuous life, isn't it? But they call it "teenage". Certain age is "teenage", and they wanted to start a magazine, and they came and interviewed her, and asked her – they said, "You go away, I will ask her." She was only thirteen. They said, "You have boyfriends?" She said, "No. Why should I have? I've lots of girlfriends and my cousins are there and we are very happy with each other. I don't want to trust somebody who's not known to me."

So they said, "Did your mother tell you not to talk to boys?"

So she said, "No, I can understand myself. Why, my mother always – if she tells me . . ." There's no need to tell her, but "if she tells me, she – it's for my good she tells me."

The last question they asked her, "Then, but don't you feel like flying in the air like a bird?" So what she says, she says, "But let me grow my wings first." And this they published and said that she was the youngest among all the teenagers and was the wisest.

So, what I'm saying, you shouldn't spoil your children. But you shouldn't also dominate the children and your husband and the family. It's not a good thing for women at all. It's not very sweet also. You won't go to a house where everyone is standing with a broom in her hand, you see. Run away. No one likes.

Our attention should be on our Spirit, on to higher things. Not how you keep your spoon, how you keep your fork, what the – no, higher things. All the time attention should be on our Spirit because we have to grow. Feel your vibrations on photograph in the rooms. Don't judge others' vibrations and don't be harsh to others.

It doesn't behoove a Sahaja Yogi to talk harshly to each other. Doesn't behoove, leave alone meanness, selfishness, miserliness. It should be a character which should show as if there's light in that person. The meanness, talking at the back, "murmuring souls" as Christ says, criticizing others, that's danger to you and to Sahaja Yoga.

Meditate every day.

Be in thoughtless awareness. Any thought comes in, say, "Forgive, forgive, forgive," and grow. Unless and until you are matured in Sahaja Yoga, you cannot really enjoy the taste of the bliss of God.

So, I congratulate you people that you've got so many people in Sahaja Yoga. Now see that they all settle down properly. Achieve what they are here for. And good news is that you are all invited to India.

Now the first chance is to be given to French this time. And be careful, because they always have bad livers. So, we'll make all arrangements that you don't suffer from it. We'll see to it that we'll give you all that is necessary to keep the liver cool and nice, but come with the idea that you have to enter into the subtleties of that country where lots of saints have lived and feel the vibrations, and not there to criticize, "Oh this telephone is bad, that is bad, road is bad. You can't help it. You come with the idea of enjoying it. Otherwise, you spend so much money and what comes out of it is nothing but frustration, anger, temper. What's the use?

And so those who want to get married and engaged should give your details to the leaders here. Truthfully, and should tell truthfully if you want to marry outside or not, everything truthfully. There should be no hypocrisy. In Sahaja Yoga, there should be no hypocrisy. If you have already a boyfriend or what, everything should be written clearly so I will know that this is the kind of a person you are. In India, nobody below the age of eighteen, a girl, and below the age of twenty-one, a boy, can be married. We can engage them. All right. And those who want to marry and cannot go to India and get married, also we'll arrange something for them.

Don't stick on with people who are negative. Stick on with the people who are positive, talking positively about Sahaja Yoga. Always I find - as soon as I see – I find one negative person walking to another negative person. Sitting together, they've become friends. Anybody who is trying to form a group, like Madame De Farge, you see, she was sneaking and was forming a group of people to fight. Such people, we don't want in Sahaja Yoga. Anybody who tries such tricks, you should say, "I have nothing to do with it. I've had enough of it. I want to enter into the Kingdom of God." Just one positive lecture. Also, those who have got liver problems should take a treatment. It's very simple. For one month in summertime is the best.

[Gap in the audio]



Shri Mataji: Anything else? If you have any personal problem, anything, you must try one thing, first of all, is to write the problem, put it in front of My photograph and say, "Mother, You look after this problem." If it is not solved, then you can tell your leader informally.

There are certain things [in India] which you may feel a little different, but you shouldn't get a shock. Like in Sahaja Yoga we have to respect our chastity. Women have to respect and men have to respect, because our Ganesha has to be all right. Those who have come to Sahaja Yoga will be amazed, after coming to Sahaja Yoga, nobody has got AIDS.

In India, which is such a large country, they found only one woman having AIDS. Then they went very thoroughly into it. They got only 12 people who have got AIDS. They too have contamination from abroad. So this Ganesha has to be strong within us. Also, like it's not inhibition like in the Catholic church, sex is nothing in Sahaja Yoga, but a sane sex with your wife, with faithful relationship, so it is neither Freud nor Catholic church.

Question: How long everyday should we meditate not to make any mistake or going on ego or super ego?

Shri Mataji: That's one thing you take out of your mind. You can never make mistakes. Your kundalini doesn't make any mistake. It is not what time. You see it is just – if you sit before the photograph and you are getting cool breeze, say about – take the cool breeze for about two minutes, say "Namaskar", finished. There is no ritual about Sahaja Yoga. Like some people say, "I've not washed my hands. I've not had my bath. How will I put my hands to Mother?" She's your Mother. You can put your hands to Me any time. But you have to respect.

Question: For instance, if we didn't have respect for You before Realization?

Shri Mataji: Doesn't matter. No no, doesn't matter. Mother is very forgiving, isn't She? She's the source of all forgiveness. Even after Realization, don't have respect for the time being, it's all right. 'Till you have not known Me, ignorance is not to be punished. But after knowing Me, after seeing the photographs of lights and everything, after giving Realization to few people, if you start misbehaving, then I can't help it. [Laughter]

It's like this: you're climbing a mountain, slowly, slowly, when in the beginning if you fall, doesn't matter, you can again climb. But you go higher and then you fall very fast. So your attention should be always at higher things. And doubting should be less about yourself and about Sahaja Yoga, because you have to learn so many things. So many things people start doubting, like you say for the puja, "Why this puja? Why? What is the need? Why to worship this Lady? She's like us." But why these people are so anxious to do the puja? [Laughter] Why do they come miles together to do the puja? What is in there? What do they get?

Why do they come miles together to do the puja? What is in there? What do they get?

[Gap in the tape] . . . when you suddenly you jump. . . . and the person who suffers. And if by somebody says, "puja , « Oh God," and say, "Now let's see, doesn't matter, all right, we'll have it."

Now in the puja they give some money. That improves your Nabhi chakra. But I don't take the money. Found out the solution.

Whatever money you give Me, I write it down. And in addition to that I put My own money and buy silver for your pujas-

Sahaja Yogi: No puja.

Shri Mataji: Which I give to all the ashrams. Of course that's My property you see, that's why the deities are concerned, might, supposed to be.

[Laughter]

[Inaudible]. And so, because first, formally, people used to use plastic, you see, to give Me kumkum in a plastic. And that's not auspicious. [Deities] are not happy. They won't emit vibrations. Big problem. That way, they are French in a way.

[Big laughter]

As the French don't like it very much either.

So these questions are to be asked. In the beginning people do feel that way, but actually I don't need any money and neither I'll – you cannot give Me anything. Even if you want to give Me something I may take it, but I return it in a big way. And my husband doesn't mind it. And in a big way, in a big way. You can find out from them in every ashram what things I have given them.

[Cut in the audio.]

You can tell yourself, I mean I don't even bother [unsure].

Guido: So many things Shri Mataji you gave us.

Shri Mataji: It's like that. So that is – this is not a money-making proposition. I'm not interested in money and you shouldn't think of those little, little petty stuff.

In the beginning, of course, you can't understand somebody [who doesn't care for money]. But later on also if you don't understand, then you cannot do Sahaja Yoga, because you're petty minded. And even if something is so obvious and you don't want to see it, that means you're blind, so what's the use of telling about some beautiful colors to a blind person?

So first try to understand your leaders, try to understand what they are telling you, try to become sensitive, and try to enjoy, and then I won't have to tell you anything. Also you can test your power. You see, when you give vibrations to somebody does he get Realization or not? Or somebody who's sick, you put your hand and see, does he feel all right or not? Now, supposing you give me French money and I don't use it at all, then how will I know its value? If I say that you got the power and you don't use it, then how will you know if you have got power or not? Use your power on trees, on flowers, anything, you'll be surprised that it makes a difference to them. All right?

So next time, I'm going to see lots of French, more, brought in by you for your friends, your relations. Tell them that this is the greatest thing that they should have. We give them alcohol. They will give them dinners. Instead of that, give them the alcohol that is eternal, because when you take this then it never comes down. You are there all the time.

[Cut in the audio]

Guido: There is a problem, since he was three months old, he could not drink any milk, so even in the amrut there is milk.

Shri Mataji: In what?

Guido: In amrut there is milk.

Shri Mataji: And did you drink that?

Sahaja Yogi: Oui un petit peu. [Yes a little bit]

Shri Mataji: Nothing happened?

Sahaja Yogi: Mais je sais pas comment ça c'est passé il est tombé tout sur mon pantalon, sans le faire exprès. [But I don't know how it happened, but it all fell down on my trousers!]

[Laughter]

Guido translates: He tried to drink it yesterday, but he doesn't know what happened, it fell on his trousers. He could not drink.

Shri Mataji: He should have taken it.

But he can take now, you see, vibrated water. After some time he'll get over – all your allergies you can get over.

All right, now I think that we should give some time to the other people. I will [inaudible]

Are you all satisfied?

And alcohol, I must tell you about alcohol one point. They always come out with Christ saying that Christ created wine in the wedding. Of course, now, you see, the main thing is I have to explain all of them because there's no difference between Me and them. But it always happens that when a person lives, like Christ lived, nobody believed Him, and when He died we have so many Christians now. So now I'm living, better listen to Me. Be wiser than others. Now Christ didn't make an alcohol. What He made was the juice of the grapes which called also wine in Hebrew. The answer is it was made in a short time, you see – just like that, and alcohol has to be rotten. So it takes time.

All right? So like this many such things will come. You are Christians, you'll compare Me with Christ. If you are Islam – Muslim – you'll compare Me with Mohammad Sahib. If you are Hindu you'll compare Me with Krishna. Like they said, "But Krishna never did raising of the kundalini." But I would say like this, that that was not his job. Whatever is My job I'm doing it. Like that, you see, it goes on and on and on. So you shouldn't worry about all those things. First of all, you become a Realized soul. You will understand everything. You'll reach the state of doubtless awareness. So only aim should be that we should achieve that state. That is it. And whatever is needed has to be done. All right.

May God bless you.

Now can meet the other Austrians.

[Cut in the audio]

Now, the reason was like this, very simple reason, that we wanted to make a place like a hotel because that place is that area, according to Guido, is very rare now and people won't be able – won't be allowed to build anything there. So I just thought best is to make some proper place, supposing if that place becomes very expensive, we should be able to sell out this, so I said make like a hotel. If you can sell that out and if we can achieve the price of the land also, then we can use that money anywhere. So from that point of view I've changed it. All right? But now for that the money we have to collect. And those who are not going to India must donate at least 100 pounds per year so that we can start this project here in Rome where our children are to be educated. And also we can start, later on, other projects like this wherever we have to.

So it's not much in one year to collect – people can give 100 pounds and those who can afford should do it, or can be also 50 pounds, those who cannot afford. So 50 to 100 pounds is not much per year, and all this money has to be sent to Arneau and we please ask Arneau to start a new account.

So the money is with him and whenever you need anything we'll try to send it. We have to make a complete idea as to what is needed, how much is needed, and we should work more on barter system. Like you can send very nice timber, say from England. And Austrian timber also he was saying there's some lady whose father wants to [UNINTELLIGIBLE]. But first, you verify what is the price, the cubic feet, because in London it's very, very cheap. Specially for these, all this, that's very cheap in London. Maybe there is some wood that – did they tell you that there is for show, very good wood they have got; cedar also, oak – very good old oak they have got which you can use for making something.

So, in any case somebody can go from Italy and have a look at it, what things they have, note it down, and what we can sell. They'll be sending you pine for other things, roof and all that, so that you will know how much you need, what you need more, and they'll send it. So this has to be first started by Italians themselves. See they should try to give hundred, all of them. Guido: Of course.

Shri Mataji: Italians have to start it and then others can do also. Indians cannot send you money because that money is not working out, but they can send you chandeliers. They can send you, say, other thing like brass things. Also they might send you, I mean, if you think it's proper, is another thing what we call as the furnishing.

You can send it down.

This is the next important thing one has to do, is to pay attention to that.

Guido: Also, being a collective project, it has a great value.

Shri Mataji: Going to be wonderful. That would be the first beginning of a proper ashram. Because we have got Shudy Camp, no doubt, but Shudy Camp has given lot of troubles and, actually I had put in lot of money in that to begin with. But here if we start in a very nice way and it will come.

Now, regarding Milano, everything is all right; working out all right.

Guido : Now we have an ashram in Sicily.

Shri Mataji: Hum?

Guido: A new ashram In Sicily.

Shri Mataji: Really?

Milano also has a very good ashram.

Guido: Yeah, it's beautiful.

Shri Mataji: So much of left is there. What else? Any question?

No question? You all have reached the state of thoughtless awareness, doubtless awareness, everything. I'm sure French will come around also.

All right. So what about you having some children?

Sahaja Yogi: We will. If You send us some.

Shri Mataji: We must have some Dutch children also. Don't have any.

Now, those people who have been with Alexander, are they still here?

Sahaja Yogi: Ils sont à Paris [they are in Paris]

There are some here.

Shri Mataji: Please raise your hands. I would like to see.

Sahaja Yogi: About fifteen or twenty Shri Mataji.

Shri Mataji: All right. I have to warn you people. I must warn you because he had a very bad effect on all of you, and he was a very – a person with great inertia. And I have seen that such a person, if that comes – even may not be as a leader otherwise, and has relationship with someone, then such a person doesn't go much into the Sahaja. So you have to make a deliberate effort. Beat him with shoes every day and just don't think of him, because you have to progress further. The first effect will be, that those who are new comers will see you and run away, because they'll find out a little trace will be there of Alexander.

So it is important that you become an example for the new comers because you have been old Sahaja Yogis.

Now you remember Christ has said, "First will be last." So anyone of you thinks that, "I am the first who came to Sahaja Yoga and the person who got Realization first, I've been with Mother for so many years," must know there's a puzzle on that. Whenever somebody tells me, "I was the first, Mother I came to you. I was the first at the airport. I was first like this," they're saying like this. I'll tell him what I say, give this who says, "First, first, first, first, first."

So I tell them, tell him that:

"You are first of the first is first of you. Second and third are zero too. First of the last is last of you. First of the last is the last of you. And, please tell me what are you?" What is the first? What is the first of first? You – none of you have been guessed?

Sahaja Yogini: The first of the first they are just the first.

Shri Mataji: No, F. Second and third are zero too. And first of the last is first of you – last of you, F – O – O – L.

[Laughter]

So, those who say, "First, I was the first. I was the first," all right, so, first of the first.

Like I reach at an airport, a fellow comes to Me, "I came first to the airport. I was the first to see You. I was the first to garland You," all right, "and I was the first to talk to You."

So, I would say, "I was the last to see you."

So, this kind of idea is very wrong. How far are you in your Realization?

How far are you in your collectivity is the point.

Hear my point? How much you enjoy collective living?

Now, for example, this place there are very few people who want to stay together because French cannot live together somehow, but Austrians want to stay together. Now look at that. French, as the first of the first, F is there. [Laughter]

It can mean "fine", it can mean- what else? "Fantastic".

So first I came to France. That's the first country I came to from India. And the first leader that you had was Marie. She was one of the seven first I had; broke my neck. Now, so with all that first, with all that first, first, first, be careful.

Though Australia, Austria starts with "A" they are one of the last, and they are doing so well. You all have to remember that we have to be first in Sahaja Yoga, first in vibrations, and topmost in collectivity. That's the sign. All of you should remember this, and try to beat that Alexander with shoes, result he may get a chance to come back. All right? And accept the newness of Sahaja Yoga in France.

Shri Mataji: Alright. Have you heard the program? Have you seen the program of my touring?

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: That suits you alright?

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: Now, Italians, have you seen the program?

Guido: Yes Shri Mataji.

Shri Mataji: Is alright?

Guido: Of course.

Shri Mataji: You are alright. Now from Belgium is there some ...It's alright.

Sahaja Yogis: Yes

Shri Mataji: Have you seen the American program?

Sahaja Yogis: Yes Shri Mataji.

Shri Mataji: Is alright.

So, now, anybody has any personal problem can talk to Me separately.

There's a little thing I have to tell you about that and who else?

Sahaja Yogi: Five, six persons

Shri Mataji want to see me.

Sahaja Yogi: Hum.

Shri Mataji: Alright. So now, because we have only one room, the rest has to go.

Sahaja Yogi: Before going may we have your mantra Shri Mataji?

Shri Mataji: Yes.

Sahaja Yogis say the three great mantras.

Shri Mataji: May God bless you all.

1987-1001, Public Program

View [online](#).

1 October 1987

Public Program

Paithan (India)

Talk Language: Marathi | Translation (Marathi to English) - NEEDED

Public Program Marathi Paithan India



## 1987-1004, Shri Rama Puja: Dassera Day

View [online](#).

4 October 1987

Dassera Day

Rama Puja

Les Avants (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED Shri Rama Puja - Les Avants (Switzerland), 4 October 1987

Today we are celebrating in Switzerland the coronation of Shri Rama on Dassera Day. Many things happened on Dassera Day. The most important was that Shri Rama was coronated as a king on this day. He also killed Ravana on this day. Many may say that how can it be He killed Ravana and He was coronated on the same date? In those days in India, we had supersonic aeroplanes and, is a fact, and the aeroplane's name was Pushpak, meaning the flower. It was called as Pushpak and it has a tremendous speed. So after killing Ravana He came to Ayodhya with His wife and that was the day He was crowned. On the ninth day, He worshiped the Goddess to get strength, Shakti, for his weapons, and the tenth day He killed Ravana. So, you can imagine how much advanced people were there at the time of Shri Rama and His kingdom. The reason was the king was an incarnation; also He was a benevolent king as described by Socrates.

Shri Rama's story is very interesting throughout and we have now a beautiful series about Him done by our television in India, which is sold for a very good price, maybe we might be able to present you all with one when you come there.

But the story of Rama they say was written before He was born. Even before there was any inkling of it; the seer, Valmiki, wrote the whole story of Shri Rama. Shri Rama's birth and all that are brought forth by the Agni, the fire, and He was born in the Dynasty of the Surya, is the sun. So with all that, born out of the blessings of the Agni, that is fire, and also was born in the dynasty of Surya, He was one of the mildest avatars you have ever had. He's known to be a very (I mean English language) formal person, in the sense sankoch () – that He would go to any extent to bear upon Himself the problems than to tell others to do something. We still had many people in India like that.

Like we had one Prime Minister, Lal Bahadur Shastri, and if he was sitting in the room and there are people sitting and there electricity was on somehow, say by light or something, and he wants to put it off, he would not ask anyone to put it off. Slowly he'll get up from his seat, walk up to the switch and just put it off so that he shouldn't ask for anything. This is one of the greatest quality of Shri Rama that He would not make anyone do anything for Him or order anything or would use someone for that purpose. See, He was the blessing of fire and born in the Surya. But what we find, those people who are born, maybe in very lowly families, in the negative families, the left-sided as you can call it, with all kinds of problems, have a terrible Agnya and a terrible Surya in them. The person who is born in the Surya has to be extremely humble. He is the one who shows that nothing can affect him, nothing can make him feel that he is something great. Now, when we see His life further, He was a very humble man. We've seen now people who try to despise others, I don't like you, I don't like, it's not good, it's very difficult, is a sign that such a person is extremely low in character, has no character at all but is low in character. Anybody who has any character is shown by the tolerance he has of other people. Intolerance is a sign of a person who is extremely egoistical and is vain, there's vanity.

Shri Rama was so much loved by the people where He ruled in that state and He had the most beautiful wife of the most venerated father, Janaka, and who was the beloved son of His father. But He was such a humble man, such a humble man, that in all His character you see the beauty. Like, He was going by a little boat when He went for His exile. And the one who was taking Him was an ordinary boatman. And the boatman was feeling very much upset that he's sitting before the king of Ayodhya and he doesn't have proper clothes. So Shri Rama, who was Himself was wearing nothing but valkalas () – are the clothes which are worn by the village people or worn by the people who live in the primitive areas, only kind of leaves that they have. He had to wear that because His mother, the stepmother, asked for that kind of boon from the father. And then Shri Rama just told him, "Why are you worried? I am wearing this. I am no more a king. I am sitting before you like this. You should be quite comforted. And I really don't know how to steer the boat while you know how to steer the boat so why should you be worried?"

Like that He kept even the people who we would call as low in society at a very high pedestal, which shows that He respected human beings.

He Himself is called as maryada purushottama ( ), means He was the one who knew how far to go with someone, maryadas, how to talk to someone, how to approach someone, while we find people who misbehave, even with their husbands, with their wives, with their children, with everyone and also outside they are about to jump on others – that's absolutely against Rama. It's like Ravana. Even Ravana was not like this, he was also of not that nature because he had certain dharmas within him. He was a realized soul, but he had become a rakshasa because he became arrogant, but even his arrogance cannot be matched with many modern people and modern girls and men that I hear and see, that it is surprising they have really surpassed Ravana. Ravana only had ten heads but sometimes I feel that the modern men might have, or the women specially, might have hundred and eight heads! The arrogance, the amount of expression of hatred, is so ridiculous and makes a person look so useless, but I see such people very common and in Sahaja Yoga also they crawl somehow. Actually such people are absolutely despised by God Almighty.

You go further with His life, see He went into the village where a very old woman who was belonging to the primitive class of Bhils ( –tribe living in the jungles of central India), had very few teeth, and she brought some fruits, little fruits we call as ber ( ), and she brought and gave it to Him, that - "Shri Ram, you see, I have got these for you. I don't have anything else. And these, I have tested all of them."

Actually, in India, if you put in the mouth, it is uttishtha ( ), nobody will touch it. But she says, "I have tasted all of them by piercing my teeth into it and I have seen that none of them are sour." Shri Rama didn't like sour fruits, she knew, "so, none of them are sour and you can have them." I mean, in a way, if it is done to somebody in the west, they will hit you hard.

Immediately Shri Rama rushed forward and took the ber from her hand, kissed her hand, said, "All right, all right, I'm going to have them." With such enthusiasm He ate them.

So Lakshmana was little angry at that lady, 'What's this going on?'

So Sitaji said, "Oh do you like them very much?"

He said, "Yes, but I am not going to give you anything."

She said, "No, I am your half body. You have to give me." So He gave some to Sitaji. So Sitaji ate, "Yaah, what a thing! It's like nectar of heaven I am eating!"

So Lakshmana felt very jealous. He said, "Sister-in-law, can I not have a little of it?"

She said, "No! I can't give you. You ask your brother. I'm not going to give you. I have a very little share. Why don't you ask your brother?"

So he goes to his brother, he says, "Can I have some more?" So Shri Rama smiled and gave him that ber which was eaten, or touched, or was pierced, by the teeth of a primitive woman, who is actually an outcast according to the Brahminic laws of India.

The sweetness of Shri Rama, the way He used to make people feel comfortable, like I would say, an example of a oyster who gets a little stone into the body of the shell, takes out a kind of a shiny liquid and covers it with that shiny liquid and makes it into a pearl to be comfortable. Now, He didn't want His own comfort. Rama is a little bit different that He wanted to make everyone into a diamond, or a pearl, so that the other person would shine and would look nice, and that's how He felt comforted.

His qualities, if you have to imbibe, first of all we have to understand the innate situation of Shri Rama. Shri Rama is placed on the right-hand side of your heart. Right-hand side, right heart, He is placed there. Now in a human being there is no right heart. If you tell somebody there's right heart, they'll say, "What, there are two hearts, or three hearts?" In our Sahaja Yoga we have three hearts: one is the left, another is the right, and one is the center.

Now the right heart is a very important thing. The right heart looks after the whole lungs, both the lungs, all the throat, the trachea, the nose, the inner part. The outer side is looked after, we can say, the features are given by Shri Krishna but the inner part of it is all done by Shri Rama. They are the same, but one acts as in inner part, another as the outer part. It gives you the ears, from the inner part, Shri Rama does. He gives you the eyes, in the inner part of the eyes. Now, it's so important to have the inner side all right than the outer side. Is an example of Shri Rama, He never cared for the outer side or the outward looks of a person.

Because He came before Shri Krishna, He tried to build up the inner side of a human being. So, we can say, though He is on the

right heart, He acts through your Hamsa chakra and partly through your Vishuddhi chakra in the inner side of it. Because Shri Krishna, in the inner side of it is Shri Rama, is Shri Vishnu.

So, when somebody is, say, not good looking according to the western standard, according to Me the western standards are rather funny because western standards don't look like, neither like Krishna or Shri Rama. The person like Shri Rama was a very healthy, tall person with his hands up to the knees, ajanubahu (), [tall] means the one who has ajanubahu. And He was plump, both of them were plump.

They had to be plump people, because though they were born of the Agni, He was born of the Agni, but the water is the main element of Shri Vishnu. So they were all plump people, they were not thin like sticks as today's modern ideas are, to be thin like sticks and like TB-patients. But it doesn't mean all plump people are good. We always logically think that plump people are, if Mother says so, then plump people are good. Is not the point, the inner side of it, I am saying, the inner side of it, is just the opposite. Inner side of it is absolutely beautiful and absolutely full of love, affection and warmth. A person who doesn't have these things is a sign of a person who is not a Sahaja Yogi, first of all. A person who is very loud, talks loudly, speaks loudly, laughs at wrong places must be half mad but cannot be a Sahaja Yogi.

See this softness of Shri Rama goes to the extremes where I call the sankocha, the formality, 'the formal', but if you see, English language, formal is not the word – sankoch. He was once – when He was fighting Ravana, He was taking out with His arrow his ten heads one after another. And if He took out one then took out the second, the first one would come back so because he had a kind of a blessing that nobody can kill him by hitting him on his head.

So Lakshmana says, "You know for definite that this Ravana cannot be killed by hitting on his head, so why don't You hit him in his heart?"

So He said, "The reason is this, that just now in his heart is Mahalakshmi, the Sita. Sita is sitting in his heart. And how can I hit him on his heart? Because She is there, She might be hurt."

"So what's the use of hitting on the head?" he (Lakshmana) said.

He said, "Because, once I start hitting him on the head fast, his attention will go there. As soon as his attention will go into his head then I can hit him on his heart." See the sankoch. See the sankoch, the way He talked.

[Shri Mataji to someone: See, now, what's wrong with you? Why do you all the time smiling and like that? Can't you keep quiet? What is there to smile about certain things where you don't have to smile? Keep quiet.]

Now, then what happened, that He was so kind once when a very ugly woman, Shurpanakha, came to entice Him. And she said, she came to entice, she said that, "Rama why don't You marry me?"

I mean, to a person like Rama who is maryada Purushottama, to ask such a horrible questions, somebody would have really beaten her up if not anything else. So, Shri Ram smiled.

He said, "Madam, I am sorry. I have a wife and I believe in one wife, 'ekapatnivrata' []. So I am sorry, I can't marry you."

But mischievously He says, "All right, My brother is there. His wife is left in Ayodhya. You can ask."

She went to him and asked, "Lakshmana, why don't you marry me?"

She had become very beautiful. She has transformed herself to a beautiful woman. She must have gone to some beauty parlor or something, but she made herself like that, and she was there.

And he looked at her, so angry - he said, "You, the ugly, why do you want to ask such a question?"

He cut her nose. When he cut her nose, that was in Nasik and that's why – nasika (), means the nose, and that's why you have been to Nasik, that's the place where he cut her nose. He was very angry. But Shri Rama did not. He said in a way that's very convincing that, "See I have a wife and I am a person who believes in My, one wife."

Now, the another character about Him was, that He was consistent. He was never inconsistent like Shri Krishna. Shri Krishna was a diplomat and diplomacy is, in being inconsistent. [Laughter]

Shri Krishna's style was different. But-

[Shri Mataji to some child: Why? What's the matter with you? Why? What is it? You come and sit here, this side. Come along Tina, come and sit on the other side. Why do you talk to her? Go and sit at the back, go! She's already given Me a very bad time in Puna. And now, here she is.

While I am talking, please don't talk to each other. This is the least you can do to Me. Have you seen any Indians behaving like

this? It's very disturbing.

I am concentrating on you while you are not concentrating on Me. It's alright when there is a joke, something you laugh, what's the need to talk to each other? I can't understand.

Alright. Sorry, I had to say that. You see, at the time when I am discussing Shri Rama. Shri Rama would not have said that. [Laughter]

But in Sahaja Yoga, [Shri Mataji raises Her shoulders] you can't carry on like Shri Rama. Sometimes you have to be like Parashurama also, otherwise things don't work out.]

Now, when it went ahead with it, in His character, which was so beautiful, that you find He was such a consistent person. Whatever He said, all the life, He carried that. For example, He said, "I am the one who believes in one wife, 'ekapatnivrata'."

Now He had a very nice wife, no doubt, very beautiful wife, but She had gone to Ravana and He was left alone. When they wanted to start a kind of a yagya called as 'Rajasurya yagya' ( ) which was meant to be the conquering the whole world, then they asked Him, "You have to marry because, You have to have Your wife."

He said, "No I can't marry because nobody could be like My wife and I can't marry. I can forego this kind of a yagya but I can't marry again."

So, then they said: "All right, there is only one thing You can do is, to make a statue of Sita in gold and You have to use Her, that statue, as a wife representing."

He said, "That I will agree."

He took away all His ornaments, everything, and made that statue and He did this yagya.

So, whatever He said, He followed thoroughly. In His dharma, He was perfect.

Another incident is that when Sita was lost, He never slept, He never slept on a bed, always on the mother Earth. Never slept on a bed, always on the Mother Earth. The pain He had of His wife is very well described by all the poets of India. And when Sita left Him ultimately, in a very mysterious way, She just disappeared in the mother Earth because, mother Earth had given Her birth so She disappeared into mother Earth. Then Shri Rama became absolutely lost and He jumped in the river Sharayu ( ) and disappeared in the water element from where He had come.

Now this man had to give up His wife. In this contrast, you can see the wave rising and falling of a personality. The society in which He lived, the state which He ruled, had an objection for a wife who had lived with Ravana. And the public started talking about it. So, as a good king, He just, as a good King he just decided that His wife should be left forever. And then He sent Her on a beautiful chariot with His prime minister and His brother, Lakshmana, who took Her down and left Her, told Her, "This is what has happened and that Shri Rama has asked us to take You down to the ashram of Valmiki."

As a result of that She got very upset and She said, She was Adi Shakti so She doesn't have to bother. She said, "You just leave Me here." Very self-respecting person. She didn't say, "No, no, no, no, I'll come to Him or I'll sue Him. I'll go in the courts, get all His money. How dare He throw me out!" Nothing of the kind. That's the grace of a woman.

Graciously She said, "All right, now you have listened to your brother. I am your sister-in-law, elder too. Now you obey Me. And I tell you, as your sister-in-law, that you can now go. Leave Me here alone and I don't want you to go any further with Me to deport Me with somebody." And She was pregnant.

Here if it happens, of course horrible things can happen, but in India if such a thing happens, the wife will kill herself or she won't be able to bear it. I think both things are just the same, an escape. If there's no aggression then there is recession.

But She said, "No. I have to give birth to these two children. I can look after Myself, all right. Graciously He's done it, I have nothing and please tell Him not to worry about Me." And She told Shri Lakshmana that, "All right, you look after Him, that's all I want." And She told the chief minister, the mantri ( ) that, "You must look after the kingdom."

See the dignity, see the balance, see the character, the personality of Shri Rama. He was called as Maryada Purushottama. And look at His wife! She was equal to Him in every way.

When She was kept by Ravana, Ravana was so frightened of Her Shakti that he would not touch Her. He used to frighten Her, say- "I will do this to the women of India. I will do this to the women of the world. I will do that kind of a horrible thing. I will take another birth. I will misbehave." She said, "Do what you like. You cannot touch Me."

He could not touch Her hand; he was so frightened! And when Hanumana brought the ring of Shri Rama and presented to Her and said that, "This is the ring of Shri Rama."

She said: "Yes, I know. How is He?"

He said: "All right." All enquiries She had about Herself.

So He said: "Mother, I can take You on my back. I can easily take You. You come on My back and I'll take You."

She said: "No. I won't go with You. It's my- it's Shri Rama, who is a brave king, He should come Himself, fight this Ravana, kill him because he is evil. And then I will go with Him with all the glory."

She was not frightened of anything. For Her, the important thing was that Ravana should be killed, he is evil, and he should be killed by Rama. Such a great courage for a woman! Both sides, if you see, you'll be surprised that how a woman's character is such a powerful thing. It's not a reactionary thing - "My husband is like this, that's why I am like that" or "My husband doesn't do this for me, that's why I am like that. My husband is gone away, so I am finished. What am I to do without my husband?" Nothing of the kind. She stands on Her feet.

She said 'no' to Hanumana and She stands on Her feet and She says: "When Rama will come and kill this evil and remove this evil from this earth, then only He can take Me with Him. I won't go with You. I won't escape. I won't run away. Nothing. I am going to face it Myself here."

For a woman it is too much to say, to be imprisoned in a horrible person's jail or in a place which is so dangerous for Her, to say that, "I won't go. Whatever you may try, whatever tricks you may try, whatever you may say, I won't go." Just imagine! And Ravana was such a horrid fellow. He did all kinds of things to Her but She kept absolutely calm and quiet, waiting for Her husband to come back. Can we think of such women in modern times? So satisfied with themselves, so much in balance, so much full of confidence and strength. This is the message of Sita's life.

The benevolence of Shri Rama was shown when He started ruling the people. He was the one who cared for the needs of the people. For Him, it was important that the people whom He ruled should be happy and joyous. He looked after them with great love.

He had two sons whom He looked after for a short time because they were lost with the mother Sita. And they are the ones who found Him out, in a way, that Valmiki taught them how to sing the Ramayana. And they went to Ayodhya and sang the Ramayana. Rama went with them. And one day in one of the yagyas, when they caught the horse of Shri Rama, Hanumana found it impossible to fight those two boys and He couldn't understand.

Here now, the character of great Hanumana, one has to describe. He went and told Shri Rama, "I can't understand these two boys, I can't face them. I don't know who they are."

So, Shri Rama went there. And these boys were standing with their arrows. Then Shri Sita appeared before them and She said: "You cannot fight. He is your father."

This made Hanumana realize it. And He said: "All right, I can fight Shri Rama now. Why did He leave You (Sita) like this?" See the sweetness of Shri Hanumana who was such a great devotee, such a great devotee of Shri Rama, could see that He has done injustice to My Mother and He stood for that. Is very sweet of Shri Hanumana to do that.

Hanumana is, as you know, is the angel Gabriel who is innocence, simplicity, and dynamism. His dynamism was such that as soon as He was born, He said: "Better eat this sun because the sun is scorching the people in India". So, He went and gulped down the sun.

People had to say that, "You see, though (to) the sun is scorching but it's of great help. Please release the sun. Why did you eat it off?" So, then He released the sun.

Hanumana's whole life was spent in serving Shri Rama. And He was such a dedicated bhakta of Shri Ram. Now here the contrast is also that Hanumana had navadha, navadha siddhis ( ), navadha siddhis, nine siddhis; Anima ( ), Garima ( ), Laghima ( ) and all sorts of things, that He could become small, He could become big, so many things He had.

Despite all these siddhis and the amount of power He had, that Shri Rama once asked Him that, "My brother, Lakshmana, is being hit and he is very sick. I mean, he is just dying, so you go and get a particular kind of a sanjeevani ( ), a kind of a herb, which I want to rub on his head."

So He went there and He couldn't find it so He brought the whole of the mountain on His hand and gave it to Rama, "Now You

select. I don't know. I can't find it."

That is the Hanumana Shakti! And with all that power, He was such a humble person and such a dedicated person. This is the sign of a powerful Sahaja Yogi. Anybody who is powerful has to be humble and non-violent.

Mahatma Gandhi used to say that, "What is the non-violence of the weak? A weak has to be non-violent, what's so great? That's a policy or a kind of a protection that he has. So a weak person has to be non-violent because he cannot face, he cannot protest. But non-violence of the powerful is the sign of real non-violence."

Those who are powerful, if they are non-violent, that means they are quite confident of their powers. Those people who are confident of their powers, why should they aggress others? They just stand, "All right, come along, what do you want?" Even saying that, people run away.

So those who are violent, angry, hot tempered, jump at everyone, torture everyone, trouble everyone, are the people who are very weak charactered. Their character is weak. If their character was all right, then they would not have done all these things.

That's the sign of a person who is either possessed and under the influence of the possession – he is doing that; or he is too weak and he is possessed by his anger because he doesn't have that much power to bear anything.

The most powerful thing is the mother Earth because she has a power to bear. The one who has the power to bear, is the powerful. The one who does not have any power to bear, "I can't bear; I don't like; I this..." Such a person is a useless thing for this earth and sometimes I feel - why God created them? It's a headache to have a person round you, "I can't eat this; I don't like this, I..." Then why are you here? Nobody likes you either. No one likes such a person and that's why that person is always, "I don't like this; I don't like that; I..."

So the power of a person lies in bearing things. How much you can bear, how much you can undergo without feeling it? Like, you are – say - in the jungle, you are happy. If you are in a palace, you are happy. If you are with this color or that color, if you are with this race or that race, if you are with this kind of life or that kind of life, you can bear it! And that bearing power gives you the caliber, the caliber to have Sahaja Yoga. It's not that this is shown, it's not that - is being suffered, don't have to say, "I suffer being like this." No, you don't suffer. It's just by the way! For a person who wants all the comforts, a person who wants to live with all the luxuries, but not with any kind of defects or any deficiencies, is a person is a beggar, I would say, in every sense of the word.

I mean, best things to get rid of problems is not to have them. In the sense, now I don't drive so I have no problem of driving. I don't have – I never telephone, so I don't have problems of telephones. I don't go to the banks, so I don't have problems of the banks. The best is I don't have any income, so I have no problem of income tax! Whatever bothers you, you just don't have it. Why do you want to have it? Have it and, then bother about it? It seems very funny that you can get rid of anything that bothers you very easily in this world, so you need not have that kind of a thing on your head. But when the word 'problem', specially in the European community 'problem' is a very common word, but in English language we never learnt this word 'problem'. You see only the 'problem' was used when we were studying geometry, geometrical 'problem', but we never knew there's a 'problem' in life! Later on, when I came in contact with European community, they'll say, there is no 'problem'; this is the 'problem'. At least in one day hundred times they say 'problem' word. So, for a 'problem' the solution is not to have that thing which gives you 'problem'. You can give up anything. Anything that you want, you can give up if you know how to detach yourself from that.

Many people come and tell Me, "Mother, we have an ego. That's the problem."

I said, "Then give up!"

I mean, is simple! Why do you have it? As if, you see, they want to say that, "We have trouble with this thing but still we are clinging on to it." Like, "We are afraid of a crocodile, but we want to put our foot into the mouth of the crocodile. And we have a problem that our foot will be eaten up by the crocodile."

Now give up! But they will search out a crocodile, open the mouth, and put the foot in it and then come to Me and say, "Mother we have a problem. My foot is in the mouth of the crocodile."

To get to problems, you have to get to it. But without getting to it, how will you get a problem? Say, for example, people have very silly, stupid problems. Now, the first problem somebody may have, "Oh I have to get my clothes pressed."

What's the need? No problem. Wear them as they are. Who looks at it? You see there are all the people who have pressed clothes. Doesn't matter! What is there if it is not pressed, it's a problem for them. It's silly things like that, you'll see very silly things.

But the greatest problem I think you have is your watch. In Switzerland, I shouldn't say so. You see the problem is like this that now you have to go the airport. Now as soon as you tell somebody "We have to go to the airport now," I have to go, you don't have to – everybody gets sort of a jumping as if standing on a jumping board. You see all of them jumping like that.

"What's the matter?"

"Mother, You have to go to the airport."

"So, it's all right. I have to go. What's, wrong with you?"

"Is a problem."

I say, "What's the problem? I have to go. You just know that you don't have to go at all and don't have to come to the airport. And the aeroplane, if it comes and doesn't take Me, I am not going to come back on your heads so I will stay in a hotel. Don't you worry."

But why are you so excited about it? The way people are excited that I must catch the plane, sometimes I feel as if they want to get rid of Me. So, this is a problem for people who are very meticulous.

Now, supposing I say, I know that the plane won't leave Me. I know, because I know many things so I have no problems, but supposing even if you think the plane, you may not get, so it may not get. But if it gets you, all right. If it doesn't get you, it's all right. So where is the problem? Either it will take you or it will not take you. What is in between? Where is the problem, I still don't understand. Either it will work out or it will not work out. Keep two possibilities. That's the only two possibilities. What is the third possibility that gives you the problem? You tell Me.

Say somebody owes Me money. All right, so either he will give Me, or he may not give Me. What is the problem? The problem is that you call it a problem and want to avoid to face the truth. If you face the truth, you will know one thing that see now this man has to give me money. All right, I will go and face it. I will tell him, "Sir, you have to give me the money. You have to pay me. This is your duty and if you don't pay me, you are doing wrong." You get at him and face him and tell him. But you won't do that. You will sit at home, "Oh God, it's a problem. I have to, you see, that man is not giving money. Oh God!" That's a problem. Sitting here, hitting your head all the time, how will you get it?

If you face it directly then you will be amazed, there is no problem for anything. Say - your car fails. So, it fails, get down, enjoy yourself nicely till somebody comes along, takes you. Or, if supposing you don't get some lift, all right, stay there overnight. What is it? No tiger is going to eat you. And if the tiger has to eat you, it will eat! Where is the problem? Still, I can't see. I can't see the problem. If tiger has to eat, that's already destined that the tiger has to eat. In any case, nobody dies. You will be born again. If you look at it from that angle, then you will be surprised, most of the problems do not exist. They are like bubbles created by our own thinking, the waves of our thinking, this is the problem; that is the problem. Like today, they said "There is no hall on such and such date."

"All right. Where are you having the hall?"

"There."

"If there's no hall, let us have it in the open."

So, to make the best of it is, is the way Shri Rama shows you. Now, what is the way He has helped us, let us see. Shri Rama by His character, by His balance, His peace and His mildness and His sweetness has shown us how a king should be a benevolent king and at the same time a very loving husband and a loving father and a person in dharma. But apart from that, He went down to Maharashtra. He arranged all these things so that He could walk down to Maharashtra bare feet to vibrate the land because Sahaja Yogis will be going one day to Maharashtra and the Maharashtra has to be a vibrated land. In Ayodhya, He never took out His shoes because He was the king there. But when He went, and Shri Sita, both of them, when they went to Maharashtra, They took out their shoes to vibrate it. On His way, He saw a big stone which was nothing, but a lady cursed to be a stone, Ahilya. And He made her, just by touch, she again came back to life. Like that, one after another He was just, by the way, as if was doing, but that was the purpose of His life to go there. And that has helped a very great achievement within ourselves, is the Shri Ram.

Shri Rama stands for the pranavayu (), is for the vital air that we take in. For the vital air, and that vital air when it gets heated up, we have to know that we are not any more with Shri Ram. It has to be the cool air to blow through your nose and your mouth. I don't know about you people; it happens with Me all the time. When you are angry the nostrils go up, swell up, and the hot air, the hot words, and everything hot, the heated eyes, and everything goes up like that, curled up, and you become ferocious Ravana, because you have forgotten the beauty of the nature of Shri Rama.

What has He done to our center heart is the greatest thing, that He has given you a fatherhood within yourself because Shri Rama represents the fatherhood. Now what sort of a father you are, you have to decide. Those people who are not good fathers develop problems of the right heart. Also, those people who are not good husbands also develop the right heart. This right heart is so important because, specially in the west where the climate is so funny, you have to keep inside your rooms and closed all the time that you get all dried up inside at that time if you don't have that sweetness, that warmth, that kindness of Shri Rama, you get the trouble of asthma. So many people die of asthma in the west. On top of that, you fight with your wives, ill-treat them, you take away their money, you cheat them in their money and every way you torture them then it becomes even worse.

So it has something to do with money, in the sense, because Sitaji was Shri Lakshmi, and Sitaji was the one who was the power of Shri Rama. So (the) Shri Lakshmi also gets annoyed with you when you are a bad father or a bad husband. That's why the Gruha Lakshmi is very important. But the woman has to be the Gruha Lakshmi. She should not be a shrew and then the husband is supposed to be kind to her. Then it's spoiling. That's very bad. The woman has to be a Gruha Lakshmi, a beautiful woman with a very sweet nature and talking to her husband in a very sankoch ( ) manner and also looking after the children, looking after the family and looking after the guests who come to their house.

But if you encourage and run after such women who are no good, means collectively they should be good; if collectively they do not act well, collectively if they are aggressive, collectively if they are tormenting others, then such women should not be encouraged at all, but then, Tulsidas says, they should be beaten up.

Is a thing looks very bad in modern times if somebody says like that, that women should be beaten up in case they have all such qualities which disqualify them from being Gruha Lakshmis. Of course, there's no need to beat, but I mean to say that what is it that you have to drive out all these badhas from your women, very important, otherwise if you fall in this activity of keeping your wives on right lines, you might also get a right heart and asthma ultimately. Because your wife and you are part of the society. And the society has certain laws which are very important.

There is something like stri-dharma ( – wife/lady), there's something like pati- dharma ( – husband), there's something like mata-dharma ( – mother), pita-dharma ( – father), everything has a dharma. Those men who torture their wives have very bad heart. In the same way, those who play into the hands of their wives also have a very bad right heart. You have to be in



the balance. You are the husband, and she is your wife, and both are responsible for keeping a very good family relationship. It's not one-sided. It's not the husband only or the wife but both of them to be in such a manner that they act according to their nature of woman and man, and respect each other, love each other, share everything with each other and exist in a way that people should see that there are two wheels of a chariot, one on the left, one on the right, there is no imbalance. They are equal but not similar as I have told many a time.

Now in the case of Shri Rama, He left His wife. When it came to Sita, She left Him too. But She left Him as a woman would leave and He left Her as a man would leave. She also left Him but in a way that is suitable for a woman to do. And He did it in a way that is suitable to a king. In the same way, a woman when she acts, she has to act like a woman. The same thing she may do as the man does, but she has to be a woman, or a man has to be a man.

So that's the maryada Purushottama ( ), is the one who is the highest among all the men, which is all the maryadas, all the boundaries that he observes. The boundaries are such that you do not try to overpower others, or you do not try to take their seats. For example, I have seen those who are aggressive also show up in our programs, they will be the first before Me. They will be, as soon as I open the gates, they will be somewhere there standing. They will be the first in everything. That's not being maryada. You should be at the back. Should be, there are leaders you have got, they can sit in front. Try to be on the back. I want to be first... then I have said once the first of the first. You know the story of first of the first. So, you become first of the first and that's what happens to you when you try to show off. And I know all of them who are like that. To be in the background is the most respectable thing to do. To go forward first, to jump forward first, to stand near the door if Mother is coming, you see. As soon as I see the person, I said, "Oh back again!" There is some who do aartis just because to show off, some throw flowers to show off, they must be the first and, somehow or another, they get also the position because of their assertions and askings. The leaders have to be careful not to give such duties to people who really upset Me very much because of their arrogance, because of their showing offs.

I have to say one thing today that, under the circumstances, we have to decide that if the leaders don't have wives who are humble, who are kind, who are compassionate and who are Gruha Lakshmis, who are very sweet with the collective, we'll have to cancel the husband as well as the wife from the leadership. We cannot have leaders who have wives who are horrid. We cannot, because the wife of a leader is like a mother. There are five types of mothers described, one of them is the one who is the wife of the guru or of the leader. And if the leader has a wife of that kind, it's better in all sense he should withdraw. Improve his wife. Do whatever is possible. Till she is all right, he should not be the leader. Is a very important thing because I have seen such women bring down the men, not only that, but bring down the Sahaja Yoga, Sahaja Yogis and the whole organization of God. So one has to be careful, and the women have to understand that if they are the wives of the leaders they have to be extremely good, kind, generous, sharing, looking after, absolutely motherly, and should not tolerate nonsense and should correct when people are doing wrong. They should not report anyone to their husbands, should not take over themselves the responsibility of doing things which they are not supposed to do. If they are not of that level, they are of no use to people and they have no business to be proud of being the wives of the leaders.

From Shri Rama's life we learn a lot and from Sitaji's life also. Both of them have done so much for us, bring forth such a great life. All their lives they suffered and suffered and suffered. They lived in the villages. They lived in the forest. While they were the king and the queen, they had never known what is discomfort. They traveled all the way bare feet. They went through all kinds of tortures of life. Sita was taken away by Ravana who was a horrid man. She had to live with a rakshasa, can you imagine? She lived with a rakshasa and there She showed her greatness. The characters of different nature, like Sita and Shri Rama, they were showing the complementary attributes that there, very complementary, and if that is so then the husband wife's relations are beautiful in Sahaja Yoga. That's the way it should be. I find some people are very nice. Some leaders are extremely nice, but wives can be very hard, can be very stiff, or could be very mischievous, could be troublesome, selfish. You cannot grow in Sahaja Yoga with these qualities. It's such a luck and chance that your husband is the leader, is the highest man in your nation in Sahaja Yoga and where you have to be up to his ability, capability and his name, otherwise you have no authority.

That's why I have to tell you that on this day of Dassera, let us decide that we are going to have Ramrajya ( ) in Sahaja Yoga, where there is benevolence, there is love, compassion, security, peace, joy, discipline among ourselves. The whole

disciplining is within ourselves. What I say about Shri Rama is that He Himself has put Himself into the discipline of maryadas. In the same way, we ourselves should put ourselves into the discipline of maryadas.

Is a very great thing that it should happen in Switzerland because Switzerland needs it the most, the blessings of Shri Ram. The way it is going on in this country, this very selfish, non-benevolent activities going on, ruining all the poorer nations by this kind of a selfish attitude, a very narrow attitude, very low-level attitude towards the money of these poorer nations. Is important, very important for us today to pray for the emancipation of the hearts of those people who are just butchering. In these modern times, we don't have wars but financially they are butchering people, they are killing them by depriving them of their own money and their own benevolence. So, if Ramrajya () has to come, then Rama is to be born in the hearts of people who are at the helm of affairs. And that's how we have to pray to Shri Ram that, be kind and compassionate so that you could be born into the hearts of these people.

May God bless you all.

## 1987-1004, Bhajans & Talk to Sahaja Yogis after Shri Rama Puja

View [online](#).

4 October 1987

Talk to Sahaja Yogis

Les Avants (Switzerland)

Talk Language: English | Transcript (English) - Reviewed

1987-1004: Talk after Deshera Puja, Les Avants, Switzerland

From Sahaja Yoga Book Project

Please be seated.

Alright that's what we have unclear(talked plus they can unclear(sing/see)) the slides. Alright, that's good. I will have some water please.

You have covered this? or they have covered? You? (unclear) I will tell you. Wow. Thank you. So after the puja you all look so nice and fresh. I am happy that you have been able to absorb lot of vibrations. But in Sahaja Yoga it is important to meditate. And meditate, in the morning and in the evening. Then you should understand the collective temperament. If you are not very collective, if you cannot talk to others well, if you cannot be friendly with others, if you find this kind of an inhibition in you, or a kind of a barrier – then know that you need more of collectivity. It's not how much you adore Me and love Me, it's what how much you are a sahaja yogi. That's very very important for all of you. That you have to be great Sahaja Yogis. That's my aspiration is. That's my only asking is.

Actually as you know, I am a lonely person, I am extremely lonely in life and I want companions. The companions can come out of you but you have to have a level to be my companions. I am sure you will definitely achieve that level. Through humility, love, compassion, openness and softness of temperament, warmth in your utterances in your heart. A day will come when I will see you all, beautifully knit together. No quarrelling at all, no arguments, no analysis – nothing needed. There is nothing to argue. If you find somebody is quarrelling with you, you better report it to the leader. Not that you quarrel with each other and next day you say sorry, sorry, finished. It's like any day mundane sort on a street. You are not to fight. You are not to quarrel. At the most you can pull each others legs a little bit.

You should live in a open way, no doubt, but open way doesn't mean that you take to all bad ways and indecent ways and misbehave here. Know that you are yogis. It's very special category of people who have to have that dignity about themselves. You can't cheapen out yourself, you cannot. Whatever may be your backgrounds, past, everything, forget it. At present, before Me are sitting great yogi janas (people) and I bow to all of you.

May God bless you.

I want to thank the Sahaja Yogis of Switzerland for organizing this so beautifully, the whole. I am still wondering if they have done this pillar for us. I mean, I can't imagine how it's done. And whole thing has worked out so well. I've been wondering about this great Singhasana (throne), they have made for me. They are doing everything with their heart. Full of love for Me. I mean even if they bought the gold, it's alright. Like because they have done it from their heart. I am going to leave all that for the European and the English to be used for their pujas. Because I know what belongs to Me is you, nothing else.

So may God bless you all. May God give you all the strength, all the courage, all the wisdom to be great Sahaja Yogis of today.

I should unclear(going) down.

[A Sahaja Yogi says something]

Shri Mataji: I know, I know that. My unclear(film) is over unclear(let's see others). All those who want to come to India must give your names as soon as possible. Those who want to get married also must give your names and fill up the forms with honesty. Nobody should try to hide anything. It is better to be open in Sahaja Yoga. Thank you.

Sahaja Yogi: Shri Mataji, it's a little adventure that we did but I hope You will agree. We have a feeling, Shri Mataji, that only as an individual, let us say ourself, let us say anybody else, we can't express our feeling of gratitude towards You, because You are too much higher than me, us. So it's impossible to express through words what greatness You have given us. So we thought we have to have, all of our brothers and sisters, because in the combined collectivity, the combined hearts, may be the quality of the expression of our gratitude should be such that You will receive that anyway. And because it is the crowning of Shri Rama, it is of course Your crowning Shri Mataji. And the crown there was some little jewels Shri Mataji, we didn't tell You.

Shri Mataji: I saw all of them. I won't miss anything.

Sahaja Yogi: So each one of this jewels should little bit are the, the hearts of Your children and the expression of the gratitude for Your protection, Your love, Your greatness and I don't know. And the second thing, what we feel through this coronation is, You are the Queen. You are the Queen of the Universe. And we are Your devotees, we are Your disciples. So, if we are allowed to crown You, it means that we have to have complete adherence, allegiance and surrender. Otherwise, how can we crown You? We are not even able to reach Your head because your head is reaching the Universe. So in our heart we have tried some little poems, unclear(it will be )some little things, Shri Mataji. And some pictures and photographs from You. And through this, whatever may be the quality Shri Mataji, I am sure that all of us will be able to make this pledge of complete obedience, complete adherence, complete gratitude for You. And finally, we thought that through the image of Your photographs, through some poems and through music, we could express what I cannot express, our love for You, Shri Mataji.

Shri Mataji: Thank you. Thank you.

Will have some tea. No more unclear(eating), I tell her later. The back lights must be put on. Also this light. The stop light must be put on. It's better. No no it's alright, I will be able to follow the other one.

Unclear()

Sahaja Yogi : Unclear() take some more tea? Some more tea?

Shri Mataji : No, I'll just say a few words.

The exhibition that I saw, really enamored me and I was surprised how you have gone thoroughly into the depth of the lives of incarnations. And how you have brought it so beautifully for all the common people to see it. Inspite genius I should say. And you have used real cleverness to express yourself without exposing very subtle things about Sahaja Yoga. For a ordinary person it should be really a revelation. I wish we could have such exhibitions also in India. But now after seeing these films and these slides and the music I was surprised at my self. It was so beautifully brought out all the things and so many things which I can not say in words. Which I can not express in your photographs and the beautiful music freely enthralled me. I wish you could take all your screen and everything I show this to Indians. They will be so much happy with you. Unclear(Recently) there have been very beautiful two photographs in Calcutta when they worship me as Lalitha, that is on Lalitha Panchami, they worship me as Lalitha. Photographs are so beautiful and really I am amazed how the camera has taken, I look extremely yank and sort of absolutely am Goddess. I was myself surprised at the photograph. Unclear() I am absolutely new at photograph. Surprisingly how he has got it. I don't know, I don't have those photographs, I can't find them. But the Calcutta people promised to give you all the presents of that photographs when you come to India. So, may God bless you. See the camera is really very clever and really flatters, I just can't believe it that camera can picture me so well and can produce such beautiful effects. The choice of the

photographs, the choice of music and above all, the commentary was so beautifully delicately written. So tender and nice, so powerful and so poetic that I myself felt I am in another world of beauty, grace and bliss. May God bless you. Thank you very much.

So now, we are going to have some music a little bit?

Sahaja Yogi : Yes Shri Mataji obvious, some presents unclear()

Shri Mataji : Presents? Alright.

Sahaja Yogi : I don't know, what would you like Shri Mataji? Some music or

Shri Mataji : Yes we can have some music plus presents then we go and have snacks. Have some tea. Quite a lot re, there down below.

Sahaja Yogi : Shri Mataji, would you like to sit on the throne again and then can have some bhajans and unclear(), you would be better than here.

Shri Mataji : Alright. Here you are rubbing my feet. That's the advantage. It's good.

Be seated. Unclear() What's the time now? Alright.

Don't feel guilty. Look at my feet. Left vishuddhi so swollen. Please don't feel guilty. See now. It's better.

Are you feeling guilty?

Sahaja Yogi : Those who would like to present some presents to Shri Mataji, please come forward and in the meantime we can have some bhajans.

Sahaja Yogi : unclear()

Shri Mataji : This is the one.

Sahaja Yogi : See the quality Shri Mataji.

Shri Mataji : Really? What's the width. I think you better present me with this only. Make something nice.

Sahaja Yogi : Would you like to have it Shri Mataji?

Shri Mataji : Oh, what are you going to do with it? Nothing.

Sahaja Yogi : Nothing? We can give it to you Shri Mataji.

Shri Mataji : Ok give me. I will make something out of this for people.

Beautiful, what a beauty. What's the width? This is silk too?

Sahaja Yogi : This is silk.

Shri Mataji : Oh, God,

Sahaja Yogi : This is so beautiful Shri Mataji.

Shri Mataji : Can't believe it.

Sahaja Yogi : We have a yellow too.

Shri Mataji : Same kind?

Sahaja Yogi : Yes

Shri Mataji : Which silk is it? Just feel it.

Sahaja Yogi : Which silk?

Another Yogi: It's pure silk.

Sahaja Yogi : It's amazing Shri Mataji.

Shri Mataji : Can you see, this is silk, this is different silk. It's beautiful, tremendous. Oh, the saree panna. It's beautiful.

Sahaja Yogini : it should be ten meters.

Shri Mataji : It's beautiful, what's that yellow, which one is the yellow? What's that? This is silk. This is silk also. This is remarkable. This one definitely is. Very beautiful.

Sahaja Yogi : I bought it to my wife just by chance Shri Mataji. For twelve meters, me paid, do you know how much me paid? One hundred pounds. One hundred fifty pounds.

Shri Mataji : How beautiful, I tell you.

Sahaja Yogi : of course we have to wash it and..

Shri Mataji : It's alright, it can be dark. It's beautiful. I think I should take it. As I can make something for Indians out of this.

Sahaja Yogi : Yes Shri Mataji.

Shri Mataji : Will get it cleaned, washed. It's beautiful. Oho, how could you get so cheap as that.

Shri Mataji : unclear() that's all I can explain, I can't believe it.

Sahaja Yogi : Shri Mataji, they do it only for one week.

Shri Mataji : Pure silk?

Sahaja Yogi : Oh, yes, I think we have to wait for another year.

Shri Mataji : I think I'll take all that. We can make somethings for Indians. So beautiful thanks.

Later on, this also in sarees.

Sahaja Yogi : This is not a silk, a another one. It's just a combination.

Unclear discussion()

Shri Mataji : Aaah, So beautiful, what a background? Tremendous. You should give it., I think Shudi camp is the best, really nice where everybody can see it. Beautiful, I think you should keep it in Shudi camp. Unclear()

Call some English sahaja yogis who can take it.

Beautiful, so well done. Nobody has done my portrait that good I tell you.

So this is for Italy Ashram.

Sahaja Yogi : It's absolutely imitated from ancient time. It's just before week. And it's imitation. It's beautiful thing. No you should not see, you should close your eyes. Because I put it on something else.

Shri Mataji : He is seeing, cheating ah? He is cheating. Now come along. Close your eyes.

Sahaja Yogi : I have to do it Shri Mataji. Unclear() to keep on.

Shri Mataji : Alright. I am watching.

Sahaja Yogi : It's Shri Rama and Shri Lakshmana Shri Mataji. Silver unclear()

Shri Mataji : Silver? Aha, Beautiful. Shri Rama and Shri Lakshmana. Beautiful, and little little jewels with it. Isn't it beautiful? It's beautiful I tell you. Thank you. I tell you, you are genius. Lakshmana and Rama meeting together.

What next?

What's it?

Sahaja Yogini : Shri Mataji, This is present from Italy for you. It has been handmade by unclear(), this is the symbol of virgin, it is the most worshipped unclear(symbol).

Shri Mataji : What's that? Oh, what a dress, its beautiful. For the queen. Unclear(Am I) supposed to wear it alright. It's beautiful. Please be seated. I am going to meet.

Sahaja Yogi: Queen of the universe.

Shri Mataji : May God bless you all. Unclear() Thank you very much. It's beautiful. It's beautiful.

Hana, what has happened about the frocks that they have sent for the small children. Where are they?

Hana : Yes, unclear()

Shri Mataji : did they brought them? Small frocks?

Sahaja Yogini : unclear()

Shri Mataji : What's that? Oh, God, such a beauty. That's sahasrara isn't it?

Sahaja Yogi : ah, it's so beautiful Shri Mataji.

Shri Mataji : It's one of the beauties I tell. See you are like that. So beautiful. You see so. Through them you look so nice all of you. May God bless you. Thank you. Germany should become like this. Beautiful. Reflecting the grace of God. Beautifully done.

Sahaja Yogi : May it be a solid jewel in your crown Shri Mataji.

Shri Mataji : May God bless you. Thank you very much, It's beautiful. It's really like a Kohinoor I tell you. Beautiful thank you, it's very beautiful. Alright. What has he got? May God bless you.

1hr 20

Sahaja Yogi : It is, A sahaja yogi from Lebanon Shri Mataji.

Shri Mataji : It's from?

Sahaja Yogi : From Lebanon.

Shri Mataji : Lebanon?

Sahaja Yogi : Yes, German living in Lebanon. There is a small group of sahaja yogis already..

German SY We are 12.

Sahaja Yogi : and this is Cedar of Lebanon called Cedar of the Lord.

Shri Mataji : May God bless you. May God bless Lebanon. No more war for Lebanon, no more war, finished. Over now.

(He had presented a letter to Shri Mataji to read.)

1hr 23

Sahaja yogi's from Côte d'Ivoire come onto the stage.

Shri Mataji Yes what's it.

Sahaja Yogi : I am trying to translate what he said.

Sahaja Yogi : Oh, it's very nice. He is saying that he would like to contribute from his heart and give you this humble but beautiful present because they have been a little bit tortured by people all over the places in Africa and then..

Shri Mataji : He comes from which part?

Sahaja Yogi : From Côte d'Ivoire this is the flowers in the earth of Côte d'Ivoire Shri Mataji that he would like to present it to you to be blessed.



Shri Mataji : Thank you.Côte d'Ivoire where is it?

Sahaja Yogi : Ivory Coast, sorry Shri Mataji.

Shri Mataji : Oh I see, my husband goes there very often.

Sahaja Yogi : Really?

Shri Mataji : Yes, Beautiful. Thank you very much. May God bless you. May God bless you.

Shri Mataji : What's that?

Sahaja Yogini : unclear()

Shri Mataji : From where?

Sahaja Yogi : Soviet Union.

Shri Mataji : Hello, Beautiful, This is from Soviet Union. May God bless you.

Sahaja Yogi : It's an unclear(undecorated) A typical Spanish unclear()

How beautiful, just see this. Hand made. Thank you. Beautiful. Thank you very much. Keep in the paper otherwise...nicely packed. Thank you. So what now?

Sahaja Yogi : Shri Mataji we just wanted to give to all the sahaja yogis

Shri Mataji : This will put where? In the car or?

Sahaja Yogi : In the car.

Shri Mataji : For the car. Beautiful. All my, Beautifully done. Emblems are very nice. All the emblems that you have put are beautiful, representing all the religions. May God bless you. Thank you.

Sahaja Yogi : This is for you Shri Mataji for your car.

Shri Mataji : Beautiful, for my car.

Sahaja Yogi : Shri Mataji presents are over, Yogi addressing to other yogis - any more presets?

Shri Mataji : Now let's have one music and then go. Last one.

Sahaja Yogi : Would you like to hear Bhavani Shri Mataji?

Shri Mataji : Alright, Bhairavi. Yes.

All this you have to give it to English sahaja yogis. They have to take it to my house alright. And also this silk. What has happened about the children's frocks? What are you saying? She's brought them here? Hana? Just one minute. Can you ask what did she

say? She doesn't understand it. See the frocks of children which she was supposed to sell. She's not understood. Unclear() alright, let us start. She will found out.

Sahaja Yogi : They are coming.

Shri Mataji : When?

Sahaja Yogi : Now.

Sahaja Yogini : They are coming, they are coming.

Shri Mataji : So what are we going to do? Are we going to give them to Switzerland? What are we going to do? She can not sell them?

Sahaja Yogini : It's better if we give it to Switzerland Shri Mataji.

Shri Mataji : That's better one.

Unclear()Now we have to think that Iranians must give up wars and dance and Jews also must give up aggression and sing. let the whole world understand the beauty of peace, love and sahaja yoga. And all the destructive weapons should disappear into thin air. May God bless your wishes and your prayers. It will take place and I am sure this puja of Shri Rama will bring that benevolence over the whole world. May God bless you.

Yogis : Jai Shri Mataji.

Shri Mataji : So lets go. Who is going to England? Anyone? I think Bill (Hansel)is there. Bill (Hansel)you can take all these things unclear() Just give me these small things, just take it I don't think I have much room. I think I would take this from Germany. I have to work on it. May God bless you. I will take this one with me. Okey? The rest of it you should ask Bill (Hansel)unclear(to bring) my house.

Sahaja Yogini : The list is here.

Shri Mataji : And what else?

Sahaja Yogini : The silk one, the silk

Shri Mataji : silk

Sahaja Yogini : Yellow and blue

Shri Mataji : Yellow and the blue. And what has happened about the frocks are you saying?

Sahaja Yogini : It's here

Shri Mataji : Can you bring them? See the, I wish I could give it away. Unclear() what's that? Not a frock,

Sahaja Yogini : Frock.

Shri Mataji : Yes yes, see we have got some nice dresses here, for presentation. So, one for Christian, for whom?

Sahaja Yogini : Unclear (Christian waltz?)

Shri Mataji : Alright. From Swiss girls, I don't know who would like to have them. Come along, who would like to have the frocks. All those who came to wash my feet, come along. Alright, come along. This is for unclear(Pologus) which ever you like. This one will fit you? This may fit her. That may fit her. Alright? So that's it? No, that's with her. With this, that must be with this. Alright? Good. Unclear(this we will give it to Christian...) what's the name? Divya. One for Divya and one for unclear(Sofi). We have got some nice frocks for the girls. Now those who have girls, bigger one's also? These are all smaller. Quite a lot of them. Alright. What's the age? This is for small babies. Those who have small babies, Nandini , Maya, who else? Smallest is this? See the white purse. Alright. What other children you have? Here, children of this age, anyone? Very small, Radhika, alright, come along, Preethi, Preethi be will bigger. Take this one yellow one. Preethi, alright? One for Preethi. Alright, good. May God bless you.

Sahaja Yogi : This is bigger – 24

Shri Mataji : Now who is bigger for this? Quite big. Who is that? Sukanya is not here. Unclear() come along, come along have a unclear() which one? What's her age?

Sahaja Yogi : Two years.

Shri Mataji : Two years that one. That's why, this is for two years. Unclear() bigger, what age?

Sahaja Yogi : Four years

Sahaja Yogini : Four years.

Shri Mataji : Four years, anybody four years?

Sahaja Yogini : Helena

Shri Mataji : Now, anymore four years? Alright will spread them out.

Sahaja Yogini : Juli, Juliyana, Yashoda.

Shri Mataji : You dint give her?

Sahaja Yogini : No,

Shri Mataji : Alright what age?

Sahaja Yogini : She is small.

Shri Mataji : She is small? Give her this.

Sahaja Yogini : That's big one,

Shri Mataji : Big? This is alright. What's the age? Little baby? Now just see yourself.

Sahaja Yogi : Six months

Shri Mataji : Customer looks like. Ya, that's it. Unclear() alright let's see if it fits her, come along. See the bigger size 24, yes this

might, yes this might fit her. You can increase the size. This may fit her, this may fit her. Yes, we can increase the size. Yes alright, good, alright? May God bless you. Now for her? One for her 24, see, small, see in the white. White for unclear() is it 24? See the white, that might, that is 24? The pink one may be.

Sahaja Yogi : This 24

Shri Mataji : Alright that's alright, you can increase the size alright? You can increase it. The pure silk actually this one. May God bless you. Now keep the rest of it.

I would like to some of you to see if these could have any market here in the., these are all in pure silk, because this is some we have done in India, somebody can find out. Who? Who can find out here? Unclear(Nivyan)? Can you find out in the market? Can you? Who can find out? Unclear() come along, see these, they have a market here. Because these are pure silk, these are not. Very good design. These are pure silk, white and yellow are pure silk. Alright? Nice? Are they like that?

Sahaja Yogini : Beautiful.

Shri Mataji : They are nicely done. No doubt. So thank you very much. May God bless you all. Hope to see you. Very enjoyable evening.

Yogis: Thank you Shri Mataji.

Shri Mataji : May God bless you, May God bless you...unclear() you should be more collective alright? May God bless you.

## 1987-1005, The Truth that we understand it can not be our concept

View [online](#).

5 October 1987

The Truth That We Understand It Can Not Be Our Concept

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED Public program, Geneva, Switzerland, 10-05-1987

[Lecture starts at 22:30 minutes]

I bow to all the seekers of truth. The truth that we understand, it cannot be our concept. It is what it is. We cannot change it. And when we try to say this is truth after sometime it gets proved that it is not. The truth is eternal. It doesn't change and the truth has to be felt on your central nervous system. For example, you all see I am sitting here on a couch with a green coloured cover. You see it with your eyes, through your central nervous system you know, this is it, everybody knows it. But do you know the divine truth? You have to have divine eyes. You have to have the divine ears. And you have to have divine nerves. Your central nervous system has to be enlightened. Without that if you say there is no God, it means you are very unscientific. Without a microscope if you say there are no cells, you are being unscientific. If you are scientific you have to be honest and open-minded. You should not reach certain conclusions. Because you think, because you understand through your mental process.

There are so many things which human beings cannot explain. They cannot do much either. We cannot even create an atom of any element. We try to feel that we are very great, we have achieved lot of things. But all these things that we have achieved was out of what was created. All the laws that you have discovered are already existing. So there should be some force, some power behind it, logically, one should understand. And as in any science you have to have a hypothesis. If a hypothesis is put before you, you have to take it in a way that you take any scientific hypothesis. But supposing at the very outset you don't want to accept anything, then no use talking to the walls. At the very outset you have heard from the previous speaker about the inner being within us. Now this is the knowledge of the roots. Whatever you have is the knowledge of the tree, but you do not have the knowledge of the roots. If the West has the knowledge of the tree and the East has the knowledge of the roots, what's the harm if you try to learn something from the East as well? But for this knowledge you don't have to go to any university, you don't have to pay big money, you don't have to spend lots of time, appearing for exams, failing, passing. But this knowledge comes to you as an enlightenment on your nervous system. Of course, I must confess that it may not work out on everybody. It cannot be guaranteed. It works out in most of the people. If there is any physical problem, mental problem, emotional problem, or any kind of a problem on your central nervous system of a very serious nature, then it takes time. And there are some people who even come to Sahaja Yoga and are worked out, they get realisation, but they take time to settle down. Either they suffer from some conditionings, or maybe from Ego, or maybe some sort of a problem within themselves. So such people are asked to keep out for a while and then they can be called back. Because Sahaja Yoga is a collective process. And in a collective process we do not allow it to be disturbed by people who are extremely slow to progress. And once you are realised everybody understands that it is important that you have to become something. You cannot be branded as a Sahaja Yogi. Like you could be a Christian, you could be a Hindu, you could be a Muslim, just if you are willing to say alright, I am ready to brand myself. Yoga is a state. It is a state to which you have to rise. Where you become one with the divine and the transformation makes you an instrument which works out the spreading of the divine power. You become a personality that is enlightened and you can pass this light to others even without talking to another person. Now I am talking about the all-pervading power of divine love. I do not want to take the name of God Almighty, because half of you might go away. In the name of God, lots of wrong things have been done so far. That proves beyond doubt that God is something great. Always good things are used to hide bad things. For in India once they wanted to smuggle some whisky from foreign countries. So they camouflaged the boxes like the Geeta and put the whisky inside those boxes, so nobody could doubt it. In the same way, God's name has been used in a very, very, wrong, selfish manner. But that doesn't mean he does not exist. He does exist. You are not yet connected. You have to be connected to that God Almighty. That is the union which is called as Yoga. Yoga is not standing on your heads, breaking your necks. The pure yoga word means union with the divine.

Now this yoga which we call as Sahaja Yoga is not a new system. It has been there for thousands and thousands of years all over the world. We can say that Abraham was a realised soul and a great incarnation of the master principle. We can say the same about Moses, we can say the same of Mohammad Sahab, we can say the same about Confucius, Socrates, Lao Tse, because all they essentially say the same thing. Only because we cannot see their subtle oneness, we fight among ourselves. It is surprising how when the tree is borne and nourished by one sap and the flowers also blossom on the same vital sap, all these different flowers are plucked by human beings as religions of their own. The flowers which are dead and ugly, then they fight, this is my religion, this is your religion. I am the chosen one, we see that and then we say that how can there be God. Now the time has come. I call it the blossom time. As described by Muhammad Sahab as Qayamah, he says. The time of resurrection. Where he says your hands will speak and your feet will speak. Your hands will give witness against you. This is the Last Judgement when your own hands will tell you what's wrong with you. If you don't accept it, one cannot help it. But if you understand it well, you can correct it and you can be saved.

The Kundalini which is described is a residual power within us which is actually the pure desire within us. It is coiled in three and half coils. It's a coëfficiency, three and half is a coëfficiency which works out. In India, I met a scientist and he was making machinery to lift very heavy loads. And he asked me "mother, how can we have better instruments.?" I said you see in the nature, the Mother Earth moves with such a tremendous speed. And all the moons and stars, what you call, move with the same kind of a speed. How do they manage all that? There is a coëfficiency in them, in their movement. If the Pacific Ocean had become ten raised to power ten more deeper, we all would have collapsed. If Himalaya had become ten raised to the power 10 more than its own height then we would have been all finished. In the same way a coëfficiency works when you are using a machine. They being Indians they respect the nature and its laws, though they are scientists, and they work it out. And they have found out the coëfficiency by which they are producing wonderful results. In the same way this is a coëfficiency within us which works out our evolution. Now we are reached the state where we are human beings from an amoeba stage. And at this stage we have got a Kundalini within us just waiting to give us the last breakthrough. The Kundalini is your pure desire. All other desires are not pure. That's why desires in general are not satiable according to economics. So the pure desire within us is to be one with the divine. It is in a sleeping state. That's why we don't understand what do we want to exist on this earth. I am told there is a competition going on between Switzerland, Norway and Sweden about committing suicide. People are taking to drugs and all kinds of self-destructive things because they are frustrated in life. Because they don't know why they are on this earth and they don't know what they want. They cannot understand why they are so dissatisfied. They are dissatisfied with themselves. The connection has to be established, that's all. The Kundalini is your own, it is your own spirit. And when the Kundalini rises and pierces through the fontanelle bone area, the connection is established. Like the connection of this instrument has to be established. But as I told you some of the people have a loose connection. And they sometimes get again dissociated. Sometimes you push them back, again they are back the same way. But most of them who have pure intelligence, means honest intelligence, once they get realisation, settle down immediately and respect it. They don't sit down and analyse it because the experience is so unique. And those who do not get also try to work it out, because it is your own. It's all your all own strength and your glory, it's your personality, is the ocean of joy and compassion within you. And the state of eternal peace that exists. We talk of peace, peace, peace. I have known people who have got peace prizes have no peace within. They are extremely hot tempered, they never smile. You have to touch them with a barge pole. They are given the prize for peace. Can't understand. Peace is within every human being, is your own glory, is your own domain. You have to just reside into it. Because the most beautiful thing that God has created is the human being. He is at the epitome of evolution. And if you get your realisation, if you respect it, and try to improve on it you settle down as a symbol of an enlightened personality. Now this all-pervading power is described as Shuddha Buddha, means the purest enlightenment. Means the purest enlightened personality, it is detached, it is truth, it gives you information which is truth, it gives you the guidance which is truth. It gives you an attention which is very powerful and with your attention which is so pure you can give realisation to others. You can give all that you have achieved in your self-realisation to others. It gives you the state of witnessing everything and also the greatest thing it gives you is the joy of living. Joy of enjoying others. Joy of loving others. Joy of trusting others. Real friendship and that feeling that we are part and parcel of the whole. As if the microcosm become the macrocosm. So to the people who are very desperate my speech or my talk might look like something out of the blue. It is hard to believe sometimes for human beings that inside you are that beautiful. And that inside the other fellow is equally beautiful. But the time has come for all of us to know that God has created us in his own compassion and

love and we have to just reach that state of compassion and pure love. It gives you a complete security.

We become a strong source of love. We have seen Christ who stood by a prostitute who had nothing to do with her. But when he saw people stoning her, he stood up with such courage and said those who have not committed sin, any sin, can throw a stone at me. And they dropped their stones. They dropped it because of the authority with which he spoke the whole thing. It was the divine authority that he had which never fades, which encourages, nourishes eternally. Where Hitler who tried to capture some people. He did some devastation. He thought he was a big hero, but today no one likes to see his face. We have many like these in our history and we have many great men in our history, too. Here we are to achieve that greatness. That greatness is within us we have to just feel it. Tonight, we will try to work it out on you and tomorrow again. As we do not take any money, we have no Rolls Royces, we have no huge ashrams. But luckily due to the efforts of some sahaja yogis we might be able to get a house, a good house within two-three month's time. But even now we have three centres. And even when you get your realisation you must respect it. If you believe in guru shopping, I am not in the shop. I am not in the market. There is something that you have to have. Not to give me anything. So please remember those who respect themselves and respect their own being can only become Sahaja Yogis. It can be very few. We can't help it. John says there are only hundred and forty-four thousand people who will enter into the kingdom of God. Perhaps we are reaching that number very soon, I think. I don't think so, it has to be much more. He must have said it according to the proportion of people who lived in those days. So I would request you that you please pay some more attention to your self-realisation and your emancipation. I have been to Geneva many a times. Always had packed halls. But somehow Switzerland is the slowest. I don't know what's the reason is. And it has been very disappointing so far. Just I don't know where is the attention of the Swiss? Is it in the banks? Or in the black money that comes from poor countries? God alone knows. But somehow it has not worked so well in Geneva nor in Switzerland. God has given you such beautiful nature. All false gurus have prospered in this country. They have amassed money. They have huge big palaces to themselves. But very few people really want to accept truth in Switzerland. Today for the first time I have spoken these words because I really can't understand. Even in Russia Sahaja Yoga has started, in China it has started, and what is happening to Switzerland I can't understand. In Australia we have thousands, even in America we have so many. It is very surprising that Switzerland hasn't produced so many Sahaja Yogis. Of course, we had some of them who were not so good, very disappointing. Actually, if you are selfish people you must see your self-interest. But you don't even see that. You feel that if you pay money to false gurus you will go to heavens. Is it because you cannot purchase me you don't want to have your own greatness awakened? It is beyond me to understand. Please try this time to get your realisation and settle with it. May God bless you all.

We have about 15 minutes. I don't mind if you ask me sensible questions. But every time I have been to Switzerland, we had 'Twice-Born' people, now they are exposed, we had Rajneesh's people who are exposed. We had all kinds of nonsensical people here and disturbing me. They are all exposed, some of them are in jail, all kinds of things happening to them. So I would request you not to be aggressive.

I have not come here to take anything from you. You cannot give me anything. Please awaken your wisdom and understand the importance of time. Tomorrow you get cancer then you come to Sahaja Yoga? You get your heart attack then you come to Sahaja Yoga? But why don't you get to your own powers by which you can cure and cure others? It's rather difficult to understand human beings, I must say. As a mother I have to tell the truth and request you. I'll try my level best, but I leave it to your good sense to understand. May God bless you.

Any questions please?

Seeker [through translator]: If Yoga could cure some inflammation of the vertebra?

Shri Mataji: Inflammation of what?

Seeker [through translator]: Vertebra.

Shri Mataji: Vertebra. Inflammation of the vertebra.

Seeker [through translator]: Hernia.

Shri Mataji: Hello! see now, I said no guarantee.

Shri Mataji: Will you go and ask any doctor can you cure such and such thing. First you will pay him fees, wait for him for three hours, everyday go and you may not get cured.

Shri Mataji: I am here not to cure you sir. I am here to give you realisation. As a result of that most of the diseases get cured. But no guarantee. Alright? Try. But try.

Seeker [through translator]: Do you really think that In Switzerland there is nothing but a bank?

Shri Mataji: I don't think so, otherwise I would not have come here. I have great hopes because I love you very much.

Seeker: Does there exist a book which shows how you can make the Kundalini work?

Shri Mataji: If you could do it with the books, then... It's a living process my child. By reading a book can you sprout a seed? By reading a book can you make a monkey into a human being? Alright? It's a living process of the living power of God.

Seeker [through translator]: try to understand the difficulties you have encountered in this country which other towns and cities have...

Shri Mataji: I do sir. I do myself. And I have tried very level best to remove as much as possible the difficulties you have. But you also must try to understand me that I am here to give you something. Have an open heart and you must have respect for yourself. Most of the people here feel guilty for nothing at all. That is the worst thing you could to yourself is to feel guilty.

Shri Mataji: If I tell them not to feel guilty, they will think I am telling them something against themselves.

Shri Mataji: Alright! So this love can be understood if you understand your benevolence.

Shri Mataji: Everything is to be done for your benevolence and you have to also help yourself a little bit. Secondly, I cannot force it on you. The greatest difficulty is that God has given you freedom. If you want you can go to hell or to heaven.

Shri Mataji: Now what is my whole concern is that try to understand that you can go to heaven much more easily than you can go to hell. So have faith in yourself. And have all confidence that you will get it. Alright? You must have confidence.

Seeker [through translator]: Is it not dangerous to give diamonds to crocodiles?

Shri Mataji: Diamonds to crocodile? No, diamonds to anyone is dangerous. But the divine power can never be dangerous. It soothes you, it transforms you. It brings out your beauty. The crocodile can become a beautiful bird in the course of evolution. That's what it is. To my eyes there are very few crocodiles and I look after them very well.

Seeker [through translator]: If you practice your own religion and then you come to Sahaja Yoga can there be any contradiction?

Shri Mataji: Of course not? What is your religion? Is it without any connection with God or with connection with God? You follow religion because you are born in a family. You have to know the realities of religion. The religion is within you. It has to be enlightened. Now supposing I am a Christian or I am a Hindu or I am a Muslim, I can do all the dirty things I want to do. I can murder, I can plunder, I can kill, I can be cruel, I can do whatever I like whatever may be my religion, so what?



Shri Mataji: But if you are in Yoga then you do not do this because religion is born within you, has become part and parcel of your being. It is not just a group of people.

Shri Mataji: Like when, er, supposing you make a dog go through a dirty lane, he can manage. But human beings cannot do that because they become sensitive to filth and dirt. So when the religion is born within yourself then you become sensitive to irreligious things. You don't have to be told don't do this don't do that. You just don't do it. So this is the true religion into which you have to jump.

Seeker [through translator]: I can't understand

Shri Mataji: Alright you first, let's see, if you get the experience madam. If you are really religious you will get it. Your hands will speak. They will tell you. I don't have to tell you. Alright!

1:16:00

Shri Mataji: Just to cooperate with me you have to do very few things. First of all, those who have come, who are new people, I would request the Sahaja Yogis to give them some seats. Sahaja Yogis please get up and give seats to the people who have come.

Shri Mataji: Not. Need not all of you get up. There is one seat here also. There is a seat here. There is a seat there. All the Sahaja Yogis need not get up. It's alright. Yes, there is a seat here, there is a seat here please. There is a seat there.

Shri Mataji: You want to have a seat? Is there a seat there? Yes, there is a seat that side, come along there is seat there. That's good. That's the gentleman here. That's good.

Shri Mataji: So very happy to see that you are anxious to get your self-realisation. So encouraging.

Shri Mataji: So now to little bit cooperate let us take out our shoes a little bit. Because it is rather tight and apart from that we have to take the help from the mother earth. And it is not very cold. She takes away half of our burden.

Shri Mataji: Now please put both the feet on the ground, parallel. Just like this. Alright. Try to be comfortable. If you are tight here or a tight there, you can loosen a little. You be comfortable, but not bending too much, just in a straight manner, neither putting your head up there or head down below.

Shri Mataji: Now later on, tomorrow I will tell you what is the left hand and the right hand, but for the time being the left hand is the power of desire and the right hand is the power of action. Now I would like you to know how to raise your own Kundalini. So we will be working out with the left hand towards me.

There is a seat here. If somebody wants to come down there are seats here.

The left hand towards me and the right hand is to be used for energising your centres. Now before you close your eyes, I'll tell how it is to be worked out.

Please put your left hand towards me all the time, like this not like this, on your lap. Be comfortable.

(to a seeker in particular) There is one (seat) here.

Be comfortable. Now, the right hand goes on the heart, where resides the spirit.

(to a seeker in particular) If you have a coat you can put inside the coat.

We work all on the left-hand side. Now this hand then goes down in the upper part of the abdomen on the left-hand side. This is the centre of the principle of mastery. We have had many masters before like Abraham, Moses, Confucius and all the names I told you. They have created this special centre for us.

Then you have to take your right hand to the lower part of the abdomen on the left-hand side. Please do it now. Please do it.

Lower part. Lower part. Lower part of the abdomen. Lower and lower still.

Now this is the centre which works out all divine laws. Works on the pure knowledge of the divine. Then it rises on to the upper part of the abdomen and again it goes to the heart. Now the most important thing is that you have to raise your this right hand with the left hand towards me, put it on the corner of your neck from the front side. Neck and the shoulder. This side. Push it back. Push it back. All of you should do it please. Please do it. If you are obstinate, I can't help you. Alright. Put your head on the right-hand side. This is the centre when you feel guilty and is, all of you are catching. Very hot.

Now take this right hand and now put it on your forehead and press it on both the sides. This is the centre of forgiveness. Now, then this hand has to go on the back of your head here. Rest your head on that slowly, put the pressure and push back your head. Now take your hand, stretch it. Now the centre of your palm has to go, stretch it nicely, on the top of your head, on the Fontanelle bone area, where it was soft bone in your childhood. Now just put it there and press it hard and move it slowly seven times clockwise. Press it hard. Press it hard. Push back your fingers. Seven times that's all. That's all. Now close your eyes.

You can take out your spectacles because it helps also eyesight. Keep it in your pockets. Now let's start. Now before closing your eyes I have to tell you that you have to forgive yourself. Don't count your sins. You should be pleasantly placed towards yourself. Don't be 'les miserables'. I find you are too serious. You are going to enter into the kingdom of God. What's there to be that serious? Alright. That's it. So first love yourself as I love you.

Very simple is to put your left hand towards me, close your eyes and don't open them till I tell you. Because the attention has to be inside. Sahaja means spontaneous, you don't have to do anything. Don't have to put your concentration or anything.

Now take your right hand on the heart. Here you have you to say, or you have to ask the question to me, and a very fundamental question, "Mother, am I the Spirit?" If you want you can call me Shri Mataji or Mother whatever pleases you. Just say "mother am I the spirit?" Ask this question three times, in your heart. Now take your right hand in the upper part of the abdomen on the left-hand side and press it. Now if you are the spirit the second question comes in, ask the question, "Mother am I my own master? Mother am I my own Guru? Mother am I my own guide?" Ask this question three times. Please put your right hand in the upper part of your abdomen on the left-hand side and left hand towards me. Don't be tense.

Now, put your right hand on lower part of your abdomen on the left-hand side. Now, ask with full confidence in yourself. I cannot force you. You are free to ask. So please ask, "Mother may I have the pure knowledge of the divine?" Please ask this question six times. Because there are six petals in this centre. Please ask, "Mother, may I have the pure knowledge of the divine?"

Now raise your right hand onto the upper part of your abdomen on the left-hand side. By asking for the pure knowledge the Kundalini has started moving. To facilitate her more, you have to say with full confidence, ten times, "Mother I am my own master". Please say it ten times.

Now, the most fundamental thing and the only truth is that you are the spirit. So please put your right hand on your heart and here now with full confidence, please say, "Mother I am the spirit". Say it please twelve times....with full confidence. Now we have to know that God Almighty is the ocean of love and compassion. But above all, He is the ocean of forgiveness, so there is nothing that He cannot forgive. Please forgive yourself.

Now raise your right hand in the corner of your neck and shoulder from the front side. Now turn your head on the right-hand side and here you have to say sixteen times with full confidence in yourself and in the forgiving power of God that "Mother I am not guilty". Say it sixteen times please. Turn your head, please turn your head to the right. Now, sixteen times.

Now, please take out your right hand and put it on your forehead across and press it on both the sides. Now here now how many times is not the point. From your heart, you have to say "Mother I forgive everyone". Now some of you might say that it is difficult. But it's a myth. If you forgive or not forgive it's a myth. But if you do not forgive then you play into wrong hands. So please say it from your heart "I forgive everyone".

Now please take this hand on back-hand side. Please put your left hand towards me and put your head resting on your hand, push back your head slowly. And here you have to say, Mother, or you can say the Divine, or God Almighty or whatever you think is the divinity, "please forgive me if I have done any mistake". But don't feel guilty, don't feel guilty. Just say it for your own satisfaction.

Now, stretch your hand, push back your fingers and put the centre of your palm on the soft bone of the Fontenelle bone and push it down seven times slowly. Clockwise. Clockwise. Press the scalp and...

At this point you have to say, because I can't again force you. "Mother please give me self-realisation". You have to ask for it, I cannot force you. Seven times. Bend, bend your head a little also. Bend forward.

Now please remove your hand, take it back. Open your eyes slowly, open your eyes slowly. Put both the hands towards me please. Now, put your right hand towards me like this, a little higher. Now put your left hand on top of your head and bend your head and see if there is a cool breeze coming out of your head, cool breeze of the Holy Ghost.

