

2001-1021, 5th Day of Navaratri: Overcome hatred with love

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21 October 2001

Overcome Hatred With Love

Navaratri Puja

Loutraki, Sportcamp (Greece)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja. Loutraki (Greece), 21 October 2001.

Today we have gathered here to do the Devi Puja.

This Puja was performed many a times and Devi was requested by the Devas to save them from the tyranny of devilish people. Today, I feel the same way that we are now in the grip of a funny situation, that there are people who are themselves devils I think and also mesmerized by them, who are trying to do something which they should never have done. But they don't know that there is a climax of everything and that point has arrived where all the good people, especially the Sahaja Yogis, should put all their mind to the destruction of these horrible personalities like Mahishasura.

In those days it was very simple because devils came as devils and you could see them that they are devils and all their behaviour proved that they were devils. Why they did it? Why were they cruel? Because so-called 'human beings' as they are – they are not – they are by nature devilish and they want to do something by which they can destroy human beings and, good human beings. It is evident that the time has come for them to be destroyed.

In no way I could be against Islam or ever to criticise Mohammed Sahib. He was divine no doubt and tried to do divine work but out of that divine work these stupid people have come up who accept those devilish people. You will be amazed to know that in Islam there are 74 groups! They say "We follow one religion" but they do not. Out of these some of them are really evil people and they call themselves by the name as Devbandhis because this is a place in India and also they are called as Wahhabis.

I have been knowing them since long because in our household, in My father's household, we had lots of Muslim people working as cooks, as drivers, as other servants. And these Wahhabis are very interesting people because they don't believe even in Mohammed Sahib. So, if you tell them that Mohammed Sahib has said such-and-such a thing, they said "No, we don't believe in Mohammed Sahib." "So, whom do you believe?" "We believe in Allah!" "Have you met Allah? Have you seen Him that you are believing in them?" But in their whole behaviour it was cruelty which was innately built, very cruel and whenever my father saw that, he asked them to get out. Because always had a sinister practices by which they used to treat others.

I never knew that it will come up to that stage and there are, mostly they were from Afghanistan, can you imagine, mostly. Of course they tortured other Afghanis also and wherever they went, they had a speciality that they could be very cruel. Not all Afghanis, no, not at all, but some of them. And they came to India from Afghanistan and we have different types of Afghanis. Some were very loving, kind, helpful, very nice people. And some of them were very cruel. First we didn't understand what is this? But because My father was a scholar and scholar of Islam, he told us: "These are not Islamic. They call themselves Wahhabis and they are not Islamic." I can see that today, so clearly.

Not that in other religions or in other groups there are not bad people but these Wahhabis were secretly working out different groups. They are not many. And that's what My father had told Me that "One day they will become very explosive and they might try to completely ruin the world." At first I couldn't understand because after all, they looked like human beings only. But he says, he told Me: "They are absolutely camouflaged and once they start their cruelty you will not know what to do."

We had one invader in our country called as Ahmed Shah Abdali. He was a very, very cruel man, very cruel, and he used to even

kill the Muslims because his concept was that "You should not worship Mohammed Sahib because Mohammed Sahib said that "I am not Divine."" I also used to say the same, to save from the stupid people. For years I used to say "I am not Divine" but when they felt My vibrations and all that, they believed.

But those who believed in Mohammed Sahib were never understood by these people. Very, very cruel and because they don't even believe in Mohammed Sahib you cannot argue with them on any point. You cannot argue with them what is written in the Koran because "you don't believe in Koran, you don't believe in Mohammed Sahib, you believe in Allah." God knows from where do they have connections!

But gradually it was surprising that they could mesmerize – as we have horrible gurus who come as gurus and they mesmerize – you have seen them, people being mesmerized. So many are being exposed and so many are going to be exposed. But mostly they were people who were interested in money, in getting lots of money, somehow, is a, in the name of religion. But that time people didn't see their cruel methods and their cruelties. This cruelty started growing.

And you know we have been to Nizamuddin Auliya [Arabic word meaning Saint]. In that place only I discovered there's a madharsa [or madrasa] – 'madharsa' means a 'school' and in that school they used to admit small children. And it was so well planned that God doesn't know – I mean I can't say, that there were 120 madharsas only in Delhi! Now nobody knew what they are teaching there, what they are mesmerising, how they are doing this.

It so happened once I went to this place, Nizamuddin and there I found people singing songs and all that. And I found in them a real feeling for love. They felt My love, very much, all of them, and they started coming to Sahaja Yoga. But I didn't know there was a madharsa in that place. I asked them "Why is it, here the vibrations, Nizamuddin was an Auliya and how is that the place doesn't have good vibrations?" In between I used to get very bad vibrations. So they told Me "Mother, there is a madharsa."

Now look at the evil, how it works. Normally, evil used to work like this, that it would go and form some groups, some wars, and kill people. They were few people but they had cruelty as their religion. Whichever way they lived, they wanted to be cruel. In those madarsas only, they had people who used to tell them how to be cruel, how to hate. So 'education in hatred' started. And that education of hatred was very well woven through these madarsas, all over the world.

Now, as you know, Pakistan and India were always fighting. But this time Pakistanis realised that "If we fight with India in that way we will be called as terrorists." So, they said "No, we will have no terrorism in our country." But they are the ones stupidly, this new fellow, had sent about 65 scholars, ambassadors, to Afghanistan to study in those madarsas, how to become cruel, can you imagine! To teach hatred! Of course, there are many Muslims who are not but if you do not respect Mohammed Sahib and you are supposed to be a Muslim, what will come out of you?

So, all these wrong ideas grew up and Islam got divided into many groups. It's alright, but to have this kind of a group that is against all humanity was the most dangerous plan. I don't know how many Muslims also knew about it. They spread this madarsa thing all over the world and people coming out of that institution became very, very cruel people.