Now, put your left hand towards me. Left hand towards me. Bend your head and see with confidence a cool breeze is coming out of your Fontenelle bone area. Maybe some heat coming out. Could be higher. Put it little higher and see. Now put again the right hand towards me please and see with left hand if there is a cool breeze coming. Now, please put both your hands towards the sky and put your head upwards and ask this question, Mother is this cool breeze of the Holy Ghost? Or ask is this is the Brahma shakti? Or is this the God's love?

Now put down your hands. Now, put your hands towards me. Watch me without thinking. Can you do it?

Now, those who have felt the cool breeze out of their heads or on their hands, please raise both your hands. Please raise.

You didn't get it? Sure? Are you sure you didn't feel anything in your hand? (please check). Raise your hands. Oh! May God bless you.

Geneva has got it. Tomorrow again. We will repeat it. Now, don't discuss it, it is beyond thought. Don't read any books just now. Tomorrow when you come, I'll explain the subtle being that is within you and will repeat it and you will be established as Yogis and I will tell you how to use this power, the power of love.

May God bless you.

I will take your leave now. Thank you.

## 1987-1006, Attitude of seeking and Workshop

View [online](#).

6 October 1987

Attitude Of Seeking And Workshop

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) – Draft

As I told you, these are modern times. And in modern times this en masse-realisation was to take place. That was to happen. In modern times only, when people get frustrated, when they get lost, they don't know what to do, when they are deceived and cheated, then they start looking for something that is the support. This attitude of seeking was never before so much as it is today. This attitude of finding out the Truth never existed before. And this tremendous true desire to find out something beyond human life was never that in the masses.

So they are now a special category of people, a special type of people who have developed this inner sense to find out the Truth. Of course, in contrast to that, we have many more crooks these days than we ever had, many more evil people and money-makers and also we have a trend of mind which is after self-destruction. So, it's a serious thing that happens. When a person finds he is getting lost in the mire, whatever he gets hold of he clings onto it to save himself. It could be something more dangerous than mire.

So this kind of attitude and this kind of new dimension in your awareness starts expressing itself and it shows much more sharply because of the bad background that it has. Because of the contrast we see and we feel that today's world is such a chaotic world, full of problems, full of negativity, full of cruelty and also very evil intentions. Thus we are faced to accept either to go to hell or to heaven. But this hell is created by us, by human beings for something very frivolous, useless, for something very destructive. But in our ego, like Hitler, we forget that we are in for eternal hell. In the olden days people never had heard about drugs, about AIDS, about cancer. But today it's different. That's why it is essential that Sahaja Yoga must grow fast by which you achieve mastery over yourself, that you develop a personality which is superhuman, that you develop all your powers of love and compassion to make this world beautiful.

Already you have been told about the different centres we have and about the different channels we have. Due to the modern life the imbalances are too many. Either we move too much to the right side or to the left side. When we move to the right side too much we become dry people and we develop funny diseases. And if you move to the left side you become people who could be insaned, schizophrenic or mad. All these things come to us so natural, we take to it so naturally, we accept it so naturally these days because we have lost our balance.

To establish the balance we have to understand ourselves. And to understand ourselves we have to awaken our Kundalini. How can you know yourself unless and until there is light within? If there is no light within, you do not know anything about yourself. You are paying attention to Me, if I say, "Please pay attention to yourself", you cannot. Now the subtleties within us, the subtler being within us is the Spirit. The Spirit is the reflection of God Almighty in the heart and the Kundalini is the Holy Ghost, is the Power of God which in Sanskrit language we call as Adi Shakti, the Primordial Mother. The Primordial Mother. They say that there is God the Father, God the Son and the Holy Ghost which is a pigeon. How can Father have a Son without the Mother? But somehow they didn't want to talk about Holy Ghost being the Primordial Mother. And the Mother who specially was under challenge throughout.

Then came Mr. Freud - people like him who were worshipped like - more than Christ. They spoiled the complete understanding of human beings and made them into sex points. They are nothing but sex points. How can that be? Whole animals have it. Is there no speciality of human beings? Is there nothing great about human beings? But the way this destruction started from giving stupid ideas to people went down and down and down to such a limit that people find it difficult to get out of that misidentification. This bad misidentification comes to human beings, because he is in imbalances. So we can say that now, in modern times there are two powers working: one which is going towards Heaven, another which is taking you to your

destruction.

But God has made a beautiful instrument within you to achieve your Self-Realization, to understand it, to redeem you, to comfort you and to counsel you. Sahaja Yoga has come into existence. Of course with our mental understanding we cannot see all those things. But when we see a cancer patient being cured, an angina patient being cured, then we start thinking, "Oh God! How it has happened in ten minutes' time?" But with your naked eyes you can see the pulsation of the Kundalini in your triangular bone, which is sacrum, if there is a obstruction in the higher chakra. You can see the Kundalini rising also like a movement of a current and some people can feel it also the pressures on their heads. Some people feel their heat in their hands, some people feel the tingling if they are sick. Ultimately you can feel the cool breeze coming out of your head. But that's just the outward expression. Inside what happens? The first and foremost thing that happens to you that you get cured, you get physically cured, you see the cure. You also see in your eyes a light, a twinkle. Your skin improves. Now, I'm 65 years of age, I've no skin problem and no wrinkle problem - nothing. And I've no time to look after My face at all. All troubles which are decaying, like teeth trouble, this trouble, all disappear. Then you don't become so conscious of your body, of your looks. If you see the group of Sahaja yogis, you'll say that their faces are like lotuses, all pink, all smiling, enjoying. So this is the first thing that happens to you that physically you get cured.

I must say in the West, though there are lots of crooks but there are many very high calibre saints born, and there are many people who come to Sahaja Yoga and overnight they give up drugs and drinking and all those habits. Just they give up. It's so simple. So many have given up smoking that I'm amazed how suddenly overnight, because you become powerful. People become extremely law-abiding - loving and compassionate. They do not indulge into such dirty habits or like the one who is now being troubling everybody. They do what they profess. It's not like, "I'm with this organization, I'm with this guru, I'm with this church, I'm with this mosque" and indulge into criminality, get into fundamentalism, fanaticism, hatred - not at all. They are very brave people and forgiving, extremely forgiving. Forgiveness becomes their power.

Now, after that it is very amazing how their character changes. Those who hate each other: husband - wife, children - parents, family relations, bosses, with whom you are connected, you start liking everyone, seeing the good point in another. As a result, the greatest devilish people, if you forget them, everybody changes their attitude. I have seen some artists suddenly become very well-known artists. In India we can say there are ten artists at least who are today of international reputé in music, have got it through Sahaja Yoga. The creativity starts expressing itself in such a beautiful manner that many architects become suddenly very well-known. Then there are painters and artists who become extremely honest, no hypocrisy. Their creativity opens their heart and when they produce, they do not think how much money they will get but they want to be honest: what they have to say they want to say. The attention from money moves towards the Spirit, which is detached. But surprising, with that detachment all money problems get solved. For example, you'll be amazed there are thousand and one miracles, I can tell you. You never have problems with your money. You become very honest and generous and very fair. We have seen in England, where the unemployment is so high, it is impossible to get a Sahaja yogi in England who is unemployed. It is impossible to get a Sahaja yogi who is sick. It's impossible to get a Sahaja yogi who indulges into criminal acts. It is impossible to get a Sahaja yogi who is the one responsible for any kind of destruction. They do not indulge into ugly competitions. They are satisfied people. And they have told Me that they feel they are looked after so well, so efficiently. And they know that they are now the members of the Kingdom of God.

They are now the citizens there. It's not like worldly government which plays all kinds of tricks, but the Kingdom of God. Through the all-pervading power which thinks, which organizes, which cooperates, which nourishes, above all it loves. People start singing suddenly beautifully, they start speaking English very well or French very well, or any language - suddenly they start speaking very well. Such dynamism comes, and you always become very concerned about the well-being of others than your own. Apart from that you become a part and parcel of the Collective being. Now supposing, if there is a Sahaja yogi who wants to build a house, now there are people now who are trying to build an ashram here in Switzerland. From all over the world, all the artists, all the architects, all the workmen will come. Without any quarrels, without any problems, they'll build it with such joy as if that belongs to all of them. So the idea 'this is mine', 'this is my position', 'they are my children', 'this is my carpet' just goes in the thin air.

So when you see a beautiful carpet laid like that, you watch it without thinking, you are in thoughtless awareness. I do not have the idea of possession about it. So I don't have to go for insurance, I don't have to worry as to it'll get dirty or what, and all such ideas, all such thoughts, I just watch it and enjoy, the joy of that one who has created it. I've no headaches of My possessions, but you get so many possessions that you don't know what to do. You give it from one side and it starts pouring from the other, now you don't know how to stop this.

I give an example. Once I had two special types of sarees, which are very rare in India, and there's a particular day on which you have to give to your elders something in India. So I was saying to My niece-in-law that, "I think this time I'll give away both of these to such and such people who are elderly and who appreciate these saris." So she said, "These are so rare, You have got now two only left, You want to give away all these two again?" And we were discussing in the kitchen and the bell rang. When that man came to see Me, from Benares, and he said "A lady whom You had given very beautiful saris when she visited You last, has sent two saris for You." I said, "I will not take." He said "No, You have to take, she has sent it, if you give it back she will cry and weep. These are very, very rare saris and she has sent to You with her love." When I opened the saris, to My amazement, they were exactly the same that I had, those two! But in India the saris are never made alike, because they are made with hand - have to be all different and such rare saris are never alike, they are unique, but here as I saw, I was really amazed that I looked, I said to My niece-in-law, "Now see, what do you say?" She just fell down, she said, "I'm sorry."

So the generosity of heart becomes absolutely genuine and enjoyable. Actually you enjoy your honesty and your virtues, you start enjoying the virtues that you have, which you were condemning yourself once upon a time. But the more is that you enjoy others who are realized souls.

There's a beautiful incident in India where one saint, his name - he was a tailor, saint who was a tailor, but a great saint and a very deep personality. He has written many beautiful poems. So he went to see another saint, who was just a potter, who was making the clay with his feet. So he says - he looked at this potter, and he says - in Marathi language it is, that "Oh, I came to see the Formless, and here the Divine is in a form. What is my fortune that I see the Divine in form." How he appreciated, admired and adored another saint with love and genuineness. But human beings, oh, when they meet each other they'll say, "Hello, how do you do, very good, you are nice, you are excellent, this." As soon as the back is turned "Oh God! What a man, this horrible fellow, you know" and this and this and this. You cannot trust anybody what they will say on your back, you cannot trust. But Sahaja yogis feel embarrassed to say things, good things about others but in the back they come and tell Me. This is the greatest joy-giving thing for Me that one flower can enjoy the fragrance of another flower. Is real poetry, I take it. Such beautiful people!

All this happens to you, but you become such a peaceful person within. There will be turmoil all around, you'll find there will be all kinds of problems around you, but you'll be at peace with yourself, because when you are standing in the waves of water, you are frightened that these waves will eat you off. When you are in the waves of thoughts then you are frightened. But when you are in a boat, you enjoy the waves, and when you know how to swim you enjoy them even better. This is the mastery you have to have. And when you are away you can see clearly the problem and you can solve it also. Not for yourself, for everybody else. Such a person is auspicious. This word has gone out of the dictionary of modern times. And auspicious person is such that when he enters the family or enters the household, enters any atmosphere, the whole thing becomes blissful. Even one glance of such a person can make a person peaceful. Because the glance has to be pure, most non aggressive. As Christ has said, "Thou shalt not have adulterous eyes." We have to really find out Christians who have no adulterous eyes, very difficult. Your eyes become so pure, so loving and so effective. Your attention becomes so enlightened that in collective consciousness you can feel the problems of another person, problems of all the group, problems of the world, and with your attention you can solve it. Such an attention you develop. Then Spirit is the Absolute. It is not a compromise, it is not relative, it is absolute. So when you ask a question, "Mother, is this the cool breeze of the Holy Ghost?" the Spirit opens out its venue and you start feeling the All-pervading power on your fingertips more clearly, the Chaitanya, the breeze, much more, the cool breeze much more. You want to know if a person is a crook or not? He may be a very sweet speaker and may be a criminal. How will you make out? Through vibrations! If the person has bad vibrations, then he is a bad man. If you can make out the centres of a person, you can immediately say what is the disease, what is the problem, because whatever you feel on your fingers, fingertips, is the absolute Truth. But all this you do as a third person - you don't say, "I do it", you say, "It is happening." There was a lady from America, she brought her son, she is

a realized soul, she said, "Mother, give him Realization." He could not get Realization, so she says, "Mother please give."

CD 2

I said, "You give!" She said, "It does not work out, it does not work out." Third person. "I cannot give false certificates" she says. I said, "That's what it is". You cannot certify falsely someone because truthfulness becomes part and parcel of your being.

The last but not the least is the joy. Joy does not have the duality of happiness and unhappiness. It's a enjoyment just cannot be described in words, it's to be enjoyed. It's the joy that you cannot get from anything else but yourself. I mean, you are never bored, you enjoy yourself the best. It's such a feeling which cannot be explained or expressed. That shows we are all invited into the Kingdom of God to have the joy of your life. But you may say, "Then Mother, why is it many people do not come to Sahaja Yoga?" You'd better answer this question. Now see, some people who came here are stupid. What will they gain by putting this smoke here? But by getting Realization, they'll get the blessings of God and their Spirit. Maybe somebody has paid them little money, or maybe belonging, blindly, to some organization stupidly. But what will they get? Not Self-Realization, not the joy of the Self, because that is the last breakthrough of your evolution. All of you have to get it, but how many will ask for it is the problem. That's your freedom.

May God bless you all!

Today I don't think we'll have questions but I would suggest that please write your questions and send them over to Me, I would like to answer them. This is not on mental level you have the experience, you have to have the experience on your central nervous system. Some did not feel, does not matter, you'll get it today. Formerly, people used to go to Himalayas, stand on their heads, starve themselves, do all kinds of penance. But today you can get it without any problem.

Now, we will have a little programme by which your Kundalini will be awakened today. It takes hardly ten minutes, have some patience with yourself and devote little time to yourself. You have to little bit understand, when I tell you that you have to take out your shoes, because this Mother Earth helps us a lot.

(Shri Mataji says something aside)

Now if you have anything tight, too much tight somewhere, then little bit loosen it. Be comfortable, be comfortable. You need not loosen your body, you can sit straight but not like this or like that, in a simple manner.

Now as you know the left-hand side is the power of desire and the right-hand side is the power of action. You are going to use the left-hand side just symbolically to place towards Me like this, expressing your desire and the right hand to be used for opening out your chakras yourself. So that tomorrow, when you go home you can also raise your own Kundalini. There's nothing to be afraid of, Kundalini is your own individual mother: She gives you your second birth without any trouble to you.

So put your left hand towards Me please, like this, and before closing the eyes I'll tell you what we have to do.

You have to put your right hand on the heart first, let's now start, on the heart - keep your eyes open - and in the heart resides the Spirit. Then take down this hand in the upper part of your abdomen on the left-hand side. Then take this hand on the left-hand side in the lower part of your abdomen. This is the centre of all the Divine Laws, of the pure knowledge. Then raise your hand in the upper portion of your abdomen, on the left-hand side. Then raise it again higher onto the heart. Then raise it between the neck and the shoulder, the hand like this, and put your head on the right-hand side, right hand here, left hand like this and the neck like this. This is the centre mostly people catch in the West, because they feel guilty.

All right. Then take this hand and put it on your forehead and press it on the sides. Then take this hand out and put it on the back side of your head and put your head balanced on this hand - back like this. Now take out this hand and stretch it, stretch back the fingers. Now the centre of this palm is to be put on top of the fontanel bone area where there was the soft bone in your childhood. Bend your head a little and now press it hard and move it slowly, very slowly seven times - put your left hand towards

Me - seven times, without feeling guilty. That's all.

Now, it's very simple, we start. Close your eyes, please. Don't open your eyes. You can remove your glasses. Don't need them. Your eyesight may grow.

The left hand towards Me. Now the right hand you put on the heart. In the heart resides your Spirit, so please ask a fundamental question to Me - you can call Me Shri Mataji or Mother, whatever you like: "Mother, am I the Spirit?" Ask the question in your heart three times. Three times.

This fundamental question leads you to another very fundamental question that if you are your Spirit then you are your master, you are your own guru, you are your guide. Now take down your right hand and put it in the upper part of the abdomen on the left-hand side. Keep the left hand towards Me. Press it hard. Now here you have to say or ask another fundamental question three times: "Mother, am I my own master?" or, "Am I my own guru?" or, "Am I my own guide?" Ask this question three times please.

After this put your right hand on the lower part of your abdomen on the left-hand side and put the left hand towards Me. Here is the centre for the Divine Laws to be acted upon. Now, I cannot overcome your freedom, and I would request you to ask in your freedom a question or a request, "Mother, can I have the Pure Knowledge?" This you have to say six times because this centre has got six petals. After asking this question six times, your Kundalini will start moving. Please keep your eyes shut.

Aside: Mathias, please come here. Call Mathias.

Six times please. Now the Kundalini has started rising. Some might feel, some will not feel at all if they have no problems in their higher chakras.

Now, raise your hand to the higher chakra on the left-hand side of your abdomen in the higher part of your abdomen and press it hard. Placing the hand there, press it hard and put the left hand towards Me, this is the centre of your mastery. To facilitate the Kundalini, you have to say, with full confidence, "Mother, I am my own master." Say it ten times.

Now raise your hand to your heart. The Kundalini has started moving up to the heart point. Here you have to say with full confidence, the greatest truth about yourself, "Mother, I am the Spirit." Please say this twelve times.

I must say, those who do not want to meditate should kindly leave the hall and be civil about it. You shouldn't trouble others by attention which is outside. And those who don't want to have Self-Realization, why are they wasting their time here, and ours?

Now, so, on the heart you have to say, again twelve times with full confidence, "Mother, I am the Spirit."

Now raise your hand in the corner, in the corner between the neck and the shoulder. Now put your right hand - put your head to your right side and put your right hand quite at the back, push it quite at the back. Here you have to say sixteen times, "Mother, I am not guilty." Please say it with full confidence. You have to know - you have to know that God Almighty is the ocean of grace and love, but above all He is the ocean of forgiveness: you cannot commit any mistake which His power cannot forgive. So with full confidence say, "Mother, I am not guilty" sixteen times. Very bad.

Now, please take out your right hand and put it on your forehead and press it on both the sides and bend your head. Here you have to say, "Mother, I forgive everyone", from your heart, how many times is not the point. Now, do not think that it is difficult, because to forgive or not to forgive is a myth. But if you don't forgive, then you play into the hands of wrong people.

Now, take the hand back, on the backside of your head, put the weight of your head on it, and put it back. This is the backside of the Agnya. Keep the left hand towards Me, without feeling guilty, you can ask for forgiveness. For your own satisfaction you can say "Oh Divine, please forgive me if I've done any mistake", without feeling guilty, only for your satisfaction.



Now, stretch your hand, put your left hand towards Me please. Now put the centre of your palm on top of your head where there was a soft bone in your childhood called fontanel bone area. Stretch your fingers upwards, and press your palm onto your scalp. Move your scalp carefully, pressing it hard, very slowly in a clockwise manner, seven times. Here also I cannot go beyond your freedom, you have to say, "Mother, please, may I have the Self-Realization". I cannot force you. Go on pressing it, do not give up, seven times.

Shri Mataji is blowing into the microphone.

Now please take down your hand, open your eyes slowly, put your both the hands towards Me. Put your feet parallel on the ground, watch Me without thinking. Now please, put your left hand, I said the left hand on top of your head, even bend your head a little and see if there is a cool breeze coming out. Now bend your head and take it little forward, I mean, it should be above your head. Bend your head. Bend, Bend....little higher, little higher. Higher, higher. Bend your head a little more. Bend. Now. Now, put the left hand towards Me. Again bend your head and put the right hand.

Now, again, repeat, put the right hand towards Me and put the left hand on top of your head. Try to feel the cool breeze that is coming out of your head.

Now, please open your eyes and stretch your hands up there like this and say, or ask a question, "Mother, is this the cool breeze of the Holy Ghost? Is this the Chaitanya Shakti? Is this the Love of God, His power, the All-pervading subtle power?"

Now bring down your hands please. You feel relaxed.

Now don't think.

All those who have felt the cool breeze out of their head or in their hands please raise both your hands. Those who have come for the first time today might not have felt. But it does not matter, it will work out.

I would like to meet some of you, you can come on the stage, I could meet you. Most of you have felt the cool breeze, but it's important that the whole being should be cleansed that this tree of Divinity is established within you. For that you have to come to our centre. Respect your Realization, because it can be lost. Work it out, be humble about it. You'll feel extremely well, but it has to be brought to a steady point.

May God bless you all!

I'll come next year again, and... (Applause)

I would like to see you grown up as great trees of life, helping others, raising their Kundalini, becoming great personalities.

May God bless you!

If there are physical problems, they should come to the Ashram - it's better.

## 1987-1007, The truth of the Divine is beyond the human awareness

View [online](#).

7 October 1987

The Truth Of The Divine Is Beyond The Human Awareness

Public Program

Ancien Hôtel Communal, Brussels (Belgium)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Ancien Hôtel Communal, Brussels, Belgium 10.07.1987

I Bow to all the seekers of Truth!

As you are here to find out truth, you have to know that the truth cannot be ordered. And truth is not our concept. We cannot organize the truth. Truth exists beyond human powers. For example, if you say that this is wood, we can see it is wood, we can feel it is wood and everybody says it is wood, then the truth is, it is wood! But some can know about wood much more than others. The truth of the Divine is beyond the human awareness. There are many things which we cannot answer. Say, in the medical line, it is said that, anything that is foreign is thrown out of the body, but when a fetus is conceived, a child is conceived, it is not thrown out. It is kept there, looked after, nourished and thrown out at the right point.

(Why don't you come and sit here, there is lot of room here, come along, if some people want they can come and sit here, in front and center, come along! Those who want to sit here, you can sit here also)

So, the Divine truth is beyond human awareness. I made this statement, which you should accept as a hypothesis. Then when it is proved, you can accept it as the truth. I would say that whatever was told to you here, about the Kundalini, about your inner being, about the beauty you have within yourself is the knowledge of the roots. While you have the knowledge of the tree outside, but you must have the knowledge of your roots. Weather it comes from India or from England, is not important, because God created only one world! We think, Belgium is different, England is different, is another concept. But to know this knowledge, you have to enter into your roots. You are paying attention to me, but if I say, please pay attention to yourselves, you cannot! And you cannot enter in, unless and until you become subtler being. And to become the subtler being, the nature through our evolutionary process, has made beautiful arrangement (showing Kundalini chart) within us. And this arrangement within us works it out. This arrangement is within all of us. This arrangement is your own! This instrument is your own. This residual power that we say as Kundalini is your own. This is the tree of life, which is described in the Bible. And this centers this chakras are the lotuses which look like tongues of very silent flames. As it is said in the Bible I will appear before you like tongues of flames. When we see around us all kinds of things in different religions in different cults, and so many types of Gurus we find that the whole thing is nothing to do with God. People say that when these people are so religious how is it they indulge into such cruelties and why they fight among themselves. Why they so much problem if they say there is a God!? That there cannot be a God! But all good things are used to cover some thing ugly things. That's why the Gods name is used to cover the ugly things. And people get surprised and amazed that how in the name of God, people are doing such wrong things. The first and foremost thing, in all the great religions great profits and great incarnations had said that you have to be born again. But it's not an artificial thing, like people put a brand "I am born again". You cannot Brand yourself like that. Supposing you brand a monkey say he is a human being. Does he become a human being? Or in India we do some sort of an artificial ceremony to say that this person is twice born they put a thread. Same in Islamic religion, Judaism, in Christianity they put an artificial thing on the head and they say you are Baptized, You have to pay little money to the Church to get the certificate of Baptism. Baptism is a reality. You have to get your Baptism through your Kundalini. The Holi ghost. The reflection of the Holi ghost is this Kundalini. So that your Fontanel bone area has to be pierced through by this Kundalini and you should get cool breeze of the Holy Ghost out of your head actually! But human beings are such that if you are used to some sort of an idea if they have been a part of some sort of an Organization

or something they find it impossible to accept reality. And this reality is benevolent and this Benevolence is not only limited to your physical being, but also to your Emotional being, to your Material being and to your mental being, to your Spiritual being. So that should happen to a person when he gets really baptized. He automatically becomes a righteous person. As Christ had said "thou shalt not have adulteress Eyes". Your eyes become innocent. With those Eyes when you look at people, there is no Greed and Lust in those Eyes. There is Compassion and Love. Even a glance can give peace and joy to another person. And such a glance can even cure a person. Because there is a Divine light in those eyes which expresses itself. You all can get it. You have got it within you. You can't pay for truth. You cannot purchase truth. It's not in the Market. But people have been misled all these times that we can pay for spiritual Ascent. Spiritual Ascent is the last breakthrough of your evolutionary process. Now this breakthrough is your right to have it. As you have become the human being, you have to become the spiritual being. As you have evolved spontaneously, you have to get this ascent spontaneously. Because it's the living force. It's not a dead force. It's a living force within it, of a living God which works it out. It's not something artificial that you can bestow upon someone like that. It's not man made, God has done that! Now if you understand it's spontaneous, its living force which works out, you should also understand that it is effortless! You cannot stand on your head, I had ask for it. It is your right to have it. And you can get it! .Without paying for it. Effortlessly! Now really what happens, is that you get united with the Divine. Once you get united with the Divine, you become your own master. The Divine exists as the formless power of God's love all around you. And it can be felt as cool breeze on your hands, very soothing cool breeze on your fingertips. And you can feel on your fingertips all your different centers. It's said even by Mohammed sahib that when the days of resurrection, "Kayama" will comes, your hand and feet will speak. And at the time of last judgement, your hands will give witness about you. That's what happens! But as a blessing of this Divine connection you become a dynamic person. You are a blessed person! The other day I met a lady and she told me mother that in Sahaja yoga we cannot have a Guru or master. I said no because you are your own guru, why do you want have another Guru? But they said somebody to Guide us!? See, your spirit can guide you very well. And does your guru take your money? He does. That's it! For Divine guidance you cannot take money. It is love! You cannot sell it! But you have to love yourself! You have to know that it's for your benevolence, for your good. You might be belonging to some organization, the other day in Switzerland, we had a person who belong to a funny organization and he came tried to pollute the whole hall. What good this organization is going to give him, just a little money that's all! Or some sort of a funny idea in the head that he belong to such and such organization, is a slavery! No freedom in that! To work for such Organization is useless, what benevolence have you got out of it? As a mother I ask my child. What is your Organization giving you? The child says no, I have to give to the Organization. The Organization doesn't give me anything. Then why do you do such bad things? Why do you try to destroy the people? Because Organization pays me also! It's a vicious circle! It is not doing good to you, not to others. So we have to know that if you are seeking and if you are seeking the truth and if you are honest you have to know one thing, that whatever does not give you Benevolence, you have nothing to do with it. Like there are many horrible Indian criminals who have come across and I am ashamed of them, who call themselves Gurus, and Lynch you of all your money. Why don't you use your brains? You should question them. You should ask them, what is this for? They could not prosper in India, Indians are wise this way, so they came across! Please take my photograph later on, if you don't mind, alright? And you must take permission before taking photograph. Later on you can take many. Now we come to a point. Reached a Point of understanding logically, that we are seekers of the truth and we have to know the truth. Now I say this is the truth within us and you can't pay for it. And also I say that this is your own property. It's your own. And that there is no guaranty that it will work out. If it works out its wonderful. But it works out later on. If not today it will work out tomorrow. As a result of this happening, if you see in a place like England, where there is so much of unemployment, nobody is unemployed in Sahaja yoga, Nobody! No one suffers from AIDS, no one suffers from Cancer! To be very frank nobody goes to the Doctor. They live in a very joyous conditions, loving each other, enjoying each other with purity! Nobody runs with another's wife and nobody goes for quarrelling in the family. And the children becomes so respectful, and obedient because parents are so great! So on the social side also automatically the laws of Divine work. On the other side, what we can say, the side, we are very much frightened of all unknown deceases that may crawl on to us. Also it doesn't exist! People have given up all their habits, drinking, smoking, drugs all self-destructive habits overnight. You don't have to give up your families, your countries, your dresses, nothing outside. But from inside, you have a tremendous satisfaction! Because this power is the power of pure desire. All other desires that we have are not pure. Because they are never satisfied. The economic law is, that in general wants are not Satisfiable. But once your get your true desire satisfied, you start giving light. You become an enlightened person. You are connected with the enlightenment itself. And you get empowered with that enlightenment and you can enlighten other people. Like one light which is enlightened can enlighten another candle. You become very powerful, dynamic, and extremely Humble and sweet. It is not a very tall story I am telling you, it's a fact! But too fantastic to believed.

Because we have no faith on ourselves. In modern times we are living under a pressure of shocks. And many are just thinking the World will be destroyed. The one who has created this world is an Almighty. He is not going to destroy his own World. Even some stupid people from India or any place come and tell you the World is going to get destroyed, don't believe them. Those who come and tell you have committed sins, so you musts repent and pay for it, you don't believe them. Those who come and tell you give up your families, give up this give up that don't believe them. Those who tell you that you must suffer, don't believe them. Surprising, that even they say about Christ who himself has suffered for us already! Why should we suffer when he had already suffered for us, are we going to suffer more than he had suffered? He had suffered for us that there should be no more sufferings for us anymore. But if you believe in suffering better have it, that's what it is! That perhaps happened to Jews they didn't believe Christ they wanted to suffer, so they had their suffering! Why should human beings ask for suffering? And not for blessings not for joy, for Peace, which is their right. It is promised, and the promise has to be fulfilled. You must develop that discretion to understand the Truth, untruth, and falsehood. But above all, this truth is love, the pure love of God. The Love that understands, which knows everything about you. It nourishes you, it looks after you, it guides you, and it organizes for you. Above all it loves you. It doesn't punish you. But gives you, very long and long time to understand yourselves. You don't hate yourself any more. You don't hate any one, except the evil. Such a time has to come. It has to work out that way. John has said there are only a hundred and forty four thousand people will be saved. I don't think so! There have to be many many more! But one must remember that there is a force which is raising you upward and there is a force which is putting you down towards Hell. But you have freedom to choose the heaven or the hell. That is the only thing one cannot suppress your freedom. Either you take your freedom in proper way or improper way in your own right. And there Sahaja yoga is helpless! Sahaja yoga is helpless. I am Sorry, I don't know the language Flemish and all that though I know many languages, and I wish I had some knowledge of your language also. May be I may pick up later on. But in any case there is no need to have any Language when it is a love. Even little baby which is born doesn't know any language, knows the mother anywhere. The Only request is that as I love you, you have to Love yourselves. And open your heart and trust yourself. And believe this and believe that, all this glory is within you, just about to manifest.

May God bless you all!

Sometime I am Thankful to you that in rain also you all have come. And of course the time is not much. But I would like you to ask me questions. But please don't be aggressive with me for nothing at all. Because I am not here to take anything from you. I am here just to explain your own greatness and give you the key for your own being.

Can you stand up please if you have to ask questions? You better ask him first and you tell me. you shouldn't speak better. Raney you ask him the question and then tell me. Because You no need to run every person. You come here you please get up and ask a question. And you can tell me. You come along here and tell me. You can stand here. They have to tell, speak it out themselves.

I couldn't hear anything. If you stand here tell me. Because we are spending lot of time. Alright.

Question by seeker: Once you get realization, how can you stay in the world of stress and frustration?

That's very simple, I will tell you!

Very good question, is an excellent question you have asked. When you are in the water and you see the waves, you are afraid of the waves. One wave comes and goes away of thought, another comes and goes away. And these thoughts make you nervous. But supposing you are in a boat then you enjoy the same waves! Supposing you are in the crowd and you are driving, you are afraid of the crowd. But if you are sitting on a hilltop you enjoy the traffic! In the same way you raise above this, by raising of the Kundalini you are cross over this center of Christ, by that you become thoughtlessly aware. You are in complete peace. No thought can touch you. And when you are detached from your problems, you solve it better. Moreover amazingly, you are helped by the Divine. The turmoil does not exist anymore. But you become the solution of turmoil. Alright. May God bless you!

Question by seeker: About Vegetarians!

You see it's a funny idea, to believe that by eating vegetarian food or non-vegetarian food you become spiritual! What you need is the balance. I would say that Indians should eat more Non-vegetarian and the Westerners should eat less non-veg. Now for example people who suffer from diarrhea, shouldn't eat veg food at all. Because vegetarian food has too much of roughage. And vegetarian food is very fattening! Like an elephant is a vegetarian, Cow is a vegetarian. But if the westerners become vegetarian is good for them, it is very helpful, but it should not be a religion. But if you eat the food made out of the big animals like horses, are even cows that is very bad, because the muscle fibers are very big and your teeth may be very much troubled. That's why in India people don't go to dentist at all. I never gone to dentist in all my whole life. But Small animals are alright. Supposing people who are living in a place like Greenland, or the Eskimos, no vegetable grows there. So they have to eat the fishes. Do you mean to say God has placed them in a place, where they are committing sins? Moreover what's the use of saving chickens and fishes? I can't give them realization. So what we eat human beings are balanced. So this new thing that is started as vegetarianism is going too far. In India some sects gone to ridiculous limit. We have some people called Jains. They think, they should not kill any insects. No mosquitoes should be killed. No worms should be killed. No bugs. No bugs should be killed. So they give money to a Brahmin, so called Brahmin, put him in a hut in a village, and get hold of all the Bugs all the bugs, bugs, you don't have that here! Thank God you are not vegetarians otherwise you would have had all the mosquitoes, bugs everything here. So put all the bugs inside the hut and these bugs suck all the blood of this poor Brahmin. When they are full, they just lie down. Then this Brahmin is given money. So I said, why did you do that to Brahmin, he is a human being! So they said all these bugs will also become Brahmins. Torturing someone like this how can they become Brahmins like this? We are more worrying about the bugs than about the human beings. Let us be vegetarian towards our Fellow beings. Let us be gentle with them, let us be like flowers to them. Human beings are aggressed all over the world, each other. They are aggressing even today. Thank God, Columbus did not reach India. Otherwise I would have not been here. They would have killed all of us nicely. That's the problem. Now by becoming vegetarian I do not know how you are going to go to God. But by becoming balanced you will be. This gentlemen doesn't have. Is he a Cameramen or what is he doing. He wants to see through that. Is it binoculars, alright use it. I am sorry. I thought it was a photograph. In Sahaja yoga we just judge ourselves what food we need.

Question by seeker: What are you thinking about Karmas?

Karma are done by people who think they are. Like here you see the yellow thing that is grown up which is that one carrying our karma. Now I think I have done this big house, and I have done this and I have done that. That makes you feel you have done something, and whether you have done good or bad, you have done it. Now we actually don't do anything. If the spirit does anything, it doesn't do anything. If the spirit does, it doesn't do anything its God almighty. I tell you a story, some Indians who were first time going by plane, some villagers. They were told not to take too much load on the plane, because it will make the plane heavy. So they got on to the plane, and put all the luggage on their heads. So they asked, what are you doing? They said we are reducing the weight of the plane! In the same way we feel we are doing this we are doing that. What work we do is all a dead work. A tree dies and then we made the house. We think we made the house. From the dead stones we make something we think we made something great. We have done nothing that is living. We make a chair and we can't sit on the ground. The mat sits on our head. The matter sits on our head, it gives us habits. And enslaves us. (You can sit here. So there is a chair.) So we think we did something then this EGO, Mr.Ego there in the yellow patch. If we do anything wrong or bad also, we have done something wrong also settles down there. The other side of is the black, is the conditioning that you get. Any kind of conditioning we have we can get it from a fashion or from religion or anything. Now all these conditions on one side and Ego on other side, covers our brain and sometimes even overlaps. So the Fontanel bone area gets covered. And it becomes a thick cross there over there. But when Kundalini raises, she passes through this Agnya chakra there in the center. This is the thing which is adorned by Christ. This is the cross on which he crucified himself. And It is he who sucks in the ego and the superego, the conditioning. And the whole thing opens up like that, and the Kundalini pierces through! So it is Christ who sucks all our Karmas. Karma theory was established at the time up to the point of Sri Krishna. That too he condemned, that the Karmas can be overcome. He said your Karmas can be overcome. But after that came Christ. And he created for us this special place here called "Agnya". Shri Krishna came on this center (pointing Vishuddhi chakra). Christ came in this center (pointing Agnya Chakra). And he solved the problem for us. All your karmas are sucked in and you become pure personality. These are very out of date things now, the life tree is growing. Evolving, giving you a great blessing today, that the blossom time has come. And the flowers have to become the fruits. So forget about all these things.

It started in many ways but especially by human beings. It's a long story not a very good one. Let us think of something good. I must have given quite a lot of lectures on that also, but you don't have to worry about that any more. When we are sitting in the boat we don't think from where the waves are come do we? We just hurry up to get onto the boat to save ourselves.

Question from seeker: You said a few moments ago, that it is difficult to get realized with ego?

That you leave it to the Kundalini. She is an expert. Nothing is difficult for you, if you leave it to her. But if you carry the load on our head, then what can kundalini do? She works it out.

I think now we should go ahead with realization. Because time is sufficiently. And those who have more questions write them down and give it to them. So I will answer them.

Now those who want to come forward can come in the passage there are seats here and there, can come down. There are rooms here, some seats here come down. Those who do not want to have self-realization please leave the hall. It will take only ten minutes. Come along, there is room here. Come along. Gentlemen there is a room for you. Yes, yes. Come along. Such nice people here. Yes, move on, you can move on.

I think Sahaja yogis come from the back side. Come from the back side. You must give room to new people. All right. It's great. You know. Very nice people. They want realization. that the point. For the people, you can sit on the chair, be Comfortable. Please let them settle down. Wonderful people, I am so very happy!

Now very simple thing one has to do. Very simple! I am going to tell you, How to raise your own Kundalini. I have to request that we have to take help of mother earth. If you remove your shoes for a short time. Need not remove socks, but at least the shoes. Those who are sitting on the ground, be comfortable, but you have to be comfortable.

Now you have to understand, as I told you that the left hand side which creates conditioning, is also the power of your desire, normal desire. So you have to put your left hand towards me, desiring for self-realization. All the time. You sit like this lady. If possible, feel comfortable, you need not sit like slouch or just straight forward, you can take out anything that is not making you comfortable.

Alright, now you have to put both your feet parallel on the mother earth, touching. Now, you have to put your left hand towards me, as I told you, and you have to use the right hand for the action of dilating your different centers, which I will tell you. ( you can come here, there is room, come along)

Now this right hand, first to be put on your heart, and left hand towards me. In the heart resides the spirit. It is the reflection of God Almighty, and the Kundalini is the Holy Ghost, is the power of God, she is the Primordial Mother. She is reflected in your Kundalini. The seat of your spirit is on the top of your head. But it resides in your heart. So first we put our right hand on our heart. Then we put our hand in the upper portion of your abdomen on the left hand side. Now, this is the center of mastery that you become your own Guru. Below that, we work on the left hand side, below that on the left hand side of your abdomen, you put your hand and press it. This is the center, through which all the Divine power works. Again you back, now the Kundalini starts moving, when we close our eyes and start this, so you put your hand back again on the upper portion of your abdomen, then you put your right hand on top of your heart again. Now you raise your right hand, between the shoulder and neck on the corner here, and turn your head right. Many people, do it from the back like that, but it is not proper. Should do it from the front. But turn your head to the right. This center catches in the people who feels guilty, and in the west it is very common! Even here in Brussels, I can feel it! First of all you should not feel guilty at all. Then you put your hand, open your hand and put it on your head, on the forehead, across. And press it on both the sides. Now take this hand to the backside of your head. Put the load of your head on that hand very slowly, and put your head upwards. Then, you have to put your hand in such a way, that you stretch it nicely and stretch the fingers backwards. Now in the center of the palm, this is that area, "Sahasrara" this has to go on top of your fontanel

bone area. Now stretch your fingers. Slowly press it seven times, the scalp, move the scalp seven times. That's all! Now we will do. Now I request you to take out your spectacles, be comfortable and close your eyes. And please don't open your eyes, there is no mesmerism! Till I tell you.

Now please close your eyes. Put your left hand towards me, both the feet on the ground, parallel to each other. Put your right hand please on your heart. Here, you have to ask me, a very fundamental question. Ask your question in your heart. Ask this question, "Mother Am I The Spirit?" Ask this question three times please. Mother am I the spirit, Mother am I the spirit. Now you may call me "Shri Mataji" or Mother, whatever suits you.

Please bring your right hand to the left hand side of your abdomen on the upper part. Now here, as you are asking for the spirit, another fundamental question has to be asked, because in spirit is your master. So you have to ask another question to me, "Mother, Am I my own Master?" ask this question three times, "Mother am I my own master?" again, "Mother Am I my own Master?"

Take your right hand on the lower part of your abdomen on your left hand side. Here, is the center that works out the Divine powers, Divine laws. If you have to have the knowledge, the pure knowledge, you have to ask me. I cannot force you. I cannot overcome your freedom. So, please ask me, "Mother, please give me pure knowledge" Please ask six times, because this center has six petals. "Mother please may I have the pure knowledge" Six times. As you say this, the Kundalini starts raising, awakening. And it starts moving up.

Now you have to help, to open out your upper centers. Please place your right hand on the upper part of your stomach. On the left hand side. Here is the center of your mastery. So to make the way for the Kundalini at this center, you have to say with full confidence, "Mother, I am my own Master!", say it ten times. Say it ten times, please. "Mother, I am my own Master"

Now, raise your right hand again on your heart. Press it. Here, with full confidence, you have to say the greatest truth, you have to say, "Mother, I am the spirit", you have to say 12 times, "Mother, I am the spirit". "Mother, I am the spirit". 12 times please. You have to know that the God Almighty, is the ocean of love and bliss, but above all he is the ocean of forgiveness. Whatever mistakes you might have committed, His power can forgive it. So don't have anything that makes you upset about yourselves. Please forgive yourselves. And enter into the kingdom of God, with a pleasant mind.

So raise your hand in the corner of your shoulder and your neck, and turn your head to right side, here you have to say 16 times, with full confidence in God's powers of forgiveness, and in your own powers, "Mother, I am not guilty". "Mother, I am not guilty". Sixteen times.

Raise your hand, out of there, and put it on your forehead, pressing on both the sides. Here, you have to say, "Mother, I forgive everyone". Now, those people who think it is difficult to say, must know that it's a myth, whether you forgive or not forgive. But if you do not say, then you are playing into wrong hands. So, from your heart you have to say, how many times is not the point.

Now, take your hand on to the back side of your head, and put it back your head resting on it. Here you have to say, "Oh Divine, if I have done any mistakes, please forgive me". But that is for your satisfaction not to feel guilty at all.

Now please take out this hand and stretch it. Stretch it. And put stretched hand on your fontanel bone area. Press it hard. You have to ask again, because I cannot force you. You have to bend your head a little, and you have to ask "Mother, may I have self-realization". Bending will be better for you, in front. Please say 7 times, moving the hand 7 times. Bending the head forward would help you moving.

Take down your hand please. Both the hands. And now, put your right hand towards me like this (stretching her forward)

Alright, now put your left hand on top of your head, open your eyes slowly, little higher. bend your head would be better. Some people would get much higher, above. Left hand on top of your head, little higher, right hand towards me, as I said, you will feel

cool breeze on your head.

Now put the left hand towards me. Don't touch your head, left hand towards me, and right hand top of your head, but away from your head. Now, please put again, left hand towards to me, and right hand.

Better, much better!

Now, please put down your hands. Now, you can raise your hands towards the sky like this. Both. And ask the question "Mother, is this the cool breeze of the Holy Ghost?" "Is this the Brahma Shakthi?" "Is this the all-pervading power of God's love?"

Now take down your hands please, put your hands like this. Those who have felt, cool breeze out of their fontanel bones or out of their hands, please raise both your hands.

You didn't feel it? I know you felt it! So many have felt it, I know. But don't doubt, if you have felt, please raise your hands, either here or here. Just raise your hands. Quite a lot have felt it. Look at the little one raising his hand!

Thank you!

Does it matter? Again I am coming here, and you are going to feel it! Everybody is going to feel it. Quite a lot of you have felt it, but still, again we will re-establish. And we have a center here, where you can feel it. You can also feel it in each other head, you can try. Those who have not felt, you can try on another person. Now this gentleman says he has not felt, you got it!

Not to feel disappointed! He didn't feel it? Warm, alright. Some have felt warm. It is alright. Those who have felt warm, put your right hand towards me, and left hand like this (towards the sky). You see, because of the heat inside, No, no it doesn't matter. Right hand towards me, and left hand like this. All of you can do, it's good. Right hand towards me. Keep your eyes open and watch me without thinking. Too much thinking gives you heat. Better now? It's cooling down now?

Good!

Those who are feeling heat on the left hand, put your left hand towards me, and right hand towards mother earth. Put it on the mother earth. Left towards me, right on the mother earth, or towards mother earth. Working faster! Now, cooler now? All will cool down.

Very good!

May God Bless you!

Tomorrow again, will come here, I will be here, and I am sure, you will be able to establish it completely and also, we have got a center.

Not to feel disappointed, not to feel bad about it, not to discuss it! It is going to work out. But by discussions, arguments, not. It has to work out like sprouting of the seed. Thank you very much. May God bless you!

Hope to see you tomorrow, bring more friends, all your friends tomorrow.

Good, you got it, enjoy!

<< some Conversations>>

VERSION 2



I bow to all the seekers of truth. As you are here to find out the truth, we have to know that truth cannot be ordered, and the truth is not our concept, we cannot organize the truth, truth exists beyond human powers.

For example, if we say that this is good, we see it is good, we can feel it is good and everybody says it is good, then the truth is, it is good. But some can know about good much more than others, but the truth of the Divine is beyond human awareness.

There are many things which we cannot answer. Say in the medical line it is said that anything that is foreign is thrown out of the body, but when a fetus is conceived, a child is conceived, it is not thrown out, it is kept there, looked after, nourished and thrown out at the right point.

(Why don't you come and sit in front, there's lot of room here, come along, if some people want they can come and sit, here, you can sit in the centre if they want, I mean I am sorry that, come along, come along, yes come along it'll be a good idea, and some people from the back can come and sit here, yes, some could sit here with Natalie, some could sit with you, yeah, in the centre you can also go some of you could sit, they could sit here, what's the harm? Here also there's room, come along, those who want to sit can sit here, there's no harm, some could sit, please come, come here)

So, the Divine truth is beyond human awareness. I make this statement which you should accept as a hypothesis, hypothesis. And then when it is proved then you can accept it as the truth. I would say that whatever is told to you nowhere is about the kundalini, about your inner being, about the beauty you have within yourself, is the knowledge of the roots. While you have the knowledge of the tree outside, but you must have the knowledge of your roots.

Whether it comes from India or from England, it's not important. Because God created only one world, we think Belgium is different, England is different, is another concept. But to know this knowledge you have to enter into your roots.

You are paying attention to me but if I say please pay attention to yourself, you cannot. And you cannot enter in unless and until you become a subtler being, and to become the subtler being the nature, through our evolutionary process, has made beautiful arrangements within us. And this arrangement within us works it out, this arrangement is within all of us. And this arrangement is your own. This instrument is your own, this residual power that you say as kundalini is your own.

This is the tree of life which is described in the Bible. And these centres, these chakras are the lotuses which look like tongues of very silent flames. As it is said in the Bible "I'll appear before you like tongues of flame".

When we see around us all kinds of things in different religions, in different cults and so many types of gurus, we find that the whole thing has nothing to do with God.

People say that when these people are so religious how is it they indulge in such cruelties and why they fight among themselves, why there is so much problem if they say there is God.

Then there cannot be God, but all good things are used to cover something ugly and that's why God's name is used to cover the ugly things, and people get surprised and amazed that how in the name of God we are, people are doing such wrong things. The first and foremost thing in all the great religions, in the great prophets and the great incarnations, is said that you are to be born again.

But it is not an artificial thing like people put a brand I am born again, you cannot brand yourself like that. Supposing you brand a monkey say he is a human being, does he become a human being? Or in India we do some sort of an artificial ceremony to say that this person is twice-born, so they put a thread. Same is in the Islamic religion, Judaism, in Christianity they put an artificial thing on the head saying you are baptized. You have to pay little money to the church, you get the certificate of baptism.

Baptism is a reality. You have to get your baptism through your kundalini, the Holy Ghost, the reflection of the Holy Ghost is this kundalini. So that your fontanel bone area has to be pierced through by this kundalini and you should get the cool breeze of the Holy Ghost out of your head actually, but human beings are such that if you are used to some sort of an idea, if they have been a part of some sort of organization or something they find it impossible to accept reality.

And this reality is benevolent is benevolent, and this benevolence is not only limited to your physical being but to your emotional being, to your material being and to your mental being, to your spiritual being. (Benevolence) So that should happen to a person when he gets really baptized. He automatically becomes a righteous person.

As Christ has said, "Thou shall not have adulterous eyes". "Thou shall not have adulterous eyes". Your eyes become innocent, with those eyes when you look at people there is no greed and lust in those eyes, there are compassion and love, even a glance can give peace and joy to another person. And such a glance can even cure a person. Because there is a Divine light in those eyes which expresses itself, you all can get it, you have got it within you, you can't pay for truth, you cannot purchase truth, it's not in the market, but people have been misled all these times that we can pay for spiritual ascent.

Spiritual ascent is the last breakthrough of your evolutionary process. Now, this breakthrough is your right to have it. As you have become human being you have to become the spiritual being. As you have evolved spontaneously, you have to get this ascent spontaneously. Because it's the living force, it's not a dead force, it's a living force within it, of the living God which works it out. It's not something artificial that you can bestow upon someone like that. It's not man made, God has done that.

Now if you understand that it's spontaneous, it's the living force which works out you should also understand that it is effortless. You cannot stand on your head and ask for it. It is your right to have it, and you can get it, without paying for it, effortlessly.

Now really what happens is that you get united with the Divine. Once you get united with the Divine you become your own master.

The Divine exists as the formless power of God's love all around and it can be felt as cool breeze on your hands, very soothing cool breeze on fingertips. And you can feel on your fingertips all your different centres.

A second event by Mohammed Saheb that when the days of resurrection, Kayama will come your hands and feet will speak. And at the time of the last judgement, your hands will give witness about you. That's what happens but as a blessing of this Divine connection, you become a dynamic person. You are a blessed person.

The other day I met a lady and she told me "Mother that you see in Sahaja Yoga we cannot have a guru, a master". I said "No, because you are your own guru, why do you want to have another guru to yourself", then they said, "but somebody to guide us." See your spirit can guide you very well, and "does your Guru take money"? "he does", that's it. For Divine guidance you cannot take money, it is love, you cannot sell it. But you have to love yourself, you have to know that it is for your benevolence, for your good. You might be belonging to some organisation, the other day in Switzerland we had a person who belonged to some funny organization and he came and tried to pollute the whole hall.

What good this organisation is doing to him? Just pay a little money that's all or some sort of a funny idea in the head that I belong to such and such organisation, is, is a slavery. No freedom in that. To work for such an organisation is useless, what benevolence have you got out of it. As your Mother, I asked my child "What is your organisation giving you?" The child says "No I have to give to the organization, the organization doesn't give me anything". "Then why do you do such bad things, why, why do you try to destroy people". "Because organisation pays me also". It's a vicious circle, it is not doing good to you nor to others.

So, we have to know that if you are seeking, and if you are seeking the truth, and if you are honest, you have to know one thing that whatever does not give you benevolence you have nothing to do with it. In a, like there are many horrible criminal Indians, who I have come across and I am ashamed of them, and they call themselves gurus and lynch you of all your money, but why

don't you use your brains? You should question them, you should ask them "What is this for?" They could not prosper in India, Indians are wise this way, so they came across, please take my photograph later on, please if you don't mind, alright? please, and you must take permission before taking photographs. So, later on, you can take many.

Now, we come to a point, reach a point of understanding logically, that we are seekers of truth and we have to know the truth. Now I say this is the truth within us, and you can't pay for it, and also I say, that this is your own property, it's your own, and that there is no guarantee that it will work out, if it works out, it is wonderful, but it works out later on, if not today, it will work out tomorrow.

As a result of this happening, if you see in a place like India, where there is so much unemployment, nobody is unemployed in Sahaja yoga, nobody. No one suffers from AIDS, no one suffers from cancer, to be very frank nobody goes to the doctor either. They live in very joyous conditions, loving each other, enjoying each other with purity.

Nobody runs with another's wife and nobody goes for quarrelling in the family, and the children become so respectful and obedient because parents are so great. So, on the social side also automatically the laws of the Divine work.

On the other side what we can say is the side where we are very much frightened of all unknown diseases that may crawl on to us, also it doesn't exist. People have given up all their habits of drinking, smoking, drugs, all self-destructive habits overnight. You don't have to give up your families, your countries, your dresses, nothing outside. But from inside you have tremendous satisfaction, because this power is the power of pure desire. All other desires that we have are not pure, because they are never satisfied.

The economic law is that in general wants are not satiable. But once you get your true desire satisfied, you start giving light. You become an enlightened person, you are connected with the enlightenment itself. And you get empowered with that enlightenment and you can enlighten other people, like one light which is enlightened can enlighten another candle, you become very powerful, dynamic, extremely humble and sweet.

It is not any very tall story I am telling you, it's a fact, but too fantastic to be believed, because we have no faith in ourselves. In modern times we are living under a pressure of shocks and many are just thinking that the world will be destroyed.

The one who has created this world is an almighty. He is not going to destroy His own world, even some stupid indi, we can say some stupid people from India or any place come and tell you that the world is going to be destroyed, don't believe them, those who tell you we have committed sins and you must repent and we have to pay for it don't believe them, those who come and tell you to give up your families give up this give up that, don't believe them. Those who tell you that you must suffer, don't believe them, surprising that even they say about Christ, who himself has suffered for us already, why should we suffer when he's already suffered for us? Are we going to suffer more than he has suffered? He has suffered for us that there are no more sufferings for us anymore, but if you believe in sufferings you better have it then that's what it is. That perhaps happened to Jews, they didn't believe in Christ and they wanted to suffer so they had suffered. Why should human beings ask for sufferings? And not for blessings, and not for joy, for peace, which is their right, as promised, and the promise has to be fulfilled.

You must develop that discretion to understand the truth, untruth, and falsehood. But above all this truth is the love, the pure love of God, the love that understands, which knows everything about you, it nourishes you, it looks after you, it guides you, it organizes for you, above all it loves you. It doesn't punish you, but gives you a very long and long time to understand yourself, you don't hate yourself anymore, you don't hate anyone, except the evil.

Such a time has to come, it has to work out that way, John has said that there will be only 144,000 people saved, I don't think so, there have to be many many more, but one must remember that there is a force which is raising you upwards and there is force which is putting you down towards hell. But you have the freedom to choose the heaven or the hell.

That is the only thing one cannot suppress, your freedom. Either you take to your freedom in a proper way or in an improper way

is your own right. And there Sahaja Yoga is helpless. Sahaja yoga is helpless. I am sorry I don't know the language, Flemish and all that and though I know quite many languages and I wish I had some knowledge of your language also, maybe I may pick-up later on. But in any case, there is no need to have any language when it is love. Even a little baby which is born doesn't know any language knows the mother very well. The only request is that as I love you, you have to love yourself. And open your heart and trust yourself. And believe that all this glory is within you. Just about to manifest. May God bless you all.

There is some time, I am thankful to you that in this rain also you all have come, and of course the time is not much, but still I would like you to ask me questions, but please, don't be aggressive with me for anything at all, because I am not here to take anything from you, I am here just to explain your own greatness, and give you the key for your own being.

Can you stand up please if you have to ask questions? That very far. You better ask him first and you tell me. You shouldn't speak, it's better. You just ask him the question and then tell me, because there is no need for you to run to every person, you can come here, they can ask you, you can get up, please get up, and ask the question, and then you can tell me, you need not run to all the people. You come along here and tell me its better, you can stand here and tell me it's alright, they have to tell, speak it out themselves.

I couldn't hear anything. I think if you stand here it will be better you see Euan, ask him to stand there, he'll speak out and he'll tell me, because we'll be spending a lot of time, alright.

Question

Shri Mataji: Oh! that's very simple, alright, I'll tell you, it's a very good question. It's an excellent question you have asked. When you are in the water, you see the waves and you are afraid of the waves, one wave comes and goes away of thought, another comes up and goes away and these thoughts make you nervous. But supposing you are in a boat, then you enjoy the same waves, supposing you are in the crowd and you are driving, you are afraid of the crowd, but if you are sitting on a hilltop you enjoy the traffic. In the same way, you rise above this, by raising of the kundalini you cross over this centre of Christ, by that you become thoughtlessly aware, you are in complete peace, no thought can touch you. And when you are detached from your problems you solve it better. Moreover, amazingly you are helped by the Divine to solve your problems. The turmoil does not exist anymore, but you become the solution of the turmoil. Alright? May God bless you.

Question

Shri Mataji: About what? Aha! You see it's a funny idea to believe that by eating vegetarian food or non-vegetarian food you'll become spiritual. What you need is the balance. I would say that Indians should eat more non-vegetarian and the westerners should eat less non-veg. Now, for example, people who suffer from severe diarrhoea shouldn't eat vegetarian food at all, diarrhoea, because vegetarian food has too much roughage, and vegetarian food is very fattening. Like an elephant is a vegetarian, cow is a vegetarian, but if the westerners become vegetarian, it's good for them, it's very helpful, but there should not be a religion, but if you eat the food made out of big animals like horses or even cows, that is very bad because the muscles, muscle fibres are big and your teeth may be very much troubled. That's why in India people don't go to the dentist at all, I mean I have never been to a dentist all my life. But small animals are alright, now, supposing people who are living in a place like Greenland or Eskimos, they know no vegetable groceries so they have to eat the fishes, do you mean to say God has placed them in place where they are committing sins, moreover what's the use of saving the fishes and the chickens, I can't give them realization. So, what we need are human beings who are balanced, so, this new thing that has started about vegetarianism is going too far.

In India, in some sects, it has gone to a ridiculous limit. We have some people called Jains, now they think we should not also kill any insects, no mosquitoes should be killed, no bugs should be killed, no bugs, so, they give money to a brahmin, so-called brahmin, put him in hut in a village, and get hold of all the bugs, all the bugs, bugs, you don't have that here, thank God you are not vegetarians otherwise you would have all the mosquitoes, bugs here, so put all the bugs inside that hut, and these bugs suck all the blood of this poor brahmin, and when they are full they just lie down, then, then this brahmin is given money. So I said " But

why did you, why did you do this to a brahmin, he's a human being". So they said "Then all these bugs will also become brahmins", torturing someone like this how can they become brahmins these bugs. We are more worried about the bugs than about human beings.

Let's us be vegetarian towards our fellow being, let us be gentle towards them, let us be like flowers to them. Human beings have aggressed all over the world, each other, they are aggressing even today, they are aggressing even today.

Thank God Columbus did not reach India, otherwise I would not have been here. They would be, they would have killed all of us nicely. That's the problem, now by becoming vegetarian I do not know how you are going to go to God, but by becoming balanced you will be.

This gentleman doesn't have, is he a cameraman, or what is he doing? Does he want to see through that? This gentleman, it's binocular? Alright alright use it, I am sorry. I thought it was a photograph.

So in Sahaja Yoga, we just judge ourselves, what food we need.

Sahaja Yogi: The last question Mother. What are you saying about karmas?

Shri Mataji: About? Karmas. Now, karma is done by people who think they are. Like here you see the yellow thing that has grown up that is the one which is carrying our karma. Now I think I am doing, I have done this big house and I have done this and I have done that. That makes you feel that you have done something and that whether you have done good or bad you have done it. Now we actually don't do anything, if the spirit does anything it doesn't do anything, if the spirit does, it doesn't do anything it's the God Almighty.

I tell a story about some Indians who were the first time going by plane, some villagers. And they were told not to take too much load on the plane because it will make the plane heavy. So they got on to the plane and put all their luggage on their heads. So they asked, "What are you doing?". So they said, "We are reducing the weight of the plane". In the same way, we feel we are doing this, we are doing that. What work we do is all a dead work.

A tree dies and then we make a house, we think we made the house, from the dead stones we make something and we think we have made something great. We have done nothing that is living. We make a chair and we can't sit on the ground, the matter sits on our head. The matter sits on our head. It gives us habits and slaves us, enslaves us. You can sit here, there's a chair. So when we think we are doing something then we have this ego, Mr EGO, ego, it's there in the yellow patch and if we do anything wrong or bad also the idea that we have done something wrong also settles down there. The other side is black is the conditioning that you get. Any kind of conditioning we have we can get it from a fashion from religion from anything. Now all this condition on one side and ego on the other side covers our brain, and sometimes it even overlaps, so the fontanel bone area gets covered. And it becomes a thick crust there, but when kundalini rises She passes through this Agnya chakra there in the centre. This is the thing which is adorned by Christ. this is the cross on which He crucified Himself, and it is He who sucks in the ego and the superego the conditioning. And the whole thing opens up like that and the kundalini pierces through. So, it is Christ who sucks all our karmas. Karma theory was established at the time up to the point of Shri Krishna, that too he, he condemned, that the karmas can be overcome, that your karmas can be overcome, but after that came Christ and He created a special place for us, the Agnya. Shri Krishna came to this centre, but Christ came to this centre, and he solved the problem for us, all your karmas are sucked in you become a pure personality. These are very out of date things now.

The life tree is growing, evolving, giving you a great blessing today that the blossom time has come. And the flowers have to become the fruits. So, forget about all these things.

Question

Shri Mataji: It started in many ways but especially by human beings. It's a long story, not a very good one. Let us think of

something good, I must have given quite a lot of lectures on that also. But you don't have to worry about that anymore. When we are sitting in the boat we don't think about where the waves have come, do we? We just hurry up to get on the boat to save ourselves.

Very nice people.

Yes

Question

Shri Mataji: No that you leave it to your kundalini, She's an expert. Nothing is difficult for me. If you leave it to her, but if we carry the load on our head, then what can kundalini do? She works it out. I think now we should go ahead with realization because time is sufficient, and those who have more questions can write them down and give it to us before we start the program, so I'll answer them.

Now those who want to come forward can come in the passage and there are seats here and there, can come down. There are rooms here also, some seats here can come down. Those who do not want to have self-realization should leave the hall. It will take only ten minutes.

Come along there's a room here for you, come along gentleman, there's a room for you, please come here yes, yes, yes, come along, let him have comfortable seat, yes move on you can move on. Such good people, I think Sahaja Yogis can come from the back side, (laughs), come from the back side. You must give room to new people, alright?

It is great you know, so very happy, very nice people, they want realization, that's the point is.

For the people (pause) you can sit on the chair, you'll be comfortable if you can sit. Please, let them be settled down, I'll tell them. Wonderful people, I am so very happy, such nice people are there. Alright.

Now, it's a very simple thing one has to do, very simple because I am going to tell you how to raise your own Kundalini. I have to request that we have to take help of the Mother Earth, and if you could remove your shoes, for a short time, it will help, for a short time. Thank You.

Ya, it's good, thank you. Need not to remove socks, but at least the shoes. But those who are sitting in the ground can sit very comfortably, no problem, but you have to be comfortable. Now, you have to understand as I told you the left-hand side is which creates conditioning is also the power of your desire, normal desire, so, yes. So, you have to put the left hand towards me, desiring for your self-realization all the time. Sit like this lady, if possible or with laps, if you feel comfortable, or you feel comfortable? Alright.

Now you need not to sit with a slouch or too much of this thing, just in a straight forward way. You may take out something which is not making you comfortable. Alright, now you have to put both your feet parallel on the Mother Earth. Now, you have to put your left hand towards me as I told you, and then use the right hand for the action of dilating your different centres which I will tell you.

You can come here there's a room, here you can come, come along.

Alright, now this right hand is first to be put on the heart, and left hand towards me, ya, left hand towards me, right hand on the heart. In the heart resides the spirit, it's the reflection of God Almighty. It's the reflection of God and kundalini is the Holy Ghost, is the power of God, is the primordial Mother, She's reflected in your kundalini. The seat of the spirit is on top of your head, but it resides in the heart. So, first we put our right hand on the heart, then we put our hand in the upper portion of your abdomen on the left-hand side. Now, this is the centre of mastery that you become your own guru. Now below that, we work on the left-hand

side, so below that on the left-hand side of your abdomen you put your hand and press it. This is the centre through which all the Divine power works. Again you go back on to, now the kundalini starts moving when we will close our eyes and start it, so you put it back you hand again on to the upper part of your abdomen on the left-hand side. Then you, then you put your right hand to the top of your heart again. Now you raise your right hand between the shoulder and the neck in the corner there and turn your head to the right. Many people do it from the back like that but, it is not proper, should be from the front. But turn your head towards the right. This centre catches in the people who feel guilty. And in the West it is very common, even here in Brussels, I can feel it, so, first of all, you should not feel guilty at all. Then you put your hand, open your hand and put it on your head, on the forehead across and press it on both the sides. Now take this hand on the back side of your head, put the load of your head on that hand very slowly, and put your head upwards. Then you have to put your hand in such a way that you stretch it nicely, and stretch the fingers backwards, now, in the centre of the palm, this is this, this is that part, the Sahasrara, so the centre of the palm has to go on top of you fontanel bone area. Now stretch your fingers, stretch, now slowly press it seven times the scalp, and move the scalp, seven times clockwise. That's all, that's all now we'll do it. Now I would request you to take out your spectacles, be comfortable and close your eyes. And please don't open your eyes, there's no mesmerism, till I tell you, till I tell you.

Alright, now, please close your eyes, put your right hand, left hand towards me, both the feet on the ground parallel to each other, now, put your right hand please on your heart. Here you have to ask me a very fundamental question, ask this question in your heart. Please ask the question "Mother am I the spirit"? Ask this question three times please, "Mother am I the spirit"? "Mother am I the spirit"? Now you may call me Shri Mataji or Mother, whatever suits you. Now, please bring your right hand on the left-hand side of your abdomen in the upper part. Now here as you are asking for the spirit, there's another fundamental question is to be asked because if the spirit, because the spirit is your master, so you have to ask another question to me, "Mother am I, my own master"? Ask this question three times. "Mother am I my own master"? Again. "Mother am I my own master"?

Now, take your right hand on the lower part of your abdomen on the left-hand side. Here, is the centre that works out the Divine powers, Divine laws. If you have to have the knowledge, the pure knowledge, you have to ask me, I cannot force you, I cannot overcome your freedom. So please ask me, "Mother please give me pure knowledge". Please ask six times because this centre has got six petals. "Mother please may I have a pure knowledge?" Six times. As you say this the kundalini starts rising, awakening and it starts moving upward.

Now you have to help to open out your upper centres. You please place your right hand now in the upper part of your stomach, on the left-hand side. here is the centre of your mastery, so to make the way for the kundalini, at this centre you have to say with full confidence "Mother I am my own master". Say it ten times. Say it ten times, please. "Mother I am my master", "Mother I am my master".

Now, raise your right hand again on your heart, press it. Here with full confidence, you have to say the greatest truth, you have to say "Mother I am the spirit", you have to say twelve times. "Mother I am the spirit". "Mother I am the spirit". Now, twelve times, please.

Keep your left hand towards me. You have to know that God Almighty is the ocean of love and bliss, but above all, He is the ocean of forgiveness. Whatever mistakes you might have committed, His power can forgive it, so don't have anything that makes you upset about yourself. Please forgive yourself and enter into the kingdom of God with a pleasant mind. So raise your hand in the corner of your shoulder and your neck and turn your right head towards the right side. Press it hard, here you have to say sixteen times with full confidence in God's power of forgiveness and in your own powers, "Mother I am not guilty". "Mother I am not guilty", "Mother I am not guilty", sixteen times.

Now, raise your hand out of there and put it on your forehead, pressing on both the sides. Here, you have to say "Mother I forgive everyone". Now those think, those some people who think that it is difficult to say must know that it's a myth. Whether you forgive or do not forgive. But when you do not say, then you play into wrong hands. So, from your heart, you should say, how many times is not the point.

Now, take your hand on the back side of your head and put it back, your head resting on it, here you have to say from your heart

"Oh Divine if I have done any mistakes please forgive me", but it's for your satisfaction, not to feel guilty at all.

Now, please take out this hand and stretch it, stretch it and put the stretched palm on top of your fontanel bone area. Now, press it hard and you have to ask again because I cannot force you, you have to bend your head a little and you have to say "Mother may I have the self-realization". Bending will be better for you in front. Please say it seven times, moving the hand seven times, bending the head forward will help you better to move.

Now take down your hand, please. Both the hands and now put your right hand towards me like this. Why don't you do it, you are sitting in front, you must do it. Alright, now put your left hand on top of your head, open your eyes slowly. Little higher, bend your head it would be better. Some people get it much higher, much higher, above, above. Left hand, left a hand on top of your head, little higher, little higher. Then the right hand towards me as it is I told you and the left hand you feel the cool breeze on your head.

Now put the left hand towards me, left hand towards me, don't touch your head, but left hand towards me and the right hand on top of your head. But away from your head, not here away from your head. Now please put again left hand towards me and right hand on, better, much better.

Now please put down your hands. Now, you can raise your hands towards the sky like this and ask a question "Mother is this the cool breeze of the Holy Ghost"? "Is this the Braham Shakti"? "Is this the all-pervading power of God's love"?

Now bring down your hands, please. Put your hands like this. Those who have felt cool breeze out of their fontanel bone or out of their hands, please raise both your hands. You didn't feel it? You did, I know you did. I know so many have felt it but don't doubt, if you have felt it raise your hands, again one, either here or here, higher, quite a lot, quite a lot percentage has felt it, look at the little one raising his hands. So sweet. Thank you, now, doesn't matter. Again I am coming here and you are going to feel it, everybody is going to feel it. Quite a lot of you have felt, but still, again we'll re-establish. And we have a centre here, where you can meet and feel it, you can also feel it in each other's head, try. Those who have not felt can feel another person, you can feel now, this gentleman says he has not felt, see on his head, he not got it or not. You have got it, I know.

Not to feel disappointed, he didn't feel it? Warm. Alright. Some have felt warm. It's alright, now those who have felt warm should put their right hand towards me and left hand like this. You see because of the heat inside it's alright doesn't matter. Right hand towards me and left hand like this, all of you can do it's good. Right, right hand towards me, right hand towards me. Keep your eyes open and watch me without thinking. Too much thinking gives you heat. Better now? It is cooling down now?

Good, now let's do the other one, those who are feeling hot on the left hand, put your left hand towards me and right hand towards the Mother Earth. Left hand towards me and right hand towards the Mother Earth. Put it on the Mother Earth, no, no, left towards me and right on the Mother Earth or towards the Mother Earth, working faster, working much better. Left towards me and right towards the Mother Earth. Now, cooler? Cooler now. It's all will cool down. It's very good. May God bless you, tomorrow again will come here, I'll be here and I am sure we'll be able to establish it completely and also we have got a centre.

Not to feel disappointed, not to feel bad about it, not to discuss it. It is going to work out. But by discussion, arguments not, it has to work out like sprouting of the seed. Sprouting of the seed, it has to work out like the sprouting of the seeds. Sprouting of the seed, seed.

Thank you very much, thank you. May God bless you, thank you. May God bless you.

Thank you. Hope to see you tomorrow, bring more friends, all your friends you invite. Good (laughs) you got it, now enjoy, enjoy. Alright, very kind of you. can I take this with me? Alright. Thank you very much. Aha! That's very kind of you, thank you. May God bless you. Of course, I do. How are you? Yes of course.

Hello, how are you? Alright?



Hello! He's a born realized child.

Oh! you should, come along you should, come along, let's start, you should, you should, everybody, one minute you'll feel it just now, put down your, please please you should feel it, why not? Just, please come along, just stand there, just now you'll feel it, just stand no you can stand there if you like, take out the shoes, come along, come here, come here. What did he say? Beautiful, you are beautiful.

Oh, I see. You know me to do you? Now please hold your hand like this, you can sit down, you can sit down, sit there comfortably, yes yes, be comfortable. now put your hands towards me, just raise his kundalini, he has got a left Agnya. When did you start using the spectacles? Yes, I know, so please put from the back, take this light, hello, take this light, he'll be alright, his Agnya is catching. Do you mind? Yes, just put your hands, it will work. You didn't feel Madam? Raise her kundalini, somebody. She is alright.

Beg your pardon.

Raise if from below. Heart, give Bandhan on the heart, just on the heart. I think put the light on the heart. Did you get it? Didn't you? No? Put it like this. Or just say Mother please give me my realization. That's all. Got it? Are you feeling? You got it just for the asking you get it. It's alright? The heart. Is she alright? Come here. Good. Are you feeling Sir? Vishuddhi, vishuddhi.

It's good you've got it now. Fine. What work you do? but what job he did? Printing. Vishuddhi is not ok, put the hand. Got it on his head, are you feeling something?

Just ask "Please Mother give me my realization". With faith in yourself.

Ha, now better, now are you feeling? But you are feeling peaceful now? Have you got any thoughts in your mind? Alright, now the thing is this centre is not alright, that's why you are not feeling it. Once this centre will open out, you'll feel it, but you have got it now. Alright? The feeling will come. Are you alright? Good.

You have not felt? Bad vishuddhi you have. Did you get it on your head? It's alright. She can do it. She's got it, only vishuddhi is bad. Alright.

Are you alright? Did you feel it? Hot, it's alright, hot means the heat is going out, but there is an opening. Left hand alright, now put your left hand on your liver, you have a liver problem. Now, what is she saying, this lady? Ask her.

Hand she did feel? Cool? It's alright, Hands you did feel, take down your umbrella, just see now. It's alright, it's alright.

He's not felt it as yet, he's alright, now come along tomorrow, don't be angry with yourself. You should be pleasant. It's alright, are you alright? You are feeling in the hands? But hands? Let the ego go out, you all have an ego, let it get out. But not to feel guilty. If you feel it's alright, not to feel guilty. Don't feel guilty. You feel guilty, don't think about it. By auto-suggestion can you take out the cool breeze? No No don't doubt, otherwise, you can't have, just have faith in yourself.

You must come to the centre, develop yourself, then you go down, very bad, very bad here, you must come, you might develop some disease, you must develop properly, isn't it?

Do you meet with some Guru? Put your hand, whatever you read is not all bad. Haan now better see! A little bit, very good.

Are you alright? Are you alright? Are you alright? There's nothing to be serious. Just enjoy. Now you come every time program is here and develop yourself and become your master. This is not good. This is very bad. I know, I know that, but what I am saying,

get your realization, you should have come, now don't neglect. Getting better and better. What about this gentleman?

Sahaja Yogi: He would like to know Shri Mataji how to forgive and stop feeling guilty and how to forgive when we are aggressed.

Even by not feeling, even by not forgiving, aggression is there but you are playing into their hands when you don't forgive. It's a myth, secondly, yes it is a myth, and secondly that second question that he says that how can we stop feeling guilty? You must face the problem no use feeling guilty. Say you must think about it what wrong you have done and correct it. Correct it for next time, correct it for next time. By feeling guilty you'll not be alright. Now let him put it like that, if he gets realization, all problem solves. Now put your hand here. Alright? Everything has happened, you got it now, whether you forgive or not forgive, you've got it, (laughs).

Sahaja Yogi: Shri Mataji this person sent you his love.

May God bless you. Thank you very much for everything. What's her name?

Thank you very much, you are within me. What about her?

Sahaja Yogi: She would like to get you blessings Shri Mataji.

I have blessed you already. May God bless you. I'll be all the time with you. But you should come to the program. As this lady got her realization and neglected, she has developed a problem here, I don't want my children to get into problems. So you just pay attention to yourself, come to our centres, work it out and become masters.

And you have, you have to just give some time, nothing to give otherwise, time to yourself. And not to be angry with yourself, only two things. Alright, because you are so beautiful, what's there to be angry.

Now can I take you to leave? Hope to see you tomorrow. Thank you very much. Alright, I am going Maria, I am going now, thank you for the tea. May God bless you all, May God bless you, enjoy, enjoy and enjoy. This world is created for you to enjoy.

Hello! how are you? May God bless you, your face has changed

Thank you.

## 1987-1008, It is so invaluable, that you cannot pay for it

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8 October 1987

It Is So Invaluable, That You Cannot Pay For It

Public Program

Auditorium General Motors, Antwerp (Belgium)

Talk Language: English | Transcript (English) – Draft

1987-10-08 Public Program Day 2 and Q+A, Antwerp, Belgium

### PART I (Talk)

I am sorry the hall is so far away, you found it so difficult to come here.

I bow to all the people who are seeking the truth. Yesterday I explained to you that truth is what it is, will be the same. And a simple truth is that you are the spirit. You are not this body, you are not this mind, you are not these conditionings, you are not this ego, but you are the spirit.

And the spirit is reflected within you as in the mirror there is a reflection of a personality, here is the reflection of God Almighty. Now those people who have talked about God or have said about God have been absolutely correct and honest.

Of course nowadays in modern times, we find many false people who are claiming about God. But it is very easy to make them out. None of the incarnations like Christ or Rama or Krishna asked for money from their disciples. They did not have hankering, they did not have the temptation to build big huge palaces out of the money of their disciples., or to buy Rolls Royces. One must understand that it is so invaluable, that you cannot pay for it.

I say it again and again here because I have been told by very responsible people that Anglo section brain cannot understand anything without money. Unless and until you make them pay money, they will not be serious about it.

I ask them how much do you think you can pay, what can purchase truth, actually you sold Christ for 30 Rubles only, none of them behaved this way and this modern method that has started of Guru shopping is something, is beyond anybody's, should be beyond anybody's comprehension. So, at the very outset, we have to say Sahaja Yoga is not for sale.

It is you who has to work it out, you have to become realized souls.

Though the kundalini rises spontaneously, because it is a living process, like a seed sprout, you can't pay money for sprouting seed to the Mother Earth, do you?

So it happens spontaneously as a break-through of your evolutionary process. This is the right of every human being, to get self-realization. But they are not aware of their right. They are aware of very petty useless rights, but not about the fundamental right which they have got.

Today as you know there's such chaos, confusion and I explained to you yesterday that people don't know what's going to happen in the future. And at this moment, at this time, one has to say that so many people are going to get realization, and they are going to save the world.

Now let us see how a human being goes into imbalance. As you see in the map, that I am giving you the knowledge of the roots. You see on the right side and left side there are two channels. The right side channel is known as the Pingla, which is the Sun channel, Surya Nadi. And the left side channel is called as the Ida Nadi, which is actually the Chandra Nadi, means the Moon Nadi, the Moon channel.

Now, on the left-hand side, that is on the Ida Nadi or the Moon channel we have our emotional side, we have our desires, they are not pure desires. As I told you yesterday if they were pure they would have been satiable. But the pure desire is the kundalini.

On the right-hand side, you find is the channel which we call as the Surya Nadi, or the sun or the solar channel, which is responsible for our action. Both physical and mental.

Now it so happens that human beings go into imbalances, say in our body the centres are like this created by two channels, one on the left and one on the right. Say this is the spinal cord in the centre. Now supposing you go too much on the right or too much on the left, there is an imbalance created like this. And the connection with the whole is lost. Now let us see how some of the diseases come to us. A person who is working too much with his mental capacity or his physical capacity starts using his

right side too much.

The one who works on the right side, is the yellow chakra, called the swadishthan, this centre is the subtle centre swadishthana, works on the physical side on the aortic plexus, also it does very important work, of converting fat cells for the use of the brain. The brain is made of you know of white and grey cells and these are all the time used when people start thinking too much. So they are to be replaced, and that work is done by this Swadishthana chakra.

When you are too much futuristic, you think too much, plan too much, then Swadishthana goes into action and starts doing only one work, that is to convert the fat, fat cells for the use of the brain. But it has some very important things to do. Like it has to look after the liver, then it has to look after your pancreas, then spleen, then kidneys, all these it has to do even your I should say lower parts of the abdomen are looked after by this chakra. Like the large intestine, the descending colon.

Now when a person starts using all the energy of this centre for one-sided activity, then all other functions that it has to perform are kept aside. As a result of that first thing happens to them that they get a liver which is overactive. Such a person has got very disturbing attention. His liver emits too much of bile and he feels like vomiting all the time. He cannot eat his food very well. he keeps very thin, keeps very thin (laughs) and also he could be a very angry person, sometimes very hot-tempered. He feels terrible heat in his body and the heat in the body which is the poison of the body is not absorbed by the water in the circulation of your blood. So, the heat repels in the body, this heat melts the phlegm in the body. Such a person starts developing hay fever, sneezing, colds, ultimately asthma. Asthma is easily curable in Sahaja Yoga. When you raise the kundalini of a person, he becomes thoughtlessly aware. The thoughts never invade such a person, though does not invade such a person.

If the person wants to think, he can think, but otherwise, he can be in silence. So, because of less thoughts, the Swadishthana rests and can do other jobs better. Now another thing it develops apart from all other complications on the right side when it works very hard it has no time for your pancreas. So the people give up sugar because they get sugar in their liver, they get diarrhoea, what you call, they get diabetes. Now, this diabetes comes because not because we eat sugar but it comes to us because we think too much.

If you go to an Indian village and see the farmers, they take so much sugar, that they say that the spoon must stand in the sugar, that much sugar they must have. And they never get diabetes. But the person sitting on the desk, doing all the work and the higher the person, the higher position it is, is more vulnerable to diabetes, than an ordinary peon. This is the disease of the intellectuals.

Then we have another problem, the spleen. The spleen is the speedometer in us. It sets in the rhythm of the behaviour of the body. The body acts in a certain rhythm. And it comes into play when there is some emergency that it starts creating more red blood corpuscles. Now supposing you eat your food and you start running, you start getting then you get pain on the left-hand side of your stomach always, poor this spleen, is already helps you to digest the food and suddenly you want to run so it has to have an emergency alarm and it started, and it starts sending more and more RBCs into the bloodstream.

But if in modern times we see ourselves we live like very hectic mad people.

Formerly people use to go to work about 10'0 clock, nicely having their food, their wife sitting next to them, fanning them nicely, giving a rhythm, talking to them nicely, nobody was in a hurry.

Now the first thing we do in the morning is to read the newspaper, and something horrid reading newspaper, don't believe in reading something good news, it always has to be horrible, sensational, and then you get the shock, to hear something horrible, some earthquake, somebody died, so many crushed, so many killed, you see all the list of all such things are there on the first page in bold letters, you say "Oh! God". Then you are in a hurry to go, so somehow or the other you dress your self up your wife gives you breakfast in your mouth, you get into the car, eating in the car, somehow rushing, hectic, hectically driving through a rushed hour you see the jam there.

This our human body is a very delicate thing. It's made so beautifully, it's not a hippopotamus that we are. But even a hippopotamus doesn't do all these hectic things. Now this hectic life that we lead, our poor this thing spleen doesn't understand, what sort of a gentleman is this, what sort of a lady is this, every time every third minute he wants more RBCs. So, first I mean it acts alright but then it loses its rhythmic temperament and it becomes hectic. It doesn't know when to produce more RBCs, when not to produce, it becomes so hectic as soon as he sees the newspaper it starts producing more RBCs, alright now he's getting a shock better keep him prepared. Now this hectic type of a spleen gives you a very serious vulnerability to blood cancer.

Now, of course, Sahaja Yoga has cured many patients of blood cancer, no doubt.

So one day she too asked me Mother why don't you keep to only curing people. I told her I must have cured thousands of them, but out of them, very few have taken to Sahaja Yoga. And the Divine has common sense. The lamps which they have repaired are not going to give the light, what's the use of repairing them? What's the use of curing people who are not going to help others?

It's better they go to hospitals and look after themselves. While we have to have people who look after others.

Now another thing that happens is the kidney, they go out of action, and that's how people develop blood pressure. All these add up to their tension, so they are always tense. They do not know how to relax. They give themselves auto-suggestion relax, relax, relax, relax, relax. (Laughs). And they are never relaxed.

Now, this comes out of too much thinking, can you believe? What do we think also? Thinking is nothing but a mental projection. Any mental projection is linear, it moves in one line. It goes up to a point and recoils back. Look at some enterprise, they wanted to have science, of course, it was all discovered spontaneously, whatever was not there was discovered through some miraculous happenings. Great scientists recognize that like Einstein says that "I was tired and fed up with my research, and in my garden, I started playing with bubbles, soap bubbles, and suddenly from somewhere unknown the theory of relativity dawned upon me, dawned upon me", it's the word he has used. Newton says "I am like a small little child collecting the pebbles of knowledge on the shore of knowledge". The more they knew, they understood that they have to know a lot. And that the horizon is increasing all the time, and they became so humble.

Now with all these advancements what do you have? This side we have created an atomic bomb, Hydrogen Bomb, Nitrogen bomb, all bombs to kill ourselves. On the other side, we have created acid, this, what you call ascetics, and plastics all that. We sit on plastic, we eat in plastic, we have become plastic. Heaps and heaps of plastic, if you burn the plastic the whole area will be polluted. You don't know what to do with that plastic. There was no need to invent plastic at all. The reasons are you want to have too many things.

One cup is sufficient for one person, but we must have nine types of cups to drink wine, alcohol, this that, then for water, then for juice, then for that, like that twenty cups there. Then we have to have spoon one for sugar, one for coffee, one for avocado, all kinds of spoons we have, why? Just one spoon is sufficient. Then we have to have so many closets for that so many plates, so many this thing, ultimately we have got plastic. But all these have come from machines.

Now machines are for us, we are not for the machines. There should be some balance between human beings and machines. Now machine is like a devil, it must feed, it must feed someone must go on feeding, and you must sell what all comes out you must sell, do what you like, hit somebody, kill somebody, do what you like but you must sell that, otherwise what to do with that machine? The machine is pouring out every day now what should we do with that? How are we to sell it so aggress other people, go to their country, go there, take them, make them wear this, wear that, all kinds of fashion must be brought in, be-fool everybody.

We had gone to see some house, we wanted to purchase, and I went to that house, it was one of the funniest houses I have ever see. In one room I went, and so many pants and all that was hanging, they fell all over me, I said what's all this going on in this house. In another one all the socks were on me, in another one, the little children dress fall on, fell on me, I said I was in a shop or what? They said, "No no you see these are all gone out of fashion, so we are now taking to new fashion". I said then you build another house now for that, then you keep the clothes when they will go out of fashion.

It is a vicious circle. It's that first, we create so many things then we must find out what are the weaknesses of human beings are, if they don't have any, create some, like fashions. So one should not have any tradition left in them, you must have every time new, you must do something new all the time. Without any discretion, it's such an imbalance in a person that he just because of something is new he wants to do it.

I mean whatever is good in the tradition must be kept and whatever good in new should be there, some discretion should be used. Like we had a dinner and I was sitting with an ambassador, another ambassador and he was telling me that you don't like Freud and you like Hume and I said "yes I do", so he said you told the same old story I said no it's evolutionary, he brought it out to a point like a living process has to have a seed, then the tree, then the flower, it grows from one to another, it doesn't mean that you just start something hanging from the air. So he said "no but something new should be accepted all the time and should be tried". I said, "all right all these food we have eaten before, we have never eaten the table, let's eat the table now, its new, new idea". It was rather undiplomatic on my part I agree, but this craze for new is so maddening, people don't even think what it is going to happen. Like somebody putting his hand in the mouth of a Tiger, it's a new thing let's have an experience.

Last time I was in Australia, they told that so many Americans are dying here, I said: "How?". They said, "there are lots of crocodiles here, and we've told them not to swim there, there are crocodiles, but they just want to have the fun of it". But crocodiles don't differentiate between Australians and Americans. They had a nice feast of them and they would not listen, the Americans won't listen. So this is what happens when we go into imbalances by thinking, by projecting ourselves into a mental linear movement saying that yes, I think what's wrong, what's wrong?

I mean in the severe cold of England suddenly a fashion came that you must wear clothes with holes, you see big holes, the holy,

that's crazy. In England, in very severe cold time there was a fashion that you must wear clothes with holes in them, here hole, there hole, their hole, there hole. I said "why do you wear with holes, it's so cold you know", they said "what's wrong, we will wear, what's wrong? Why should you say like that to us?" I said "I am sorry, but I think it's very cold and you shouldn't wear something with holes, it's very cold", I was taken aback, the way they were angry with me.

Then they had something called punk, and they painted their hair red, yellow, black everything and then they had very bad eyesight, they started becoming little blind. These dyes are very bad for you, you can try them on some dogs and see that the dog loses the hair and also can become mad. But again the question would be what's wrong? So this is how a man makes himself suffer from imbalances of the right side.

Even on the physical side sometimes they really go crazy. This year I went to America and in Houston airport, I saw some ladies with muscles like that, like that, muscles actually developed, I said: "What's the matter with these ladies?" All of them catching on their heart. They'll have a heart attack very soon, a woman can't do all those things, she's not supposed to do. Going to the extremes of everything is very wrong. There should be temperance in character. They must have some human wisdom, even a monkey knows how far to go, a donkey knows how far to go, donkey will never try to carry a load of an elephant, but human beings have such a good understanding of himself that he can become from Scorpion to Elephant, from a Fox to a Tiger, anything he can become. That is the reason why human beings suffer from so many complexes and problems.

Last, of all such people who are all the time thinking about future, about outside life and never about their spirit, have no time to relax and meditate, no time to introspect, not to reflect about themselves, the troubles start that they all get horrible heart trouble, a heart diseases. These heart diseases come because in the heart resides the spirit. And if you do not pay attention to your spirit it just disappears, and that's how one gets a heart attack. Now there is another type of people who are left sided. Also, there are such people who get paralysis, I forgot about, another thing which is very common is paralysis.

Another type of people is such who indulge into too much of emotional enjoyment. Like

Greek tragedies. I never knew such an absurd thing existed anywhere in the world until I went to Greece. We Indians are too naive and I thought romantic means the person who is in love, will live with that person, but Greek tragedy means you love somebody and marry somebody else.

There was a girl who was married to a very sensible man in Spain and this lady was, had this idea of romanticism. She wouldn't allow him to touch her, she said "See I have only romantic love for you, I want to enjoy you mentally, I don't want you to touch me", something absurd, you know to us who are naive people in India, to me it was a shock. And no Indian will believe that when you tell them this means romanticism. So with your mental projections, you have found out ways of expression of your love.

A straight forward thing which every animal knows, you don't have to teach about it. Is a physical act, of course in human beings it is a sane act, has so many permutations and combinations that God knows what is the problem, what is the problem, that one must go on thinking about it, organizing it, planning it, nonsense it is. And then it starts thinking about other men or women, not your wife or husband it's another funny thing.

Now here I am, I have got my own watch, this is my watch, you see I have purchased it, alright?. But I don't want to see my watch I want to see into your watch or his watch. It is absurd, isn't it? Is unintelligent, it is stupid I should say. Now you have a beautiful house, a nice house to live you everything fine, but you want to look at everybody else's house and enjoy that house and not your own house.

Then the eyes start moving like that and the attention becomes so disturbed that such people will end up as mad seizure phrenic people. Like any lady who cries too much and weeps too much and all the time is grudging and complaining and is extremely unhappy, miserable for nothing at all, suffers from so many diseases which are, which cannot be explained.