The first cruelty was to the women. Women were treated with such contempt and absolutely no respect of any kind was given to them. This itself shows that there was no-one to control them. It's not written in Koran, it's not described by Mohammed Sahib. He says "God is merciful; He is peace-giving." Whatever He did was absolutely divine, no doubt. But some of these people, the way they took to satanic forces, people started misunderstanding Islam.

'Islam' means 'to surrender'. Those who are surrendered are you people. Surrendered means those who have given up all their lust, greed and all these enemies and, are above normal people. Another thing, it was very interesting to note that Mohammed Sahib had said that "At the time of Resurrection, your hands would speak." That He clearly said. Naturally, because it was written in a language which was all poetic, people can, want to, if they want to, they can twist it. But Mohammed Sahib never, never could have said.... [short pause]

It's very, very shocking that in these modern times that people have taken to such crooked ideas. But for that, the reason is that people also develop resistance for them. Jews, they developed a resistance for them. This hatred is responsible, and this hatred between both the sides, I would say now, is that two different.... [short pause] It's very evident.

Now, in Sahaja Yoga, we believe in complete innocent, simple existence together and that people believe that there is definitely different groups of people.... [short pause]

Now what is our duty? What are we supposed to do? First of all, we have to introspect.

Supposing you are a Hindu, born, you should sit down and find out if you hate anybody because he's a Muslim. You can't hate, because somebody is a Muslim, you can't hate. Because you are a Muslim because you are surrendered, so how can you hate anyone? If you are surrendered, you are surrendered to the Divine and how can you then be against the Divine? So, these misleading thoughts and ideas should be given up. Supposing you are a Hindu, so you should have no business to hate anyone! That is for definite!

Now the word 'Hindu' also comes from the river Sindhu, because Alexander (the Great) couldn't say 'Sindhu' so he said 'Hindu'. And on that point many people have built this horrible hatred in India. But cruelty was not their theme. That was the saving point. That they didn't want to torture people.

So, this aptitude to torture or to hate people is coming from other sources. And the source is, as you can see clearly, that they openly hate. To hate is a very bad quality. One of the most dangerous things is to hate. And so you all must know.... [short pause]

Alright. Now we are having a.... [long pause]

To Me, it is very painful to think that we human beings, we hate others, when you know that love is such an overwhelming, beautiful feeling. But why then do you take to hatred? Because people have impressed you, they have told you lies, that's why you hate. What an achievement! First to be a human being and then to be a person full of hatred! Now what will be the next I don't know!

It was alright in those days for the Goddess to kill. The Goddess used to kill all such people.... [long pause] It's a very sad feeling that God has created human beings from amoeba to this stage and how can we hate someone? And this is what has happened!

Now, of course, Sahaj is different. That Sahajis know how to enjoy the Love. They like it. They enjoy it. You can see that. And if somehow, you people could manage to remove this hatred – somehow, somehow – with your own will-power – denying and defying all that is being told to human beings, I am sure.... [long pause]

It's a very difficult world where those people who came on this Earth, went through all kinds of education, wanted to improve the conditions, the relationships, friendships, have fallen into the depth of hatred. [long pause]

My heart just weeps. At what time I have come on this Earth, where I have to see human beings hating each other. They talk of 'love' and 'hate'. It's a very serious thing, that you who are the children [short pause] they'll end up like this. [long pause] I mean, I have experiences that if I tell you you'll be shocked. How people have fallen down to the depth of evil nature.

It's an understanding. We have to have understanding about ourselves. Do we hate somebody? Do we get ideas that we shouldn't have? Do you have such things in you? Just find out! Do you hate other people?

The ideas are rotten, absolutely, for a human mind. The ideas which are completely like the animals' instinct are absolutely no good for human beings at all. But that is what is happening and is coming forward.

If you are poor, alright, but by hating you don't become rich, no. If you are in any difficulties, then your duty is to remove those difficulties, but not to prosper on them. All this has to finish.

It is very surprising that we are not bothered at all as to what we are doing. Yet, you have to have proper sense of understanding. Where are we going? If you have misunderstanding about somebody, better take it out, completely! They try to trouble you, alright, but don't have bad understanding about that person. Very surprising that we never see those things, how ugly they are and how funny they are and, how they have ruined our personality.

You may be able to correct some people. [short pause]

All our activities as Sahaja Yogis, I never realised, were so important! We have to give so much time. Not to bother about nonsensical, frivolous things but something serious that is within us or without, that must be taken out. If I ask you "How many people you hate?" You may say "20 people" and.... [long pause]

See the thing, the whole atmosphere, nowadays, fills Me with such remorse that I just don't know what are we going to do, the Sahaja Yogis. What are their plans? Will you please look into yourself and think what constructive work we are doing and what destructive work we have been doing. You need a big shock to understand this.

I like the way we have programmes and pujas and all that but if you ask My inner being, I know it is very, very unhappy, very sick. At this time, what you have to do as Sahaja Yogis.... [short pause]

As Sahaja Yogis, minimum of minimum, you should put full attention and then you have to tell everybody. You see the trouble with Sahaja Yoga is that you all start enjoying yourself and then you don't see around what is happening.

Now I must tell you, I am now in the midst of war between myth.... [short pause] Is it an area, is it a – I don't know what should I say.

Is it, within us there is still lurking some kind of a weakness that we do not try to fight our weaknesses? I would now request you all to meditate on yourself and see for yourself what is wrong.

It's a big shock and to reduce this shock, what can Sahaja Yogis do? What can they work it, to blast these horrible ways of human life? It's possible with the Power of Love—you can manage! But we must develop that power in our hearts. Think of it! It's a big lesson now for all of us, to see for ourselves, are we alright or we go on hating others? What is the function of our mind, is to hate or to love?