Actually, cancer is a disease which comes from the left side, it is triggered from the left side. Some sort of fear, some sort of unhappiness, some sort of insecurity can act to trigger cancer. Many women in the west suffer from breast cancer, breast cancer is very common. Its caused by the centre, as we call it here, if you see there are three centres together, that centre is here, you see we call is the heart centre, that is the one when it is in danger. This is the centre that creates your antibodies, till the age of twelve years, and then they are all distributed in the whole body and they send information to you if there is any danger.

Now, if a lady is suffering from the insecurity about her motherhood from the husband, supposing husband is a flirt, he tells her lies, she discovers something about him and she develops insecurity, or else she's cheating her husband and she's afraid of him, she's afraid of the society and is feeling insecure, she gets breast cancer. If she gets it not because something is basically wrong with her, physically wrong, but something mentally wrong with her.

Schizophrenia comes from so many sources as you know, and that also comes from imbalances, like people who go on wars. Who asked them to raise wars? What was the need to go for wars? Like if from America they sent people to Vietnam, they, they

are all back, and they are all psychopaths. One of them came into my program and he just got up and started hitting somebody like mad. All these things came with the problem of the left side and the person ends up with a deranged mind. Alcohol, smoking, drugs all these things give you a problem in your awareness because you, your brain gets damaged. The damage is very slowly working out. You don't see the damage but it goes against your awareness.

Somebody told me that we drink because we are Christians, I said: "When did Christ say that you must drink alcohol". "No, because in one wedding he went and made water into wine". In Hebrew language wine means the juice of the grapes. You cannot make wine in one day, can you? The wine has to rot, has to go on rotting for days together, has to become horribly fermented, once they have all the germs in it, of fermentation, so that when it goes in your stomach it overpowers all your liver, your nerves and you also get drunk. Older the wine the better they say, means older the wine, the more rotten it is the better it is.

Also, I must say with due respect the kind of cheese we eat, I mean how can our liver be alright if we are eating so much of fungus. This fungus is so dangerous for us. I wish Doctors could see to it what this fungus does to our liver. If there is fungus on the skin becomes dry, there is no lustre on the skin, this is outward. But inside a person may develop cancer of the skin, it can develop cancer of the liver, cirrhosis, all serious troubles of this liver because of you like this pungent cheese. And if you tell them, they say it gives a sensation on the tongue that's why they eat it. Day by day because of too much ego and conditioning human beings are becoming very insensitive.

They will not like Mozart's, or Strass or any classical music or some sort of a Verse or some melodious music they will not like it, they can't hear it, they just don't go into their head. They have to have loud music with the singer jumping on the mic, everybody jumping on the people and then the people can hear it. Nothing goes into their heads, but do you know if you hear this kind of music for about 20 years, you will become absolutely deaf, you won't be able to hear anything.

Even if a husband is a shouting type or a wife is a shouting type, either the husband or the wife will become deaf after some time. But, if you hear such horrible music with those things on your ear, what's going to happen to your poor ears, these are human ears, not of an elephant. So we are so unkind to ourselves, and these imbalances bring forth so many diseases. And these in-sensitivities are going to make us so funny that one day we'll have to put electrodes over our head.

On the other way, round things are very simple. (She wants to come, alright come, come, come, slowly, just help her, come just come, come along, come along come along...slowly, hmm).

So what is the problem in that, is that you don't want to realize how to get rid of our problems, how to manage that we go above all these things. How to get rid of all these imbalances. To be like children, they are not serious about things. They will play with one thing, throw away then play with another thing, throw away, they don't get attached, they just know love, they just understand love. Now, how do we become like children now, with all this we have got this in our heads.

Like some people came to me with very hair-like primitive people, some young people, you see they have fashion to have hair like primitive people. So I said, "Why do you want to have hair like primitive people?" They said, "We want to be primitive". I said, "You have got hair like primitive people but the brain is very modern". This brain how will it be primitive. By making the hair like that you can't make the primitive brain. It's the other way round.

Now, so what do we do? We have within us this power called the kundalini, that is to be raised. When it passes through all these various six chakras it integrates you, the physical, mental, emotional being gets integrated. All these centres become enlightened and nourished, and then when you pierce through this fontanel bone area you become connected with the all-pervading power which is so subtle.

Now when that happens then you just become thoughtlessly aware, you become peaceful, and you become balanced. The chakras which have moved like this just get back like this. Automatically you can get cured, get rid of imbalances and you become very sweet people.

This is just your own, it is with you, all the time has been with you, only the connection has to be established, as this instrument is to be connected, you are to be connected. This is as simple as that, and if you have to put lights, what you do is you put a switch on and everything comes on. But, if I had to explain the history of all the electricity then all the connections and all the sources, you will get bored. So first let us have the lights on then we will discuss this thing. That's a better thing to do. May God bless you.

(PART II Question and Answers)

Now today we are very late because this place is so far away.

Have you given any please come here, any questions to you? Do you want a flower?

Did they give?

Did you give any questions?

Did you write?

Alright. Only one or two because we have little time. Alright?

I think you attend to her, no no he can, I am saying. Just attend to, she wants to ask a question.

What is she saying? Can't hear anything.

Sahaja Yogi: Once the kundalini is awakened is it dangerous to continue without guidance?

Shri Mataji: If the kundalini is awakened it's not dangerous but you cannot continue. You have to be in the collective. You have to work it out in the collective. You can't go very far all alone, it's a collective happening. You see like this hand is a part and parcel of the whole body, isn't it? Now if this hand doesn't feel that oneness with the whole body, then how far can you go, so you have to be, and you have to be collective, you have to understand the collective otherwise you can't go very far with it. There is nothing dangerous about kundalini, but you'll stop at that point. But of course if you are not mature enough then maybe you might, you are like an ordinary person as any other ordinary person is, you can get diseases, you can get into trouble, anything can happen because you have not yet matured. But in Sahaja Yoga maturity is very important, you must mature, unless and until you are mature, then how can you say that you are alright?

For example yesterday I met many people who got realization last time when I was here, they felt very much better this thing, but no progress of any kind. You don't have to give anything, you don't have to give up anything, you have to just mature. Many people are also very funny, I have heard them saying "I am not ready", what do you mean you are not ready? You are a human being or not. If it is to go to a pub, if it is to go to a bad woman, if it is to do something wrong, they are always ready to jump in the same. But something good, something benevolent, something that is giving you a new personality, "We are not yet ready". This is escapism from reality.

Any other question, please?

Yes.

Question: I told before Shri Mataji that in the third month the kundalini is coming and then the logic deducts that abortion is not that he says the second month, not so terrible in the second month than in the 5th month.

Shri Mataji: It's very far fetched. Have you any problem like that? Why should you worry about abortion? If you have that personal problem, I can understand, it's very far fetched. In Sahaja Yoga whatever is needed has to be done, if there is abortion to be done, it has to be done. But only for abortion sake to do abortion is absolutely wrong. In case the child is going to kill the mother, in case the child is deformed or something, there should be discretion about it. And that's how if there is abortion is to be done there is no harm in it, but just for abortion sake you should not go any doing abortions, is not logic.

We have to be fair to the mother as well as to the child. And also to society. As it is in the west there is this minus growth of children as if the children don't want to be born here perhaps, normally women always get abortions very much in the west, very common disease, very common. I have seen at least in Sahaja Yoga, practically most of the girls who get married at least have one abortion or two abortions. I am amazed in India, nothing of the kind. It's surprising that in India if a woman doesn't get a child she goes to this temple, to that temple, she'll beg of it, she'll say God I'll give up everything let me have a child.



But statistically, they say that in England such an advanced country, two children are killed every day, by their parents. And in London city, two children are killed every week.

No wonder the children don't want to be born. In Germany, the government pays more than a minister to women who can produce three children. You didn't understand...I said that in Germany as it is the population is minus in all the western countries because the children are killed by the parents. And the child abuse which is unknown to so many people is such a common thing going on, means as if the people are after the innocence, after the children all the time, I don't know why? Children are the best among human beings and flowers are the best among all the plant life. But everybody hates children and so many people try to abuse them, is as if the whole innocence is challenged.

There's no fatherhood, there's no motherhood, there's no feeling for the little child which God has given us as our trust and how do we look at that? So no, one should not think of abortion, I have seen people who are not yet married and they want and go and consult their lawyer for a divorce, they have had no children and they want to consult a Doctor for abortion. This is not a very good attitude. Supposing our parents had done that, then you would not have been here. Alright?

So you have to be very kind to children.

Now I think let us now have the meditation and understanding how to raise the kundalini so that you can do that at home yourself.

It takes hardly ten minutes and doesn't disturb you and doesn't trouble you at all. And those who do not want to co-operate can go. Because there is nothing to be forced, you see so those who don't want to do should go away and leave us, no use sitting down here looking at everyone making everyone feel miserable.

Alright.

Now, he's from Sahaja Yoga, So many photographs, how many photographs you have taken this morning? And you can have an album, but just now we are going to meditate, so not to disturb alright? Thank you very much. So many photographs you've taken. You are satisfied, alright. You can come tomorrow again.

Now it's a very simple thing, that left hand represents our desire..... To get realization you have to put the left hand like this towards me. You get your realization, come along, ask the photographer to sit down, take his realization, come along. No no sit on the chair, he's very good, very good, that's very kind. Alright.

Now please put your left hand towards me, like this left hand. Now, this represents your desire to get your self-realization. The right hand is the action, so with the right hand, we will be nourishing our own chakras and helping the kundalini to rise.

Now I 'll show you how we do it first of all and then we'll do it later on. Now you keep your eyes open, take out your shoes, put your feet parallel, we take out shoes because the Mother Earth helps us. Now, you have to use your left hand like this and the right hand you have to put first on your heart. In the heart resides the spirit as I told you. Then below that here, in the upper part of the abdomen on the left-hand side, you press it, this is the centre of your mastery. Then you have to take this right hand in the lower part of the abdomen on the left-hand side. Here is the centre which works out the divine laws. So you get pure knowledge there. Pure knowledge and technique. Then you raise your right hand in the upper part of your abdomen and press it. Again you go back to your heart. Now you place this hand in the centre here on the left-hand side in the corner of your shoulder and your neck. And then turn to the right. Now, this is the centre where when one feels, feels guilty, there is an obstruction. You are not to feel guilty at all. After all, we are human beings, some mistakes are committed, doesn't matter, don't try to count them. And please don't feel guilty at all. You should be pleasantly placed towards yourself because you are going to enter into the kingdom of God. Now, this hand is to be taken on your forehead across like this and both sides you press it, now this hand has to be taken

on the back side of your head and put the load of your head on your hand and push it back. Now, please stretch your hand and in the centre of your palm, here, you touch this part with the soft bone you had in your childhood known as fontanel bone area. Now stretch your fingers upward, please press your to hand hard and move your scalp clockwise very gently seven times, please.

Now, please close your eyes, you can take out your spectacles because eyesight also improves with this, and please don't open your eyes till I tell you. Now put both your feet parallel on the Mother Earth, the left hand all the time towards me and the right hand has to work only on the left-hand side of your body. Now, please keep your eyes shut, put your right hand on your heart please, on the heart you have to ask a very fundamental question to me. Please ask three times "Mother am I the spirit?" You may call me Mother or Shri Mataji, and say "Mother am I the spirit?" This question is followed by another question now, because if you are the spirit then you are also your own master, your own guru, your own guide, so now please take down your right hand in the upper portion of your abdomen on the left-hand side and press it. Now, please ask another question "Mother am I, my own master?" Please ask this question three times, now take your right hand on the lower part of your abdomen on the left hand side, put the left hand towards me, nowhere I cannot cross over your freedom, in your freedom you have to ask this question, I cannot force on, "Mother may I have the pure knowledge?" Please ask this question six times because there are six petals in this centre. By asking this question, the kundalini has started rising. Now, please put your right hand now on the upper part of your abdomen to help the kundalini move faster through this chakra of mastery. Now here you say with full confidence "Mother I am my own master", ten times, please. Now raise your hand to your heart again and here with full confidence you have to say the fundamental truth about yourself, please say twelve times "Mother I am the spirit". Now you have to know that God Almighty is the ocean of love, grace and bliss, but above all, He is the ocean of forgiveness and you cannot commit any mistakes which He cannot forgive. So please forgive yourself first of all. Now, raise your right hand in the corner of your neck and your shoulder and turn your head to the right, nowhere you have to say sixteen times with full confidence in the power of forgiveness of God, "Mother I am not guilty at all". Now, please take out your hand and put it on your forehead across. Press it hard on both the sides, here you have to say from your heart, not how many times, "Mother I forgive everyone". Many people think that to forgive is very difficult, but it is a myth, whether you forgive or you don't forgive. But if you forgive you will not play into the wrong hands anymore. Now, take your hand on the back side of your head and balance your head on that, putting all the load of the head on the hand and push it back, no, backside, on the back side of the head, push it back the head, nowhere for your own satisfaction you can say "Oh Divine please forgive me if I have made any mistakes", but please don't feel guilty. Now, raise your hand on top of your head by stretching it to the maximum, now, put the centre of your hand on top of the fontanel bone area, stretching your hand upwards and moving your hand slowly, very slowly the scalp in a clockwise manner. Here also I cannot force you, so you have to ask for your self-realization. Now here we have to say seven times "Shri Mataji may I have my self-realization" or "Mother please give me self-realization".

Now please take down your hands slowly, open your eyes very slowly, open your eyes, please. Now put both the hands towards me. Open your eyes please, open your eyes. Now watch me without thinking. Now, put your right hand towards me like this and your left hand on top of your head, on top, above like this and see if there is a cool breeze coming out, above, above, here just see with your hand, here slowly backwards. You can bend your head, it will be better. Now please put your left hand towards me, and put your right hand on top of your head. Yes, now please put your again the right hand towards me, and the left hand above, above the head, open your eyes, above the head, bend your head above, not touching it.

Good, now, please remove your hands, you can raise your hands towards the sky, bend back your head and ask a question "Mother is these the cool breeze of the Holy Ghost?", "Mother is this the Chaitanya Shakti?". "Mother is this the all-pervading power of God's love?". Now, take down the hands, those who have felt the cool breeze in the hand or on top of your heads, please raise both your hands. So many of you have felt it. May God bless you, you didn't feel it yourself, you didn't feel the cool breeze in your hand, not in the head as well, it will work out, alright, so now very few have not felt. Can you come, those who have not felt can you come to this side, those who have not felt, come on the side, it will be worked out. Others should move in, let them be on this side. They could sit on the ground.

What's he saying?

Just move on, move on this side, a little bit you can move on, little bit space should be there, just move in a line, you can sit in the

front line, just move this side so that there is some space behind. Come along, come along, go ahead, go ahead, go ahead, there will be so many, there are Sahaja yogis please come, come and look after them. Now they will try to work it out with their hands. Come on this side. There should be room behind everyone. Where are the Sahaja yogis?. Yes here there are some people, make them sit in a line, move up move forward, move forward a little bit, now come along, come behind. What is it?. This gentleman, some Sahaja yogi can work on this gentleman here, come along, work on this gentleman. This lady here, this lady there, alright, you got it? She's got it, alright. This gentleman, there's a lady here in front. What's the problem? He's got it?

Sahaja Yogi: He thinks it's the air conditioner.

No No, it's nothing to do with air conditioning. It's here from the head, the air conditioning is coming. Just see this gentleman, in your head, there is no air conditioning, it's there.

Work on this gentleman, others can, you go ahead, ha better. Good. Put him left to the right, put it first left to the right, left to the right, raise it from left to the right, no this, left to the right, from left to the right, no no no, from left to the right, left to the right.

Did you feel it, there, she's felt it, alright, what about that lady, red ribbon, behind, you all felt it alright, they are working on it. Alright, no, no it's alright, those who have got it should get up and give them a Bandhan. So enjoy, why are you serious? You've got it.

Alright, this gentleman, put his left to the right, is he alright? Ask him to keep his eyes open, ask him to watch me. Watch me.

What about her?

Felt it, she also felt it, great, what's it, no?

Yes.

No, right nabhi. Better now, just see on the head, are you feeling? Put your hands towards me, please.

Alright?, Left nabhi, Good.

What do you say?

What's he saying?

Ask him for self-realization, ask him to ask, you got it. He's got it. He's got it, he's got it, just see on his head, he's got it.

He didn't feel? Vishuddhi, Vishuddhi is the problem, put your hand on the Vishuddhi, he has got it on his Vishuddhi, no?

Vishuddhi. What work does he do?

Ask him.

Ask him the question about the teacher. Teacher of all the teachers.

In the right hand, right hand, right hand towards me, left a hand on the liver, ask a question. Are you feeling anything in the hand?

Now, ask him to say, " You are", ten times.

Kabir Das says "when you have become intoxicated, then what can you talk. jab mast huey phir kya bole".

Kabir Das one of the poets he says about realization, "That now I have become intoxicated what should I say, just enjoying my silence".

No?

Feeling it?

Let me try his hand. He has too little bit correct his left. Can you correct his left?

Let him go there, his neck, both of these have, you both can go there, correct their necks, they will be alright.

So many people have got a realization. While I was coming I saw the Moon and the Venus are in conjunction, a very good sign. Moon is the spirit and The Venus is the kundalini. Moon and the Venus. Very good day, you got it? Did you feel the cool breeze?

May God bless you.

Enjoy. Enjoy.

I'll be coming again next year, by then you all should become great saints, giving realization to others. I hope to see you all. May God bless you.

You must come to the collective.

Bring the baby. What's the name. very good name. Hello, hello. Very hot, very hot, is it? What's the name? Catherina? Good. Somebody is smiling. You're cured. Catherina. See the smile. You're cured. hello! So very sweet. Such a sweet thing. Such a cute thing. Hello. Hello, smile, alright. May God bless you. Good name. Be careful.

What about the photographer? Got realization? She got a realization or not. Sure? Otherwise, you can't get good photographs. Then you will see, alright? Better get it. Just stand. Try on her, Come here, one minute, come along, just sit down. Just give him a realization. Haan. Somebody give him realization, give her realization, come along. Got it? He's got it, May God Bless you, now take a photograph, let's have it.

Hmm, you ask for a miraculous photograph.

May God Bless you all.

Look after your realization, mature, mature.

Come to the centre.

## 1987-1009, Shri Mahalakshmi Puja, Morning

View [online](#).

9 October 1987

Mahalakshmi Puja

Trees and Willy Maes's House, Mechelen (Belgium)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahalakshmi Puja, Mechelen (Belgium), 9 October 1987.

It was so very nice to come to Belgium and have so many people for our program and I must say, now we are getting to people who are very sensitive. [Translation follows – yes]

It is a ... it is a new dimension I think, I feel, we are entering into. Because now we are really getting people who are seriously interested in their realization and are very respectful. And that aggressiveness is much less. You don't find anybody being aggressive.

So we can say, that now the road is paved for all of you to work it out in a Sahaj manner to bring them properly to Sahaja Yoga and settle them nicely.

Now this Sahaj manner should be understood.

In a Sahaj manner, when they come to you, you must know they are absolutely new to Sahaja Yoga.

So first and foremost thing, you should not talk about Me. You should not tell them anything about Me; but you have to tell them about Sahaja Yoga and about yourself. Like you can say, "I had the same problem as you have." Or you can say that "You see, it took me more time than it took you." It's a little lie, but doesn't matter. [Shri Mataji laughs, laughter] You see, because first of all, you must understand human beings. If you tell them directly "You are bad, you are evil; you are bhootish" then they will run away, though it is true.

A lady from France came to see Me. She said that "They told me I'm evil." So I said, "No, no you are not. Who told you that?" And gradually she improved.

So you have to tell them that "You are the Spirit" and whatever is hanging on to them will be dropped out and will be cleared out by their Kundalini.

So if that happens they feel happy and they get their benevolence. It is how beautifully you handle another person.

Now there maybe people who want to argue.

With them you should say, "You know, you cannot argue it out, because it is beyond human awareness." And you better tell them that it is ... "You better take your Realization, then we will talk about it. Not before your Realization."

So then, if they are not getting any Realization, you don't tell them that "There is a bhoot sitting in your left Nabhi or right Nabhi."

This is our language – Sahaja Yogi's language, not their language. Ya, so you have to be very careful to handle them very carefully.

Now there could be a problem between, say, a son and parents, mother and a daughter, or maybe husband and wife. So you...

(Just a minute, this side, what is she doing to them? Hallo, listen to Me, all right? All of you should pay attention to Me, here. All right. No, no, it's all right. Let her be there. It's all right, but she should pay attention this side, all right? Sit down.)

So we have to tell them that "You carry on, don't worry about it, because the inner joy will start giving you strength." Then gradually the another partner will understand you – see your honesty of purpose, and would try to appreciate you. Gradually it works out. But if it does not, then we'll see about it. Now when you handle them with love and care, you can establish them. But if they start misbehaving you also should not lose temper at all. You should be very forgiving.

Now I must say, that in Sahaja Yoga you have to respect your leaders. Of course, you might not find them perfect, maybe. Or maybe you may find them to be little bossy, possibly. But you need some bossing sometimes. And leaders must know how to also correct people, because you need correction.

I met a lady, I was telling you, we had told them, that you need not have a guru. So, she said "No, no we must have somebody to guide us. And that guru will guide us and also will support us, so we would like to follow him. In spite of the fact he is a very bossy fellow and he always gets annoyed with us and he takes money from us. And it's not a guru, if he's not - if he is very soft, means he should not be kind."

So we have another kind also of people who want somebody to dominate them for their spiritual ascent. They are better people, because they want their ascent in any case. And they accept corrections, because they want their ascent. That's the first thing.

So even if the leader bosses, they like it very much. In some places people told Me, "Our guru is very soft – we must get some strong fellow."

So I leave it to the leaders, who are called as gurus by some people, to be kind, compassionate, good. But should not compromise with nonsense and laziness. Because the first thing, people get into is laziness after Sahaja Yoga. We have to be committed. Now I too have a family and I have grandchildren.

My daughter has come all the way to see Me in London. She's been there for one month and I haven't been there yet. She's waiting for Me.

So it's all right, one has to do it. This is My commitment, because this is your purpose of life. And the purpose that you have mainly is to ascend and help others to ascend. You are special people, who have to do such a tremendous task.

Otherwise how can we have lots of people coming to Sahaja Yoga? So the Sahaja way is to yourself improve with meditation and introspect yourself and see yourself.

You must meditate and you should not see the defects of others.

The second thing to be Sahaj is to be collective. If you do not meet collectively every day, then there will be a problem. In the collective only the maturity starts. It is a living process as I told you. Now supposing a tree is growing and you take out a leaf from there and the leaf will say, "I'm going to grow by myself." It cannot grow. It will be left out.

So that is what one has to remember: that it is a collective happening. We all have to meet and grow together.

Now, those who are not collective will disappear one day into thin air, like a dead leaf.

I think people don't understand the meaning of collective happening. It is just like a tree growing and with the tree everything else that belongs to tree also grows.

So for the growth of this tree one has to remember that you have to stick onto the tree. But the tree is not going to run after you, "Stick on, stick on to me, stick on to me." For that whatever has to be done, has to be done.

You know, when the winter comes, all the leaves fall off. What they do is to create a barrier between themselves and the tree by some living process. They create a barrier in between, there's a little bark that comes in between. Now when that happens the leaves fall off and the tree becomes barren. Now same thing happens in Sahaja Yoga. When you do not accept the principle of Sahaja Yoga you put a barrier between the sap and the leaf. Now when that happens, the leaf falls off. So you have to open out yourself, your heart, everything to suck in the sap to nourish. You have to give up your Ego and Superego, your conditionings and the ideas you have had from before. This is what is the surrender, is the Islam. And that is to be achieved. But that is not going to help the tree, it is going to help you.

Now some people say, "I'm not ready." Then how will you grow? Actually when a little child is born, immediately it wants to suck in the mother's nourishment. It feels it has starved all this time and it should suck mother's milk immediately.

And all those are seekers, once they find their Realization must behave in that manner.

They should all give up all the conditionings and all these nonsensical ideas and immediately push themselves and also cleanse themselves fully to suck in more and more of this nourishment.

But it does not happen that way. That's why some people do not grow that fast. It is a pure intelligence that gives you that sense, I think. Pure intelligence comes from pure heart and if you pay more attention to your heart, to your Spirit, then it will work out.

In the course of your movement in Sahaja Yoga you will see you'll be blessed. Not only that you'll have the blessings but you will have jobs, you will have money or else children will pass with flying colors. They will become obedient. Your health will improve, you will get money, you will get married, you will have nice children, wise wife, you'll get homes and ashrams.

But these are all temptations. Many people get lost in one of those.

Now supposing I have to catch the plane and on the way I see very nice gardens or things, then I get down to enjoy the gardens, how will I reach the airport and the aeroplane? So these temptations must be seen as just entertainments (Shri Mataji repeats to the translator) as entertainments. Entertainment, all right.

Now our understanding of Sahaj is simple if we do not think about it. But if you start thinking you'll go mad. How can you explain that a person just like you can give Realization to thousands? How can you explain that you can see the sun on My heart in a picture?

All this pictures which are there, how can you explain? For example, you get My photographs in the sky, is a fact. How will you explain that? So it is beyond your brains. So better not think about it.

Just gradually accept the joy.

I always say I've done the cooking for you and very good food. Now only thing is for you to eat it and taste it. Why do you want to know how it was cooked, when it was cooked, and what else has been done to make it so tasty?

You should just appreciate and enjoy.

Like a painting you have, you don't think, "From where did he get the paint, how did he paint and how was he sitting, what food he must have taken, before or after?"

But in Sahaja Yoga we do these ridiculous things, you know. It's very surprising, that people do not understand one simple thing: that Kundalini has risen without thinking and not by our effort.

The Kundalini has given us this good health, good temperament and has changed us so much. So She is going to do the job, only thing we should try to support Her and to keep our central path clean. It's very simple.

So now I feel very much encouraged that from Holland and from Belgium we have such nice Sahaja Yogis here, and also I would say it is rather difficult for some people to come to India.

But try to come, because those who have been to India have settled down much better, because India has got something magical about it, that it transforms people to a deeper level.

You should not come half-heartedly. I feel that those who can come on monetarily should not find excuses, "I'm not ready, I'm not thinking", because such half-hearted people are not going to gain anything.

You have to come with full force, as I told you the newly born child, otherwise it is useless.

Don't play into the tricks of your mind.

It's like a donkey – if you take a donkey lightly, then it will just start grazing anywhere it finds grass. And if it knows that the person sitting on his back is a lousy fellow or a lazy person, it will drop him. And when it knows that it can go ahead of the person then it can even kick you back.

That is how your mind is. It dominates you, it sometimes starts grazing on pastures and you think that's a very good thing, you are very peaceful or else it starts dominating you.

So how to manage this donkey?

Best way is to catch hold of the ears, and carry it with you. Donkey is for you, you are not for the donkey. So this is one of the hurdles, that we have very much.

As far as you all are concerned you have to know that Sahaja Yoga is to be understood not by brain, but by heart. I have known people who can give big lectures on Sahaja Yoga, can write books, but have no vibrations.

So this is not the way Sahaja Yoga is.

You have to be a Yogi. That's a religion in a way in our being. That's the religion of a Yogi.

Like human beings have ten valencies, a Yogi must have at least eleven valencies. And the eleventh valency integrates you with the religion. You get identified with righteousness, with compassion, with love, with assiduity – perseverance – or also detachment.

That means you do not expect anything. You do it for doing's sake. You love for loving's sake.

That's the best way to enjoy. You enjoy your loving capacity. You enjoy your generosity. You enjoy your forgiveness.

You enjoy all these great qualities of righteousness. You'll never feel hurt. I do that all the time.



That's how I'm always happy and full of joy.

May God bless you all.

## 1987-1009, God is not for sale

View [online](#).

9 October 1987

God Is Not For Sale

Public Program

NH Amsterdam Grand Hotel Krasnapolsky, Amsterdam (Holland)

Talk Language: English | Transcript (English) - Reviewed

Public Programme (evening) in Hotel Krasnapolski, Amsterdam, 9th October 1987

I bow to all the seekers of truth.

As I have been telling before, we cannot conceive the idea of truth. It cannot be a conception of human beings. It has to be felt on your central nervous system. As you can see me with your eyes and can feel me, you should be able to feel the truth. There are many wrong ideas prevalent about the truth. But all the great incarnations, all the great prophets have said that human beings have to jump one more stage in their awareness to understand the truth. This jumping or this breakthrough is a living process. We have got our human awareness through our evolution spontaneously, effortlessly, through a living process. And to go further with it, it has to be a living process, which acts spontaneously.

As we have not paid anything for our evolution as human beings, we cannot pay for anything that gives us a higher life. There can be no courses about it. It's the built-in quality within us, like a seed which sprouts by itself. We don't make the seed go through any courses, nor do we make it stand on its head. Nor do we pay any money to the Mother Earth because she is giving us such a lot of beautiful nature. But it has not been understood so far by human beings that God is not for sale. Nobody has the business to earn money in the name of God. And God's work is a living work. It is not a dead work like making some buildings or anything else of that kind.

The living work of God is to give self realisation to people. They have to be given the power of their Spirit, which resides within them. If this power of Spirit is not manifested in the human awareness then we can say that the evolutionary process is still incomplete. As the desire of every flower would be to become the fruit, it should be the desire of every human being to become the Spirit.

But we find human beings are lost in other types of pursuits. Pursuits that do not give you any joy, they do not give you any purpose of life; they keep you on a very mundane level of existence. Slowly and steadily human beings are realising that now they have created a world which is like a big shock. Nobody knows what is going to happen to this world which was created by the divine for a very great purpose. But people do not want to budge out of their mundane living and mundane understanding of life.

But there is a category of people who are aware of this life which is not yet complete and are looking forward to something that is beyond. But perhaps they do not know what to seek. They do not know what is awaiting their seeking. They are going into all kinds of ways and methods. Any book that is published becomes a bible for people. Every book is not a bible. Anybody can take a pen in the hand, write something and publish it and also give some sort of authority of science to prove that that is the best. But which science is complete? Like people write books about food; this should not be eaten, that should not be eaten; that should be eaten. And they do not see the health of the person who has written the book. That person may be overactive; because that person has paid more attention to food, to the right side. It must be a person who lacks softness, tenderness, kindness. The variety of books that we see on the shelves should confuse everyone. The less we read would be a better idea.

Now within us lies the brain, as you know, which has got one thousand petals according to Sahaja Yoga. So some doctors came to fight with me; "It is not one thousand but 998 nerves." But maybe two you might not have seen. Now whatever is said by

Sahaja Yoga can be proved. So it comes to you as a hypothesis, and this hypothesis is to be accepted as a hypothesis first. And then is to be verified if it is true or not. But from the very beginning, if one starts saying, "This is all no knowledge." or something like that, then how can you tell the person what is within yourself? The refusal to know anything means people are unscientific by temperament. They don't have an open mind to see for themselves and they have no courage to see for themselves.

For example, if somebody sets up a shop for spirituality, people think it is rather secure. They think that if he cheats us, we can take him to the courts, so it is better to go to a person who takes money than to a person who doesn't take any money. Now, the dilemma is this; how much are you going to pay your Kundalini? She is your own, she is your mother and she wants to give you your realisation. So how much are we going to pay her? You can't pay me because I am just a catalyst. It is your Kundalini, it is your own Spirit and it is your own ascent.

But as I said, this is the knowledge of the roots. We have the knowledge of the tree, but the trees must have the knowledge of the roots or they will become like this<sup>1</sup> without any leaves and after some time they will die. Now to reach the roots, we have to be a subtler being and all the arrangements are made within us to be that.

Even a psychologist like Jung has talked about it. He got his realisation but he did not know the full knowledge about it. So he says that we have got the unconscious at the lowest point, which is the Kundalini perhaps. Then on top of that he thinks is the collective subconscious. Then he says there is also, above that, the subconscious; then is the conscious mind.

Because of this little mistake people think that if you go to the subconscious you will reach the unconscious, but it is not so. You can see here<sup>2</sup> in the centre is the ascending road. As you have put a central path for me,<sup>3</sup> I don't have to jump over you or go through you to come here. And God is the greatest sensible organiser.

So the left hand side, at the extreme left hand side, you have got your collective subconscious, which is built in you from your very creation. Next to that is your subconscious. After that is the present subconscious. Now after that is the present which is the centre.

Now if you start from the right side, we can say, at the extreme right we have the collective supraconscious and then we have got the supraconscious, and then we have got the conscious mind which is the present.

Now on our nerves, we have got the effect of our subconscious mind and collective subconscious mind. Also we have got the effect of the supraconscious and the conscious mind. So all that is dead since our creation; since we were just matter, then animals, then human beings; everything lies in the collective subconscious. And in the subconscious lies whatever we have been conditioned with. Like now I was born in India so I am an Indian. You are born in Holland so you are Dutch, like that. This is all a conditioning. But actually we are human beings. All human beings smile the same way; cry the same way.

So first of all we have to be human beings in the purest sense. So the conditionings from the left side have to be dropped out. But if you fight with your conditionings, they do not drop out. New habits are formed. Like the young people felt that it was too much to wear traditional dress so they took to hippyism, say to anti-culture. Then anti-culture became their conditioning. They could not get out of it. Now if they take to something else then it becomes again their conditioning. And human beings like to carry brands on their heads. They will be materialists or they will be communist, they will be capitalist or "somethingist" they will be. What about being a human being? If you are a human being, then all these things exist within you. Whatever brand you may wear, all these centres are within you. Now only the residual power of Kundalini has to rise.

I must tell you also today, because I am here only for one day, as a result of self realisation what happens. The first and foremost thing that happens is that many incurable diseases get cured and you never get again sick. The second thing that happens is that many people, who want to be creative, become very creative and have a creativity flowing into them. Many people have the technique, but they do not have the creativity. And the power of creativity starts flowing through the second centre of Swadishthan.

By the first centre a person becomes innocent. What Christ has said, "Thou shall not have adulterous eyes." Those innocent eyes get the light in their eyes, the light of innocence. And such a person has no lust or greed in their eyes. But such powerful eyes of love that even a glance of such a person could cure you. Even a glance of this person can give you peace, and all the auspiciousness could be bestowed upon you by that glance. Innocence we have lost, but it is not dead, it is there existing within you. It is like a moon covered with the clouds, but it exists and it gets awakened and enlightened when you get your self realisation.

In the other centre when you approach, the third centre of Nabhi, your material problems get solved. You become a satisfied soul. You don't cheat people, you become honest. There are ten valencies<sup>4</sup> within us. Every human being has ten valencies while carbon has got four valencies. All these valencies are actually the inner religion within us.

Now people talk of religion. You ask somebody they will say, "I am a Hindu. I am a Christian. I am a Muslim. I am a Sikh." But they can murder people, they can steal things, they can tell lies, they can do whatever they like, like a satan. And they think they belong to a religion. But the religion does not belong to them. The religion is so superficial and that is the reason why many people have discarded God. There is nothing wrong with God; there is something wrong with the people who profess that they follow God. Here they are following a satan and saying that they are following God. Then what can you do? It is just a lip service people are giving.

So the religion within is enlightened and such a person becomes extremely joyous. He enjoys his virtues and his righteousness. He enjoys his honesty and generosity. He enjoys his straight-forwardness. He is rid of all the fears. You can see in the life of Christ, where Maria Magdalena was to be stoned - he had nothing to do women of that kind - he stood up before her and said that "Whosoever has not committed sin can throw a stone at me." That is the fearlessness of a great soul.

So the fears disappear and physically the problems, also in the stomach, are completely removed. Above all, you become your own master, no habits can dominate you. We have seen people giving up their habits, even of very serious drugs, overnight.

It's like this, on my sari you say there is a black spot and I am blind I can't see; so anybody who says "You have a black spot on your sari," I am not going to believe it. As I am identified with that black spot, I am not going to take it out either. But as soon as my eyes are opened, I see it and I clean it.

I have been speaking continuously for the whole month, and somebody is smoking here. Is there somebody smoking? Please don't smoke. Please to be civil don't smoke. I can't bear it. Thank you. (Man shouting) You can go at the back and smoke. Are you smoking now? It's alright. Please, don't smoke.

So you drop out all the bad habits. That is the best thing that can happen to human beings, that they become so powerful. Once you get your habits you have no will power to drop it, you become weak and you start justifying it. But when you become a very strong personality, you love yourself, love your being and you don't want to harm yourself at all. All those things that are harmful to you, you just drop out, because these are self-destructive things. But before realisation if I say that you should give up your bad habits, half of you may walk off. So the first thing is to give you realisation. If you get your realisation, then there is no problem. I don't have to tell you. You automatically do it.

Now, another thing that happens is very important... is by the centre of the heart, which is the centre from where the antibodies are created, the antibodies to fight the diseases, to fight the foreign matter, to fight anything that is destructive. That is done until the age of twelve years; then all of them spread in the whole body and wait for orders from the centre heart below the sternum bone. Now when you get your enlightenment, in that area, the messages which are given are empowered. So whatever messages go, they are empowered; and they make a person so powerful that he does not easily contract any disease. Say like AIDS now, Sahaja Yogis don't get aids at all, wherever they may go. Like cancer, it's curable in the early stages. Because a person gets a balance most of his physical problems are over. But the greatest boon of this centre is that such a person feels extremely secure and peaceful.

Above that is the centre of Vishuddhi chakra. This is the centre of collectivity; where a person realises that he is a part and parcel of the whole; that he belongs to the whole. Like this hand is serving this hand, it's actually serving itself. At the Vishuddhi chakra, when the Kundalini comes, you start feeling the cool breeze in your hands and the power which is all pervading you start feeling. But when the Kundalini even crosses this, but it is not fully opened out; then you don't feel in your hands, but you get your realisation alright. Such a person develops a beautiful face, very sharp eyes, nose, ears and a very dynamic brain. He doesn't think so much but ideas start pouring into his head.

When the Kundalini crosses over this chakra of Agnya... This is the chakra of Jesus Christ, which is a cross. Both the sides of the cross you see. Your conditionings and your superego on the left hand side, as you have seen, go to the right side as the blue conditioning. And the right side goes to the left, as the ego, yellow like bile. Both these; ego and superego, the conditionings, the sacks, are sucked in when the Kundalini pierces through the chakra of Jesus Christ. And you become thoughtlessly aware. There is no thought. If you want to think you can think, but there is no invasion of thought upon you. You develop a witness state. You start seeing the whole thing as a joke or a drama and then you solve your problems better.

Supposing you are in the water then you are afraid of the waves; waves of thoughts. But supposing you are in the boat then you can enjoy the waves very well. On top of that you solve your problems better. You can see them clearly. But if you become the master of swimming then you can jump back into that water and can swim in it and enjoy the waves.

Now the Kundalini enters into the one-thousand-petalled Sahasrara. It's the brain. If you have seen the transverse section of a brain, it looks as if a lotus flower has been cut. So every nerve has got an aura like a petal. And when a nerve gets enlightened all these petals get the beautiful light of different colours. They look like flames, but very silent and very gentle, flames that give you a cool breeze.

Then the Kundalini crosses the fontanel bone area. You start feeling the cool breeze coming out of your head. The Kundalini is the Holy Ghost, is the primordial mother. The cool breeze of the Holy Ghost you can feel clearly on top of your head. That is how you get connected with the all pervading power of the love of God. This is real yoga, not standing on your head and breaking your necks. You become a beautiful person, a dynamic magnetic personality. You get completely integrated; there is no quarrel between your heart and your head and your attention. Actually this is what you are. Like this instrument is made to be connected. If you do not connect it to the mains, it doesn't work. That is the situation of human beings.

So this happening is the second birth of human beings. This is the second birth. And the second birth is given to you by your own mother, individual mother, your own Kundalini. She is very anxious to do it. And so far I have seen those who come to Sahaja Yoga assiduously, all of them have got realisation. Maybe in one day you may not get it. It does not mean... you might get it also. But you have to settle it. Like one light which is enlightened has to be first looked after till it is steady and the maturity is reached, then nothing can disturb it. You become the master. You yourself can raise the Kundalini of people, you yourself can give them good health, you yourself can give them joy and happiness. There is such a lot of glory and beauty within, which has not yet manifested. You must just allow it to manifest. It is a very simple method and I am sure it will work out tonight.

So may God bless you all.

Question and answers

Now if you have any questions you can ask for a little time because we are a little late already. Already feeling it? Do you speak English?

Question: Yes a little bit. I was in different kind of situations and now it is here behind my eyes.

Yogi: She has a catch on the Agnya chakra she says.

Shri Mataji: I know. You have been to some guru? Drugs?

Seeker: No. I was always by myself, in a lot of situations.

Shri Mataji: So at home? Ah, that's the wrong thing, very wrong. Sit down, sit down. I will tell you.

This kind of mistake we always make. Unless and until you are connected, and if you start saying some mantras, it is like spoiling your telephone without a connection. You must, logically, get connected. I will correct it. Don't you worry; in no time. What else? In no time!

The only persons we cannot help are the obstinate ones. They also join in later on, when they see others are having a nice time. Like adamant children, you see.

Yes please. Just get up; get up please, if you don't mind. Yes?

Question: So many times people say that tantrism is necessary to awaken the Kundalini. But you don't say like that?

Shri Mataji: It is a wrong idea. By tantrism you cannot. Tantra means the instrument, and when people say tantrism they are doing just the opposite of what should be done. For example, if you have a car and if you take out the wheel and start moving it, will it move? Tantrism is just like that, is to take out the wheel and start moving it.

Then all kinds of nonsense they do. The worst thing they do is to put dirty habits into you by mesmerism or something. The worst thing they do is to tell you that Kundalini can be raised by the sex act. Now all the animals do the sex act. Are they going to get their Kundalini awakened?

Now if you see it clearly, the Kundalini is placed in the triangular bone. And there is the chakra of innocence which manifests the pelvic plexus within us. It is called the Mooladhara chakra. It looks after all the excretion of the body. Now, it is placed below the Kundalini, not above the Kundalini. So when the Kundalini has to rise, it does not have to go to the excretion side. On the contrary, when the Kundalini is rising the excretion stops automatically. The whole thing is called 'urdugavati', which means going upward. The attention goes upward. So sex has nothing to do with Kundalini awakening. She is your Mother, and the Mother which is the purest of pure. Purity is the quality of Kundalini, because she purifies you. If the soap that purifies you is not pure, how can you be purified?

So tantrism was accepted by the West much more than by the Indians. Indians don't like the word; because they promised they will grant a kind of an evil control over people. They also put spirits and do all kinds of things. Go and see the lives of the tantrikas, and you'll be shocked.

What is the purpose of Kundalini awakening? It is to become godly, to be purified. By getting into the gutters, how can you become purified? It is a logic. One may claim anything, but what have they shown? Moreover those who go to tantrikas are really doomed people. I have had very bad experiences of such people and they have suffered a lot, physically, mentally and materially. So don't go near them, they are just money makers.

In India anybody can come from jail, wear that kind of a dress and walk about saying "I'm a tantrika." And in Germany he goes, sits in a square, and all the Germans are at his feet. I mean even there are people who give horrid mantras. Like there is a guru who gives, for 300 pounds, a mantra called 'inga'. 'Ingea' or 'inga', which means the scorpion's sting. And all other such stupid words, which are accepted by western people because they don't know what it means. And they are not allowed to tell anyone; it's a big secret, a very, very big secret; because if they tell this to Indians they'll be shocked. Mostly such people are sorcerers, they call themselves tantrikas but they are sorcerers. They are anti-Christ and are fake and false people.

The purpose of Kundalini is to make you godly. And if that is not achieved, it is not a Kundalini awakening but some sort of a horrid experience. Like one fellow had blisters round his neck, up to here, on his back. And he said "My Kundalini was awakened by somebody from Kashmir who has written books." This gentleman himself is leading a horrid life. It is when people try to do all these things to the Kundalini - she doesn't do anything - but in the centre is sitting the deity of innocence who gets angry. And all over the sympathetic nervous system, on the left and right, the heat flows; tremendous heat. And that heat makes a person shake. They shake their hands and say these are vibrations! Not only that but they mesmerise, because people cannot see, they're no good. They stick on to wrong things and suffer.

In India we know them better than you people know. Recently one of them was arrested in Madras, who was very friendly with very rich people from Iran, rich people from the United Arab League. I can't understand how these Muslims have taken to him. They all get exposed, one by one, all of them. That's the good point about them and they quarrel among themselves, that's the second point. And the third point is that all their disciples become so weak and useless that they can't do anything with them. They all become recluses, so one should not worry about them. Actually a Sahaja Yogi is the one who is the master of the 'tantra', is the master of the instrument.

You can come forward because some people can move in. Just come forward a little bit, little bit. Come forward. Yes, sit down. Also you can come this side. It's very cold that side. The lady should sit on the carpet. Please madam. No you are alright. I am saying for the other lady. Can you sit on the carpet, please? It's rather cold there. It's very cold. All of you should sit on the carpet, please. You see as a Mother I feel concerned.

Question: My question is, at one time I found a certain spiritual climate. Like I sort of think you're telling me about. And because of certain reasons, things that I attached it to, I forgot about it, it was lost. And for some years I've sort of been looking for the reason, no, for the right path that I was on before.

Sri Mataji: What is she saying now? I can't hear her.

Translator: Can you ask your question in a short way?

Seeker: My question is, if I find the same that I had before, how will I know?

Yogi: She said she had one spiritual experience some time ago but because of certain attachments she got lost, so she says "If I find it back, how will I know it's the right way?"

Shri Mataji: Now, the first thing we must know when you go to some guru or somebody, does he take money from you? Then secondly, how is his own life and character? Thirdly, does he talk of self realisation or not? Fourthly, you must see his disciples; have they got any power or not,. Can they give realization to others or not? What sort of life do they lead? Are they lost people? This is the guru.

But when you have your self realization, you start feeling it on your central nervous system, the all-pervading power of God, as a cool breeze. Now this is described in all the Shastras.<sup>6</sup> It is described by Adi Shankaracharya, as Salilam, Salilam means the cool breeze. It is described in the Bible as the cool breeze of the Holy Ghost. It is described in the Koran as Asas. It is described in the Sikh religion, in the Zoroastras, that God's all-pervading power is like a cool breeze.

Also we know that when we say you become a Christian, you are baptized here, that much they know in the church. Even the Hindus have a kind of ceremony that you are born again, and the Muslims and the Jews, all of them have. But it is an artificial ceremony. Nothing happens when the priest puts his hand on your head. When you experience a true spiritual experience, you feel extremely cool, calm and beautiful. And as you allow it to grow you understand the value of your realisation and the value of your personality. Like supposing you give me some Dutch money and I don't understand what it is. I'll have to go to the market to

find out the value, isn't it? In the same way when you get realization you have to try it on others, if you can give them realization or not, if you can work it out on them or not. Alright ?

Question: A question from a man who feels a bit suffocated in the city and asks whether he should leave.

Sri Mataji: No, no, no. You see, like a lotus is born in the mud and there are lots of worms and things; and then the lotus comes up and many lotuses come up and they become so fragrant that the worms run away. That is how you have to be a lotus in Amsterdam. And here you know they cut diamonds and Sahaja Yoga will make beautiful brilliant diamonds. Don't be that disheartened. You can always come and stay with me. Alright?

Question: Could you tell something about the work of the United Nations?

Shri Mataji: (Laughing) Naughty boy! You know my husband, do you? Do you know where he is posted and all that? My husband is one of the Secretary Generals of the United Nations. Better not say anything. No comment! But those who talk of peace have no peace within. Those people who give Nobel prizes. This Nobel Company is making all armaments; giving bribes to our people in India. Giving Nobel Prize, prize for what, peace? Another is the United Nations; it is united but not integrated. And there should be some people who are realised souls, who can do better. Maybe it might happen.

Question: The Belgian man who was here said that you will give us realisation but afterwards we have to train ourselves because the Kundalini can go back again. What do we have to do to continue in the state of realisation?

Shri Mataji: What's he saying?

Yogi: He says first you get your realisation but afterwards you have to work it out. He says, what exactly do we have to do?

Shri Mataji: That we will tell you, that's correct. You have to work it out means, when the Kundalini rises, with a force she goes up, alright, crosses over, but then you have problems; say physical, mental, emotional; so she attends to that. And if you know how to reduce her pressures; that's a little bit you have to learn. In a month's time you become an expert. So it's not working out so much, just understanding yourself and others, just understanding. You don't have to work with your hands or anything. Just you have to understand, "What is the problem with me?", "Why the Kundalini is not moving up?" For example now, you have a problem with your Vishuddhi chakra, so how to work it out is to be just understood, that's all. There is nothing much to be done.

Like, I would say, your problems you know, but some problems you don't know, which are there within yourself; and they start manifesting, you start seeing them. You have to understand how to remove those problems. And for that you have to come to the centre and ask them.

Question: Earlier you said that Sahaj Yogis do not get aids or cancer? How is it that they don't get that?

Shri Mataji: I've already told you, madam, that they don't get AIDS, because they have powerful chakras; this Heart chakra which produces antibodies, and these antibodies get the power to fight the AIDS, so they don't get it. And they don't indulge into bad habits also.

Now it's getting late, so should we now have the realisation part? It takes about ten minutes.

You have to take out your shoes for the Mother Earth to help us a little. Those who do not want to do it can go, because you see you cannot force it on anyone. You also must know that when others are doing it, it is not civil to sit down and watch others.

Self Realisation

(End of tape)



1 Pointing to pictures of trees on the walls of the hall.

2 On the chart of chakras.

3 Central aisle through the hall.

4 Qualities, as elements also have certain properties.

5 See chart of chakras

6 Indian holy books

## 1987-1012, Arrival Talk

View [online](#).

12 October 1987

Talk to Sahaja Yogis

Meli Ashram, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Arrival Talk at Meli ashram, Vienna (Austria), 12 October 1987.

Shri Mataji: My husband has asked Me to go there and bring that all. I told them that [inaudible] small children [inaudible] worked very hard. Nabhi is there why? Too much [sugar] all of them. (Laughter) All have worked very hard. [inaudible] very hard. Nabhi should be all right.

It is such a pleasure to see you, Sabine. (Laughter) [inaudible] I've never expected - just imagine [inaudible]. And I had nice lunch, very nice lunch I had. I had very good lunch, so no more lunch.

So when can you have time to go [Rahul ?] to do this? He has to go to India for that work of; you see he has got some sort of an order to do with some stamps in India. He has to go to organize that and also he wants to help in the house because I am here. So he was saying that you people have planned the whole thing. Akbar is there so you can go and help him a little bit, it can be done. I mean, it doesn't take much time. But for having this what you call that anti-dampness there, you see for removing the dampness. In India, we put a thick layer on the wall which is done in one day. He said the foundation must be laid that's all. Both of you should do some justice. He has gone for another work so we have to help him, in collective, isn't it?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: I will give a very good example of the collective. It's all right.

I said you have to consider that we are like a tree, all getting the sap from one tree. Now supposing a leaf which falls off during say winter time, what she does that in between the leaf and the branch they create a kind of a cork and because of the cork nothing can go to the leaf and the leaf falls off. In the same way, if you continue with our conditionings and our false ideas - I want to have a separate house, I want to have a nice family, to have a car of my own, of my own business then you become like that leaf and then you don't grow. So those people who say, "Oh we are meditating at home, we are doing this at home", they don't grow, because they are not getting the sap. You see they are just getting separated. This is the point many people miss and don't understand that how is it in the collective we grow better and not out of collective. So those who try to have their houses of a separately or say that, "No, no we would be alone and we'll have our own meditation, all that", never grow, this is the point is, never grow. You may have but you should always be the collective. You may have, is different.

They said they've got still the money for doing the foundation and My house is now being offered for a price but you know in London it takes at least one month or one and a half month for to get the money in your hand. But he says that once he has made the foundation then he does not have to do anything in the winter time. Then he would like to wait till he comes back from India in the month of February or March. Then it's all right.

Sahaja Yogi: When should it be done till Shri Mataji?

Shri Mataji: Beg your pardon?

Sahaja Yogi: Before Christmas, before the winter, the foundation. When should it be done?

Shri Mataji: Foundation is to be done.

Sahaja Yogi: Before Christmas.

Shri Mataji: Yes. That's the problem and he had to go for this work there.

I think there has been a cosmic change because the way program was attended in Switzerland I was Myself surprized. Switzerland is the worst place for Sahaja Yoga, and it was so many people, very serious people, seeking people, and they sat down, they wanted to know, I mean really wonderful people came, very surprizing. And then the second was this Belgium, which where I never expected even twenty people to come in, there were about four-five hundred people, very serious, very good people, very sensible. We were amazed at them. Then came this Holland - same thing. Two programs - all full. Tremendous it was, can't believe it.

And the people were so nice and also asking very nice questions, and after the thing was over, they stayed back, some of them did not get Realization, they came forward, others were sitting down nobody would leave the hall. We had to tell them, "Now it's finished now. (Laughter) Better go home." (Shri Mataji laughing & laughter) They would not go home. It's done-finished. (Laughter)

Same thing happened in Calcutta. The Lions Club had arranged a program. They all got Realization everything, everything was over, the music was over and I was about to leave. They were still sitting there. So they told, "Now it is finished, so you can go home." You see I think it's a bliss casualty. That's something surprizing.

Our aim should be now to give Bandhan, to do Yagnya to get good people. Because if you touch the right type of people then there is no problem, but Austria is very lucky that way I must say. You get right type of people all there, you are very lucky people. But in England I have to see, we had one program arranged but now it is being decided, I have to leave for India earlier and American tour has been cancelled, because so many things are to be done still in India, and I am sitting down here. So what will, so many people coming you see so many things to be organized and - right from your kurtas to your saris. (Shri Mataji laughing) Such a lot of work is to be done still. So I was thinking if I can leave by 25th or so, 24th or 25th, so if you people could just send away all the money everything in time. Then I should go and try to organize it. Because organizing itself is quite a big problem.

All right now, I think the Nabhi is better.

Sahaja Yogi: Better Shri Mataji.

Shri Mataji: Improved. Yes it's still numb. But new people should be asked to come because what I have seen unless and until you go to India don't settle down, isn't it? There is something about it. It's a fact. One has to go to India otherwise they won't settle down. They should be prepared and be put on liver diet. (Laughter) So as it is this is the condition. Then they go there and they have the sun then they vomit [on]. So it is better that they should be prepared here and they should be told that what caution they have to take. Of course food matters, I always tell them to give them simpler carbohydrate food as far as possible. Sometimes of course they give you little fried things, but sometimes. But it is to be prepared in the sense that you have to take a course for about a month on liver. Better go on a liver diet. This is a hot country after all, but better to be there because what Sabine told Me that last January when they returned it was minus 25 degrees. (Shri Mataji laughing)

Sahaja Yogi: Yes, Last year.

Shri Mataji: Really?

Sahaja Yogi: Yeah, it was heavy snow fall and it was extremely cold.

Shri Mataji: He'll be back by the, I think twelfth or so you'll be back but those who want to stay on, we can arrange your stay there; no problem, to avoid the winters. (Laughter) Minus 25.

Sahaja Yogi: Yes it's very, very cold.

Shri Mataji: That's going too far. (Laughter) Something should be done about it, isn't it. (Laughter) It's like worse than Himalayas. (Shri Mataji laughing) Yeah? And before going to London do you know that London was all drenched and there was water up to this much, the whole of south of England. People were wading through and were going in a canoe from places to places. It's terrible. But when I reached there the rain stopped. And today it was such a nice sunny day, unbelievable. Switzerland is even worse, you see. I was saying that we should have our programs in January, because January is the worst month here, than December. But they thought because of Christmas holidays it's better. But January is a much colder month.

Sahaja Yogi: Yes, it is a very cold month. It is the coldest month in fact, Shri Mataji.

Shri Mataji: Hm. Now better.

Sahaja Yogi: I think Shri Mataji the ashramites are a little bit to be blamed, we were drinking coffee working really very, very long.

Shri Mataji: That's why Heart and Nabhi is catching. Yes. It's so beautiful. But there was no need to work that hard. Worked very hard, beautiful. You see, but one thing I've seen that all events help you to improve, isn't it. Like when I went to Shudy Camps, they said half an hour before that, (Laughter) the situation was very bad. And I saw all of you with the tape this running (Laughter) and My husband was saying, "Let's go, let's go." I said, "No, no, no, just wait. (Laughter) Still time, still time." He said, "No, no, they must be waiting." I said, "No, no, no, I know, I know." So I was stopping him from going. Because I knew that there was some problem going on, still people running up and down. (Laughter) So I came at the right time when it was all done and I said, "Now right time." (Shri Mataji laughing & laughter) They were all rushing around. I know that, last minute. (Shri Mataji laughing & laughter)

Sahaja Yogi: Shri Mataji when we arrived in Shudy Camps on Friday night it was 3 o'clock in the morning and we thought everybody will sleeping but everybody was up working, from each window people were looking out and welcoming us nicely. It was such a surprise. (Shri Mataji laughing) It's very good for us that we were.

Shri Mataji: Shudy Camps has done good to England very much. There's a lot of collectivity working together they have developed, this is good idea. They had finished with money, I don't know what they have done. Now they have got it they said for the kitchen. I made another type of a kitchen for them but the architect has done something else, doesn't matter whatever it is, after all architects are architects. (Laughter) My house was planned in India that the house was the zero point they took it the highest point, that was only where the car can arrive, highest point was zero. From there they made a big platform so the lowest point was twenty two feet and that was My room, so I would be hanging in the air. Only when you arrive in the house, when you jump out of your car you are on the ground, otherwise you are all on top. I said, "This is too much." So when the architects had gone for leave for two, three days, (Laughter) I made that fellow start the house from the zero which was the lowest. I said, "You do it as I tell you, you do it." He said, "But they'll come and shout." I said, "They'll not come till I really finish all this." So I made the foundation from that point and we got a complete twenty feet height halls underneath that. Otherwise imagine what an expense it is to build such a big platform and what a waste it would have been. Good for nothing and I have bought this land just to be on the Mother Earth, because all My life I have lived like this you see, so just to touch the Mother Earth and here you are hanging at twenty two feet with the architects' Krupa, grace. (Shri Mataji laughing & laughter)

So the architects came back, they were amazed. They said, "What have You done?" I said, "I have put one Tiffin carrier box on to another that's all, done nothing." They had spread it like this, one this side, one this side. What I made I put this down and put the other one on top of that. (Laughter) Turned out very well. And we saved lot of space and all that and we could do lot of justice to the whole area. But they didn't say anything they didn't know and then they said, "Mother, now we have learned this is the way the

house should be." I said, "Yes, the house should crawl upon the land, it should not be some sort of a hanging in the air business, no good." But that's labor saving, you know, but not money saving. It looks very nice because you come up and then you come with few steps down and then you come with few steps down in the drawing room see it looks very - what you should say - full of character and coziness, looks very much better than to just walk like a hospital from here to there. It has turned out very well. Now when you will go and see, then you will know what your Mother has done.

Sahaja Yogi: Shri Mataji this is the limitation of our three dimensions, we cannot see it sometimes.

Shri Mataji: He said it. He said it. You have said it. Today only when we were coming the little box would not fit in. In the four dimensions I knew it will fit - I said, "No, it will fit." (Laughter) And it fitted. Like you see Laurent was there and I had planned one staircase you see, you saw My staircase in Brompton Square and I told him, "Now I am resting for half an hour you fix this up." When I got up he said, "Mother this cannot be fixed." I said, "Why, why cannot be?" He was measuring it, again measuring that - measuring. I said, "Just bring it I'll fix it just now." He brought it and it went [khat ?] into it and just fixed. (Laughter) But the best was, this is the best miracle which cannot be explained but somebody can explain, you better explain it. We left Geneva and My vanity case and another bag was left somewhere there. When we got down in Belgium we didn't find anything there. So these people looked into, they went up into the aircraft. It was not there. They said Mother we never brought it. It was left there, these people never gave us, we remember for definite. We had other things, flowers, this that, four five things in our hands. So then they went to the lost-and-found, they didn't find it. We came out, we got into the car, suddenly they showed Me, "Mother is it Yours?" I said, "Yes." They said, "There was one man Indian, he brought this and he said this belongs to this lady. And he gave it to us." I said, "Who was he?" He said, "Don't know." And it was written on that Air Canada and My name. I never came by Air Canada. Now how do you explain? (Laughter) Can you? Just can't understand. This cannot be explained. I never came by Air Canada all these years and just can't understand. And this Indian didn't tell his name, he just disappeared in the thin air, we never saw him.

Now better. What do you say?

Sahaja Yogi: It's also less thought now.

Shri Mataji: Left Vishuddhi. That is one thing is a problem. Left Vishuddhi is so common. Every country [no, not only] but worst was in Switzerland I think they are feeling guilty because they've got those banks.

Better now.

I don't know why you feel guilty. I think the young people feel guilty, the old people are doing wrong things - why what's the use for young people feeling guilty for the old people? You see the old people should feel guilty about it what they are doing because it's a vicious circle, you see. They lend money to this bank - what you call World Bank. Then World Bank lends money to us and it comes to all the thugs in our countries. And then all of it goes back to Swiss bank and then the Swiss bank again lends it to World Bank. So we are in debt without doing anything about it. Isn't it funny, isn't it funny? Absolutely the way people go on doing things like that openly and they have a red cross. It's quite a contradiction in life. Like Nobel Peace Prize and this Nobel company is making weapons of war. And they give Nobel Peace Prize. What do you say to that?

So now who is the other architect? No, that I know. I know you also. Who else?

Sahaja Yogi: Youcef. Is he here? He was at the airport Shri Mataji. But he is not here.

Shri Mataji: Yes, Youcef.

Sahaja Yogi: He will finish soon.

Shri Mataji: About to finish.

Sahaja Yogi: Yeah. About to finish.

Shri Mataji: Better. It's peaceful now. I think today when you sang all that we were all also became very emotional. Didn't expect all that, it's most unexpected, just unexpected. So many things happen in Sahaja Yoga unexpectedly, such joy and happiness. Just the other fingers are now releasing.

Now I couldn't get much for you people from India because we went down to Switzerland which is a place where even if you are carrying a fountain pen from India they'll stop you, very horrible people. But I've got a little present for your leader. (Laughter) Where is he gone? Derek? Will you bring that plastic bag. I hope it fits you, I mean I just.

It's quite a lot of left Vishuddhi. What to feel guilty I just don't understand what do you feel guilty about? You have done nothing wrong. What have you done? Are you feeling guilty?

Sahaja Yogi: At the moment I don't.

Shri Mataji: No, no. Rather serious. What's the matter? (Laughter)

You're not to feel guilty. Who is feeling guilty? Please don't feel guilty. Don't feel guilty. I catch on My left Vishuddhi, then on right Vishuddhi, then on left Vishuddhi, then right Vishuddhi. All right, don't feel guilty. Just say to yourself, "Mother, I am not guilty." For what to feel guilty I just don't understand. Austria is doing the best. They say that in the whole of Europe Austria has done the best. Now what is there to feel bad. All very proud of it and that we have such good people in Austria, such good people are coming to Sahaja Yoga. Really some very substantial people are here. Alganesh telephoned to say that we have got a huge big lined up people for interview for this, for that. (Shri Mataji laughing) As soon as I arrived there they are going to stand with Me asking this is this, this is this, this is this. I tell, "Baba, give Me some time." She said, "Mother, they are so many I don't know what to do with them."

Sahaja Yogi: We have tried our best with the press Shri Mataji, but we are still not comparable to Italy, what this is concerned. The public relation is still very closed.

Shri Mataji: It's good, there's no need to bother. See mostly they're very rude people, give distorted things, better not to have them anywhere there. I don't like them at all. They're not at all constructive.

Not this one no, no, no - no, no, no, no, not this one. The other one, the other one with My shawl. Not this one. This is for India.

Now has he got it or not? I hope he's not lost it.

Sahaja Yogi: No. I think we put it in.

(Applause + laughter)

Shri Mataji: It's a silk coat. It is not from Delhi, it is from Paris. I hope you like it.

Sahaja Yogi: Shri Mataji last time I got a golden tie and this time is the jacket, it fits fantastic together. Thank you very much Shri Mataji!

Shri Mataji: May God bless you!

(Applause)

You see just see how I know My children so well. (Laughter + Shri Mataji laughing) Fitting so well ah. Beautiful it looks. Like - it's very good.

Sahaja Yogi: Exactly the right size Shri Mataji.

Shri Mataji: Ah.

Sahaja Yogi: Bolo Shri Adi Shakti Shri Nirmala Devi Ki Jay! (Shri Mataji laughing)

Shri Mataji: What a pleasure. This is My shawl for Me. So now I'll go and take some rest. But no lunch for Me please, because I had lunch. She arranged a very good lunch for Me and I ate a very good cake also. I never eat cake normally, you know, but she had made a special one which one was made out of just nuts. Beautiful it was, very light and nice she had made. Looks very nice on you, I must say. (Laughter) Even the hair goes well. (Laughter)

Sahaja Yogi: I mean if you see with the other tie Shri Mataji, it fits exactly. I got a tie from You, it fits exactly to this jacket.

Shri Mataji: Really? (Laughter) But how it fits you just see. And I bought it in America, made in Paris. (Laughter)

May God bless you!

May God bless you all! Thank you very much! Thank you! Ah hello, how are you, these two babies and [inaudible] everyone there.

Sahaja Yogi: This is the Viennese flag, Shri Mataji.

Shri Mataji: That is what I asked what is your flag?

Sahaja Yogi: That's the Viennese flag, Austrian flag.

Shri Mataji: It's the mothers' color.

Sahaja Yogi: It's from the Monarchy, the crown and the symbol of the labor and those are the. Also the liberty, the chain which has been...

Shri Mataji: Broken.

Sahaja Yogi: Broken, yes.

Shri Mataji: [inaudible] you feel you are walking in the garden [inaudible] you won't believe in My garden [inaudible] flowers with beautiful fragrance because they are vibrated. But I don't know what happened. [inaudible] they say they have never seen that [inaudible].

## 1987-1012, Reality has to be one and absolute

View [online](#).

12 October 1987

Reality Has To Be One And Absolute

Public Program

University of Vienna, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1 at Audimax University. Vienna (Austria), 12 October 1987.

I bow to all the seekers of truth. The truth is beyond human awareness. Whatever we know about this world, what we see, what we feel, is a very wee bit. The truth is that in your evolutionary process you have not yet touched the Absolute. And the truth has to be absolute. Now you see those plants here, everybody sees the plants and everybody knows it is the plants. But everybody asks Me why there are so many ideologies and philosophies about reality. Reality has to be one and absolute. And is seen, felt by everyone.

Now what you have seen here, what he has told you I would say is the knowledge of the roots. In the West we have grown outside like a tree, but in the East, people had time to find out the roots. As Indians had to learn a lot about science, I think it's important that all of us should know also about the science of the roots. A scientific mind has to be an open mind; it should not be a closed mind, which does not want to see the other side of it. If a hypothesis is put before a scientist, he works it out and if it is proved correct he accepts it as laws. So the hypothesis is first to be listened to, then if it is proved that it is absolutely correct then we have to accept that there is a science of the roots.

This is not a new science in India. Fourteen thousand years back somebody called Markandeya wrote about it. But it was not available to every person. We can say that it was a secret science. And was only bestowed upon very, very few people at that time. As we can see the Tree of Life has few flowers to become fruits in those days, but today is the blossom time, where people are trying to find out something beyond. They sometimes see the futility of their lives and want to know what is beyond, that is of permanent nature. So there is no harm in turning to our saints and great prophets and great incarnations who have talked about this knowledge. It is mentioned in all the scriptures that, "You have to be born again." But that does not mean that you just put a certificate on your head saying "I'm born again." Nor to form a club of saying "We are born again." When you are born again, means if you have jumped into new awareness, into new dimension of awareness, you should be able to feel the All-pervading Power of Divine all round you. Minimum of minimum that should happen to you, because your nerves get new dimension. And when you get your Self-realization or your second birth you become entitled to an awareness by which you can find out the roots of everything. You can find out the roots why people get sick, you can find out why there are incurable diseases, you can find out why there are psychological problems, you can find out why there are moral crises, you can find out why there are political problems, why there are economic problems: because the tree has grown too big and has paid no attention to its roots.

All these problems are shockingly - standing in danger of destruction. You can see clearly people are announcing that we are all going to die or something is going to happen. Recently, just now, before coming to this hall, on My advertisement these people had put up there was another red caption put "Vienna is dying." But it is necessary at this juncture of modern times to look into the roots, the problems, why they have come and how they can be eradicated. The way we are confused, the way people do not know how to balance their ideologies one starts thinking that there is something wrong in the whole understanding. And we have to think what have we achieved for the benevolence of the whole humanity? We have big, big organizations, which talk of peace, but the people have no peace within themselves. We see governments who arrest thieves - they themselves are thieves. They talk of something and do another thing. So they have missed the point somewhere.

That point is very simple. The truth is: you are the Spirit. You are not this body, not this ego, nor these conditionings, nor Austrians, nor Indians, but you are the Spirit. Above all that you are a human being, you are the Spirit.



Now, English language is again confusing. The Spirit means the Atma, the reflection of God Almighty within us. Also it means alcohol, also it means a dead body. But I mean the Atma, the Spirit. We have to be the Spirit. That means our attention, which is outside, which we can understand through our senses, has to go inside. You're paying attention to Me. If I say, "Pay attention to your Self," you can't do it. So something has to happen.

And that happening is called as the awakening of the residual force within you. This residual force is called as Kundalini, because Kundala means coils in Sanskrit language. And also in so many other languages, like Koran it's called as 'asas' [base, foundation]. In the Bible, it is said, "I will appear before you like tongues of flames". These are the centers which look like tongues of flames burning. But it is called in the Bible as the Holy Ghost. But they cannot explain what is Holy Ghost. Again the English language seems funny - holy and ghost, one can't understand. But in Sanskrit language it's called as Adi Shakti, means the Primordial Mother. They say of the Father and the Son, and not of the Mother. How can you have a father and a son without a mother? It is illogical. This Mother is the Primordial Mother. And this Mother is reflected within you as Kundalini, as the pure desire. This pure desire is to be one with the divine All-pervading Power. And all the rest of the desires are impure. Because whatever we desire gets satisfied, but in general desires are not satiable.

So, the pure desire that is within us is the fourth power lying within us, in three and a half coils. Can be also seen in some people pulsating in the triangular bone of sacrum. If there is any obstruction in the higher centers then you can see that pulsation very clearly, like a heart. And then it rises like a - we can say, like a serpent, as they say, because it moves, the energy moves like that. It passes through six centers and when pierces through this fontanel bone area you start feeling the cool breeze of the Holy Ghost coming out of your own head. And you start feeling it all around you - the cool breeze, very gentle and soothing cool breeze.

This is something has to happen to all of us. That is the epitome of our evolution. But if you are identified with falsehood, if you belong to certain ideologies and philosophies and organizations and stick on to them, it creates problem for the ascent of Kundalini. And even if you are sick, mentally deranged, also the Kundalini stops at that point to get you all right.

It's such a remarkable thing and it's such a wonderful thing is to be a human being. Human being is made with great care and love. But in their freedom they try to go to extremes. Like now they are sitting in the sun burning their skins. Why? Or they are running on the streets ...

Aside: what do you call that, when they run on the streets?

Jogging! I'm rather out of date - jogging. Running like mad. They get heart attacks. If they start in a romantic way they just cross all limits, go on crying, weeping for something nonsensical. Then they get attached to things and possessions and waste so much energy on those things which we are going to leave everything here on this earth. The whole exhaustion works on the being, and it makes you very weak and fragile for your ascent. Then any new fashion starts, any new idea starts, it is regarded as something religious to take to something new. Like when I was criticizing Freud one day and praising Jung, an ambassador told Me that "You see, after all, Freud gave us something new. And Jung gave us something traditional".

I said, "The thought is a living process and it doesn't hang from air, it starts like a little seed, grows and then becomes something like a flower, then a fruit. It has to have a base."

Still more.

Yes, see, it works on the traditions which are good and which are bad, it goes away and grows into a tree. But everything new need not be all right.

He said, "But we should try."

I said, "All right."

We were on a dinner table. I said, "We had all this dinner before, but we never ate the table. So why not have a new taste of the table?"

It was undiplomatic, of course, but that's a fact. There is no logic in accepting everything that is new and jumping into everything that is dangerous.

To make this beautiful body that God has created into a shell of funny ventures. Perhaps we do not realize how many years have taken to make this body and to create this human atmosphere. Even how many human beings have worked genuinely to give benevolence to humanity? If we can really respect ourselves and understand ourselves, then it's the best way we will see ourselves ascended to that absolute Spirit. But if we do not think much about ourselves, if we do not understand ourselves, and if we want to degrade ourselves and feel guilty all the time for nothing at all, then it gives problems.

Tomorrow I'm going to tell you about all the funny problems we have due to our funny ideas. All the diseases of cancer to AIDS, and schizophrenia to madness. You'll be surprised, in Sahaja Yoga those people who have come are very wonderful people. They don't get any diseases, they don't have to be that protective, they don't get mad or schizophrenic, they are healthy, wise, peaceful people. They enjoy their virtues, they love their righteousness, they are full of courage and they are extremely humble. They are the ones now whom William Blake has called "Men of God."

You are a special category, because you are seeking something special. And once you achieve it, you become entitled with the powers to give Realizations to others, to cure others, to be dynamically creative, to be healthy and to be the citizens of God's realm. That is what human beings are to be. That is where we have to enter into. That should be our hope. The world that is created with such care cannot be destroyed, whatever human beings may try, they cannot destroy. Partly they may, little bit here and there, but nothing dies. They'll be all revived, and a beautiful world has to be created by creating great individuals among yourselves and making them understand that they are part and parcel of the whole. It's not just a mental process by which you understand, but it is a innate knowledge that is born within you. On your central nervous system you can feel what's wrong with another person and what's wrong with you. And if you know simple ways and methods of correcting those problems on the centers, on the roots, you can solve your problems and problems of others.

May God bless you!

Tomorrow I will explain to you at length how do we get into troubles and how we have to get out of it. Thank you very much.

Question: May I ask you a question?

Shri Mataji: Now. Just a minute, not in such a hurry, I have not yet asked you to ask the questions. Now the time is such that we can have about ten, fifteen minutes for some questioning and please stand up and say loudly so that I could be ...

Aside to translator: Can you come here just to tell Me the questions what they have to ask?

Now just a minute, just here.

All right, now you can ask the questions. Come along, now. Loudly. It's all right - from there.

Question: If you are afraid of English language, he can switch to Marathi or Hindi.

Shri Mataji: This is not your suggestion, is it?

Question: Which language do You prefer to talk to him, Shri Mataji?

Shri Mataji: To you I'll talk to in some Sanskrit, would be better, but or in Marathi or Hindi. But you know, English language has its own problems. Worse is French. We cannot explain so well in French so many things. But still if you say that this is the problem people understand. All right? May God bless you!

Please be seated. Now let others talk. That's not so important. That's not so important. Ah, now, what is it?

Question: Because it's written Vishwa Nirmala Dharma, is it a new religion?

Shri Mataji: Yes it is. It is, I'll tell you tomorrow about it.

Question: If it's - like Rajneesh - a new religion?

Shri Mataji: I tell you, this gentleman has come from somewhere. Do I look like Rajneesh, by any chance? I don't take any money from you, all right? Sit down now, will you, please? You are an Indian. You have come here to attack Me here? Then why are you asking such silly questions? You know I'm against Rajneesh and all the false fake gurus, I've said it a hundred times. You don't know anything about Me? Then you better find out, you better find out.

You are the authority, are you? All right, so you ... Ilme Rouhani is different. I said, I understand Ilme Rouhani is different. Ilme Rouhani means the knowledge of the Divine. No, not at all. You see, we have - all right, sit down, you are the Muslim. What the Muslims are fighting among themselves. Why are they fighting? If they were so much with the Koran, they are not supposed. But I'm not a Hindu or a Christian or a Hindu or a Muslim. Yes, now, I'll tell you.

He is really off his head, a fanatic. He's a fanatic. (Applause) You see, I must explain, because it's better to explain these things, you see. Fanaticism leads you nowhere. As we have in Hindus, Christians, Sikhs, Muslims, everywhere we have fanatics. And they have got blinds on their eyes. They can't see anything else. Now what Dharma he's talking is about the valency within us, of ten valencies we have got in our being, which as human beings we should have. And they are to be awakened within us. When it is not awakened - I mean, Mohammed Sahib was a great exponent of Sahaja Yoga, because He told us to do Namas, which is nothing but Kundalini awakening. Absolutely a Kundalini, but Muslims don't understand anything. They don't understand that they have to become the Pir as He has said it. They are not Pirs. That's why they are fighting - same with Hindus, same with Christians, with everyone. And that's why bad name comes to God. God Almighty is all right, but the fanaticism has led to this kind of struggle, fight, quarrelling - everywhere.

Now when he is talking about Vishwa Nirmala Dharma - means the Universal Pure Religion within yourself. Is a religion which is not just professed, "I'm such and such" and all that, but it's enlightened within you. You become the religion. Like Mohammed Sahib Himself, He would not do something that was wrong. In the same way, when you become that you don't do anything wrong. It's not a fanaticism and fanatics have nothing to do with ascent, they can never ascend, any fanaticism. Any idea of fanaticism is not going to help.

You see, there are so many Muslims, you can go and fight with them, why do you want to fight with Me? I've not come here to fight. If you don't want to listen to Me, you can go ahead. Go ahead, you can go away, it's all right. If you don't want to listen to Me, it's all right. There are many like you, you are not the only one. Many like you. All right, you can go away, there's no need to be here. All right, what else? Some sensible questions.

Question: How do You awake the Kundalini? What are You doing when You....

Shri Mataji: That's a good question. Where is it coming from? That's a real good question - how the Kundalini is to be awakened.

Now, it's a living process in a human being. And acts spontaneously. It's a living process, it is not a process of some sort of a mechanical thing. It's a living process, just like sprouting the seed. And it automatically works within you. Only thing is like a seed you have to put in the Mother Earth, and She sprouts it. So those who have got the authority to do it from the Divine - not from any theological college or anything like that - but from the Divine, they also can raise your Kundalini. Then, once you get enlightened you can enlighten another person. Just in the presence of that person it can happen.

Question: How much time does it take?

Shri Mataji: Just a split of a second. Just a split of a second, really. But, if there are problems in between in the rising of the Kundalini it takes more time. And in some persons it does not rise.

Question: Has everyone got problems?

Shri Mataji: Doesn't matter, those problems are all right. Serious problems like fanaticism and all that - it doesn't work out, Kundalini doesn't rise. You have to be a balanced person. Little problems here and there - doesn't matter.

All right, now translate it. Not this fanatic fellow.

Question: If there is an operation, does it harm the process of Kundalini awakening ?

Shri Mataji: Not at all. It does not harm at all. It is your Mother. And a Mother never harms the child when she gives the birth to the child. It's your Mother and it's a very gentle happening. In some people you do feel little heat coming out of your head, because there is lot of heat in the body that comes out, actually. But once the heat is out then you start feeling the cool breeze. But apart from that there is no harm at all.

Question: Value - according to Sahaja Yoga - of the thoughts and of our whole culture? If you become thoughtless what about logic and books and our culture, does it not have any value?

Shri Mataji: You see, it's a - one should understand in its right sense. You see, when we are thoughtless - not that we cannot have thoughts, but thoughts do not invade us, we are free people. If we want to think we can think, but if we don't want to think we can stop thinking. That is thoughtless awareness, first of all. The secondly, the inspiration comes to us only in thoughtless awareness. Then the third thing is the culture is of the Spirit, which comes in us, which is a universal culture.

Question: He is saying that there are lot of other methods which turned out to be very harmful to people. They got schizophrenic, he is a doctor. How we could help such people to cure schizophrenics?

Shri Mataji: Oh, now schizophrenia disease comes with the movement of our attention towards the left-hand side, you see, that is called as the channel of the moon. Or, you are a doctor, you will understand the - doctors don't differentiate between the left sympathetic and the right sympathetic, but it's the left sympathetic nervous system, which looks after the emotional side of it. Now, out of fear or some sort of an emotional outburst or a kind of a mental stress, or ...

Aside: You translate, I am sorry.

All right, now what happens that through the Kundalini awakening now, see this is a chakra, say, this is the spinal chord and this is the chakra inside it. Now, what happens if you move too much to the left or to the right this breaks and the connection with the whole is broken. Now, when the Kundalini passes through that, you see, when it passes through that then it brings it back to its normal condition. So the attention which has moved to the left comes in the center and people become all right in schizophrenia.

It's worth trying. You'll be surprised, we have so many people who have been cured.

Question: If it's also possible to regenerate degeneration of the brain cells, atrophy of the brain. Alzheimer-disease.

Shri Mataji: Yes, in a way it is. In some cases it does not work out. If something in the organ is dead then one cannot work out, but if it is still living one can work out. Say, for example if you have put a steel bar in the leg for somebody then we cannot do anything about it. But if it is still living then we can manage. Another thing like a cataract if it is formed in the eyes we have seen it doesn't work out. But most of the things can be worked out, but if there are very gone cases then it is difficult, because the people also don't have willpower.

Question: Why we have mass marriages.

Shri Mataji: She knows that. We don't have actually mass marriages. First of all, you see, marriages are to be done after Realization, when the people have lived at least two years with Self Realization. That's important. Because there are many great souls who want to take birth on this earth. But we give full chance for these people to know each other and everybody cannot just get into it. They are nicely scrutinized and found out whether they are capable of a good marriage or not. As a result of that ninety nine percent marriages have proved extremely successful. Very happy relations and also very beautiful children. You cannot force anything or anyone. They have to offer themselves and then we have to scrutinize the person, because we don't want to have marriages which are of no use. And these marriages are also performed with a very cheap price - a very cheap price and they get very expensive presents, because so many give them presents. (Shri Mataji laughing) It's a good business. (Shri Mataji laughing & laughter from the audience.)

Question: When we are a realized person we are more sensible and negativity can attack us more. How we can protect ourselves? Are those persons who are not realized attacked as well or they just don't realize it?

Shri Mataji: You see, when you are a realized soul you can feel the negativity much more than others can. For example, if it's a clean cloth then anything black on this shows clearly. And as soon as you see an attack, you know it and you know how to protect. Then there is no problem for you. But the normal people, even if they get cancer or they get mad, they don't know. When it happens to them they are not at all aware. You become very sensitive about your centers and anything goes wrong with your centers, immediately you discover.

Translator: He is meditating for years.

Shri Mataji: With somebody else?

Translator: Yes, and now something again new. Should he stop the other thing? It is difficult to make a decision?

Shri Mataji: First let us see if you get your Realization, that's important. First you must get your Realization then you will be able to decide, because if you don't get your Realization then we'll have to find out where is the problem. Actually you do not meditate; you are in meditation. Like this instrument. When it is connected only you can use it. Without connection, whatever you may do is useless. It is true about every religion, about everything. Unless and until you are connected with the Divine, whatever you do is artificial.

Question: Is it the one way - Sahaja! Is it the fastest way, or are there many other ways?

Shri Mataji: There's only one way. Now the only way to connect this instrument [ed. note: microphone] is through this, isn't it? In the same way. But it's spontaneous; it's living process. And it changes. When there is a problem then it stops, it sometimes it doesn't go ahead. There is a possibility. So one can't guarantee everyone. If it works, well and good. You cannot pay for it, you cannot order it. It's like a living process. Supposing a seed is not sprouting what's the use of paying money to the Mother Earth? She doesn't understand money. Nor if you stand on your heads also, the seed won't sprout. If it has to sprout it will sprout. All right?

Question: Does it mean now that other forms of yoga are not as good, not as fast?

Shri Mataji: No, other forms of yoga, like Hatha Yoga is used also in Sahaja Yoga later on, but in scientific way. It's like taking the medicine wherever it is needed. Now, supposing, your Kundalini has not started, how are we to know where it has stopped? Supposing it has stopped on your stomach and you are doing the exercises of your neck. What's the use? It is very practical. These days the people, the way they do their Hatha Yoga they take all the medicines together from the medicine box without any discrimination.

Question: Regarding movements like vegetarianism, is there a rule how we should eat?

Shri Mataji: No, in Sahaja Yoga you have to eat a balanced diet. Supposing you are a right-sided person, then you must take to vegetarian food more. If you are a left-sided person then you have to take to more right-sided food. It is a very balanced, open, fair understanding of the whole thing. It's not hard and fast rule for something.

Now it's time.

Question: Are there no limitations to eat animals in Sahaja Yoga?

Shri Mataji: No, only thing you yourself will judge, you will know what problems you have and accordingly you will eat your food.

All right, now I think, Doctor, you can come and see Me personally. What is the question? Last - you can come and see Me, it's better. I'll tell you all about it. You see, I also have done medicine, so I think I can talk to you better.

Now there has been a research done in Delhi University that about - we have done a research on physical aspect of Sahaja Yoga. It's been proved that a Sahaja Yogi is physically much more fit. And the doctor has got a degree of Ph.D. There's another research now going on in India about the liver and angina on these two, three subjects. But in London, with the help of Cambridge University we are going to start a proper recording of the patients whom we have cured of various diseases like cancer, blood-cancer, all that - because we have no record of it. Because it requires no money, no - I mean, you don't have to enroll in a organization or anything, it's your own. Is your own property. And just you have to know how to use it.

Thank you very much.

Question: What is Your opinion about Mantra Yoga?

Shri Mataji: You have to know what mantras are to be said, again, in different centers. Any mantra given can be very stupid also. You have to know your Self. All these Shastras, understand them, verify them on your Kundalini, on the Kundalini of others. And then you have to believe into it. Not just like this: I give you some mantra. It's nonsense.

One question? All right, tomorrow. We can have it tomorrow. You can give it in writing tomorrow morning, all the questions and I will answer it.

Actually, anxiety should be to get Self Realization. See, when we are blind what's the use of knowing about colors? We have to become awakened. And then automatically we know all about it.

Now, it's a very simple thing which we have to do. If you do not want to do it, please leave the hall. Be civil and you have not to sit here to be aggressive with others. Those who want to do it will take about ten minutes at the most. If you want to do it, then please sit down for about ten minutes more. But those who want to leave should leave and should not try to be here and not to do what I tell them. As I told you, I don't take any money, nothing, you don't have to give Me anything. It's your own for which I

have come here to give you. If you want to have it then have it. It cannot be forced, it cannot be branded on you. I cannot call you, like a Christian, Hindu, Muslim or anything, like a 'Yogi' - you have to be, it's the becoming. So, only such people who want to become the higher personality should offer. Otherwise, sorry, I do not want to force on anyone.

There is one thing we have to do is to take out our shoes, because we have to take the help of the Mother Earth.

You also try, you might get it, please try, you're trying. All right? Better try.

All right, try to learn, if not you can go. But if you want to learn you can learn it. All right? This was done to Mohammed Sahib, is done to Me also, it's nothing new. To Me, I know, it is always like that. But if you want to see something that is there then you do it. There are so many Muslims who are Sahaja Yogis. All right, so then I would say that you should see for yourself if I'm doing the work of Mohammed Sahib or not. All right? How do you know from outside? You are not even realized soul, you are not a Pir, are you? Are you a Pir? Then, how do you say? Only a Pir can understand Me, you are not a Pir. You better become a Pir at least. You try to become a Pir, then I'll talk to you, not at this level. All right, now, if you want to go you can go. Then you can't sit here, I am sorry.

No, I will not allow you to do that, it's not here some sort of a show going on, you can go out, you are not here to see anything. Will you please go now? Thank you.

(Audience asks the man to leave the hall.)

Just send him out, that's all. Let him go, you see, it's all right. There are so many who come to Sahaja Yoga later on, you have to forgive, because they are still under the influence of fanaticism. You must forgive them. That's very sad. The whole world is like that today. So many are fighting, such problems, how to take them out of that fanaticism is a big problem.

So first of all I have to tell you that you have to be pleasantly placed towards yourself. Not to be angry with you. Not to be guilty. Not to count all the mistakes you have committed. And don't believe that you have committed any sins. That is one promise to Me. Then it's much easier. Now, both the feet are to be put onto the Mother Earth, parallel to each other.

Now this left hand, as I told you, represents the power of desire and the right hand is the power of action. So when you place your left hand towards Me like this, then you express your desire to get your Realization. Now you have to put your right hand on your heart. This is the abode of the reflection of God Almighty. And the Kundalini is the reflection of the Primordial Mother. So, in the heart resides the Primordial Father and in the Kundalini resides the Primordial Mother. And here the reflection within us is the Spirit.

Now you have to put this right hand - we have to work only on the left-hand side, so put the right hand in the upper part of your abdomen, on the left-hand side. Now, this is the center of your mastery. And so then we go down in the lower part of your abdomen on the left-hand side. Now this is the center of the divine work. So you have to have the pure knowledge. This is in your consciousness, it should work. Now, again you go back on the upper part of the abdomen. Now, then take your hand to your heart again, please do it. Yes, yes, inside, inside your coat, it's very good. Now, you have to place your right hand in the corner of your neck and your shoulder - from the front, not from the back, from this side. And turn your head to the right.

This is the center is caught up when you feel guilty. Now please take your hand on top of your head and press it on both the sides. Then you have to take this hand on the back side and put your head resting on your hand. Now, stretch your hand, push back your fingers. The center of your hand has to be put on top of your head. And you have to press it and move it seven times slowly clockwise.

Now take down the hand. We start it again, you have to close your eyes. And not to open them till I tell you. Please put your left hand towards Me. Both the feet on the ground and close your eyes. Now put your right hand on the heart, keep your eyes shut. You may take out also your spectacles because sometimes it will help your eyesight.

Now put your hand on your heart and here you say, a question to be asked, a fundamental question. You can call Me Mother or Shri Mataji, whatever suits you, saying here, "Mother, am I the Spirit?" Ask this question three times. Ask this question three times.

Now the second question follows. If you are the Spirit, you are your master. So put your right hand on the upper part of the abdomen, on the left-hand side. At this center you ask Me another question, "Mother, am I my own master? Mother, am I my own guide? Mother, am I my own Guru?" Ask this question three times.

Now put your hand in the lower part of the abdomen on the left-hand side and ask a question, or I would say, you have to request. I cannot force on you this pure knowledge, the consciousness of this pure knowledge. So you have to say, "Please, Mother, may I have the pure knowledge?" Please say this six times, because this center has got six petals.

As you say this your Kundalini starts getting awakened and is going to higher centers. Now it moves up to the higher center, in the upper part of the abdomen on the left hand side. To facilitate it better you put your hand on the upper part of the abdomen on the left-hand side. And with full confidence say ten times, "Mother, I am my master." Ten times. With full confidence.

Now please raise your right hand to your heart again. Now here, with full confidence, say twelve times the greatest truth about yourself, "Mother, I am the Spirit."

"Mother, I am the Spirit."