And this love, if it enlightens you, you will be amazed, you will be such a big force for Me. I cannot fight the whole thing alone. And, I have to have people who really develop their love and nothing else! That is one of the challenges now for all of us, for all the Sahaja Yogis all over the world. It's not only the fight between believers and non-believers, not only the fight between Sahaja Yogis and non-Sahaja Yogis, but this is a fight where we are all one and we are going to fight it out. At every stage we have to be much more subtler.

It is very, very essential to see to the point today, are we also part and parcel of that evil thing that is working out or are we free from that and prepared to fight it? It's a big fight and I hope it is conclusive! After this there will be no more of cruelties to human beings, no more fights, because this is a fight between the rakshasas and ourselves. It is not ordinary.

And this has to be explained also to those who are supportive of evil forces. Only thing, you can say "Mother, how are we to know who is against and who is not?" You are knowledgeable; you are Sahaja Yogis, you know who is on the wrong side. I know Sahaja Yogis can save and can bring them to the right path of knowledge and love. But, be very careful with the propaganda of evil that is going on.

I want to touch the deepest part of your heart – we should reconcile.

I am sure you all will understand the magnitude of danger that awaits!

Maybe, there may not be any human beings left, maybe there may not be any children left. Because if this kind of thing is working out, it's very difficult, very difficult. [long pause]

My whole existence gets shaken, gets shaken up. You all should see in every nook and corner of life: Where is this talk going on? Where are people talking of cruelty? What's happening? [long pause]

Whatever I think, it's not one, it's not two, it's all of us. [long pause]

The fight that I am having is of a very serious nature, no doubt. But if you all can fight collectively, how much we can work it out!

My all efforts, understandings, powers, everything is now in your hands, and that's what you should be prepared for. Not by just reading something or talking about it. You have to build up within yourself the power of love!

I am sure with the opening of the Sahasrara you will do. But try to read something, to understand something, with the power of love.

It's a very deep subject and when you talk about it – half-way I'm inside, half-way outside. But I have to tell you that you all develop this and only that will form a very strong opposition to these 'evildoers' as they call it. [short pause]

My complete blessings are on you and I want all of you, individually, to work it out. How many people you love, how many people? This you have to find out. [short pause]

I hope you people have understood what I want you to do. [short pause]

A new generation is coming up. [long pause]

All of you, all of you, are in My Heart and I love you very much and, I want you people to come as soldiers to fight with Me. [short pause]

I am also told that there are some people who are forming groups – extremely negative attitude! At this time what we need is a complete solidarity. So, all such people whom you see, tell them to behave themselves! No use making them Sahaja Yogis.

I am sure—it's really heartfelt desire of Mine—that you should become really soldiers of love and peace. Because that is why you are here. You are born here for that.

So, enjoy yourselves.

[Shri Mataji makes namaste]

H. H. Shri Mataji Nirmala Devi

2001-1023, You are to be connected to divine power

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23 October 2001

You Are To Be Connected To Divine Power

Public Program

Athens, Hotel Novotel Athenes (Greece)

Talk Language: English | Transcript (English) – Draft

Public Program 2001-10-23

It so very kin do f you to have waited for such a long time. I am sorry I don't know your language, but I can see how you love, love the truth and you want to have it. [not audible]that's the most important thing. All the religions have said. But what is happening today is that all the religions are fighting among themselves. Why should it happen? Why shouldn't we know ourselves? Are we afraid of ourselves? Because your self is beautiful! It is glorious. It is one that gives your own personality. And how many powers you have you don't know them. Because you don't know yourself. This is what we have to understand that let us know ourselves; what we are. That thing is the truth. That is truth that we don't know what we are. That we have to know that truth. We talk of love all over the world, but we have no understanding as to what ocean of love we are. And in this ignorance where have we reached? We hate each other, we torture everyone, we torture ourselves, where are we? There is no joy in our lives. There is no peace. Why? Why among human beings we have this problem? Because this one more step we have to move in our awareness. And which is not difficult. You cannot pay for it. And you cannot be jealous about it. It is a complete misunderstanding that drives us to madness. So as between you and me, I don't want to keep any secrecy. Within us lies the power to become the spirit. Is our own and all of us have got it. Now the time has come to awaken that power within us. The time has come!

All the people have tried before, but very few could know. On the contrary, people never understood them and misused them, abused them, troubled them. In your great country, you had a person like Socrates. We never understood what great person he was. And what he wanted. Because people who were in charge was jealous of him. We can't explain a man, who is today accepted as a very great personality, was condemned to death at that time. Maybe that time our awareness was very low; that we could not understand a man of that level. Then, we crucified Christ. I mean what should we say. Why, why we need all that? What was the incentive behind it.

I wish I could have known your language. Could have been better. But how many languages how I to know.

So, we come to that position where we realise that how is it we do not understand those great people. What was missing in our understanding that we never realised what greatness they had? We still have such people in this world. But they will be finished one day. Not because, they will be killed or they will be some sort of an attack on them, no. But what will happen that they will know them, they will get the knowledge. We have no knowledge about ourselves. We are all global people, want to be global.

So the problem is of our correction.

So, this correction has to be put right. That's all. I can see all of you are seekers of truth. And you have people here from all over the world. One has to just realise if the correction is established, we are one with the divine power. There is divine power all over, works in such a manner that you don't know. Only thing that you are to be connected to divine power. And for that you don't have to do anything. You know that there is a power within us in the sacrum bone. Perhaps yo people knew that its a sacred bone. Because you are the once gave it a name of sacrum bone, sacred. you have done it, the Greeks have done it. Just imagine how many things you had in your country? You have no idea at all. In Sanskrit language they have described the Goddess, and the Goddess live in this place. In Sanskrit they have called it "Manipure Dwipe". Name of island is Manipur. And there lived a Goddess, the primordial Goddess that is Athena. Atha in sanskrit means primordial and that [no clear] lived in this Manipur

Dwipe where can say Greeks. And nobody knows about it. Very surprising.