Now you have to know that the Divine is the Ocean of love and grace. But above all it is the Ocean of forgiveness. And you cannot do anything that Divine cannot forgive. So, please forgive yourself completely. Now, put your right hand on the shoulder, on the left-hand side between the corner of the neck and the shoulder. And turn your head right, on the right-hand side, absolutely on the right-hand side. Here you have to say with full confidence in the forgiveness of God, "Mother, I am not guilty." Please say it sixteen times.

"Mother, I'm not guilty." Sixteen times. Say it from your heart.

Now raise your hand to your forehead and press it on both the sides. Here, put the left hand towards Me, and here you have to say, "Mother, I forgive everyone." How many times is not the point. The point is: to forgive or not to forgive is a myth. Whether you forgive someone or do not forgive, you do not do anything. But when you don't forgive then you play into wrong hands. So just say, "Forgive, I forgive everyone," from your heart. Now take this right hand on to the back side of your head and put your head, load of your head, on that hand. Put it upward. And now you have to say, for your own satisfaction, "Oh Divine, if I have done any mistakes, please forgive." But don't feel guilty at all. Now, not to count your mistakes.

Now stretch your hand, stretch your fingers backwards and put the center of your palm on top of the fontanel bone area, which was a soft area on your head. Now, here, sit straight, put left hand towards Me, put both the feet on the ground and press your scalp slowly seven times, very slowly saying, "Mother, please give me Realization," because I cannot force on you. Press back your fingers and press hard.

Shri Mataji blows into microphone.

Now take down your hand please, and open your eyes slowly, slowly. Take down your hand. And open your eyes please. Put your hands like this please. Just watch Me without thinking. Now put the right hand like this and the left hand on top of your head, on top. Not here - over your head. Left hand, left hand here, right hand towards Me. You can bend your head and see if there is a cool breeze coming.



Now put your left hand towards Me and right hand on the head, but bend your head and see if there is a cool breeze coming, or a hot is coming.

Again put your right hand towards Me, please. And left hand again on the head and see if there is cool or hot coming out of your head. Now both hands to be put up - like that. And push back your head. And ask a question, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the Brahma Shakti? Is this the all-pervading Power of God's love?" Ask this question, please. Now bring down your hands.

Now, those who have felt...

## 1987-1013, Religions explained

View [online](#).

13 October 1987

Religions Explained

Public Program

University of Vienna, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

As I told you yesterday that truth is not a concept. When people start establishing something as truth there arises the problem. Because truth can not be organized, can not be ordered, can not be changed, it is what it is. And today the truth is that the time has come for people to get their resurrection. That's the time has come where people have to ascend to their higher being. As in Koran described very clearly as "Kiyama" - is the time of resurrection. Said very clearly that your hands will speak. And they will give witness about you. This is the time of Last Judgment. God is not going to weigh people or to judge them. It is you only in your ascent are going to judge yourself. And there are people who are a special category today, who are seeking something higher.

Now yesterday a question was raised about the religion part. All these religions which have come on this earth are product of Divine force. All the prophets and incarnations, all of them came on this earth to propound a special milestone within us. On the Tree of Life all of them grew one after another. But people took out or removed them from the Tree of Life saying, "This is my religion, this is my religion." So believing into something that is dead.

So, what we see today is a mess. And people can't understand how those who profess a particular religion act just the opposite of it. I've seen people who live say in Riyadh. They don't drink, they don't look at woman, because they are frightened their eyes will be pierced through, or they will be put in the jail, if they do these things. But when they come to London they drink like nobody's business. They have all kind of relationships, which are very ugly. What happens to them that under fear they work this way and under freedom they behave in a different manner. Same we can say about political theories. I went to Russia and Russian people in Russia are quite all right, under fear. But when they are given freedom - when they are given freedom they behave like anybody else. And also in America if you go the freedom of people is abandonment. You can't walk on the street of New York with your purse in your hand. They are all crazy people there. They are so immature, worse than children even. Sometimes you can't understand them.

About two years back we saw a feature from Hollywood where they showed the very old, above 80, all the actors and actresses coming for a dance. They were very stupidly dresses with all their bones are showing. And they had come for a shake dance. Right from the limousine where they were getting out they were already shaking. So they tried to compete with the young. So there's no maturity in their freedom. It's such an abandonment of all value systems, of all relationships - such impurities. I went there in the year 1973 and told them about this AIDS will be coming very soon to them. And all the homosexuals were so angry with Me, they were about to beat Me. And even today it's a martyrdom there for them to get this disease. Schizophrenic are so common. So what's the use of this freedom? Man has no wisdom to use his freedom. Nor has he any wisdom to use his money. Anybody who gets an extra money he goes to something which is self destructive. The wisdom is so much lacking, there's no discrimination also to decide what is right for you and what is wrong for you. So under these circumstances the religions, so-called also have to take the shapes. They are not religions in any way because there is no enlightenment within. You do not become anything.

In Sahaja Yoga we have Jews, we have Muslims, we have Christians, we have Hindus - people coming from all sides. But they do not fight, they do not quarrel. There is no hankering after positions. Because they can see themselves clearly and they can see others also very clearly. This is wisdom. In the animal kingdom no animal kills another animal, even a tiger doesn't kill another

tiger. There are certain qualities of a tiger will remain with the tiger. But human beings are so unpredictable because of their sense of freedom. They could be a scorpion one day, tomorrow a tiger and third a serpent.

What is the reason for this kind of absurd behavior? The reason is that we live with rationality and not with logic. You know even if somebody murders someone there is a rationality behind it. The logic can only come when you have achieved an absolute sense. As you see here the flowers, everybody sees there are flowers here, nobody is going to quarrel whether it is flower or wood. Because they see it, absolutely they know it is flowers, everyone knows they are flowers. In the same way unless and until you have knowledge of propriety of right and wrong how will you say what is right, what is wrong? One goes on compromising with wrong. And thinks they are doing the best things in the world. Everyone thinks they are the chosen ones of God. Jews think they are chosen ones, Muslims think they are chosen ones, the Christians think they are chosen ones. These brands are not going to help anyone. In the Bible in the second verse of second chapter of Matthews, Christ has clearly said, "You'll be calling Me Christ! Christ! I won't recognize you." What is written between the lines is that just by calling yourself that you are a follower of this one and a follower of that and a follower of that, doesn't give you the right to establish yourself as a religious person. A religious person has a religion within himself. Who has no temptations, who has no weaknesses, who doesn't consider money that important. Who is love and compassion and generosity. Who is peace and joy. Such a person has the whole personality which is so auspicious. Auspiciousness is a co-efficiency, which emits the rays of Divinity all around. And such a person wherever he goes or wherever he moves, he spreads auspiciousness. Christ has said, "Thou shalt not have adulterous eyes." How many Christians we'll find who don't have adulterous eyes? It's a very subtle thing Christ has said. The eyes of a religious person has to be innocent, devoid of lust and greed. He doesn't profess any religion whatsoever, but he's religious. And the eyes are so innocent that when such a person even looks at someone, he can bestow benevolence on that person. This should happen, then we can say that there is a person who has religion built in his central nervous system, in his whole being. But everybody can be enlightened. Everybody can get to that state where he can judge on an absolute level.

We live in the world of relativity but then we start living in the world of absolute. Now somebody looks a very good person, he knows how to play flute maybe or he is trying to be very nice and good outwardly. He can make gestures like a saint. How are we to make out? There's a way. When you are enlightened then from your hands the vibrations of Cool Breeze flow. You can feel on these fingertips the centers of another person and if, supposing somebody has cancer, you can feel that person on your fingertips. If you know how just to put the centers all right, you cure the person. So you jump into a new awareness, higher than the human awareness, much higher - of collective consciousness. That you can feel others and you can feel yourself. But there are people who are still very limited and stupid. They identify themselves with some sort of an idea and get stuck with it. But if you are an open minded person I have to tell you the good news - that all such people can become enlightened. You have to have purity of intelligence, is not brilliance that dazzles others or gives big lectures and all that. But pure intelligence means that sees directly the truth. Which is not maligned or spoiled by ideologies and theories. The intelligence which is sold out or is a slave of others' domination cannot be pure intelligence. But today as people are getting disillusioned many honest and sincere people are there seeking the truth. And if you are honest in your seeking you will have to have it. That is your right that you have to get it. Then you'll be surprised that you will transcend all limitations of the world. You won't have all these ideas which make you small. Like a drop becomes the ocean. That's how your personality becomes very great.

I'm very fortunate that I am born at a time when this special work has to be done. It's mentioned in one of our old text that, "At the time when there will be Ghor Kali Yuga, means the worst times in the modern times those people who are seeking the truth, in the jungles and in the Himalayas will find the truth - their Kundalini will be awakened. And today that time has come.

You have been already explained about this, the knowledge of the roots - the Spirit. The Spirit is the truth. Truth is the love, the pure love, the all-pervading Love. And that you know through your central nervous system. Not just by reading something. But as you see the flowers, in the same way you know the truth. The another thing is in the nature of Spirit it is the attention. That means when the Spirit enters into our attention, our attention becomes enlightened. Sitting down here we can find out about anyone in the whole world. As if we enter into the subtler side of ether. And sitting down here we can also correct. This one is just at hand for you - so close to you. The distance is not even three feet. The journey is so small. And it works out.

May God bless you!

So today we'll have some questions, but not from any fanatics please.

Yogi: Shri Mataji, he is asking why are human beings getting ill? And does it have a significance, a meaning why they get ill?

Shri Mataji: Yes. I was about to tell you today but he told Me that he has already talked about it, so I'll just now tell you. But I'll tell you in short. Now here you see - let's push forward everybody cannot see.

What she says?

Yogi: She was asking why the question is not answered, but You just started, Shri Mataji. (Laughter)

Shri Mataji: Now, this is what you are inside, let's see. Now on the left hand side you see a blue line which is - what we call is the moon channel or you can say the left sympathetic nervous system. This channel gives energy to the left sympathetic nervous system. And the another one is the right side one which is yellow colored, goes up there and like a [bile] color it is. It's called as the sunline or "Surya Nadi" which gives rise to the right sympathetic system. Now the central one is the one what we call as the "Sushumna" is the central path of ascent which is actually - gives, I mean, nourishes the Parasympathetic nervous system. Now, in a human being out of his freedom he can either go to any extreme of left or right. Supposing he is overactive and futuristic, and thinks too much and works too much and physically all the time working out like jogging, this that - all sorts of things. Then he goes to the right side too much. Because he's futuristic, he's speedy, or he may be successful. But he develops a tremendous thing called 'ego'. Ego is there that, "I'm doing this and I'm doing that." Actually we are doing nothing. Whatever is dead we convert it - say the wood is dead, we made the roof, we think we made something great. From dead to another dead. Or from whatever is dead matter we try to discover something out of that and use the energy of that. But we cannot even create one little atom. This is the situation. But we think we are doing this, we are doing that.

As we give stories about some Indian villagers going by plane were told not to take too much luggage, because the plane will feel heavy. So they took all the luggage in the plane, but put it on their heads. ("Laughter") They were asked, "Why do you do that?" They said, "We are trying to reduce the weight of the plane." In the same way in our ego we think that way. Now this over activity on the right hand side - ego harm others, doesn't harm you. But physically it can give you tremendous effects. First of all as you see it starts with that yellow second center called as Swadishthana, which is very much responsible for all kinds of physical and mental activities. In that sense that it converts the fat cells of the stomach for the use of the brain, to replace the grey cells when we think too much. So when we think too much this poor chakra cannot look after other functions. Another important work it has got: the liver, the pancreas, the spleen, the kidney and the lower intestines. Large intestine, the descending colon of the large intestines, they say. Now, when these things are neglected the first thing you get is tremendous heat in the body. Tremendous heat, because the liver is overactive. Then this heat passes to higher side and one gets asthma. Because it melts the phlegm. As a result of that you get hay fever, you get sneezing, you get running nose and you get asthma. Of course in the medicine they don't say this. ("Shri Mataji laughing") They only treat the symptoms. I'm telling you the root cause.

Now, then on the other side is the - you have got the pancreas. The pancreas becomes overactive, so you develop diabetes. You'll be amazed that in India in a village people take so much sugar that they say that the spoon must stand in the sugar. Nobody gets diabetes. But if you think too much all the energy spent in thinking you get diabetes - specially people who sit down and plan, plan, plan. ("Shri Mataji laughing") Then you have the third problem which is more serious. Is the spleen which is like a speedometer, which keeps the rhythm of life with us. Now, the way our life is, modern life is we invite shocks. Early in the morning we see the newspaper, finished. Horrible news, horrible things, this one fighting, that one killing, that all horrible things. This poor spleen has to produce more red blood corpuscles for emergency. So under shock it start producing more [arbacies ?]. Then you eat your food in a hurry - your breakfast, you push it in your mouth somehow, because all the time is wasted in newspaper reading. So you have no time to have your breakfast. You get into the car and then you find a jam, finished. Then you are breaking your head with worry. Again another shock to poor spleen, it goes on producing [arbacies ?] without any rhythm in it, it becomes hectic. It is such a hectic life we lead.

Formerly in the times of My father I remember - My father used to get up very early, go for a swim and have his breakfast on the table. And My mother would be fanning him and he would eat with that rhythm. My mother used to give him that rhythm, I used to feel. But nowadays we are so very hectic. Slaves of our watch, every time trying to reach in time. I've known people if you just tell them that, "I have to go to the airport," they go crazy. I have to go not you, but still they are crazy. ("Laughter") And they'll go on telling, "Now time go." I am going, why are you worried? I'm going, not you are going. ("Laughter") This kind of behavior spoils the rhythm of our being.

Then is the big problem, the vulnerability is established in the spleen and you get blood cancer. But the cancer is pathological, it comes from the left side. In the sense it is triggered by the left side, by some proteins. But the vulnerability can come from the right side or from the left side.

Now if you go too much to the left also there are problems like that. I must have given at least hundred lectures on this. You can get My tapes and find for yourself. In all details. But in this short time I think I have already told you not to have a futuristic mind. Try to be in the present. Not only it has happening within us in our everyday life, but also in religious life I have seen it happens. When Shri Rama came on this earth they said, "We believe only in "Parashurama," because he is dead now, finished. If he is dead is better to believe in a person who is dead." Then Shri Krishna came. They said, "We don't believe in You, we believe in Shri Rama, because He's dead." They never want to believe in something that is living today, from where you can gain. But they want to believe in something that is dead and finished. Because you can keep such a person in the pocket. Nobody is going to ask you if Christ is not living. He's not going to say, "Why did you do this wrong?" So people don't want to take anything in the present, but present is the truth. The past is finished and the future doesn't exist, so why not get it in the present moment? Because we cannot live in the present moment with the [tempered] life we get into troubles - physical, mental, emotional, material, economic, political, all kinds.

So, how to come to the center? The Kundalini goes through your centers and brings you in one line. She integrates you. But this knowledge is difficult to digest. One of the reasons is I am living. When I will be dead then you might build temples for Me. But just now in your time I'm telling you then you won't accept. You won't try to understand and learn. This is human nature. And this is the reason why all the people who came on this earth could not give Realization to anyone. Even the Christ disciples felt the Cool Breeze of the Holy Ghost when He was dead. Till the end they were doubting Him. They were doubting His Immaculate Conception.

God is miraculous. You have to see those miracles after Sahaja Yoga. One after another you will be amazed. But one has to rise to that awareness.

Now, one of them I've told you one side, but the another side is people becoming schizophrenic, mad. And all the pathological problems come from the left side.

I think this has taken too much time, this answering. So at length I cannot answer it.

We also have a workshop for you. You are not to give any money to anyone. There's no business going on. You can go and ask them what you want to ask. And they will work on you and explain to you. In such a short time these Austrians have become so knowledgeable. In the same way you all could become very knowledgeable. And all this knowledge is available to you because it is your own. And the new revolution of a very peaceful type within us is working out in the whole humanity today. Which will manifest all over. And as I told you that the One who has created this world will not allow this world to be destroyed.

Now I have to make one humble request is, to take out your shoes to take the help of the Mother Earth for a while. Apart from that shoes are little tight so it's better to. Now put both the feet on the Mother Earth. So the Mother Earth sucks in the left and right side problems within us. Automatically She sucks in when we start feeling the all-pervading Power.

So the first thing that happens to you that when the Kundalini crosses this center you become absolutely peaceful without thoughts. You become thoughtlessly aware. That means at this center the ego and the superego, the conditioning is sucked in. You can think if you want to, but no thoughts can invade you. Then you feel the Cool Breeze emitting out of your own head, which you have to feel yourself. You have to give yourself the certificate. You have to be convinced about yourself. And then you start feeling the Cool Breeze all over in your hands. But sometimes this center if it is not all right you may not feel, though you may get your Realization. But you may not feel on your fingertips. If this center is catching the nerves are little dead and then you may not feel. But with little practice you do. Practice means understanding where is the problem is and how to remove the hurdles - you get it.

Now as we are going to use the left hand to express our power of desire like this on your lap. Comfortably you have to sit, but little straight, not like this nor like that, but straight. And if there is anything tight, in the waist or in the neck or anywhere you can little loosen it. In short, you should be comfortable. The right hand should be used for nourishing or helping the Kundalini by putting on different chakras. All of you must do it. It's very simple.

Now I'll show you and then later on we can close the eyes and do the meditation. First we put the right hand on the heart. Where is the reflection of the Spirit. You can put it under the coat, would be better please. Is very good. So many people have heart troubles and things. It's very good thing to put your right hand on your heart. All right. Now, second center we have to attend to is in the upper part of the abdomen on the left hand side. Upper part of the abdomen on the left hand side.

This one gentleman doesn't want to do it - so let him go away. Please. You are already looking not well, why don't you do it?

Yogini: It's his freedom not to do it.

Shri Mataji: Yes, but here others have the freedom that they don't want that you see them. Let them have the freedom. You have to respect their freedom now. No one likes others to watch them. All right. You have to respect their freedom. All right?

Seeker: All right.

Shri Mataji: Thank you! When they close eyes you'll have to close eyes also. We have no right to disturb other people. They have come for their Self Realization and they have their right to have it. And it would be sinful to disturb them. So I would request you not to disturb them.

Now, please put this right hand in the lower part of your abdomen. This is the center of your Divine work. So you have to have in your consciousness the knowledge of the technique. Like when I have to hold something I know what to do - is My consciousness. In the same way you have to have the pure knowledge in your consciousness. And this is the center that works it out. Then you go back on your stomach on the left hand side of the abdomen. This is the center of your mastery. You have to be the master - master of yourself. No slave of any stupidity or of any habits or any kind of temptation. And you have to be the master of the knowledge. So this is a very important center within us.

Now put this hand back on your heart, where resides the Spirit. Now this center is very important about which I was told you have been informed - is the center what we call the left Vishuddhi on the left hand side here, between the neck and the shoulder in this corner, to push the hand that side and turn your head to your right. And push your hand as much as you can on the back side. Now this center is caught up when you have a guilt or you think, "I am guilty." Nobody has to feel guilty at all. Nobody has to feel diffident also. This catch gives you diseases like angina and also spondylitis. So it's better that you put your hands here clearly. Put your head this side when we do meditation later on I will tell you. Now please, you have to put your hand on your forehead. Right hand, right hand. Left hand is towards Me. Right hand. Now press it on both the sides. And press it hard. Now you have to put your hand on the back side of your head and put the load of your head slowly onto it. Lastly you have to stretch your hand. Stretch your hand and you will have to put your center of your hand on top of your head in the fontanel bone area, where it was a soft bone - for your final baptism. This was a soft bone in your childhood and you stretch your fingers up and press the thing

down, slowly move your scalp seven times. Clockwise. Slowly. That's all. As simple as that.

I hope all of you will do it and don't watch other people doing it, it's not proper. Now again I request you those who don't want to do it should leave the hall to be civil and kind.

Thank you! Thank you very much! There are nice people. Thank you!

You are not going to leave or you are going to meditate, are you? Now, this gentleman in front. No? Then why are you so adamant? Why don't you leave please.

Yogini: He says he wants to experience something.

"Shri Mataji:" Then experience you will have but you must accept what I'm doing. How will you experience without having something? I'm just experience your obstinacy, that's all I am experiencing from you. Then he should go because he cannot have the experience. Then he will say that I must have that experience, how am I going to tell you to raise the Kundalini, how to raise it. You don't want to do it, like I must have the water but I am not take the cup in my hand then what will I do. All right, thank you - let him go. Yes. It's all right, don't get upset, it's all right. You should not be upset at all. Nobody should be upset. Nobody should be upset. It's going to work out.

Now we close our eyes. You may take out your spectacles. Don't watch others. This is the time when we have to look to ourselves, not to others. And please keep your eyes shut because the attention has to go inside. Till I tell you please don't open your eyes. You have to gain something, nothing has to be gained by Me. So be kind to yourself. It's for your benevolence. All right. So if you put your left hand towards Me and both the feet on the ground straight and sit little straight and close your eyes.

First thing we do is to put our right hand on our heart. Here is the Spirit. So you please ask Me a very fundamental question, you can call Me Shri Mataji or Mother, "Mother, am I the Spirit?" Ask this fundamental question three times.

Aside: Open the door a little bit - too much heat.

Now. Please put your right hand on the upper part of your abdomen on the left hand side please. Now here is a very important center and you have to ask Me a very fundamental question which is followed by the first one. If you are the Spirit you are your master too. So please ask Me a question, "Mother, am I my own master?" Ask this question three times please.

Now please move your right hand in the lower part of your abdomen on the left hand side. Keep the left hand towards Me. This is the center of pure knowledge. But I cannot force on you. In your freedom you have to ask for it. So please ask six times, "Mother, may I have the pure knowledge?" Six times, because this center has got six petals.

By asking this question the Kundalini has started - She is awakened. To help Her cross all the centers properly, you put your right hand on the left hand side of your stomach in the upper part. Here with full confidence please say ten times, "Mother, I am my own master, I am my own guru, I am my guide." Say this ten times.

Now raise your hand on your heart and here we have to see the greatest truth. So now with full confidence in yourself please say, "Mother, I am the Spirit." Please say it twelve times.

Now we have to know that the Divine is the ocean and love, Ocean of Love and Grace. But above all it is the Ocean of Forgiveness. And whatever mistakes you commit it's capable of completely neutralizing it. So have faith in the power of forgiveness of the Divine. So raise your right hand in the corner of your shoulder and your neck and place your right hand, right head towards the right. Now here forgive yourself. And say, "Mother, I am not guilty at all," 16 times. Now if you still feel guilty then better punish yourself by saying 108 times. You should be pleasantly placed towards yourself, because you are entering into the Kingdom of God. So now say 16 times, "I am not at all guilty."

Now raise your right hand to your forehead across. Put your left hand towards Me. Now press on both the sides. On this center you have to say, "Mother, I forgive everyone." Now some people think it's difficult. But it is a myth whether you forgive or you don't forgive. But if you do not forgive then you play into wrong hands. So from your heart you have to say, not how many times, "I forgive everyone."

Now take your hand on your back side and put your head on that and put the load of your head, slowly. Here for your own satisfaction you have to say, "Oh Divine, if I have done any mistakes please forgive me." But only for your satisfaction, not to feel guilty or counting your mistakes.

Now please stretch your right hand, left hand towards Me. And both the feet on the Mother Earth. Now put the center of your palm on the fontanel bone area. Now press it hard and you have to move it 7 times slowly clockwise. Here also I cannot force you, so you have to say seven times, "Mother, please give me my Realization." If you like you can bend your head a little, it will make it easier. Now press it hard, stretch your fingers.

(Shri Mataji is blowing into the microphone)

Now take out your hand. Open your eyes slowly. Put both the hands like this. Watch Me without thinking. Now put the left hand, left hand on top of your head. You can bend it if you like and see there is a Cool Breeze coming out. Some people get it very far.

Now put your left hand towards Me. Now put your right hand on top of your head. Some will get it hot, doesn't matter. Now see for yourself if there's a Cool Breeze coming out of your head. Or a hot, could be hot also.

Now please take your left hand on top of your head and put the right hand, try again, try with the left hand.

Good. Now put your hands up like this. And here you have to ask Me a question putting up your head, "Mother, is this Cool Breeze of the Holy Ghost? Mother, is this the "Brahmashakti"? Mother, is this the all-pervading Power of God's Love?"

Now please put down your hands. Now put your hands like this, don't think. Now those who have got Cool Breeze out of their heads or hot breeze or in their hands, please raise both your hands like this.

Everyone! May God bless you all! So many of you have got it. May God bless you! I bow to all of you.

And there is invitation to you all to take your thrones in the Kingdom of God. And enjoy all the blessings. Very few have not felt, but we have a workshop. Please, please, please all of you should go. Clarify yourself, grow yourself out like a big tree. Respect your Self Realization. You have to grow. That's the important part. Otherwise next year you'll come and tell Me that, "Mother, I've got cancer, I've got this, I've got that." I want you to be the most beautiful people on earth. And I wish you lot of wisdom. And love yourself as I love you all. Now I'll be coming next year again to see you.

May God bless you! Thank you very much!

(Applause)



## 1987-1014, The religion has to be awakened within yourself

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14 October 1987

The Religion Has To Be Awakened Within Yourself

Public Program

University of Graz, Graz (Austria)

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It is very gratifying to see that there are so many people here who want to seek the truth. The truth is absolute. You cannot put it in a concept. Or you cannot form an idea about it. It cannot be a conjecture. It cannot be a theory or a philosophy. It is to be felt on your central nervous system. As you see here the beautiful flowers and can feel them. In the same way you have to feel the truth. If you are still under the spell of some sort of an illusion that this is truth, this is truth, this is truth, then you cannot achieve the state from where you have to know the truth. The human awareness at this point of its evolution has reached its maximum. And all the knowledge we have through our human awareness is like the knowledge of the tree outside. But we have to have the knowledge of the roots. And this is the knowledge of the roots.

You may just now think that this might be another philosophy. But you should have a scientific mind, an open mind, as if this statement or what I am saying is a hypothesis. And that whatever is to be known if it is there then you have to accept as the truth. So, the truth is very simple that the human beings have not reach their absolute state. That's why there is confusion about everything. People are confused about religion. They cannot understand when people profess certain religion, how can they be violent and full of vices? Because the religion is not awakened in them. They are artificially religious. They have not reached that state of religion, where the religion has to be awakened within yourself. Where you become the righteous, the virtuous. You become your own master and nothing can enslave you. That state can be easily achieved.

So, one has to understand that evolution has been a living process. And this living process has brought us to this state. If something higher has to happen then it is a living process. It is not a dead process where one can brand oneself, "I am such and such." Some people say that, "I am a born Realized," or some say that, "I'm a twice born person." Now those who believe into such things, which are myths get easily exposed. The people who have been trying all such tricks are gradually getting exposed.

Now, for the living process you cannot pay. Supposing you have to sprout a seed then you just have to put the seed in the Mother Earth and it sprouts. Do we pay any money to the Mother Earth to sprout the seed? Actually Mother Earth doesn't understand money. Now if you want to sprout a seed you don't have to make the seed stand on its head or you don't have to stand on your head. You don't have to put in any effort, just put the seed in the Mother Earth. Now if you put the seed in the Mother Earth it sprouts by itself. It is a spontaneous happening. It cannot be forced. It cannot be organized. It happens by itself.

But there are many people who are doing all kinds of things artificially to get to that state. First thing they tell you that you must pay so much. Then they tell you, you must stand on your heads. Or they tell you, you have got your "karmas", you cannot get your Realization. These are all excuses. Every human being has a right to get his Self-Realization. Every human being can get that state. He's innately built as a seed is built to be a flower. Everything is in-built in you. All this instrument that is shown is within you. It is your own. And you have to have it. It's your fundamental right to get to that state.

As a result of Self-realization, so many things happen to a personality. Because you get connected to the All-pervading Power of Divine. You can feel it on your fingertips, the Cool Power of the Divine. You can feel it coming out of your fontanel bone area. It's not an artificial baptism, where people put little water, they say, "All right, now you are baptized." We also in our simplicity accept it. But by that we miss the point. We have to think of our own benevolence and of our achievements. It is the time that is very important - I call it the Blossomtime. This is the time when it is going to happen to all of you. Also, in the modern times, there are

many seekers born. It is a special category of people. Also, I found so many people who take drugs and do wrong things are just doing it because they are seeking. They are trying to find something beyond. They are fed up with the mundane type of life. And they feel there is something beyond that they must find. You all have this possibility to achieve that state.

Now here in the triangular bone resides the Kundalini. That is the energy within you. Is a energy which will give you your Self Realization. She resides in the triangular bone which is called as sacrum. And the bone 'sacrum' means sacred. So we can say the Greeks knew about it. Now, this triangular bone has this energy nicely placed within itself. And this one is the fourth energy we have got. The first energy is the left-hand side energy, which we call as the energy of desire. By which we desire, but our desires are not pure. Because what we find that desires in general are not satiable. Today we want to have a car, then want to have a house, then want to have this, but when we get it we want to have something more, we do not feel satisfied fully. So these desires are not pure. The pure desire energy is the Kundalini. It is called in different religions by different names. In Koran, it is call as "Kiyama". I am sorry, as 'asas' [base, foundation]. And "Kiyama" is the time of Resurrection. And it is described that when the time of "Kiyama" will come, the Resurrection time will come, your hands will speak and will give you the witness about yourself. Exactly that happens in Sahaja Yoga.

Now, in the Bible it is described as the Holy Ghost. No one knows what is a Holy Ghost. Holy Ghost according to people is some sort of an ambiguous thing. Now, this Holy Ghost is the Primordial Mother. We have the Primordial Father and the Primordial Son. How can we have a son and a father without a mother? So the Trinity which is the Holy Ghost is the Primordial Mother. In Sanskrit language, it is called as "Adi Shakti". Now this "Shakti", this power is reflected within us as Kundalini. So the third power we have is the power of action. By the first power we desire, and put it into action by the second power. Now the third power we have got out of our evolution is that of central nervous system. But the central path that you see here, is actually the third power called as the parasympathetic nervous system. This is the one which gives us the balance. For example if we have to run, we run fast and we go into sympathetic activity. But when we stop automatically our heart comes to normal. Our heart comes to normal through the parasympathetic activity, which gives us the balance. But also the energy of parasympathetic is limited. Through this central path the Kundalini rises. She passes through six chakras, pierces through the fontanel bone area here. This is the bone which was soft in our childhood. She pierces through here and you feel - actually, you feel the Cool Breeze of the Holy Ghost coming of your head. You can see it clearly coming out of your head. And then you can feel it all over - the all-pervading Power. This is actually happens to you.

Maybe it may not happen to all, there is no guarantee. Supposing you are a very frivolous person, if you are still to be matured. Supposing you have been indulging into wrong things. Supposing you are doing something very ugly. Or maybe if you are sick, maybe you are unhappy in life, maybe you are not happy with your parents and you had a unhappy childhood. All these things may little bit hamper your progress. But once awakened - but once awakened the Kundalini starts working on its own. Gradually it works out and you achieve that state of Realization.

Tomorrow I will tell you what happens actually to you, to your personality after Self-Realization. Thank you very much!

I would like some of you to ask questions, but no aggressive question. If you belong to any group or any other person, you better go. But there should be no aggressive question, as I am not here to take any money from you, I am here to give you the key of your ascent. This is all your property. This is all your wealth. I'm just a catalyst. There is no obligation involved.

Now can I have questions from you?

What is it?

Yogi: What he's asking, Shri Mataji, if you are married and you have troubles with your partner in the marriage and you try to come over through practicing Sahaja Yoga, is it possible to give this peace what you feel in your heart to your partner?

"Shri Mataji:" Yes, you can. There are so many ways. First of all you change and your change helps her a lot. You can try, it changes many people, many people have changed.

Yogi: He says, even to a very aggressive mother-in-law, could it change her as well? ("Laughter")

"Shri Mataji:" Yes, she can be, there are ways and methods of changing. Love is the greatest power on this earth. Of course I mean, if somebody is like Hitler, I mean then it's difficult. ("Laughter")

Yogi: He's asking, Shri Mataji, is there only one way, one key, who can open the door, who can give Self Realization?

"Shri Mataji:" Now there is only one key, no doubt. Thus it sprouts just like a seed sprouts, but there have been many before Me who have done it.

Yogi: He's asking, is it possible that from all the different religions, you would be able to come to the same point?

"Shri Mataji:" Of course, of course! You come to the same point. All religions say the same thing, "You have to be born again." Every religion says that. But it's not artificial. Of course!

Yogi: He's asking, how can I protect myself when exercising Sahaja Yoga from outside influences, outside negativity?

"Shri Mataji:" That we'll teach you, that's something simple, we'll teach you. When you get your Realization then you have to attend our centers, where they'll tell you what is to be done. Then you can give Realization to others and you can also tell them how to protect.

Now, there's a gentleman here, please.

Yogi: "Ahimsa" - the question is, what You recommend for the nutrition, for eating?

"Shri Mataji:" That also we have to see, to give you the balance. Supposing you are a right sided person as we call it - right sided, left sided and the central. There are three types of people we call them. If you are a right sided person then we would recommend you a kind of food that will make you in the center. Like you have to take more carbohydrates. But if you are a left sided person then we would recommend that you have to take more proteins. But the inner force is so great that it balances itself. To help it more, to give it thus more support, we take to a kind of a changing nutrition. But the inner force is so great that sometimes you don't need anything like that.

Yogi: Shri Mataji, she's asking how is Your relation to Jesus Christ and maybe also Sahaja Yoga to Jesus Christ?

"Shri Mataji:" Oh - Jesus Christ is bestowed upon our Agnya chakra there. He is the incarnation of what you call the "Omkaara" - "Logos" as you call it, "Logos". He's "Omkaara". And that's why He could walk on the water. He crossed through this, that was the most difficult point. To cross this, to establish the Resurrection point for you, is the Agnya there, they will show you. Of course I must be having very innate relationship with Him, but I don't want to say anything about Myself. What He said was the truth that He was the Son of God. And that He had come on this earth to take away all your sins, your "karmas," but they crucified Him for that. They are so stupid. So it is better to make them understand Me than to tell them anything about Myself. Once you get your Realization you will know what I am and My relationship with Jesus Christ.

Yogi: Shri Mataji, she's asking, if she doesn't know anything about meditation, Sahaja Yoga, how can she awaken the Kundalini?

"Shri Mataji:" That's the best. You are innocent, it's very good. You will get your Realization in no time. ("Laughter") It is not a mental process. See now, if you have to put on these lights, you just come and I'll tell you that, "All right, there's a switch, you just put it on, it comes out." But supposing I explain to you the history of electricity, then all the organization, then how it comes, you'll go mad. So a person who has not indulged into all these readings are better for Sahaja Yoga. ("Shri Mataji laughing") As I met the

other day one gentleman he was really like a crack pot. He was a nice man but too much read - everybody else was in his head, he was nowhere, he was lost.

Yes, Sir?

Yogi: Shri Mataji, he's asking, is it the Kundalini energy when he feels the blessing, the showering coming over his head?

"Shri Mataji:" Yes, that is the all-pervading Power. But the Kundalini connects you and opens it out and then the all-pervading Power, the Grace that shower-like comes upon you.

Yogi: He's asking how you can know if you are a left sided or a right sided person?

"Shri Mataji:" That is after the Kundalini has risen and has broken your Sahasrara as they call it, then you can feel it whether you get vibrations on the left or the right - Cool Breeze. Now supposing you are getting burning sensation on the right, maybe little heat on the right and cool on the left - then you are right sided. But gradually when you come to Sahaja Yoga centers within one months' time you become a master. When did Herman come to Sahaja Yoga? How many years back?

Yogi: Four years, Shri Mataji.

"Shri Mataji:" Now Herman has been only for four years in Sahaja Yoga - he's a master of Sahaja Yoga. He has solved all his problems. Now he's solving others' problems. And you get all the knowledge - the real knowledge, the pure knowledge. How to work out the Divine Power.

All right. So let us have it now. By experiences that when people sit above Me Realization doesn't work out very well. But we'll try. If it doesn't work out in some people then we'll have to come down. You will receive your peace and whatever may be the situation, you will enjoy your peace, all right? All right. Please if you want to come will be a good idea.

Good. There's someone there, good person. Here is a seeker. ("Ed: flowers being offered") Thank you! May God bless you! Thank you!

You can move little further that's all, little further. Can move little further here this side, would be a good idea, little further down.

"Aside": You think they have no objection against a candle in the hall? Sometimes they have. It's all right. If they don't have it's all right. Good idea.

Sahaja Yogis could sit anywhere they feel like, it's all right. Not for the Sahaja Yogis. So many are such seekers actually, what a place this Graz is, I must say. Oh - tremendous.

Now, it's better to take out your shoes because the Mother Earth helps us. Just to take out your shoes and you will be comfortable also, on the ground as well as up there. Take out your shoes, if possible please. Before we start I have to tell you that those who do not want to have Realization should leave the hall. Those who do not want to meditate should go. Because it is the freedom of the people who are meditating that they do not want others to just have a look at them. So those who want to have Realization are welcome.

All of you will have to meditate otherwise it will be not very kind and civil to others. It takes hardly ten minutes. The distance is not even three feet let's see, from here to here, ("Ed: Shri Mataji is pointing to Her spine") about three and a half, in some people three feet. ("Shri Mataji laughing & laughter") It's so simple.

Now, those who are sitting on the ground are all right. Those who are sitting on the chair have to put both their feet on the ground parallel like this, as I am sitting. Now, you can sit comfortably, whichever is comfortable for you. All right. If you want you can sit

on a chair Sir, you will feel comfortable it's all right. You are going to get your Realization I promise you. ("Laughter") You are such a seeker. But important is you should be careful, you can take this chair, you can take this chair it's all right. You have to be comfortable, it's all right, makes no difference. Please take this here, there only face towards Me please, I'll be happy - please. We have to be comfortable that is important.

Yogini: He is 85 years old.

"Shri Mataji:" I know, that's why I am saying. ("Laughter") Age must be respected.

All right. Now you all have to put your hands towards Me like this. The left hand is for your desire. So the left hand should be towards Me. And the right hand has to be used for releasing our chakras. I am just doing this because later on also you can do it to yourself. Now first you will have to put your hands - right hand on your heart. Then this is the place we should know where the Spirit resides, which is the reflection of God Almighty. Now we have to now take this hand to the upper part of our abdomen on the left hand side. We are working only on the left hand side, as our left hand is towards Me. Now, this is the center of your mastery. By this center in your consciousness you become the master of yourself. Here on the upper part of your abdomen, you keep your eyes open, just now see for yourself and then second time when we'll do I will ask you to close your eyes. Now this hand is to be taken into the lower part of your abdomen on the left hand side. This is the center which works out our Divine work. So you have to have the pure knowledge which gets in your consciousness. As I have the knowledge how to hold this, in the same way you should have that knowledge in your consciousness, how to work out the Divine.

Now you have to raise your hand higher into the upper part of your abdomen, into the center of mastery. Now you put your again hand on to your heart, where the Spirit resides. Now watch Me carefully: put your right hand in the corner of your shoulder and your neck and turn your head to the right. This center catches in people who feel guilty all the time. You should not feel guilty at all. Now this hand is to be now put on your forehead across like this. This is the center of Christ, as I told you. You have to press it on both the sides. Now this hand goes to the other side of the Christ center behind, and push back your head, with the left hand towards Me. Now stretch your hand, stretch your palm, push back your fingers. Now the center of your palm you have to put it just on the fontanel bone area, which was a soft bone in your childhood. Now you have to press it hard pushing your fingers upward. And move your scalp slowly seven times.

All right. Now take down your hands please. Now you may take out your glasses if you want to, you can loosen out someway here wherever you find it's tightening you. Let us close our eyes and till I tell you please don't open your eyes. All right.

Now close your eyes, put the left hand towards Me, and the right hand on your heart. Right, right hand, right hand on your heart. Now keep your eyes shut. Close them fully. Don't turn them upward downward - just normal way. No strain should be there. Now here in your heart you have to ask Me a question, you can call Me Mother or Shri Mataji, "Mother, am I the Spirit?" Ask this question three times. Three times.

Now if you ask this question the second question follows that if you are the Spirit, you are your master. Now take down your right hand on the upper part of your abdomen and press it. On the left hand side. And now ask the second question to Me, "Mother, am I my own master?" Ask this question three times please. Press it.

Now take down the right hand in the lower part of your abdomen on the left hand side. Please put your left hand towards Me. Now press it with your right hand. Here I cannot force you, you have to ask. So please ask Me, "Mother, may I have the pure knowledge? Mother, please give me the pure knowledge." Say it six times. Six times, because there are six petals to this center.

Now as you ask for it the Kundalini gets awakened and She is trying to move upward. To facilitate Her movement we have to release our centers. So now please raise your right hand and put it in the upper part of the abdomen and press it hard. On the left hand. And now here to facilitate the Kundalini with full confidence say, "Mother, I am my own master." Say it ten times please.

Now you have to know that there is a very fundamental truth about you. The truth is that you are the Spirit. So raise your right

hand to your heart. And here we have to see the greatest truth. So now with full confidence in yourself please say, "Mother, I am the Spirit." Please say it twelve times.

Now we have to know that the Divine is the ocean and love, Ocean of Love and Grace, but above all it is the Ocean of Forgiveness. And we cannot commit anything that He cannot forgive. His power of forgiveness is very great, so you forgive yourself. Now raise your right hand onto the shoulder between the corner of your shoulder and your neck. And turn your head to the right side. Here with full faith in the Divine Power of forgiveness please say 16 times, "Mother, I am not guilty." Please say it with full confidence. If you still want to feel guilty then you better punish yourself and say 108 times. You should be pleasantly placed towards yourself. After all you are entering into the Kingdom of God. How can you be guilty? All right - 16 times.

Now please put your hand on your forehead across and press it on both the sides. Here you have to say, "Mother, I forgive everyone." Many people think that it is difficult. But it is a myth - whether you forgive or if you don't forgive. But if you don't forgive then you play into wrong hands. So please say it from your heart, "Mother, I forgive everyone." How many times is not the point.

Now take your hand on the back side of your head. Here you put your head on your hand and put the load backwards. Here for your own satisfaction you can say, "Oh Divine, forgive me, if I have done any mistakes." But no feeling guilty, not feeling guilty. You should not feel guilty at all. Just say it for your own satisfaction.

Now last - you stretch your hand, put the center of your palm on top of the fontanel bone and press it hard. Now at this point I again cannot force you. So you have to ask for your Self Realization. So please say, "Mother, give me my Self Realization," seven times and move the scalp seven times with it. Press it hard, push back your fingers.

"(Shri Mataji is blowing into the microphone)"

Now take down your hand and open your eyes slowly. Put your both the hands towards Me. Watch Me without thinking, open your eyes please. Watch Me without thinking. Put the right hand like this and left hand on top of your head, on top, not here, on top like this, right hand Now see if there is a Cool Breeze coming in. Right hand towards Me, right hand towards Me, right hand - you are putting the other hand. Right hand, right hand towards Me. Yes, towards Me. Left hand see now there is a Cool Breeze coming out, little higher, some people get it very high, put your hand like that.

Now put the left hand towards Me, see if there is a Cool Breeze coming out now. Some people get it hot, doesn't matter, doesn't matter. It's opened out. Some people get it very high. Good? In front, little in front. You can bend your head, better is to bend your head.

Now, put right hand towards Me and see with the left hand.

Now raise your both the hands like this. And ask a question, "Mother, is this the Cool Breeze of the Holy Ghost? Mother, is this the "Brahmashakti"? Mother, is this the Power of God's Love, which is all-pervading?"

Now see for yourself. So many of them have got it - so beautiful.

All those who have felt Cool Breeze out of their heads or from their fingertips or on their hands can raise both the hands like this. Oh, look at that Graz - tremendous. You both did not feel? We'll work it out, doesn't matter. Those who have not felt will feel it. Great! ("Shri Mataji laughing") So you all have got it now. What more? You all have become Yogis. I bow to all of you. May God bless you!

Please respect your Realization. Those who have not got it, doesn't matter. You will get it tomorrow when they have a follow on. And those who have got it should go and try to understand it - within a month you will be masters, everyone of you. You can give Realization, you can cure people, you can do everything. You don't have to pay anything. Just give some time.

May God bless you! Thank you very much! I'm very happy, I came to Graz to meet such beautiful people.

So may God bless you! Enjoy! Now enjoy!

You see, these girls were little bit talking during My lecture. That might be the reason. Ask them, they were talking, two of them, I am sorry, but next time, tell them they shouldn't talk, then they'll get it. These two girls, I am sorry for them, but they were little bit talking in between.

Good. Nice now. Such nice people in Graz - I never knew. Wonderful people live here - tremendous!

Graz is in Austria, isn't it?

Yogi: Yes, it is.

Shri Mataji: How wonderful!

Now enjoy it! Enjoy each other. (Shri Mataji laughing) Enjoy! Enjoy! Enjoy each other - just enjoy!

You got it, Sir, you got it? You felt the Cool Breeze? I told you, you'll get it. You're such a seeker! Age doesn't matter in Sahaja Yoga. You'll feel very energetic.

## 1987-1015, That is the purpose of your life

View [online](#).

15 October 1987

That Is The Purpose Of Your Life

Public Program

Augsburg (Germany)

Talk Language: English | Transcript (English) – Draft

1987-1015 Public Program Augsburg Germany

(Yogi gives introduction in German)

Yogi; Shri Mataji, I'd just like to say that we, the Sahaja Yogis of Germany, are very honoured to welcome You here, the first time in Augsburg, and that we are very joyous about the fact that this coincidence is there, that just seven years ago, exactly the same day, on the 15th October, You came to Germany the first time to give a Public Programme and thus you worked so hard for us. There is just still a relatively little group and that all our desire goes that Your mission will have success and there will be lots people from now on. Thank You.

I bow to all the seekers of Truth.

Now, we have to realise that Truth is what it is.

We cannot have a concept; we cannot put it in a mental projection. It has to be felt on your central nervous system. As you see flowers and know these are flowers, and feel them, in the same way you must feel the Truth.

If I say that there is all-pervading power of Truth and Love around us, you should be able to feel it on your fingertips and to know this Truth, you have become a human being. That is the purpose of your life, not to be wasted on useless things and wrong seeking.

Now, when we understand our evolution, we also understand that it has come to us through a living process. Like the tree has roots and the tree then has the growth outward till it reaches the state where it becomes the flowers, then only it has to become the fruits. We have the knowledge of the tree through science and other pursuits, we haven't got the knowledge of the roots. And when I say this is the knowledge of the roots, you have to accept it as a hypothesis and you should have a scientific mind, an open mind, to see for yourself what is the Truth because you are seekers of ages. You have been seeking and now the time has come for you to get it.

In the various pursuits of human beings, we find people are extremely perplexed and confused. The reason is they have not yet found the Absolute. They live in a relative world. They go on compromising with everything that confronts them and try to exist, somehow, in those circumstances. This is not the way it should be because you have to become the Absolute. That is your fundamental right and all of you have to have it. But there have been so many concepts that when you look at all these you get frightened.

Today only, one boy came and he told me he doesn't believe in any God, any religion.

I told him, 'I, too, don't believe in any religion!'

All these religions are outside, artificial. But the real religion lies within yourself.



Religion is a valency in a human being. As carbon has four valences, human beings have got ten valences. As long as they are not awakened within you there is no religion at all.

When we profess something, we do not follow it and we have to force ourselves to follow it, then it becomes a conditioning within us. But actually, if you see, anybody who professes any religion can become equally violent, equally murderous, equally immoral, equally corrupt. Nobody, you can say, because he belongs to one religion, he won't do these things. That is how people are losing faith but all these great incarnations and great saints and prophets were not false, they came on this earth to build up those different centres within us, to enlighten us and build up within us the valency of religion. It's a tree of life on which these flowers appeared and we pluck them one by one, saying, 'this is my flower, this is my flower'. The flowers are dead and the believers also are blind.

These flowers are here as you will see them gradually when you when come to Sahaja Yoga, they are there present. They are already within you. The Power that is going to give you your ascent is also within you. She is mentioned in every religion. For example, in the Christian religion She is called as the Holy Ghost. In the Hindu religion She is called as the Primordial Mother, Adi Shakti, or the Kundalini. In the Sheikh religion She is called as 'Suridhi'(?). In the Muslim religion She is called as Asas (?) and Mohammed Saab has clearly said, 'at the time of resurrection your hands will speak and give witness against you.'

They have all, at different times, said the same thing. Like Guru Nanaka has said, 'unless and until you know yourself, you will be in confusion.' Christ also said that 'you are to be born again' but if you put a brand on your head, 'I'm born again' and go around, I mean, what is the proof? Just giving a name to yourself you don't become something great.

Now in the modern times so many of false people have come. They're...it's a business, it's a money-making business. You have to pay them and they make you mad, they make you funny and they live on your money like parasites. It's very surprising how in the West people don't understand a simple, a very, very simple fact that you cannot pay for your ascent because it is a living process and you can never pay for a living process. Supposing you want to sprout a seed, then do you put it in the soil and pay some money to the Mother Earth? Does the Mother Earth understand money, or cares for it? Is she bothered about it? Because she has the potential to germinate a seed, she does it automatically, spontaneously, Sahaja. If this one fact people understand their seeking will become straight forward.

Most of these people play upon your weaknesses. They want to exploit your weaknesses like any entrepreneur does. The other day I met lady she told me that her guru has told her she has to pay for her karmas. Every month she is paying some money to this guru for her karmas. She has been doing this for years. So, the guru says I can only take one 16th of every karma by that payment. Then I said, 'how many karmas you have done!' And, 'please make the calculation. How many lives you have to pay this guru for your karmas!' And the guru himself is buying Rolls Royces and using all the money, befooling her.

Now, this is to be understood that you are seekers of ages and you should not get lost in this life. You have to respect yourself and your personality has to achieve that goal for which you have come on this earth. All these false ideas and false things are not going to give you self-realisation. You should ask yourself what have you got out of all this falsehood with which you have been carrying on?

Have you got your peace?

Have you got your joy?

Have you got an attention which can feel the collective consciousness?

Can you feel the all-pervading Power? Have you got rid of all your diseases? Have you got rid of all your problems?

Have you become righteous?

And non-violent?

Does your compassion act?

Does it act to cure others, to help others?

What sort of a value you will give to yourself?

To be a real human being.

To belong to humanity.

If you are not a hypocrite and if you are not dishonest, you have to know, that still you have to reach that point of Absolute. And that is all within you. Within your reach. It's so easy and simple. Anything vital has to be simple and easy. You cannot think of going in the library, reading a book for just breathing which is so vital.

So, why do you think is today is the ascent of man and that thing you must achieve for your own benevolence and for the benevolence of the humanity at large.

It is so simple, that's why people don't believe in it. But when we understand that we have become human beings from amoeba without doing anything. We have to know one simple thing, that we cannot put in any efforts, or we cannot work it out, it just works spontaneously within us. And this should happen to all of us.

I am told that you have been a little but told about the chakras and the different channels within us. Now from the book that you will get you will know all about it. And as time passes by you will become an expert on all that. You will become masters. You'll be able to raise the Kundalini. You will be able to give Realisation. And you will reside in that beautiful state which is peace, joy.

It is my privilege to come to Germany again, after seven years, exactly, after seven years.

My first visit was not so successful! Because people don't want something simple. If I told them you better stand on your heads all your lives, they would have been happy! Because if I had asked them, 'please, send me so much money every month', they would have been happy. People are busy with 'guru shopping,' but I am not in the market! You have to come out of the market if you have to get your Realisation.

This is what is the Truth, that you are the Spirit.

Only thing it has to happen within you and when it happens you get in your own consciousness, all the qualities of a spiritual person by which you can make out which is right and which is wrong. The Kundalini which comes out of your head, in the fontanelle bone area, gives you the consciousness, through your fingers, of the Truth.

It's a real baptism, not an artificial one; that you can feel the cool breeze of the Holy Ghost coming out of your head.

On your fingertips you can see what's wrong with you and what's wrong with others. With little understanding if you try to correct yourself you can do it and you can help others also if you know what is wrong with them and how to correct it. So, this correction can take place automatically again because you are empowered. Your attention becomes empowered.

But first of all, your health becomes perfect.

You get rid of all your habits.

You become your own master.

No habit can put you down.

You get rid of your emotional problems.

You get such satisfaction in life that you don't hanker after wrong things.

But your attention is so enlightened that sitting down here you can feel the vibrations of another person very far away. And you can know the truth about that person.

All these things are your own and I am just a catalyst and once you get it you also become the same. When you are enlightened you start giving light to others. It's so much innate, so much built within.

But, because it is the knowledge of the roots, you may not be knowing, or maybe some wrong information must have come to you, but it works.

You have to become a subtler being to enter into your roots, to nourish them and to help them.

Tomorrow I will tell you about these three channels and how we get into imbalances and how do we get diseases and fall into wrong things. We are having a Programme in Munich. I have come all the way to invite you all for that programme tomorrow. I hope you will make it convenient to be there.

Now, it's a first day here I would like you to ask Me questions. But you need not be aggressive with Me because I am not asking for money or votes. I'm neither a politician nor a guru. I've come here to give the key of your ascent, for your benevolence, for your good. So please ask Me questions which are good for you and for others. Thank you very much.

Seeker's question: I heard somewhere that you should not force the opening of the chakras, that it should be a natural process; it's something that you want to do through meditation.

Shri Mataji; What did he say?

Yogi; Shri Mataji, what he is saying is that we shouldn't force to open the chakra

Shri Mataji; No, no. You can't force, it's a living process, my child. How can you force it! It's a very wrong thing. You cannot force. Can you force a seed to be sprouted? On the contrary, I have to ask your permission, you have to ask for it, I cannot overcome your freedom because you have to get to your ultimate freedom.

Question (unclear, in German)

Yogi (translating); Which religion You consider is the best one, Shri Mataji?

Shri Mataji; In what? On human level, on which level? On Spiritual level?

Question (unclear, in German)

Yogi; He is saying that religion is all-comprehending.

Shri Mataji; All right. Then the best is that of a Mother. Because supposing if your guru was a real guru, I must say, not a false one, then he would have first beat you up nicely, hanged you by somewhere, troubled you so much and would have tested, tested you, they would have given you your realisation.

But if it is a Mother, She is tolerant and She wants her children to have Her realisation, at any cost. She takes all problems upon Herself when She gives birth to her child and She doesn't want anything from Her children except for their benevolence. That's why the kundalini is the Mother, is your individual Mother, is their individual Mother and every Kundalini is anxious to give you your second birth. Some of them are so miserable I have seen, some of the Kundalinis, which are so much tortured, they are bleeding, very weak, but still anxious to give you your second birth.

Question (unclear, in German)

Yogi; He's asking, has the kundalini been awakened by our self, or by meditation, or something else?

Shri Mataji; No. It is...The kundalini gets awakened by somebody who is in authority. It's a divine Authority. Like anybody who is talking about kundalini giving heat and all that, you must know that there's something wrong with that person, he's not at all authorised.

Shri Mataji; Now, if you get Realisation and you master it, then you can give also awakening to others.

Like one candle which is not enlightened, cannot get enlightenment by itself but one enlightened light can, after it has been established, can enlighten another light. In the same way, if you get enlightenment you can enlighten another person. But it should not be a false certificate. 'I'm enlightened'! Kundalini doesn't react to falsehood.

Shri Mataji; Alright?

Then you get into meditation. You do not meditate; you are in meditation.

Now, those people who do not want to have their Realisation, can go. They need not disturb other people.

It will take about ten minutes, at the most. The journey is only of about three to four feet; that's all and it should work out with everyone.

You have to a little bit help yourself by following what I tell you.

First of all, I would request you to take out your shoes because the Mother Earth helps us, a lot, to suck in our problems.

Put both the feet on the ground, in parallel, because these two are different energies.

Firstly, you have to be comfortable but you need not slouch, or you need not be stretching, like that, just straight if you can sit comfortably but if there is anything tight, here or here, you can reduce the tightness.

It's a simple thing to be understood that the left hand is symbolic of our power of desire power, about which I'll tell you tomorrow, and the right hand is the power of action.

So, first I'm going to tell you how to work it out, for yourself, to release the chakras for your ascent.

Now, first of all, don't close your eyes, you watch first what is to be done, and then you do it. Don't close the eyes and do it.

Please put the left hand towards me like this. Comfortably, expressing your desire to get your Realisation. Just like this, on your lap.

Why don't you come and sit in front, would be much better?

Good idea. Please be seated in front, those who haven't got their Realisation so far.

Now take out your shoes and put them, put both the feet on the ground like this.

There are some seats available at the front if you want to come forward, please come

Yes, come, come along, there are seats here also, anyone who wants to come. Yes, good.

Now, the attitude should be that you have to enter into the Kingdom of Heaven and you are not to feel guilty.

You are not to worry about your karmas and all the mistakes you have committed.

You should be pleasantly placed towards yourself.

You have to respect yourself and you have to love yourself, first of all.

Now, first the left hand is towards me and then you put both the feet should be apart from each other, like this.

Now the left hand should be on your lap, straight, just follow it properly and you will all get your Realisation. There's no guarantee but I hope so.

Alright. So, please put your left hand towards me.

Right hand on your heart.

Now, here resides the Spirit, the Atma. So that is the most important centre for us.

Now, take your right hand down to the upper part of the abdomen.

(Left hand like this, left hand should be like this. Yes. And the right hand on the upper part of the abdomen on the left-hand side.)

This is the centre of your mastery created by all the great gurus, Sat gurus, the real gurus.

Now, below that now, you put your hand in the lower part of your abdomen on the left-hand side. This is the centre of Divine work. All the Divine work is done through this centre.

So, in your own consciousness you have to have the power to do the Divine work. Like I know how to hold this, in the same way you should know how to manoeuvre the Divine power. It's called as 'pure knowledge' and in Sanskrit as 'Shubdha Vidya'.

Now, again we go back onto the upper part of abdomen, on the left-hand side, then we raise our right hand to your heart again, then you raise your right hand to your left Vishuddhi chakra, as they call it, between the shoulder and the neck, here, and turn your head to the right and press it hard. Now, this is the centre you catch when you feel guilty. There is nothing to feel guilty at all. Just laugh at yourself. Be pleasantly placed.

Now, put your right hand on top of your head and press it hard. This is the centre of forgiveness.

Now, take your hand on the backside and rest your head on it.

Now, take out your hand and stretch it. Stretch back your fingers and in the centre of your palm, put the centre of your palm on top of your fontanelle bone area. Bend your head. Press it hard by pushing the fingers. Now, move the scalp seven times, very slowly, in a clockwise manner.

That's all.

Now, we have to close the eyes you can take out your spectacles, your eyesight may improve.

Now, please don't open your eyes till I tell you because the attention has to go inside. Just keep your eyes shut, that's all.

Now put your left hand towards me. All of you have to close the eyes.

Now, close your eyes and put your right hand on your heart.

Put your feet at parallel with each other.

Now, here you have to ask a very fundamental question to Me. You may call me Shri Mataji, or Mother, whatever suits you. Ask this question, 'Mother am I the Spirit?' Ask this question three times.

Now, please take your right hand to the upper part of the abdomen on the left-hand side.

(On the left-hand side, left-hand side, on the upper part of the abdomen.)

Now, if you are the Spirit, you are your master, so please ask me another question, 'Mother, am I my own master?' Ask this question three times, please.

Now, take your hand in the low part of your abdomen. On the left-hand side.

Now, here is the centre which gives you the pure knowledge of Divine work.

Now, I cannot force on you, you have to ask for it.

I respect your freedom.

So please say, 'Mother, may I have the pure knowledge?'

'Mother, give me the pure knowledge.'

You have to say this six times because there are six petals to this centre.

Now, the Kundalini gets awakened by your asking, now, to facilitate Her movement in the upper chakras, we have to take our hand, again, back to the upper part of the abdomen, on the left-hand side, this is the centre of your mastery.

With all full confidence in yourself, please say, 'Mother, I am my own master'.

Please say it ten times.

Now we have to remember that the truth is we are the Spirit. Not this body, not this ego, not this conditioning, we are the Spirit.

Now raise your right hand onto your heart and with full confidence say twelve times, 'Mother, I am the Spirit'.

'Mother, I am the Spirit.'

Say with full confidence in yourself.

Now we must realise that the Divine is the ocean of love and grace but, above all, it is the power of forgiveness. It is the ocean of forgiveness and we cannot commit any mistakes which this power cannot forgive.

So now, from your heart, forgive yourself.

Do not count your mistakes and put your right hand now on the left-hand side of the shoulder, between the corner of the shoulder and the neck, and put your head to your right.

Turn your head to the right.

Here is the centre which gets caught up when we feel guilty. So please say sixteen times with all confidence, 'Mother, I am not guilty'.

Say it sixteen times.

Even then if you want to feel more guilty, you can punish yourself by saying it 108 times!

I have already told you that you should be very pleasantly placed towards yourself.

Now, please take out your hand to your forehead across.

Now, press it on both the sides.

Now here you have to say, 'Mother, I forgive everyone.'

From your heart, how many times is not the point.

Actually, it is a myth whether you forgive or if you don't forgive. It is a myth, whether you forgive or you don't forgive, but if you don't forgive, then, you play into wrong hands.

Now, put this right hand onto the backside of your head and push back your head on it. Here, just for your satisfaction, for your satisfaction you can say, 'Oh Divine, please forgive me if I have done anything wrong but don't count your mistakes, don't feel guilty.'

Now, stretch your hand and put the centre of your palm on the fontanelle bone area, which was a soft bone in your childhood. Bend your head, stretch your fingers outward. Press your scalp and move your it seven times, very, very slowly, clockwise.

Here again, I cannot force Self Realisation on you, you have to ask for it.

So, please say, seven times, 'Mother, please give me Self Realisation'.

Now, take out your hands.

Now, open your eyes, slowly.

Put up your hands, like this.

Put up your hands.

Watch Me without thinking.

Now, put the right hand towards Me like this, and left hand bend your head and put it on top of the fontanelle bone area and feel the cool breeze. It may be hot.

It might be hot. Doesn't matter.

Now put the left hand towards Me and bend your head and see if you are getting a cool breeze now. Some people get it very far.

Now, please put again right hand towards Me. Bend your head and see if there is a cool breeze.

Now raise your hands like this, look up and ask a question, 'Is this the cool breeze of the Holy Ghost?'

'Is this the all-pervading power of God's love?'

Ask the third question, 'Is this the Bramashakti?'

Now, take down your hands, please.

Those who have felt cool or hot breeze out of their head, or on their hands, please raise both your hands.

Great! May God bless you.

I bow to all of you.

So many people got it in one day. It's difficult. So, I have to, now, make a request to you. We are going to have a Follow-On programme where I am going to be here just for one day, today, so I would request you to look after your Realisation, which is just the beginning now. To establish it properly and to be the master.

We have some nice people here who will do that for you.

Those who haven't got it should not be upset.

All of you can get your Realisation.

So, those who haven't got, can try again now. Those can you raise your hands now who haven't got it. Please raise.

Sahaja Yogis please come along if there are any; please come along, please attend.



This gentleman is a great seeker, he must get it.

Someone there. He's got it.

This lady hasn't got it.

This gentleman; it will work out; he is a seeker.

You haven't got it, my child? Give him the Realisation.

(Now, you better tell about your Programme.)

Please put your hands like this.

Ekadesha, he has.

Yogi announces the Follow-Up Programme, German)

Keep your eyes open please. Ekadesha, ekadesha.

(Yogi; announces Programme Follow Up in German)

Shri Mataji; Right to left, right to left, he's been to many people, but he is a seeker. Now? It should be.

Ah! She's got it. You see on her head.

Ah! Now, she's got it now. Feeling the cool breeze now? Yes

Let's see this.... Ekadesha. Take a candle. Move him right to left.

(Seeker; explains what he sees)

I know but you shouldn't see that. You should see Me as I am. That's the best way.

You have to be in the present, this is My future!

You should see Me in the present.

Right to the left, right to the left.

Now? Better? Better now? Should be.

Philipp, put your hand on his Vishuddhi. Left hand, right hand towards me.

What about you people; you got your Realisation?

You are Indians? (Speaks in Hindi)

Happy to see some Indians here! (Speaks in Hindi)

Come along, come along!

This is your heritage.

You got it. You got it very well. What's your name, you say?

(Speaks in Hindi)

Just give them, see they are...

(Speaks in Hindi)

You can get up, let her get up. Yes.

(Speaks in Hindi)

You have so many students here, Indians!

(Speaks in Hindi)

Has he got it? Vishuddhi, Vishuddhi, he has a bad Vishuddhi. Is he alright? This gentleman. He is on the Ekadesha.

Yogi explains about seeker.

Just tell him to ask a question about yoga, light and sound, 'Are You that, light and sound?' Just ask him that. Ask the question.

What work does he do?

Have you got it? Did you feel it? This lady.

Yogi; He's a carpenter

Shri Mataji; Carpenter. See now. Christ was a carpenter! Wasn't he?

Got it now?

He's a carpenter. Just press it here a little. Vishuddhi is very bad, with the carpentry, perhaps.

Hah! This gentleman.

(Speaks Hindi)

He's got it. Vishuddhi, must be.

(Speaks Hindi).

Just see him. Just work out.

(Speaks Hindi)

Just see him, this gentleman also.

(Speaks Hindi)

Just see him, also.

(Speaks Hindi)

Vishuddhi is catching on this gentleman. Very much? Put your hand on his Vishuddhi. He says he never smoked.

(Speaks Hindi)

That's it. He's been following some guru or someone? Ask. How has he got Ekadesha? He's been reading some books or something. Let him ask the question of Hatha Yoga. Hatha Yoga.

(Speaks Hindi)

Hold your breath. Hold your breath.

(Speaks Hindi)

When did he get it?

He's got it.

(Speaks Hindi)

How are they?

Let him come tomorrow. It may work out.

What about him? Now, you see me as normal or do you see the light? That's good. Don't see Me as light. That's the future.

Alright. Can I take my leave now, please?

Call them for tomorrow, in the afternoon, in the evening time, before we start the programme.

(Speaks Hindi)

I'm sorry. Will you come tomorrow? Please come. It will be alright. You are a seeker. There's a little problem on the right Vishuddhi and the liver, also. Will you bring some sugar with you, tomorrow? You don't take sugar? You don't take sugar? All wrong idea. You have to take sugar. Tomorrow bring some sugar and you'll be alright.

May God Bless you.

## 1987-1016, The time has come for humanity to know the truth

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The Time Has Come For Humanity To Know The Truth

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Talk Language: English | Transcript (English) – Draft

Public Program, Germany, Munich, 1987-10-16

I bow to all the seekers of truth. It is important for us to understand that the time has come for humanity to know the truth. But truth cannot be known by human efforts nor can it be known if you pay for it, nor can it be a concept, an idea. Truth is what it is. And one has to humble down to see the truth itself. As you can see me clearly standing here and also you can also feel me and hear me in the same way you should be able to feel truth on your central nervous system. At the very outset I have said that you cannot pay for finding out the truth. There are many people in the market who are selling the truth and people are doing this shopping. I have to tell you that I am not for sale. I have come here to give you the key to your truth. Which is I think for me is very important. There is no obligation involved. Now when we come face to face with it, let us understand that human awareness has not reached its absolute point. That is why there is so much of confusion. Some people say this theory is good, that philosophy is good, this is good that is bad. But what we have found so far that everything seems to be in confusion. There is no method, no system by which you can say that this is absolutely true. In human freedom we have done all kinds of research, search and all kinds of enterprises. But still we have to find about ourselves. Here we now are facing the roots that have made us. We have the knowledge of the tree but we have not got the knowledge of the roots. That is another reason why the world is waiting for a shock, a shock of destruction. When I am telling you about the roots it is a hypothesis before you. It is to be understood with a scientific open mind. And if it is proved to be correct and right, and if you can feel the truth on your central nervous system, then you have to be honest about it. As you see in this picture we have three channels nicely built in. Now these three channels that are within us, the one which on the left hand side moves to the right hand side and the one on the right hand side moves to the left hand side. The left hand channel nourishes the left sympathetic nervous system within us. And the right one nourishes the right sympathetic nervous system within us. We call it as an autonomous nervous system. But who is this auto, who works out the sympathetic and the parasympathetic nervous system. This auto is the spirit within us. In the central nervous system whatever we have achieved in our evolution is recorded. Like if you as a dog or a horse to pass through a dirty lane he can very easily do it. But for a person who is a human being it is a very difficult task. In the higher realm of their awareness a saint cannot commit sins, a saint has no temptation. A saint is a righteous person. He is courageous, he is empowered by his own love. He is compassionate and he is not bothered about what others have to say about him. All these qualities we have seen in so many people. They are not who profess any religion, they do not profess any ideology, but they themselves are institutions. The only difference between a normal human being and a saint is the saint has reached its absolute point. That he is a realised soul. And that he knows what's wrong with you. Also he knows the method how to correct it. Within us lie all these 7 centres which are the gifts of our evolution. When we were carbon atom to form the amino acids we were at the first centre that you see there. That is the centre of innocence because matter is innocence. Then we gradually grew up and came up to a point where we have reached up to our head. You can see there are 6 chakras above the first one. Above the first chakra there is the power, the fourth power which is going to give us of our realisation. It is the sleeping power within us. It is the power of pure desire. All other desires are impure because they are not satiable in general. If they were pure desire we would have been satisfied people. So this power of pure desire is the power within us which wants us to become one with the divine. This is the power which wants to be the absolute. In our evolution we have reached this point of awareness. There is one more step to go. But all this process is a living process of a living power. It is not something dead that we can manage it. As you can put seed into the mother earth and it sprouts spontaneously, in the same way your ascent takes place. This power within you which is known as kundalini unites you with the divine. As a result of that you start feeling the all-pervading power of divine all around you. You start feeling it on top of your head. A cool breeze of the holy ghost because kundalini is the reflection of the holy ghost which is called as the adi shakti. In Sanskrit language meaning the primordial mother. So this mother exists within all of you and she is the loving mother. She

wants to give you your rebirth. She is anxiously waiting for that moment. And when that moment comes she awakens spontaneously and you get your realisation. Now, when this happens, this yoga takes place, this union takes place. A complete metamorphosis of the temperament starts. First and foremost thing that happens to you that you get completely cured of your diseases. All malafities?? are corrected. Also a person who is mentally deranged or mentally upset gets his sense, his sanity. Mentally such a person becomes extremely dynamic. He does not think too much. But he gets inspiration. On the contrary this kundalini crosses this agnya/Agnya chakra, the 6th centre, a person becomes absolutely peaceful and without thoughts. The thoughts do not invade the person. Only thing is that he can think if he wants. Then the second movement is when it pierces through the soft bone, as you were a child there was a soft bone called as a fontanelle bone area. When it pierces through that you become absolutely peaceful and you start feeling the cool breeze in your hand. You start feeling it around. And then you develop a consciousness within you called collective consciousness; means you can feel on your finger tips other person. Jung (Carl Jung) has described it in his treatises. Now this collective consciousness has been described by Mohammad sahib in Quran/koran. He has said that when the time of Qiyamah, that is the resurrection time, will come then your hands will speak and will give witness about you. In every great it is said that you have to be born again, but that doesn't mean artificially you put a badge here (forehead) "I am born again". If you are born again you have special powers and you manifest them. Now those people who artificially try to preach and profess something reach nowhere. It's like this in different periods of our evolution the great incarnations, the prophets came on this earth to build up those centres within us. They are like milestones of our evolution. But from this tree of life which was living they plucked out followers at different times and said "this is my flower, this is my flower" for the dead flowers. And that is why we see in this world people who call themselves religious are actually forced into it. A man who calls himself a Hindu, muslim, christian, sikh or any religion is capable of doing any sin. He can murder anyone, he can take away theft whatever it is he can do, he can torture people, he can cheat people, deceive people, tell lies, he will be tempted to do wrong things, he will be a hypocrite; but when the kundalini rises she entitles within us our 10 valencies. Like carbon has 4 valencies, humans have 10 valencies; and when these valencies are enlightened we become automatically righteous, virtuous people. We become saints. But we don't have to run away from this world. We don't have to go to Himalayas and stand on our heads. Living here among people you become strong, healthy saints. Today the time has come and for thousands and thousands and thousands to get their realisation. This is your birth right. As a human being you all should get your realisation and enter into the realm of peace and joy. You discover your own glory and that of your fellow men. There is a big inner revolution that is coming up which is silent, joyous and is going to change the whole humanity. There is no solution without transformation. No use of talking big big things. The human beings have to be transformed. But if you are identified with your conditionings or some sort of a false hood, or some organisation, some ideology then it is like having one foot in the mouth of a crocodile and wanting to come in a boat. You have to come in the boat to watch all the waves and enjoy them. I think I am here only for one day and it may not be possible for me to explain all about the centres and all this chakras and how do we get all these diseases and (malafities)?? But we have in Munich very knowledgeable people; I will try if it is possible that you get your realisation today. After that you have to respect your self-realisation. It's just the sprouting first and then you have to look after your tree of life. You have to mature. And for that we have in Munich specially wonderful people. Once you get enlightened you can enlighten another person. If there is a candle which is not yet enlightened cannot get enlightened by itself. But there is an enlightened candle can enlighten another candle and the second one which is enlightened can enlighten another. This is how the enlightened one is going to work out. May God bless you all. Today is the first and the last day, so I would like you to ask me some questions. But there is no need to be aggressive with me. I have not come here to take your booths, I am not your politician. Now have I come to get any money from you. You cannot give me anything. So now it is wisdom that should tell you that it is better you take whatever is possible from me. And there is no obligation at all. May God bless you. 30

Q . why do you consider yourself to be most developed spiritual person on this planet

Shri Mataji: I didn't say that, he said that. Not me, I didn't say.

Q. Secondly he says that you only talked about diseases ?? but you did talk about life after death, you didn't talk about different spiritual dimensions in which people can enter.

Shri Mataji : Now, as the time is very short, I am sorry I didn't talk on another things. But firstly this is his experience which he has said. I never say so. I am not a fool to say such a thing. Christ said the truth that he was the son of God. But people crucified him.

I am not going to say whatsoever. And in modern times when ego is so strong I am not a fool to say anything.

Q. : ??

Shri Mataji: Another point you have asked is what about life after death. For us it is of no concern. Of course I know all about it. But the concern is of the present. We have to deal with the present. Not with the future, not with the past.

The third question you ask what about the other spiritual dimensions that you have. The first dimension that you must achieve is the self-realisation. Buddha and Mahavira, both of them realised that when they talked about God, people just thought they were Gods or something like that. So they better not talk of God. Let us talk about self-realization only. Because we start jumping ahead. Supposing if I have to go to London and I jump at New York, how will I get down to London. So let us be practical. First things first. First you receive your self-realisation and then we will talk about other things.

Q. ??

Shri Mataji: Now see, Pranayama is just the part of it. Is only the right side. Prana Shakti is on the right side. Then here you have, this side is iccha (desire) shakti. In the centre, there is shakti by which you ascend. There are three shaktis which work within us. If you just start doing pranayama you will become imbalanced. And it is going to become difficult for us to give you a realization to be very frank. Just having a little knowledge is very dangerous.

Q. : ??

Shri Mataji: In sahaja yoga also some people have to do little pranayam. Little again I say, with discrimination and understanding. Because when the kundalini rises then you see where it stop. What centre it is catching, alright; and accordingly if you need anything to be done you do it. It is not like taking all the medicines in the stomach without understanding what it is meant for.

37.22

Q.: ??

Shri Mataji : You see this is also another idea. There is no necessity to be vegetarian or non-vegetarian. You see in a country where they don't get any meat they are vegetarians. Are they very religious people ? Have they achieved God? It is not so. In a place like Greenland where there is not even a single green leaf, they have to eat meat. So, are they very bad people ? Now what is the thing that we have to use a proper balanced diet when there is a problem. For eg. When a person is a right sided person, very futuristic, liver problem he has of active liver, active everything, for that person carbohydrates are needed. For a person who is left sided always lethargic and crying, weeping sort of left-sided person, he has to take more proteins. It is just balancing your diet according to your need. Every individual has a different temperament and different nature. Actually you yourself will judge what sort of food you will need. I wouldn't have to tell you. you yourself will know what sort of a person you are and you yourself will know what to eat. But eating is not such an important thing in life I think. We pay so much attention to eating eating eating.

Q.: ??

Shri Mataji : First let us be non violence against human being. That's important. I have seen people, do you know Hitler was a vegetarian. Is an example. Yes, he was he was he was. And we have many like that who are vegetarian and extremely violent people. The man who killed Mahatma Gandhi was an absolute vegetarian all his life, his parents, everybody, whole society. But for westerners vegetarianism suits I feel. They would be less aggressive. Its true. If Columbus had gone to India, I would not have been sitting here. We Indians would have been all finished like they are finished in American countries. But poor Columbus did not do that. But others who are ,I don't know what to say, should take to vegetarianism, good idea.

Q.: ??

Shri Mataji : You see these are such mundane things, extremely mundane. Muslims are fasting 40 days. They are very particular

on their prayers. I was in Riyadh and I was surprised 5 times they had silla, 5 times. And so fanatic about it, at that time whether it was 12'o clock or 3'o clock, you had to close all the shops and all the ladies have to cover there heads and sit down on the ground. And they all fast for 40 days like Christ. But when they come to London no body can drink more than them. And they run after every woman. And now they are just fighting with each other. How this kind of prayer will help you when you are not connected with the divine. If you are connected with the divine you don't have to pray so much, just once to remember and you get what you want and every body gets you get what you want. You have to enter into the realm of divine. So you are protected, looked after. If this instrument is not connected to the mains, no use my talking over it. Telephoning to God without connection will spoil the telephone also. 45.53

Q.: ??

Shri Mataji : herself. Yes, that's what will happen to you madam. You are very sensitive I must say everybody is like you. You will establish very soon. I knew you will give realization to others. But there are very few of your type. Lets see. Mostly the are mental. That's the trouble.

Q.: ?? (will power)

Shri Mataji : You see it's a spontaneous process. Try to understand it's a living process. Alright. Now if you are a good seed you will sprout. That's all. Ofcourse if you are a weak willed person, or if you are a sinful person or we can say you are a cruel person or a hard nutted fellow, then it takes little time. But it's a very spontaneous thing. I have seen people who are extremely simple get realization much faster than people who are over read, educated, have their ideas about God its so. I must say they are very unfortunate. Adishankaracharya has said that is the net of words, let me get out of this net of words. "Shabda Jalam". He says if you are lost in this words you cannot achieve reality. Words are not reality. To get to reality you must get rid of your words and your thoughts. But how to do it. You cant take thoughts like this. So this kundalini does that. She herself, now say if your attention is like my saree just goes up like that and pierces through your fontanelle bone area, then the light starts flowing on your attention. This is your attention and the kundalini just goes up like that and pierces through. But you must allow your attention to be free. If you are tying up with this, tying up with that then it doesn't work out. You must loyal to yourself and not to ideas.

Q.: ??

Shri Mataji : Alright don't kill anyone. Am I asking you to kill any oe? Am I? But I will tell you to what ridiculous limit vegetarians can go and you will be shocked. In our country we have a sect called Jains. They are the followers of Mahavira. They are absolute vegetarians. And they put a cloth on their mouth so that they don't kill any germs. They don't want to kill any mosquitoes or anything like that. But the limit is that they take a Brahmin in a village, put him in a hut and get some bugs who suck out the blood of the Brahmin. And all these bugs fall off then this Brahmin is paid money for this donation to the bugs. Because they are also living animals. They have caused so much of problem in India that they don't go to regular toilets because germs will be killed when the its flushed off. And they go and use some street or some mountains, in city its such a problem that they don't know what to do. So don't go to extremes. First care about yourself that you get your realization.

Q.: ?? (her friend was seeking then her friend got self-realization. Then he felt better. But now he is very bad, in a very bad state again. Now she is asking what she could tell her friend because he couldn't come)

Shri Mataji : : I am sorry to hear that. But , you see he must have been very sick, he must have been cured, then you have to continue with treatment till you are perfectly alright. Now I would request you to come and see me tomorrow morning and I will tell you what you can do about him. But he must treat himself fully. Alright.

Q.: You have guru?

Shri Mataji : I don't have a guru. I want you to be guru of yourself. You don't need a guru. Your spirit is a guru.

Q.: Do you come from guru lineage. Where do you get your knowledge from.

Shri Mataji: Just like that I was born. Who was the guru of Christ? But of course I believe in the real gurus. The sadgurus, all of them. They are very helpful to me.

Q.: ??

Shri Mataji : Shabda jal. I did not follow your question. Now this gentlemen took so much time and he is gone away. You are going to take too much time go away. Now, first of all, you get your self-realisation and then we will talk. If you just go on talking like this you will never get your realization. Alright. First get your realization. Then I will tell you more about that. Now see this gentleman talk so much and has gone away nicely disturbing us, taking our time. So many would have got realization by now. So irresponsible and uncivil. Actually, he had come here to make you all vegetarians. And even if he wants he should take a hall and do it. No harm. But he has no business to waste our time.

Q.: ??

Shri Mataji: See now, if you are disciple of Guru Maharaj ji, you better go to him. I cannot help you. I am sorry. How many Rolls-Royces he has bought. Go and buy another one for him. I don't want any Rolls-royces. This is another one.

Q.: What do you think about Sai baba

Shri Mataji: Now why do you want to ask. You can make out from what I have said it. The one who talks about realization is a real guru, not of diamonds. You can go and purchase in market diamonds. What are diamonds to a saint? Nothing. But Shirdi Sainath was great saint no doubt. I don't give diamonds. Not a good saint I must say. We have interesting people here. Isn't it.

Alright. So lets have a realization. Now those who do not want to have realization can go. I cannot force it on anyone of you. Those who intensely want should stay. Secondly you have to close your eyes and meditate as I tell you. If you don't want to do it, you better go first. Others should not feel that you are looking at them. So to be respectful to others you should not in any way keep your eyes open, watch them, look at this. You have not come here for a show.

Now we have to do very simple things. It takes about 10-15 minutes. The first thing is that the journey is only from your kundalini to fontanelle bone area. So it's a very short journey and kundalini shoots like a jet, in most of you people. And you don't have to worry than when I go away what will happen. Once you are awakened you are awakened. Only you must learn to mature. Now please put your left hand towards me because this is symbolizing your desire to get realization. The right hand is the hand that symbolizes the action. Left hand should be like this. Now don't close your eyes. First see what you have to do. You can stand and show them, better.

Now left hand towards me like this and right hand for releasing your centres your self. First you don't close your eyes. You can watch Marc. First see what has to be done. Now put your right hand on your heart. In the heart resides the spirit. Then you have to bring your right hand in the upper part of the abdomen. Here resides the centre of your mastery by which you become your own master, your own guru. Everything works on the left-hand side. Now please put your right hand in the lower part of the abdomen. Now here is the centre which works out all the divine work. So in your consciousness the knowledge of maneuvering the divine power is manifested. As I know how to hold this, in the same way you get the innate knowledge. Now please take your right hand then in the upper part of your abdomen. Then you have to take it back to your heart. Now you have to raise your hand and put it on the shoulder near your neck and turn your head to your right. This centre is caught when you feel guilty for nothing at all. Now put your right hand on your forehead across and then you have to take your hand on the back side of your head and put your head resting on it. Now stretch your hand and the centre of your palm please put in on the fontanelle bone area and bend your head. Stretch your fingers out. Move it 7 times slowly your scalp. Now now we start our meditation. Actually its not



meditation but awakening of kundalini. Please take out your shoes. You have to touch the mother earth with the both the feet parallel to each other. If you have got spectacles you can put them away because your eye sight also improves. Because you will be closing your eyes. Please don't open your eyes till I tell you.

Now close our eyes. Put the left hand towards me and the right hand on the heart. Here you ask me a very fundamental question. You may call me Shri Mataji or you can call me mother. Ask me a question, "Mother Am I the Spirit ?". Ask this question three times. With this question there is the second question comes in because if you are the spirit you are your master. Please take down the hand on the left side of your abdomen in the upper part and press it. Here is the centre of your mastery. So ask this second question "Mother am I, my own master?" Please ask this three times. Now please take your hand in the lower part of the abdomen on the left hand side and put the left hand towards me. Now here I cannot force on you the pure knowledge. So here you have to ask "Mother I have a pure knowledge, Mother please give me the pure knowledge" Please say it 6 times because this centre has got 6 petals. By saying this kundalini has started, it is awakened. Now please raise your right hand in the upper portion of the stomach or abdomen on the left-hand side. Now you have to say with full confidence to facilitate the movement of the kundalini through this centre, "Mother I am my own master". Please say it 10 times. Now raise your right hand to your heart. Here again to facilitate the movement of the kundalini please say with full confidence, 12 times, "Mother I am the spirit". This is the fundamental truth about you. Now raise your right hand in the corner of your left shoulder and your neck and turn your face towards the right. You have to know that God Almighty is the ocean of forgiveness and you cannot commit any mistakes that he cannot forgive. So please say 16 times from your heart , "Mother I am not guilty at all". Turn your head to your right, please. "Mother I am not guilty at all". Now even you feel guilty, better punish yourself by saying it 108 times. You are going to enter the Kingdom of God and you should not be guilty. You should be pleasantly placed towards yourself. Now take your hand on your forehead across. Press it on both the sides. Here you have to say from your heart, mother I forgive everyone. Now many of you might think that it is difficult. But it is a myth if you forgive or if you don't forgive. But if you don't forgive you play into wrong hands. Now take this hand on the back side of your head "and allow your head to rest on your hand. Now here for your own satisfaction you have to say :Oh divine if I have done any mistakes please forgive me." Now stretch your hand, stretch it, don't open your eyes and place the centre of the palm on top of your fontanelle bone area and bend a little. Now put your left hand towards me and sit straight. Now stretch your fingers outwards and press it hard, your scalp; for 7 times move it slowly 7 times clockwise. Now take down your hand, please. Both the hands. Please open your eyes slowly. Put both the hands towards me like this. Now put the right hand towards me and bend your head and see if there is a cool breeze coming out of your fontanelle bone area. Now please put your left hand towards me and bend your head and see with the right hand see if there is a cool breeze coming out of your fontanelle bone area. It might be little hot doesn't matter. Now put your the right hand towards me again and see with the left hand bending your head. Now raise your hand on top of your head like this, bend back your head and ask a question "Mother is this the cool breeze of the holy ghost, Mother is this the is brahma shakti, mother is this the power of God 's love which is all pervading." Now bring down your hands, please. Now feeling very relaxed. Those who have felt the cool breeze out of their heads, or may be hot, please raise both your hands. The whole of Munich have felt I think. Surprising ! I bow to all people. I request you don't neglect your self-realization. You have got it easily. Behind it lies all your good deeds of many lives. And now it is important that you mature yourself fully. And that you become the master. In one month time you all can become great masters who can give realization to others. And now enjoy yourself and be happy. May God bless you. I promise next year I will come again for more time. Thank you very much.

Now don't discuss it. Don't talk about it. Just enjoy.

Those who have not felt it can come on the sides and these people will try to establish; those who have not felt.

## 1987-1016, Shri Mahakali Puja: The Culture Of The Spirit

View [online](#).

16 October 1987

The Culture Of The Spirit

Mahakali Puja

Munich, Blutenburg Castle (Germany)

Talk Language: English | Transcript (English) – Draft

Shri Mahakali Puja. Blutenburg, Munich (Germany), 16 October 1987.

I was told that we have a very beautiful place for this puja and I was amazed how everything is working out so beautifully for all of you. You are all very lucky people I must say. Moreover that this place was called as the "fort of flowers" and now it was called as a "fort of blood", bloody fort. But I think with all these flowers it should become the "fort of flowers" again. It's a very, very beautiful place you have come to. The vibrations are also very good here.

I've been always wondering why Germany was called as Germany. Germ, germ means sprouting. Any germ of anything means the sprouting of it. Germinate means to sprout. The sprouting of Sahaja Yoga as I've told you many a times before once taken by Germans will be reaching its epitome, its highest point. We have had lots of ups and downs, doesn't matter. It's a difficult place and now we have started really the germination in a proper way. Yesterday I saw the whole sky was filled with color and light. As you know that vibrations have light. It's very light flickering, very small light, each particle of vibration has and you can see that. But when there are too many, then they can be caught up by your cameras. But yesterday I think the clouds got vibrated. And is a very great thing to get the clouds vibrated. If the clouds are vibrated, the rain will be vibrated. If the rain is vibrated, the land will be vibrated. All the crops that are to be germinated will be vibrated too, so when it goes into the body of human beings, they'll get also vibrations. Is the best way now is to vibrate the clouds, I think, if you have to have many more people for Sahaja Yoga.

That's the idea came into My mind last night that why not vibrate all the clouds, that's the best way. Moreover the vibrations are very tiny bit, with one point going into a half circle normally. This half circle then combines to make "Aum" sometimes, sometimes it makes a chain, sometimes it gathers together to make crosses. But the basic thing about them is that they can think, and think very fast, much faster than human beings can think. And they are extremely collective, extremely collective. So they move together, thinking the same way, understanding the same way in an absolute manner and work out the whole thing in a very beautiful silent way that you cannot even feel.

Now the Kundalini rising, as you have done, must be a mystery for all of you that how can you with your hands raise the Kundalini, and you must be thinking that, "This must be some sort of a special power Mother has given us that we can put our hands to anybody's Kundalini, it rises, then stops at a place when there is problem and then again it rises." Now it's nothing a mystery for you. You have got now within you the power. Like you can move the water, you can move the matter, you can move all those things. Animals cannot do that and even if they can do little bit here and there, they cannot transform it for their use. For example, you see the nice brass here, you see nice silver there, there's a little Ganesha sitting there. All these have been transformed from something that is dead, which animals cannot do. As you become the master of living work - now you are the masters of living work now, not of the dead. So the living force you can manage and mould it and use it for your own purpose. But the most surprising thing is that you are not even aware of it, that you are doing it. Like when you are doing, say a little elephant like that, you are aware and you know that you are doing something great. And you will tell, "Oh, I have made such and such thing, such a nice place I have done." You'll be conscious of it because you have got ego. But when you are giving Realization to people, you are not aware, because you have no ego. And what you say, "Mother, it's not coming up, see it's just catching on Vishuddhi, it's not working out." You start speaking in third person - you don't say, "I can't do it" or "I have done it." "It's worked out." Only when it's worked out, I see your faces and I know it's done. So you are not even aware of it, you are not even conscious of it and there's no ego about it. You don't take any credit for that, you just feel joyous. Like so many people came for your workshop - "Oh, it was so great, Mother." What was great was you. It was you who was doing all the job. You were

working it out but you don't feel that way.

The reason is that you are now working in a way that we call as akarma. Akarma is that when you do something but you do not feel you are doing something. When you are not conscious of it, that is akarma. When you are doing something, and you think that you are doing this work, that work, that thing, then it is a karma. But now the karma has become an akarma, not that you are not doing anything. You are doing so many things but you do not feel that you are doing it because you have now doing been doing akarma and all living work is akarma. Like the Mother Earth, She sprouts seeds - She is not aware of it. In the same way you people are raising the Kundalini, you are not aware of it. And when you are not aware of it, you don't even want to think, "How it is happening? See me, a human being raising a hand like this definitely the Kundalini rises, I see it comes out of the head. It happens, I see this, it's a fact. Then how is it that this is happening? What is the process? What is the procedure? How it has worked? Did I make any mistakes?" You never think like that. "Did I do it in a wrong manner?" You don't think. Sir, just you start - raise the Kundalini. You just don't bother to find out, "Have I given myself a bandhan or not? Have I seen the gentleman what his vibrations are like?" No, you just go ahead, raise your hands, yes. You are quite aware of one thing: that you are a realized soul and that you can raise the Kundalini. Yesterday I saw so many Sahaja Yogis walked in. I said, "Now come along, give them Realization. Just stood there, did like this, did like that - finished. You did not even think you have done such a great living work, that you have raised their Kundalini. Not only that, but it will transform them. It will give them a new life. There will be some special people, as you are. You are not even aware that you are some special people. Ego has vanished. So now you don't think that you are doing anything, you think, "It's Mother is doing everything." Even then they give big, big speeches, they say, "Mother, I never used to speak, I didn't know what was speech. And now I have become a great speaker, it's You, You who is doing it." This feeling comes because there is no ego any more left.

Now if you see in the water, if you put a drop it becomes an ocean, no doubt. But it's not aware of it that it has become an ocean, it moves with the ocean. But supposing you see a fish - a fish is free. If she wants, she can move this way, she can move that way, she can jump up, she can drink the water, she can do what she likes. But a drop cannot, drop has to be part and parcel of the whole. So that was the intermediary stage when you were animals. Animals were under Pash [Pashupati], under the bandhan of God. So they were doing exactly what was to be done.

Then you became human beings, where you had complete freedom to use it as you liked. If you wanted to go heaven, go to heaven. If you want to go to hell, you can go to hell. It's all are open to you.

But now after becoming Realized souls, you have become absolutely free people. But in that freedom, you feel Me being there. Now what is this? Am I trying to tie you up with something or am I giving you some chains ? Or am I guiding you, or am I all the time sort of a person with a gun behind you, "Do this, otherwise this will happen." That is not so. So what is this new thing that is happening to Sahaja Yogis ? It's to be understood fully.

The new thing is like this, like a fish goes everywhere, does everything, but has no discretion; doesn't know which way to go, what to do, sometimes get caught up into the - into the net of a fisherman. It can be eaten up by another big fish. It can be destroyed anytime. It may just crawl onto the shore and get finished. So the fish has no discretion. But it has some innate knowledge to save itself from dangers.

Now you don't have any innate knowledge about it: how to save yourself from dangers, how to save yourselves from troubles. No innate knowledge like that, that you are cautious, you shouldn't walk this way, you shouldn't go like this, you shouldn't give vibrations to somebody, you should not treat somebody. No, that's not there. Innately you don't have this knowledge, that we should try to save ourselves, we should go from the right side, not from the left side, it would be inauspicious. Not so much. Still you always do right things. Whichever time you will choose will be the right auspicious time. You don't have to consult books for that.

Like once it happened in Lonavala, we had a puja, and it was to be at 10 o'clock as it was here. I wouldn't go for My bath for quite some time and they were quite upset - "Mother, what's the matter?" I said. "It's all right, let's go ahead and see" I was talking here, there, there, there, then I went for My bath at about 11 o'clock. When I came back it was 12 o'clock, then sun had gone to

the other side. So they said,- they were little upset. I said, "Now, bring the panchang [calendar]" – the one which where all the timings are written about the moon.

So till 11 o'clock there was amavasya. Amavasya is the day when there is no moon in the sky. So I can't take my bath in amavasya and you cannot have puja otherwise, so I had to wait. They were amazed. They said, "We had consulted the panchang." I said, "Which one?" [Laughter]

And you see, they saw- they were surprised that how is it that Mother could tell about amavasya and this and that? Because the discretion, the knowledge of discretion, is built within you. So whatever you do, whatever way you work it out, is built-in within you. You know how to do it.

For example, for a human being, if you prick him with a pin, immediately his hand will lift up there. Who has told him to do that? Who has taught him to do that? No, in his consciousness it is built that once you are pricked, immediately your hand will go up, automatically with a reflex action. So the reflex action to auspiciousness, reflex action to your saving, reflex action to everything, is built-in within you. And once you become a Sahaja Yogi, immediately you will start giving yourself a bandhan, you'll start giving others a bandhan. You don't have to think about it. Reflex action: you will do whatever you will do, will be auspicious, whatever you will do, will be beautiful, whatever you'll ask, will be beautiful. Like this place you got it and people are amazed – how do we get it? But in the beginning you have to develop, you have to mature. Unless and until you are matured, you do not get that discretion.

Like when we were trying to get a place in London, I went with some Sahaja Yogis to find out the place. Now all kinds of funny places they were liking. I said, "The vibrations are so bad, these people are not feeling any vibrations or anything." I wouldn't even get in the place, I'd say, "No, no, no, no this is no good." They said, "No, this has character, this has that." I said, "This character all that doesn't count with Me, you see. So they said, "But Mother, how are we going to get a good place and..." I said, "We'll get it. [And you...] I was traveling by a plane, in the plane I opened a magazine and there I found Shady Camp! When I went back, I said, "Now this is the place for us, let's go and have a look." And there it was, and we found such a beautiful place. So, we should allow, see, things to work out, have patience, things will work out automatically because now the whole of the cosmos is with us. The whole of the discretion of the cosmos is with us. The vibrations that think are there. The vibrations that guide are with us. The vibrations that organize are with us. Let them organize us. We are playing into their hands by which we are not bound, but we are helped.

Like supposing you have a baby, you have to look after the baby. But if there's somebody, she says, "All right, let me look after your baby." She says, "All right." Then you go to sleep. There's somebody who says, "All right, don't you worry, I'll make a nice bed for you." So you say, "All right." So they make a nice bed for you. Then you sleep there, there's somebody to cover you, nicely you are covered. Then they say, "All right, you have to now go for your bath -see the bath's ready for you, come along have your bath." Then you want to have your puja -"All right, there's a nice place for you, come along have this nice place."

You want to have an ashram? "All right, there's a nice place for you available, have it." So it is not that you are bound by them. This is the point I am trying to make. But you are invited, you are treated with great respect and regard and everybody at your service. You say, "Mother, You come in my head", I'll come in your head. You say, "Come in my heart", I'll come in your heart. You say, "Come in my hands", I'll come in your hands. So the whole of the cosmos is at your service as if you are on the stage now, doing the job for Me.

Now to think that you are under bondage is a wrong thing. There's no bondage, on the contrary, the people who are ganas, who are angels, who are deities, are anxious to do whatever is possible to please you, to keep you happy. If you say, "Now the Kundalini has to raise", all right they are all there to help you. Anything you want can be done, but first of all, what you need is maturity. And for maturity, one has to understand that there is a culture of the Spirit.

As we have human cultures, we have culture of the Spirit which must be imbibed. The culture of the Spirit is to be imbibed. If you go according to the culture of the Spirit, then you cannot have problems, and the foremost thing in the culture of Spirit is that you

must respect yourself because you are a yogi. Second thing is you must respect other yogi because they are yogis.

Like I have told you before in Ganapatipule, there was one tailor, Namadeva, who was a saint and he went to see another one who was just a potter. And the potter was mixing the mud with water with his feet, he was working there when Namadeva went and saw him. He saw him and what he says, "Nirgunachya bheti alo sagunashi", meaning "I came to see here formless, the vibrations, the Chaitanya. Formless - nirguna. I came to see a nirguna, meet nirguna [formless] but here it is in saguna [form]. You are the one who is in form of that chaitanya." What a praise! Just think: one Sahaja Yogi saying to another, "Oh God, I just came here to meet the nirguna, the nirachara, and whom do I meet here? It's the saguna, is the - in the form, in the form, in you I see nothing but Chaitanya. That is the, that is the respect of the another yogi or understanding.

Namadeva was an ordinary tailor and was not a Brahmin, so he was not treated very well by other Brahmins, and he had to go to Punjab, or it was said that he was called to Punjab, and he went to Punjab where Guru Nanaka saw him. And Guru Nanak said that a great saint has come to us. So He kept him with Him, and He said, "You'd better learn Punjabi because here the people don't understand Marathi so learn Punjabi and make your poems in Punjabi language." And he started making poems in Punjabi language.

Now I've got Namadeva's Gatha, it's so big as that his book [Shri Mataji shows 20 centimetres]. Half of it is all Punjabi language and then the poems he makes are so beautiful, they are sung in the Guru Granth Sahib they have in the temple. You know in all these big temples of gurudwaras of the Sikhs, they have Guru Granth Sahib. There the Namadeva is occupying at least one-tenth of the Guru Granth Sahib and there's also Janabai, another maid-servant who was working with this Namdev, her poems are also there. So how they were respected by each other and how they understood each other was something so great.

But now, it is just the other way around. We, the people who are false, who are wrong type of people, who are making money out of God, who are deceiving people, who are bringing all wrath and also all the negativity to this world, to destroy this world, are respected by common people. But the Sahaja Yogis must respect another Sahaja Yogi, till he is a Sahaja Yogi. As long as he is a Sahaja Yogi he must be respected and understood, it's very important. This is the culture of the Spirit, in that we respect all those who are spiritually higher. Like talking about God, we cannot say things which are not proper. Like we cannot say that God is mischievous, we cannot say. We are saints. We have to be very respectful to God. Any place which is sort of representing God also must be respected. Everything that is godly must be respected, because that is the culture of the Spirit. It respects all that is godly, all that is auspicious, all that is beautiful. In the culture, we do not see superficial things.

In this culture, we do not yield to anything because it is expensive or it is with such pomp and show or publicity. What we see in this culture is how far it is joy-giving. Even a small betel nut, if somebody gives Me with love, I'll keep it with Me. And even if you give Me diamonds without love, I have no value for them. They will be lost or they'll be finished – good for nothing.

So, the love that you put into everything makes you a Sahaja Yogi. How you talk to each other, how you deal with each other, how you look after with each other. How you communicate your love in a pure manner. Say, a Sahaja Yogi should think, "Oh, I must take this present for other Sahaja Yogis, you see. I'm going there, then that I'll meet that Sahaja Yogi, he'll be there and he'll be there and..." just like your brothers, see. "Ah, after such a long time I'll be meeting him, and it will be such a nice thing to meet him and talk to him and enjoy him and sometimes also pull his legs and have a nice fun at him." But the whole culture is of love, and if you do not have that sense of love, if you are a dry person, or a morose person, or an unhappy person, then remember you are not a Sahaja Yogi. A Sahaja Yogi has to be a smiling, enjoying personality, making others happy. That's the main attitude, main concern should be. Next time I'll be speaking about the spiritual culture in Diwali when you'll be there but this is the beginning.

I have started talking about the new culture that we have to accept. In expressing our love we should not be ashamed. We should not feel shy about it at all, we are expressing our love and love must be expressed. There's no harm in expressing our love. But it happens that in the beginning we feel little shy, we are conditioned, how to express, people will misunderstand and they will think that we are wrong type of people. No, we are special people. We have to make the whole world, they are not going to make us. We have to create the new world and they have to follow us, we are not going to follow them.

We are the makers of kings and we are the makers of queens and we are the makers of everything. So we have to work it out that way. We don't have to bow to their ways and methods but we have to patronize and look after them when they come to us first, try to treat them as if a father would treat a son and then bring him up. Mould them and give them love and make them understand that we are people of a very, very different domain, of a different style. We are absolutely free people and are being entertained by the Divine, are being looked after by the Divine, are being helped and decorated by the Divine. Such a privileged place we have, so let us be of that dignity and of that morality, that we stand up to that. How can we do something wrong to insult ourselves? We cannot, we are yogijanas and we have to be like Yogis.

May God bless you all!

Now for puja, today should be actually because this is a time when we are having a- what to say to them? We call it Krishnapaksha, in Sanskrit language meaning – Shukla paksha [bright 14 days] is when the sun- when the moon is increasing and Krishna paksha [dark 14 days] is when the sun [the moon] is waning. And now, the sun is waning so it is more on the left-hand side, we can do the Mahakali puja today, it would be a good idea. Because that's very important in this country especially to have Mahakali to finish off all negative ideas, all oppressive idea. So we'll do today the Mahakali's puja.

May God bless you!

Now, first of all, of course, Ganesha puja has to be done, you can remove this. Now those who want to say mantras, who are those people? [in Hindi]

You all know Atharva Shrisha, isn't it? You have got Ganesha's Atharva Shrisha with you? The other day, they were reading it out. [Hindi part]

Now we should get somebody else here, you can come to help here. And you can just manage the children and all. [Puja starts]

## 1987-1022, This Modern Age

View [online](#).

22 October 1987

This Modern Age

Public Program

Teatro dell'Elfo, Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Public Program, "This Modern Age". Teatro dell'Elfo, Milan (Italy), 22 October 1987.

[Sahaja yogis sing Namostute, Ciuri Ciuri, Powada, Ai Giri Nandini Mahishasura Mardini]

I bow to all the seekers of truth and joy. I am gratified to see all of you enjoying the music of My children here. They sing in pure joy. And that is what one has to understand that everything can be only enjoyed if there is purity. That purity comes with us when you are born. We are not sinners when we are children, we are innocent people when we are children. But as we grow, with our own intelligence, seeking, we try to develop a kind of an awareness which gets entangled into wrong things. What we think freedom has no guidelines, is no absolute value to it [What we think freedom]. And there is no absolute way of judgment. We live in the world of relativity. That is human awareness. Now I am here to give you a message that you have all the possibility of becoming the absolute. You may follow any philosophy, any religion, anything that conditions your mind, but you cannot get your weaknesses. Out of fear we may do many things, but it's not built in within us that we are righteous, that we are generous, that we are virtuous. Now you see these young people here, and there are many like this, thousands and thousands of them all over the world. In their seeking of truth they were lost people, they had taken to drugs and lots of perversions in life. Their parents were lost, too, and they had no freedom from their habits. No strength to get out of whatever they had imbibed in themselves. Actually the modern generation is a very weak generation. It is enslaved by so many things, so many enterprises, so many advertising, so many wrong type of things suggested to us. ...it is hard to decide what is good and what is bad. Some people said that by taking drugs you will have your ascent in another world, so they took to drugs. Some said that if you take to anti-culture and take to a life which is different from what you have had you will be very higher people- but from one conditioning to another conditioning to another conditioning. They were not at all free. Today we find people are so much under the pressure of lust and greed. Even if they want to get rid of it, they don't like it, they can't do it. Because they are weak, they haven't got that freedom left in themselves. Sometimes they are engulfed by their ego, thinking that we are right, whatever we are doing is right. Like Hitler, who thought he was doing a very great thing, very honour to humanity. But now we find that it was such a horrible, inhuman behavior. I do not blame the young people if they are lost today [I do not blame the young people if they are lost]. Nor do I say anything against the parents, because they also don't know what to do. We talk of our values being lost, that the whole generation is lost, but what is the reason, you should find out. We are born at a very precarious time. This is a very special time. As Mohammed Sahib has described it as Qiyama, meaning the Resurrection Time. And in the Bible they have said there is going to be the Last Judgment. Mohammed Sahib has said when the Resurrection Time will come, your hands will speak. They will give witness against you or for you. Is alright to say there is no God, but is not scientific. Is just a statement without any basis. Because you find there are people who talk of God and are not leading very good life, that does not mean God does not exist. Now the time has come to prove the existence of God: on your central nervous system, on your fingertips, you can feel the All-Pervading Power of God's Love. It is that subtler being, that subtler being you have to be. You don't have to give up anything, you don't have to go through a sermon or a lecture, you don't have to have any kind of exercises or conditionings. Because the times are precious. Yet the people do not realize what a revolutionary time has come for the whole world. It is the greatest revolution. It is the inner revolution, and you don't have to sacrifice your life or anything. But this revolution works within as the epitome of your evolution. All this instrument that is shown here exists within you. As a scientist please you must listen to Me with an open mind. And if you find that what I'm saying is already manifesting in you then you have to believe in it. Because you are the Spirit. You have to just achieve that State. This instrument is waiting within you. I would say we have the knowledge of the tree, this is the knowledge of the roots. In the West if people have tried to establish a tree, is important that in the East if it is established the knowledge of the roots, must be seen to. There should be no fear of invasion, no conversion, no establishment of

an organization, no exercises and no money. We have become from amoeba to this stage without anything of the kind. And to go to a higher stage of our awareness we don't have to pay, please try to understand it is a living process of a living force within ourselves. Like a seed it has to sprout we have to just put it into the Mother Earth. You don't have to pay the Mother Earth, she doesn't understand money. So we have to understand if the world has to be saved, the One who has created it must be worried about it. Human beings stand at the epitome of evolution. They are the highest that is created out of evolution. And a little breakthrough has to be established. As a journey it is hardly 3 to 4 feet. One has to think about it: if it is so, why not have it? Now as you say, see here, very clearly, in the triangular bone (speaks aside) in the triangular bone of our sacrum, lies the power of our ascent. In so many people, when they come for their realization, you can see it pulsating like a heart, in the bone. You can also see the rising of this power. In your backbone. And then, when it reaches the top of your head, it pierces through your fontanelle bone area which was a soft bone in your childhood. And you feel the cool breeze coming out of your head. This the real baptism, not the artificial. The real baptism that you can feel, because this power is the reflection of the Holy Ghost within you. They say there's Father, God Almighty, and a Son: but what about the Mother? I've not heard of a father and a son without a mother. So this is the Primordial Mother reflected within you- is the Holy Ghost which awakens, like a primule in a seed, and ascends upwards. The reflection of the God Almighty is the Spirit in your heart, but the seat is here (touches Sahasrara). And when this Kundalini rises and pierces through at such and such seat, you're amazed that you can feel the cool breeze flowing from your hands all around you, the cool breeze. You feel the cool breeze of the Holy Ghost coming out of your head also. Now when you start feeling it on your central nervous system, all these five, six, seven centers, the left hand and the right hand, both sides, your sympathetic nervous endings become very, very sensitive and you can feel your own centers which are there, seven centers, which are the primordial energy centers within you and you can also make out what's wrong with your centers. Supposing you are suffering from a heart trouble and you do not know. You are about to get schizophrenic, you do not know. You don't have to go to doctors, because you become the absolute, you can diagnose your own disease and can say, 'Oh, this is what is happening to me', on your fingertips. And then if you know how to cure it, you're alright. You'll be amazed people suffering from blood cancer, so many types of cancer, so many types of diseases which were incurable, have been cured by their own ascent. Not only, but these people, who look just like you, can cure so many people. They are not doctors, but they can tell what's wrong with you. And they can tell you also how to get rid of all these maladies. This is only on the physical level. But on the emotional level a person becomes drenched in love of God. Diseases like schizophrenia and others like insanity, epilepsy, or also all pathological disease can disappear. Doctors do not know even – I've done medicine, I know – they do not know how pathological things work out within us, from where the viruses come, from where the attack comes, from where the protein 52 and protein 58 enter into our being. Now we have many doctors who are making records of people who have been cured by Sahaja Yoga. And Delhi University has accepted as a subject for a doctorate for a doctor (repeats to translator: "Delhi University has accepted as a subject for a doctorate for a doctor"). There are already two doctors who have got this doctorate. And there are about 7 doctors who are working it out in England. Because it requires no money, no medicine, nothing where you have to spend so much money as in the hospitals; no operation, you cure yourself, you don't need a psychoanalyst to make you mad. All funny ideas these psychoanalysts also have. Thank God now Freud is discarded to this extent after AIDS have appeared on the scene. The AIDS have shown the way that he was wrong. But the transformation goes much deeper. A person who says nasty things, hurting things to others, becomes a very sweet and a good fellow. I don't tell anyone don't do this or don't so that, you yourself become your own guidance, you yourself become your own master, and you start doing it on your own. That is the best way of making people do something right. Apart from that a person becomes very much empowered with a new kind of awareness. The first one is where we say is a thoughtless awareness. Where a person is, can go beyond thoughts. Whenever he wants to think he will think, but thoughts cannot invade the person. Like you are standing in the waves, you are frightened of the waves, but you are in a boat you can see the waves, you enjoy them, and whenever you become the master, you can swim in them. So you become absolutely pure of your thoughts. So the thoughts that come to you are of a very pure nature. Your eyes become pure, the lust and greed drops out, you have eyes full of compassion. Such a person, even when he looks at someone, can definitely cure that person. Such a person brings auspiciousness, all goodness to others, he removes all the harmful toxic from the society, and such a person is extremely dynamic, equally compassionate and absolutely fearless. Nothing can touch such a person, or overpower him. No temptations of any kind. Thus you live in a pure joy. You have never known that pure joy before which has no play of ego or of our conditionings, but we just enjoy the another person and another people.

Then the awareness guides us into a state where we become collectively conscious. Like a microcosm becoming the macrocosm. Like we start feeling we are part and parcel of one being – if there's pain in one hand, if you press it, we don't feel



we are obliging this hand, because it is a part of the whole. Then the question comes: who is the other? Then the enjoyment of the collective starts, enormous wave of joy. Among these people if you find there are people of all nationalities, they are the people of different nations and they have all become one with each other. They are very healthy people, healthy in the society. They are beautiful people, they do not create problems, they solve the problems. This is what we need today: to change the world, to transform human beings. I have seen how India had to struggle to get to their independence. And many countries had to do that. Still you are not free, because you have your weaknesses. So you have to become strong Spirits which will emit light inside and outside. There are many who have achieved a lot, we do not take any money, we have no organizations; still there are fourteen countries altogether who are slowly transforming themselves. I must say in the whole of Europe Italians are the best suited, they have a very good temperament, they are relaxed people, and there is a wisdom in them. I'm sure as for all the Renaissance and for all the cultural development it was Italy which gave the lead, a day has come where they will also give lead to the whole of Europe, and America, England, in spirituality. They have been the pioneers of all these evolutionary stages, and they are very humble people compared to the rest of them. I appeal to your wisdom, that you please see the point with an open mind and try to understand that you have to become the Spirit. As for Me, I do not want anything from you, just I want to give you the key of your own treasures. It's alright you awaken the Kundalini, but after some time you have to work it out properly. Within one month's time you can be masters. As we do not take any money, we have very humble places, we live in very humble places, and you should not bother about those humble places. But as a result of this happening you will definitely feel you have entered into the kingdom of God. You'll have brothers and sisters all over the world and you will have all the signs and feelings that there is a blessing upon you, the way the problems will be sorted out. You yourself will form your rules and regulations, and you will enjoy your virtues and righteousness.

May God bless you.

Tomorrow I will explain to you in detail about these centers. This not a new knowledge. Only thing what I have done is to work it out through My meditative methods a en masse evolutionary process, and the right time has come.

May God bless you.

(Applause)

We can have some questions, but should not be aggressive questions because as I have told I am not seeking elections.

You better sit on a chair, please. (A written message is brought)

(...) Alright, let's have it. (1.05.22)

## 1987-1024, Press Conference

View [online](#).

24 October 1987

Conference

Piacenza (Italy)

Talk Language: English | Transcript (English) – Draft

Press Conference With Shri Mataji, Piacenza, Italy 24-10-1987

19871023\_PressConference\_Italy

Thank you very much. She is going to give the introduction.

Yogi: unclear()

She wants to know if there unclear(Tuner is the fest time..) that she care about feminine incarnation and she wants to know unclear(how easily) to know about this type of a feminine incarnation. Because it is important to know all the women.

Shri Mataji : with all the ?

Yogi: Women.

Shri Mataji: I didn't follow this..

Yogini : She is asking about the female incarnation of the..role

Shri Mataji: See you talk of., we talk of the God Almighty as the Father, and Christ as his Son but we don't talk about the Mother. How can there be a Father and a Son and no Mother? But there is, the Holy Ghost. That's the Primordial Mother. That time they did not want to talk about the Mother of Christ. Because Christ has a job is to be done that he had to get himself crucified. But if they had known that the mother is also very powerful, they would attack her. And though Christ has forgiven the people who crucified him he would never had forgiven the people who would have attacked his mother. He has eleven powers of destruction. And with anyone of them he could have finished all of them. But there was a special purpose in getting crucified. The message of Christ life is resurrection not crucifixion. Now in these modern times when the world is full of so much turmoil and violence and people are so complicated and disturbed, incarnation of Krishna would not have worked. Because he would have used Sudarshana Chakra and would have killed everyone. Same with Shri Rama. And Christ would have got himself crucified. You have to have someone who will have patience, love and understanding. Because in modern times human beings are to be redeemed. They have to be resurrected; they have to be transformed. They are to be given the second birth. Then they are to be comfort it. Also, they are to be concealed about it. All these things require tremendous patience and tremendous love. Not that Christ did not love people, he loved them very much. But he would have lost patience. Sometimes people are extremely aggressive and stupid. So, it has to be a Mother who has to be very understanding of her children. And the only desire she should have that Her children should imbibe all Her powers. For this a lady had to be the person in charge. Alright.

Yogini : She said, is it now the last is the end? Is it unclear(got) that you want to destroy it what he has created?

Shri Mataji: As you must have seen in the Sistine Chapel, there is a beautiful depiction of these rhymes done by Michael Angelo who was a great sear. Christ is standing at the Agnya chakra here in that whole moment and he is throwing people on this side and that side who are not alright. He doesn't allow imperfect people to pass through. Now, then they again comedown and see for themselves what is their problem and again ascend. In this ascent they judge themselves through Kundalini awakening by

becoming self-realized, by their second birth. Even Mohammed Sahib has described this as the resurrection time he calls it Qiamma. Here he says, at this time your hands will speak against you. They will give witness against you. So, when the Kundalini rises within us and pierces through the fontanel bone area, then on your fingertips, you can feel your own defects. You can feel your own problems on your fingertips. In your hand there are five fingers, six and seven centers on the right-hand side in the same way you have in the left-hand side. Same when the left and right both of them meet like this - it's all right I will show, they meet like this left and right, they form the center here. Now left and right are the sympathetic nervous systems and the central part is the para sympathetic nervous system. Now, when we want to use sympathetic, we can use it. When we want to run fast, we can run fast. But when we stop the para sympathetic brings it to the balance. But we have a limited energy, because of that we get into maladies. When we move to the left too much or to the right go to the extremes then the connection is broken. Thus, we have our physical problems, our mental problems, our emotional problems, also our social problems and material problems all they are due to our bad centers. Now when this Kundalini rises through those centers, She enlightens them. She does it spontaneously as a living process. And, as a result of that you get completely alright. But you develop new awareness. And the new awareness is the awareness which we call as the collective consciousness that you can feel the other people on your fingertips, their problems on your fingertips. Left side problems are emotional problems and the right-side problems are physical and mental. Now if you try to understand the decoding of it, you can yourself become a master. You become a powerful person, very dynamic person, extremely compassionate and humble person. And from your hands the energy flows. You can feel the all-pervading power which is the subtler energy in all the elements. And you can maneuver it and manage it and organize it. And then you feel you have become the part and parcel of the whole. Like a microcosm has becoming a macrocosm. It is not a mental conception and not a theory, its an actualization of your being. It works on your central nervous system. And that is the last breakthrough of your evolution. But those people who still busy with their self-destruction will be according to Christ be destroyed. But before that many should be saved.

Yogi: she wants to ask you if you can give the unclear(an illustration..)

Shri Mataji: I will, but anyone has had some other question? One or two? Yes of course of course of course.

Yogi: He asked unclear() that there are many techniques that promise unclear(visualization) he wants to know the sahaja yoga a very speedy way because he is in passion to that.

Shri Mataji: That's the thing I have discovered, how to do it in a speedy way. Also, I have discovered how to do it a mass. The knowledge of Kundalini is very ancient in India. But it was done for one or two persons. I do not call it as a judgement time, but I call it as blossom time. Where many have to become fruits. I have to study human beings for quite some time to find out how to do this so quickly a mass. Because if you, do it one chakra after another it becomes very difficult. And if you tell somebody don't do like this, then they don't like it in modern times specially. So, the best thing is to put the light in them first of all. Then gradually in that little light they can see their problems and they themselves can cure themselves, themselves can correct themselves. So, I don't have to say don't do this don't do that, I never say that. This is the trick.

Shri Mataji: Now I better talk. Now you see, we have to understand that anything who gives diamonds and things like that, cannot be Godly. Must understand. You are Christians, you have got Christ before you. I can understand in India where people are poor. They may just madly follow these things. But they don't because they know is just a temptation. And if you have to buy a diamond you can buy but not God, you can't buy God in the market. You can't pay me. You can't pay for your realization. You may pay any amount I can't give you I can't give. So, God doesn't understand money. It's a living process like a seed which is put in the mother Earth sprouts by itself. You don't pay anything to Mother Earth, do you? She doesn't understand money. She doesn't understand diamonds. If somebody can give the diamonds like that, why not improve the financial condition of India very easy. But diamonds are only given to rich people who give greater diamonds. But the worst thing I have seen those people who follow him it's difficult to give them realization to begin with. Same with Rajneesh. But they mostly get heart attacks I have seen. Yes, it is so. I am surprised that in Italy how people cannot judge, because I think Italians are the wisest people in all the European countries. They are the one who gave the Reynoso's, and they give the art and everything to Europe and despite that they are such humble people. And they should be able to judge a person even mentally, even mentally they should be able to understand what is the truth. Like you have people of very great evolutionary status, but they never did all these tricks. Right from Socrates,

you have got Abraham, you have got Moses, you have got Shiridi Sainath, Lao Tzu, Mohammad sahab they never indulge into these things. I am not a guru, but I am your Mother. And I have to tell you the truth.

Those who are not sahaja yogis can come and sit here you see. Those are not sahaja yogis, those are new at the back, could come and sit here. Those who are not sahaja yogis can come and sit here and this can be moved a little bit that side. She is better? Laughing and enjoying. yes please. Takeout your shoes will be good idea.

Why not remove the benches little backward? So that some people can sit here. Little bit. All of them please, you can come here. There is a room here for you. Come along. You can takeout your coat. It takes hardly anytime, about ten minutes at the most and the journey is very small. From the sacrum bone to your fontanelle bone that's all. Its three to four feet that's all. But you will have to little bit co-operate with me. This is your own power, this is your own property. I am just giving you the key to your property. And once you are enlightened, you can also give realization to others. Now those who don't want to do it, cannot be forced. So, they can leave the hall. Because when others are meditating its not civil to unclear(squash/swash) them.

Now what you have to understand that the left hand is the power of desire with in you. And the Kundalini is the pure desire with in you. Because all other desires are never satiable in general. But Kundalin's desire is to be one with the divine. And once you get that, you are absolutely a satisfied person. Now, you have to put your left hand towards me like this. Comfortably on your lap. All of you should be comfortable. Not to sit very straight like that not to bend but straight comfortably. Now, left hand towards me and the right hand is for your action. Which we have to use to help our chakras to open out. Also, by that you will know how to again and again raise your Kundalini. Now, your left hand towards me and the right hand first goes on the heart. On the heart. The hand should be like this. And the right hand on the heart, you can put it here like this inside your coat. Now, here resides your spirit. Spirit is the reflection of God almighty within you. And the Kundalini is the reflection of the holy ghost that is the primordial mother. The seat of the spirit is on top of your head. So, when the Kundalini rises and pierces through your Fontanelle bone area, she touches that point. As a result of that you feel the cool breeze coming out of your head. You also feel cool breeze coming in your hands, coming out of your hand or coming around you. This is the power which you have to use later on to understand yourself and to understand others and help yourself and help others.

So now you put your hand on your heart then you take your right hand and put it in the upper part of your abdomen on the left-hand side. So, we do everything on the left-hand side. In the upper part of your abdomen on the left-hand side - this is the center of our mastery. When this center opens out then you become the master of yourself and the master of this all-pervading power. Now you put your hand in the lower part of your abdomen on left hand side. Now this is the center by which you become conscious of the Divine laws. And you get pure knowledge in your consciousness. Like I know how to hold this, in the same way you will know how to hold the Kundalini. How to give realization, how to correct your problems, everything that is concerning your spiritual life and also the spiritual life of others. Now, then we come up again the upper part of your abdomen on the left-hand side. Then we go higher again on to the heart. Please do it. Please do. Then we go here in the corner of your shoulder and your neck here is very important and turn our head to the right. Now this center we catch when we feel guilty for nothing at all. You should not feel guilty at all. Forget that you have made bad karmas or that you are a sinner, all these things you should forget. You have to enter into the kingdom of God. So, you are to be placed, you should be very pleasantly placed yourselves. You have to forgive yourself and don't count your mistakes. Alright, now you have to put your hand here on the forehead across. This is the center of Christ of forgiveness. Now you have to put your hand on the backside of your head. And rest your head on top of that. Then you have to stretch your hand fully and push back your fingers. And the center of your hand should be put on the fontanelle bone area which was a soft bone in your childhood. Now push back your fingers and press your scalp and move it clockwise seven times. Move your scalp seven times. This is what we have to do now. Now please close your eyes. You can take out your glasses also it helps your eyesight. And please don't open your eyes till I tell you. Because the attention has to be inside. Now please all of you close your eyes. Put your left hand towards me and both the feet on the ground if you are sitting on chair at parallel. And those sitting on the ground are alright. Now please put your right hand on your heart. Here you have to say, or you have to ask me a very fundamental question for three times. "Mother am I the spirit." You may call me mother, or you may call me Shri Mataji. "Mother, am I the spirit?" Now put your right hand on the upper part of your abdomen on the left-hand side. Here you have to ask a second question because this is a center of your mastery. "Mother am I my own master". Three times please. Now take down your right hand in the lower part of your abdomen and ask a question or I would say you have to ask for the pure

knowledge because I cannot force you. So, please say "Mother give me pure knowledge". Say it six times. As you say this six times, your Kundalini starts getting awakened. Because this center has got six petals. Now to facilitate the moment of the Kundalini in the upper centers, you please put your right hand on the upper part of your abdomen. Here now, with full confidence please say ten times. "Mother I am my own master". Now raise your hand to your heart again. Now here you say to facilitate the moment of the Kundalini in this center with full confidence "Mother I am the spirit". Please say this twelve times. This is the greatest truth about you, that you are not the body, not the mind, not the ego, not the conditioning but you are the spirit. Now you have to know that the divine is the ocean of love, grace and compassion. But, above all it is the ocean of forgiveness. So, you can not commit any mistakes which the power of forgiveness of the divine cannot forgive. Now please put your right hand in the corner of your neck and your shoulder. And please turn your head to the right. Here say it sixteen times with full confidence in the forgiveness of the Divine. "Mother I am not guilty at all." If you still feel very guilty, you can punish yourself by saying it hundred and eight times. You have to be pleasantly placed out yourselves. Now stretch your hand in a way on top of your forehead and press it on both the sides. Here now you have to say from your heart "Mother I forgive everyone". Some people might think that it is difficult to say that I forgive. But it is a myth whether you forgive, or you don't forgive. But if you don't forgive you play into your wrong hands. Not how many times but from your heart you say, "Mother I forgive everyone". Now take back your hand and place it behind your head. And push back your head. Putting all the load on your hand. Here for your own satisfaction, you have to say that "O Divine if I have done any mistakes, please forgive me". But don't count your mistakes and don't feel guilty. Now stretch your hand and please place your center of your palm on your fontanelle bone area. It would be better if you bend your head a little. Now you press your scalp and move it ten times clockwise, here again I cannot cross over your freedom, I cannot force self-realization on you. So, you have to say Mother please give me my realization. Say it seven times. It(mike) doesn't work out.

Please take down your hand please. Please open your eyes slowly. Please put your both left hand and right hand like this. And watch me without thinking. Now put your right hand like this and left hand on top of your head. You may bend your head a little. Now see if there is a cool breeze coming out of your head. Now put your left hand towards me and see with your right hand if there is a cool breeze is coming out. Bend your head. Some people get heat coming out. It's all right. And some people may feel a very cool breeze at a higher level. Now change over, now you put your right hand towards me and please see with the left hand. Now open your eyes please. Put your both the hands in the sky like this, towards the sky like this, and ask a question: "Mother is this the cool breeze of the Holy Ghost? Mother is this the Brahma Sakthi, Mother is this the power of God's Love?" Ask three times. Now bring down your hands please.

All those who have felt cool breeze out of their heads or in their hands, cool or hot, please raise your hands, both the hands. All of them practically. You didn't feel? Good? You didn't feel it? Alright alright, will see you. Good. Some have not felt. All those who have not felt please raise your hands. Good. Now the thing is there are people here, who are sahaja yogis, and who are masters in this art. And they will be off to help you just now. And they do the same thing as you have heard about Christ disciples were using their hands. And also, they speak the language of the chakras - the centers. So those who haven't felt it, they can be helped by sahaja yogis. There are so many sahaja yogis. Come along. Can you raise your hands?

Here, come here. She felt it too? What about you madam? No? not sure? Not on the right? Right hand? Alright, those who have felt it and not felt on the right hand can put the right hand towards me and the left hand on the liver like this. Those who have not felt on the right hand can put the right hand towards me like this and left side, no right hand towards me right hand. Ya. All these ladies have not felt it. Hello, these ladies have not felt. These ladies have not felt. One should keep quiet. Gerny, could you help these ladies all of them are here. Can you come? Yes, Bill Come along. Are you better? Now sit comfortably, very comfortably. Loosen yourself completely. Now put your left hand here. Yes. Now put your right hand. No no left hand is alright, right hand like this. That the way round madam. You never felt anything? Never? Someone please help here. You felt it? On the right hand? less? Good good good. Got it. Better now? Good. That means your liver is not alright. Now say "Mother come in my liver". If you are not getting in the right hand, then please say "Mother please come in my liver". This lady., had she got it? You got it? Good. Ha, better. She is got it now. Nice. Alright? Forgive, must forgive, just forgive, you have to forgive everyone. Unclear(). Alright? Must forgive, you did not forgive that's why. You just say it. Left to the right. Better. Alright? Just say forgive. Unnecessarily you are carrying the load in your head. What do we do when we don't forgive? Nothing. Now better? Not yet? Are you alright? Are you alright madam? are you better? Good. Great great great. You? Good. Not yet? You will. Don't get upset. You will feel very soon. She has got a left Agnya. Give her a bandan on left the Agnya. Watch me here madam. They have got it? You all have got it na?

good. Take it easy. Alright, good what about you? Nice? That's it? Now gone? Now because you are thinking about it. Don't think, just don't think watch me here. Don't think, don't think, now better? See na, don't think. You got it now. Enjoy. You got it too. Good, now is she better? Take out the spectacles, just take out the spectacles. Put both the hands. Put both the hands. Ask her to ask the question about the Holy Ghost in her ears. Good? Ask. In your heart. Alright? Feeling it now? Little bit. That's the answer, now let us say, you are. It will be established. Alright? You be in a catholic before? You are not guilty now, anymore. Better now. Working out. Don't feel guilty. They have got? She is got it? This lady? No? put her in the Vishuddhi, left Vishuddhi, she has left Vishuddhi. Tell her to say, "I am not guilty". You got it. Alright? No? Alright. Now you started thinking. Don't think. Don't think. You can't think about it. It's just beyond thinking. You watch me without thinking. She did the same. unclear() Left Agnya. Good. Now put your hand. Better? Are you alright now? She is still very guilty she feels for nothing at all. Very depressed and guilty. Now what's it? No? now don't think, don't think. Say "come in my head Mother". Say. "Please come in my head, Mother please come in my head". You may also say "Please come in my hands" I am at your service. Working out. Better better. Better? Don't be afraid it won't go away. Alright? good good good. You feeling what? What is she feeling just tell me.

Yogi: She feels like a tingling.

Shri Mataji: Tingling tingling tingling? You are not well? Is she alright in health? You keep your hands, it will clear out. Put the left hand like this first of all. Left left left, like this. No? good. You too good. Now better. Better? Are you feeling anything? She is not well. She is not well at all. Can you go at her back? Hello unclear(Hossain/Hussey), you both go behind her. She is catching on the, ask her about her guru or something, she is catching on her void completely.

Yogi: May years of yoga.

Shri Mataji: what yoga? Hata yoga? Alright, ask her to put the both hands and ask the question unclear(on her too). Hot hot. Hata yoga, Ashtanga yoga should be done after Kundalini awakening not before that. There is not discretion otherwise. Because unless and until the Kundalini raises, you dot know where is the problem. So, you might be doing Hata yoga of your throat while you have got stomach trouble.

Should go away. It will go away. Coming coming up. It will come up. She is not well. This is what indiscriminate. Heart heart, on the heart give her a bandan. Also, she should say "I am the part and parcel of the whole" in the Vishuddhi. Better now better. Heart is alright.

So, thank you very much.

And also, you should give them one pamphlet of Kundalini. And where is the center also.

Yogini: ...You make, you make everything good.

Shri Mataji: It should be good for everyone. That's what I want. I desire.

Ok. Enjoy yourself. Enjoy.

Unclear(what? you have been doing lot of Hata yoga?) What did you do? You are dancer? Too much physical exemption. Unclear() imbalance.

Hope to see you again. Hope to see him again, unclear(you should come to our centers)

Interviewer asks three questions. Unclear()

Shri Mataji: Now, first will take the last one. Even children can do it. Realized children can do it. They are the best.

Interviewer: What Mahatma Gandhi taught you? - The teaching of Gandhi.

Shri Mataji: You see that time we were not independent country. And the main thing was at that time unclear(how to get our freedom).

Now the second question she asked me about is it dangerous? It is not at all dangerous. But you should be authorized by God. You should have a realization.

Now the first question is – Is it dangerous to declare for woman as an incarnation? It is not dangerous, but you see it is dangerous for everyone. Christ said the right thing, that he was a Son of God, no doubt. But they crucified him see. I am very wise you see. I don't want to say anything, you better find out yourself.

Interviewer: Is it dangerous to the children or for the people to awaken the Kundalini?

Shri Mataji: Not at all, children do it much better. They are the best. But they have to be realized souls. There are many children who are born realized now a days.

Interviewer: sixty percent of the people here, they got the realization, how much do you think that they have been influenced or not? Those people.

Shri Mataji: I think they all have got the awakening of the Kundalini. But now they have to respect their self-realization. And they have to attend the center. Find out about it and then master it.

Shri Mataji: Now, see, It's dangerous for anyone to say that he is an incarnation except for the fake people. But the real people its very dangerous. Because when people know they are incarnations, they attack them, and they have killed so many real incarnations before. So, I am rather wise and tactful. I don't want to say anything about myself. You better find out yourself after realization, you will know what I am.

Yogini: The teaching of Gandhi, what he left to you? Gandhi?

Shri Mataji: Yes, Mahatma Gandhi, when he came on this Earth, he had a big problem because we were the slaves of the British and at that time we have to fight for our freedom. That was our big problem. As you have to cross, supposing there is a river and you have to cross it, then that's the main problem. But once you become independent, when you become free, then you start thinking of your spirituality and he was a very spiritual himself and I was a little child when he was there. But he consulted me on many things, spiritual specially. He used to call me as Nepali because I had high cheekbones.

Interviewer: As a great Mother, is there something we don't know that you know that you want to tell us? Some advice to us?

Shri Mataji: The advice is now we have to find out our absolute being. Because we are living in a relative world. But that's why there is a problem. Nobody knows what is right, what is wrong, but the absolute is within us, all the knowledge is within us. That is what is what you should find and establish.

Thank you.

[Unclear]

Look after your realization

So, should we go now? Thank you very much for the nice music.

You are a seeker from so many days. Now you look after your realization.

You understand, same with her, she is another seeker. Look after your realization.



## 1987-1024, "The light of love", Evening before Diwali Puja

View [online](#).

24 October 1987

Talk to Sahaja Yogis

Lecco (Italy)

Talk Language: English | Transcript (English) – Draft

"The light of love", Evening before Diwali Puja, Lake of Como (Italy), 24 Ottobre 1987.

[After the chant.]

May God bless you all.

And all the blessings of Lakshmi, all the Ashta Lakshmi, is upon you. May God bless you

Today we have come here to celebrate a great festival of Deepavali, meaning the rows of lights, or the Festival of Lights. It was to celebrate the coronation of Shri Rama also, that is to say symbolically to celebrate the establishment of a kingdom which has a benevolent administration.

Today I find all of you here as the lights sitting before Me and with these lights I feel the Deepavali really celebrated; I see the twinkling of those eyes, twinkling in the eye of that light which is within you. In the lamp of light we have to put something that is soft, like ghee; that's something very mild and soft, is the love of our heart. And that burns to give this soothing light of love to others.

Such a person who has this light of love loves himself as well and emits love for others. I've been hearing about the way people used to torture themselves to become saintly. There's no need at all for Sahaja Yogis, at all, to torture themselves. But to be the light of a higher magnitude they have to be full of love and this love they get it from where? You may say it is from Me. It's true but the sap of the tree flows all over and all the tree must live together. Any leaf that wants to separate itself will die out. So it's the collectivity which is going to make you grow. Any ideas which you have, which of... keeping yourself out, or preserving yourself out, or having your houses separate from the collectivity may be dangerous. The houses may be separate but they must be the houses of all the Sahaja Yogis. Anybody who comes to your house who is a Sahaja Yogi is owner of that house. That sort of a feeling should be developed. When the light you take out from one room to another room, it does not say 'This is my room so I'll give light, if I go to another room I will not give light.'

Now, light is absolutely detached. If you do not look after your light it will extinguish. You have to look after it till it takes its proper stand and once it takes a particular stand then you are a strong Sahaja Yogi. Then they see the light on your face and then you manifest light in their lives. This light, if you put finger on it, it will burn but the light of love never burns. It dissolves all that is bad, it rejects, it turns away from whatever that is wrong. It has patience and it expels the darkness. Darkness within and without. Diwali day is specially meant to celebrate with the lights on a day when Lakshmi was born. Now this Lakshmi came out of the sea, and even today there's lot of Lakshmi lying under the beds of the sea. (Italian Sahaja Yogi has trouble translating and says "I'm sorry Shri Mataji I didn't understand." Shri Mataji continues...)

But when you do not understand the real significance of Lakshmi then it brings darkness and Lakshmi disappears. For example, somebody gets lots of money. Immediately he will have first class bar in the house. Then he'll have his friends to come and have drinks. He'll drink with them and suddenly he'll find that Lakshmi has disappeared. So wherever there is wine there is darkness and that darkness which comes to you with the Lakshmi makes Lakshmi just disappear.

The whole of the universe, the whole cosmos, is so well-knit that if you try to do one thing wrong this side, everything goes off. It is so well connected, like one bulb fuses everything fuses off. In Sahaja Yoga also it happens like this, that a person who is enlightened and tries to be nasty, tries to create problem, can make others negative. In the beginning it used to happen very often, like one bad apple can spoil all the good apples but one bad apple cannot be corrected by all the good apples. One Hitler could make many Hitlers. But in Sahaja Yoga when you are grown up and established, then one bad man, if comes, either he has to run away or he has to get well. A person like that himself he'll tie up all his luggage and go away.

But the main people, the people who are grown up and who are matured should keep their maturity and assert it. It's in the form of light, again. Now if there are many lights like these are, and one of them goes out, doesn't matter because its... there are so

many others, like that. But if there is one light which is matured enough, even all of them go away, doesn't matter. So the people who are half-Sahaja Yogis or quarter-Sahaja Yogis, quattro, have to understand that they play no important role in Sahaja Yoga. Everybody has to become a full-fledged Sahaja Yogi. Then it matters a lot if any such Sahaja Yogi is sick or is in problem, all the angels would run to help him.

So today is a special day to celebrate the Kingdom of God on earth. As we used to pray 'Thy Kingdom come on this Earth' and it has come today on this mountain and we are here to celebrate the coming of the Kingdom of God as we have been praying for ages. And the blessings of Kingdom of God is that you get drenched in joy - joy which has no duality, like happiness and unhappiness. Is an experience of absoluteness and just that joy is sufficient, you don't want any food, you don't want to sleep, you don't mind where you are, just enjoy, drenched completely. There's no place for unhappiness, you have no heart for it. Italians were known to be melancholy people but now I find all of them are so joyous that nobody can believe that they could have been melancholy once upon a time. Not only that but they are giving so much joy.

The program should open our eyes, of all the Europeans, to see how on the stage they were singing songs to Me and everybody in the audience was clapping and enjoying it. Because Italians are very humble people and it is the humble who will be entering to the Kingdom of God and not the arrogant. They'll have to go to hell to get rid of their arrogance.

This is something, is very great that we are celebrating Diwali here, that in the place where people are humble and they have the right to be joyous. They have the right on their Mother, they have the right to ask for anything that they want. This is what is surrendering. Humble person means the person who doesn't have ego. So to burn off ego and to burn off our conditioning we had this festival called Holi. Holi. But now we have a new festival which is a festival of singing songs of joy. And joy alone. In this Diwali day let us wish that so many people fall into this ocean of joy and the ocean of joy has to expand its borders, shores. A sea never does that but Sahaja Yogis can do it because they have ocean of love in their hearts.

So I wish you all a very happy Diwali in the sense that you will enlighten more lights, every Sahaja Yogi should enlighten at least hundred lights in this year. Every person you meet you can talk to them about Sahaja Yoga, not about Me. Later on, gradually. So I hope you'll enjoy your Diwali here, all of you, and we'll create an ocean which will expand, grow and engulf more and more people into this joyous company.

Today I don't want to say that I am sorry because I came late, which won't be good on a joyous day like this. But waiting has its own dividends to pay, waiting gives you another kind of appreciation of meeting.

May God bless you all!

So we should continue with music...

[After 3:57:00]

Shri Mataji: I will tell you one thing, now just listen. You see, this song, the song that he has sung is like a lullaby. There is no tala, there is no rhythm that can fit this song. So poor man should not have been asked to do this. Once in My marriage, you see, there was one fellow, My father's friend who was a member of parliament, he wanted to sing, you see, didn't know any music or anything. Just started singing like this in some unrhythmic way. So My brother whom you have heard, he asked My father: "What tala should I play?" He said: "Play Brahma tala!". Meaning: sleeping.

[about Rustom] "He analyses, so, he analyses and he says there must be in your childhood you have done something wrong, you see... He is a psychologist, you know, so he goes to the childhood of everything."

[Main address] "Everybody has their own personality is a very good sign. That's a very good sign that you all keep your personality and you don't merge into one personality. That variety creates all the beauty. You can see that how enjoyable it is to see the variety of people. You should all maintain your varieties, your dresses, everything the way you are. The change is inside not outside. So the outside it's very nice to have all these things of this kind and somebody should copy him also.

Alright, so, it was nice, you see, the way he has seen different-different people but I can see behind every personality there is a background, there is a training, there is a life and also I feel about people who want to express themselves in a way they are more effective that is [than?] what they accept. But sometimes we get - we go beyond.

Like, I will tell you an incident of Rustom was, that he told Rajeesh that we should all become now Nirvi??? [hesitation on the

term] Nirakara, means "without any form", we should become formless. So, Rajeesh said : "How we become? " He said "You ask Mother. She will make you, all of us, formless." So, we were travelling by plane, Myself, Rajeesh, [two other names unclear Modi, Jala?], you know those people are very tall, hefty and I said don't say all these things, It's wrong to ask to become Nirakara, all that." He said: " So Rajessh was saying: "But he said so, we can ask for it."

We got up from the plane. We came out. In the aeroplane, you see, everything was alright, we came out it was alright and there were twenty-five people who had come to receive us. They could not see us, none of us. We were trying to call them: "Come here, come here." Nobody would listen to us. We did not understand what was happening, you see. We had become Nirakara.

So we walked up to the driver and I gave him a bandhan so at least he recognised us - we got into the car... These people said: "We couldn't see you. We were twenty-five people were there to receive, we couldn't see you. I said: "Now, don't listen to Rustom and ask for such things as Nirakara." [applause, jaykar]

Lots of interesting things happen like that, you see, and I told then Rustom : "Now, don't ask for all these things from Me because it's wrong, you see. You should ask now: "Mother, make of me such a Sahaja Yogi that I can bring hundred Sahaja Yogis to you." Like that you should ask. You should live in the present and not in the future. That is what it is.

Many people ask now: "What is going to happen to our God's Realisation? What is going to happen to this? When are we going to have this power?" Now, this is a wrong attitude. In the present we have to live and together we have to move. And all of us have to know one thing that we have to just spread Sahaja Yoga. Nothing else but to spread Sahaja Yoga and we have to keep our personality alright, intact and not [UNCLEAR Nirakar?]. We have to work very hard for that and we have to go out to all kinds of things, think about it: what we can do, how we can spread Sahaja Yoga? All these things should be done.

And we should not be lost because there are lots of temptations in Sahaja Yoga. The first temptation that is is money. You might get money, you might get jobs. You will get married, you will have children. Then you will say: "Alright, I will have my little house, live here..." Finished. You are gone forever.

So, all these things should be attended too and you must see to it that you keep your personality alright, your nationality alright, your clothes alright, everything alright. But your personality must merge with the collective otherwise there will be a big problem. And I respect all the people who keep their personality, keep their nationality, keep the way they are.

Actually these days the situation is such that fashion starts so people start cutting their hair, fashion starts, they start making their hair funny. So, in the fashion you cannot even make out which personality one person is. It is better to dress up in you own personality, in your own country way, the way you are. And it is very beautiful to see diversity in that way creating a beautiful unity among us.

The personality, as it is, keep it. It's nice. I am happy he has shown you there are certain personalities and all that, and when you see them you enjoy them and everybody is enjoying their laughing at themselves. It is a very big thing that you can laugh at yourself and appreciate it. It is a sign of real wisdom.

Now, the last of all I have to say that, on the whole some of you are singing beautiful songs. Together you can sing very well and some of you are taking part into that music. But I would suggest that next time when we go to Ganapatipule let us have a proper book or something like that where all these songs are properly written down. And it should be printed in a proper way so that everybody, even indians, can sing with you. See they should have a chance to sing with you but they cannot read this roman stuff, so if you can give Me, I would like to write it down in Hindi language so everybody can read in India. I mean I cannot read roman - very difficult for Me. And this will help them to sing together.

Singing is one way we are very collective: eating together, living together, sleeping together is all very collective and the individuality, and the different personalities that we see is very beautiful.

On a Diwali day we have to understand that we are all lights on the path the ascent of many people. We all should keep our light afloat, enjoyable, laughing at ourselves, making fun of each other, sometimes pulling legs is alright, but in no way, in no way it should be hurting another personality, means to say something on the physical side of it. Specially one should not remark like somebody is a lame person or a blind person, you should never make fun of such a thing. Otherwise the [UNCLEAR word] and behaviour is very important to see and will be very much appreciated.

Actually I had never known so many foreigners - as I call them - they are now My children. And when I go to different countries I see different-different styles and different-different ways of their food, their - every habit is different. I really enjoy the way people eat differently and talk differently. It's very nice, but in all that one has to see the beauty: how God has created so many human beings, so many faces, by little-little small little cells how he has changed the faces of people. Then every country has a different type of a face. Then every - even a part of the country may have a different type of a face. So, all this is done just to create beauty and love, to show that even if we are all outside different inside we are one.

Animals are - all of them are - I mean there is not much of a difference. Unless and until you are very particular you cannot find out one animal from another animal. If they live with human beings of course it is different, but otherwise if you go in the jungle you cannot make out one tiger, one to another. It is all just the same, they look the same. But this differentiation has come in human beings. And in Sahaja Yoga when you grow more the outside differences could be even more interesting, could be much more interesting.

But the one sign I know about Sahaja Yogis is that their faces glow. Faces glow, eyes have - a beautiful twinkling in the eyes and they are all, all the time enjoying. That is what it is we have to celebrate our own joy, our own virtue, our own righteousness and all our styles.

May God bless you.

So the last song is left out, you sing it now so we go. Come along. Now everybody is watching you and they'll copy you, alright? Be careful.

[Song: Adi Maa]

Shri Mataji: If you want to sing the Bhairavi you can sing it. So we'll go then afterwards.

[song tuning] It's a very difficult song I must say. Tremendous people you are.

Shri Mataji: Thank you very much, thank you. All chakras are already opened. What puja are you going to do tomorrow? Alright, so tomorrow puja will be at twelve o'clock. Actually the puja has to be in the night on Diwali but we will have it about twelve o'clock. I hope by that time you will have a nice sleep.

Thank you very much.

[Jaykar] Thank you very much. Good night. Happy Diwali."

## 1987-1025, Diwali Puja: Power of Innocence, Meaning of Nine of The Lakshmis

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25 October 1987

Power Of Innocence, Meaning Of Nine Of The Lakshmis

Diwali Puja

Lecco (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Diwali Puja, "Power of Innocence". Lecco (Italy), 25 October 1987.

First, we bow to Shri Ganesha because Shri Ganesha is the source of innocence within us. So, actually, we bow to innocence within us. And this innocence is the one [that] gives you the enlightenment. As I told you yesterday, the light has innocence. But this is innocent without knowledge. But your light is innocent with knowledge. We always think that the people who have got knowledge can never be innocent, can never be simple. And the idea we have got about innocence is that an innocent person is always deceived, can be befooled, and can be always taken for granted.

But innocence is a power; it is a power which protects you, which gives you light of knowledge. Knowledge that we have in the worldly sense is how to exploit others, how to cheat others, how to make money out of them, how to make fun of others, how to look down upon others.

But the light of innocence is the light by which you know that love is the highest thing. And it teaches you how to love others, how to care for others, how to be gentle about others. It also gives you the light within. It's just the other way round of this 'avidya' [ignorance] that we have in this world. Just the other way round.

The 'avidya' outside teaches us competition, how to put the other person down. Because it has fear, it is insecure. This knowledge is not secured – at all. If it had security it would not have behaved like this. But the light of innocence knows everything. It has no fear. When we say, "Children are innocent", we mean to say that they have that power of innocence. Many times people have noticed if a child falls from a height, it doesn't die; while a young man may die with a much smaller height. And the child is not afraid while falling. He just enjoys, as if there is a parachute coming down, nicely. And then when he falls down, also he just gets up, laughs, smiles at everyone. He doesn't understand why everybody is worried. Because in that innocence he knows that he's looked after, he's protected. He knows that there is a power, which is much higher than him and he does not have to worry.

Then we start putting ideas into the head of the child, and that is how he starts losing his power of innocence and he becomes a coward. He becomes a cunning fellow. He becomes an unrighteous personality.

But still we would say that the innocence of children is [the] innocence of ignorance, in a way, because they do not know the dangers of life. But the light of innocence knows all the dangers. And also knows how to get rid of it, also knows how to be away from such a person.

There was a wise man, who was going on a staircase, and there was a stupid man coming from the other side, a foolish man. So foolish people are always aggressive, that is one of the signs, because they have inferiority complex. So the foolish man says to the man who was coming up, he says – [because] one had to move on one side – so he says, "I don't move for fools!" The foolish one says. So the wise man says, "I do," and he moved. (Laughter) That's how the light of innocence tells you how far to go with a person, how far to talk to some person, how far to indulge in another person's personality or his problems. Otherwise, he recedes. He understands that this gentleman is a stupid fool so "I move for a fool like that." He doesn't pay attention to such a person. He doesn't bother about such a person. This is the light of innocence which gives you discrimination, how far to go with others.

I love a person, there are many, "I love him". Alright! The another person may kick you, may hit you, may trouble you, may become absolutely horribly possessed, but still you are just mad in love with that person, without any self-respect. This comes because there is no...you may be innocent, in a way, in a worldly manner, but you are not enlightened and innocent. When you are enlightened and innocent then your innocence is a power, which gives you, first thing, is discretion.

Supposing you take a light in your hand – now you know whether it is a snake or a rope, but if there is no light in your hand, you cannot see. But even, supposing it's a snake, you might run away, or if you are a stupid fool, you'll say, "Alright, come and bite me. I would like to see, how it works." (Child laughs. Laughter) But if you are an enlightened person, then you will tell the snake, "Now, let me be alone. Alright? Bye-bye." (Laughter) And the snake will know and it will go away. Or if the snake is a sinister one, you may just look at the snake and snake might run off.

So this power of innocence is a very, very important thing, and that comes to us through our enlightenment alone. So we are, say, in a state which is ignorant and innocent – innocent and ignorant. Then people are no more innocent nor ignorant, but they are not enlightened – they become cunning! If they don't have both the qualities – they are neither ignorant, so-called, they have got knowledge, they are good at everything, they are well known people, for their intelligence, brilliance, everything – so they are knowledgeable, so-called. So such people we could call as the people who have got the knowledge, in the worldly sense, but they have no innocence.

So they start devising methods, the innocence which is there, which puts a little control over such a mind, is lost. Because they think innocence is stupid, you know? They don't respect their innocence. So they start manoeuvring people, doing violent things, doing harmful things, saying nasty, sarcastic things. All these things the brain starts working, because it cannot get back to its innocence. So we don't like such people later on, we don't want them. Then they develop ideas that, "We are higher people, we are chosen people, we are better people," then – they develop all these ideas. Then they, all of them club together.

So ignorance is added as a so-called knowledge, you see. Inside is completely ignorance, outside is knowledge. And added up – added up like that, they do not want to seek their inside. And they are satisfied with their outside, so-called knowledge. And they go ahead with it, and once they break their heads, then they realise, "Oh God, what was it? Inside is all darkness."

We cannot live with all the windows closed hermetically and the sun shining outside. We have to have light inside, to see for ourselves, what are we, what are our powers, how far we can go, how we are working out ourselves, our lives, our aims?

Now the enlightenment, as the enlightenment you see here is of these lights, is manifested within you as vibrations, as chaitanya, as light. So the chaitanya itself is the light. But the difference between this light and that light is such that this one will only tell you as far as your eyes are concerned. It will tell you that it is a stone, or it is a wood, or it is a house, or it is a face of a man – anything, this light, but it won't be able to tell you whether this person is good or bad, whether this house is vibrated or not, is auspicious or not. So it doesn't give you auspiciousness, the idea of auspiciousness. So we are talking of Ganesha's innocence, which gives us sense of auspiciousness, and ourselves also makes us auspicious.

This is how the chaitanya itself is enlightenment, chaitanya itself is enlightenment. It relates to you all the knowledge which it has. Now imagine what a micro-arrangement it is that the chaitanyas, which are small, small like, we can say, little round valayas, small, small ones. They have intelligence in them, and discretion built-in them to tell you whether a person is good or bad.

You have got it, Sahaja Yoga, so in a simple way. So we have not bothered to find out, what your computer has got. It has got the knowledge now to know, not only if the person is good or bad, but what troubles that person has got. Now this light can go up to one dimension of a person, how he looks, how he walks, everything. And you, if you start imagining something, if you start imagining – and saying that, "I feel this way, I think this way."

(somebody interrupts Mother's talk)

Shri Mataji: not all right?

Yogini: [inaudible]

Shri Mataji: Ha?

Yogini: [inaudible]

Shri Mataji: You can't hear me?

Many yogis: Yes. Upstairs only in the baby school.

Shri Mataji: What is it?

Akbar: There is a video for the mothers with the children, and they can't hear You. It is upstairs.

Shri Mataji: I didn't hear, what is it?

Antonio Scialo: There is a children-room upstairs, for children, with a video for children and mothers. But they cannot hear it.

Shri Mataji: Oh I see, but the children are here?

Yogis: Babies, babies; mothers and babies.

Shri Mataji: Oh God. Somebody has to go up and fix it up, isn't it? I think you should have tested it before, isn't it? Alright.

So, the chaitanya that is within us, which is flowing out, which we are receiving from all over, is all-pervading, is in every molecule pulsating: which gives us knowledge about each and every matter, each and every animal, each and every human being, and each and every Deity. Without this light you could not have recognised Me. You could not have recognised any Deities. You could not have known your position in life and your aims in life. You would not have known what is your purpose of life, why are you here.

Are you here just to make some money, put some in the insurance, some in the shares? Of course, now nobody will do that! (The stock markets crashed on Monday 19 October 1987 the week of this puja) (Laughter) And get some house, and dance on the fingers of your wife, or the wife has to dance as the dictates of the husband, to bring up children somehow – are you here for that? This chaitanya tells you, very clearly, "No." Because if you get more involved into these things and become completely cut-off from the collective happenings, then this light goes off. As soon as this light gets disconnected, you can't have any light.

So, any connection, whatever you have, with the vibrations has to be very strong, and has to be absolutely intact and steady. For example, if there is a light which is not steady, which is moving, you can't understand things properly. Though the vibrations know everything, but how will they communicate this to an instrument which is not perfect, which does not respect vibrations, which does not communicate with the vibrations?

Please take the child out. Don't try to push the – no, no, no, don't do that. No, no, don't. You should not lose temper with children, you know? They are crying, they must be wanting something.

So, this knowledgeable instrument that you have got is to be all the time flowing through you, and you have to be a very clean apparatus. Supposing you have this light, and the glass is not clean – you won't get light properly. So the purity has to be

established, and that is the part, where Ganesha is so important, because He cleanses you, He washes you and you become innocent: because you do not plan or think of harming anyone, who is a good person, who is a nice person.

It becomes innocence because it is auspicious. You start becoming auspicious. Wherever you go, and [if] you meet somebody that person feels, "Oh God, today something good has happened in our family. Something good has come out."

Now recently I met someone in Germany where there was a 'sahaja yogi' who started talking against me and Sahaja Yoga. And he got out of the Ashram, and then he went to somebody who was supposed to be a sahaja yogi, and his wife, and there he started telling about his woes and, against Sahaja Yoga and all those things. Though he has been always a possessed man, but still: these people should not have listened to anything against Me. In the shastras is written, that: to hear the Guru-ninda, anything against your Guru, is absolutely dangerous. So anybody says anything against your Guru, you have to put your hands like that, "I don't want to hear anything against my Guru!" Instead of that they sympathised. So the lady has got a serious type of cancer, and the husband is also very sick.

Now, one has to understand that if you are going to cross this ocean in a boat – all of us are there – and [if] one wants to put one foot into the mouth of a crocodile, how can we save such people? Then it's better that they should go to the crocodile than to the boat. But those who try to sympathise and put another foot in the crocodile, then they have to be in trouble.

All these things not only hamper but are so inauspicious and dangerous that you all have to be extremely careful about it. You need not tell people that, "You are evil! You are bad!", or anything – but just "Get out of Sahaja Yoga!" Have nothing to do with them. You should say, "We are sorry. We can't do anything about it. You do what you like. It's not our responsibility." And there you should not be meek, you should not feel embarrassed or delicate about it. Tell them off, "Nothing doing. We cannot help you here, we are sorry, you work it out yourself."

Because this light is a light which nourishes you and strengthens you. The light of the Spirit must give you that strength within you. You become a strong personality. You become a personality which can withstand lots of things, even crucifixion, but it can also fight. It has all the qualities built within itself. Like a person who has a temper. No! It's not a very good person to be, with temper. It's not good for a Sahaja Yogi to have temper. But if somebody says something to you against your Mother, you have to have temper. That's the place we have to use temper. You can box that person, doesn't matter. (Laughter) Ganesha will be just standing behind you. (Laughter) And Hanumana will be in front. (Laughter) If you box him once, Hanumana will box him ten times. (Laughter) So that time the anger has meaning.

Now, people say, one should not have greed in life. Yes, one should not have greed, but if you have got greed for vibrations it's a very good thing. You should be very greedy about vibrations. Wherever you get vibrations, you must rush and try to get more vibrations. Greed is alright, you should have that greed within yourself. If you don't have that greed, how will you be able to overcome the other attractions?

It is very surprising, I always wonder about human beings – which I've never been able to understand myself. (Laughter) That, when it comes to hatred they are the best! If they want to hate someone then you can make them sacrifice everything that they have. Under the name of God, under the name of nation, under the name of anything whatever you want. You just have to say that, "We have to hate someone." Immediately they'll gather around, they'll pass through all kinds of ordeals, sacrifice everything, go to jails, they will kill themselves, commit suicides – just if you tell them, "We hate someone." Or else you have to say that, "We are a great nation, something very big and, these are bad nations – so we have to fight." They will do.

It is very surprising that, even when it comes to political revolutions and for their political freedom, they can go to any limit of sacrifices. The other day I was watching Lenin's fight. I was amazed! This single man Lenin, who was always in the exile used to only write, "We have to fight, we have to get this, we have to do that." Though he was a realised soul, but still he didn't write about spirituality, he wrote about political struggle, and three times there was an upsurge and thousands and thousands of people you find in every place being killed – just like that. It is very surprising.



Now, don't fan, you see, while I am talking you should not fan, you know, it disturbs. Pay full attention; pay full attention, is important. Because if you do not pay attention, others will look at you, and their attention will be spoiled.

Now this one was so dedicated, even little children and wives and pregnant women and so many men were killed in a lot like that. Again they rose, again they rose three times, and the fourth time they were successful. For what? For a political achievement.

We did that in India, too. People gave up everything that they have, their houses, families – everything they gave up. Even for fake gurus people have spent so much money, they have done so much, given up everything, sold their houses, put their children into trouble, got into trouble – everything they did. But for the right thing, the wisest thing, the only great thing that has to happen is Sahaja Yoga – where comfort is pouring on us all the time, where all kinds of joy is pouring on us, where everything is being smoothed out for you – people become so fond of comfort, and this and that, that the slightest sacrifice they can't understand.

They'll come with problems about their wives, about their children, about their husbands – everything solved. Now this goes on and on and on and on. Solve them! Finish them off! Cut them short! You have to spread Sahaja Yoga! You have to sacrifice some time, you have to sacrifice some money also. Who is going to work it out? Nobody is going to kill you, as people were killed in Russia, or in Germany, or in Poland. Nobody is going to take away your children or to take away your money, or anything – no one wants it.

But this light in your hand has to be burnt with the true desire, the pure desire within you, is the Kundalini. That is the wick, that is the one has to be kept absolutely nourished. And that is where sahaja yogis fail.

People don't want to leave Sahaja Yoga. Even if you tell them, "Please go away, we can't help!" – "No, no, no, I cannot leave Sahaja Yoga." – "Why?" Because it is a place of enjoyment. But it would be something different from human beings, because human beings, if a human being gets a bottle of wine he'll call ten more to enjoy it. If a dog gets something to eat he'll call other dogs to eat it. If a crow gets something to eat he'll call other crows to eat it. Naturally built within them. Same with human beings. But when it comes to Sahaja Yoga we are not that tenacious about it. We have to tell all our relations, "We are Sahaja Yogis, and this is the religion of within, and this is what it is – if you don't want to follow I have nothing to do with you. Why don't you follow it?" Everybody has got relations.

So on a Diwali day, when we were talking about our light, what are we going to do with this light? Are we going to use it only for our own purpose? Christ has said, you don't put the light under a – what you call it? – measure. You don't put it under a measure. You put it on a table. We all have to come out in the public, we have to find out ways and methods. It's not only the leaders, everybody has to work it out what we can do to spread Sahaja Yoga. In every place you go: how can we give Sahaja Yoga? Of course I don't want you to change your dresses – but you can carry big badges. People will ask you. You should say, "Yes, this is the person who has given us peace, joy and happiness." Start talking like that, go to the markets, go to public places.

I go to market just to spread vibrations – you all have to do that, otherwise you will have the Sahaja Yoga enjoyment to yourself, but unless and until you share it you are not going to enjoy it fully. Look at Me. I have all the vibrations of the world. (Laughter) I have everything, I should be such a self-contented person, sitting at home – in meditation. (Laughter) At this age, why should I travel after all? (Laughter) I am the Adi Shakti – why should I worry of making everybody such a powerful shakti people? There's no need. I should enjoy my powers, I can, but I cannot.

I have to work hard. I give the maximum time to Sahaja Yoga, than any one of you can give. I have a family, I have got my husband. He has a life which is very, very busy life. I've got grandchildren. I give the maximum time. Now see, from here to Rome, then to France, then to Spain. You all are having just a relay race. Alright, I am here – Italians are having a little strain. Then they will relax! "Now alright..." (Laughter) Then, what do I do? All the year round I am going from places to places...travelling. And when I have everything. Can you think of a rich man who is busy distributing all the wealth he has, while the others take time to take it? That is what it is.

So I have to tell you that you have to come in a new dimension of your enthusiasm. Sahaja Yoga is not for our enjoyment alone. "We are saints," so what! For what? For what you are made saints? It's not that the men should only do, or women should do, or this one should do, or that one should do. Don't get involved into these temptations. There are thirteen temptations, which came out of the churning. The fourteenth one was a big hunter to neutralise all the thirteen.

Not that Sahaja Yoga wants to tempt anyone, but they become temptations because they are blessings to you, and blessings you start using as temptations. Now, for anybody, to have such a temptation would be more like a horse, which has to go to the south or to the north, is standing and eating the grass. You have to move, movement is the point, you have to move from places to places, you have to go from villages to villages, you have to go from houses to houses. This message has to spread.

Christ's twelve disciples only – how much religion they have created? Of course, it's of no use, but still! You are going to give something so substantial and so great. But when you tell them, then the way you tell them is important. The way you assert is important. I don't mind from today – you can tell them what I am. Doesn't matter. How long are we going to hide it? You better tell them that, "She is such and such, it's written in the Bible, She is such and such – we have found it. If you don't want to see it, don't see it – but it is so."

Let's have that determination and let's have that kind of a outspokenness. Look at these horrible politicians. They say, "I believe that there should be some people who should be rich, the rest should be poor. I believe. I believe in this and I believe in that." What about you? You do not only believe, but you know for definite! And that's what should be decided on a Diwali day that by next Diwali we have to get many, many people for Sahaja Yoga.

But when I speak, many people told me that they think I am not speaking to them [but] to somebody else. You should see to the people who are working harder than you for Sahaja Yoga; who are involved more in Sahaja Yoga; those who are achieving more in Sahaja Yoga – not the people who have done nothing. You can see Me.

What are we doing? You should think about it. Where are we? This is the most important period. At the most, in Europe, I will be for five years more, at the most. Do you think I'll be travelling after seventy years of age? No. So this is such an important time when I am here, then I could meet people, I could talk to them, I can help you a lot. In these five years you have to achieve something. And you have to take a jump and give a speed to yourself. Otherwise this is a very important time, will be lost by all your fellow men.

Like the other day we had program. I'll tell you a practical side: now what, I would do [is] take the addresses of all the people who got realisation, take it down, write to them, go and see them, meet them. [Find out] what has happened, why didn't they come.

Then make a statement, why people didn't come, what happened, why is he not coming. Write to them all the time. See you'll be surprised if you take one copy of 'Reader's Digest' (Magazine), only once – make a mistake. (Laughter) – they go on sending you so many types of things, you know? (Laughter) You will get this present, you'll get – this is a car free for you, this thing for you. Who wants it? But they go on sending. I have written to them, "Don't send me anything. I don't want any car – nothing. You just send me Reader's Digest, thank you very much. I'm not a lucky person. Please don't send." Still they are sending! (Laughter & applause)

In this way you must write to them all the time, "Why are you not coming to Mother? Why you are not coming to Sahaja Yoga? Sahaja Yoga is so important, it has given me so much, why don't you want to have it?" You must show that earnestness within you. And if you do not show that earnestness – take it in a mundane way, "Alright, it's going well, this, that, is good, alright, this is improving, that is." That's not the way you are going to work it out!

Once I go to India I know in India it will take no time. India will work out very fast. And you have to book your seats in the heaven, that's very important. I mean, even for an aeroplane you have to book a seat; then what about heaven? (Laughter) And so many

have to book the seats. If all Indians are sitting there, what will you do? (Laughter)

So with this joy, with this happiness, with this light on our face, with this beauty of enlightenment you are all gurus. Imagine, these useless [false] gurus know nothing, their Kundalini is not awakened, nothing of that kind – and how much they have built up their empires after empires. I don't say that you build up empires, no, not that way, but why not build up at least a hut to show that you have achieved something and it has to be done.

Talk to everyone in your office, in your this thing, not to feel shy. I have seen people put up these horrible peoples' photographs everywhere. In their office you go, you find them; in the buses you find them; everywhere they are hanging. Why not my photograph? So the curiosity is there, people will ask you, you tell them – it will work out.

The best thing is working out in Italy, surprisingly. And it will go ahead, because we found some very good people and you should try to find out. Such people who are around – get after them and work it out. But don't go to wrong people, must use your discretion. You know how these [false] gurus work – is very important. my brother was telling me that a lady from this Muktananda – now the Muktananda is not there, there is another American girl, American-styled Indian girl. So, this Muktananda lady (disciple), one English lady came to his house, my brother's house – and she was very sweet, "I want to see you, Sir," – this, that. And she saw my photograph. So she said, "What is this Mataji doing here?" He said, "Why? She is my sister." She just bundled up everything and ran away. So my brother called her, "Please, come along, sit down, sit down. What do you do?" She said, "No Sir, we see – we always go and meet all the important people of the city, talk to them about it." He said, "Yes." And all the judges' names were on the list. Immediately my brother took the telephone and told them, "Have nothing to do with this woman!"

But this is what it is. You should find out how to approach people. When I am there, there are – say – 200 people. When I go away, there are only 2 people. Why? What is the matter? Why they go away? There must be some reason. They don't know Me. At least get their addresses. Find out who are these people. There's no harm in getting their addresses and finding out who they are. Then put them on the list and go on sending letters to them, if not so much like Reader's Digest, but something. When you will start sending letters to them, you will be entered into their ignorance. The light will go in. Through your movement, your attention, the light will go. You don't know your attention, how powerful it is. Once you start paying attention to them, the light will pass through them. If not today, tomorrow they'll come round. You can also send my photograph, "Try on the photograph, this is the photograph, you came to the program, we are very happy." Now if the follow-on doesn't work out, try this thing.

And that's the best way you can achieve sometimes, but it is for you to think and understand – because you are human beings and you know human beings. You just put yourself in the position of another person – what would have appealed to you?

There's another thing I feel that people should write books about Me. There's no harm. But about me, write the book about me. But some people, who have a name, who have in the society some name, who will be taken up seriously – they can write a book about Me. They write books about everyone, why can't you write a book about Me? Not about, you can write about Sahaja Yoga in it – of course, but you can write about Me. Telling people of such and such person is there, and this is the solution, this is the hope. Why not? They write about all these horrible gurus, why can't you write about Me? But the person has to be a well known person. Now supposing you write a book, somebody else can publish in his name – if you are a good writer. Somebody else can edit it and publish it. We can do that way. There are so many ways and methods by which you can bring to the notice of the people that this is Sahaja Yoga. How many people know about Sahaja Yoga?

A person comes out of jail, from India, walks out and here it is. Very well known 'guru' sitting in some corner of some dirty lane in America somewhere, and is a very well known person. They are all very well known – how?

And it is not always that these things are done through money, they are done through people doing their own deliberation. But these deliberations may be mesmerising, bhoothish, I agree. I do understand that you are free people, to do what you like, but in your freedom you have to realise. And this is what today you all have to decide that this is the light we have got, this has to be made into a beacon, not just a light, a tinted light like that; what's the use?

We have to be like a beautiful tower of light. Like a lighthouse. And everybody should work it out within and without. Within though you have worked out, without you must work now.

And secondly there's a deepawali, it is not only one light. So we have to be all collective, try to get to collective life. Whenever it is possible, try to attend all that is collective; try to be there, where there is collective happenings. There, where it is collective, this source of energy flows better.

May God bless you all!

[Hindi]

Have you got the Ashta Lakshmi Stotra? You got Ashta Lakshmi Stotra, no? You have.

[Hindi]

Now, first we'll do the Ganesha Puja. All right? First we'll do the Ganesha Puja.

[Hindi]

You know Atharva Sheersha? You know that?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: Children can wash my feet.

Sahaja Yogi: All the children [come].

Shri Mataji: Come along. Four of you sit down. Four, four, already four. All right. Sit here.

Sahaja Yogis: Shri Ganesha Atharva Sheersha.

Shri Mataji: Wash my feet.

Now, the second one is the Lakshmi Stotra. Mahalakshmi Stotra you know? Or Ashta Lakshmi?

Sahaja Yogi: [We can sing like yesterday the ten names of Shri Lakshmi.]

Shri Mataji: All right.

Now, before that – unmarried girls, but not too many, now seven only. From Italy.

Sahaja Yogis: Om twameva sakshat Shri Adya Lakshmi sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

Om twameva sakshat Shri Vidya Lakshmi sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

Om twameva sakshat Shri Bhogya Lakshmi sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

Om twameva sakshat Shri [Gruha ?] Lakshmi sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

Shri Amruta Lakshmi, Shri SobhAgya Lakshmi – namoh namah, Shri Gruha Lakshmi, Shri Raja Lakshmi, Shri Satya Lakshmi – namoh namah.

Shri Amruta Lakshmi, Shri SobhAgya Lakshmi – namoh namah, Shri Gruha Lakshmi, Shri Raja Lakshmi, Shri Satya Lakshmi – namoh namah.

Shri Mataji: Little bit out of tune they are going. They are going out of tune a little bit – those girls. Let them go in tune, you see. One should not go in. Speak with heart and speak with feelings and should not be out of tune. They are out of tune very much. Do it properly. Now.

[Hindi]

Come along. Let's have it, again.

You must stay in tune, in proper tune, you see. Just without tune, if you go out. You play and then they should sing.

[Hindi]

Where are they? Those who are singing? They should be there, you see. That's why they are not in tune with you. Come here those who are singing. That's better. That's the reason.

[Hindi]

You must sit with the musician and sing in tune, all right? Not without tune. Otherwise vibrations won't come.

[Hindi]

Vibrations are not flowing. It's better to sing. Not in tune. Better sing like that. [Inaudible] They don't know how to sing it.

[Hindi]

Who has fixed this? (Shri Mataji laughing)

It's catching on the Sahasrara.

[Hindi]

Make it in the Indian tune.

[Hindi]

Now that's a very not proper way. Let her sing. She knows. Let her sing. You see, the vibrations should not – my Sahasrara is caught up now. Sit down. All of you sit down.

These are mantras, it's not song – it's mantras, you see. Are to be said with deliberation and understanding.

[Puja continues]

Sahaja Yogis sing Mahalakshmi Stotram

Shri Mataji: Out of tune they are going. They are going out of tune a little bit. Let them go in tune, you see?

One should not go in...speak with heart, and speak with feelings, and should not be out of tune. They are out of tune, very much. Do it properly. Now. (Speaks in hindi or marathi). Come along. Again. Must stay in tune, in proper tune, you see? Just without tune if you go out, you play and then they should sing.

Where are they? Those who are singing? They should be there, you see, that's why, they are not in tune with you. Come here, those who are singing. That's better, that's the reason. You must sit with the musicians and sing in tune, alright? Not without tune. Thus vibrations will come. Vibrations are not flowing. Is better to sing...not in tune, better sing like that. They don't know how to sing it. Catching on the Sahasrara. Make it an Indian tune.

So that's a very not proper way. Let her sing, she knows. Let her sing, she's steady (?). You see, vibrations could not...my Sahasrara's caught up. Sit down, all of you sit down.

These are mantras, this is not song, is mantras, you see? Are to be said with deliberations and understanding.

(Shakuntala Kerswell sings Mahalakshmi Stotram.)

You see, how it should be sung, not that like a tiger is running after you. Is a deliberate thing, is mantra, see? Everybody has no right to sing mantras also. Is a thing with deliberations.

Now let us see how they sing, as I don't want to catch again my Sahasrara. Now which one, what one is they were singing? What is the one they were singing? (Reply: 10 names of Shri Lakshmi.)

Now. Do it slowly, steadily and without hurrying up. And understanding what you are saying. She rides on an elephant, not in an aeroplane.

(Sahaja yogi asks if the song should be sung in one or two parts.)

No, one part. Two parts is not good. That also is wrong. One part. One part and with deliberations, see? Every word should be clear cut. Then these are mantras, see? These are the words which are enlightened, and this is only very few people have this Adhikara, you see – you have, because you are Sahaja yogis – to sing mantras. Now let's have it. Not in parts, sing it in one.

(Sahaja yogis say mantras for 10 names of Lakshmi)

Good, beautiful, see the vibrations started flowing. And now the meanings you know.

Now, today when we are doing Lakshmi Puja all these are blessings on your chakras which are bestowed upon (you). So it has to be done in such a way that the deities should be happy and you should get all the blessings.

See these are mantras. There's a difference between a music and the mantra. The mantras act on your chakras and open that part in you and bestow that blessing of that mantra upon you. This is the difference. Alright? So mantras should never be sung with a sweet or just in a very superficial way. It has to be very deep with feelings and understanding. Now do you know the meaning of all these Lakshmis? Can you tell them or should I tell them?

Meaning of Nine of The Lakshmis 1h40min

Now do you know the meaning of all these Lakshmis? Can you tell them or should I tell them?

Now first is the Adya Lakshmi. Adya is the one who is The Primordial, Primordial Lakshmi. As I told you about, that She came out of the Sea. So that's what we call Christ's Mother was called as Mary, Maria, because She came from Marine. People don't know why she was called as Mary. my name also is, as you know, is Nira, meaning coming from water.

Then the second one is Vidya Lakshmi. She's the one who teaches you the technique of handling the Divine Power. Now this is to be understood very well: what is a Lakshmi? Lakshmi is graciousness. So, She teaches you how to use this power with graciousness. Now, this is what is the blessing going to you so that you get the power of Adya Lakshmi by which you become like water. Now what is the water? It has a cleansing power and it shines. Without water we cannot exist. It's life. So that's the first blessing for you is that the face shines, with Adya Lakshmi, that you become cleansing and that you can sink all that is material, all that is light can float on you. Now, the Vidya Lakshmi is the one, as I told you, gives you knowledge, knowledge how to handle the Divine Power graciously. I'll give you an example.

I've seen many people when they give bandhan, it's such a crude way, that..No! It is not to be done! It's a Lakshmi's blessing. So, how you do it? Very carefully. You see me, how I give always. I never do that way! I cannot! With respect, with grace. She represents the respect part of it. And that you get, that knowledge, how to do it gracefully. Everything to be done gracefully, in a manner that looks gracious. See, some people who talk have no grace, some people who give knowledge of Sahaja Yoga also have no grace and they talk in a disgraceful manner. So all the grace, how to use the knowledge of the Divine, is given by Vidya Lakshmi.

Now Saubhagya Lakshmi. She's the one who gives you good fortune. Good fortune doesn't mean money, but it means: the grace of money. Many people have money but it's like money on a donkey. You do not find any grace in that person. Or it doesn't also mean, Saubhagya doesn't mean only money, it means all the good luck. All the good luck in everything in a very gracious manner, is this. To you the blessings! So that you also are blessed as well as those people who'll meet you will be blessed, with Saubhagya.

Amruta Lakshmi, Amrut means the one that is the nectar. If you take that you will not die. Means eternity. So She's the one who gives you the life of eternity.

Gruha Lakshmi. Gruha Lakshmi is the deity of the family, the one who's the deity of the family. Now, any housewife need not be Gruha Lakshmi. She can be a shrew, She can be a horrid thing. The deity of the household, if She resides in you, then you are Gruha Lakshmi, otherwise you are not.

Then there is Raja Lakshmi. She is the one who gives grace to the kings. If the kings behave like servants, then they are not called as kings. They have to behave in a dignified manner. The dignity, the majesty of the king comes from the Raja Lakshmi in him. But a Sahaja Yogi need not be trained. He walks very straight in a very stately manner. In his movements he's stately, he's very majestic in handling people. He's very gracious in doing anything in such a manner that people think, "Oh, here comes a king."

Satya Lakshmi. That is, that you get the awareness of Truth, but apart from that, the awareness of Truth is there but to put the Truth forward in a gracious manner. Not to, "Now this is the truth – have it!"- Not like that! You don't have to hit people with the Truth, you have to put it in a flower and give it to them. That is Satya Lakshmi. Of course, the all Lakshmi tattvas are the parasympathetic powers within us but they are actually expressed in our brain. Brain is the Virata. He's the Vishnu when He becomes the Virata, the Akbar. So, all his powers, these are specially these powers, are in the brain. So, the brain itself spontaneously behaves in such a manner that people think that this is a special type of a personality.

Then we have got Bhogya Lakshmi by which you know how to enjoy. A Sahaja Yogi always knows how to enjoy everything. He doesn't- the Sahaja Yogi is never a worried type, anything he can enjoy. Once, we climbed a very steep place, called Palitana. It

was about 6 miles about, like that, as if walking for 6 miles. Climbed up! I reached there. I saw the beautiful carvings. I was not tired at all when I saw the carvings. And I was telling my son-in-law, "See every tail of the elephants is made differently." He says: "Mother I'm panting here. How can you see the tails of the elephant?" It is because I can enjoy. You should be able to enjoy anything.

Now supposing you see something absurd, ridiculous, then you should laugh and enjoy. "This is a ridiculous thing, you see, is absurd!" But one should not get angry with somebody because somebody is absurd or funny. But should make it enjoyable. So that is the greatest, I think one of the greatest blessings, that She gives you the power to enjoy things. Otherwise, whatever you may try, people don't enjoy anything because they have become so ego-oriented that nothing goes into their heads. They have to be tickled here with an electrode!

Yoga Lakshmi. The one who gives you Yoga. That power is within you. That is the power of Lakshmi within you -means you give others the yoga. Now when you give the power of yoga to others, I mean when you use your power of yoga, then you don't behave like a monkey or a donkey or a horse, but you do it with grace, do it in such a manner that it is very gracious. That is- what you call bhadrata (). Ah! In a gentle, dignified, majestic way. Gentle, dignified, majestic way: three words for one word (in Sanskrit). So this is what it is. And now when you have sung it in this manner, this power has been bestowed upon you. Now even if you want you cannot behave indecently. You are fixed! (laughter)

All right, thank you very much.

So mantras should be said deliberately, with understanding. Like the one you have made one poem...song. In that, you sing in a proper way. Never just go on "Shri -this, Shri that. . Shri..." No, no, no! It's like taking a role call of the Lakshmi's!! "Are you there? Are you there? Are you there?" . . like that.

So now do it in a very deliberate manner and with due respect and graciousness because specially with the Lakshmi's thing you have to be extremely gracious. You have to use very gentle words and gentle tunes and gentle notes.

Alright....

Some Sahaja Yogis of Hebrew background give a candlestick to Shri Mataji.

Shri Mataji: So everywhere light was regarded as something very important, whether among Christians, Jews, Hindus, Muslims, everywhere light was regarded as something great. That's a great thing, thank you very much.

[Applause]

The Sahaja Yogis sing a traditional Hebrew song for Shri Mataji.

[Applause]

Sahaja Yogini: Shri Mataji we want to explain the meaning for you.

Shri Mataji: Yes please.

Sahaja Yogini: It's a traditional song and it says Jerusalem, the golden Jerusalem, made of gold, of copper and of light. Of all the beautiful songs, I am the violin

Shri Mataji: I am the?

Sahaja Yogini: I am the violin, means the instrument. And it symbolises the Jewish festival of lights, when they have it just at this



time of year [Diwali]. And it's to commemorate the eternal flame, which never dies, which has helped them so often. And also to commemorate the rebuilding of the temple in Jerusalem. And we all felt, Shri Mataji, that we should humbly ask you that, for all your children, the temple of our Mother may be built in the real Jerusalem.

Shri Mataji: All right.

Sahaja Yogini: Thank you.

Shri Mataji: But also wish that all the Jews should try to come to Sahaja Yoga.