First time when I came to Greece I was so enamoured by the fact that I am coming to the place where the primordial mother had taken birth. But once we read about the way things have changed, we have forgotten her. Such an important personality that she is one who came first to this country. She is the one who incarnated in this country. But as it is you have lost completely connections with her mission. That's the only thing now we have to get that Ganesha. I have seen all over Greece there are so many things which talked about these ancient realities. And that's the reason I respect Greece and the Greece. We have had lots of connections. Alexander came to India and all that and in his life excellent things happened in India. He married an Indian lady and he was then defeated by one king called Puru. Now then, in India we have a custom, a kind of ritual where a sister ties a thread in the hands of the Brother for his safety. Now when this Puru had arrested Alexander and put him in the jail, he received this thread. So, he opened that thing and saw that thread. He said "alright who is my sister"? That is an offer from a sister to the brother. So she said, the person who had brought it said that this is the wife of Alexander who has sent this thread to you for a brother. Immediately he (Puru) got so worried because he thought "I have arrested my sister's husband and I have put him in Jail". So shameful, he thought. And the king went to the jail immediately and released Alexander. And brought him back and sent him with many elephants and ?? and lots of jewellery to his house. Alexander couldn't understand why he has done it. And when he went home he found his wife was smiling. So he asked what tricks did you play, what happened? How is it they have released such a dangerous enemy. She just smiled. She says "You know he is my brother and how can he keep his brother-in-law in the jail. That's not possible" According to Indian tradition the brother-in-law is to be respected. Then Alexander left for Greece with his wife saying that these people can release their enemies on a thread, who can fight them? So this sweet tradition, the sweet thing; you can see that has now even changed in India. Now the look forward to you that you being Greek must be carrying those traditions ?? And see what is that, what was that? That is love. Love for another human being another person. Do you know we have that love, that ocean of love within us. Once it starts exhibiting its powers then you will know that you are all, we are all really brothers and sisters. In this group I find people from all over the world. Once you realise what are you in the ocean of this love, you become so much one with each other that all this wars and problems will be finished. For that only you have to be in connection with the all-pervading power of divine love. With that connection you are completely cleansed from within. All your pitty mindedness, all your problems everything gets completely washed off. Is such a beautiful personality you develop that people know from your face that you are nothing but love. Is the whole thing is placed within us in the triangular bone, as I told you "sacrum". And if it is awakened and you become one with the divine power, then you are one with each other. Of course all your problems, all your diseases, frustrations, they just get cleansed out. This is what should happen. This is the real baptism. And then, as a result, you can feel the cool breeze of the holy ghost as we say. But is the cool breeze of the all-pervading power from your own hand. And out of your fontanelle bone area you feel the cool breeze. Mohammad Sahab has said that when your resurrection will take place you will feel cool breeze in your hands and the hand would speak. How many are Muslims whose hands speak? Christ has said that you have to have your second birth. How many are Christians who can feel cool breeze on their hands? How many are Hindus you are supposed to get your second birth. Just by saying I am this, I am that you don't become. It should be an actualisation of a happening that your hands must speak. It is not difficult at all because you don't have to do anything. First, you must get your connection and then you should know how to give it to others. How to understand it. You are specially made like that. You are special spiritual people. But for that you have to become the spirit. I must tell you that I have been speaking about him for years now and I have spoken in so many ways and so many places. I am a very old woman and despite that I am travelling everywhere and doing this. But I would say still I have to work and because there are so many still don't know the truth. You all can get your realisation in no time. I can see that clearly. But after getting realisation you have to pay attention to yourself. And once the growth is completed, it takes sometimes even one day. You are a realised soul. Just have respect for yourself. Don't feel guilty. Is a nonsensical idea that you feel guilty. After all you are a human being. And if you have done any mistakes, so forget it. To err is human, to make mistake is a human quality. So just don't think what you have done wrong before. You have to get your realisation immediately, instantly. Only because you want it. It cannot be forced. NO, you have to want, ask it for it. So what we can do is to have this experience of self-realisation just now. So those who want to have it should be seated. But those who don't want it should leave the hall. I assure you it will work out in no time. But please don't condemn yourself. You are at the epitome of evolution; you are human beings. And try to know that it is your right to get this self-realisation to bring peace, joy in your heart. So now, again it's a choice for you. If you want to have it you be seated here, I will be very happy. But if you don't want to have it you can go. You all want to have. :) That is the Greek character.

Alright. Nothing, no acrobats. It is very simple. If you have any questions tell your mind to keep quiet for a while. Later on, you can ask. But just now get your self-realization. Very good. Now please put your hands like this towards me, just like this. Then close your eyes. Now see if there is a cool or a hot breeze you are feeling on your fingertips. Now, please put left hand towards me and right hand on top of the head on the fontanelle bone area which was a soft bone in your childhood. You might get a little hot breeze, doesn't matter. Forgive yourself. The hot breeze will become the cool breeze. Alright. Now put your right hand towards me and now left hand you put it on top of your fontanelle bone area. Little above. And you can move your hand and see yourself if there is any cool or hot breeze is coming. Now, if you find its hot coming then also you forgive others. Just don't have any anger about it. Now put your left hand towards me and see with the right hand. You have to forgive others. Just say "I forgive, I forgive everyone". , Just say in your heart. 44.43

You can move your hand and see for yourself if there is a cool or hot breeze coming. You can bend your head and see for yourself. Now, open your eyes and please see, please put both hands towards me again. Become silent. All those who have felt a cool or hot breeze on their hands or on their palm or out of their heads please raise both of your hands. All of them have got it! My God, tremendous. Now you have got realisation. You are feeling this all-pervading power. Now only thing you have to learn, how to use this power. Also from ?? you will know what's the problem within you. It will cure your diseases. Your problems will be solved. Take it from me. This is such a simple thing has happened because you people are Greeks I think. You have a very big history behind you of spirituality. ?? as I don't know how you could get it that fast. Thank you very much.