Because there are so many temples already built, in the name of the Goddess, in the name of all the great Incarnations, so many temples, so many temples. Now, let us have human beings as the temples. More onto that, that is more important. To me it is important that human beings are made into temples, all over the world. And Jews have to come to Sahaja Yoga. And all of them have to sing together the glory of God, that's the best way a religion has to be.

May God bless you.

Because we belong to a religion, which explains all the religions, which sees to the beauty of all the religions, and makes you religious. And all the people who claim that they are this, they are that, they should be told that: "You are no more that. You have to become a realised-soul." And once it is pointed out to them, I'm sure, gradually, they will start coming to Sahaja Yoga.

So always wish that all the people whom we know, all the people who are in darkness and in ignorance, they should all come to Sahaja Yoga. That is the greatest wish of mine, and I wish you to have that wish and the temples can take their own time, [laugh] doesn't matter. The temples should be on top of your heads, that's a good idea, in the Sahasrara, good idea. [Shri Mataji laughs].

Yes, that's the most difficult thing: to accept me. To accept Sahasrara means to accept me, it's very difficult.

So thank you very much.

And we have to thank the people of Milano, specially of us who have organised in such a short time such a beautiful puja. They are remarkably good, you see, I know they work with computers and all that, but the way this is done is something remarkable. And we all are very much thankful to them. And hope next time Diwali puja will be – I don't know where- [laugh] But wherever it is, we have to have more people, more lights, we need more lights, because darkness is too much. And it can be achieved it's not so difficult.

## 1987-1026, Interview

View [online](#).

26 October 1987

Interview

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

1987-10-26 Interview, Italy DP-RAW

Interviewer: In this dangerous period how can you say that is the blossom time because there is no peace in the world. You said that is the blossom time.

Shri Mataji: Blossom time, yes, blossom time because human beings have evolved to a point where they have to become the fruit.

Interviewer: This is fruit is becoming is realizing...

Shri Mataji: Yes, that's it - Enlightenment

Interviewer: How does it start sahaja yoga? How did you discover that you have the power of awaking the Kundalini?

Shri Mataji: I had this from my childhood. But I developed a method by which I could give a mass realization. In 1970 I started.

Interviewer: What does he think your husband about going always around the world, teaching sahaja yoga?

Shri Mataji: He travels much more than me, he has always travelled much more than me even before I started my work. So now he understands that one has to do the important work.

Interviewer: So, your husband is following sahaja yoga?

Shri Mataji: Of course, not only, he is supporting me in everywhere.

Interviewer: How can you manage then your private life with the Sahaja yoga

Shri Mataji: It's the best because you become so dynamic, and you understand each other much better.

Interviewer: The image that you have of the guru, is the guru is always praying in savior, why that you are always joyful and happy.

Shri Mataji: If there is a real guru, he should be a happy person. Because he is joy.

Interviewer: How to become a witness? You said before in a press conference that, with press people - they have to be witness.

Shri Mataji: Yes, yes, you become the witness as soon as you become the spirit. Because spirit is the witness. It is not attached to anything.

Interviewer: How we can differentiate to be witness and to be an interpreter?

Shri Mataji: The difference is like this. Supposing you are standing in the water, and you are afraid of the waves you see, because you are standing in the water. For supposing you are in a boat, then you are not afraid.

Interviewer: You told me before that it might handle that I can discover if someone telling me the truth or its not the truth. Is this one possible? Is it always true reality or not? Which might handle, can I discover which is the right?

Shri Mataji: Of course, now you can. Because you are feeling the energy which is an all-pervading energy of truth and joy, and you can feel it. As soon as you put to somebody, you will know what is catching. Supposing this is catching, that means a person feeling guilty. This is catching, that means he must have been to some wrong guru or someone like that. Only the decoding I do for you.

Interviewer: But if this is the truth, and teaching that Shri Mataji is giving us, it is the revolutionary teaching, so how She is going to do it? How She is going to expand the sahaja yoga?

Shri Mataji: Through your media. Why media is given to you by God for this work only. At the time of Christ there was no media. So, when he died then people built-up churches and all which is of no use. Should be done when the person is alive.

Shri Mataji: Alright?

Yogini: She is happy.

Shri Mataji: She's got to the right point.

Yogini: Ok,

Shri Mataji: Let's see.

## 1987-1026, Revolution of Love

View [online](#).

26 October 1987

Revolution Of Love

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) - Reviewed "Revolution of Love", Public Program. Rome (Italy), 26 October 1987.

I bow to all the seekers of love and joy.

When we talk of love and joy we have to know that it comes from reality, from the truth. Anything that is false or unreal cannot give you eternal joy. But truth is what it is. You cannot say with your own intelligence, "This is truth and this is not truth." Everybody when they see the truth has to be the same. The truth cannot be organized, it is what it is. We cannot prophesize or we cannot say, profess that this is truth. We cannot pay money for it. Now as it is, in the process of our evolution that we reveal truth after truth. It is at the epitome of evolution you have to receive the ultimate truth.

In the human awareness we live on a relative plane. There is no way to know what is absolute truth. Within us lies the power to take us to that state of absolute. That is what it is, that you are the Spirit. You are not this body, you are not this mind, you are not this ego, you are not these thoughts. What you are is the Spirit.

As I told you, to know the Spirit we have to go through the living process. As in our evolutionary state we have come to human state without thinking about it, without putting any effort. In the same way we have to know the ultimate, the absolute truth, in the living process, by the living force. Like we put a seed in the Mother Earth and it sprouts spontaneously through the living force of the Mother Earth.

In the same way this last journey takes place from the triangular bone, which we call as sacrum, to the fontanel bone area. There is this dormant energy in the triangular bone called as sacrum. That means the Greeks knew that it is their sacred bone.

This energy in the Christian religion is called as the Holy Ghost. In the Islamic religion it is called as Assis and in every religion it has a name, but in the Indian seers called it as the Primordial Mother. So this energy, the dormant energy which is within you, is the reflection of that Primordial Mother's energy within you, which gives you your second birth.

When this second birth takes place it is an actualization of an experience. You can feel the cool breeze of the Holy Ghost coming out of your head, like a cool breeze and then you become conscious of the all pervading power of love, which you have never felt before, which is around you.

Human beings always depended on the energy of hatred, not on love. But the whole cosmos is made by this energy of love. And this energy thinks, understands, organizes and loves. It is the most efficient energy that you could think of. It never fails. If you want to know about someone, whether a person is good or bad you cannot say absolutely the truth about the person. But once you become a self-realized soul then you can feel it on your fingertips, all the centers that are within you and all the centers that are in the other person. And if you just learn how to correct your centers and the centers of another person you achieve tremendous results. As this energy rises within you, you get rid of your sicknesses. You get rid of incurable diseases. You get rid of all your bad habits. You become a completely a free person, nothing can tempt you. You immediately become a very wise, discreet personality.

We see the situation of the religion and we get quite frightened. So many people say they follow this religion, that religion in every country. But what we find that by following any religion they can not stop doing wrong things. Whatever religion they can follow they all can be nasty, they can be cruel, they can be arrogant, they can be horrid. So there is only fear, which works in some

people, that they're frightened, otherwise they can do whatever they like. They do not have that inner power which gives them the light to see what is wrong and what is right. And even if they can see it clearly they cannot do it because they haven't got the power to do it, they have no will power to do it.

So here you see there are three channels shown in this diagram, which are clearly indicative that we have three types of energies working within us. In the medical terminology they are called as autonomous nervous system. But who is the auto? Who is the one who does the job? That is what they cannot explain.

Now these two energies, which are representing the two channels, as we call them the left and the right side. The left side is called as the energy of the moon, which gives us emotional side. And the right energy, which is called as the energy of the sun, gives us the physical and the mental side, the intelligent side. The central one is the one, which is responsible for giving us the ascent.

Now whatever we have achieved in our evolution we can feel it on our hands, on our central nervous system, on our organs. Like if you ask a dog to go through a dirty lane he can do it. But if you ask a human being to go through a dirty lane he cannot. A real saint will not commit any sins but a human being can commit any sins. So the real saint, not the saint which is declared by say, some, temples or church, but a real saint who is of a higher evolution, is the one who lives in a state of complete peace and joy. Now you don't have to give up anything, is a wrong idea altogether, but if you have gone too much on the left side or on the right side too much then it creates a problem on the centers, the fundamental centers. So the people who live with moderation are the best to get their realization.

But now we have seen that the Divine is so anxious to give realization to human beings that whatever you may be whatever may be your past you get your realization. Because the time has come, it is the blossom time, where many, many flowers have to become fruits. It has to work out. Mohammad Sahib has said that at the time of resurrection it would be qiyamah and at that time your hands will speak and give witness against you. This is exactly what happens to you that your hands, the fingertips starts feeling your chakras and tell, "This is wrong with you, this is wrong with you." And you are not disturbed to hear the witness against you because you are not any more identified with your weaknesses. Like if I have a black spot on my sari and I can't see, I'm blind. So anybody says, "There's a black spot on your sari," I'll think that they're trying to befool me. And I may get angry with that person, but if my eyes are opened out and if I can see then I would like to get rid of it. Because I'm no more attached to that. This is what we say is the last judgment. This is how we are going to be judged by ourselves only.

In the Vatican, we have a beautiful painting done by Michelangelo who was a realized soul. The Sistine Chapel has that beautiful painting of Christ standing and doing the last judgment. That is what it is, that at this point at Agnya chakra is Christ there, that's the gate through which everybody has to pass.

So when the Kundalini rises she awakens the Christ deity there, deity of Christ in that chakra, and then you can judge yourself. Somebody can come and say, "Mother my Agnya chakra is catching." That in simple language means, "Mother I'm very egotistical." But because he's not attached he says, "Agnya chakra is catching." In this language, he speaks.

But now we have to understand how a great part has been played by the crucifixion of Christ. There is a cross between optic chiasma within us also and our ego and our conditioning are on both the sides are trying to press it hard, there's no room to go in. Because Christ was the embodiment of Logos, of the Omkara, the Chaitanya what you call the vibrations. He's the only one who could pass through. So He established a path for us of resurrection.

But the way they talk about sufferings, I can't understand. He has already suffered for us. He has suffered for our sins.

When He's awakened here He sucks in on both the sides as you see, the karmas, the conditionings, the ego, just like that He sucks in.

And an area is made here which is a soft bone in your childhood, it becomes again soft and the Kundalini comes out of it.

Is absolutely wrong, against Christ to say that you have to suffer to go to God. Can we suffer more than Him? Or do you mean to say that He has left some sufferings for us to be done? His is the message of joy and of resurrection and not of suffering. Even in India, there are many people who say, "You have done bad karmas so you must give so much money, you must do this, you must do that. You must put nails into your body or maybe you must get sick and then you become a great saint."

The one who tells never does that. The one who tells that you must suffer goes on taking all the money, lives in comfort and has all the best things to himself. And the simple, innocent people go on paying money for a thing, for suffering, they pay money and suffer.

And also they want to show Christ as a thin bony structure as a skeleton, as if he was the one who was that miserable. Only Michelangelo could see how Christ looked because he was a seer. Anybody with that kind of bony body, can he carry a cross across?

So I am here to give you a message that you have got this energy within you. You are at the epitome of evolution. And hardly it will take split of a second for you to get your realization, to enter into the Kingdom of God. There's a beautiful instrument within you, which works it out. You are not to blame yourself for little, little things. You are not to feel guilty at all. You have to have all the confidence. It is very important to understand that you are the highest in the evolutionary process. It's only the human beings who are going to achieve realization, not the mosquitoes or the chickens or the pigs. So we must respect our personality as human beings and don't believe in all these stories where just it's all a money-making proposition I think.

I am sure by God's grace today you all will get your realization. Of course, it is all being organized within you during the process of your evolution. It is your energy, within yourself is your own Mother who is going to give you your realization. And in your heart resides the Spirit and this Spirit has its seat here on top of your head, and when the Kundalini touches that, you get on your central nervous system the sensation of the all-pervading power.

It's not only that you can cure yourself but you can cure others. You become a drop in the ocean, like the microcosm becoming a macrocosm. There is no missionary work in it. Supposing this hand is paining and another hand is rubbing it, then no obligation, this hand belongs to the same body. Who is the other? If you are part and parcel of one being then, who is the other?

This is a very big revolution that is coming today, very different from other revolutions we have had. In this revolution the transformation that takes place within you start getting drenched in the bliss of the Divine. You become very peaceful, joyous, serene personalities. You start looking very young, all your worries go away and your wrinkles disappear and you become the light. Then you start emitting light for others. This has to happen, if we have to change the world we have to change human beings. Not by force, not by any organization, no brain washing, only by Kundalini awakening.

So you become the Spirit, and you decide for yourself, you become your own guide, I don't have to tell you anything. That is the way of love, and that is how you are going to enter into the kingdom of God to have your rightful enjoyment of His bliss. Today I have just given you the introduction, tomorrow I'll tell you in detail all about it.

Now it is very easy, supposing you want to put on the light I'll just tell you that you switch it on and there is light. In the same way it happens because it's all built in and worked out, it's all ready to happen. But if I tell you all about all the history of electricity and how it was done and what is the organization, you will get headaches and leave, go nowhere. So first thing is to have the light, second thing is to look after it and establish it and third thing would be to grow in its light and become great huge personalities of joy, peace and bliss.

May God bless you all.

It will take about ten minutes at the most for you to get your realization, but I would like you to ask Me some questions for about

five minutes only. I'm sorry I was late because I had to go for two television interviews.

Question: How do we learn all these things?

Shri Mataji: I agree, we have no school but we have an ashram here, we have a center where they meet where you can go and learn everything free. As I told you we don't take any money from anyone. There are some people who are living together are paying a rent for a place and they come to Rome city and have their program in one of the halls where you can meet them every Friday. And if you establish yourself well once you must be established, that's important, then we have people who can come to India. Once a year we have a program, about a month you can come, but that is, first of all you have to establish yourself. You should be able to give realization to many people then only you can come to India. You have to know one thing; that Sahaja Yoga is not some sort of a club where you can just put a label on your head, it is the becoming. It is nothing artificial, what you become within is the point. But I'm happy to know your question because it seems you are such an ardent seeker.

Question: He says that his Kundalini once was awakened before and it was very painful.

Shri Mataji: Where, not with us. With us? With us? Not possible! Somebody else. No, no, no, no, no, no, no, no. That's wrong, that's wrong. If it is painful then you should know it is wrong. All right. It never rises by Itself. We'll put you right, actually Kundalini never rises by Itself. It's like a candle. A candle, which is not enlightened, cannot be enlightened by itself. It has to be enlightened first so it can enlighten another light. But those people who are not enlightened and not authorized by God or by Divine, if they try some tricks with Kundalini then there is another force which is down below there, of innocence which gives pain and trouble, not the Kundalini.

Question: If we become sensitive when we feel the vibration, how can I be happy, joyous if around me there is a lot of negativity? It may mean that I am egoistical.

Shri Mataji: No, you see if you are standing in the water, all right, then you are affected by the rising of the water. But if you are in a boat you can see the rising of the water and falling, you are not afraid of it. And if you are a swimmer you can enjoy it. When you are in war with the problem then you are disturbed. But when you become thoughtlessly aware through Kundalini awakening you see, you witness it.

You see it clearly and you also know how to solve the problem because you can see it clearly. You are sensitive in the sense that you record it, like a barometer, and also you know the solution. So it is the state of your being which gives the dynamic force within you, that you can see everything as a witness as well as you can solve the problem. All right?

Question: The seeker heard a speech of Yours and was impressed to learn that if a mother is anxious this can affect the child.

Shri Mataji: All right, but now you do not do it haphazard, you do it properly, and you become a master and then you tell me. Because it's not that only the mother is anxious but she knows how to cure her child. All right.

Question: We say that everybody should get this realization but he thinks that if one person is not very intelligent he cannot get it.

Shri Mataji: No, no, no, intelligence on the contrary is very bad thing sometimes. It can cheat. Intelligence cheats itself. Innocence is better. We should try to give to as many as possible. If you are a seeker, an honest person, you get it.

Seeker says: If he can thank you in any way instead of asking any question.

Shri Mataji: So sweet of him, thank you very much. It's very kind of you. So sweet of him.

Seeker says: I thank you very much for the effort you are doing for everybody.

Shri Mataji: May God bless you, may God bless you. I am happy you care for the good of yours and the good of others. That's something so good.

Question: What's the difference between innocence, intelligence and culture?

Shri Mataji: It's a very long question. I think I have a big tape on that, I have spoken about one hour on that subject, you can get the tape and know.

But it is very easy to understand that intelligence can have also lot of rationality in it, which can explain many of the cruel things people do. Intelligence can be very cruel or can be used for rationalizing cruel things. But innocence can never do cruel things, it loves and it likes loving people also.

And culture is originally came from the idea that we are all collective being and how we should behave towards each other. What should be our behavior to make life more congenial and happy?

But now it has changed completely. People are trying to find out how we can hate better, others. In the name of culture, people do all kinds of very, very wrong things, very shameful, indecent things also which does not show that they have any respect for themselves even. You can listen to my lecture Madame you will know what is culture actually is.

Question: Lighting the candle means also to light the knowledge and the power. So is there any guarantee that says that we are going to use this power in the right way?

Shri Mataji: Of course, of course, if you start using the power in the wrong way, disappears. Is only for good, it will always do good. You cannot use it for wrong. It is a power of benevolence.

Question: He would like to know the difference between the cool breeze we are talking about and the energy of the (sounds like – prana? Brama? ) therapists. He is also asking if You have these energies and You can cure people like Christ was doing.

Shri Mataji: You see I don't want to say anything about that, what I am. I don't want to talk about Myself because Christ said about Himself whatever was the truth, that He was the Son of God

so they crucified Him and I don't want to get crucified. But I've seen the energies that are used by people are not the energy of the Divine because they shake and they feel the heat, and they feel sick and sometimes have a very bad death. That is the energy coming from the left and the right side. One is called as the collective subconscious and another as the collective supraconscious, and they do not know how they do it, they have no knowledge, scientific knowledge how they do it. They do it as if they are possessed by someone, they have no knowledge as to how to do it, what is it.

But in Sahaja Yoga, everyone even a child can say which is the finger burning. Say he says, "This the finger burning", that means there's a problem on the throat. It's completely, everything is open knowledge. You need not be a doctor, but you know each and every thing and you are peaceful within and you feel joyous in giving it to others, you don't get sick.

But for to know more about this supraconscious, collective subconscious and collective supraconscious please come and see these people, they'll tell you all about it. It's a big history. Such people might be cured for a while but they get some other disease and some other disease, they're never permanently cured. But curing is not our job.

We have to give realization and the Divine has common sense, the Divine has common sense. Like the lights, which are not going to give any light to anyone, lamps which are useless, which are not going to give lights, why should they repair? What is important is to make more lamps, which can give light.



So now, I think, let us have the raising of the Kundalini, but there's no guarantee. One guarantee I'll give you in case you don't get it today you'll get it tomorrow or day after definitely. Only thing you have to do is to take little time and go and meet these people in the programs or follow up. Because it is only for your good and you should respect your realization and your personality. This is your property. I'm just giving you the key and there's no obligation of any kind. I'm doing it because I love it.

May God bless.

(Shri Mataji goes on to give Realization)

## 1987-1027, Media Interview

View [online](#).

27 October 1987

Interview

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1987-10-27 Media Interview, Italy

Interviewer: Welcome, Shri Mataji. Good morning.

Shri Mataji: Good morning.

Interviewer: We have some questions for you. The first is that you have this modern Sahaja Yoga. What is your method and how it's different from other yoga methods around the world?

Shri Mataji: This method of awakening of the Kundalini existed in the ancient times, thousands of years back, in India. But only very few people got their realization. The reason was there were very few people ready to get their realization. So it's so happened that there were three types of schools started in India. One was which was trying to understand God through the elements. So they started worshipping the elements and as a result of that the Vedas came into being. This is on the right side movement, we can say. The left hand side movement was the people became devoted to God, a devotion. They started singing praise of God, asking for his help. But when they had gone through these two different seeking then came to the center and where Patanjali Yoga, Patanjali Shastra existed. This what you call these days as "Hatha Yoga" - it's just a wee bit of it. It's Ashtanga, there are eight aspects to it. That also started long time back.

And we had a system in India of Chaturvarna, means Chaturashramas - there are four ashrams. The first one was when you are a child up to 18 to 25 years of age; then second one was when you were from 25 to say 50 years - when you are married. The first was Brahmacharya and the second was called as, so after the marriage, whatever was there, so that is Grihastha Ashrama where you became a householder. And then came the one of the Vanaprastha when you become grandparents you went and stayed in your own universities. Universities were called as "gotras". And in those universities the small children were sent. And nobody was allowed to marry in the same gotra, even till today. If I belong to some gotra I cannot marry in the same gotra. So the purity, the innocence of a university was kept. And the fourth one was where .... Third one was called as Vanaprastha when the grandparents went to the university. And the four one was the Sannyas-ashram where they become detached and took to God.

In these four ways of life they used to pick up few children who were good for the awakening of the Kundalini, very few. So this method was there. No doubt that the awakening of the Kundalini was to be done. But was done in a way that every chakra was cleared slowly, slowly. They used to clear the chakras. Also they believed that if you clear one chakra this life than next life you clear another chakra, like that. It went on and on, and on, very few people got realization. Even the Indra, the one who was the King of the devas, also got his realization. There is placed called "Thidindra" where he got his realization. There is description of very, very few people getting realization. Nachiketa got it at the time of Rama. So all these incarnations didn't do this job of giving realization at all. Only some saintly persons like the gurus, the Adi Gurus, they used to do it.

Now these incarnations started building up the different centers within us when they came on this Earth, one after another. Ultimately they built up to the Christ position, is the Agnya chakra. Now the last job was to now pass the people through the gate of Christ and break the Sahasrara - it's the ultimate. The last chakra is the Sahasrara with one thousand petals in the brain.

In the Vedas also they described the seven stages lengthily. The first stage is "bhu"; Bhu means, is the Mother Earth. Mother Earth is represented by the first chakra of Mooladhara. Then "bhuvah"; Bhuvah means Antariksha, means the whole Universe

which is created, all this world, this cosmos. Then the third one which you see here is "swaha" is the power to consume things, swaha; it's the power of the Nabhi chakra, it's to consume and to assimilate; that was created. Then there was, another higher than that was "mana"; Mana is the Heart chakra which was that you should have an emotional personality which should be like a mother, like the Jagadamba - the Mother of the Universe. Then above that was placed, is here, the Vishuddhi chakra, they called it as "jana"; once you can achieved this stage then you can go to people, means collectivity, then you can go to collectivity, you can meet people, you can talk to them about it. Then the place of Christ was "tapaha"; Tapaha means when you have to go into an ordeal to attain your realization; tapasya means penance - you have to pass through the penance; that was the time of Christ. Now the last stage is the seventh stage and at this stage the job was just to open this end of it to give the ultimate realization.

Now the same thing we can say about Patanjali who talked of all these things and he said that you have to reach a state within yourself, of your mind, where you become thoughtlessly aware, means Nirvichara samadhi; that means you have to cross this Agnya chakra. And then you have to become into Nirvikalpa samadhi where you become into doubtless awareness, where you cross this point absolutely; that you have no doubts anymore. So all of them talked of these things on three different levels. Patanjali also talked about the realization, part of it, how to do it. But the idea was first to cleanse their chakras, to make them healthy and then give them realization.

But modern Sahaja Yoga is different. I thought that first give them realization. First give them the light, a little bit, let them understand that there is light; then it's one step ahead you have to move. Like my father used to say that if you were born on the tenth story you must make people raise at least one or two stories to know that they are other stories to go. Otherwise they will think this mundane life is their last end. So the modern Sahaja Yoga is that a little light is enlightened in you. Then you start seeing it yourself what is wrong with you; you correct yourself. I don't have to tell you: you become your guru, you become your guide. Because in these modern times unless and until you mesmerize people you cannot do anything about them. And I don't want to mesmerize them. I want to make them absolutely free. So one has to put the light in. In that flickering light only many people see what is wrong with them; they start improving themselves and going ahead with it. But especially this is the "blossom time" as I call it.

But it's called as the time of Qiyama, it meant the Resurrection time, by Mohammed Sahib when he described that your hands will speak. That means your hands will feel your defects and that's exactly what happens in Sahaja Yoga. Also it's described as the Last Judgement by Christ. So all these things have relationship to what the prophets and the incarnations have said before. It is like a tree: first the root, then the trunk and then the branches, then the leaves and then the flowers, and then the fruits. So the whole thing is based on this knowledge, one after another. All the religions are absolutely true. But only the people who have said that, "This is my religion." have plucked these living flowers from the Tree of Life calling "this is mine", "this is mine" - they are all dead flowers. That's why it looks violent.

Now this is what modern Sahaja Yoga is: that you first get your realization and then we see about it.

Interviewer: At the program there was a man who instead to put a question he only said, "Thank you, Mother, for a good job in this world." We can understand why now.

So can we know something else about what else does this Sahaja Yoga?

Shri Mataji: What good it can do? Every good, in every sense of the word because actually it is the ultimate you have to reach.

You become an absolute personality, you know the absolute. You are not living anymore in a relative world where this is good or bad, this should be done or not. There is a discretion just built on your fingertips, on your central nervous system; you can feel it.

Apart from that, you become a very peaceful person, very righteous person and you don't have to be told that "don't do this", "don't do that". You go beyond temptations. You become such a strong personality that you give up all your bad habits and you become a free person. You get over all your bias, all your intellectual entanglements; also you get over your conditionings that you have had and you become a free person, seeing everything clearly.

Apart from that you develop a collective consciousness, means you start feeling another person. When you start feeling another person then you develop a love, as if you have developed love for your own hand. And you don't feel that you are doing any good to him or bad to him. But what you feel - that you are just helping yourself because you start feeling another person in your being and record it; doesn't hurt you but you record what's wrong with the other person and you can help another person.

Now this is such a change in life. A person becomes a very different person, he transforms. And this is what is very necessary to happen today to human beings.

Interviewer: And your thought "that all is beautifully made", I think it was, from a talk in England, public program that I went to, where you said the evolution is not finished. Can you add something about this?

Shri Mataji: I've already told you that we have been built on the six chakras. The seventh had to be opened out and that was to be done. So that seventh chakra when opened then you become the Spirit which is your real being, that is the reality; by which you know reality. Not only you know reality but you become; again I say the word "become". Means on your central nervous system you become collectively conscious and by that all the qualities that I have described of a very benevolent personality just comes into you automatically. If you touch somebody that person gets cured. You go into some house - that becomes auspicious. You try anything - you are successful. You've become so dynamic. All your health improves and you try to feel the joy of life.

So that is not relative. Human beings, as I've told you, live in a relative world and they have to become absolute and that is only possible by this breakthrough, last; this little journey of three to four feet of your kundalini from the triangular bone to the fontanel bone area: this is hardly three to four feet in human beings.

Interviewer: It's difficult to put you a lot of questions because it's better to listen to you. But just to understand better, can you explain in detail what happens in the central nervous system when Kundalini rises?

Shri Mataji: The central nervous system always receives whatever we gain in our ascent. Like, as I told you that if there is a dog and if you want to ask a dog to go through a dirty lane he can easily do it. But a human being cannot do it because he has built up within himself through his ascent as a human being a sense of cleanliness, a sense of filth and dirt and his nose cannot bear the filth. In the same way when you rise above this human state to the highest human state, or into super-human state, you become like a saint. Then you cannot bear sin, you do not do sin, you cannot commit sin; you are not tempted to do wrong things; you never take to bad things; you'll always try to keep to your own personality and your dignity and you become a personality which is aboveboard I should say, above everything.

And that is what happens because our nervous system has built up in this new awakening. All the centers get awakened and once they get awakened they send messages to all the sides. Like this is the chakra, it's here, and left and right side is both the sides. Now if it is awakened like that, the energy starts flowing on both the sides and awakens and that's how what happens is that our central nervous system gets a new awareness which is called as the collective consciousness.

Apart from that, this energy also cures your being of your physical and mental maladies. Not only that but it also gives you that peace of mind, that balance within yourself that you can witness things that are going around. Your nerves are not shaking, they do not get shattered, they are strengthened. You can see things very clearly that there is a witness within you.

Some people say that, "We are the witness of Jehova." Now they don't know what they are talking about. Actually Jehova is the name of Virat. Virat is what they call as the Akbar, Allah hu Akbar. You see, Akbar that is Virat; it's the form of Shri Krishna in the brain. In the brain of God is Virat, it's the whole. And when the kundalini rises through this center what happens to you, that you become the witness because this is the center of Shri Krishna and you become the witness.

So in the Bible it's written that you become the witness of Jehova but they don't understand what it means. It means this

kundalini has to rise and awaken Shri Krishna in here. Like Christ has said, "You have to be born again." They don't understand what is to be born again. What is to be born again is to have actually, actualization, of the experience of baptism. Then it is what is happening. Now unless and until this happens no use saying that, "I am a Christian." It has no meaning because you are not yet baptized. It's an actualization and the becoming of it. And that you can feel it on your central nervous system.

People say there is All-pervading power of God which does everything, which loves and which controls, it's organizing. But where is it? We never felt it before. After realization you start feeling it - that's the cool breeze; and that's the cool breeze of the Holy Ghost. And the Holy Ghost is called as the Primordial Mother, in Sanskrit language as Adi Shakti. She is the one, has her power all over who is organizing everything, who's doing everything and first time you start feeling on your central nervous system so you know that you have ascended and you have achieved something in your central nervous system in the evolutionary process.

Interviewer: I think that one can really feel it, doesn't he?

Shri Mataji: Of course, of course. Not only feeling but you can act. It acts, it works. Feel it is not the point. You know how to handle it and you know how to manage it; and you know how to give it to others. You can raise the kundalini with your hand like this of other people once you are realized. All this can happen to you in case you become established in Sahaja Yoga. You become your own master. There are many people saying I cannot go to every part of the country and I cannot live there all my life. So the people once they get realization they start giving realization to others. So it has happened on their central nervous system, the power has come in them through this All-pervading power that they can give realization to others, they can cure others and they become so dynamic and so knowledgeable, everything. Because this nerve which was within has now assumed a new dimension of spiritual awareness which is all-pervading.

Interviewer: You are speaking of the Spirit as something so real because in our tradition, in our culture, in a common sense I mean, Spirit has become something you cannot have experience of. You can only think of it; you can hope that you can know the Spirit but mostly people have only the hope and die with this hoping. Let's thing that it can be true, that in my life I can at least experience it.

Shri Mataji: Of course, everybody can, no doubt. But the main thing is that all this culture has come from perverted brains; I should say, which have no sense of reality. And it's nowhere in the Bible, it's nowhere said that when you die then only you'll be saved and all that. Everybody dies, even an animal dies so what's so great.

I mean, if you have to evolve now in the human state you have to know it in your awareness; you have to know it now. It cannot be just unknown. You should know it. Not only know it but you should also know how to use it, how to manoeuvre it, how to work it out. That's why this instrument was created. In the beginning, supposing I'm making this instrument so I'm putting that part and that part; they don't know anything, what is to happen till I put the whole thing. Once I've put it the whole thing then it has to know and then I put it to the mains. Once I put it to the mains everything starts working. So this kind of an idea that has come into people that we have to die, this will happen - this was of ignorance, they are ignorant, they don't know about reality.

Interviewer: Which are the difficulties that a person can face in coming to Sahaja Yoga and immediately after realization? What kind of work must he do to establish his energy?

Shri Mataji: It's like people getting from turmoil, or should say, from the ocean into a boat. Now in the ocean they were frightened of being drowned but now they get into a boat but still they can't forget their past experience of that horrifying thing when they were in the water. So they still get frightened, "Oh, maybe we are still there.", the thing remains in them. For example, a man is going through a very bad traffic and then he will just be on top of the hill and from there he is watching the traffic. Now he is not in the traffic but if there's a break something, he sees a big car going, he'll just say, "Oh, God." as if he is in the car, in the beginning. Then he realizes that no, no, he is away from it; he is seeing all these things and he knows what is the mistake; and he knows how to correct it. But till that is established, just after realization the people start doubting, "Oh, what is this?", "Is it correct or not?" Then some people who do not get realization talk much more than anybody else and they say, "No, no, no, it's all hallucination" and this and that, all kinds of things start. You see, so one has to be very careful to note down the first experience

of realization and that it is just the beginning and now you have to grow into it. That is what they have to realize.

And there where they fail because they are so used to their conditionings and things that they sometimes fall back. But some are very powerful people. When they get realization they just go off. We don't have to bother about them that they will fall out. Though they might have defects but they understand this is the way and they work it out and it works very well.

Interviewer: Can one do it alone after he receives realization? Can one continue to do Sahaja Yoga by himself without collectivity, without the other people?

Shri Mataji: They can do it but they don't feel like it. It's like this. You see there is a tree. Now, for example, it's a living force which works out Sahaja Yoga. There is a tree and it has many leaves. Now supposing a leaf wants to leave the tree. The tree has no objection, it can leave. It can just create a bark in between, some sort of a cork, and can drop off. But if the leaf has to have nourishment it has to keep together; stick to the source otherwise it will fall out. So it is important that in Sahaja Yoga if we have to grow we have to keep to the source and all the time receive it, all the time in a group, in a collective way.

Interviewer: About trees. Sometimes you say that "blossom time" is coming. What does it mean?

Shri Mataji: It means that, as I've told you, now we have all become flowers in this world. There are so many people who are trying to seek something beyond. They cannot accept that this Creator has created this world to be destroyed like this, half-baked. So they are seeking for that truth. And there are so many seekers, which means there are so many flowers which have to become now the fruits, and they do become.

Interviewer: About beauty. We know that you appreciate a lot Michelangelo. Many times you say that you like Michelangelo. Why do you like him?

Shri Mataji: Not only Michelangelo. There were so many great realized souls in the West; so many came like Michelangelo - was one of them. I must say he was a great artist, no doubt. But he was a realized soul. You want to take his name, vibrations starts flowing. He is a great man and he knew the reality about Christ, the way he's painted him and done it. In the Sistine Chapel I find the vibrations coming out of his painting and that's how people go there all the time to see it. And there are so many saints like this; great artists here. Barberini was another one - a great artist who was a realized soul, I would say. There were so many people who were a realized soul born in Rome and in Italy on the whole; very great people were there who put up such tremendous work in the name of God and took so much trouble to make such beautiful temples and churches, and things like that. But the people who made them do this didn't understand God much. They always fought; these artists always fought with them - those who wanted them to build the houses or wanted to build them the churches or wanted to do the paintings. There is always a fight between the two because the artists who were realized souls could not understand these people who were just trying to tell them something which was not real. So you see so many artists like that.

Then you have got so many writers, so many poets. Now in England there is a poet called as [UNCLEAR] who has described everything about Sahaja Yoga; how the procession of Sahaja Yogis would be. There is also William Blake who has very clearly said where Sahaja Yoga will start, where we'll do the ashram of Sahaja Yoga and how it will happen - so clearly. In India also we have poets like that. Like Rabindranath Tagore has described a place when we all will meet on the seashore completely. There are so many things that have been said about Sahaja Yoga.

So we can say that Mozart was another one who was a great person, who was a realized soul. Strauss was another. So many of these great musicians also were people who were, I would say, realized souls. And they did something of their own; they didn't bother about what people were saying about their art. And they were mostly poor; they could not afford much; they had to work very hard and they worked it. And they did because they thought this was [what] they were supposed to do for the love of God; and they did it.

So what we understand about these people, artists, that they were poor after all; they didn't care. They were just bothered about

their art because it was dedicated to God. And Michelangelo was one of the greatest, I think, artists; truly, such a lot of work in Rome. And you are blessed. Because of him you are only saved. You see, the vibrations flowing through that. May God bless you.

Interviewer: You said Mozart, for instance. Which is the use of music in spiritual experience? I mean, can you use the music, singing mostly, in a spiritual experience?

Shri Mataji: Of course. You see, if I'm singing and people start singing what I find that the vibrations start flowing on the notes nicely because notes can carry the energy. But the singing music should be directed towards God and towards right things and to be sung by realized souls. In the same way Mozart now; when Mozart music plays it emits vibrations. If somebody is good, if the player is a realized soul then you feel the vibrations very clearly emitted. Also we can say that if you go to Sistine Chapel you can feel the vibrations of the painting there and you just feel that this was a great man who did this job. Because when he painted, through his pains and all that, the vibrations started expressing themselves, manifesting. And you can feel the vibrations there.

Music is very important for Sahaja Yoga but must be proper, sensible, decent and appealing to the gods and the deities on the chakras.

Interviewer: The deities on the charkas, you mean that we have deities inside us?

Shri Mataji: Yes, we have deities. All of them came on this Earth for us to build up this instrument very nicely, slowly through their incarnations they build up these chakras within us and settled down there. But they are to be awakened. And once they are awakened then only they work otherwise they are still sleeping.

Interviewer: What is the relationship between Sahaja Yoga and medicine?

Shri Mataji: Oh, tremendous it is. Medicine is like you treat the symptoms. There is a leaf sick and you try to treat the leaf. But actually if you have to treat the tree you cannot treat through the leaf. What you have to do is go to the roots and Sahaja Yoga is the knowledge of the roots. If you have the knowledge of the roots then someday you can understand what happens outside. If you see from the roots side then it is so much easier to learn medicine, very simple it is; very simple to understand what is medicine.

Interviewer: We live in a Catholic country unfortunately. Can you say something about Jesus Christ. Because It is in our experience but ...

Shri Mataji: Of course I would say. Jesus Christ was an incarnation of innocence within us and this incarnation came on this Earth for a special purpose: it to establish the center in the center of your brain where there is the optic chiasm, it's the cross where both the ego and the superego, your ego - or your karmas, and your conditionings join together. You can see there, on the sixth chakra. And here it is such a knot, it is such a big thickening that it's difficult to pass through that. And because he was himself the vibrations, he was the Omkara, he was Logos, as you call it, he could walk on the water - it's a proof of that. So he is the one only, because he was so subtle, he was so sukshma, that he could pass through that and he showed us the way of Resurrection. His crucifixion is not his message; what is his message is the Resurrection. He achieved the Resurrection.

Moreover he has suffered for us; in the sense that because he has suffered for us when he is awoken he sucks in all our sins, all our karmas, all our conditionings. This is what we have to understand when we say that he has died for our sins; means that he has suffered and we don't have to suffer anymore; we have to just awaken him. If we start suffering ourselves that means we show no respect to his sufferings. As if he has suffered less or something is left for us to suffer. It is only a money making proposition: that you better suffer and give all your money to me, sort of a thing. It has nothing to do with reality. Christ has suffered for us sufficiently. We cannot suffer like him. And he has done everything that is necessary, we don't have to suffer anything.

So to get awaken Christ and you can get into the upper chakra and you can get realization. There is no need at all to suffer or to go into all these nonsensical things.

Interviewer: Many times you speak about surrender to God.

Shri Mataji: Yes. And Islam means also "surrender". Now surrender to God doesn't mean just a lip service, "Surrender do I, surrender to you, God." and then you go and murder somebody. And then you say, "Oh, God, I surrendered to you, please save me from this murder and you fight for me in the court." As if the God is in your pocket all the time; you do all wrong things and ask his help. That's not what it is.

It is that you have to first become a realized soul because you have to be born again. Now, there are people who just certify, "I'm born again." and go around. No, you have to get your realization, you have to become that. Once you enter into the Kingdom of God then he looks after you. So then you are much surrendered. Even when you have got your realization and when you have understood that he is the All-pervading power and if you don't surrender, that means you are dishonest. They are not honest persons. Anybody who's honest should surrender thinking that, "Such a great thing we have ourselves felt it. Why should we not surrender when we have felt it ourselves it is there?" So that's why he said, "You surrender."

But also before realization what he was meaning is we should be humble people; we have to be humble. Arrogant people are difficult, they don't get realization. I've seen in Italy people are very humble, they are the humblest among all the Europeans. It's the easiest thing to give them realization. But the same thing I can't do in any other country.

Other countries, people are extremely arrogant, thinking no end of themselves. And they are racist, they believe in horrible racialism, as if Christ was born in England or Switzerland they think. Christ was born as a Jew and that too he was a dark man. He was .... If the people who believe in Christ and if they are racist then they are anti-Christ. So that is what it is.

The people of Italy have got that humility, that understanding and that heart. That's why Sahaja Yoga works out very well here.

Interviewer: About our roots. You know we are a Mediterranean country so what has been the roots of Greeks, Egyptian and Mediterranean also? And just in Italy, Etruscan and Romans?

Shri Mataji: Romans were very right sided people in those days, extremely right sided. They didn't care for God or anything. And they thought best is to conquer all the world, that is the best way to achieve fame and this and that.

Interviewer: I beg your pardon. Right sided people means that the energy of ...?

Shri Mataji: Right sided means those who are very futuristic, dominating type of people, who want to capture the whole world and this and that. And the another were the Greeks, Greeks were the same type. They were also right sided and they wanted to have everything according to their own style. So also they got hold of all the deities, also they made them look like them. Like they would say that he has, the God, this weakness and the another one has that weakness, just like any normal Greek personality. It was only domination on the deities, to put their own ideas onto them.

The Egyptians didn't believe in conquering other people so much as enslaving them, using them because they were very comfortable and lazy people. They drunk a lot and they were lazy lumps. They wanted others to work for them so they wanted the slaves for themselves. Now what they did was to indulge into the area of death. They went into search for reality in death. They went into the burial places and they made mummies. And they made also for themselves huge big tombs; everything on the left side - who believed in the dead and goes towards death, in the past, that kind of thing.

And that's how they got destroyed as the Romans got destroyed because they went too much on the right side. And also the Greeks got lost because they went too much on the right side.



And now the situation of the Greeks is that .... I mean, if you are on a ship travelling you can make out a Greek ship because it should be rattling all the while, it's been in bad gear. I think why the Greek ships are so badly off. Once upon a time they were the leaders. Because they do not observe any laws, regulations, nothing. They want to carry on their ships in that manner. Not only that but they, many .... Now the shipping has gone down so they are trying to make false claims on the insurance; they are burning off their ships also. That's how they have become. So the righteousness, the virtue and the serenity get lost.

Though I must say, very surprising the Egyptians, because they are traditional, very old people, of antiquity - in the same way are the Greeks and the same are the Romans - the one thing about them is that they understand the value of serenity. All of them understand value of serenity. It's very surprising in all these three countries I've seen they have great sense of serenity.

Like in India, a lady is respected and people who are younger to her are alright - they can touch her or tease her, doesn't matter so much. But older man never touches her and if they touch her they can only kiss the hand at the most. That is the system in these three countries. But in India they don't even kiss. But that shows they have a respect for a lady who is a woman and the womanhood is respected. In all these three countries I've seen the motherhood and womanhood is so much respected and understood in their own proper proportions. It's a very big thing that shows that they are traditional people, there is tradition in them. They understand what is tradition. Those people who have no tradition or they were like primitive people when the world was growing, they can shift to this side, to that side - they have no roots.

Interviewer: About motherhood. You spoke of Jesus Christ. Can you say something about Mary, the mother of Jesus Christ?

Shri Mataji: Mother Mary, she was the incarnation of Shri Radha – “ra-dha”, “ra” means the energy and “dha” means the one who sustains - and she got this child of her. It's described very nicely in the book of the Goddess in Hindi how she got Christ as her child and how the child was like an egg which broke into two and how this ... [end of audio part one]

[audio part two]

... a desire comes into him that we must seek God now, what is God, where is spirituality, what is reality. He may not even know that he is seeking God but he wants to seek and when that seeking starts, it's the power of Mahalakshmi, and that was incarnated in the form of Mary. But some way or another they didn't want to stress on Mary. But Christ didn't want to talk about her much because if they had come to know that Mary is the one who is the power then they would have got after her. And Christ had eleven powers of destruction and he would have destroyed all of them in no time and that would have created a big problem. So he didn't talk about her to indicate that she is the incarnation of Mahalakshmi.

Interviewer: And you being a woman, is it important in your spiritual message? I mean, you being a woman has an influence in your message, in Sahaja Yoga?

Shri Mataji: Yes. You see, this job of Sahaja Yoga of modern times is very, very discouraging. It cannot be done, say by person like Shri Rama or Shri Krishna. Shri Rama if he had to face people like this, he would just take his arrows and kill all of them; he has no patience for all nonsense. Then comes Shri Krishna, it's the same style: he would take out his Sudarshana Chakra and would kill everyone. If it comes to Christ, Christ would crucify them. Then if it comes to Buddha, he would say, "Take to Sanyasa. You all get out of this horrible world, it's alright."

But I have to make Sahaja Yoga work in this world. People have to live in this world. They don't have to renounce anything. They have to be there, within themselves the kundalini has to be risen.

So they started the other way around. Buddha said, "Alright. First your renounce, leave these people here then come to me, then I will give you realization." But he could not give realization to many people like that.

So now I had to work out a realization for the human beings who live here, with all their weaknesses, with all their problems. To give them realization you need a mother. Unless and until you are a mother: you have complete affection and love for them, and understanding, and a forgiving nature - a very all comprehensive temperament of compassion, very comprehensive understanding of your children - then only you can work it out otherwise it is not possible. So I had to be a woman and a mother.

Interviewer: Can we know the Resurrection?

Shri Mataji: Yes, that is the question. I would suggest that Christ has already said about me that I'll be coming, no doubt. And if you read Bible carefully you'll find in Saint John's Revelations it's already mentioned there. But I don't want to talk about myself much because again people will start finding ways to crucify me. So I don't want to say it. But this is a truth that if you want to find about me you can find out. First of all you get your realization and then you will know what I am, better is that way. If I tell you something now you might get after my life for nothing at all. So that is the only things human beings have so far done to all the saints, all the incarnations, all the prophets. As soon as they said that, "This is the truth." they got after them.

But if there is somebody false they'll just run after him. So a false person says, "There is a diamond. Now I give you a diamond." There are these ashes; actually the ashes come from the burning fires of the cemetery. And they say, "Now, eat this." They will have it because they are mesmerized. They will say, "Alright. I'll give you light." They break your Agnya chakra to give you some sort of a light in your head. People become mad after them; they give them money, everything. Alright.

There are some who would say, "I'm your guru. Now come along. This is the book of gurus, read it." In the book is written, "Give away all your property, your wife, everybody to this guru." Alright. So you give it. So that's what they do, is to mesmerize you and tell you and take away everything from you.

But Sahaja Yoga is not like that. In Sahaja Yoga you have to become aware of everything and you have to know the reality. This is the big thing that one has to achieve.

Interviewer: I would request if there are some new questions for something else.

Interviewer 2: Surely we have.

Question: Were Greek and Roman deities true?

Shri Mataji: There were all deities there on the right side of what we call the Deva Loka; it's the area where the gods live. Out of them .... But there is a difference between the gods and the goddesses and the deities. You see, there are no proper words in the English language to explain the difference. But these were just good people blessed by God who were leading a good life, sort of people, but good people, on the right hand side. They were the devas. And on the left hand side were the people who were called as ganas, who were doing the job of looking after the left side, like protecting you from negativities, protecting you from all the effects of the left side. So we had on one side the devas and on the other side the ganas. Now these devas were not the deities.

The deities are placed, they are absolute and they are placed on the chakras and they are fixed personalities. They know what they are supposed to do and they never deviate, they keep to their personality. They can understand, they can think, they can do what they like but they do what is their job. Like there's a Deity, say for example of innocence. So his job is to spread innocence. When you awaken that Deity, that Deity spreads innocence. There is a Deity, say for example, for giving your protection or to give you a feeling of sense of security. Now this Deity does that work; that is in the Heart center in there. When this Deity, it's the Mother of the Universe she's called as, when she is upset by something - like a woman feels challenged of her motherhood - then this Deity feels upset and she sleeps off. If she sleeps off such a woman may suffer from cancer of the breast because she looks after that part. Like that, all these deities are absolute deities and were formed before and incarnated later.

Question: Our country is involved in psychology. Can you speak about this and especially the difference between Jung and

Freud?

Shri Mataji: Oh, what a difference! One is, if Jung is light, Freud is darkness, ignorance, complete ignorance.

Freud as a person himself was a very perverted personality. He had very bad relationship with his own mother. Apart from that he was suffering from a kind of a hankering, it was very funny about him. And that's what went wrong with him: that when he met all the pathological people, those who suffered from the pathology - means the attacks of the left side, pathos means suffering; so those who had those sufferings within themselves he met them and he talked to them; and by talking to them whatever he discovered he thought this is the basis of everything. In those days there were very few pathological cases and whatever they said cannot be a general idea. One person could be queer, funny, weird, could be absurd and could be also perverted. But only one can be like this. So there were very few people who were like this. But thanks to Freud now there are many who have become mad and funny, who have perverted brains, who think of all wrong things. Not only that but secondly what he did: he made the human beings into a sex point. As if you are just a sex point, you live for sex, nothing else. You have no other reasons to live. We are not animals, we are not to learn from animals; animals have to learn from us. So that is how he closed all the doors for ascent and as a result of his stupid proclamations and all that people accepted him. That's the worst part of it. They accepted him more than they accepted Jung.

Jung, in London we have twelve some sort of Jung people there. Twelve only. And everybody is a Freudian surprisingly because he supported the weaknesses of the people. He said, "No, this is good. This is what you should do. And this is all due to a conditioning. Blame your father, blame your mother, blame everybody else.", never-blame-yourself sort of a nonsense. And that was accepted so much as if he was more than Christ. They accepted him and they entered into very wrong things. And I've seen people from Freud when they come, they just start shaking before me. They are all schizophrenic people, they are not normal at all. And they can never take to Sahaja Yoga easily. They are so much wedded to this filth and dirt.

Jung was very different. Jung was his disciple and he found out that there is something definitely wrong with this because he's making these pathological cases as a generalized thing. He went round, he went to India also, I was told, or maybe he studied Indian philosophy and he tried to understand. And he wrote about the mother also in there, that this is not, mother is a very sublime thing. He tried to say about the subconscious, the collective subconscious, all those things. And he received his realization and then he said that you have to become collectively conscious. You have to go into thoughtless awareness, this is what he talked about.

But he made one mistake, I think: that he did not understand that we are not made of layers. This is on the left hand side and the right hand side. Left hand side we have got our subconscious, collective subconscious. On the right hand side we have got our supraconscious and our collective supraconscious. But in the center is the real path to go up. That is the point where he made mistake. So many of his disciples started going to the subconscious to reach their unconscious. That's not so. The unconscious, if it is the Kundalini, it rises like this and takes you to reality. So this is only the little mistake he committed but by which people have really, I mean the Jungians also don't understand much about reality.

But we must say that Jung was definitely a very breaking point. But nobody liked him. And people told me that he is, he told us something very traditional. Of course, I mean, everything has to come out of something that is already there, living process. Like a tree grows up, in the same way it should be based on something; it cannot hang from somewhere. Because only sex things are plastic, coming out of the mind of a human being, just a projection and then you put as a thing something new.

We were having dinner with an ambassador and he was telling me, "Why are you against Freud?"

I said, "He's nonsensical."

"No, no, he gave us a new idea."

I said, "What is the new idea he gave you?"

He said, "It was a very new idea about sex."

I said, "Alright. Now this food you have eaten all the time. Alright? Why you have not eaten the table? It's a new idea. Let's have the table."

It's like this. So human mind is so stupid that it wants to take anything that is new but it doesn't want to see if it is good for us or not. Like they said we must wear very tight close. Alright. It started from Paris; Paris emits all these ideas. All the people started wearing very tight cloths, so much that they could not get into the buses - they had to be lifted up, they couldn't raise their feet. It was so horrid. Then they developed varicose veins, they developed heart troubles. So now we should wear absolutely lousy dresses. Lousy. So then you become lousy, lethargic. You see, you have to wear a dress according to the way you are. When you are sleeping you can wear a dress which is loose. But all the time if you are wearing a loose dress you go about like a lousy person, you cannot have any discipline in life and you cannot work out anything. So you have to be in the center, neither very tight nor very loose, but something in the center.

And human beings have no individuality of their own. Any fashion starts, everybody starts doing that. After some time everybody will look the same, there is no difference. Everybody wears the same type of a dress, wears the same type of hair, everything just the same. And these few enterprisers are actually making a fool out of all of them. They are putting something in the market, "Now, come along." Now there is new thing that is coming, it's a mini skirt. If you wear a mini skirt your legs will get paralyzed, absolutely. But they will do it, they'll get paralyzed and then they'll do [UNCLEAR].

Because these machines must sell. The machines are created and they must sell and the machine has to sell so they have to create new ideas. If they don't create how these machines will sell? So they have to work on our weaknesses, they work on our weaknesses. Machines are for us, we are not for machines. If a machine is over-producing something, send it to other countries free. There are so many countries who need so many things. Why not send it over to them if your machine is over-producing? But no, they want to save it and take the money out of the same people. If they start charity about it, they can manage it. Get the machines produce more, whatever people need let them have, the rest you sell it. And come to some proper understanding of discretion when to take what.

Now a new fashion has started: not to eat salt, not to eat sugar. It's nonsense. Till certain age when the child is growing you have to give salt and sugar to the child, it's important. And then after some time when you are grown up to a certain age then you have to reduce it and after some time you have to give it up. But to begin with, you have to do it.

And these all kinds of new ideas some intellectual puts in and it becomes sort of, "Oh, I've read this book." now stand to it. Any book you read is not a Bible, it's not a shastra - it's not a science. And now a scientist also joins in and he says, "It's alright." Then they'll give you pampering you'll have reaction, then they'll give you sulphur you'll have reaction, then they'll .... Why experiment on human being like a guinea pig? Only because they want to assert themselves. It is not for the benefit, it's not for benediction or for any benevolence of a person. They do not think of humanity as something which is to be saved or to be loved.

Everything they are producing and over-producing they want to sell it. But automatically they will be a recession, very soon. Already the markets are full. Nobody has money to buy or are fed up. I mean, you can have only one kitchen once in life. You cannot go on changing like Americans do. By their changing methods where are they? They are in debts. They have piles and piles of cloths [UNCLEAR]. What do they do with them? Poor things, they don't know what to do. Now then they started producing so much of plastic. Plastic is produced, plastic, so much plastic. Now what will they do with the plastic? Plastic is giving them acid rains; because of acid rains the trees are destroyed; the trees are destroyed so all the water and the ice are flowing into the plains and people are having all kinds of havocs. Why do something so unnatural? All these things are for us, we are not for them.

Like now computers they have started. The computer should be such that we should be able to handle it - go to that limit, don't

over-cross it. If you put computer on top of your head it will control you. Tomorrow's computer may destroy all of you, if it gets started. It's not a human being. So you must put it in the maryadas, in the boundaries of everything.

That's what human beings are: they always go to the extremes. And that's why I say Jung has done a good work, him saying that, "Come to certain boundaries and see for yourself." And he's done really a good faith work for me because I can always mention him what he has said. But because he didn't meet me and I cannot explain to him how he got his realization. Maybe that's why he could not explain everything so well. But he has done a good faith work for us.

Question: Is there any connection with Mohammed Sahib and Sahaja Yoga?

Shri Mataji: Absolutely, hundred percent. Mohammed Sahib is a part and parcel of our being. He is a Deity who resides in this part we call, the green part as you see, means one of the Primordial Masters who incarnated on this Earth. And these are the days when, I mean it was a very difficult area he was born in, an extremely difficult area, horrible people, had no brains at all to understand God or anything. So he told them about God. It's a very big work he did but still he was poisoned and he was in a way killed by them. He tried to solve many problems according to the times there: that there were tribes and they were fighting and very few people were left, men were left to marry. And he established a very good system that you must marry. You cannot have extra-marital relationship, you must marry. Marriage is very important. And for that people said, "Now, how can we marry? There are five women and one man."

He said, "Marry five, it's alright."

"How can these young girls marry?"

"Alright, marry them. But marry them."

Means take a sanction from God. Without marriage you should not have relationships. That's what they established. But that doesn't mean that even today you should do it. It was in those days necessary when there were left [few] men, it was to be done. But even now, those people who are Muslims think they have to do the same thing. God, he said at that time, "You don't drink." because at that time he knew about the drinks so he said you are not to drink. But today all the Muslims are smoking because he didn't say about smoking. But there was no smoking problem in those days. Now, I am saying now that you don't drink, don't smoke and don't take drugs. After this, you see, humans beings started hitting their heads with some hammers. So you will say Mother never said that don't hit your head with a hammer. So we are doing it; it's like this.

What Mohammed Sahib has done is the greatest work because he has talked about this Resurrection time, he has told that their hands will speak. When he has said about the future that this will happen to you that means he did not say that, "I am the concluding person." That it has to happen later on. He indicated it so clearly. And so much he's written about Resurrection. He indicated it so clearly that you have to become a peer, you have to become a realized soul. And then he has also said that such a time would come. When he talks of Isa that means that's not him, he's not finished. After that according to Muslim - nobody else.

Because it's another sort of a fanaticism. So they all have fanatics whether you call them Christian, Hindu, Muslim, Sikh, anybody gather absolutely fanatic people; they've nothing to do with God. No doubt about it. That's why there are fighting. If they had anything to do with God, if they were really enlightened as far as the religion is concerned, they would be not having so much problems: Hindus fighting Hindus, Christians fighting Christians, Muslims fighting Muslims, then the Christians fighting Muslims, Muslims fighting this thing, that thing. What is this? How can it be religious? These are supposed to be religious wars. Mostly religious sins these are and all these things are nothing but just falsehood. There is no truth in them. If there was, how can it be that a person who calls himself Christian, while Christ forgave those who crucify him, here they are taking revenge on others, killing them.

Especially the Christians, I would say, were the worst of all. Because, thanks God, this Columbus did not to India otherwise I would not have been here. All the people were finished by the great Christians in America and they are paying for it now. In the

South America you can't find anybody from there. Very few places. I think only, I founded it in Colombia. They say in Bolivia some are left in the hills. Otherwise everybody was finished very nicely by the so-called Christians.

Same about Hindus. Hindus are indulging also into all kinds of negative things, like they are getting to the spirits, this, that. How can they be religious people? Then the Sikhs are killing everybody; killing Hindus for whom Nanak Sahib had come to make a unity between the Hindu and Muslims. So he had fixed themselves, they are killing their own brothers and sisters. The eldest brother used to be the Sikh, in a Hindu family. So is this religion? How can you call it religion? They drink like fish, they eat all kinds of things and they lead a very bad life, they try to overpower everyone. How can they be religious? There is no religion at all.

Even the priests, the nuns, what are they doing, poor things, killing themselves for nothing at all? When did Christ say, "You should not marry?" He never said so. On the contrary he attended the weddings.

Now there's a new thing started - I should say I don't know when it was started, by whom - that we are all sinners. Who has said that? Christ never said so. If you are Christians you should not believe in all these stories you are all sinners. If you are all sinners why did he take away all our sins? Then to say that, "No, no. We are Christians so Christ has taken away our sins so we'll be saved." Not at all. He said, "You'll be calling me 'Christ, Christ'" - in the second Matthews, second chapter, second verse - "You'll be calling me 'Christ, Christ', I won't recognize you." Clearly has said it; he knew all these things were going to happen. Also he has said another very good thing that, "Those who are not against me are with me." Who are those? We should try to find out. He has told about the Holy Ghost. Everything he has told but people don't want to talk about it and listen to it. Why don't they try to find out who is the Holy Ghost that he has talked of? They would not because they are dishonest. It's all money making proposition.

Even this Dalai Lama, he's made so much money you'll be surprised, he has so much gold with him. Christ, did he make any money? Did he live in palaces? He was a carpenter's son; he lived like a poor man. If he was a king he would have lived like a king. It is not taking money from others and living like a lord, on other's people money. It's all wrong, absolutely wrong. And they have to pay for it. They have to pay for it.

Same with Protestants, same problem with them. I mean, nothing to choose with Protestants and these Seventh Day Adventists, the fight is whether God rested on Saturday or Sunday. What does it matter? And one of my relations wanted to join the Seventh Day so they told her, "You can't wear any gold or anything." And they told her, "You have to keep it out." So she slept in the night, she took it and put it - in their ashram she was staying - and she put it in her drawer. Next day it was all missing.

Then there is another one - the Pentecostals, they are all possessed people. Then there is Charismatics - they are all possessed people. We have them with us, so many. They come to us; they are possessed. Is this God? God doesn't possess you. And they say that, "We are like Christ disciples who had the Holy Ghost on them because we talk another language and we put the hands the same way." They are all possessed people.

Actually what happened to Christ disciples was that they started talking the language of chakras as the Sahaja Yogis do. Nobody could understand what chakras are. And also they started using their hands because they had powers in their hands.

But these people get possessed and do all kinds of things wrong. We have lots of stories in India. We just don't know whether to laugh or to cry with these Pentecostals. There was one Pentecost lady came from America and she went to a village. And in the village they declared that they all are Pentecostal, they all have got Holy Ghost on them. And they were really behaving like ghosts, they all used to get into themselves and they used to say, "Ho, ho, ho" and all that. But also for one fellow, who is a teacher here in the Pentecostal school. So they gave him a notice that, "You must get the Holy Ghost on you. If you don't get it you'll lose your job." What is that? So he was just worried and said, "This is the last Sunday this has happened." He just couldn't help it, he was so nervous. So he just got into a fury, caught hold of that American old woman and started dancing with her - in a Marathi [UNCLEAR, yenge] - he just took her round and round and round and round, she used to faint there. And then they said, "Yes, the Holy Ghost is on you." I don't see how they believe this is God's grace. Was Christ like that? We have Christ before us, one of the biggest things he is.

What surprises me that Christ was accepted in the West while he said, "Thou shall not have adulterous eyes." to that subtlety he went: the innocence of that kind that your eyes have to be innocent. I've yet to come across anybody like that in the West, except for the Sahaja Yogis, that eyes are innocent. They are all the time looking at this, looking at that. The whole culture is against Christ. The women want to show their legs, want to show their bodies. What is this? They are like prostitutes, that's what they are. I do not think this culture is coming from Christ, it is anti-Christ, absolutely, 100 percent.

But without realization you cannot also give up all these nonsensical things. We cannot force on them anything without realization. It has to work out in a realized way so that people themselves understand this is wrong and they should do the right things. I never force anything on anyone. But once they come to Sahaja Yoga and they get their realization they become masters of themselves they just drop all this nonsense. They have very steady eyes, they have very good eyes and they do not have all these problems.

I speak very frankly today, I'm feeling it. Because I think that the time has come for me to tell things very freely. No use hiding them because of fear of media. Because the media is the one who has come to this state today to spread Sahaja Yoga only. If they cannot spread Sahaja Yoga they are absolutely useless, they are good for nothing. They are giving all shocks to the world: somebody dies, somebody killed, some other thing has happened, this lady has married that man, she has run away with another man - all dirt, filth they give. But the main thing: they are there to spread the good news of Resurrection which was not available at the time of Christ, not available at the time of Shri Krishna. But today it is available; it is made available that they should know that the Resurrection time has come.

But I must say that the press in Italy and media in Italy has been extremely, extremely good and have been able to understand this is very remarkable, really. And it is incredible the way they have seen to the point that there is a power which we have to achieve. It's something really incredible the way they have acted. So I am really thankful to them for that. Thank you.

29:57 [Shri Mataji talks to the Sahaja Yogis]

We can go now? We have to go to that land now and see for ourselves and then go home. You see, at one o'clock they close here. So we can come back. I will have [a rest] but how much time you think we need to go to that land? So we can go half an hour there and come back.

I like this very much. So what you call that? It's the fig of the palm tree. We should get this. We don't get them in England. We can buy somewhere. It's very good for ...

Alright. Good? Quite comprehensive. But they will say that you people asked the questions, we did not ask the questions or something, I don't know. But never arrange a program in a hall, take it from me. They'll never come.

I'll tell you what is on their minds [the journalists]. You see, they think I am a saint. And saint never goes anywhere. They are supposed to come and see me. The Pope will not come here, will he? Though he is not a saint. So always you answer, "She is a saint. She doesn't go anywhere." Then they'll come. This is the point.

You'll be surprised, I was in Kashmir. The Governor of Kashmir was my husband's boss, because my husband was a younger officer, he was a very senior boss. So he wrote to us that, "You must come with the bride here." and all that, so we went to Kashmir. And we're staying there, in his guest room and all that. And one day I saw him early in the morning; he has taken his bath and he was coming, walking. So I said, "Why did you come walking?" He has just come in a car. He came and touched my feet [UNCLEAR]. He sat on the ground. He said, "No, here I have not come to Mrs. Srivastava. I've come here for the saint. And for a saint, you have to walk to the saint."

Even in London. I didn't want to say this but it's a fact. In London there was a lady who was amazed at the way we were curing

people from the Health Ministry. And she the Advisor to the Health Minister. So she wanted to see me in the office. I said, "I will not go." My husband said, "Why should you go? It is alright if you go as Mrs. Srivastava but as a saint she has to come here, to your house." She came there. She came there.

So never they will stop for my program. They will come for others because they are money makers, they put money into her, this is done to make more money, this ... They cannot understand anybody who is saintly, who is putting money to, sort of, spread good news like this.

There were treating me like any other Rajesh is there. It's not the first time. I've told many a times, I've told this to America, I've told in England, I've told everywhere that to invite me you have to tell them to come home and see me. Must be doing this. She is a saint and she cannot come to you. Alright?

No, that's alright. I should have told you but I told her nobody will come. I predicted it long time back, nobody will come.

We didn't even have half a word with them. [the journalists in Austria] But there media is horrible. The media here is good. They themselves wanted to see me and all that, no doubt. But I told her, "They will never come." Because they sit down and think about it, "She is a saint then why should we go to her hotel? Why should she call us?" Even if I take coca-cola they can't understand.

Then let it be, then doesn't matter. You just stopped it, "Alright, then don't come." If they can't come means they are not committed. You should not show your necessity to go to them. After all, if I am a saint why should I bother about anything?

Even now, you should write to them, "None of you come. We are thankful to you because Mataji never came. She is a saint. She came very late and she said, 'I know, I don't want to meet them.'" or like that. Something like that, something to tell them off, little bit then they will be alright. We must kick on their ego.

You see, first I never used to allow anyone to advertise. They wanted to put posters, in the beginning. Then gradually I allowed them, slowly, slowly when I found there are people who are good enough, like that. It should be, you people, also the awareness of this world is growing up and better, and better. They've coming up better. So as you are growing they are also growing with you and so things are improving. But still the time has not come to meet them in a hotel.

I told them. At least three times I told them. "Why do you waste your money?" I said.

And she was sure, so sure, "No, no, Mother, they want it. They told us. Many a times they said, 'We'll come.'" She told me all that. I said, "All that is true. But nobody will come."

Yesterday you've seen. They were there, they were there for one and a half hour. And they scented that, "She is a saint and we must respect her." They were waiting for me there though we were late. You see, we had to warn them and all that. And then they were waiting for us. Not only waiting. In the hall he was waiting till they asked questions, till I gave them realization. That's the real type that they understood what is saintliness.

That's how you should show. That's how you should see that they are put up to it, their ego is challenged. If you make it so cheap they will never understand.

Not to feel disappointed at all, not to feel bad because it's a common experience of mine.



## 1987-1102, Power that comes with your second birth

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2 November 1987

Power That Comes With Your Second Birth

Public Program

Maison de la Mutualité, Paris (France)

Talk Language: English | Transcript (English) – Draft

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I bow to all the seekers of truth.

At the very outset, I apologize for being late because you know my plane could not leave London somehow. But that shows that you people have real patience, and you want to know the truth. One has to know that truth is what it is. You can not have a concept about truth. Truth is reality which is beyond human concept and is beyond human endeavour. It exists and manifests itself once you become a subtler being. For example, this tree that we see, these trees, they have their roots. We have the knowledge of the tree. And we have no knowledge of our roots. So to know the knowledge of our roots we have to become subtler personality. The truth is absolute. There can not be two opinions about truth. As you can see, there's a candle burning, everybody can see it, and know there's a candle burning. There can not be two opinions about it. When we see that there are many opinions about God, about reality, about philosophies, we get confused. But to know the truth, we have to become a little higher personality than a human being. On human level we live in a relative world. Nothing is absolute. We have many choices and then we start saying, 'I believe in this, I believe in that.' But whatever is your belief may not be the truth; may not be reality.

Now the knowledge about the truth and reality has been described by many people. And that description has been mutilated and made into something absurd, because the people who tried to interpret that were not subtle people. Now it is difficult in those days of science to talk of reality, about God, about religion, because the religion that we see is such a hodgepodge, is such a problematic thing, that we can not understand how a person who professes a religion can be such a wrong type of a person. Any religion one may belong to, he is capable of doing all kinds of unrighteous things, irreligious things. He is capable of nasty, evil deeds. That means the religion doesn't have that strength, within itself, to hold that man, or to put in his bones, in his being, the truth of being good.

But everyone has talked about your rebirth. Whether it was Christ, or Mohammed Saheb, Socrates, Lao Tze, anyone. You are to be born again, then you will know the reality. But it is not some sort of a brand, or some sort of an organization to which you belong and you call yourself, 'I'm a born-realized.' This is falsehood, and if you have to be compromising with falsehood, we can not have the beauty and glory of reality. We have to be honest to know the truth and that honesty is as simple as this, to say that, 'So far I have not known the truth. I have believed into this and that, but I have not known the truth.'

The knowledge of the truth should be, as I said, an absolute knowledge. That is on your central nervous system you must feel the presence of reality. If I put my finger to this candle, I burn it. My central nervous system knows that this is hot. Now if I put before you some statement, you must have an open mind about it. As a scientist, you must have that scientific outlook to see what I'm saying, is it worth the truth or not. Now when I'm putting before you a kind of hypothesis, and if I can prove it, that it is so, you have to believe into it.

I say within you lies this instrument, beautifully placed, during the different processes of your evolution. These centres exist within you and this power which you see in the triangular bone, in the Sacrum, exists within you. This is the power which is going to give you your ascent. This power is called as the Holy Ghost in the bible, as ehsass in Koran, Adi Shakti as in the Indian scriptures. This power resides within you, recording all your past and your desires. This is the power which is going to give you the fourth dimension. This is going to give you your second birth. That is the reflection of the Holy Ghost, the Primordial Mother.

We believe in the God Almighty and His Son. How can a father have a son without a Mother? So the third trinity, out of the third one, is the Holy Ghost, is the Primordial Mother. That is the energy reflected within us as Kundalini. In the Sanskrit language it is called as Kundalini because it is made of kundalas, meaning the coils.

Now this knowledge is coming not only from east. It has been there everywhere, only the difference today is that you can awaken this power within yourself. Like a seed, when it is put to Mother Earth, sprouts and the (INAUDIBLE) brings it out of the Mother Earth, in the same way, when your Kundalini is awakened, you come into the new world of absoluteness. This power resides in all of you. Is your own, and the Spirit, which is the reflection of God Almighty, resides in your heart. When the union takes place, you start feeling the all-pervading power of Love, of Divinity. Then you understand that there is some subtler power all around us, and when this starts flowing within you, you get so many blessings. Automatically you get back your innocence, as a result of the first centre which is awakened.

As a result of the second centre which is awakened within you, you get a tremendous creative power and your creativity becomes a beautiful aesthetical. It doesn't have grotesque or ugly things in it. It's a very joyful creation. As a result of the third centre, you become such a satisfied soul, that your family life improves, you get rid of all your bad habits, you get rid of all your troubles of your stomach and you become a beautiful personality.

As a result of the chakra that is above it, the centre, the fifth centre, the fourth centre, is that you develop an emotional balance. You feel completely secured. The diseases like asthma, breast cancer, connected with your lungs and your breasts, get cured. One of the diseases, I should, there are so many which can get cured with this. You become very peaceful and the sense of security in you gives sense of security to others. There are many organizations who say that, 'We work for peace.' But the members of that organization have no peace within. I've known so many people who have got Nobel Prize for Peace; they have no peace within. Those who talk about peace can not give peace. Peace is a power, like light. And the person who has peace within himself can emit that power and give peace to others.

As a result of the fifth centre, here, you become a witness. You start seeing the whole thing as a drama, as if you have now come out of the water and you are not afraid of the waves, you are sitting in a boat. And you are watching the whole drama, and because you are away from the problems you can solve them. I am telling you everything in short. It is much more, it has many more dimensions. That's what human being is. He is born as the epitome of evolution.

Now comes the sixth chakra, which is very important. When this sixth chakra is opened out, then you become thoughtlessly aware. Like you see something but you don't think about it. You see it. Like a still lake which reflects all the surrounding nature into it, all the beauty of the surrounding nature, your stilled mind sees everything that is joy-giving and you just enjoy the joy. For example I see a beautiful work, here, of art. I just see it in thoughtless awareness. I don't think about it. It doesn't create thoughts in my mind. So what do I see? The creation of art. I do not think about it. The joy that made this, of an artist, is vibrating in me. But supposing I think about it, then I start thinking how much it must have cost, where can I get it, what must be the colour, is it a fast colour or not. And supposing it belongs to me and I believe that it belongs to me. Then I start thinking, 'Oh God, it will be all spoiled here. Have I insured it or not? (Translator: Pardon?) Have I insured it or not? Something may go wrong with it. It's a headache, the idea of possession itself is a headache. We should know that possession itself is a myth, and that myth is broken once this chakra is opened out.

But this has even another very important function to do. This chakra lies between the pituitary and the pineal body; lies on the cross of the optic chasma. So by that, once this is enlightened, our ego is sucked in, as here you can see the ego on the left-hand side move from the right-hand side. Human beings only believe that they do something. Animals don't believe that. They are completely under the control of God. If a tiger has to kill a cow, he kills a cow, he doesn't sit down and weep that 'I have committed a sin.' It is only the human beings start thinking that I have done, 'This is wrong, that is wrong, I have done this is good, this is bad...' Actually what do we do? If some matter is dead, say some tree is dead and we make this panel and we think, 'Oh, we have made a beautiful panel.' From dead to dead! Have we done any living work? Not so far, but after realization you do it because you do not do any more you think. You start speaking in third person, speaking in third person, and this so-called ego which gives you ideas that you have done this karmas, that karmas, itself gets sucked in.

Now there is another side to it, is the conditioning which we have had. First time when I came to Paris, they told Me, 'Mother you are so joyous, and French are not going to like You. You have to look very miserable, otherwise they are not going to believe You.' I then addressed them as 'Les Miserables' (Mother laughs, audience laughs). You see, at that time, now the time is better, every fourth lamp post they had a pub, and every seventh lamp post there was a bad woman standing there. (Translator is confused...Mother clarifies:) Fourth lamp, you see there was a pub, pub means where there, yes, and the seventh lamppost a bad woman was standing there. Prostitute.

Now if you ask a bullock to come and hit you, and then say you are miserable, then what are you to say? Then they told me that they believe in miseries, that we have to suffer, otherwise we cannot be spiritual. This is absurd. He said that Christ has suffered for you, for your sins. He resides in that centre. Can we suffer more than He has suffered for us? Has he left anything for us, that we should finish his suffering? Are we here to complete His job? Are we capable to do that? He has done it for you. Once for all. You don't have to suffer. I have seen it in Vatican, in the Sistine Chapel, Michelangelo could see it so clearly because he was a realized soul. He has put the whole thing as the Last Judgement, and there is Christ standing, like a great man, throwing people here and there. He doesn't look a miserable creature there. He's such a healthy, hefty personality, but on the table down below you see a skeleton, kept as Christ. Can you carry the cross with that skeleton body of yours? Is absurd. How can we think of sufferings when we talk of God? He is God Almighty, He's our Father, He loves us so much. Which father would like his children to suffer? Is a wrong idea.

So we don't have to suffer or do anything of the kind, we are perfectly alright. And we don't have to confess of anything and feel guilty about it. After all you are human beings, you are not God, you can commit mistakes. So what does it matter? Sometimes you have to commit mistakes as human beings. But the Divine is the Ocean of Forgiveness, Ocean of Forgiveness. The drop of your mistakes can be easily dissolved by Him. I have come here to give you the message of joy and your glory, because that's your right to have it as a human being. The whole creation came into being and you were created out of that, not to be miserable. But for that you have to become a realized soul. On one side your conditioning also drops out and that's how on both the sides you find the both the sides, these balloon-like things, like your conditioning and your ego; both of them are sucked in and this portion opens out here in the fontanelle bone area.

Now, this Kundalini pierces through and you start feeling the cool breeze of the Holy Ghost coming out of your head. This is the actualisation of baptism. It's not some sort of an artificial one, that you put some water, and you say 'Now you are baptized.' What is the difference between a person who is so-called baptized and who is not baptized? Both are capable of any evil things. This baptism can not stop. In India they put a thread and say, 'You are now realized, you are a Brahmin. Brahmin means the one who has known the Brahma, the All-Pervading Power. The Brahmin is called as the Druijaha meaning the twice-born, and the bird is also called as the Druijaha, meaning first it's an egg, then it becomes a bird.

Transformation takes place. He becomes powerful bird which can fly. The complete freedom and discretion. What is the transformation that takes place out of these rituals? But you get absolutely transformed. You enjoy your virtues, enjoy your righteousness, you enjoy the generosity that you have, and you enjoy the stupid play of the stupid around.

The last is to pierce the Kundalini through your Sahasrara, this point, which we call as the one thousand-petalled brain. This knowledge is your own. But what's the use of talking about the history of electricity, and all the power from where it comes organization. Better is to just put on the switch because it is already built-in. Is all built-in within you, is your own. The Spirit though is reflected in the heart, the seat of the Spirit is here, on top of the fontanelle bone.

So when you get your realization, you become a transformed personality. It's a living process of a living power and you can not pay for living things. For example, how much do we pay to the Mother Earth for sprouting a seed? She doesn't even understand money. Money is the headache of human beings, not of the Mother Earth, and what's the use of standing on your head to sprout a seed? But people don't understand. I've heard that there are people in the religious sense of the word, supposed to be religious, and they are having shares and things, indulging into business. God can not understand bank. That's a human creation as it is

difficult to understand human beings, and the human creations are even much more complicated than human beings. Sometimes they are really complicated.

So I have to tell you that this is within you, you get your realization, the actualisation, and then you have to become. You can not organize God-Almighty. You can not have an organization. You can have so many living beings who are existing like leaves on a living tree, nourished by the same sap, but you can not organize it in a human way. You can not have memberships. There can not be any force. There can not be any compulsion. In your freedom you have to enjoy yourself because you are the source of glory and joy and peace. Only thing, an enlightened light has to enlighten another light and once you're enlightened, you can enlighten another person.

It is very simple. Sahaj means 'spontaneous.' All spontaneous things are the easiest things because they are so vital. Like our breathing, if you had to read a book for our breathing, how many would exist? Now the time has come that many of you have to have your realization. There's no obligation. It is just a mass evolution of people which was to be at this time. Formerly, one or two people used to get, as in the beginning only one fish came out of the sea, and then shoals of fishes came out. In the same way, billions and billions of people have come out, have to come out of their ignorance. May God Bless You.

The time is quite a lot, but still I would like to have some questions from you, but please do not ask aggressive questions, because I do not want to waste the time. I have come here to give the key of your joy. Not for any votes; I'm not a politician. Nor for any money, nor for anything, but just to give you your treasures. (To a yogi:) Ask them to ask the questions.

(Question: You said that God doesn't understand human beings, and God doesn't understand bank. But she feels that it is quite difficult for human being to approach God.) Why do you want? Is this the question? (Yogi: Yes, it is.) You see, God is your Father and that's why He has to approach you, because He loves you.

(Question: You spoke a lot about Kundalini, but where have we to go to get it?) Just now. That's a very good question, of a real seeker, that shows a seeker. Even if I had not talked, it would have worked. Now there is one gentleman, there is one lady here. (Yogi: You said that You are here to bring us joy, and you said that Christ suffered for us, but why did He have to suffer for us?) That was destined for Him to suffer. In the evolutionary process, we had established up to our fifth chakra, alright, for human beings. All these incarnations are there to establish different centres within us and Christ is bestowed upon the sixth chakra. Now there is a big tight, we should say a knot, here, between the ego and superego, symbolic of how human beings have their ego and their conditionings and with these two things, how do they make others suffer, or suffer themselves? Now, Christ came on this earth to redeem us of our ego and superego and symbolically, He had to pass through this tight area to establish this centre in the great being we can say, the macrocosm. So He suffered from, for the microcosm, a macrocosm suffered. But They do not suffer, because They are witness. And he passed through that area to establish that centre. So, when the Kundalini rises and awakens Christ within us, then our ego and superego will be completely consumed by Him So the message of His life is not His suffering, His crucifixion, but His resurrection because He established this centre within us, for our resurrection. Now supposing I want to make something comfortable for my children. So I have to go through the ordeal of myself, and that has to be done, but it's done out of love so you don't feel it. Then the children don't have to go through the ordeal again. They have to just enjoy.

(Question: (Before relaying question from the audience to Mother, Yogi comments:) I have a very interesting question. Shri Mataji, who are you, really?) Why are you? (Yogi: Who are you, really?) I am very tactful. I don't want to talk about myself, because Christ said the truth, that He was the Son of God and they crucified Him. I don't want to get crucified. It is better that you get your realization and then know Me.

(Question: Shri Mataji, Shri Mataji, I would like to get my realization, but I feel so much uh, pride in me, proud, I feel so proud in me that I think it will not be possible during this life. So please, tell me what to do.) It will be alright. Don't you worry, you'll get your realization. If you are conscious that you're proud, then that means that you're not proud at all. Only a humble man can say that. Will Hitler say, 'I am cruel, I was cruel?' So, sit down, You'll get it, sit down. So sweet of him. And there's one gentleman there. She just asked the question, same thing? Alright. Then that gentleman.

What did he hear? (Yogi: He heard the word which is 'cumdebuf.') Ah, and? (Yogi: Word, 'cumdabah', the word, which is 'cumdabear,' and he doesn't know what it means, he would like if it has a connection with Kundalini. It think it's...) (Mother laughs.) No, no. (Yogi: Another question?)

(Question: Are you capable to say to a person when you see that person, what is his level of evolution?) That you don't decide and judge. This is the time of judgement. You yourself will judge it. When you get realization, you start feeling on your fingertips all your centres. On the left side your emotional side and on right side is your physical and mental side, and you can feel it yourself and find out what's wrong with you. And then, if you know how to correct it, you can correct it. Also, you can see others on your fingertips, and if you know, how to correct others, you can correct them. You don't have to condemn anyone. Neither yourself nor anybody else. In the Koran, Mohammed Saheb has clearly said that at the time of Rayama, resurrection, your hands will speak, and they will give witness against you. So clearly it is described, but who is bothered about Rayama. Now one more, only, last.

(Yogi: Last question. Yogi listens to question in French from audience and laughs.) Every question makes you feel so happy. (Yogi: Yes, Shri Mataji. I would like to, just to be very close to his words. Shri Mataji, if You are the person, which I feel You are, please, pray for us, in the name of our Lord, Jesus Christ.) (Mother smiles, nods.) Alright. (Applause from audience.) (Yogi: He is from Colombia.) You are from Colombia! I have been to Colombia myself. Ah, wonderful people in Colombia, wonderful. We have in Bolivia, a centre. Bolivia. Done now, I think. Let's have it.

Now, I have to make a very humble request, that I can not force it upon you. You have to really desire it. Thirdly, that those who do not want to meditate just now, to achieve their realization, should leave the hall, so that others don't feel aggrieved. I'm sure most of you will get your realization. If not today, tomorrow, but there's nothing to be upset if you don't get it. If you desire it, you'll definitely get it, but everybody has to meditate just now, those who do not want to do it can go away. First and foremost thing, I have to make a request to you all that it will hardly take about ten minutes but you have to little bit co-operate with me. The first thing you have to do is not to feel guilty at all, not to be miserable, and you have to be very pleasantly placed towards yourself, because you are at the epitome of evolution, because you have to enter into the domain of your Self. So have a feeling of pleasantness towards yourself. Don't have any condemnation of yourself; please do not count your mistakes.

Now, I would request you one thing is to take out your shoes if possible because this Mother Earth helps us a lot. Is question of ten minutes and the journey is about from three to four feet only. (Mother laughs. Translator does not hear Mother.) The question of ten minutes and the journey is only three to four feet at the most. (Mother gestures up Her Body, from Mooladhara to Sahasrara. Yogi laughs and audience laugh.) Only thing is when you get realization, you have to respect it and you have to grow into it. When I come, many people come, they get their realization and get lost. You have to become your masters and master of Sahaja Yoga so you can give realizations to others. As Christ has said, that you not, you do not put an enlightened light under the table. So you have to come to our centre and you have to get your realization in a humble way and even if the realization starts today, you have to develop, you have to grow, you have to mature and you don't have to pay anything for anything, only a little time. In modern times we have watches to save time, just for our ascent. So you have to pay due respect to your realization.

Now you have to put both the feet on the ground parallel to each other and you have to sit very comfortably, without raising your head too much, backwards or forwards, just in the centre. You have to sit comfortably. If you are sitting on the ground, then it's, it's alright. If you are sitting on the ground it's alright. What's the matter? She's trying to sit down? What has happened? (Yogi: She falls off her seat.) Seat is not alright. Alright, give her a better seat. One of the Sahaja Yogis can give the lady a better seat, please? Maybe some seats are not... (Yogi: She fall down from her seat, Shri Mataji.) Alright? Did you get hurt? (Yogi: Okay.) Ah? (Yogi, to Mother privately: She fell from her chair.) That's alright, alright. Just fell down, it's alright.

Now put your left hand towards Me like this, in a simple way because this represents your desire to get your realization, this is the power of desire which I'll describe to you tomorrow. Now this hand, right hand, this is, symbolically, the power of action. So though the Kundalini will rise, you have to facilitate the upward movement of the Kundalini by touching different centres on the

left-hand side. So I will tell you how to go downward and then upward. (To yogi:) You also show.

Now first of all, the right hand has to be on the heart. Please put it, all of you. Right, right. Left hand towards Me, and... Right. Alright. All the time, left hand should be like this. Then you have to take down your right hand on the left-hand side on the upper portion of your abdomen. This is the centre of your mastery. Now you have to take down your right hand in the lower portion of your stomach on the left-hand side. This is the centre by which the true knowledge of the Divine manifests through us. Fine.

Now, you have to raise your hand again on the left-hand side in the upper portion of your abdomen and press it. Now you have to put your right hand on your heart, which is the, which is the seat of, which is the reflection of God Almighty as Spirit. Now you have to put your right hand now on the, in the corner of your shoulder and your neck and put your, put your head towards the right. This is the, this is the worst centre. This is the worst centre now because this is centre is caught when we feel guilty. So at the very outset I have told you not to feel guilty, not to feel guilty at all, to be pleasantly placed.

Now you have to put your hand, right hand, left hand like this, on the forehead, across, and press it on both the sides, and then to take your hand on the backside of your head and put your head, the load of your head on your hand and put it up. Now stretch your hand, the palm, and put the centre of your palm just on the fontanelle bone area. Now please press the scalp and move it in a clockwise manner seven times. You can bend your head.

Now, please. That's all we have to do. Just we have to close our eyes now. Please don't, don't open your eyes 'till I tell you. Now put the left hand towards Me, on the lap. Keep the eyes shut and put the right hand on your heart. Here you ask Me a very fundamental question three times. You can call me Shri Mataji, or Mother. Mother, am I the Spirit? Ask this question. Now, please bring your right hand on the upper portion of your abdomen on the left-hand side. This is the centre of your mastery and if you are the Spirit, you are your own master. So here you ask Me another question: Mother, am I my own master? Three times please. Now please put your right hand on the lower portion of your abdomen on the left-hand side, please. Now this is the centre of Pure Knowledge. I can not force upon you this Pure Knowledge. I have to respect your freedom. So you have to say, Mother please give me Pure Knowledge, six times, because this centre has got six plexuses, sub-plexuses, or petals.

By asking this question your Kundalini starts moving. Now to facilitate the movement of the Kundalini upward, you put your right hand again on the left-hand side of your abdomen, in the upper part. Here with full confidence you have to say, Mother I am my own master, with full confidence. You have to say it ten times. Now raise your right hand to your heart again, and put the left hand towards Me. Here again with full confidence you have to say, twelve times, Mother, I am the Spirit. Now you have to know that the Divine is the ocean of love and (bliss/peace?), but above all, it is the ocean of forgiveness. So you can not commit any mistake which can not neutralize by the Divine power. So put your right hand, on your left hand, on the left-hand side, in the corner of your neck and your shoulder and press it and put your right hand, head towards the right. Here you have to say sixteen times, again with full confidence in yourself, Mother I am not guilty at all. Now even then you want to feel guilty; then you have to punish yourself by saying it 108 times (Mother chuckles). You have to love yourself and respect yourself. You're entering into the Kingdom of Heaven.

Now put your right hand on your forehead across and press it on both the sides and put the left hand towards Me. Press it hard. Here you have to say, Mother, I forgive everyone. Say it from your heart; how many times is not the point. You may say that it's difficult. But whether you forgive or you do not forgive, what do you do? It's a myth. So if you do not forgive, you play into wrong, into the wrong hands.

Now please put your right hand on the back side of your head and put the load of your head on it. Here for your own satisfaction, without feeling guilty, without counting your mistakes, you have to say, Oh Divine, if I have done any mistakes, please forgive me. Put back your head please. From your heart. Now stretch your hand, your palm, and put the centre of your palm on top of the fontanelle bone area, which was the soft bone in your childhood and stretch your fingers backwards. Press it hard and please put the left hand towards Me now, nicely. Now here you have to move your hand in a clockwise manner, slowly, seven times but while, while doing that, again I can not force upon you the self-realization. So you have to ask, Mother, please may I have my realization? So press it, hard.

Now take down your hands please. Please open your eyes. Put both the hands towards Me. Now, right hand towards Me, and left hand on top of your head. You can put down your head and see if you're feeling the cool breeze. Some will feel it much away from the head, some much closer. Now please put the left hand towards Me and with the right hand, try to feel. Again, please put the right hand towards Me and feel with the left hand.

Now raise both your hands towards the sky and push back your head and ask a question three times: Is this the, Mother, is this the Cool Breeze of the Holy Ghost? Is this the Brahma Shakti? Is this the All-Pervading Power of God's love? Ask the question three times, sincerely. Now, take down your hands please. Watch Me without thinking. Those who have felt cool breeze out of their heads or on their hands, please raise both your hands. Both the hands, both the hands. All of you have got realization, practically. May God Bless You. No more miserable. I bow to you all. Some people did not get, alright, doesn't matter. We'll work it out. It will work out. You didn't feel at all? Don't wear your shoes, just one minute. Now don't think! Just watch Me. Put your hands towards Me. Just watch Me.

## 1987-1103, Divine love doesn't expect anything

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3 November 1987

Divine Love Doesn't Expect Anything

Public Program

Maison de la Mutualité, Paris (France)

Talk Language: English | Transcript (English) – Draft

1987-11-03 Public Program Day 2 Paris France

[FRENCH] I was just, Shri Mataji, explaining a bit the chakras. So I explained, I explained the different two sides

Shri Mataji: Two sides

SY: The right and left side, the centers of energy and that's all I've told.