If you have any problems please write to me without hesitation.

Q. They did not understand the word Manipur

Is the nabhi. Delphi is here. You are the nabhi. Greeks are the nabhi. You will know everything in Sahaja yoga. Everything about yourself.

Q. Of all the great things you said, the most difficult thing is forgive.

Listen, whether you forgive or you don't forgive, you don't do anything. It is just a myth. If you just say "I forgive", its done. ?? [laughs]. You better forgive madam. You just say in your heart "I forgive". You feel very nice.

Now whatever you want to know, whatever you want to find out further, find about self, we have got centres here. Please go and ask without any hesitation about anything, and I am sure you all be helped. I am very sure. But still, if you are not satisfied you can write to me.

Q. She is asking what happened in this room, do we call it realisation.

Shri Mataji: Yes of course.

Q. Is this realisation or initiation, she is asking

Shri Mataji: Realisation that you are the spirit. Realisation. That is you are the spirit.

Q.?

Shri Mataji: Did you get the connection, did you feel the cool breeze, madam?

Q. yes I got the cool breeze.

Shri Mataji: Then now you will know what it is, how it works, how it will raise your awareness. All these things you can learn, but,

you must come to our centre. They know. They will tell you. And then you can tell others. Everything.

Because of this bombs here, you see, we wasted some time. But I knew there was nothing but you see ??

Now we know what's wrong with you, they will tell you. You yourself will know on your fingertips what's wrong with you. And you yourself, you will cure yourself not only that but also you will tell others. And you can also give them realisation. And have faith in yourself that you will get it. The whole knowledge, all secret knowledge about your being. Alright. So thank you very much.

2001-1118, Diwali Puja: Soldiers of Divine Love

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18 November 2001

Soldiers Of Divine Love

Diwali Puja

Lake Piru Recreational Area Campground, Ventura County (United States)

Talk Language: English | Transcript (English) – VERIFIED

Diwali Puja. Lake Piru, near Los Angeles, California (USA) 18 November 2001.

It's a very, very great day today, I should say, where the evil has been suppressed. The evil that spreads its power all over is only because of two factors: one is that you are not knowledgeable, you are still blind, and you follow things which are not right, but you think are powerful. This illusion creates not only problems, but absolute destruction.

So we faced a very big challenge, no doubt, and it was easily solved. It was based on all wrong basis just to create a problem. [The] problem was created with a purpose, and nobody could imagine that it would be solved so easily and so quickly. My desire was to get over it before Diwali. That has happened.

Due to ignorance, also, people do lots of things. Anybody who follows some religion or some sort of a thing. It's only because they're not aware of the truth, they are ignorant about achieving the truth, and they cling on to the fact that they know everything.

With all this happening, there have been so many fractions, so many stupid people, who are getting completely ruined by ignorance. Now you are coming to Sahaj Yoga, you know all the knowledge, very subtle knowledge; very subtle. It's not superficial knowledge. It is very subtle. And because they don't know this subtle knowledge, they fall into the wrong path of, I should say, ignorance, and then they try to oppose the people who are doing good.

But above all is the power of God. All this drama is played to prove the existence of that great power. It has all worked out so well. And for all of you Sahaj Yogis it's a very great achievement that you can see the play. Many people who have achieved so-called success cannot see that point, but you can see it because you are spectators. Though all the world is a part and parcel of that drama, you are outside and you can see it so clearly.

Whatever has happened, nobody could have believed that would finish before Diwali day.

So it goes like this, the stupidity, which is being created, and we also sometimes think that this kind of stupid thing will impress others. Impression is not the point. If you see, among all these people who have lost, what impression have they created? They were there to create a great impression on everyone, to show as if they were great warriors and fighters. But what impression they have created? Whether you are a realised-soul or not, they can see that it's a miracle, it's a miracle how things have worked out.

Now, the new phase has started. You all have a very, very open challenge to get people into enlightenment. People are not so ignorant now. They are not so much blasted. Moreover, I find them very much changed: their attitude towards truth has changed and they understand there is truth beyond all this that they have known. It's very important, because if a human being starts thinking, "This is the truth!" he just gets stuck up. At any cost, whatever may happen, he'll go on sticking to that. He won't be able even to verify whether it is the truth or not. Animals can. How? Because they have got innate capacity to smell the evil, innate. We cannot, human beings cannot. If there's an evil man, a dog will bark at him. Otherwise, he'll go and throw him down. He'll do everything which is not normally done. How is it he has developed this capacity to find out who is a thief and who is not?

We have a higher awareness: we think about many things which animals cannot think; we understand many things, which

animals cannot understand; we cook our food, they don't. But also sometimes I think we cook our brains, because the way people behave, and try to avoid the truth, with their ego, is surprising.

All this happening is a drama, as I told you, but you better study it properly and apply it to yourself and see if you are also a part and parcel of that drama. For that, you have to rise higher. You have to rise higher — higher above your ego and your superego, your conditioning — and from there to watch yourself and see yourself. "What is this? Why am I doing such a thing? Why my attention is like that? What is the main reason for my own 'possession' or my own misunderstandings? Why do I accept wrong things?"