Shri Mataji: All right. Thank you.

SY: I think [that's it] for introduction before.

Shri Mataji: All right.

I bow to all the seekers of truth. The truth can be realized if you love someone. But it should be pure love without any lust and greed which is a Divine love. Divine love doesn't expect anything. You cannot sell it, you cannot force it on anyone. It is the purity of your being, that starts emitting that love. For example there's a lamp, which is dirty, and even if you put a light inside that it won't give any light at all. So the first process that starts in you of the awakening of the Kundalini gives you the feeling of the All-pervading power and also gives you a kind of a peace within and a security. But above all you develop a new awareness called as collective consciousness.

This new consciousness is where you can feel another person on your finger tips and you start emitting yourself in vibrations of Divine Love. But these vibrations are very dim in the beginning. The Kundalini comes, again falls down, again attends to the problems in the being. The problems could be physical, could be mental, could be emotional. But the main problem is the spiritual problem which is very difficult to eradicate. But as you start seeing your own problems and s and feeling on, feeling them on your fingertips you yourself correct your own being as if you have become your own guide and your own master. In your own light you start seeing what's wrong with you. I don't have to tell you that this is wrong, that is wrong. You yourself correct yourself. When this process starts of cleansing the purity improves within. That is your attention becomes very pure.

When you look at something as I told you yesterday there's no thought that comes into your mind, but you become a witness. But it's not only that. In collective consciousness when you look at something, you pay attention to something, it gets purified. That's why Christ has said "Thou shalt not have adulterous eyes." That means in your eyes there should not be any lust or greed. When you look at people then there should not be any lust or feeling of greed but just you look at them and the purity of your eyes is purifying them. You all are capable of becoming that kind of a strong personality, the light of Spirit, now enlightened within you. Spirit first of all gives you the truth, the absolute, because the Spirit is absolute. It gives you the absolute truth into such an extent that even if you have ten children and tie up their eyes and ask them "What's wrong with this person?" they will all raise this finger means this finger is burning. That means that that person is suffering from guilt. That means this is the center which is catching, here. So much is the absoluteness of the truth is. That means our brain captures the absolute truth. Now, our attention becomes collectively conscious as I told you. Like we see the television, the play is going on somewhere in the central place, and we see the television.

So, say I am sitting here and My attention has gone somewhere else to some person, maybe to some problem to anything. But



it's not like television, it's more than that, because this acts through the subtle of the ether, that when this attention goes to the other end, it acts. It works, it organizes, it sends information everywhere and the whole cosmos works it out. And then the action take place, instantaneously. And you are amazed how it works. You might say it's a miracle but everything that is Divine is miraculous to human beings. It acts in so many ways. There was - there are so many stories Sahaja Yogis will be able to tell you about the miracles. So this attention has got vibrations in it. These vibrations are the ones which themselves are knowledgeable. They have the knowledge and they know what to do and they are connected with the whole. So the message from them goes into the cosmos and it's such a beautiful, efficient machine, we can say - it's not a good word though, of energy that it acts instantaneously in the proper way. Some people ask Me, "Mother if these powers come into us, we can use it for wrong things." You cannot. If you try, your vibrations will stop. If somebody falsely says that "I am a Sahaja Yogi. I have this power", is not accepted. He talks about something like that, it is of no avail.

As you cannot force Sahaja Yoga or anyone you cannot force yourself upon us. And we don't want dishonest hypocritical people. You have to become the genuine, the pure, otherwise how will you emit these vibrations. You are the one who has to do this new revolution. For any other revolution people had to sacrifice, had to die, there were massacres but in Sahaja Yoga you are blessed all the time, blessed. And you have to just count your blessings one by one. You are all the time blessed all the time you are given support and help and security. Every moment you have the sensation of tremendous joy and enormous confidence in your righteousness and virtues. But as we are coming from the crowds suddenly we cannot accept, to be on a hill-top watching the crowds. Because in modern times we live in Hell. Like our one foot is in the mouth of a crocodile and here you are pulled into a boat but if you want to be on the crocodile, or in the crocodile's mouth, nobody can help you. If you want to put back your foot into it what can anybody do? If you like that way, nobody can force you. But once you start enjoying yourself, enjoying the bliss of Divine then seldom you want to go back to the crocodile. The conditioning in human beings sometimes can be very strong. Specially the conditioning of the ego is horrible.

Like to say, "I don't like this. I like this". or, "I hate this, I love this." When you say that 'I' where is this 'I'? You have not known yourself so far. When you become yourself, you'll never say like that. because you do not react in that manner. You just watch and see, absorb whatever is good and discard whatever is bad. But this discretion has to be established. As there are two energies within us as told by him on the left and the right. We have a tendency to go towards the left or towards the right, and go to the extremes. In France I think is people want to go to the left all the time. That is they follow people like Egyptians who think of their death and miserable and unhappy, this that. Such people take to self-destruction. They do not destroy others but in self-destruction they can do things which they know are bad but will go on doing it. I don't want to say all of them otherwise may be half of you might go away. As you know too much drinking, smoking - - you know it's bad for you. You see a person coming out of a pub and fainting and you want to go in the same pub

to get the same feeling of fainting. But nobody dare say "Don't drink". It's sinful. Now, when you get your Realization I don't have to tell you. You become so powerful that you decide for yourself and you never destroy yourself. Overnight people have given up drugs, overnight people have given up bad habits. All kinds of nonsensical habits they have given up because now they have become the Spirit. They see themselves The left-side is very dangerous in a way. Beyond the left side resides your subconscious, then resides the subconscious of your previous lives and beyond that resides the collective subconscious. Beyond that resides all that is gone out of the evolutionary process. From there comes the triggering of all these diseases like cancer, like myelitis - all these muscular disabilities, muscular dissipation. Disability, then impotency, AIDS, madness, lunacy, epilepsy, all psychosomatic diseases, all psychological diseases, That is the psyche on the left-hand side. And a person like Freud, who was a half-baked man, himself was a complicated person - he had bad relation with his own mother - and who died of cancer, and he practiced on the pathological cases. Pathos means suffering, So all left-sided diseases which are, which were very few in those days, and he generalized it and he propagated his Freudian theories. He was given a higher position than that of Christ. Maybe the Christianity was going on the other side of putting too much restrictions, calling human beings "sinners". Whatever may be the reason - one side the dogma another side the licentiousness - both are wrong, both are self-destructive and they are not going to give you any help.

And these two things acted upon the Western people more, and they got lost into the left side. To go to the extreme they started taking drugs and now the Aids. In Sahaja Yoga what happens that your attention comes to the centre. You come on the

parasympathetic nervous system. You can see like this My attention is supposing, is going this side and something pushes it upward like that. So, when the Kundalini rises She brings your attention collected from everywhere brings it upward and pierces through your fontanel bone area. But also we have many, many right-sided people. They went in other countries and tried to dominate them. I sometimes say thank God, Columbus, did not come to India, otherwise I would not have been here. He went to America and finished off all of them.

So this is the right-sidedness when we destroy others. In that we have a kind of a ego - we think we are better than others. This is falsehood. God has not created anybody higher or lower. God created only one world and human beings. Only according to the climate we are varied - we are different from each other. And variety is so important otherwise we'd all would be just the same, like military regime of human beings. or maybe like robots. But He made us so separate and different because we bring beauty in this world. That life is interesting. One leaf of a tree is not just the same as another leaf. Just see the tremendous work of art. In the same artistic way He has created human beings in different manners. But we think we are different, they are different - this is our own conditioning. These are all flowers on one tree. But we haven't got the sense of collective that's why we think like that. We cannot feel the connection with others. It's like you may form a club. Like you have club of people who use fork and spoon in a different manner. There are all sorts of funny clubs.

We try to club together artificially. Whatever is artificially we are doing, exists in reality also. We are part and parcel of one whole. The microcosm belongs to the macrocosm, no doubt, but it's not the reality with us yet. It's just an idea. So under anything you can have a league - like somebody has a "red hair league" - and then we try to classify them. It's all so artificial and so stupid. You are part and parcel of the whole and you cannot classify yourself as separate. Like this hand and this hand belongs to this body. Now if this hand wants to soothe the other hand is it doing any obligation on this hand? So after Realization you feel who is the other? We don't aggress with our hands our nose - do we? We don't put our finger into our eyes to aggress it, do we? Because the eye is whiter than the finger - do we put our finger into it? All this aggressiveness is that stupid. If you are aggressing each other you are aggressing the whole. Anywhere you try to do that, you harm the other part of the whole. Then we start having organization for the whole - The Whole World International Organization - this and that. But the people inside that, are they collectively conscious? Is that their inner understanding on their central nervous system that other doesn't exist?

So this problem also gets solved after Sahaja Yoga. You forget that you are only a Frenchman and nothing more. Like a drop falls into the ocean and becomes the ocean the heart of a Sahaja Yogi becomes so great. He doesn't see the color of your skin, color of your hair or your body. He doesn't see how you sit and talk, what language you know. He just sees "do you know the language of love?", of pure love, of Divine love, of vibrations. He talks in the terminology of vibrations, of different centers. That's what happened to the disciples of Christ, of they started talking in the language of chakras, and started moving their hands to raise the Kundalini of other people. But how this one is also now misused! They started a religion everywhere where a person gets possessed Even in Hindu religion we have people going to the temple and get possessed and saying, "ho, ho, ho", like that - stupid people. And they say that Goddess has come in their body. Mostly they are maid-servants. That Goddess must have some brains to go into these people and all the time they go on making gestures of a such a ridiculous nature. It's not only there, it's happening in all religions. Even among Catholics you find the charisma, charismatic. Same thing, it is the same thing, it's the possession. Then the Pentecostals now, they are going to Guatemala to poor- these poor people, are getting them possessed. SY - They are going to? Guatemala to get them possessed - all these Pentecostals and they all becoming abnormal people crying, weeping, so annoying. They look so miserable. So it is a mass mesmerism. Is it religion? They said, "No, we have become like disciples of Christ." They are not even in their own senses. We had an interesting thing in India once, in a village, Indian village. We had a Pentecostal visitor from America. And we have a Pentecostal church in villages. And they had given a notice to the teachers saying that "If you don't get the blessings of the Holy Ghost this Sunday you will have to give up the job". And the blessing of the Holy Ghost means you go mad. You just go on screaming, shouting, going into gesticulations, all kinds of funny actions.

Now this fellow had no moral courage to act this teacher, poor thing, had no moral courage to act like a Holy Ghost's blessing. But he was worried about his job, you see. So, when the sermon was over he got into a big fright, and he caught hold of that American old lady and put her into a round and round and round and round and saying words in our language, "You see, now you dance my lady, you dance my lady" and the old lady got exhausted and she fainted. But the surprising thing is that the gentleman

got confirmed as a Pentecostal and got his job. All this kind of stupidity brings bad name to God. This is not God. God makes you a righteous, virtuous, sensible, dignified person. He gives you a very subtle sense of humor and a very magnetic personality which is very enjoyable. He doesn't make a fool out of you, He doesn't make you insane that you land up in a lunatic asylum. We've got Christ before us. We've got real gurus who were real, not these fake ones in the market, real gurus, whose lives you can see how sensible they were. How powerful they were, and what they achieved, how they loved the world, created peace, how they gave proper laws and regulations to the whole world. Even sometimes people criticized them but they do not know, what is the essence behind their life.

Say for example people say, Mohammad Sahab married so many times. Because at that time they were on war path, people were killing them and there were hardly young people left to be married to ladies. But Mohammad Sahab did not believe in prostitution and extra-marital relationships. So He said "Whatever it is, you marry". In America people said "We don't like Mohammad Sahab, because He insists on marriage, and we want to have an experience of sex before marriage". I said, "Absurd why do you want to have an experience before marriage"? Supposing you have to shift to a house do you say, "I must have an experience of the house before I go there"? But now the situation is different after AIDS have shown their teeth. They want now people to have virgin husbands and virgin wives. They want to have men and women who are pure. They may not talk about it but they are in a great danger. And as you know that I'm not afraid of anyone, and I very frankly told them in the year 1973 that if they don't give up these nonsensical ideas about sex, they are going to have a horrible disease. And they got very angry with Me and nobody would come to Sahaja Yoga but they wanted to go to all the false gurus, paying them lots of money. Also they didn't like Me because I said, "You can't pay Me", because I could not satisfy their ego. But today is different. They realize that I had the real concern for their good.

When this Kundalini rises within you then you see the chakra, the red chakra down below which is called as the Mooladhara, is the centre of your innocence. Kundalini doesn't go through that. That chakra is below it. So one has to understand that to achieve God you don't have to go to sex. There were another type of gurus who came to say you must take to sex, mass sex to go to God. What happens to the brains of people, when they hear such stupid ideologies! If that is the case, all animals must go to Heavens first, before than human beings. If this kind of a nonsense is good then why is it people get into diseases? The another side is that you shouldn't have any sex. This is absurd. It's a natural thing which one must have in a very sane and a healthy manner. It's like saying you don't eat food at all and you'll go to God. If you fast then you'll go to God immediately. I mean there are many people who are fasting in this world because they haven't got sufficient food. They must have all gone to God immediately.

In Ethiopia you have so many people who died of starvation. Are they gone to God? So the another side of it is also another extreme of a nonsense. And both these things have never helped us. Once you are a Spirit you become completely in control of yourself. No temptations can invade you, no one can dominate you nor you dominate anyone You respect the privacy and the liberty of another person as you respect yours. In this we have no sense of privacy and no self-respect. We have something very private and secret with us, which should not be shared on the street and the roads. People just want to take advantage and want to make you into an animal or into a sex point. You are a human being above all the creation of the world. You are not animals. You don't have to learn anything from animals. They have to learn from you if they have to evolve. You must assume your own powers as Spirit and you can see here clearly that the Kundalini rises and without any guidance from anything else but the Mooladhara, the centre of innocence. That's an eternal childhood, the innocence within us, that's something eternal that does not die. It may sleep off but is awakened as soon as your Kundalini rises. That is the reason why Christ did not die. Because He is the incarnation of that innocence. And innocence is the first thing that was created and that is the first centre in which we have been built.

SY: Bathed?

Shri Mataji:Built. That's our blessing. That's what is the biggest auspicious thing we have. The Kundalini rising itself will give you back your innocence. It will be awakened and you will know what you have so respectable within you. You will develop your self-respect, and your security, and all the courage that is needed, through this power of Divine love. You have to know that the subject is too vast and I must have given thousands of lectures in the West in English language also and many more in India. So, in these two days I cannot go too far. But when you get your Realization you become the knowledge. And you become the joy.

But one has to understand that it is a collective growth, like on a tree, there are many leaves, and are nourished by the sap of the tree.

Supposing one leaf wants to be separated then a bark develops between the tree and the leaf. It happens in the autumn. and the leaf falls off. So you have to keep to the collective to grow together. Many people who get Realization stay away from the collective, and say, "Mother, we love you very much. We had your photograph, we were meditating, still we got cancer." You have to have nourishment all the time. You have to be collective. Firstly, as we don't take money, we don't have very big palatial places for you to come in. We have humble houses where you can come and meet everyone, and become a part and parcel of the whole, and develop yourself. You should forget you come from a rich family or you are a very big personality. Forget all that. Here you are a yogi. You have entered into the Kingdom of God, and all of you are part and parcel of the whole, and all these ideas of ego must go. All these ideas that I am something, will disappear. Then we'll have a new type of humanity which will have no wars, no hatred, but would be completely bathed in the beauty of bliss, of Divine love. You'll have no problems with your children, with your families and you'll reside into the calmness and the beauty and glory of Divinity. That has to come, that's, is there already coming. Please, you're invited. Thank you very much.

Now we have some time and yesterday you asked lots of nice questions, very encouraging. I hope today again you can ask some questions to Me. Thank you. There is a tradition in the Christianity to pray with the chapelet (rosary in French). and is there a connection with the central canal? So, you want to count? Only once you take the name of God, is sufficient. Because you are not connected and you are telephoning, you may try. No use. What's he saying? He can ask like that only. Just ask. [Wilmot], it's all right, need not be broadcasted. You just tell. Just tell, please. He said that everybody has heard a very nice and wonderful message tonight but how can it help somebody who is unemployed?

Shri Mataji: Who is?

SY: Unemployed. and who has finished with this aid.

Shri Mataji: Finished?

SY: With the social aid, which is given and which has started to be depressed. All right! Now you get employed by God. Firstly I've seen, in England where unemployment is the maximum it's difficult to get now any Sahaja Yogi unemployed. All right. Because you improve in everything. You improve in your intelligence, improve in your work and in your style, in your technique in every way you improve so much. You become a dynamic person. But apart from that you want to be unemployed because you want to be employed yourself to God. You want to be unemployed so that you can be employed to God. You feel so happy with it, because you have powers to cure others, to give them Realization. You don't think about yourself anymore, you think of others. You are no more depressed. There are so many people who didn't have the chance to be here yesterday. But they are not here, what to do? You see, it is such a thing that for reality there are very few people. They should be all here to be employed. You better tell them, all of them, if you meet to come next time when I come to Paris , and can go to our centres. So many who were unemployed came to our centres and are perfectly all right.

Yes, please. Yes, please. Yes, please. Please ask, please. All right, [unclear]. First of all, he wants to thanks for this wonderful message and add a personal question saying but for somebody who is still on the way and on the road for, to God, how can he follow the Sahaja Yoga? If you desire it will all be worked out through cosmos. But desire has to be honest As I told you that vibrations understand everything, they will guide you to the right path, Now, there's a gentleman here. You can speak as it is. Even if you cannot, just talk to him. Yes. It's a question and answer together Shri Mataji. I will repeat it in French because it's very important what he said. First of all, in the introduction I said that the main major religions introduced fanaticism and his question is that at the origin, base religion, wasn't a very pure thing?

Shri Mataji: Of course.

SY: At the base. and isn't it the human beings who make or build this fanaticism?

Shri Mataji: - Absolutely. I, I will say this as an answer to it. I always say that all these great incarnations and all these prophets were born on the tree of life. They were living things working the living work of God. But people took away the flowers. Said, "This is mine, this is mine." This is fanaticism. and they are fighting for these dead flowers, even out of one flower they picked up petals by petals and fighting for these dead petals. But there's one thing good about all this is fanaticism, that they fight among themselves and you see how useless they are. If there is one God why should they fight? Is very good for you people to see it clearly - it's nonsense. Anything else now? This lady. You stand up now. I think there's no need. Is it [unclear]? What's he said? What he said? So he said his question was connected with the question before. If the... So if there are different paths to God in the different religions, isn't it the same also, which is in this [situation, combining the different paths]? But I think that perhaps he thinks too, that everything is the same. You see I answered you in the second way, that if there's a difference, it must create beauty. Variety is to create beauty not ugliness and quarrelling.

Also you see they were born at a time, say, samayachar, as they call it in Sanskrit language- means at that time, according to time they had to mould things Now, say at the time of Shri Krishna, He talked of karma, that you'll have to pay for your bad deeds. But at the time of Christ it is no more. It is no more. At the time of Christ, He died for our sins. So at the time of Mohammad Sahab, there's no question of mentioning it. At this time I have to give you Realization and I have to tell you, counsel you all about Kundalini. I have to comfort you. These are My three jobs. So I'm doing that Whatever was in those days, was discussed and told. At the time of Mohammad Sahab there was no smoking, so He did not talk against it. But at the time of Nanaka, He saw smoking, so He prohibited people smoking, as well as drinking. So the Muslims think there is no harm in smoking.

And now, Christ touched the water and it tasted like a grape juice, and grape juice is called as wine in Hebrew language. He didn't make wine the alcohol. You see, you have to rot it otherwise you cannot make it. Whatever He made was instantaneous. Whatever He made was instantaneous. So how can it be wine? In the wine the fungus has to go in, to spoil your livers. How can He make wine for human beings? So the Christians believe there's no harm in drinking. We have a church next door. The only activity I see is that the beer barrels are brought, and emptied and taken away. and nobody comes to the church on a Sunday. Only on Sunday they don't do this activity. Sunday they don't do this activity. Such a mess of God they have made, you don't know! In every religion, I have a simple technical question I noticed that many people here, put off their shoes, [unlikely] and they look like your disciples or like the Sahaja Yogis.

Are you an Englishman?

Seeker: No, I am not Englishman but French language is a fine language.

Shri Matji: What is your nationality, please?

Seeker: I'm Lithuanian. I've been to Lithuania, I've been there. I've been Tallinn I've been. I, I'd like to follow my question, not, not, I'd not run it from question. I would like to know if that gesture or other technical, other form, what is it? I'll tell you, it's...

Shri Mataji: All right! Everything in Sahaja Yoga has a meaning and everything has some great influence, it is. Now why do we take out our shoes, you see, is a thing. You see, the Mother Earth has a great capacity to suck in our problems. All the elements have Yesterday you must have seen so many of you that how from a candle you were getting a cool breeze. Specially the Mother Earth has got the greatest capacity, to take out our lethargy, to take down our negativity. So, when we take out our shoes first of all, the feet are little free. And also the shoes go everywhere so they might be carrying some negativity in it. It has helped a lot. Wherever people have taken shoes - it works much faster. That's why we have to take out our shoes. Gradually you will understand that everything that is done in Sahaja Yoga is for your benevolence.

Now, put a logic to it. Why should Mother ask to take out our shoes? I am not going to have a sale of your shoes. I am not going to gain by that. So why should She ask? Now, there must be some reason as you say. So you must have that attitude, open attitude of a scientist, "I do not know what it is, but as a scientist I would like to know." Neither you should have blind faith in Me,

nor you should have a sort of an adamant view about that, "I don't care". Adamant view that "I don't care". Adamant is - you don't know English - adamant. What's the...? Anybody translate adamant? So, there should not be a denial. Keep your mind open. I'm so happy you are from that country, because in Russia Sahaja Yoga has started officially. And especially in Tallinn I met the Mayoress. she was a, she was a lady who was a Mayor, and she told Me that she wants to come to India because she wants to know the Spirit.

Now I must say I went to Russia and now I know why they denied God. Actually My, as you know My husband is a VIP and they wanted us to go to some place wherever we wanted to. So, we said "We'd like to see some church", because churches still have lot of architecture and beauty. So these Russian officers took us to a church of the Orthodox There was this black order orthodox person - the head of it. He received us all right and we were having our lunch and while having the lunch he told us that "These our fasting days and we do not eat meat". I said, "It's all right". So we were having lunch, but this fellow was just drinking. and he was drinking and drinking and we were amazed Now Me and My husband don't drink at all. So under the protocol, the officers also did not drink. Ultimately in the fasting, the gentleman drank so much that he dropped off. So, these Russian officers said, "Now let's go". And he would not even see us off, I mean he was just dropped down on the table like that. And then officers came out and they said, "With due apologies let us laugh. because we feel like laughing now." So they said, "Now we must tell you the history behind all this. That the Czar of Russia wanted to have a religion. So first he sent for the Catholic church. The Catholic church said that, "See you can drink as much as you like, because Christ made water into wine. Even if you are alcoholic you'll be saved, but you cannot marry again. You can have only one wife." So the Czar said, "That's not possible. We have to have many wives, for our political treaties. So this won't work out". So they sent for the Islam religion Islam said, "Marry many as much as you like but you can't drink". They said, "This won't work out with us either". So they asked them, "All right, then we should have some other religion". So they sent for these Orthodox. They are the most unorthodox people. They said, "See, you can marry as many women you like, you can drink as many times as you like. As long as you give us sufficient money it's all right". So they adopted this religion. That's why, is this man a godly person, you see him, the one who didn't even have decency to see you off. How can we believe in God? I said, "Despite all this, God exists". Despite all this God exists. He said, "Yes, if somebody can give us God of that kind, who exists, we'll accept". And Sahaja Yoga is accepted [instantly / instead], in Russia. This is the reaction to the stupidity of religion. but both are just the same. Whether you accept or don't accept, God exists. He doesn't disappear because of you non-acceptance. SY: Madame

P: She would like to ask a question in English.

Shri Mataji: In?

SY: In English because it's easier for her. All right. My question is that, when one achieves Self Realization through Sahaja Yoga, is it a permanent state or can one loose it? Yes, that's a good question. And I had this question when I had the pleasure of hearing You talking, London in April, and at that time I wanted to ask this question, and somehow I couldn't get the opportunity, though I wanted [unclear]. You see, as I told you is the light of your Spirit. It's about the light of your Spirit. So when you enlighten the candle, in the beginning you have to steady it, Once you steady it well - it may take only eight days or a month then there's no problem But that part is very important where most of the people fail. First they feel very nice, and then they think, "Oh, it's all right, we'll have it forever". And they go back. But that's why you have to settle into Sahaja Yoga. You have to master it. Don't have to give anything, except little time to yourself. And you have to come to the centers, and enjoy the company of other people. Why sometimes we can feel the vibration very fast and sometimes it's coming very slowly or it's not coming. If you start thinking about them they'll stop. Shouldn't think about them. They are there, but you start thinking so you come down, your attention comes down to your thinking. Gradually it grows and steadies itself. Gradually it grows and steadies itself. Now you better get your Realization, you are a powerful person. You'll get your Realization. You are a very powerful person. What country you come from my child? What country he comes from? Which one? He's coming from Antilles. Algeria?

Shri Mataji: What is?

SY: Antilles, the island near the [unclear].

Shri Mataji: Near where? The islands near Cuba. Near Cuba? Near Cuba, yes, islands under Cuba. It's good, good. Vibrations are important for everybody. It's good, that's a good area. Yes, what is it, what did you say? Please. He wanted to say that all the priests, even orthodox or priests are not all alcoholics, and some might drive you to God. They do not. You see, if it's a real religion of Spirit, nobody drinks nobody is unrighteous. You are bound by the wisdom of your Spirit. You are bound by the wisdom of your Spirit You see clearly what is a snake and what is a rope. So, you see, that's the sign, even one person who professes to be Sahaja Yogi and does all these things is no more a Sahaja Yogi. And imagine, imagine a priest, that too the head priest. That means there's no Spirit in his heart shining, no Spirit shining in his heart. Yes? What's it? Another person who is doing another kind of meditation like TM. SY: - Can she come?

Shri Mataji: - C.M? T.M., T.M. - Can she get her Realization? She can, but she has to little bit work it out. Like by mistake, like by mistake instead of coming to this hall we go in the direction of the Bastille, then you have to take a U turn to come back. That's all. Now... SY:- When we speak about Realization, is there only one time of Realization or are there many? Is there only one way to get it, or is there a l-way to get it? Only one way. I'm sorry, in that God has not differentiated. That's a living way of sprouting the Kundalini. There's one more. Now, it's endless. Now, we'll ask this lady. And see, we'll finish off because otherwise what about your Realization? Yes, please. SY: - What do you think about Krishnamurti and about the conditioning, spiritual conditioning.

Shri Mataji: - Who?

P: About spiritual conditioning

Shri Mataji: Spiritual what?

P: Conditioning.

Shri Mataji: Conditioning? Krishnamurti has done it. I must say it's better not talk about all this people All this talking and talking. They have really ruined people There are many who can talk like him now. They cannot get Realization, they are not realized. We have to be honest and we have to worry about ourselves. Supposing your diamond is lost, and you have searched it everywhere. You have wasted your time, you have conditioned yourself, but the diamond is within. You should find your diamond, you should not be identified by all these things. As a Mother I will just ask one question, "My child what did you find?" Don't listen to tall stories. One, achcha now, one more. You ask now. One. He is a Muslim and he asked, just knowing about Sahaja Yoga tonight, what is Your advice to Muslim, to Christian, to Jewish because in fact we are coming from the same Adam.

Muslims must know that Mohammad Sahab has talked about Kayama. This is the Resurrection time of Kayama today, - this is Sahaja Yoga. which He's talked about, "your hands will speak". And why they are fighting among themselves? What about Christians? Christ has said, "I'll send you the Holy Ghost, who will redeem you, who will redeem and tell you all about it, counsel you, comfort you. What are the Christians doing? Are they looking out for a Holy Ghost? Hindus are told long, long time, 14000 years back, prophesized that such a time is going to come, that Kundalini will be awakened like this, because they knew about Kundalini and people will be spontaneously cured. And what stupid thing they are doing. Nanak Sahab told about Khalistan to be established. Khalis means pure people. Khaalis means pure. Who are these pure people violent, drinking? We are making the khaalistan here.

So what should I talk to these people? They are so conditioned. They don't want to listen. - What is the fundamental difference between Sahaja Yoga and Buddhism by the lamas? Tremendous. Just the opposite. There is no more reality in their ritualism. Their ritualism. Rituals. What Buddha said was that you must get your Self-realization first. He did not even want to talk of God. For this reason that unless and until you get Realization no use talking of God. Same with Mahavira. So both of them can we call as atheist in a way. Both of them can be called as atheist because they did not talk of God. Because they said, you must first get Realization. Lamas are just the opposite They have made statues of Buddha, they are worshipping Buddha in a ritual way. They missed the point completely. They are not even connected with Buddha He gave three mantras, mantras to chant, three, mantras what is in English I don't know. Three, first is, "Buddham sharnam gachchami", that means "I surrender myself to the

enlightened". Buddha means a realized soul. Buddha means the one who has known, who is known. Zen also means the same. Then the second one He said, "Dhamam sharanam gachchami." That is the dharma, that is the sustenance within us, the ten valencies which exist within us. That's the human sustenance. And then He says "Sangham sharnam gachchami", I surrender myself to collectivity. These lamas have accumulated so much money with them. They have got gold goblets to take their beers, and gold plates to eat their food. How can they be near Buddha? Such a person won't take anything from you, nothing. It's done now. Let's have it.

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Now should we have Realization, Madam? One thing I must say, any amount of questioning and answering doesn't give you Realization. It's a mental acrobat and your Realization is beyond that. Keep your mind open. I just allow you to ask questions because when I'm trying to raise your Kundalini, I don't want your attention to go to a question which is not needed. But this is no guarantee. May be, may not. It will work, I am sure but still it's not a mental activity. It's a living process. If the seed has to sprout it will sprout but we cannot force it to be germinated. Whatever acrobats we may put, it may, may not. So we should ask for Realization, desire for it from our heart. Because that is our property hidden from us, hidden from us and is in within your reach, is within your reach. I'm just here to give you your key, so you should desire for your Realization. Then Mohammad Sahab has also said you have to become the pir. Pir, Pir. Pir means realized soul. That's what everybody has said and that's what is the essence of all these real religions. Now, can I request you to take out your shoes if it is not too much of a trouble? That way French are much humble people, I must say. All right. Now, those who do not want to meditate and don't want to have their Self-Realization, should leave the hall, to be civil to others. because we cannot force it on anyone. It has to work out on people only who desire it. Is in your own freedom you have to ask it. So, I would request you, to leave the hall in case you do not want to have your Realization. And you all have to, for 10 minutes, little bit co-ordinate with Me. There isn't much to be done as I told you. Those who got Realization yesterday will consolidate it. And those who haven't got it, might get it today. Those who have come for the first time also will get Realization. Whether you get it here or not, you must go to our centers to establish it. You have to respect yourself and your Realization. This is very important. This is where people fail. You don't have to pay anywhere, anything. Now, please put both your feet on the Mother Earth, like this, and keep them separate. Please keep them separate. Now, you have to put your left hand towards Me. You could keep it comfortably, on your lap, if you want. This represents your desire to get your Realization. The right hand is for the action. So, we are going to use the right hand, for facilitating the Kundalini to rise. And for that you have to just follow what I tell you. We are working on the left-hand side of your centers. So, first of all we put our hand - - this I'm telling you what we have to do, but you follow Me - right hand on the heart. Now, in the heart is the reflection of God Almighty. Then we take down our hand in the upper part of our abdomen, on the left-hand side. Here resides the center of our mastery. All the great masters, prophets who came on this earth have established and substantiated this center. Then we put our hand in the lower portion of our abdomen, in the left-hand side. Now, this is the center which is for our true knowledge, to be manifested within us of the Divine power. Now again we go back onto the upper portion of our abdomen, on the left-hand side. Then we take our right hand again on the heart. Then we take this right hand in the corner of your neck, here, and put your head to your right side. Turn your head to your right. This center catches when we are feeling guilty. Today also most of you are catching this center. Now, take out this hand and put it on your forehead across and press it on both the sides. So, this is the center of forgiveness, the power of forgiveness. Take this hand on the back of your head and put your hand in such a manner that you can hold your head which is reclining on it. Now, stretch your hand, and place the center of your palm on top of the fontanel bone area and push back your fingers. Press the scalp and slowly you move it in a clockwise manner, seven times. Now, that's all we have to do. But you have to keep your eyes shut. Both the feet on the ground and the left hand towards Me like this, little higher, little higher like that. Now, we start off by closing our eyes. But we are not to open our eyes till I tell you, because the attention has to go inside. Now don't fight with your thoughts, Just leave it alone. Kundalini will take charge of everything. All right. Now put your right hand on your heart. And you must put all your worries aside. Also you should forgive yourself and should be pleasantly placed towards yourself. Now, when your hand is on your heart, you have to ask Me a fundamental question. if you want, you can call Me Shri Mataji or Mother, whatever suits you, and the question is "Mother, am I the Spirit?" Ask this question three times. Ask this question three times. Now with this the another question comes in that if you are the Spirit you become your master. So, put your right hand on the right side, on the left side of your abdomen, in the upper part. Now, so ask another question here three times, "Mother, am I my own master?" Keep your neck straight. Please keep your neck straight and sit straight and do not droop forward or backwards. Now, put this right hand on the lower part of your abdomen - on the left



hand side. Here I cannot cross over your freedom so you have to ask. Please ask, "Mother, may I have the pure knowledge?" "Mother, please give me pure knowledge." Please say this six times because this center has got six petals. Now, the Kundalini starts moving with this asking. To facilitate Her movement in the upper centers, we have to put our right hand, in the upper portion of your abdomen on the left-hand side. Here you have to say with full confidence to facilitate the Kundalini to move in this center of mastery. Please say it ten times, "Mother, I am my master". Say it with full confidence Now we have to know that we are the Spirit. We are not this body, not this ego, not this conditioning, but in reality we are the Spirit. Now put your right hand on your heart again and say with full confidence, twelve times, "Mother, I am the Spirit." Now, we have to know also, that the Divine is the ocean of bliss, grace and compassion But above all, it is the ocean of forgiveness. And we cannot do any mistake that it cannot engulf it. So, please forgive yourself first of all. Put your right hand on the left hand shoulder and turn your head to your right fully. Now here you have to say with full confidence, "Mother, I am not guilty at all." Say it sixteen times and if you still feel guilty better punish yourself by saying 108 times. You have to be pleasantly placed towards yourself. You are entering into the kingdom of God. Now, put your hand on your forehead across and press it hard. Here you have to say, "Mother, I forgive everyone." On your forehead, please. They are not putting it. On your forehead, not on your head, and press it hard. Now some may say it's difficult to say, but whether you forgive or you don't forgive it's a myth. But if you don't forgive you play into wrong hands, so say, "Mother, I forgive everyone", from your heart. Now, take your hand on the back of your head and raise, turn your head on it, to rest on it. Here for your own satisfaction you can say, "Oh Divine, if I have done anything wrong, please forgive me", but for your own satisfaction, not to feel guilty, not to count your mistakes. You have to love yourself, you have to respect yourself. You have been created into human-being with great difficulties. Now, stretch your hand, right hand. Put the middle of, center of your palm, on top of the fontanel bone, and now press it hard and move it seven times slowly. Here also I cannot force you to Self-Realization. So you have to ask, "Mother, please give me my Self-Realization." Seven times. Press it hard. Move it clockwise. They are not moving. Seven times. Press it hard. Now, take down your hands. Open your eyes slowly. Put your neck straight. and see for yourself. Now, put your right hand towards Me like this, and put your left hand on top of your head, and see if you are feeling the cool breeze. Higher. Little bit here, on the center. You can bend your head, would be better. Now, put your left hand towards Me, and see with your right hand. Here, here, here. Put down your head. It's better to bend it. Some people get it very far also, like a jet. Now again put your right hand and see. Bend your head. Now, raise your both the hands, and ask a question, "Mother, is this the cool breeze of the Holy Ghost?" "Is this the Brahma shakti or the Ruh?" Or the Ruh. "Is this the all-pervading power of God's love?" Put up your head and ask the question three times. Tremendous. Now, please put down your hands. Now, those who have felt cool breeze on their finger tips or out of their heads, or all around them, please raise your both the hands. It's good, very good, excellent! Some people didn't get it. Questions should not have been asked so many I think, some of you. It's too much of mental activity But it will work out when you come here. I'll work it out. All right, no more mental, yes. Just now, those who want to see Me, can come here. She's got her Realization, all right. Put there the candle. Put this candle...

Shri Mataji: - You had, just now? P: - Yesterday I felt [big desire] and today [no desire as such]. There was very, very confusing. Also translation problem is there. All right, now all right. So now you don't think about. Just, just put your hands towards Me, and you just say, "Mother You are thoughtless awareness." You just say that. I told you, it is beyond. If you have mental activity, it will stop. See! Better. On the left?

Shri Mataji: - On the left?

P:- I'm feeling it in the [bottom] of the hand. That's the [bottom] of the hand. How do I do it to get it up on the head? That's why you have to come to the center. They'll make you an expert, all right? May God bless you! That's happening. Now what about you? Just say, "Mother come in my head". Keep your eyes open. Seven times. Say it from your heart. What work you do? - Academic. Research.

Shri Mataji: - In what?

P: - In the university. Anthropology. Anthropology. Anthropology. She should ask the question, "Mother, are You the source of the anthropology?" Put your left hand here. Left, left. This side. Better? Now you say, "You are, you are", then you'll feel better. Say, "You are the source of anthropology." SY: - "You are the source."

P: - I ask what? SY: - No, you don't ask.

Shri Mataji: Now, you state it. Then it will work faster. That's My place and you, because you doubt Me, that's why it doesn't work out there and you need it there. You shouldn't doubt. She always doubts, she can't stop. She says that she always doubts, and she can't help, she said. So that's it. She's catching here. What can I do to [unclear]? Just see, "Mother, You are the source", just see that. You just say, just say, "You are the source of anthropology". So many... Are you all right now? How are you feeling?

Shri Mataji: - He's looking much better now.

SY: - Yes. He came at the beginning and he is fine. Yesterday night he has been crying a lot. That's a, that's a, tears of joy. They are tears of joy. And he told me that [unclear] see it come up, here on the Agnya. Same for yours. Thank you very much. You felt it? Yes? You are all right? [unclear] What he's saying? I would like You to take this. Give vibrations to this...

SY: - To hold this in your hand.

Shri Mataji: - I've given you vibrations. it will get vibrated itself. Now you are vibrated, all right? Are you all right? Let them say. Too much of mental activity, too much. Better now? You are feeling the cool breeze. I thought that heat is generated inside my head. It's getting out or not? Yes, [unclear] everything now. It will get out. You sit down here. You put your right hand towards Me. Too much mental activity. Now, who else? She feels a lot of heat. Yes, see, it will go. Heat has to come out of your head You yourself you are vibrated madam, you don't need any more vibrations. You are your Self. You are yourself a Spirit. Say haan. Now better? What's she saying? You got heat? Too much of mental. Too much mental activity. What's she saying? Yesterday she was all right. You were all right yesterday. What's the thing? What's the thing? She wants to thank You, because You always begin in bowing to all the seekers of the truth. And she feels herself to be such a seeker so she thanks You to bow at her. Your left hand on you hold like that. On the liver, on the liver. Left hand on the liver, yes, like that. That's it. You are all right. You are not only a seeker but you've got it. And you have to tell everyone about it. Now, are you better? She's feeling cooler? On the hands, yes.

Shri Mataji: -Here?

SY: -On, on the hands. Good. On the head, no? And hot on the head. Now say that, "Mother, come in my head". Liver. Come to the center, get your liver all right. She is not troubled. "Come in my head". Again. "Please come in my head". Cooling now? Good. May God bless you! She feels, this lady feels quite... She feels quite well in the hands but she feels pain here. You just say, "Mother, please come in my head". Here is the brother of that lady. He was going to picture You yesterday. He is French? What's the matter with him? No, she wanted You to get his Realization, to feel the same joy

that she felt yesterday. He is very proud. Heart is closed. Did you say so? "Please come in my head". Better now, much better. Too much of... Are you Indian? No, I'm Iranian. P: - Iranian

Shri Mataji: - Iranian? Oh, we have so many Iranians. Now, better? It's not. It's coming up. She feels hot. Now you say the same thing. Oh, thank you very much, madam. SY: - No, from this young girl.

Shri Mataji: - Oh, I see, thank you. Better? He, he felt it very lightly, but he's worrying if it's a mental process occasional. No, no not at all. That's why you are not feeling it. Now just ask, "Mother, is it a divine process?" Ask the question. Ask the question, "Mother, is this the divine work [unclear]?" That's the answer. Better now? Now you have to say, "It is a divine process". Then it will work out, All right? You have to recognize. Shri Mataji, this lady is the mother of Elise. SY: - She feels very guilty and embarrassed.

Shri Mataji: - Why ? She's struggled with her hands for the last ten years. What is the problem? What is the problem? What is your problem? She doesn't feel benevolence of the people. Guilty you feel? She thinks she doesn't go [unclear]. Just put your hand, left to Me. - no, no, no just this left should be as this, this one. As it is, another on the Mother Earth. No, no, no. There also. You put it fully. Better. She feels all her body warm. Better now? It's cooling down. What about her? What about her? Ask this lady. Now you

must come to the center to get it permanently there. You get the address at the gate. So she had the Realization in august but she she believes in it but she couldn't feel properly. She cut out. But does she come to the centre? Sometimes she can visit... If she comes, she'll be all right. Better now. And she? He won't go. What about this gentleman? How are you? All right? He is now smiling. She didn't, she didn't feel the vibrations. Left to the right. He's not all right? Not feeling anything? She feels peace inside. Right hand on the Mother Earth. Here. What did you say? He feels very ungraceful people and so on and he asks how it can help him in his day life. He has been to some guru or something? No, he said me no. He did it. All right. So you put your hand on the, on the left hand side of your stomach, here. Down below, down below. Yes, now, here you have to say "Mother, I'm my own master". Just say that ten times. He didn't feel anything. All right, now good? Did you go to some guru or something? Two years of Hatha yoga. Ask him to ask, "Mother, are You [Hatha yoga]?" The heart catching. Better now? Put to the light to him. Are you all right? Not feeling well? Just put your left hand to your liver. He's badly caught up. No, no, left, left hand, left hand. That side, press it hard. Did you ask a question? Better now? Shri Mataji at midnight there is an extra cost of 300 pounds.

Shri Mataji: What's the time now?

SY: - Twenty to midnight. SY: - Twenty to midnight.

Shri Mataji: - Watch has stopped. All right, you are o.k. Did you say? Did he say that? "Mother, are You Hatha Yoga?" What about you? What she's saying, that is not cool? Come now to the centre. Ask him, that gentleman. This gentleman, he has been in TM for six months, and he, some friends told him to come here and now he would like to know if you want to give him a mantra or what to do? No, no mantra. Where is he come from? North of France. From where? That's so far, that's so far from this place And he's got a Ekadasha Rudra, so ask him has he been to some guru? Yes, six months in

TM, six months. You have been in TM? Yes, he has his mantras. Forget it. Horrible TM. That's why he's catching on [liver]. You ask, "Mother, are You the source of all the mantras?" Put your right hand on your left Nabhi, left side. Better now? What sort of Hatha yoga is this? Aikido, Karate, aikido. And put your hand on your heart. inside, inside. inside the coat and you say, "Mother, I am the Spirit." He's willing to ask You if You would like to see a picture of his son because he's schizophrenic. Will he listen to you? Will he listen to her? All right, you should come and see them. They will tell you what is to be done. Better now? Did you say that? Better? Little freshness in the head. All right, it's all right. You just go on saying, "I am the Spirit". "Mother, I am the Spirit". Just go on saying. You are not the body, for her to know. You are the Spirit. You should only do this when the Kundalini is rising, when there's a problem, in a particular centre. All right? Discriminate. Not all the way they do blindly. Tell, tell, tell him Better now. He's better. Shri Mataji, here is another Colombian. You remember this man? This one is another Colombian You got it. Colombia is tremendous, I tell you. And see, what they told Me, in Colombia, they have got the emblem of Garuda on the condor, for the Navy. That's on condor, condor. So I asked them why? So they said their own aboriginal people, their Indians, their old aboriginal people told them that a God called Vishnu came from India on a condor. And there's something called El Dorado they have got, where they have got all the gold, gold things made, out of gold is made like Indians. And they told that Indian, Indian goldsmith used to come there, Indian goldsmiths. You see, that's why I said Colombia will work out He would like to share his love with You. Now, what is it you want child? Here in, yesterday he didn't feel it and today he didn't too. Yesterday you didn't feel? Today also you didn't feel? Really? So, you are seeking God? What are you wearing? St. Christopher. Can you take it out for one minute? One take it out, one minute. It's a, You know, here's a tradition, we have a chain and a medal for the baptism. When you get baptism, you get a chain You one minute take it, one minute. Look Shri Mataji. How is it feel? Better? He's all right. The first country I visited was Iran. It will work out. Mother, there are many Iranians in Sahaja Yoga, one in France and some in Austria. But only thing is you see... In Italy too. Now, you just ask the question saying, "Mother, please give me the real baptism". Real. On his head. He's innocent. Now is there. He's got it. Now, all right? Got it? That's the real baptism. Now don't wear it, there's no need. You are a realized soul. Now you are really baptized, You are a.... Thank you. Hello. She is the sister of Malika. I know, I know . She brought them. I'm glad to see You. May God bless you! I'm very glad to see you also. After such a long time she came back from Lille, you know. Now, what is it? Are you all right? Any Sahaja Yogi here? Please, please give him Realization - Hatha yoga. Haan, come along. Natalie, just take him down. He's done Hatha yoga Raise him left to the right. Left to the right, he'll be all right. What's he saying? What he is just saying? Ah, he didn't feel anything yesterday nor today. Has he been to some guru or...? Shri Mataji, here is the mother of a Sahaja Yogini, who is living in Austria. She didn't feel much. Zen. Ask him to ask, "Mother, is it Sahaja Yoga the zen itself?" They just talk and talk and talk. Talking is not. Zen is something, Got it? See it, see it yourself.

Coming out, coming out. Just see on his head Because of Zen you didn't, you get mental activity. You got it, sir. This is real Zen, this is real Zen. P: - I cannot feel it.

Shri Mataji: - No, no, it is. Now come and join them. Understand it fully. All right. So what? [unclear] [It is locked. It is locked.] What's he saying? He wants me to ask a question. Backbone problem. What do you have? He has many problems with his backbone, and with Sahaja Yoga, it has really improved but he has still sometimes... You come and see Me there. I'll put you right. Where? In the ashram? I'll see you tomorrow, in the evening. Tomorrow is a program? No, no, no, no. Tomorrow evening. You are coming for the program there? Now what about you? Put your left hand on your liver. Ask her to put her left hand. We have to go. Left hand on your liver. Just ask them to put her left hand on her liver. We have to go now, we are sorry. Please excuse Me. Why don't you all come to the center? Get yourself done properly. You all become experts. You are all capable of getting it. So why not get it? Why? Come along. What she's saying? I've come to Los Angeles, You remember me? In August you gave me [unclear] we just have. Now how are you? I'm fine. How are you doing? I'm just having problems with my stomach. But you don't come to the center. You must come to the center. You'll have no problems. You'll solve other's problems also. I've been travelling a month but I've been, I went, when I was there in Los Angeles, not even there because [unclear]. I think Los Angeles, you come to Worlikar's place. Dr. Worlikar, do you know him? Yeah. - That's it. - What's the stomach problem? You come tomorrow evening to the center. Yes, about 7 o'clock. Thank You.

## 1987-1104, Talk on marriage, Songs, Shri Mataji giving names

View [online](#).

4 November 1987

Talk to Sahaja Yogis

Ashram in Le Raincy, Le Raincy (France)

Talk Language: English | Transcript (English) – Draft

Talk on marriage, Songs, Shri Mataji giving names. Ashram in Le Raincy, Le Raincy (Paris-France), November 4th, 1987

It's nice to see you all here, to meet you all. Now, we were very successful in these programs and so many people came. I'm sure they will be coming again.

Some of them are such that they may not have light, a particular statement of mind or maybe something like that. Because one lady came and asked Me, "How do you say that Hitler was the disciple of Dalai Lama?" But it's written down in the papers, it is written down in the books, there's nothing a new thing I'm telling. And whatever I'm saying, it has the truth behind it. I never tell lies. And I talked about Gautamala also it's a fact. Maybe it is an American trick, I don't know what it is, but there are doing all these things there.

We have to be concerned about the whole world, isn't it? But for Sahaja Yogis it is important, first and foremost thing, that when the others come to our meetings or to our follow-up, we should show at most peace within ourselves. And we should be extremely gentle in talking to them. You should be very, very kind to the- extremely kind, much more kind than, normally, people are. And they should feel, "These are very kind people and very nice people". And not arrogant people that think no end of themselves. And there should not be any frivolousness about it. We have to be very dignified and very straightforward.

Now, anybody wants to argue, you should say that, "See, we don't want to argue about it, because it cannot be argued". But the worse thing I've noticed is that if anybody talks against Me, you'd better put your hands to your ears. Because I've known some people who just listened to something against Me have gone into cancer and things like that. It happened in Germany. You know, there was one leader in Germany his name was Hugo. He was from TM and sometimes these TM people go off very fast. And he improved a lot in that, no doubt. I don't know what happened after so many days, he divorced. And one morning he got up, started saying: "I'm going to do now maha yoga and all some sort of nonsense he started talking. I'm also an incarnation and hat Mother thinks of Herself and all sort of things, you see." [Shri Mataji laughs.]

So, all the boys thought that he's gone off his head, he is mad. Because he was a leader, you see, so they said: "All right, we are now going to leave this ashram." So they said, "No, no." He said, "I cannot afford it, so you 'd better stay here and you look after the ashram, I'm going out."

And there was one Sahaja Yogi who was a little - he had a wife who was rather weak. So, he telephoned to him, he said, "I want to come and stay with you". He refused, he said, "I've nothing to do with you. You go wherever you feel like". Then he went to another Sahaja Yogi who was weak and his wife was very weak and stayed in their house. And there, he started talking about his "maha yoga" and against Me, all kinds of foolish things, and stayed there for about a week, I think. And they all sympathized with him. And "sympathy " comes from the word "pathos" means suffering and "sym" means to share. And also the cancer is a pathological disease. And this lady got a very serious type of cancer of the uterus and now it has spread to cancer of the breast and spread, I think, to liver and other places. And the husband has also got now.

So, when I went there, they came to Me and they said, "Mother, sorry, this, that". I said, "I have done nothing, I don't know what you heard or not heard, but there's a law in the Guru principle, that you should not hear anything against your Guru, otherwise it is poison." And that's what one has to understand. If you know that I'm Adi Shakti, then it is even worse. I'm not only your Guru but I am Adi Shakti, your Mother. So, I would like to warn you that don't - anybody starts talking ill or anything against Me, just put

your hands to your ears. You should say that: "Don't talk to us against our Guru because we know Her very well. She's very honest. And She has done so much good to others, what good have you done? Why are you talking against Her like that?" But put your hands on your ears like this. And even if they talk more you should say: "Shut up now, we don't want to hear. You'd better not talk otherwise you'll be in troubles." This is something I have to warn you that you have to be careful because, you see, we should not take things lightly about Sahaja Yoga. Because now you have entered into the kingdom of God. And here everything has to be very pure. You can't afford to have anything which is not pure.

So, for you all French people, I have to tell you that you have to be very careful. Now, there's another thing which was pointed out to Me that we had to send some people away from husbands or the wives had to leave their husbands for a while, and in 99% cases, it has worked very well. It has helped many people. And in certain cases, they would not listen to Me and they have suffered. So, it is for the good of both of them that one has to do that way. You must know it is the work of God. It's a cosmic force and very powerful. Anyone who tries to bring troubles to Sahaja Yoga will not stay in Sahaja Yoga any longer. They can be thrown off without my asking. So, one should not sort of doubt our intentions.

Second thing is that many people are surprised when we say that we should not lead a life of sex before marriage. I tell you those people who lead a life like that, after marriage, some way or other, I've seen, they fizzle out. So, it is nothing very healthy. That's why your marriages are failing here. Unless and until you give sacredness to your marriage, it can never be successful. There's no purpose there. So, in Sahaja Yoga, what we propose to do is to get you engaged so your attention is not so diverted. Now, in this condition also you can develop a very serene kind of a love and expecting your wife to come in and you will know what to give her, how to be with her, you'll have time to think about it. And during engagement only you can discover about your wife, you can correct her or she can correct you whatever it is, during engagement, it's better that you find out. And slowly you'll be surprised, your attention will be very much better.

But I've seen the marriages where people don't see each other, don't know each other, and suddenly, spontaneously say, in a tour or something, they meet and marriage is decided and they like it. Such marriages are exceptionally good, somehow. In this marriage, there is a kind of a curiosity, a kind of sudden joy. Of course, there can be chance also there of failing because we have so many complicated personalities. [Shri Mataji laughs.] And there are some problems but we can overcome them gradually if you understand the value of a Sahaj marriage. And to enjoy your joy, you have to become a subtler person. As they say in Sanskrit the "sukshma". Otherwise, if you are worried about nonsensical things and useless gross things then you cannot enjoy the sukshma. And then what's the use of coming to Sahaja Yoga? If you cannot enjoy, it's better not to be in Sahaja Yoga. I mean, we do not want here a lot of quantity, we want quality, isn't it? So don't think too much about marriage and wife and this and that, it's not so important. Actually, your wife cannot give you joy, it's you, your Spirit. Nor can she get her joy from her husband. It's her Spirit. And if you bother your head on small, small things and nonsensical things you'll make miserable each other. But if you both enjoy Sahaja Yoga then you enjoy each other better. So, one has to understand in the right perspective and see for ourselves that we are in Sahaja Yoga to enjoy.

Supposing your tongue doesn't have taste buds, how can it enjoy? So, you have to develop that. And it has nothing to do with your wife and married life and all these nonsensical ideas. Of course, for Sahaja Yogis, marriage is sacred and they should marry and they should have very good husbands and wives should be good, that is, of course, expected. But you don't come to Sahaja Yoga for marriage only, not to marry and just to sit alone as a married person, you come to Sahaja Yoga to enjoy! And if you cannot enjoy better get out of Sahaja Yoga. What's the use of people who cannot hear- listening to music. So, this is what one has to know that thinking and analyzing and too much working mentally is not going to give you anything out of Sahaja Yoga. We have come here to do Sahaja Yoga, means to enjoy, to develop the capacity to enjoy and to make others enjoy also. It's such a simple thing. So, we should not think too much about it and complicated ourselves.

I understand it, you are surrounded by such horrible things all around you that all the time attention goes out. But, one should keep out of it and see, these things are ridiculous because now you are much higher than all those things, you are not in it, as something filthy and dirty. That doesn't belong to you so why should you worry.

There are certain things which have come into my mind which I wanted to tell you that you are all welcome in India now and you

all should make a list of people who want to get married. And that you should be very happy that the whole program has worked out so well for everyone and that we are going to have a very nice time together.

Maybe one day we'll buy this house and the other house for our ashrams. It may work out very fast, you see, depends on. Of course, what they have decided that every year, one year, every one year, everybody should try to give hundred pounds as a donation for making ashrams. So far, I've been able to give my money for different ashrams, wherever it was possible. But once I go to India, I may have to sell it after some time. So we have to be prepared to have our own ashrams. And all of us if we pay a hundred pound per year, save that much, we all can have very nice ashrams in every place. And you all can visit your friends and stay there and meet all the people all around.

But, the first responsibility is to have our school, in India, for our children to study there in a proper style. Of course, we can't have very very young children there. They have to be at least nine years of age or ten years of age. And another idea has come into my head that if I teach you cooking for one month, you all can become good cooks and we can also run our restaurants.

[Shri Mataji laughs.]

And then the people who will eat that food will have better Nabhis and you see will come to Sahaja Yoga. [Shri Mataji laughs.] Also you should give Me some ideas like that and we'll start working it out. But we cannot have business out of Sahaja Yoga centers. But some Sahaja Yogis can get together and run a business, that is possible. But as you know I don't want to make any money, nor you want to make any money out of Sahaja Yoga. But you can run a business of your own and under your own.

So some people were saying that: "Nobody will come, in Paris, when there is no drinking offered in restaurants." [Shri Mataji laughs.] Then we can have "takeaways" just give them "takeaways" with "takeaways" they don't expect you to give them drinks.

So I wish you a very happy New Year and a very happy Christmas. You must make some new vows for the New Year and try to get more people in Sahaja Yoga.

May God bless you all.

So, let's have some nice music now out of the lecture. To much lecturing, I'm fed up with my own lectures, I'm fed up. You people like it but somehow, I get fed up.

[At 27:39 starts the music program. The French Sahaja Yogis sing a French song of their composition "The Mother".]

Shri Mataji: Thank you. Next time, when we have a program we can have this music [inaudible]

And you know Italian people have asked now for the tape sessions [unsure]. They were all playing [inaudible] and they were clapping and everybody was enjoying in Italy. So what we can do is to start this music before the program starts. It will be less lectures and more music.

[Laughter]

Michel: The second song Shri Mataji is a song in English, "pass it on".

Shri Mataji: [Inaudible]

Sahaja Yogi: To sing a very simple song for us which is "Jay Jagadamba".

[Sahaja Yogis sing "You are Kundalini".]

[Cut in the audio. Another song]

Shri Mataji: It is a marching song. You're singing it like a romantic song.

[Laughter]

Shri Mataji: Of all the things this is a song of [inaudible]

[Ragupathi raga]

Shri Mataji: [Inaudible] It's a beautiful mood like this. [inaudible]

He has taken over. And that's what, I think, the audience liked the other day because they liked this

[inaudible]

And they were all playing like that [clapping their hands] trying to understand [inaudible] [Shri Mataji laughs] It improves the Sahasrara, see the vibrations.

[inaudible]

[The French Sahaja Yogis sing a French song of their composition "Merci (Thank you)".]

Shri Mataji: Merci. It was tremendous. I should thank you what are you thanking Me for, I don't know.

[Cut in the audio. Another song "All the nations".]

Shri Mataji: Very good. All the nation. When will they all come to Sahaj?

Rabindranath Tagore has said: "absolutely you see the picture of that gratitude [unsure] has come from all the nations." Have you got those writings?

Sahaja Yogi: Yes.

Shri Mataji: Wonderful, isn't it?

And recently, the one they gave Me in this Lakshmi puja, have you got that one with you? Because they gave to all the people my photograph and the writings with it.

[inaudible]

Did you read them?

Sahaja Yogini: Not yet Mother.

Shri Mataji: Where is it? Just bring it, it's so beautiful, I tell you. Such a beautiful poetry I really enjoy it such a beautiful poetry. I don't know who has written it, I have no idea. A beautiful English and a beautiful [inaudible] a masterpiece. No? That's something that must be read out. It's so beautiful. Such a-



Michel: We received it one week ago Shri Mataji and we were very busy at that time.

Shri Mataji: I know, preparing.

Michel: Preparing everything.

Michel: We received it one week ago Shri Mataji and we were very busy at that time.

Shri Mataji: Yes, but it's better to read it now everybody is there. It's a real sort of- sharing of joy. Imagine Italians writing such good English! I was surprised at that.

[Michel translates the beginning.]

Shri Mataji: I mean he has described so clearly from all the nations you come, the Mother of the universe has awakened here. And he must have written at least sixty years back or something. Or maybe fifty years back. No? Where is it?

Lost?

I'm sorry. It's a beautiful thing, very beautiful. Might be here.

It's a file, it's a file.

Michel: I'm explaining that they have been sorted somewhere because we have cleaned everything.

Shri Mataji: All right, now, for next, when you have a program, you read it out, it's wonderful. One passage after it's beautifully done. And I think it's a very good idea to give that kind of a file with photographs and things, so beautifully done, so expressive.

Now which children want to get their names?

First the small children.

Michel: This one Shri Mataji.

Shri Mataji: This one, he's under five?

Michel: Yes.

Shri Mataji: What's his name?

Michel: Yohan.

Shri Mataji: Yo-han.

We can call him Yogesh, means the God of yoga. Yogesh.

[1:06:02 Cut in the audio]

Shri Mataji: So Daphnée?

We can call her Dhaya mayi. Dhaya, you can call her at home. Dhaya mayi means [inaudible] of compassion, compassions.

Shri Mataji: He has got his name?

Sahaja Yogi: Oui [yes].

Shri Mataji: You've got your name?

Michel: No, he doesn't have any at the moment.

Shri Mataji: Hum?

Michel: He doesn't have.

Shri Mataji: What's his name?

Michel: Emrick. E-me-rick

Shri Mataji: E-me-rick

You can call him Amrut, meaning "ambrosia".

Michel: Amrut.

Shri Mataji: It is [pronounced] emrut.

Shri Mataji: Gnyana Vati. Gnyana Vati means "knowledge".

Michel: Gya?

Shri Mataji: Source of knowledge. Gnyana Vati. It's the name of Goddess [inaudible]. Lalita.

Shri Mataji: Source of knowledge. Gnyana Vati.

It's the name of Goddess [inaudible]. Lalita. Lalita Sundary. My name is- [Cut in the audio]

Sahaja Yogi: Yannick. Yann, Yannick.

Shri Mataji: You can call him. Gnyanendra, means the king of "gnyana", "knowledge".

Michel: Gyanentra.

Shri Mataji: Gnyanendra.

Michel: Gya Indra.

Shri Mataji: Gnya-nen-dra.

[Laughter]

Gnyanendra is simpler than "edge".

[Cut in the audio]

Shri Mataji: Satya is "truth" and Endra is the king of "truth".

Michel: Satyendra.

There is a lot of kings today Shri Mataji.

Shri Mataji: You call him Shriranga, it's a name of Shri Krishna. Shriranga.

Michel: Shriranga.

Shri Mataji: Hum. It's a name of- means the colour of Adi Shakti.

Shri Mataji: Now, how many boys there are. Let Me think of all the names. How many of you? One, two, boys. Three.

All right. Now, the younger ones, let us have.

These two, one is Gajanana another is Vinayaka, these names of Ganesha. Gajanana and Vinayaka, both.

It's a name of Shri Ganesh.

All right.

Shri Mataji: We call him Maheshchandra.

Michel: [We will call Patrick Maheshchandra]

Shri Mataji: Maheschandra means the Moon crescent on the head of Shri Shiva.

[Big applause]

Shri Mataji: We'll call you Nirananada.

Shri Mataji: Another name, Sarvesh is nice. Sarvesh means the Lord of all the things, "sarva" means everything.

Michel: Sarve.

Shri Mataji: Sarvesh. It's a name of God Almighty, Sarvesh.

Sahaja Yogi: Shri Mataji, he is the one who prepared the poster.

Shri Mataji: Ah! That's why!

[Laughter]

What a nice name Sarvesh. It's a beautiful poster you prepared, really. Very beautiful and that poster was so impressive, that's why people came, I know.

Now, who else is there? Next one we'll see. [Shri Mataji laughs]

Shri Mataji: You see, the names of Shri Krishna have no meaning as such but there are mantras actually if you take, his names are like mantras. The twenty-one names He has got, which are for the 7 into 3 chakras it is. So any name of his equal to a mantra, you see. So we can call him Mado. Mado. It's- Mado is the name of Shri Krishna as a power which gives the sweetness.

Michel: Madu.

Shri Mataji: Mado.

Madhava.

Michel: Madhava.

Shri Mataji: It's the giver of- one of his powers was that He was giving sweet, He was sweet-madhuria". It's called as the sweetness in everything.

Shri Mataji: So many names to come to hear [unsure].

Another poet was Kabira, he's a great saint. Great poet.

Sahaja Yogi: He's one of the songwriters, Shri Mataji.

Shri Mataji: How do I know? How do I know?

[Laughter]

How do I know?

Shri Mataji: You can call him Sideshwara. Sideshwara. Means he is the Lord of all the "siddhis", all the powers. Sideshwara. Siddha means the one who is improved now, who is a Realized soul. Sideshwara, means the Lord of all the "siddhis", all the "siddhis" you get: this raising of the Kundalini, everything, all these powers. Sideshwara. It's the name of Kalaki actually.

Shri Mataji: Who else?

I must put you to the right side.

Michel: [My right side must be lifted up]

Shri Mataji: Hanumana is a better name for him. Hanumana.

[Big applause]

Shri Mataji: May God bless you.

May God bless you.

[Shri Mataji laughs]

Sahaja Yogi: Michel, remember, Hanumana never thinks, he acts.

Shri Mataji: He never thinks, absolutely. He's the controller of you, the thinking. He's the controller of your thinking. That's the point is, that's why his name is Hanumana. He doesn't think at all. He stops thinking.

[Laughter]

Michel: Thank you.

Shri Mataji: He wants to know what name I gave. You tell them your name.

Michel: Hanumana. Ha-nu-mana.

Shri Mataji: They all know Hanumana.

Gabriel.

All right?

Shri Mataji: Who else left?

[Shri Mataji speaks in Hindi]

Shri Mataji: Karuna Sagara means ocean of compassion. It's a name of Shri Shiva.

Michel: For Christian.

[Applause]

Shri Mataji: Who's this?

Another name of Shri Shiva is Prema Sagara, ocean of love.

[Applause]

Shri Mataji: All right.

Michel: Louis-Marie.

Shri Mataji: What's the name?

Michel: Louis-Marie.

Shri Mataji: Louis-Marie.

Michel: He is Marie-André's husband.

Shri Mataji: Who?

Michel: Marie-André's husband.

Shri Mataji: Lakshmi Dhara. Lakshmi Dhara means the sustainer of the Lakshmi.

Michel: Lakshmi Tara.

Shri Mataji: Dhara, dhara.

Michel: Tara.

Shri Mataji: Dhara, dhara, dhara.

[Applause]

[Shri Mataji laughs]

Shri Mataji: You too?

Where he is, what's his name?

Michel: Jean-Pierre.

Shri Mataji: Devapriya, meaning loved by God.

[Inaudible]

Devapriya, Devapriya.

[Applause]

Shri Mataji: That one? All right, one by one.

Sahaja Yogi: Alain from Starsbourg.

Shri Mataji: Allan.

Sahaja Yogi: Alain.

Shri Mataji: You can call him as Allan.

Shri Mataji: Ambarish. Amabrish. Amba is the "sky". And the Lord of the sky. Ambarish.

[Applause]

Shri Mataji: What's your name?

Sahaja Yogi: Michel.

Shri Mataji: Hum?

Sahaja Yogi: Michel.

Sahaja Yogi: Another Michel.

Michel: Another thinking Michel.

Shri Mataji: Another Maruti, it's the same name as Hanumana, Maruti.

Maruti, the same name as Hanumana.

All right?

[Applause]

Shri Mataji: He, how are you?

Yes, yes, Marie's husband.

Sahaja Yogi: Raymond.

Shri Mataji: I know his name, Raymond.

[End of tape]

## 1987-1105, Feel the cool breeze of the Holy Ghost coming out of your head

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5 November 1987

Feel The Cool Breeze Of The Holy Ghost Coming Out Of Your Head

Public Program

Madrid (Spain)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, 05 November 1987- Madrid, Spain

I bow to all the seekers of truth. But when we talk of truth, we have to understand that truth is what it is. We cannot organize it, we cannot mentally conceive it. It is what it is. In our arrogance if we try to propound something as truth it will be very easily shown and exposed that it is not. Truth is subtler. and can come to us if we become subtler personalities. We have the knowledge of the tree outside. But we have no knowledge of our roots, and we have to humble down as students of knowledge, to understand what is in our roots. If you have a scientific mind, then you must keep it open. and see for yourself what is the truth. If I put before you any statement you should treat it like a hypothesis. And then if you achieve it, then you have to believe as honest people that that's the truth. Truth has to be absolute. Those who achieve it, all of us must say the same thing. But those who do not achieve can come out with many varieties of propositions. Truth is to be felt on your central nervous system. As you can clearly see there are flowers here which are white in colour and you can feel them as flowers. You should be able to feel the truth. If you do not feel the truth on your central nervous system, then you should not believe into something because it was followed by your forefathers.

So with a very open mind, we have to see to it, that truth is beyond human awareness. Unless and until you rise to a level of a realized soul, you cannot feel the truth. That means you have to have your rebirth. But it is not just a false certificate that you are being born again. It is the actualization. It is not like, somebody saying, "All right, I baptize you here and you have finished with it". But it is actually feeling the cool breeze of the Holy Ghost coming out of your head. Unless and until you have become the Spirit you cannot get connected to the Divine. It is said that we are surrounded by the All Pervading Power of God's Love. But have you feel it? As described in many various Scriptures that it, you can feel it like a cool breeze, did you feel that way? You cannot pay for getting to truth. You cannot purchase it. Because it is a living process of evolution, of a living force that has to do this. And any living force you cannot purchase.

Like in the Mother Earth you put a seed and it sprouts by itself You cannot force Mother Earth to do that. And you cannot pay Mother Earth for that. It has to happen spontaneously by the power of the Mother Earth. If the seed is all right, then it will sprout and it will be transformed into a plant. In the same way we are transferred and transformed into a new awareness. This awareness is called as the collective consciousness. That is, you can feel your inner being on your fingertips. You can feel another person also on your fingertips.

Mohammed Sahib has said in Quran that there will be a time of Kiama, means the Resurrection, when your hands will speak and give witness against you, In the Bible we know of the Last Judgment. God is not going to judge us by putting us in the weight, measurements. You are going to judge yourself. So... Did you talk about Kundalini? So the force that is within you called Kundalini, rises through the various centers within you which are subtler. You become sensitive on your fingertips. You can feel it very clearly what's wrong with you and what's wrong with others. People suddenly find out they have got cancer. They suddenly find out that they get heart attacks. Suddenly they find out they are schizophrenic. Suddenly they find out about their relations that they are sick. There is no information when all these problems are growing up. Only when you are a realized soul, you can feel it on your fingertips that these problems are growing up. Now, if you know how to control or to check, or to correct these problems, then you are the healthiest person going round. You can never get into any disease, your diseases can be cured, your mental problems can be cured. Not only that but your attention becomes so powerful, that sitting down here, you can feel the chakras of other people. Because you enter into a new realm of awareness, where you start feeling the All Pervading Power. This



All Pervading Power Itself is the subtle of all the elements. It is the subtle of the ether. It is the subtle of the light. When it is the subtle of everything and you have become a subtle, you establish a contact with that subtle. So you become the Spirit. The English language has a problem. because Spirit means also alcohol. Also it means a dead body or dead person. But what I am meaning here is the Atma, is the Spirit, which resides as the reflection of God Almighty in your heart. In these modern times is very difficult to talk about God. People don't like it. In the name of God, many wrong things have been done. Many religions which sing the praise of God have been doing all kinds of nonsensical things. For any logical man it doesn't make much sense. But whether you like it or not God exists.

You should not judge Him by the people who have spoilt His name, those who have used His name to massacre people, to oppress them. He is there, He is truth and He is Love. He is peace. When you find your Spirit the first thing happens to you that you become extremely a peaceful person. All agitations drop out, People talk of peace organizations, but they have no peace within, how can they give peace to others? You have to have peace within yourself. Those who talk of sufferings to achieve God, are just misleading people. This is a kind of a money making proposition, to say that you have committed sins so you better pay for them. As if God understands what is money. You do not have to suffer. Christ has already suffered for you. Are you going to suffer more than Him? Or did He leave any sufferings for you to complete His work? That is a very wrong idea which is put into many people, that you have to suffer. On the contrary I would say, you have to be very, you have to be very pleasantly placed towards yourself. And not to feel guilty at all, to know that you are a human being at the epitome of the evolution. If you suffer from such guilt and such horrible ideas about yourself, you'll become very arrogant and very destructive and violent. But if you realize that you are the one who has become a human being, after going through various circles of life and now you are here to get your Self Realization, to become a super-human being then you won't do all that. For human beings it is very easy to accept wrong ideas. It doesn't appeal to them somehow the right ideas. And that's why one has to have a very balanced outlook. You have already heard about the channels that are within us. And tomorrow he will again tell you about the chakras that are within us.

These are the subtle centers within us, created by great incarnations during our evolutionary process. All these great incarnations, prophets, are real. They were like the flowers on the tree of life at different time. But people tried to pluck out the flowers for themselves saying, "this is mine, this is mine" and have created dead flowers and dead religions. Religion exists within ourselves. They are ten valances we have got. You must have seen in the periodical laws of chemistry that matter has got only eight valances. Animals have nine, and human beings have ten. And when we fail from those valances, we become inhuman or subhuman. That is what we have to achieve is to become the Spirit. To become the Spirit, you have to know that so far we have been living in a relative world, not in an absolute world. We do not know whether we are right or wrong. So the Spirit is the absolute knowledge within us. It gives us the absolute knowledge. It is the source of all the knowledge. And when it enlightens in our attention, this attention itself knows everything. Not only it knows but it acts. It works. Like if there is a television transmission we all can see it in our homes that transmission. But it doesn't act, we can just see it. But here your attention acts. Always, whatever is benevolent it works out that way.

Now the other side of it, the person who becomes the Spirit, becomes a peaceful, joyous person. He emits joy all around himself. Such a person is a magnetic person. His innocence is awakened within him. And even the glance of such a person is so innocent, without any lust and greed, that such a person can give nothing but bliss. Such a person is a very powerful person, but extremely compassionate. As we can see in the life of Christ, when Mary Magdalene was stoned, He stood before Her, though He had nothing to do with her. And He said, "Those who have not committed any sin, can throw the stones at Me". And it happened, that nobody threw a stone at Him. This is what one has to achieve, is complete joy, and that detachment which gives you a complete power to solve your problems. Like when you are in the water, you are afraid of the waves. But when you are in a boat you can see them. But if you know how to swim, you can enjoy them. In that way you have to become the master. I have to confess that I have been coming to Spain for the last ten years or so. But so far in Spain I didn't find people who would understand Sahaja Yoga. It is very surprising. First when I had come, the queen who was here, had told Me that there are fifty thousands Spanish boys who are following a guru and they have become mad. Those fifty thousand I don't know where are they. They paid lot of money to this man. He bought Rolls Royces after Rolls Royces. And then he married an American lady and has become an American dandy as they call it. But Sahaja Yoga is not understood by Spanish, though there are fourteen other countries who are doing so much better.

When I had first come, there were not so many buildings, nothing, it was all digging up, it just had started building something. I think the attention may be on building up the nation and getting to affluence. Affluence doesn't give joy. It gives problems. In all the affluent countries people have got tremendous problems. Look at America, has got AIDS. England, you have got people who are hippies, taking drugs. It's a very big problem. Even twelve years old children taking drugs. Same in France, same in Switzerland, people are committing suicide. Sweden, Norway, which are very affluent countries are competing. as to who commits more suicides. So with affluence you must have your Spirit otherwise you cannot enjoy life. So you have to be wise about it. It's a life chance, lives' chance I should say of many lives, that you have to get to your Spirit. And you should not get lost into ideologies and people who try to tell you big stories. They just come here to make money out of you. You must see from the people who have gone to them and what has happened to them. They are all lost people. I'm not here to take anything from you, not for a vote from you. I'm not a politician. I'm here to give you the key of your own wealth. And I hope you people receive it and make best of your life. I'm sure it will work out tonight, your Realization. It takes hardly any time. But you should be on the receiving end. I cannot force it on you. You have to ask for it. There's no obligation. Like one light which is enlightened can light another light. In the same way it works out. And you can also become powerful enough to enlighten others. Only thing is you must treat your life with respect and not to treat it so frivolously. Otherwise it is not going to work out.

I hope today all of you get your Realization. May God bless you. Now, if you have any questions you can ask Me, questions, but not aggressive questions. Because I have not come here to take anything from you. I have come here to give you something. And this is to be understood very well. Last time I remember, in Spain, they asked the maximum questions that I have ever come across. We spent about an hour on that. Of no avail, because very few people got Realization. It's too much of mental activity. It was very disappointing. I hope today something will work out. Now please ask the question.

Shri Mataji: What is she saying?

Sahaja Yogi: She's, she's saying Mother that you mentioned God as a Him, a He. Are You trying to give God a sex, or why don't You call it a It?

Shri Mataji: Oh, I see, the sex problem. Don't take it to God, My child. You see, it's a wrong thing the way we are going on about it. I agree that so far God has been called as He. I'm just going to translate because she's asking in English. And very surprising, in the West, where the people are so advanced and civilized, they try to put down the role of women that low. And that's why the reaction is there, I understand. But we should not go into reactions. We should see to fundamentals. We talk of Trinity, one is God Almighty, second is God the Son, and the third as the Holy Ghost. And you ask any bishop what is Holy Ghost, he'll say, "I'm agnostic". Now, there cannot be a Father and a Son without a Mother. So, there has to be a Mother. But Indian Scriptures, called the Holy Ghost as the Adi Shakti, as the Primordial Mother. She's, She's even in a way more worshipped than the Father. Father is the One who watches the Mother's creation. It is the Mother who creates and Father is the spectator.

So, I was born Myself in a protestant Christian family, and I asked My father why Martin Luther also played down the role of Christ's Mother. He said that, it is because that time there were Muslims who were very powerful, and Muslims didn't want to know about the Women, so he thought is better not to talk about it. But whatever they may try, everywhere I see is a temple for the Mother. Even if you go onto any top of a mountain which is inaccessible you find one temple to the Mother. So there is no need to fight with the men. Men and women are like two wheels of a chariot. And they are complementary. If... they are equal but not similar. And if women understand what their powers are they would never fight with them. Sahaja Yoga is for enjoyment not for fighting. We have many people married in Sahaja Yoga and they are leading a very happy married life. There is no domination of one on another. Two Spanish ladies have married two Italians, actually Romans, but they are very happy and very happily married. All right. And I am also a woman here sitting. Yes.

Sahaja Yogi: Mother, he says that when You give Realization, when You talk about Realization, what kind of approaches or what kind of attitude should he have to receive it? Or should he have any previous knowledge for it?

Shri Mataji: Not at all, nothing. You are all built in, there's all there. Like now, you have all these lights here already built in. The whole thing is there. You have just to switch on, that's how it is. You don't have to know how these lights came, what is their history, who has found it out. Nothing of the kind. You will get Realization without that.

Shri Mataji: Now, this lady. How can we begin to...?

Sahaja Yogi: The truth? She says how can she know the truth tonight?

Shri Mataji: She can know the truth?

Sahaja Yogi: Tonight. How can she do it?

Shri Mataji: You see, when you are awakened, your Kundalini which is the residual force within you, is awakened. You see, the Spirit resides in your heart, but has the seat here in the fontanel bone area, so once that Kundalini, that forth force touches it, then you become suddenly aware of the surrounding All Pervading Power. And through that, you can know, for example now if you have to find out about yourself, you have to just say, "What's wrong with me?" and suddenly you start feeling a tingling say on one finger. Now, this is decoded and you will find out this chakra is out, and this is the chakra here. So this chakra is out and if you know how to cure yourself you are all right. With others also you will get the vibrations. You will get the vibrations about that person and you can feel it on your fingertips. All right?

Shri Mataji: She knows English. You tell them.

Shri Mataji: Now there are seven chakras, you see, and left and right side. Now one, two, three, four, five, six and seven. Five, six and seven chakras on the right side and seven chakras on the left hand side. And when you meet them like this, one inner center is formed, from left to the right, all right? Now what happens that, when the Kundalini passes through this middle path then your fingers get enlightened, they have the sensibility through which you know the truth.

Shri Mataji: Right side gives you the physical and the mental conditions, and the left side gives you the emotional.

Shri Mataji: What he's saying?

Sahaja Yogi: He says he's got two, he's got two questions for you Mother. What is after death? And if there is any scientific proof of the movement of this energy, Kundalini.

Shri Mataji: Yes, there is lot of scientific proof. Now, you shouldn't worry about your death. The first stated question you asked about the attitude. So first is don't worry about the past or the future worry about the present, that should be the attitude. And the scientific proof of it is, you yourself can feel the cool breeze on top of your head and you can feel the cool breeze all around you. And with this you can cure people, you can know the truth, so many things you can do. Now, in Delhi University, two doctors have got PhD for doing, doctors have got PhD for doing research in Sahaja Yoga, which has proved that it is scientifically true.

Shri Mataji: There are some serious seekers today, thank God. Let them get their Realization. Those who think their questions are very important, can write them down and send them over tomorrow morning, and I will answer them. So I would like you to be little cooperative with Me. Also you'll be surprised that nowhere in the world I've seen people leave seats like this and go away. They come all the way for Realization, and then they just leave half way when the lecture is over. I've never seen. They, they, you see it's like a, even in a church if you go, you'll sit down to listen to a boring thing, isn't it? I mean, this is what, they come all the way, and just this shows, you see, what I am saying that, those who really are seekers have to be serious people, because as I see is that you have to work it out for your country very much. Maybe that you are not fed up of your mental activities as others are. Others are overdeveloped people you see, so they are fed up with their mental activities. And they ask questions like this, "Mother you cut my throat but stop the thinking". They are fed up with their heads, with their thinking. Perhaps that is thing we

must stop now, just to have your Realization. I'm your own. I'm not different from you. I too have black hair like the Spanish have. Many people in many countries say also that I look a Spanish person. So I am your own, and take it. Please, try to understand. Is very important. No use delaying it anymore. Because tomorrow you'll get sick, you'll have problems, and then you'll come to Me, I won't be able to help you so much. Believe Me, I'm very much concerned about Spain, very much. May God bless you.

Now, firstly you have to love yourself, and you must know that you are born as a human being and you have to achieve it in the glory of a human being. Now, you just have to take out your shoes if you don't mind, because that's how the Mother Earth helps us. Even the light candle helps a lot. I'll show you later on. By taking out your shoes also you feel little relaxed. Anything that is tight, say here or here, can be made little loose. Also, make yourself comfortable. Sit comfortably. But you don't have to bend your neck or come forward like that, but sit in a straight manner in a comfortable way. It is surprising that people get their Realization on the chairs. In olden days they had to go to Himalayas and sit on the ice to get their Realization. And only one or two would get it. Today it has become so simple and easy for you. So respect yourself. And love yourself as I love you. You must see yourself as I see you as important; and importance of your life. All right.

Now, please put your left hand towards Me like this. It is, you have to little bit cooperate with Me comfortably on the chair, on the chair, on your lap, comfortably. And put the right hand, used to be used, right hand is to be used for the action, to give energy to different centers on the left hand side for the Kundalini to rise. Now forget about negativity. And forget about all your mistakes and guilt and everything. You must be pleasantly placed towards yourself. Very pleasantly placed.

Now, I will first tell you how we will be touching all the centres. The first we put our hand on our heart. In the heart resides the Spirit. Now, we put our hand to another centre on the left hand side is the upper part of our abdomen. Then we put our right hand in the lower portion of our abdomen. Lower, lower portion, in the lower portion. Absolutely. There, yes. Now, this is the center of our pure knowledge, which manifests once when you get realized. It gives you the knowledge of the divine laws. Now, again we put back our hand on the upper portion of our stomach, on the left hand side. This is the centre of our mastery, created by all the masters. Now, raise your right hand and put it on the heart. This is the centre as I have told you, of our Spirit. Now, we put our right hand between the neck and the shoulder here, on the corner and turn it to the right side. Now, you have to know that there should be no guilt. This is the worst center now because you are all feeling guilty for nothing at all. So not to feel guilty at all. Now, you have to put your hand on your forehead across, like this, and press it hard on both the sides. Now, you have to take this hand and put it on the backside of your head and put the load of your head on that hand. Now, you have to stretch your hand and put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Push back your fingers and press it hard, your scalp and move it seven times., slowly, clockwise. That's all we have to do. Now, please close your eyes. You are not to open your eyes. You may also take out your glasses. You'll feel better. Your eyes may improve. Please don't open your eyes till I tell you. Please try to cooperate.

Now, put your hands again, left hand towards Me, and right hand on the heart. Both the feet parallel to each other. Now, you have to ask Me a very fundamental question, you can call Me, Shri Mataji or Mother, "Mother am I the Spirit?". Ask this question three times. If you are the Spirit, you are also your own master. The Spirit guides you. Now, put your right hand on the upper part of your abdomen. This is the centre of your mastery, so ask Me a question three times, "Mother am I my own master?" Now, put your right hand on the lower part of your abdomen, with left hand towards Me and both the feet apart from each other. Now, you ask Me, because I cannot force you the pure knowledge. I cannot overcome your freedom, so please say, "Mother may I have the pure knowledge", "Mother please give Me pure knowledge", six times, because this center has got six petals. Now, raise your right hand onto the upper part of your abdomen, on the left hand side. Now, the thing is that as you have asked for pure knowledge the Kundalini has started moving, and you have to facilitate Her movement. At this upper chakra please say from your heart, with full confidence, "Mother I am my own master". Please say ten times. Now, you raise your right hand on your heart. Here again you have to say with full confidence in yourself, with full heart in it, "Mother I am the Spirit", twelve times. This is the fundamental truth that you are the Spirit, not this body, not this mind, not this ego. Now, one has to know that Divine is the ocean of love and compassion. But above all, it is the ocean of forgiveness and you cannot do any mistakes which cannot be, engulf the power of forgiveness. Loudly. Now, you raise your right hand in the corner of your neck and your head, and turn your head to your right. Hold it tight and say with full confidence in yourself, "Mother I am not guilty at all". Say it sixteen times. In case, even then you want to feel guilty, you better punish yourself by saying it hundred and eight times. On the left hand side I said, not on

the right hand side. Now, put your hand on your forehead and press it on both the sides. Now here you have to say, from your heart, "Mother I forgive everyone". You might say it is very difficult but whether you forgive or you don't forgive, it's a myth. But if you do not forgive then you play into wrong hands.

Now, please put your right hand on the backside of your head and put your head on aid with its load and put your head upward. Here, you have to say for your own satisfaction that, "Oh, Divine, if I have done any mistakes please forgive me". But don't feel guilty, don't count mistakes. Now, please, stretch your hand and put it on top of your head, on the spot which was a soft bone in your childhood, and press back your fingers. So you can press it hard, not with your fingers, but with your palm. Now press it hard. Push back your fingers, then move it seven times, slowly and saying that, "Mother give me my Realization", because again I cannot force on you without your asking. Seven times. Now, please take down your hands, and open your eyes slowly. Now, put your right hand towards Me, and with your left hand try to feel if there's a cool breeze is coming out of your head. No, no, don't turn, just see, just see, don't say "no" just now. Just see, here, here. Don't start saying "no" before you have felt it. Bend your head, would be better. Bend your head, could be better. Now, put your left hand towards Me, and feel it with the right hand. Some might feel hot. Now, put your right hand towards Me, and feel it, bend your head. Now, put both your hands towards the sky, and ask a question, "Is this the cool breeze of the Holy Ghost?" "Is this the Brahma Shakti?" "Is this is the God's power of love?" Ask this question three times. Now put down your hands. Open your eyes. Now see, put your hands. Watch Me, watch Me without thinking. Much better now. Now those who have felt the cool breeze in their hand or through their head, please raise both your hands. It's quite a lot. You didn't feel? All right, all right, we'll see now. Those who have not felt we'll see them. All right. If the Sahaja Yogis can go down those who have not felt can come up. You didn't feel? Three of you should feel it. I don't know why you didn't feel. You didn't feel? No, all right, put your hands like this. You can say, "Shri Mataji, come in our head". Too much of thinking. Just put your hands. Up there. Put it up. Put your hands up, like that. Like this. Keep the fingers towards Me. Now, how many have felt in the hand or in the head? Let's see. Raise again. Let's see. All right, doesn't matter. It's good. Now, those who have not felt doesn't matter. We'll have got Sahaja Yogis will come and see you. Just be sited. Have patience with yourself. There's nothing wrong. Have little patience. You felt it? Good, now. All right, it's good.

Now, those who have not felt, should not feel at all upset. Everybody is going to feel it. Now, you all Sahaja Yogis can go down and let these people... Sir, see this lady, this gentleman, you should feel it. You are such a sincere person. Why don't you feel it? Maybe.. You felt? But I never saw your hands. So, good, good. I was thinking you should feel it, because... Yes, because you are a seeker, you are a seeker. You are a seeker. These three people should feel. I don't know why they didn't feel. They should. They are other set of seekers here. Can you go and see for yourself? Now, those who know Spanish, should actually see, work it out. On this lady. No, just don't wear your shoes for one minute. This lady. These three people there, didn't feel it. Please, come. I would like to see you. Three of persons should get it. They should. They are seekers.

Shri Mataji: This lady, this lady. She felt it? You felt it? Now, all right, come along. So, is a good question you asked, I'm happy on that question. All right. Now, come along. Now, just ask a question, "Mother are You the Primordial Mother?" Let's see.

Lady: I'm sorry.

Ask a question, "Mother are You the Primordial Mother?" Ask a question.

Lady: Are You the Primordial Mother?

Shri Mataji: Again, "Mother...

Lady: Mother are You the Primordial Mother?

Shri Mataji: Again.

Lady: Are You the Primordial Mother?

Shri Mataji: Now? Feeling it? That's the answer.

Lady: Yes.

Shri Mataji: That's the answer. May God bless you. May God bless you. Now, you have to establish it. It's just the beginning. You have to establish it, all right? You must.

Lady: Thank you.

Shri Mataji: May God bless you.

Shri Mataji: Sorry. Oh, Ma, you have to come up this way. Come now. You didn't feel it? Just these three persons, just see them. They should get it. Just feel him. Did you go to any guru or teacher?

Shri Mataji: Whom did he?

Shri Mataji: That's it. Not all right. He's not all right. He's not all right. Not good. Just put your hand there, on your liver. This side. Now just say, "Mother, I am my own master". Say it ten times. Better now? Go on saying. You are your own master. Forget all these people, are all wrong. Come along, let's have it. Better now? Seek, that's what, you are a seeker, but little bit lost. Now, you'll be all right. Now, you go and see them, how to get rid of these ideas. May God bless you. I'll come down. May God bless you. I'll come there. Would be better. Can you remove this? Just you can remove that. Yes, I think I'll come down, because it's difficult for people to come up, all right? You didn't feel the cool breeze?

Man: It's hot.

Shri Mataji: Hot? Very hot? Now put your hand on the liver. All right? It's easy. Just forgive. Just say, "Mother, come in my head". You got it. But you have to work it out, all right? I'll come there. Just move this chair there.

Shri Mataji: Left side. Put your hand that side. Keep your eyes open. Can you put the candle? Forgive, you must forgive, from the heart. Yes, but you must forgive, because your heart is catching. Forgive, forgive from the heart. Forgive from the heart. Better now?

Sahaja Yogi: He's feeling it in the hands.