Once you will start seeing that, and if you find even a wee bit of such nonsensical understanding within you, then you can forgive also people who have been absolutely brainwashed — absolutely brainwashed — and they did everything under that influence.

As it is now, you have risen much higher than all these people and [are] much more aware than all of them. So you have to just understand this point and then you can forgive all the mistakes they have committed.

And for the people who are actually bad, you don't have to worry. That's the work of the Divine Power to destroy them. But watch yourself and see for yourself. If you have any of such ideas, any lingering idea, if you try to cleanse the mirror so you see your complete image and try, you can then try, to cleanse it. It's very important that you should cleanse yourself.

There are people who have done lots of wrong things. I simply pity them. If they have done wrong things it is their responsibility to see what they have been doing. Why have they been doing like that? What is the need to do that?

All this introspection will work out so well. Then your real powers will come up. Your powers of giving Realisation, your powers to understand the problems of your country, of the whole world. And once you feel that you are the soldier to fight it out, you have the responsibility to fight it out, then things will work out.

We cannot leave everything to the Divine Power. You have to use the Divine Power and you have to work it out because you are the soldiers of the Divine Power.

Of course, with that beautiful idea, we start cleansing ourselves. You need not know everything as to what things are happening and how they are happening, how they are working out, that's not your work. You are a soldier, so you have to just fight; fight the ignorance: your own and of others. Because mostly soldiers fail when they have their egos. When they fail, they have other obstacles in their minds. There should be no obstacle, but you should just push forward and know there's no obstacle at all. It's just a myth that there are some obstacles and that you cannot do it.

It's not easy to raise the awareness of people; because looks [like] there's a very little of distance of crossing over, but it's not so. It's not. It is a very difficult task sometimes for some people to get out of the bandhans of Agnya. At that point, I find some of you fail. And for that, the best thing is to introspect. When you think you are always correct, and you are all right, it's best to introspect: "Am I doing everything right or wrong? How am I working for my betterment?" The illusion is such that sometimes you think you are doing very well.

Say, in our Sahaj Yoga, some people are very forward type: they'll come forward, they'll do this, do that. But inside, what is the purpose? The purpose is that people should see that you are doing this work, that work. The purpose should be that you should be able to see yourself within. You must see what is the problem inside and you can very well understand that you have been of great help to yourself and to others.

For example, there's a very big building and all the buildings in the nearby area may fall down due to earthquake, but this one building which will be standing erect. The reason is that, that building is constructed on very solid grounds. In the same way, if Sahaj Yoga is constructed on a very sound wall, nobody can destroy it, nobody can distort it. And every person has to do that.

For example, some people told me, "Your Sahaj Yogis, you know, are like this, and they are big show-offs you know." I said, "Really? I can't believe it that they could be like that." I said, "I would like to meet them, whosoever they are." So they said, "No! You can find them out yourself, who are those people and why they behave like that!" I said, "Myself, I know everything, but I want you to know everything." Finding faults with others is a very nice thing, very easy also. But find out faults within yourself! What are these things that are straggling us? This is the best way of improving your awareness. Like you are going in the car and you have to know the road. You have to know how you are driving. You have to see what are the problems. But instead if you think no end of yourself, it won't work out.

Today is a day of very great happening, I should say. Celebrating the Diwali is a very, very joyous thing. But this joy is not for ourselves [only], this joy is for the whole world. We have to work for the whole world. We work for ourselves, for our jobs, for our money, whatever it is, but what are you doing for others? That, you should see for yourself – it's very important. Only such people are useful in Sahaj Yoga because they have concern, they have care and they are doing something for others. It's a great enjoyment with that.

When the lights are burning to give you happiness: they are burning their bodies to give you happiness. They are the ones who should teach us that we have to do something ourselves to enjoy our own higher awareness.

All this will work out, I am sure. I am also trying my best to make this light un-shaky and full of enthusiasm. It's there. It is you who are anxious to fill your pitchers. You can do it. It's not my anxiety that's going to help you.

So even if you want to have the complete picture about yourself, you have to first give up identification with yourself, otherwise you will never know what's wrong with you. If you are too much identified with you, you cannot come up.

Now, as it is, what is the aim, after all? What is the aim of our lives? We have to change the whole world into a peaceful theme. Changing yourself, of course, is a great thing, no doubt; but changing others also will stop all the problems of the world. If all the people of this world become good people, Sahaj Yogis, then can you imagine what will happen? Think of that dream I have: that we have to change each and every person that we can change, and we have to transform them into good people. If they are not transformed, they are like a candle without any flame in it. And if they are capable of getting transformed, we should try all methods, all the tricks to do that.

I am sure very soon, such a day will come when you will say, "Mother, now we are very safe!" Don't think of the past and the problems of the past. You have now overcome it. Just enjoy yourself. And have faith in yourself and work it out. I am sure very soon it will happen, very quickly it will happen. It is your desire, also your method of working it out, your anxiety to work it out. The main anxiety should be, "How can I transform this person?" You can transform anyone. You know, you tell one person, another person follows it.

Like when we came with the plane, I found at the airport so many people had put up their hands towards me like this. I said, "Who are these people?" They were not Sahaj Yogis. They had seen somebody, or what had happened I couldn't ask them, but all them said, "We are feeling the cool breeze in the hand." They didn't know anything about it. They didn't know about Kundalini, nothing! They said, "What is this cool coming in?" Basically they are there to get their Realisation, only we have to extend our ideas, we have to extend our love to them. Instead of getting annoyed with them, better is to give them a chance, and you will be amazed that they are very anxious to get transformed. They are all fed up with all the artificial things they are having. It's over now. You will be amazed how many are waiting there for you to give them Self-realisation. And let them celebrate their Diwali with you. Enjoy Diwali.

Diwali you cannot celebrate with one candle. You have to have more and more of candles, and that's what is your job. Only by your own candle, you are going to do it. It's your own and it can enlighten anyone. Then why not use it at any cost, at any place?

I have met some Sahaj Yogis. I asked them, "What did you do?" They said, "No, nothing!" "Nothing? You did nothing?" "No,

nothing!" Then, what's the use of getting your Realisation? If you have done nothing, you don't want to give Realisation to anyone, you don't want to talk to anyone, you feel so shy about it?

Then I met some who said, "Just now Mother, we are coming from a programme." "Achha! How are you so late?" "Because they told us there's a bomb scare." "So you were waiting outside?" "Yes." "How many?" "All of us. Thousands were waiting. There was no bomb. They said there's no bomb. So we went inside and we all got Realisation." "But you were realised-souls?" "No, we had our Realisation, that sometimes we have to wait also. And now we are convinced that nobody can harm us, nobody can trouble us, overpower us. Only we do it to ourselves."

So again I will say introspection is very, very important in Sahaj Yoga. When the light inside is there, you have to look after it.

I was extremely happy to hear from many people that they felt the blessings of Diwali. But, you see, yesterday, you had these showers (of shooting stars). How timely they were! It never happened [before]. In the history of this world it never happened [so] why yesterday these showers came in and tried to give a new experience of the showers? All this is a time that even the nature knows. And we should also know, that this is the time for a special thing.

Normally I get letters about people who are sick and their parents are sick or their this is sick — all kinds of things. Then somebody's marriage is broken. Then somebody has children, they are sick. I mean all kind nonsensical problems they do it. The reason is they themselves, those who write, are not realised-souls. Or maybe they are half way, because they could themselves say that, "Why should we write to Mother? We can get it done ourselves!" Instead of that, one has to write what they have achieved, how they have achieved friends, how they have got love from others, how they have worked out Sahaj Yoga in small villages. All this is much better to write than to write, "My mother is sick, my father is sick." All these relationships, they go on killing you.

So no more is your brother; nobody is your sister. Only Sahaj Yogis are your brothers and sisters. Now you have some cousin and his cousin's cousin, so let it be. That's not your job. You don't have to work it out. Even before coming, I got letters like that: Somebody's cousin's cousin's this thing. So I asked this lady, I said, "Why do you write all these things all the time about this cousin and that cousin?" She says, "Mother, I am trying to spread Sahaj Yoga!" "How?" "Because if they'll be cured, then they'll come to Sahaj Yoga!" This is not they way we want to spread Sahaj Yoga. This looks like advertising or something, speciality, that if you should cure somebody, then some people will come to Sahaj Yoga. We just don't want such people to come!

I don't want to hurt, but I want to give you courage and understanding and the wisdom. Why are we Sahaj Yogis here? Just to cure all the relations of ours? They may be sick because of some mistakes they have committed.

Instead of paying attention to all these such people, you should pay attention to your Self and to your ascent. You have to respect yourself. If you are their relation it's none of your business. Like understanding, wisdom, that we have come here for a very, very special work, of very high quality. That is not there.

Then all such people write to me. Now one lady got married in Sahaj Yoga and she wrote to me that, "I was divorced about eight months back or nine months back, whatever it was. And all my relations are now saying, "Why did you marry in Sahaj Yoga?" And everybody is criticising me and Sahaj Yoga." I said, "Who asked her to marry?" I never asked her. So the marriage has become the main point for her, that, "All my family people are saying..." What did they do for Sahaj Yoga? "If this marriage doesn't become all right, then they will say there's something wrong with Sahaj Yoga." Let them say! We have not committed that way.

Every time I have told you that, "Don't write to me for your mother, father, this, that." If you don't know how to cure them, better give up Sahaj Yoga. You yourself can cure them. You can work it out yourself. But if you see it, so many letters every day for me. I asked them, "Is your father in Sahaj Yoga?" "No!" "Mother?" "No!" "Brother?" "No, nobody!" "So why are you asking me? What relationship I have with them? They are not Sahaj Yogis. I am only responsible for Sahaj Yogis. They are not Sahaj Yogis, so why do you want to trouble me?" It is impossible to understand!

In Sahaj Yoga, you are supposed to get Self-Realisation, all right. Then those who want to have Self-Realisation, you can give them, and fix them properly. But instead of that somebody who is hanging in the air and who is following from the airport to some other place, all kinds of things: all this is really maddening and is sickening. I am not concerned. You should not be concerned, also. What you should do is to see that these people who are talking about it, should come to Sahaj Yoga. And you must tell them: "Because you are not doing Sahaj Yoga, that's why it is like that." Or "That person is not doing Sahaj Yoga, that's why this is the problem is. We are all right. We are happy people." Because Sahaj Yoga is an open thing, so everybody comes there.

I would request you all on a Diwali day to promise to yourself: "I will not waste my energy on people who are not Sahaj Yogis." It's very important now, because all the time the attention is on wrong things, and on wrong basis. If you have some intelligence, you must know that now you belong to a very high quality spiritual people, which are very few. In this world, there are very few. And you must make a concentrated effort to see that this quality must be in so many people and there must be lots of aspiration about it.

Find out such people. Tell them you have found it, "You can also get it". But don't worry about things which are of no value to us.

You must know you are a special race. You are special soldiers who have been trained for doing Sahaj work only. So wasting energy on your relations and brothers and sisters is no good for you. It is to be understood now that you have your own energy reserved. For what? For Sahaj Yogis only.