Shri Mataji: All right. Now, say, "Come in my head". I need some water to put it here. Real baptism I have to achieve. All right I'll use this one. Now, say "Mother come in my head". Now is there. Just see yourself. He got it. Better now? All right? It's cooler now. All right? Much cooler. You are perspiring now. You were not perspiring. It's better now. All right, sit down now like this for a while. Sit down. To settle it, sit down. You didn't feel it?

Shri Mataji: You are from what country?

Shri Mataji: Spain.

Shri Mataji: Spain? Now, I see. Forgive. Just see. I think you can stand there now. You are cool. Are you feeling it now? That is your feeling. You can keep it there. Say, "Mother come in my head". Now, see. It's all right? See now. How? With my hands.

Shri Mataji: It is hot? Now forgive. You are wearing a cross and Christ on the cross forgives, you see. Now forgive everyone. All right? Little bit. Four, five, it's o.k. On the head you got? Because of the Vishuddhi, because of this maybe obstruction.

Shri Mataji: All right? What's it?

Sahaja Yogi: Hot.

Shri Mataji: Hot, very hot? Now forgive. You Spanish don't forgive, is it? Seems everybody has on that chakra this problem. You have forgiven? All right, let's see. Put your hands. Now, both the hands. Now, forgiven from your heart? You got it My child. Feeling the cool breeze? In the head also now. Just say, "Mother come in my head". Now, he's got it, he's got it.

Shri Mataji:"Come into my head", say that. All right? You must say it. I'm at your service.

Shri Mataji: Got it? No? Got it? Forgive, forgive. All right? Are you feeling? Say, "Mother come in my head". You see, too much exertion, that's why. Come in the balance, then you'll play even better. Better now? It's clear. You are clear now. All right? Now, come and see them. Master it. You'll become a very good tennis player.

Sahaja Yogi: As John McEnroe.

Shri Mataji: McEnroe was a realized soul. All right. He's all right now? What is she saying?

Sahaja Yogi: She... They have discovered a tumor in her head. And they will have to operate her and she is asking if You can help her.

Shri Mataji: Let her sit down. Put your left, right hand towards this. Left hand on the tumor.

Shri Mataji: Now, you should come and join these people. You should learn it, all right? You should master it. Lots of you are nice boys, yes? And the young girls too.

Shri Mataji: Feeling hot? Are you feeling hot? Just put your hand like this.

Shri Mataji: Forgive, forgive. Have you forgiven? Close your eyes. Now you got it very well. Let Me see.

Shri Mataji:He's feeling it in the hands.

Shri Mataji:Not to the head. Now, say, "Mother come in my head". Please come in my head. Now better. All right? What is the idea, just see, how it has gone down. Just see it. All right? Now master it. All right?

Shri Mataji: Come along. You have been to some guru or someone who had a guru? Now just see how tremendous it is. He's good. You are cool now. Are you feeling the cool?

Man: No.

Shri Mataji: In the hands? No? Now, forgive. Please forgive. Please forgive everyone. On the Vishuddhi you miss. Please forgive.

Shri Mataji:Madam, how are you? Did you feel the cool breeze? Heat. Heat is going out. Let it get out. You sit down there and do it. Just like this. Ha, now, all right?

Shri Mataji:Now, what is it? Did you feel the cool breeze?

Sahaja Yogi:No, Mother, she has not. She hasn't felt at all. Are you all right? How is it you couldn't? Better now, better. Sit there, I think little far away from the fire. Forgive, forgive everyone.

Sahaja Yogi: She, she does some kind of yoga. Hatha? Hatha yoga? She's from Kundalini yoga.

Shri Mataji: It's all wrong. What is her age?

Sahaja Yogi: Seventy seven. What does she have to do?

Shri Mataji: She didn't tell, I tell you. It's there, there.

Sahaja Yogi: She's got it. She's been waiting for You a long time. She feels guilty for nothing at all. Right hand on Mother Earth. It will all work out.

Shri Mataji: Now, what happens? She has a liver problem. Put your left hand on your liver. Now, forgive. Forgive everyone. You didn't forgive. That's why.

Shri Mataji: Forgive, forgive, forgive, forgive. Got it? Forgive. Forgive. Forgive. Forgive. Forgive. Forgive. Forgive. Forgive. Forgive. Better? Are you better? You'll get it just now. You'll get it.

Shri Mataji: Can you come and sit that side?

Shri Mataji: Better now? Cooler? Good. All right. Ah, you don't try. Just keep it like that.

Shri Mataji: This time Spanish have got it. Because I have said. That's the reason. Spanish have got it now.

Shri Mataji: Come along Sir. Was This the one asking question? All right? You must forgive. Forgive. Forgive. Forgive. Maybe Spanish don't forgive I think. Forgive. What is there not to forgive? What do you do? Better now?

Shri Mataji: It's cooler now? It's curable. We'll tell her how to do it. She should come and ask... All questions finished. Everything done.

Man: Thank you.

Shri Mataji: What's going on? Very hot. All right. What about you? I think she's all right. You just watch Me, don't watch others. You say, "Mother I am the Spirit". Now believe, that's the truth.

Shri Mataji: You have got. You got. Right hand you feel? You put your hands in the lap. You put your hand on the heart and say, "Mother, I am the Spirit". Keep your eyes open. You feel hot? Once say, "Mother, I am the Spirit". Just once say it.

Shri Mataji: Not all right yet? What's the matter with you? What is she saying?

Shri Mataji: She's not feeling anything.

Shri Mataji: Forgive, forgive, forgive. Spanish have to forgive. First forgive Franco. Forgive, forgive, forgive. All right? Everybody angry?

Shri Mataji: He is with Franco I think, that's why they are feeling hot. Franco is there, then gone to Venice now.

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## 1987-1106, A little journey of three to four feet of the Kundalini

View [online](#).

6 November 1987

A Little Journey Of Three To Four Feet Of The Kundalini

Public Program

Madrid (Spain)

Talk Language: English | Transcript (English) – VERIFIED

I bow to all the seekers of Truth. Yesterday as I told you, this is the knowledge of the roots. We have the knowledge of the tree. But if the tree grows and grows and does not pay attention to its roots, then there is always a definite stage where the tree gets destroyed. So the destruction is not going to come to us from outside. It is going to work out from within ourselves. Through various diseases, through various mishaps in our lives.

It is important to see that you become the Spirit so that you will understand the mysteries of life. Even in the medical science there are many things which cannot be explained by them. Or in any science whatever theories are propounded are all the time challenged. They are not absolute. So there is something lacking in human awareness that we are not at an absolute point.

Now this beautiful arrangement is made within ourselves during our evolutionary process. But when we go to the left or to the right, to the extremes, then what happens, is that our centers which are like this, get broken, and we lose the connection with the whole. As a result of that we develop diseases which are psychosomatic, may be physical, may be emotional. But the Kundalini, which is the vital force passes through the center and brings the broken centers together, and brings the attention in the center. When our attention is on the left or on the right, we go into different various funny experiences. Like when we go to the right side, we feel as if our body is somewhere and we are flying in the air. This we call as supraconscious experiences. People start seeing the future, living in the future. But they do not know how it happens. They have no control over it. They have no scientific knowledge of it. As if we are carried away by some force. On the left hand side if you move too much, then you develop, of course, horrible diseases which are psychosomatic. But also you become possessed by funny ideas and you start jumping and gesticulating and singing in a very miserable way. So within us all these problems lie on the extremes of our being.

I'll tell you how cancer is caused. Supposing the person is in the center there is no possibility of his getting into cancer. Supposing he goes too much to the right; he is over active, planning, futuristic man. Then his chakras move outward like this. Then he becomes vulnerable to cancer. Because his connection to the mains is lost. But now, supposing somehow or other he goes to the left, he gets a shock or meets with an accident or he meets a bad 'guru', he goes to the left, or he gets mesmerized. Then he is triggered into cancer. Now the doctors do say that cancer is caused by triggering of... they call it protein 52, protein 54, protein 58. 52, 54, 58. These are just the names given by them. But they say that it is coming to us through the area which is built within us since our creation. That means there is an area which we call in Sahaja Yoga, as collective subconscious, where everything that is dead in the atmosphere is stored. From our creation. And when anything from there comes into our attention, we start developing cancer; because you have lost connection with the whole. You become, the cells become on their own. They start acting on their own. That becomes, they become malignant. Now supposing you can bring by any chance, this centre, again these two, two broken chakras into one centre, then cancer can be cured. Sahaja Yoga has cured many types of cancer inclusive of blood cancer. But it is your own power. It is nobody else's power, it is your own power within you works it out. And it has been now proved even by doctors, as I told you yesterday that two doctors got their Phd, in Sahaja Yoga, from Delhi University.

There is another thing we can discuss here about the diseases which are caused due to over activity of the mind. Here you can see in the centre is a round portion which we call as the 'Void'. There resides the ten valences of human beings. And if these ten valences are enlightened you can never go into extremes. But when you are overactive and extremely futuristic then, there is a center there which is called as 'Swadishthana', the second centre, has to work very hard; which actually looks after the aortic plexus in our stomach, in our viscera, in the stomach. Now this chakra has one very important work to do is to convert the fat of the stomach for the use of the brain which is the grey cells. But if you think too much and too much and too much, you need this

replacement all the time. And this replacement is done by this chakra. Now this chakra has also other things to be done, like liver, it has to look after the spleen, the pancreas, and intestines. Also it has to look after the kidneys and the lower end of the large intestines. So when this gets busy with transforming the cells for the grey cells, fat cells into grey cells, it has no time for other functions.

As a result of that you get a very bad liver. Your attention becomes very distorted. And all the time you feel uneasy. You don't feel like eating your food, and even if you eat, you feel like vomiting it. But it can go further and you might get the cirrhosis of the liver, skin troubles all kinds of things. Specially, with a bad liver if you go for sun bathing, you are sure to get skin cancer. Too much oil and too much fatty food if you eat also you get very bad liver. And maybe that you become very thin with it, because the liver cannot consume any fats in your body. Then there is also the pancreas, which is responsible for absorbing our sugar. That also goes out of order. As a result of that you develop diabetes. In an Indian village, a villager takes so much sugar that he says that the spoon must stand in the cup. But he never gets diabetes. Because he does not sit down and think too much. He deals with the life as it comes to him. And he is above too much of thinking.

Then the third thing that happens to you is even more serious. The spleen that is responsible for attending to your emergencies produces more red blood corpuscles. Supposing you have taken some food and after that you start running immediately you get a pain in that area. And that area becomes extremely sensitive. But in modern times, we are all the time giving shocks to our spleen, because our life is so hectic. Early in the morning we read the newspapers, horrible news, one shock. Then we are in a hurry, we have our lunch, somehow our breakfast somehow, get into the car, and then we see the big crowd of cars and a jam. Comes the second shock. And like that, we go on shocking our system all the time. Whatever arrogance human beings may have, whatever may they think of themselves, they must know that they are made very delicately and very carefully. They should not treat them like hippopotamus. They are human beings. And if they start treating themselves like that, they end up with horrible diseases like blood cancer.

Then with the kidney you develop high blood pressures, then kidney non-functioning, then remove the kidney. You get constipated. All these things come to you because of over activity of the mind. Actually there is no need to plan too much. Because if you go on planning like this, it never works out. You must keep it open to see how it works out. I had... I was staying somewhere else, at one place, and I had to go to some place very far away. Now if I had gone all the way back, as planned, I would have never reached you. So I decided to come directly and it has worked, without disturbing my system. Now we have watches in our hands, and all the time looking at the watch and getting frightened of the time. We have to save time. But for what? Like somebody in India was very anxious to catch a plane and he wouldn't get a ticket so he was very agitated. I said, "But what is so necessary?" He said, "I have to go and attend a ball". Waste of time. For that he was so much jarring his own system. And when you hear such people, suddenly they collapse and die with heart. Because if you become too much right sided, the Spirit stops, He dies, in a sense that it never dies but it sleeps off. It disappears. Your heart becomes like a stone. With your arrogance it is even worse. And then the reflection of God is not there. Such people have no compassion, no love and no joy. They are joy killers. All this running about is for joy. But it's a joyless pursuit.

Then comes the left sided people, who indulges into nonsensical romances and indulge into all kinds of sufferings for nothing at all. Like in Paris, when I first went, they said, "Mother, you look such a happy person. They are not going to like You." They think that joyous people are ignorant. They don't know what is happening in this world. So I started My lecture with "Les Miserable". "Les Miserable". If you have a pub at every fifth lamp post, and a bad women standing at every third lamp post in Paris, you are inviting trouble. You see a person coming out of a pub and falling off on the street, and you enter into the same pub. You see people getting into the trouble with funny sex habits, but still you want to do that, yourself. You are not a free person at all and neither you are powerful. You get tempted all the time to the forces of your destruction.

So that you have no discretion either, nor understanding of your glory, nor of your beauty, that God had created you especially to enter into His kingdom. So we live in our own paradise of destruction, go on destroying ourselves gradually. Nothing gives us happiness. We run from place to place to find happiness and joy. Ultimately, I think, people have to put electrodes in their limbic area, to feel joy like the monkeys do. We don't respect ourselves and we don't try to understand ourselves. Why are we created? What is the purpose of our life? What do we have to get out of life? Such a ocean of joy is lying ahead and we do not want to go

to it. This kind of things are happening and that is why yesterday I told that Spanish people should now rise and see and get the joy out of their lives. A little journey of three to four feet of the Kundalini brings forth this joy to you.

So I have to make a request to you. As there is less time today, I won't be asking for questions today. Yesterday we spent about one and a half an hour on useless questions. So better get your Realization. You don't have to know all these things. As you don't have to know about the electricity, you just have to just put on the switch because it is all built in.

May God bless you all!

I come here every year and I am sure I will come next year also. It is little bit cooperation you have to give Me. As you have seen I have taken out the shoes because the Mother Earth helps us a lot. She sucks our problems much faster than we know of. So, we should try to take out our shoes and put both the feet like this, parallel, because left and right are two different energies. Even the other day a lady had so much objection in taking out her shoes. I just don't understand. There are so many wrong things we are doing, people have no objection to that. So don't pay attention to frivolous things.

Now, please put your left hand towards Me like this, which suggests symbolically that you desire to have your Realization. And those who do not want to have Realization should leave this hall, and leave others in peace, because they act negatively for others. Now please put your left hand towards Me like this, and put the right hand on your heart. As I said, in the heart resides the Spirit. Then you have to put your right hand on the upper part your abdomen on the left hand side. This is the centre of your mastery. Then you have to put your right hand in the lower part of your abdomen. This is the centre of the pure knowledge, manifesting through your central nervous system, the knowledge of divine laws. Then again we go back in the upper part of the abdomen, on the left hand side. Then we go again to the heart. Then we go, take our hand in the corner of your neck and turn your head to the right. This is the center which catches when you feel guilty and unnecessarily angry with yourself. You have to be very pleasantly placed towards yourself. Then we take our hand on top of our, I mean on our forehead across, like this, and press it on both the sides. Now we take this hand on the backside of our head, and put our head on this to rest and put it upward like that our head. Now we stretch our hand like this, and put the center of our hand, on top of the fontanel bone area. Right hand, right hand. And now move it, your scalp. Seven times. Keep your fingers up like that. Now, please close your eyes. I have already requested people who don't want to do Sahaja Yoga, should go away. Please. There is no need to be so aggressive. Please. Still they don't want to go; it's very wrong and very aggressive. You cannot look at other people when you are not doing it. Thank you very much.

Now, please close your eyes. Don't open your eyes. Put both the feet parallel on the Mother Earth. Until I tell you don't open your eyes. Now please put your left hand towards Me and right hand on your heart. Now here ask Me a very fundamental question. You may call Me Shri Mataji or you can call Me Mother. "Mother am I the Spirit?" Ask this question three times.

Now, if you are the Spirit, you are your master. So put your right hand in the upper part of your abdomen, the left hand side and ask another fundamental question, "Mother am I my own master?" Ask three times.

Now you are free people. I cannot force on you anything, leave alone the pure knowledge of the Divine. So you have to ask for it. So please bring your right hand in the lower part of your abdomen, in the left hand side. And now please say, "Mother, please give me pure knowledge of the Divine". Please say it six times. There are six petals to this center.

Now as soon as you say these things, your Kundalini starts moving. To facilitate Her movement, please raise your hand to the upper center, which is in the upper portion of your abdomen, on the left hand side. Now, here, you have to say with full confidence to facilitate the movement of the Kundalini, "Mother I am my own master". Say it ten times.

Now you have to know the greatest truth about you is that you are the Spirit. You are not this body, you are not this conditioning, not this ego, not this mind. But you are the Spirit. So now please put your hand on your heart. And with full confidence say, twelve times, "Mother I am the Spirit". Have full confidence.

Now the Divine is the ocean of love and compassion. But above all It is the ocean of forgiveness. Above all it is the forgiveness, then you cannot make any mistakes which can't be engulfed by this great power of forgiveness of God. So please first forgive yourself. You have to love yourself and you have to be pleasantly placed towards yourself. Now put your hand on your shoulder between the neck and your shoulder, in the corner, and put your head to your right. Here now you have to say, with full confidence for sixteen times, "Mother I am not guilty at all". Sixteen times. Now those who still want to feel guilty can punish themselves by saying it 108 times.

Now please take your hand on top of your forehead across and bend your head a little. Here you have to say from your heart, "Mother I forgive everyone". If you say it is difficult to forgive then know that it is a myth, whether you forgive or if you don't forgive. But if you do not forgive, then you play into wrong hands. Yesterday I saw many people didn't get Realization, and when they came to Me and they said, "Mother I forgive everyone", they got it. So please do it now. Forgive everything, everyone.

Now, take your hand on the back side of your head and put back your head, resting on that hand. Here you have to say without feeling guilty, "Mother", or "the Divine if I have done any mistakes please forgive me", without counting your mistakes, without feeling guilty.

Now, stretch your hand straight, and put your centre of your palm on top of your head. Bend your head, stretch your fingers and press your scalp, move it seven times slowly. Bend your head please. Here also I cannot force you. So you have to say "Mother, please give me my Realization", seven times.

Now, take down your hand. Please open your eyes. Now put your right hand towards Me. Bend your head and see for yourself if there is a cool breeze coming out of your head. Now take your left hand like this. Put your right hand on top of your head and see for yourself if you are feeling the cool breeze. Bend your head a little. Now, again put your right hand towards Me and see with your left hand if you can feel the cool breeze.

Now raise your both the hands, high up. Raise your head. Bend it back and ask the question, "Mother is this the cool breeze of the Holy Ghost?" "Mother is this the Brahma Shakti?" "Mother is this the love of God?" Ask these questions three times.

Now, bring down your hands please. Watch Me without thinking. Now those who have felt the cool breeze in the hands or in their heads, please raise both your hands. Most of those who came two days have got it. Those who have come only today, may not have got it. So many of you have got your Realization. Now it is now like a sprouting of the seed. And you have to grow. We have got a centre here, where you should meet and grow. Within one month's time you will be a master. You know we don't take money, so we have very humble place. And you have to be very humble yourself. And please see that you all grow. Some of you did not get Realization or maybe you did not feel the cool breeze, but might be feeling peaceful within. If this centre is out of gear also you don't feel the vibrations. If you have not forgiven people, also you don't feel the vibrations. So you have to take it up seriously. You are entering into a new world, and not to be treated frivolously, childishly. And I am sure all of you will develop that subtlety and all the powers by which you can do miraculous things.

I am sorry today there is short of time, so I have to go. But I hope you all will look after yourself. You have a very good, wise Sahaja Yogi here, who is the leader of Spanish people. You don't have to spend any money. Only you have to pay attention to yourself and you have to attend the center. You cannot do it individually. It is a collective happening. Like one tree is supplying sap to all the leaves. The leaf that develops a bark between itself and the tree, falls off. With little patience with yourself, you will develop that subtle being within yourself, by which you will feel the joy of the Divine, which is your right, which you all should have.

May God bless you all.

Only thing I have to request, that don't talk to anyone now. Please go home in this silence and don't discuss and argue. Because you lose your vibrations. So I have to request you not to argue it out. You cannot argue it. It has to work out. Those who have not

got also should not blame anyone.

May God bless you.

[Aside]

Finished at ten o'clock as you said it.

Where are My shoes?

## 1987-1106, Shri Ganesha Puja: spread love all over and remove the people from the shackles of materialism

View [online](#).

6 November 1987

Spread Love All Over And Remove The People From The Shackles Of Materialism

Ganesha Puja

Madrid, Amparo sister's house (Spain)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja, Madrid (Spain), 6 November 1987.

So today we have come here to Spain, and there are so many other Spanish Sahaja Yogis here, and you all have met them. By that, they are very much strengthened in Sahaja Yoga, that they feel that they have brothers and sisters all over the world. Because in Spain there are very few Sahaja Yogis and they feel quite lost because they are so few. But by your coming here, it is a kind of a one hand helping another hand.

Now Spain is developing materially, and it is . . . this time they have to be careful: They need not go all the way to the overdeveloped state and then suffer, and that suffering should not become a kind of a punishment to them like in many affluent countries. Because as materialism grows, it tries to overpower human beings. But if after realization the materialism starts growing, you master the matter. Then matter doesn't sit on your head, because with realization you have discretion. And actually, materialism is to be understood through Lakshmi Tattwa, Lakshmi principal. If you develop the wisdom in Sahaj Yoga, then you understand how far to go with materialism. Matter is for you, you are not for the matter.

Now I'll tell you, gradually how matter sits on our head. Before realization, first we start using the matter for our comfort. Through science, we develop ways and methods by which we develop a life which gives you more comfort.

In the beginning, it is all right that we get sufficient food, a proper house to live in; but by that time we have already become the slave of the matter. But matter is a dead thing. We just change the forms of matter – from dead to dead – but we cannot do any living work. Now, this matter starts giving us habits, then we cannot get out of those habits, and gradually we start becoming slave of matter. It does not go that far. Now, if you have too many machineries, you produce things out of proportion. Like you have so many cars. In Paris, everybody is on the road only. As soon as you are on the road, you are on the road all the time. Better to be in the house. And you spend hours together. Then you start producing other things. Like, supposing they are producing clothes: the factories have to run – you cannot stop the factory. So then they start producing things such a lot, they don't know how to sell it. Then they say that, "All right, let us have fashions." Then these manufacturers float fashion houses. Now the fashion starts. With that, everybody changes their clothes every year. They have to be according to the fashion, such a lot of money is wasted, but we also lose our individuality.

In America, they play another trick, also here I think – must be everywhere. Every year they produce a new type of handles, new type of tiles, new type of bathrooms. If you go to an American house, better ask about the bathroom, otherwise when you enter in, maybe, you may be just drenched with water with some showers falling on you. Or you may sit in the tub, and you may press it and the whole tub might come like that. Their beds are also funny; you may press on some button and the whole bed may come up. They have beds where they just can fold on this part, or that part – it is terrible, I mean if you press some buttons, you might be going into acrobats all the time. There is no need to do all that. But when you have out-of-proportion machineries, then you have to do it, but that is how you become slaves of these entrepreneurs.

But in Sahaja Yoga, when you come in, you know how to do living work. Like in the affluent countries, they use seeds which are hybrid. These hybrid seeds are of no nourishment to us, they are no good for our brains, they confuse us. Especially the hybrid animals, their milk confuses us. Hybrid animals themselves are very confused. But in Sahaja Yoga, you take the ordinary seeds

and you vibrate them. If you vibrate them, then what happens, that you start getting seeds which are even better than hybrid. I tried an experiment with a sunflower. So, I developed a sunflower about 2 kilos [in] weight, about one foot diameter, and such big, big seeds that you can't make them out to be sunflower seeds. So the collective was so amazed at it, and they felt that this kind of seed will solve all our oil problem. Same thing happens with the animals.

You take an ordinary cow, Indian ordinary cow, and you give her vibrated water to drink, and she gives about the same milk as an Australian cow. But the Australian cow's milk can make you confused and mad because we have seen that the Australian cows, when they are in India, they don't know where they stand, they just run amok, so what must be their milk? But an Indian cow, if she gets realization through this vibrated water, she gives milk which is very good for the brain. So that is how we improve the quality of our animals by Sahaja Yoga.

Now regarding matter, we have to understand that matter is only good for giving it to others, but if it is given by a realized soul, it has tremendous effects. Before Gregoire wanted to write his book, I gave him a fountain pen, and he said, "I never wrote a book," and he started writing so well. Same with Rustom; he became a scholar. So, Sahaja Yoga gives you an additional power by which you can neutralize the bad effects of materialism.

Now, say, supposing in India, in England, you have to offer drinks to people. So there are ten types of glasses you have to have. Only one is sufficient to drink anything; why to have ten? It's a headache. Now if you have to use spoons and forks, then you have all elaborations, and you can have a ten-place setting. But if you can use your hands, they are very clean—need not have so many elaborations. But these elaborations we have not because we want them, but because of these entrepreneurs – they force on us. But there is a deeper influence: how people control you through matter.

Now, supposing they go to somebody's house, and they find a kind of a spoon missing – because there could be a spoon for avocado, say, a special spoon for avocado. Now if that spoon is not there, they will say, "Oh, these people have no sense," and they will ask: "Have you got a spoon for avocado?" So it is very shameless and it is very arrogant to insult another person. A housewife, supposing you are a guest, she will be more worried about her carpet than about her guests. And this kind of a thing can go too far, and a person can become very dry. Such people are very disgusting and insulting type. There is another way they control you through matter, that they will say that now you have to say, for a husband, "You must get me this, otherwise I will be very angry." If the husband breaks one cup, the wife will be on his head, as if the cup is more important than the husband. She can get another husband, she can also get another cup.

See, the whole human dignity is reduced to matter, and this kind of controlling goes on. Children also control parents. They see on the television some sort of a toy, and they ask the parents. Now if the parents don't give the toy, they will not eat their food. They'll cry and weep and trouble the parents. So then the parents: "All right, get them the toy, let them have it." And the child plays with the toy, not with the parents.

Now two friends will meet, and they'll say, "We must go and see a film together." They don't talk to each other, there's no rapport, there's no friendship. They must have something in between them. There is no direct rapport between the children, between the friends, between husband and wife.

Matter is to beautify your life, not to make it ugly and create problems between each other. Now the French will not like the English because they use their fork and knives in a different way. And the English think no end of themselves because they know the English language. All this kind of nonsensical feelings come in through this kind of materialism, and we are no more collective, and the collectivity gets lost. But then we find out wrong methods to get into collectivity.

Like, we take to alcoholism, because after alcohol we feel abandoned and we can laugh and enjoy together. So, otherwise, if not, we go for holiday. All the women must show off their body to attract the attention of men. Men must show off their bodies to attract the attention of women, but no one knows, no one – it's a joyless pursuit. And the way they quarrel among themselves for all these small, small things, they are really joy-killers.

As a result of all these things, we have lost the art, we have lost the art, we have lost the deftness, the deftness; and now wherever you go, what you find [are] ugly things like the airport of Charles de Gaulle—it looks like a factory, and I don't know how you feel in that place.

There is no cosiness in the household; the house is so bare and so insipid, and the people are so dry and stupid. There's no joy in the family, so also the children run away from the houses at the age of eighteen, or sixteen, whatever may be the case. So instead of human beings, we start creating robots, you see, controlled by entrepreneurs. This is the situation. That's why you play into the hands of all kinds of things like psychologists, like Freud. Any new idea comes in, they jump at it, and that's how they suffer – the result is they have got AIDS now. There's no logic in their heads. They don't understand that this is just exploitation.

After Sahaja Yoga, you do understand this is exploitation. Now they have plastics and nylons, and they don't know what to do with the plastic, how to get rid of it. Then they have acid rains, and the trees are affected by that. Now in Switzerland—which is such a corrupt country, I should say, it is taking the money, corrupt money, from every country—who are absolute materialists are suffering from this acid rain. Most of their trees are destroyed and they have avalanches. All these big, big mountains that they have, the ice starts flowing downward because nobody can hold it, and now there are floods. The nature starts acting.

So, whether they progress outward in this wrong direction, or they try things inwards like Freudian methods – both are dangerous and are destructive, and in this destruction, [those] who are lost are the people who are innocent. So, one has to develop that wisdom within oneself, that we are human beings here, part and parcel of one whole, and only the human beings can get Self-Realization and can feel that oneness. And such a personality is a satisfied personality. They do not try to exploit other countries, other people; they live satisfied with themselves. They enjoy their compassion and their generosity. They open their houses to everyone, they open their hearts to everyone. They make their houses beautiful for others, not for themselves.

We were first in London in a country house, and there were six other houses; there were quite rich people living there. Every Saturday, Sunday, the poor husband had to mow the lawn, and the wife would stand up, telling him, "Do it better," and used to polish all the brass, you see. Same with his wife. And not even a rat would enter that house. And they were surprised that in our house there were so many people coming. And they came and saw our house and were surprised that our house was so beautiful and so neat and clean. I told them that if you really have a beautiful house, even children don't want to disturb it; they treat the house like a temple. But if you do not make the house beautiful and acceptable to others, then you are only busy cleaning for yourself all the brass, all the crystal, all the glass, everything yourself. And what is the purpose? Then Monday you are again tired, sitting very tired, but if you had kept the doors open to others, they would have enjoyed. Then it had some purpose.

So purposeless life is absolutely joyless. That is the problem, is that people get exhausted for nonsensical things. If one spoon is lost, they will just die ten times. Thank God, in India, we are not such materialists—yet. We might become, but we have now a short circuit: we are coming to Sahaja Yoga before we are developing. Now the culture is also very different and is an ancient culture. That should be the culture of Sahaja Yogis – will be that culture.

Like, now, if somebody spills any coffee say, nobody will say anything—"Oh it's all right, it's all right, no, no, no it doesn't matter"—even if it's a Persian carpet. Until the guest is in the house, you will not wipe it. Even if children break something, we don't punish them, that: "You have broken this and it's very wrong, you have broken that." Nothing of the kind. "It's all right, you be careful" – that's all. We don't scold them for that, but we tell them that, "You be careful, you might get hurt." No importance is given to things.

Also, in language, we cannot say to somebody: "I hate you." That's not allowed. Or "I don't like you," or "I believe in this." They will say: "Who are you? What do you think of yourself?" The parents will immediately correct, and that is the correcting point which helps throughout the life. You don't say harsh things like: "I don't like this, I don't like that." We have to appreciate everything: learn to appreciate other human beings, to enjoy other people, to see to their good points. If you see only their bad points, you will get all their bad points. Where is your attention? Instead of getting too many plastics, you have one little nice thing with you.



That is something joy-giving. Keep your houses open to others. Don't get worried how your door is – if somebody touches the door it might spoil its polish or something like that. Enjoy looking after others, having concern for them.

They always say, "Mother, You look so young despite Your age and You work so hard." It is because I love everyone much more than I care for Myself because I have so much concern for everyone. That keeps Me very happy. If I could give something to others, that makes Me very happy. If I can cook for everyone, that's very good. Only, I think, two years back, I went to – that's about three years back – I went to Australia and cooked for five hundred people in two places and enjoyed really seeing them enjoy My food. It was such a joy-giving thing. The greatest joy is in giving [to] others. As soon as this attitude changes, you'll be amazed the materialism will be at your feet because in Sahaja Yoga it works that way.

I'll give you an example. Once I was going for a Guru Puja, and I wanted to take some presents for all the leaders. In London, I don't go out shopping, but I went out, and I was exhausted. I couldn't get anything, and I came in the evening very tired and there was nothing I could find, and I thought that, I better now open My storeroom and try to find out something there. And at that time, a Sahaja Yogi just said, "Mother there's some boy who wants to sell his paintings." I just came rushing down, and he had beautiful paintings with him at a very reasonable price that I could afford, and they were exactly the number I wanted. So I bought them, and you know in one of the Guru pujas I gave beautiful paintings to everyone. This time I had no time to buy any presents for the leaders; I was going to France and here [Spain]. I thought, I must have something and now what to do? I have to take something for Jose Antonio and also for Patrick. So, our plane was delayed, and I got beautiful fountain pens for both of them. I was so very happy I could buy them there.

It's so nice, you see, to buy for others. I find it difficult to buy anything for Myself. It is so many times I have seen how suddenly you get the things that you want, as the matter is at your feet. I had bought some chocolates for the children for the puja in – not puja, but visit to Paris, and when they came in the evening for music, we forgot about it. But at the airport we suddenly found them, so I gave all that to small children and to big children also, and we had a nice time at the airport. All these small, small things give so much of joy, such an ocean of joy! You just try these things.

In the beginning of Sahaj Yoga, I had gone for a program to meet the Sahaja Yogis at Gavin's place, and his wife was no good for – she was cooking and all that, she was schizophrenic type, but Gavin said, "Mother, will you please have Your dinner with us?" So I thought, he has cooked only for Me, so I allowed everybody to go away, and he was in the kitchen. He came out and said, "Mother, where are they?" I said, "Why? They have gone away." He said, "See, Mother, I have cooked for all of them, and why did they go away?" You see, his sweetness filled my heart with joy; I felt what a sweet man he is. He's from Scotland, and they say that Scottish people are very miserly, but I found Gavin to be a very generous person. Like that, I like when the Sahaja Yogis talk good of others, try to help them, and try to be nice to each other. That is the most joy-giving thing. All these things will cut out the domination of matter upon us. We should not care for the matter. Of course, one should care for something that is given to you with love.

One day Gregoire had given Me two little, little horses. Then I came home, I saw they were missing, and I went round the whole house seeing them: "Where are they?" I said, "Where are they gone?" So I had My servants, My domestics; they were surprised, that: "There are so many things in the house, why is She worried about these two little horses?" So, My husband came back in the evening. I said, "Have you seen those two little horses that Gregoire had given Me?" "Yes, yes," he said. "I have kept them properly in my cupboard because children were there, they would have broken and You would have felt bad about them." I had so much silver, so many expensive things—he didn't bother about that, because it had an expression of love in that, which is much more than all the gold and all the silver put together.

This is what we have to understand, that love is more important than anything else. You must compete in loving each other more, compete in being kind to each other, and compete in being humbler to each other, compete in doing something for others, and in saying very sweet things to others. Try to think of doing something very sweet. Like once I went to buy a sari for Myself and then I found – you see, for Myself I am quite miserly; I thought it was rather expensive and I didn't buy it. And another Sahaja Yogi was there, with Me, I didn't know, but he bought that sari, and the next day he brought it to Me as a present. You don't know the joy I felt because I know I'm very miserly about Myself, and then that sari was so much appreciated by everyone. Maybe it

had that love. This is what it is: we have to feel the power of love, then everything vibrates, the matter vibrates, and you can feel the vibrations from a distance.

If you come and open My cupboard and try to arrange My saris, you will be all filled with vibrations. Anything that you touch will have vibrations. So, it is important that we should learn to love and improve our vibrations so that we can spread love all over and remove the people from the shackles of materialism. I wanted to talk to people in Spain about this, and for all the other people, I would say that they should come back because they have gone too far into it, because matter complicates you. It reacts and makes you think more. It doesn't allow your attention to be steady.

If you see anything beautiful, you just look at it without thinking, then you will realize what beauty lies in the matter. In the Zen system of meditation, Vidhitama, the one who was the founder of Zen system, tried it. I think I've talked about it in some other lecture.

With all My love to you, I would say that try to love each other. And you have seen that, in India when you travel, it's not so comfortable and we cannot give that comfort in the small places we go to, but still, you all enjoy it so much. You don't want comfort, you want the comfort of love. You enjoy each other's company so much and that overflowing love of your host country that is India, Indians. That is the sign of good Sahaja Yogis. Because there is a big purpose in our lives – greatest of all. What Abraham Lincoln did, or what Mahatma Gandhi did, your work is much greater and subtler, because you can do living work. So, we don't have to become sanyasis, we don't have to give up anything, but we have to change our attitude. We have to develop that detachment.

May God bless you all.

## 1987-1116, You have To Find Your Self

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16 November 1987

You Have To Find Your Self

Public Program

Porchester Hall, London (England)

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Public Program, Porchester Hall, London (UK), 16 November 1987.

I bow to all the seekers of Truth.

When we are seeking the Truth we have to know we have to be honest about it. Because it is benevolent for us, not for others. We are seeking the Truth for ourselves, not for others.

The another thing we have to remember, very humbly, that truth is what it is. We cannot change it, we cannot organise it, we cannot manoeuvre it. It is what has been and will be.

And what is the Truth? The truth is that you are the Spirit. You are not this body, you are not this mind, you are not this ego, and you are not this conditioning. You are the Spirit. But so far you have been a human being. But to be human being itself is a very great thing. Is the greatest thing to be a human being.

Perhaps we have not realised the value of our life because we do not know what we are. The way we waste our time, waste our energies, waste our attention on things, which are senseless, because we still have to understand the greatness of our being. Human beings are made with such care, so beautifully, such delicate working of the Divine from amoeba to this stage passing through various stages, such a beautiful thing has been created as a human being.

But first, we must have this attention to our Self that there must be something. It cannot be a purposelessly doing, it cannot be something just a chance. It's a wrong idea to play with. If the gravitation force of the Earth or anyone of the galaxies changes, there would be disaster, absolute disaster.

So many things in the cosmos, if you study, the coefficients that works out, the different balancing and the different weights and the movements of the different bodies show us that there must be some purpose. And they do not trouble us; it's all as if made for the stage for human beings. That the human beings have to come on the stage and all the preparation is made for the great drama. I think it's high time that great scientists should look at it and start wondering why is it the way it is made? Why we are so much looked after? The whole cosmos seems to be within ourselves as if we have buttons, which move the cosmos, which control the cosmos. Everything is going on so smoothly otherwise, except when we do not try to understand ourselves.

It has been said, practically in all the scriptures, that you have to seek your Self; you have to find your Self. Though, I think, many of this scriptures have been little bit changed and have been used for certain purposes, still they could not get over this point that you have to become the Self. You have to be born again.

But that is not an artificial thing. We are human beings not artificially made. We are made really by some sort of a living force from amoeba. We are not just made with some sort of a thinking or a mental projection. It is not a mental projection by which we have been human beings, it is something spontaneously happening, a living force within us, which has brought us to this stage, with a purpose, with a meaning.

And now, at this stage we,, are free to do what we like. Many people ask Me, "What was the need to give this freedom to human beings?" It was very necessary. If you have to have the ultimate freedom you must know how to deal with it. You have to

understand. Of course, human beings have to make mistakes: to err is human. And we have to understand that this trial and error and trial and error business, has made us understand. Also, those who have not understood must understand, that there must be a wiser or surer way to achieve that goal of Self-realisation, of Self-knowledge.

Self-knowledge, we do not have, we must admit very humbly. We have had no system by which we could know ourselves. But think of a computer that is a human being is. As soon as you see me, you know I am there. You don't have to go for programming, you don't have to consult anything, you don't have to use any kind of computer or some sort of a complicated machinery. Automatically, spontaneously, in a split of a second, you know that I'm standing before you and talking to you. Such a computer, we cannot create. But the Divine has created such a great computer and that is the human being. And this human being is the only one who is going to achieve that higher state, which we call as the spiritual state of the Self.

Because in the science, they deal with the tree, I should say, the outside, but they cannot go into the roots. To go into the roots you have to become a subtler being. Unless and until you become a subtler being, you cannot go into your roots to find out what are your roots are. When you become subtler, then only you can go into your being and can find out what actually you are. Also, to look after a tree, which has not known its roots, is a very difficult thing. What happens is that when you do not know your roots and you start growing, and growing, and growing you go very deep down into that where you find that you have lost your way. Actually, you are not going deeper. You are spreading outside more and more. And then once you start going to extremes because of your freedom, you lose your way.

That's how today everybody is saying, "A shock is going to come". We are all going to face a shock". "This is going to happen, that is going to happen". But actually, it is absolutely in your hands because the whole of the cosmos is within you. The cosmos is working under your control complete. It is absolutely looking after you. Every element is looking after you to preserve you, to guide you, to take you to the right thinking.

But in your freedom you have to achieve that. This is a very big condition and there where we fail to understand. Even there are many who say, "There is nothing like Divine" and, "There is nothing like God." In Russia I've been and I've been to China and all the communist countries and they are in a way partially justify it. Because what they found, those people who talk of God, those who say that, "We believe in God" and those who say that, "We believe in religion", can be irreligious. Anybody who can call himself a Christian, Hindu, Muslim, say, Farsi, anything, is capable of any sin. Whatever he wants to do he can do it. Nobody can say that, "Because he was a Christian he could not do it". So the whole concept of religion becomes a mental projection again an artificial thing. But if a person is a Self-realised person he goes beyond that, beyond temptations, beyond any kind of domination of any habits. He becomes a very strong person, very powerful person and extremely compassionate. His compassion is active. Is not a compassion that, "I'll form a charitable institution, which lends money to people", is not like that. The being itself emits compassion and this compassion acts, acts and works out. For example you become like a light which gives light to people and to yourself. You know others and you know yourself. That is the light of the Truth and unless and until that happens one should not say that, "I'm a Self-realised soul" or, "I am a twice born" - is artificial.

So what you have to understand that we are living in a relative world. We talk relatively. We have to be in the absolute world, where the Truth is absolute. There now before you I'm standing, you know very well that I'm wearing a sari, which is white. But it's a relative still because somebody will say, "Oh, maybe it's white". Somebody will say, "It's of white", somebody will say like that. Still you know something, but to know it absolutely, meticulously the right thing, you have to be the Spirit. But what you know is much more than these eyes can see or this nose can smell. Is much more, much more explicit, much more clear cut. Like a person who is suffering, say, from some disease. A child is suffering from some disease and they don't know what the disease is. So they have to go many various kinds of tests and for that the gentlemen, the father, or the mother, they have to pay a lot of money. They go on finding about the child, what's wrong, what's wrong, what's wrong. They cannot find it, what's wrong with the child. And they are so upset about it and within three days a child dies and still the diagnoses is not coming. Is a very common thing. But when you are a Self-realised soul you can know what's wrong with the child, exactly you can put down your finger on the problem that he has.

Now how does it happen? Here is already told you about the charkas that we have, the centres within us. These are the centres,

which on one side control the cosmos, on the other side control us, give knowledge and on the other side they give us the knowledge about others. These centres are within us.

Now when I'm telling you all this you have to have an open mind of a scientist. We shouldn't just deny it because in your concept it doesn't fitting. But like a scientist please see to it that if it is proved you have to accept that this is so. Now these charkas are within you, these centres are within you, and these centres communicate to you through your fingertips what's the matter with a child. You can feel it on your fingertips, now five, six, and seven centres, right side, seven centres. (Shri Mataji points to the chakra projections on Her left and right palms.) The right side has got the seven centres, if they are decoded properly and if you know what is the decoding is, putting the hand towards a child, for a Realised soul it is very easy to see where is the problem. And as soon as he finds a problem and he knows how to cure it he can cure people without going to doctors.

Sahaja Yoga has cured, I must say, I don't want to claim it because I don't want to open a hospital. We are here to create doctors and not patients. So even some patients who have come to us have become doctors today in a way that they diagnose it on their fingertips. As Mohammed Sahib has clearly said that, "At the time of your Resurrection, your hands will speak". But still nobody wants to know about it, that's called as a Resurrection time, as Kiyama, nobody wants to talk about it. "Your hands will speak and will give evidence and witness against you", clearly He has said it, I must say, He'd done such a lot of work on the Self-knowledge; as Christ has also said so many things.

But people don't want to look at that side. Like to say that, "We must suffer" itself is a nonsense, I think, how can you. Any God who is a compassionate Father would like His children to suffer to meet Him? I mean, it doesn't going to logic at all. But people accept this funny concept of sufferings. What about Christ? He suffered for us, isn't it? Isn't it that He suffered for us? If so, is has He left something for us to be done, to be completed more than He has suffered? He has suffered for us and He has done the job fully. We don't have to do any more about it. He carried the cross. People make Him look like a TB patient, even worse than that, just bones and the skins. It's very surprising, how can you conceive Christ like that?! Anyone of the people who say they are very healthy people, let them carry the cross and we'll see. It is so contradictory about Christ, there's surprisingly that He should say that you have to suffer.

Same about Jews. I just don't understand why should they say that you have to suffer if their God is kind? Same about all other organised; all these organised or perverted people who say that you have to suffer. Suddenly people become vegetarians, suddenly they become fasting. In India though we have to fast in any case because of lack of food, but they have fasting days. There are some people who fast at least five days in a week. They fasting. What is the need to fast? If you ask for fasting you'll have to fast all your life. That's what God gives you, "You fast now, you want to fast? All right, have it fasting." We are asking for trouble. You want to be miserable? All right, be miserable. You want to be unhappy? All right, be unhappy.

You find people coming out of congregations, which are supposed to be very religious so miserable looking. How can it be? It has to be joy, it has to be happiness. Just think of it, how can we ever believe such things what we have believed for ages, ages, ages, and it cannot go out of our heads, that we have to suffer. How long, how many years, how many lives? Nothing is written anywhere. You better go on suffering and make others suffer also with it. If some person is like that in your family you'd like to run away with that boredom, because he's suffering for nothing at all and (Shri Mataji laughs) he don't understand why is he suffering. So you want to run away from such a person. And all this kind of ideas we have accepted for ages now. And that has led us to a big confusion about God.

Then we take to things which give us joy. Actually they are not, they are just flippant pleasures. We cannot enjoy anything in life, really we cannot. We can see the way people are now going on for such sensational things. The reason is there's no joy. The sensitivity to joy is so reduced that I sometimes fear with all that they are doing they so fed up, that they may have to put electrodes in the limbic area to get the joy instead. They have become so very (Shri Mataji smiles) so very insensitive to anything, they'll not laugh, they'll not smile, they are so full of closed hearts and frightened things, whatever they said about human beings.

Now first thing you have to know - you don't have to suffer at all. Secondly, you don't have to judge yourself. Let your Kundalini rise and judge you. You don't start judging yourself and condemning yourself.

And the another fashion, which is very common, is to feel guilty. From the very beginning you start, "I am afraid". What are you afraid of? You have to have all the courage, all the blessings, and all the confidence. You are a human being and this is the message I want to tell you that you are a human being and you have to be the Spirit. And once you are the Spirit you'll be surprised the blessings will be showering upon you. In these modern times should talk about these things is out of date. But it is predicted that this will be said and this will be done. For us it is important first of all to know our own glory, our own truths, and about how we are built and how others are built. Once you know that first of all the peace within is established. Unless and until there is peace within what do you talk of this peace organisation and Peace Nobel Prize? I've seen the people who have gotten Nobel Prizes are the most hot-headed so much that you have to talk to them with a barge pole in between. Any time they are up to jump on you, you cannot challenge them; even talking to them is a difficult situation. So how are they going to have this peace foundation when they are themselves so shaking?

Then you have other things talking about - the love, the love. Full of lust and greed. They love your purse, not you. When you talk of love, love is a thing that's detached. Like the sap in the tree rises, goes to all the leaves, all the trunk, all the flowers, all the fruits and comes back, is not attached. If it's get attached to one fruit the tree will die and the fruit will die too. So this Pure Love or the Divine Love is detached, that's why it acts, it works. A person who is a Realised soul is such a pure personality that even a glance of such a person can do lots of things. Even a thought of such a person in the attention can do so many things, bring about so many changes.

So this is the time of our transformation. We have to become a higher personality; the transformation has to take place. At the time of Easter we give people eggs. Perhaps people do not know why do we give them eggs at the time of Easter. But about Christ is written in our Scriptures that He was an egg to begin with. Of course, He was much more before that, but to begin with He was the God of innocence. But then He came as an egg. And then He was divided into two halves. The one half, which incarnated, and which transformed this Earth.

So the resurrection is the transformation. Like an egg, if we are bound by our conditioning and by our ego, we break through that shell and become a bird, which is really a free bird. Only thing, the bird has to know how to fly. Now this is, again I'm saying is the living process of the living nature, of the living Power of Love. It is not something artificial. In Sahaja Yoga, I must have spoken in this hall I don't know how many times might before and again today there's a chance to speak to you.

What I have to say, that it is important the becoming. Is not important: you cannot become a member of Sahaj Yog, you cannot pay membership, you cannot pay for your Realisation. How can you pay? How much do we pay to the Mother Earth to sprout the seed, does She understand? Because She has the power She sprouts the seed. If you give Her money or read something before Her, it makes no difference. But once you get your Realisation you start understanding how many powers you have. And the greatest power is of compassion and detached love.

These seven chakras are within us, which are to be enlightened by the awakening of the Kundalini about which Dr. Spiro has already told you. Now in this short time I cannot cover up the whole subject. I must have given at least more than thousand lectures in English language. But I would request you one thing that forget about what you have learned so far. About your conditionings because if you had achieved anything out of that I was not necessary. Now you have to see with a clean slate, as they say, what you can achieve in this lifetime, which is the most important thing, is to be achieved.

Of course, where's a lot of things that should really make you more tempting about it. Firstly, that you get rid of all your illnesses. Most of the illnesses can be cured - if they are at an early stage - by Sahaja Yoga. Most of the mental illnesses can be cured with Sahaja Yoga. Your material problems can be solved by Sahaja Yoga. Your spiritual problems like going to wrong gurus and wrong people whatever you have accumulated within you can be corrected. But the highest of all that you become sensitive to joy. Then you start seeing joy in everything. You don't have to think that, "Oh, this is the thing which is marvellous". No. It just happens, you see it is. Just you enjoy without thinking about it.

You become a peaceful personality. You become a dynamic personality. You are not spade by other veils of things, like some fashion coming up, then some sort of a nonsensical idea coming up, then some medicine coming up and you treating yourself and getting to trouble. You just rise above all these things at a higher level and you start see everything as a witness. You become the witness of all the jokes that are going on and you just watch it and you think, "What's all this? Is just a play". Many people have said that, "Mother, You always laugh so much and You have always smiling face, so the people are not going to take You seriously". I said, "I don't want them to be serious". There's not going to be any seriousness needed. What are you serious about? You should be happy. It's fun. We have to be happy people. We have to be happy. Most people who think, they are very guilty, should punish themselves by saying, "You are not guilty, you are not guilty" 108 times. That's what we have in Sahaja Yoga. Is just the myth. All these are myths; we are working with myths and making our lives miserable, which is meant to be joy, happiness and all the overflowing blessings of the Divine.

Whatever I'm telling you about we have within ourselves all the great powers hidden of our brain, of our liver, of our heart, - they are to be enlightened. And then in the light you see everything. But as in this room you have so many lights you have to just push in one button and the whole thing comes out. In the same way it happens. But if I start telling you about the history of electricity in the dark and all about how it came here and what all happened, you'd be just fed up with it. So what we are doing is to tell you that let us put on the button first, you better have your light and see in that light if it is true or not. If it is true you have to understand and accept it honestly. You have to be honest to yourself that is the main point I'm trying to tell you. We are not to play about with ourselves and play about with our conditionings. We have to be honest and to get to our properties that are within ourselves. I'm not here to oblige you at all, there's no obligation. Is just like a catalyst, I would say, and you become the catalyst oneself once you get your Realisation. And you can do all that I can do, it's very easy and very simple.

May God bless you all.

(Aside) Now, should we have questions or what?

I find most of you were just ready for getting Self-Realisation. Not only that, but I think you all capable of that. But still there must be some people who must be want to ask questions. I would only request - don't be aggressive with Me, there's no need. I've not come here for votes, nor for any money, nor for anything. I've just come here to give you your own keys. Out of Love that I am. So please try to understand Me. I'm not here to take, I mean, anything from you. Just to show you what you are and you'll be happy to know that you are something great.

So may God bless you, I would like you to ask Me questions related to Self-Realisation and not to waste the time of so many who look so anxious to have their Self-Realisation. Those who do not want to do any meditation after this, which will take hardly ten minutes for you to get your Realisation, because the journey is three to four feet only - from here to here. (Shri Mataji shows the distance from Mooladhara to Sahasrara Chakra with Her hand.) That's all.

So, I would just say, that you will all get your Realisation in no time. Should get your Realisation, but do not try to be uncivil. If you do not want to have it, you should leave the hall and leave others in peace. That would be very kind of us. And not to see and watch, we don't need such people here. Those who want to have Realisation can sit down or others have freedom to go, but not freedom to sit here. So I would request you to be kind and civil to others who want to receive their Realisation.

Any questions, please.

Q.: [NOT AUDIBLE]

What's it?

A Sahaja Yogi: Mother, he said that Dr. Spiro couldn't complete his talk about how the germinating principle works. Could You say something to finish of what he said?

Shri Mataji: Generating principle?

The Sahaja Yogi: Germinating.

Shri Mataji: You see, it is, I would say, it is spontaneous. Now that should explain a little bit how does a seed germinate. You have the seed and you put it in the Mother Earth, all right? And it germinates because it's all built in it, this is all built in it, all this is built in it. And in the triangular bone you have got this Kundalini, which is placed within you in 3,5 coils of an energy, which is a residual energy. Which is actually the power of your pure desire. Because the desire that we have otherwise, all the desires, are not pure. What's why they are not satiable in general. We get one thing, we want to have another. We get the another thing, you want to have the third thing. So, this is the power of pure desire. And this pure desire is described in the Bible as Holy Ghost, in the Koran as 'asas' [base, foundation].

And in the Indian Scriptures, as Adi Shakti, as the Primordial Mother. So, She is the power of God as called as the Primordial Mother. Now this Primordial Mother is settled in our triangular bone while the Spirit which is the reflection of God Almighty is in our heart. But the seat of the heart is on top of your head - here - on the fontanel bone area, which is called as Brahmarandra in Sanskrit language. And also when we talk of baptism we try to bless there, but it's artificial. Real baptism is when this Kundalini, which is the Holy Ghost or the Adi Shakti, the reflection of that, rises within you piercing through these centres, piercing through the fontanel bone area and actualises the experience of this personal experience and gives you a cool breeze coming out of your head. Actually the cool breeze coming out of your head, you feel it, and then you feel it everywhere, the cool breeze of the Holy Ghost. And that is the subtle of the subtlest, which is the syntheses of all the powers, which works everything out.

Like you can say, in the sulfur dioxide we have in the molecule of the sulfur dioxide we find that there is pulsation of the vibrations. Who does what? We say electromagnetic. But the electromagnetic is one part of the same power. So this power we can broadly divide into three things. In the first power what we call as the power by which we desire. The second power by which we act and the third power by which we ascend. All the synthesis of all these powers, all these powers are in this Kundalini which meets the Spirit because the seat of the Spirit, as they call the Pitha, is on top of your head and that's how the whole attention you can see like a sari it is supposing the attention is spread here and the Kundalini rises, rises like that (Shri Mataji puts Her finger under the sari on Her chest and erects it like a tent pole), pierces through this at and the whole of this attention becomes enlightened. That's how your attention becomes enlightened. This is in short I'm telling you. But as I told you we have got My lectures on all detailed way how it works out, it's quite a detailed thing. But in the first lecture it will be quite boring for you. So I think I better tell you this much, that it's a spontaneous happening and can happen to all of you.

[NOT AUDIBLE]

The Sahaja Yogi: Do the first stages in Sahaja Yoga consist of meditation and how they beneficial physiological changes?

Shri Mataji: No, it is, you see, we do not understand the meaning of meditation actually. You are not to meditate, but you are in meditation in Sahaja Yoga. You become meditative by temperament. Now, I would suggest like this that in the beginning why I said you have to meditate, because I would like to tell you actually that word is not so suitable, but I said that you have to little bit cooperate with Me how to help your Kundalini to rise. That's the process we are going to have in a very simple words. But I said meditate because that's all could make the smaller way of saying things. But actually in Sahaja Yoga the practice of Sahaja Yoga is very different from any kind of meditation, of concentration or anything. There are very simple ways by which you have to correct your left or right side and to be in the centre. And then when you are in the centre the growth take place. Is very simple and luckily we are going to have next Thursday a very good workshop where they will tell you all the details how it has to be done. And they'll solve all your questions and all your problems there. And lots of people are going to be in that place where you'll find solutions to all these questions you ask. Thursday they are going to have a very good workshop.

[NOT AUDIBLE]



Shri Mataji: [YES or FIRST], sickness can be cured if you become Self-realised. Actually you don't go to doctors then anymore, you become a doctor yourself. So the physical sufferings can be, this [NOT AUDIBLE - way ?]. Now the collective suffering comes by the stupidity of human beings, by the ego of human beings, of wrong ideas, you see. Like a Hindu fighting a Sikh and a Muslim fighting a Muslim and a Christian fighting the Jews or all the sorts of nonsense. And also the capitalist fighting the communists. Actually I should say I'm a capitalist because I have certain powers and I'm the greatest communist because I must distribute it. This is the real power which has to be distributed. What is the money power to be distributed? - Useless thing. Money doesn't give you any sense. So is the combination of everything, the synthesis of everything you'll find and that's how you are surprised that the sufferings just disappear. Also now you might say that, "What about the sufferings of the nature?" People who are Realised souls never get those suffering things because you see this full cosmos is within them, they are looked after. This is at a human awareness. But at the spiritual awareness you become beyond sufferings. And Christ is to be awakened within you, that's the point is. Because Christ is not awakened within you. When the Christ, you know, in this chakra - this centre is Agnya chakra, here - is bestowed the Deity of Christ. Now here if you can see in the map there is they have shown on one side the ego, another side - the superego, means the conditioning. Now when this chakra is awakened meaning the Christ within us is awakened, then He sucks in our karmas. That's why they say that He died for our sins. Then He also sucks in our conditioning, both the things. He is placed in the middle of the brain you can say where is the optic chiasma crossing and He looks after the pituitary and the pineal body. That's how He controls both the things within us and He sucks in. And when He sucks in there's an opening that takes place on our fontanel bone area and through that then the Kundalini pierces through.

[NOT AUDIBLE]

The Sahaja Yogi: How can you keep your Self-Realisation if you are not in touch with the collective?

Shri Mataji: You cannot. You have to keep some connection with the collective. It's like say nowadays it's autumn you have seen. In autumn what happens? A bark like a cork develops between the leaves and the tree. And such a leaf falls off and dies. You have to be in the collective, you cannot keep your Self-Realisation without collectivity. Is very important to be with the collective. This is one point people fail, because they think they'll lose their individuality. Is a wrong idea. Actually when the leaf dies it has no individuality. On the contrary, when it is on the tree you'll be surprised, that one leaf cannot tally with another leaf in the whole world. Such an individual thing it is. It is I would say unity in diversity, complete unity in diversity. Because that is the variety is the one that gives beauty to this world. Otherwise if we are all sort of dressed of the same way, walking the same way, it will be such a boring company.

Is there any question? Such a rapport. It's beautiful people today. All right.

So now, as I've requested you, those who would like to go, should go. Because when we do this we all have to close the eyes and people are not even willing to do that. So the thing is that the Divine is not going to fall at our feet, isn't it? We have to be little humble about it. If we don't have that humility is better we should try other methods and then come to Sahaja Yoga. Because Sahaja Yoga is not meant for arrogant people, for people who think knowing of themselves. Is meant for people who want to get their Self-Realisation.

Now a simple thing we have to do, all of us, which is also sometimes not liked by people when I tell them - we have to take out our shoes. Because this Mother Earth is going to help us a lot. She's the one who is giver of everything. So we have to take out our shoes and touch the Mother Earth. You can keep your socks on with your both the feet. Put both the feet separately because there are two powers separately on the Mother Earth. Those who are sitting on the ground are all right as they are, they need not put their feet like this, they can sit in a Sahaja asana, means in a way that is relaxed, not to put legs on top of another row or anything. Any stress on your body is not needed. You have to be comfortable to be straight, sitting straight, not putting your neck back or forward, just sitting straight, that's all.

One promise has to be there in your heart, that you will after Realisation respect your Realisation and grow like a tree and should

not be the like the parable of the seeds that some seeds fell on a rock and some who sprouted also got lost. I would request you very-very earnestly and with a great concern that you have to look after your Self-Realisation and your growth. As we do not take any money from anyone, we don't have very elaborate places or elaborate centres, so whatever is available is there for you. But that is God's place and you have to come there to get all the information, the knowledge about the Self. I hope you will not treat it with just a side issue, but the main object of your human assent. You don't have to pay for it; you don't have to do anything else. Moreover, we are all the time trying to save time and that is why the time has to be spent is been collective and enjoying the joy.

May God bless you all.

So both hands have to be like this, to begin with. This is because as I told you these are all sympathetic centres which are to be enlightened first of all, so the information goes to the Kundalini that the Kundalini is to be awakened. This is first thing we have to do.

Now, secondly, we have to facilitate the movement of the Kundalini even if she's awakened. And for that I will tell you how to put your hand into various centres to the various centres so that you can yourself facilitate. I would like one of you to get up and show this better. Yeah.

Now Dr. Spiro will show you also and I will also that first you have to put your hand to your heart where resides. Now left hand towards Me and right hand on the heart. Left hand towards Me. Now to your heart and here resides the Spirit. We work only on the left hand side, because that is the side of our desire and put the left hand like this symbolically meaning that this is the power of desire and we want to have our Self-Realisation, expression of that.

Now the second chakra is on the upper part of your abdomen on the left hand side. This is the centre of your mastery by which the mastery over this power of love or Divine vibrations you achieve and manifest through your being. Is just starts working like through our eyes we can see the light. In the same way, once you become the master, you can feel, you can know everything about yourself and about others.

Then you have to take down your right hand to the lower part of your abdomen. This is the one, which is working out our pure knowledge, knowledge, which is absolute and pure. This centre is very important and by some unauthorised people if some people have tamper it we have to nourish it by putting our right hand towards it.

Then again we go back into the upper part of the abdomen.

Then we go back to our heart.

Now here we go back to the left hand side of our neck, here, like this from front. Many people tried this side (Shri Mataji pointed to the back side of Her neck). No. You have to try from front and then turn your head to your right, like this. Now this centre catches when we feel guilty and now I find quite a lot catching in this audience. So please for the sake of your Self-Realisation forgive yourself, forgive yourself, forgive yourself.

Now, please now stretch your hand like this and put it on top of your forehead. This is the centre of forgiveness, - here. And press it on both the sides, like this.

Now you have to take this hand on the back, rest your head on that, put the head up. And then you have to take out your hand again and stretch it like this. Fully stretched. The centre of your palm is to be placed on top of the fontanel bone area. You might bend your head a little, would be better. Just there, which was a soft bone in your childhood, and you have to press your scalp and move it about seven times slowly in a clockwise manner.

That's all we have to do. But we must press it hard and the fingers must be pushed back nicely so that we can press our palm nicely. All right. That's all is to be done. [INAUDIBLE WORD - Principally ?]

Now we have to close our eyes. Please don't open your eyes till I'll tell you. Because the attention will be attracted inside and please you can take out your glasses. The other day one lady who was quite blind I think and she started seeing this, I mean, you know, things happen like that. I would request you to take out your glasses. It helps you. And you keep your eyes shut till I'll tell you, please don't open your eyes. It is how you are going to help yourself and also you will know how to all the time raise your Kundalini. It's very simple method, which I'm telling you.

Now, please put your left hand towards Me like this and right hand on your heart. Left hand towards Me and right hand on your heart. Here, now close your eyes. In the heart resides the Spirit. So please ask Me question within yourself, a very fundamental question, you can call Me Shri Mataji or Mother, whatever you like, "Mother, am I the Spirit?" Ask this question, "Mother, am I the Spirit?" Is a very fundamental question here to ask. Ask this question three times.

Now, if you are the Spirit, you are also your guide and master. Please put your right hand in the upper part of your abdomen on the left hand side, on your stomach on the left hand side and press it hard and ask a question here three times again, "Mother, am I my own master? Mother, am I my own master? Mother, am I my own master?" Ask this question in your heart.

Now, we move our right hand, move it down into the lower part of your abdomen on the left hand side. Now here, please keep your eyes shut, please keep your eyes shut and don't move too much. Here you have to know that I respect your freedom and I cannot force you to have the pure knowledge. You have to say that you want it. So here you please say, "Mother, please give me pure knowledge" six times, because this centre has got six petals. So please say six times, "Mother, please give me pure knowledge".

With this asking the Kundalini starts rising, because she knows you want it. Now to facilitate her movement we go back to the higher chakra and take our hand to the upper part of the abdomen on the left hand side and press it hard. Now, with full confidence we have to say ten times, "Mother, I am my own master". Say it with full confidence so the Kundalini will rise, "Mother, I am my own master". Please say it ten times. This will correct your spiritual domination if somebody has dominated you spiritually in the sense that they have misguided you spiritually. "I am my own master".

Now, raise your right hand to the heart. Here resides the Spirit. So with full confidence say twelve times, "Mother, I am the Spirit". Have confidence in yourself.

We have to know, that the Divine is the ocean of love and compassion. But above all it is the ocean of forgiveness and we cannot commit any mistakes, which the Divine cannot forgive. So please forgive yourself, forgive yourself fully, and raise your right hand in the corner of your neck and your shoulder, and turn your head to the right. And here with full confidence you say sixteen times, "Mother, I am not guilty at all". Please say it, very important and as I said, if you still feel guilty, you can punish yourself by saying it hundred and eight times. You have to be pleasantly placed towards yourself because you are going to enter into the Kingdom of God. You have to love yourself and respect yourself. Sixteen times please say it.

Now raise your hand and put it on your forehead across. Put it on your forehead across. This is the centre of forgiveness. So please here you have to say, "Mother, I forgive everyone", from your heart. You might say it is difficult, but it is a myth. Whether you forgive or you do not forgive you do not do anything. But if you do not forgive then you play into wrong hands. So to get over all the loads you just say from your heart, "Mother, I forgive everyone". It's not important how many times. Press it on both the sides please.

Now take back your hand, and put your hand on the back of your head, and raise your head on that. Move your head upward. Now here for your own satisfaction only, without counting any mistakes or guilt you can say, "Oh, Divine, if I have made any mistakes, please forgive me". For your own satisfaction, don't feel guilty about it. In a very pleasant manner.

Now stretch your hand fully, push back your fingers, and put the centre of your palm on top of the fontanel bone area, and now

start moving it very slowly, very slowly clockwise the scalp. Press it hard, push back your fingers. Seven times. At this point I must say that I cannot force again the Self-Realisation upon you. I respect your freedom. You have to ask for it. So please say seven times, "Mother, please give me my Realisation, give me my Self-Realisation". Or, "May I have my Self-Realisation". (Shri Mataji is blowing in the microphone 7 times.)

Now please take down your hands. Please open your eyes very slowly. Now watch Me without thinking. Let's see if you can do it. Without thinking. Just watch Me without thinking. Please put your right hand towards Me, right hand towards Me like this. And the left hand above your head and bend your head and try to see if you are feeling any cool breeze from here. Bend your head, bend, bend it. Little higher. Some people get it very high, very high they get it, some of them. Move it. And now put the left hand towards Me like this, again bend your head and see if you are getting a cool breeze in your head.

Now put your right hand towards Me again, bend your head and see for yourself again if there's a cool breeze.

Now raise both your hands towards the sky and push back your head and ask a question three times, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the Brahma Shakti? Mother, is this the All Pervading Power of God's Love?" Just ask the question.

Now put down your hands. Now please put your hands like this. You'll feel very relaxed and peaceful. In the hands also you'll feel little cool breeze coming. Some people might feel in one hand, might feel in another hand. Some of them do feel that way.

All those who are feeling the cool breeze on top of their heads or on their fingertips, please raise both your hands. Both hands to be raised those who are feeling it. Just imagine! Most of them have felt it. Imagine. Hardly very few haven't felt. It's very easy for them also to feel it and if they want they can come up to the stage and people can look after them. They can feel it today, they should and they will work out their Kundalini. Maybe little help is needed and it's very kind of you, all of you to have received your Realisation. I bow to all of you. I bow to all of you and I beg of you as a Mother that please look after your Self-Realisation, do not waste it. Those who haven't got it should not feel in any way disturbed or upset, it's very simple. Maybe the little time was needed more or whatever it is. I would request them to come on the stage for five minutes or ten minutes and they might get their Realisation very well.

May God bless you.

Also if you want to come and meet Me you can come on the stage, I would like to talk to you. So many! Now what do you want? The England, the whole England! Those who want to be should come, one by one, please.

## 1987-1201, Conversation, Treatment of virus infections

View [online](#).

1 December 1987

Conversation

Pune (India)

Talk Language: English | Transcript (English) – Draft

Conversation with yogis, Pune (India), 1 December 1987.

So whatever we condition ourselves, becomes a kind of our subconscious. That we have been doing, say for example, all the time something, so it becomes our conditioning, because we have been doing it repeatedly for so many times it becomes a conditioning and is also, what you call, is the habit. And also the habits are also given by our subconscious. So this is the nearest to the present, you can say. Even sitting down here, supposing I take something which is very intoxicating and immediately be thrown into such a depth of subconscious, into the collective subconscious area, that immediately something will grip Me from collective subconscious and next time I must have it.

That's what happens with drugs. As soon as you take drugs once, you've had it. It throws you so much to that area that you just get under the grip of something, what we call as the bhoots. And then you have to...

Now, in the collective subconscious, what we have got? In the evolutionary process there were many material things which came on this earth and were thrown into this collective subconscious as useless. Like in the modern times you are having now plastics. In the same way we had many things like that which were thrown out of the evolutionary process on one side kept. Then we have got another thing, what we call the plants. Like certain plants that we have, say tobacco. Now this kind of plants which are now, we are going to throw them out of circulations. In the same way there were many other things abused and were thrown out of circulation, they are also there.

Then after the plants we got little animals, micro animals, which were also thrown out and were kept in the collective subconscious. Then on top of that we have human beings or first we can say animals, bigger animals. They also, so many went out of circulation, they also are still there. Now after that comes the animals and then some of them that are supposed to be sophisticated but are ambitious, are still desirous of.

There is such a build-up of this subconscious. So all the problems that come to us, what we call ecological, come from this collective subconscious. And you know 'pathos' means 'sufferings', so whatever brings you sufferings in the left side. Now we can say that these are actually, not necessarily proteins, there are some which are not even proteins, but they also grew. They're called ... These proteins of course they, the fungus and all that is the protein one.

And now we also have beyond that some animals.... The Egyptians had that some animals that dog of the Egyptians ... or something. The French are very good at that. They took to Egyptians because they drink so much, take all kinds of cheese and these all kinds of rotten things and then they take to Egyptians naturally because they are on left side. So they like this very much, so this comes from Egyptians, this past.

So now we have got so many types of things there already stored in our being. All these things are there. It's a very difficult thing. I mean, nothing is destroyed in this world. Nothing is destroyed. But it is placed in different, different compartments. And we are not supposed to enter into that compartment which is not our own. And what happens, is we start moving towards that. And many nonsensical things we do.

Ultimately, there are human beings also, who are dead and who are there. Many people who drink too much, may not be having in from their own problems. Must be some sort of a bhoot got into them so must be the bhoot is drinking. Also, these people as

you see, these horrible people ... and all that. Their innocence is challenged. It all comes from that, they keep themselves to that extent that they find some sort of a bhoot sitting on them.

But all these criminals who do all these kinds of acts are mostly supra conscious. They are more supra conscious people who can act. Now, the people who suffer are left sided, are the people who suffer but they are very sly, very sly and it is very difficult to catch them. They're extremely sly. They find out ways and methods. We can say in England these days you can see the situation of Sahaja Yogis is the same. Very sly people. Tell them to go this way. Tell them to do this way. Impossible. The situation is impossible sometimes. But then they suffer and then they understand.

But the other side are the aggressive ones. And they aggress on others. They trouble others and torture others. This kind can also meet with some sort of a bhoot from the supra conscious and can become really aggressive like supposing some person gets drunk. So he might become a very sober person, very nice, very sweet talking and another day he might start beating people, beating the wife, beating the children. It depends on what sort of a bhoot, one gets in.

But these viruses which are proteins and non-proteins also and so microscopic that you can't understand them, so how do we try to clone them? Cloning is the process, we call it. That to attach them to something like enzymes. Enzymes, some enzymes can look after some kind of viruses. Not all enzymes can look after those viruses. There are so many of them, so many of these viruses that to find out the exact enzyme, for the exact one, is very difficult. And people nowadays are experimenting frantically on this, the cloning of the enzymes with these. Now, the antibodies do the same thing, they are like enzymes, only that they try to emit enzymes which clone and which remove the viruses.

Sometimes the antibodies can be destroyed at the very beginning; like in the case of these people who are harm AIDS, because Ganesha himself is finished. And Ganesha finished, means Ganapati, means he is the master of all the ganas, means all the antibodies within us and if you have finished all the antibodies already, I mean in the sense, if their leader is finished, means they are finished. So how can you have any immunities?

So all this secretive, nonsensical, absolutely sly stuff that people go into is because they are attached to the left-side. They get into left-side, work it out that way and then they suffer.

Now for these new activities. Now this new activity of cloning they are having lots of research going on. People are trying to see, rats, you see, they put in viruses, then take out the enzymes which fight them, do this, do that, you see because they think, supposing you get a virus in a rat and the rats Ganesha is all right. So that way it will emit more enzymes to fight this disease which will fight this virus. So then they ... [have] micro enzymes available, so then they will prepare more enzymes, like that.

But the cloning is the problem. How to clone them? How to find exactly which is suitable for which one? So this the [...] we are going about nowadays in the world, that they have all kinds of laboratories, all kinds of research work, with one object: that they should find out the cloning. And it's like treating a leaf with different, different medicines to see which works out.

But the another one is Sahaja Yoga. In Sahaja Yoga, how do you avoid all this, that you take out your attentions from the collective subconscious, from the past subconscious, from the present subconscious, from the today subconscious, into the centre. But for that, one has to be determined person. His will power must be strong. But all left sided people have a very, very poor will power. You do what you like, but they'll go back to their habits. You try your level best. Slowly, slyly you see. All these things they do not understand, they'll tell it to the camp of their enemies. As a matter of fact, they'll go into such problems there, that they will suffer and suffer and suffer.

So now, the theory comes out of human intelligence, that we must suffer. But there are no solutions. So theories like this: that we must suffer and suffering is godly. Like you must have heard about the Jews and the Christians how they are propositioned for sufferings. And they all become left-sided. But then they are under the grip of the bhoots and then they become right-sided. So you will see that the Jews now, who suffered so much at the hands of Hitler, have become extremely aggressive. And the Christians who said they will suffer, everyone has suffered because of them, all over the world. Wherever they have gone with the

Bible and the gun in their hands, you see that's what they have done. So both ways, to say suffer is make others suffer.

So also, camouflage comes in, because they're very sly, cunning, people creating problems. They can't see two people happy, enjoying.

All these things add up to your vulnerability. You get into some sort of a... Now horrible diseases are there. The Mooladhara is under attack. AIDS, all the muscular disabilities, you don't get temperature.

From the left-side you will never get temperature. Never you will never get a heart-attack, never. You may keep a machine in the lunatic asylum, but they never get heart attack, unless and until some sort of a shock comes, some accident or something. They never get temperatures. In cancer cases you don't get temperature.

And so when the Mooladhara is gone off, the first thing that happens is that you get a disease which you know as AIDS, but also you get all the diseases which have something to do with the muscles. The muscles start becoming weak and this and that.

Recently in London, we cured a person of that kind who could not walk or sit very nicely, who could not sit on the ground. But when he got cured sitting there for about fifteen minutes with hand towards me, left hand and a light here, he just jumped. But again he becomes... They are moving around. So again he couldn't lift his leg. He jumped, all right.

So now, one has to understand that we have to be very particular about your Mooladhara also. Supposing somebody has a bhootish wife and he has relations with her he might get it. If you have a bhootish husband, you might get it. And all kinds of things there are, that one can get. This kind of horrible thing.

Now you go ahead with it. Now, people have taken, say, some other habit. Say, alcohol. Alcohol is, as you know has different variations depending on the habits of the person. If a person is a very quiet type normally with alcohol he becomes very angry agitated. But if he is a very angry type he becomes... It's very funny. Because they move from one end to another end.

And that is how alcohol is very dangerous, because it finishes off your liver, it finishes off your awareness, it makes you very clumsy, your attention is fuzzy... And ultimately, you will be surprised that all these relationships that Freud has been talking about and the misuse of that has come out of that.

Because alcohol makes a person in such a way that he loses all his dharma. They have no dharma. They don't understand a mother, they don't understand a sister. He just becomes an abandoned person. And when he becomes abandoned he becomes shameless. When he becomes shameless, then he says: "What's wrong", goes ahead with it and starts destroying himself. That is how the society we call as decadent. But this kind of society is becoming destroyed, gradually, because there is no dharma. No dharma. And they just drink and they don't know anything about what they're doing. There's no sense in their heads. That's why, very much... Absolutely. No doubt... drugs.

Now, drugs hit you on the left Nabhi or on the right. The ones which hit you on the left Nabhi can take you very deep, down. And you can be sometimes so aggressive, despite the fact you have taken a left sided one. It is surprising. Just, you see, suddenly you get stunned. That person can become mad, anything can happen to a person who takes drugs. One can become completely...

I have also seen, like Rajneesh disciples are all mad, are absolutely mad. They are not in their senses. We have been only able to cure one person, also that, to some extent. I would say ... 100 % alright, you can even say, now he's 75% alright.

So you can imagine how much important it is, Mooladhara. The amount of attention we pay to our Mooladhara, you see, is really maddening. There is no need.

In married life in England for first one year is..., second year you apply for divorce; the third year, have it. There is no sustaining,

sensible, gradual understanding .... Then they ultimately give up. The wife sits on the head of the man or the man sits on the head of the wife.... they are never parallel, they are never together, you can see there's no rapport.

So all these perverted ideas have come to us from the collective subconscious of doing all kinds of perverted things. The way people are behaving, it is for us, we can't conceive of it.

I mean, somebody use telling me the other day that it was regarded as something great, very religious, that the women went and the sisters and the mothers slept in the open and got sick and died, so they become saints. Now anybody can. In France. In France. And it was a very common thing.

Even in Rome, I mean, the way the people are asked to suffer is like .... Everywhere. And these stupid ideas are coming from the left side, which wants you to suffer. And you make a martyrdom out of that suffering.

And the whole pathological... you find that all these different, different viruses are there in us. And any time we take to... we don't have to take to these horrible viruses. But, the trouble is human beings don't have any [willpower]... They get very easily tempted and they want to do something that is .... "Let's see what happens" .... If you have your own dignity, and you have your own will power you will never, never succumb to them, because you know these are all very dangerous things which you shouldn't do.

And if I say: "All right, you don't take this cheese", still Sahaja Yogis will say: "No, but I like it."

Why am I saying, you don't take it? I then say, all right. But it should be just thrown away. Because you know what it is, it's a virus. Then you are inviting a trouble into yourself. If you want to invite some trouble into yourself, then go ahead. But then you can't be called Sahaja yogi.

So the only thing that is wrong in the whole thing, is that: "What's wrong?" First of all they are absolutely ignorant people and secondly: "What's wrong?" .... You have no business to destroy yourself. God has created you, you have not created yourself. Who are you to destroy yourself? You have no business. And this is what is to be understood by Sahaja Yogis that you have no business to destroy yourselves and you have no business to spoil yourselves.

You have to understand that now you are ... If you understand really, in the way that I call it part and parcel, what is a Bodha - that is, it becomes a part and parcel of your nervous system, that you are a yogi then no virus can attack. What is virus? Nothing can attack you, nothing can trouble you. And even if they attack, it will come for a short time and will go away. Even if they attack, it will come and go away. But it will not stay in your body. It cannot stay long ...

Now, any questions?

Q: ..... dreams ...

A: If you see me, then you are going into Sushumna. But if you see all kinds of things about yourself!

Then suddenly he is attacked by something there. He just forgets. And then when he comes back he says: "Oh, how could I do that?" But that time, you are not yourself.

Either it can happen with ego: "I will do this, I will do that".

And the most important thing is whatever has to be in your heart. The most important thing is always in your heart. So, if you establish it in your heart, all the time, that is the establishment. Everybody you see, still giving problems, this problem, that problem. It is very simple: just put it in your heart. So simple.

If you say: "Mother, come in my heart", I am there. Say: "Come in my head", I am there. I am at your service. These Gods have



done that.

But this ego business! Where you separate yourself from your Mother, start thinking: "Oh, I've been coming to You, I've been worshipping You, I'm this." What is it? You are part and parcel of one body. Can one finger become bigger than another? One can...

So this kind of ego business is also there that: "I am a superior one, I want to be a better Sahaja Yogi than others."

A better Sahaja yogi is all right, but to be better than others: "I am something great. I know everything. I know this thing", that is very common, also.

The other day, only, I was telling ... himself. You see, he doesn't allow anybody to speak to me. Anybody speaks... I feel so embarrassed, I told him not to do it. I know how to say. Anybody speaks anything, he will just .... So ... not to do. But that's all right sided. Of course he's the leader, all right, but I would to speak to all of them. If somebody is rude or funny, then it's all right. But if someone is just talking to Me you shouldn't just stop him, I mean, you are not the only mouthpiece. They are all my children.

And this leadership is also, what? Is a myth. Everyone has some problems like that ... but once you become leader you have to become very careful ... very big temper .

## 1987-1213, Devi Puja

View [online](#).

13 December 1987

Devi Puja

Alibag (India)

Talk Language: English, Marathi | Transcript (English) – Draft | Translation (Marathi to English) - Draft

Welcome Talk at India Tour, Alibag (India) 13 December 1987.

Welcome to all of you. This is a great country, it is also passing through a crisis. Nowadays I feel there are so many things that are happening which you could never dream before and at this time you all have arrived bringing peace and joy to all of them. So I thank you for that.

The strife and the pain which is on human beings is perhaps because they are not yet worthy of God's blessings, still as God has created them He tries to do His utmost to see that human beings are kept comfortably all right on this Mother Earth. He creates all kinds of beautiful things that you see and the whole cosmos is in unison and working out something very great today. This new revolution that has started, very, very silently, today it is taking its shape and is providing a new future for all of us. You see those big, big trees, that are on top of your head and as long as you are sitting here no fruit will fall upon you. It's not because I am here but because this Mother Earth knows that there are such great saints sitting here and She is not going to disturb.

This place was called as Shrighaav [gaav means village - SG] I was told, means the village of the Goddess and this fruit is called as Shriphal [phal means fruit - SG] meaning the fruit of the Goddess. But actually if you see a coconut it is something like our Sahasrara and it's very auspicious because it can absorb lot of vibrations, as if it has got its realization. As you people can absorb My vibrations, this fruit can absorb also My vibrations, in the greatest amount. So we are here today in a very big way to advertise the coming of the New Age. The coming of the Golden era people have talked about. Here we are to say what is reality, what is truth, what is joy. Here we are to manifest that and also to create a commotion or a movement in the cosmos so that this new awareness is established in the cosmos which will enlighten this country and the people of this country. Also you will pick up the threads of this movement within yourself which is a very subtle movement going on.

At this moment we are in a strife of an intellectual who tried to describe Shri Rama and Shri Krishna, in a slurry manner. And this is the time I want to bring your attention that if this intellectual strife, you use them intelligence to bring down all the ideals which enlighten our path, which gives us the guidelines and an aspiration then our life become absolutely mundane, useless, joyless. It's very easy to condemn an ideal life but to attain that life is very difficult. And some people because they cannot attain it, try to condemn it so that they feel that they are no less, no way less than those great lives. All these ideals are created, these images are created, everywhere in the world by divine power and people look at them and think that these great lives are beautiful, though they have suffered a lot but they are so much of deeper understanding and deeper balancing and a deeper love. These ideals are very important for human societies otherwise they will be absolutely living in a relatively and they will have no absolute major to find out what is right and what is wrong.

In Sahaja Yoga we are here first of all to get connected with God Almighty, with His power, the All-Pervading Power of Chaitanya. By that we become our own master, in the sense that we get our own guidelines. If some Sahaja Yogi has not achieved that much then it is a serious thing. At least a Sahaja Yogi should be able to see at the minimum of minimum what is wrong with that person. To cleanse yourself and to put yourself right, is of course is a very important duty of every Sahaja Yogi. But these things are not to be taken as condemnation of yourself by any chance. And you should not be identified with those problems that you have but try to face them and cure them.

Many a times I have heard Sahaja Yogis saying that Indians are very simple people they are not complicated Mother so they can achieve their ascent much faster. But it's not that it is very different for all of you, very much. And despite all the complications,

and all kinds of brain washing, and all kinds of book reading and all kinds of so-called seeking, and all that non-sense one has gone through, you have come out, you have washed yourself completely and today you are there united together to face all that is absurd, all that is false, all that is wrong. It has to be a very formidable army for us because you should see around, even in this country, you call it not complicated, there are many who are all the time to complicate others and to destroy all their ideals, destroy all their visions and brain wash them. So you have to be very alert your ascent and you have to be very conscious, that it is you who is going to build up this great image of ideal people, not one ideal life but ideal people in all [characters ?].

Now on your way to our tour, you are now on the threshold of entering into a new dimension, it is a subtler dimension and this subtler dimension is within ourselves. And there lies your own being as your Spirit. It sees you as separate, yourself is separate from inside. All these identifications have to be dropped out, all kinds of misidentifications, I was reading one of the marriages list and all that, somebody says that they will marry Indians, some say, "We'll not marry Indians", some say, "We will not change the countries", some say they will change the country". Even after Sahaja Yoga if we stick on to one country as our own then I must say that we have to give up those limitations. The time has come, of course, you have a choice. Nobody is going to force you to do anything but it also expresses your personality that you still are lingering on to these small, small limitations.

As I have told you many a times, God created only one world. Of course, He created varieties, just to create beauty. But how blind we are that we think, "We are different people. We are of different countries, of different races, of different castes, communities"-cities then little, little rows, then houses. I would say, you'll become from human being to rats and rats to worms and then I don't know what is the situation later. Let's open our hearts, let's become great! We have to be like lights, not to be small and creepy people like worms. There are many worms everywhere in the world. We are specially chosen people to be something great. So, open your heart. That's the main problem, this ego covers the heart and makes you feel that, "Now I am an Indian, I am a Christian, I am this thing, I am that thing."

Now if I say someone you are not to go to temple then I must be a very cruel person to say that not to go to a temple. But they go to a temple and come back with such a big entity on their heads. Then they go to churches, the other day I had a bad experience of a lady who went to a church in France and she has become something like a minister, may be something like a pope. I mean something very funny, you know, nothing normal. I couldn't discover it when I asked she said, "I went to a church."

"Why?"

"Because they arranged a marriage there."

"Why?"

"Oh, they wanted to have a big social event so they wanted to have our marriage."

But you could just a registered marriage and finish it off. Why do you want to go to a church, where all dead bodies are buried there, to get back some of them on your heads?

So we have to be prepared to give up all the shackles of nonsense from our heads, all kinds of things there are, so much of conditionings, come down even to the color scheme, then it's all conditioning. This is too much, not good, all funny, funny ideas and anything funny and nonsensical that comes up, such funny brains, fix it up. The other day I was telling a lady about her food that a new idea has come that you should not eat any salt and sugar, I mean just imagine! Salt is so important for our breathing. If you ask a doctor, I don't know what is happening to the doctors and sugar is so important for our combustion. But anybody says anything you people just jump at it and you people just try to be, impress by all these ideas and start torturing yourself.

Last but not the least I feel now, I have seen the program on Gnostics, Gnostic G N O. I was thinking it comes from where G N O. In Sanskrit language gyna, gyna we call it, we call it gyna or gya, anyway, that means to know. Gnostics means the one who knew. When St. Thomas came to India, He came via boat and He wrote all about it, what is to know. And He said it is a personal experience of everyone, just He described all Sahaja Yoga there. And, also He said why should God makes you suffer? He is the

most loving and affectionate father, blasting all ideas of Christianity. Also so many Hindus believe like that, Muslims believe like that, that you must suffer. But now some or other the exposure of the fruit is also coming out and also there is a kind of a turmoil going on, a kind I would say a tremendous dynamic effects are seen on human mind today, that it starts thinking what is this?

And you are the answer. You are the one who is going to convince them. And somebody was saying that, "Mother, why not we make every year, as a great year of propagation of Sahaja Yoga, propaganda of Sahaja Yoga?"

I said, "All right. If you want to make a year like that and something happens let us have but like our five year plan in India I don't want to do all the documentation and write files and files and files, nothing comes out." But today if you to decide that we are the ones who have to manifest this greatness on this Earth. We are the one who have to do all this. How can we be weak people? How can we be possessed people? How can we be fussy people? How can we be the people who are not saints? We have to come out of all our pettiness, all our conditionings and of all the things of our ego but not to fight it but through meditation, through witness state.

You have to be the witness. Now you are travelling. When you are travelling normally the witness State is how to criticize success. They never see the good points, they say, "Oh, look at that, this colour should not have been used, that's not good, that's not good." What is good is to be seen, what is good in you, how much good you can have and what is good in other people. This time I am telling you that on your way, on your tour, I hope you will all enjoy it very much more and you'll feel the manifestation of your Spirit, all around you, within you and in other people.

May God bless you!

[Translation from Marathi:]

Now, I was telling everyone that a big revolution is taking place. And I have delivered a big lecture about that in London. That revolution was taking place slowly and secretly, but now it has come to stand amidst you. It is standing amidst you and you are its representatives. If someone becomes a Hindu, he carries saffron flags and goes to fight, if someone becomes a Buddha, becomes Buddha means, what we call, that, the one who attains enlightenment, he is Buddha, but the one who calls himself Buddha, carries some other flag! But the who is Sahaja Yogi, doesn't carry any flag and go! His attention is only on himself.

Now, in our India, the first attention is that my wife is not alright, then my son does not have a job, then, my husband is like this! First of all, it is difficult to get out of that. And after coming out of that, then with our eyes, if we start looking around, then those eyes see that whatever we were doing till today, that was done with such lowly vision! How limited is our vision! How will become Sahaja Yogis with such a limited vision? Aho, those who have to spread the shade over the whole world, and those who want to give joy to the whole world, then such twinkling lamps are of what use? There are those big lighthouses on the sea, unless you become like that, of what use is our Sahaja Yoga? But even in that there such a lowliness and seeing that smallness I feel very surprised. I will tell you as I told them today.

That for marriage, telling the girl or the boy that, "I want a Marathi girl only or a Maratha boy only, (specifically) this boy only." Is it? Then what will happen to you when he [tha- tha karaney]. Then, "Mataji, this happened, that happened" again another complain! Then, "Mataji, we cannot give up fasting." Then die of fasting! Why are you telling me? I tell you to have proper food, live comfortably, then say, Mataji, we can't give up fasting! Is this fasting like a snake or a scorpion that has climbed upon the body, it doesn't come down? Similar to these, due to such various type of mundane, and very constricted, temperaments, people in our country cannot progress in Sahaja Yoga. Means, these people say you are saints and seers, because you are very innocent, that is their opinion. Maybe, you are, means, I do not differ, but for Sahaja Yoga only naivety is not enough.

First, wisdom is necessary and should be understood that today on what wave are we standing? These mundane ideas that if we want to marry, we will marry in our caste only, we are Sahaja Yogis, so Sahaja Yogi is acceptable, acceptable, means, this word is too much here, acceptable, anything is acceptable, means from where are you, Mr.King, that you say anything is acceptable? But this "acceptable/ is ok" This word should go away from Sahaja Yoga. What is acceptable? Instead of saying ok or not,