You should help everyone who is a Sahaj Yogi or who wants to become a Sahaj Yogi. Who are established Sahaj Yogis, you must help them, because we are one personality and these are all the different hands of one personality, one God. So this oneness must be established within yourself and also others should see that oneness in you.

There are some people who are very active. There are some people who are very active in criticising. All that will work out I am sure, because this is the year of great achievements and great success. But with that, if you start doing something nonsensical, nothing will work out.

Of course, I don't say that we haven't got such Sahaj Yogis with us. We have. We have all the soldiers with us, no doubt. All the armament they have, everything they have, but we need more. And for that we have to work out collectively. You must plan what we should do.

Recently there has been a big argument about the Islamic behaviour of people. We are neither Christians nor Islamic nor anything: we are not, because you cannot put yourself into a small arena saying, "I am a Sahaj Yogi, but I am a Christian!" You cannot be. You have to give up that margin. You are a Sahaj Yogi out-and-out and all the other nonsensical things are not belonging to you.

I have seen many Muslims also come to Sahaj Yoga. But out of them very few are real Sahaj Yogis. But they'll come, listen to my lecture, this, that. But very few are really Sahaj Yogis in the real sense of the word.

Then you will start seeing the defects of your community, of the so-called religion you belong to, whatever it is, you will see. And you will definitely try to correct it if you love them. Or you give up.

These are special people, specially selected for a very special cause and you cannot waste your energy on small, nonsensical things. That is one thing you should know.

On this Diwali day you have to know that you have to burn yourself for the light of the Divine to absolutely spread all over. But don't do it too much. Like some people came to me and told me, "Mother, we have given up our parents. We have given up this. We have given up that. Still we are not good!" So I said, "Why should you give up? You are catching onto something, then you are

giving up, or automatically it is just finished?" "Ah, we were, you see, very much attached to our family, parents, country, this, that. And now we have given up some, but some." Such half-baked people are no good, and don't pay too much attention to them. They don't deserve any attention. That is very much to be understood: that you should not be also like that, nor you should have friends like that, nor you should make them Sahaj Yogis.

A Sahaj Yogi is a special character of a soldier who fights for the truth. That kind of a personality, when you will have, there will be lights all over.

This Diwali day, I bless you all from my heart and I want you to respect yourself and understand what is the position of your being in this organisation, we can call, or in this movement of Sahaj Yoga, and how are we working it out. The attention should move from all these nonsensical, mundane things to your Self. It should be a very dynamic force that should work out. And I am sure next year it would be very different. We'll have all the beautiful blessings of the Divine. We must do it collectively, understandingly.

May God bless you!

2001-1218, Talk to Sahaja Yogis

View [online](#).

18 December 2001

Talk to Sahaja Yogis

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

Advice to yogis. Hong Kong, 18 December 2001.

I am so happy to hear all of you singing those... songs which are sung all over the world. Now you have become part and parcel of that whole. We have Sahaja Yogis everywhere. In America I was surprised to find that 300 Sahaja Yogis were saved in this crisis. That they had not a single Sahaja Yogi was lost. It is remarkable that how some of them were late, some of them ran down and some of them started running in the other direction. All of them are Sahaja Yogis. So many people have died in America, but none of them were Sahaja Yogis. It is remarkable how you are looked after and saved by the Divine.

...that you should come all the way here, all of you, especially the Chinese. I feel that we can do a lot. They already have a tradition of Tao. I don't know how many of you read Tao. Have you read Tao? Anyone? Actually he is – Tao is a Sahaja Yogi and he describes his mental conditions and all of the problems they have in such a beautiful manner that if you read it you will feel that you...very well described all this.

Somehow or other Taoism was not practised and it has just become...books of controversy for all the scholars, that's all. But now I think they are reviving. I was told that...Tao religion has been accepted now in China and they are practising Tao, so we can also. So we are Taoist. So we can work it out because (under) communism they have avoided many religions and they don't want to have a cult so we can become Tao (again) and we can say we are Taoist. They will have no objection to that. They are also seeking.

...I was surprised that one of the...Mr. Li who was the, I think...Prime Minister of China. He had been there and there was a photograph of mine with him and the people from Austria had that photograph and then Mr. Li went for some official work and then the Sahaja Yogis went and saw him and they showed him the photograph and he said, "Yes, I remember this lady. She has a remarkable personality." I don't know what made him think like that. But he said, "I would like to know how you are there." They said, "She is our Guru and She's this and She's done this for us."

He was very much touched, so he told his attaché for Cultural Affairs go and meet Her because he had no time and I was not there also and you must see Her and know about Her, even though they were communist and all that. So he came to see me...Closed his eyes and then he (his Kundalini) came up. Then I told him all about it. He said there was Tao in our country. He was so respectful. He was to be there at 10.00 but he was there at 9.30. He said there is a lot of misunderstanding about religion in China. We were communist, now we have started in a democratic way gradually, so we want to do at least...You teach me. So I said all right and I gave him Realisation and he's still there in China. What's his name? And if you happen to go and you can meet him. He has started a little group there, working it out. I would like to meet Mr. Li also sometime outside China. I'm sure it will work out very well.

What I liked about the Chinese is that they were extremely humble, very respectful people. Then I went to their women's conference. The three boys they had sent. They gave us a complete floor of a great hotel to stay in. I don't know why they had arranged all these things, and they sent me two cars, one for my wheelchair and one for myself. And these boys were running about and they took me out to different places. Very, very nice.

One of them said, "Mother, tomorrow I won't come." I said, "Why, what's the matter?" "Tomorrow I am getting married." I said, "You are getting married and all the time you are with me ?!" He said, "I enjoyed very much." You see, even when I went there they took me to the conference so fast there was no time in between...and when I came to the airport also they came. They had tears in their eyes. They were very loving, very nice people. They have suffered a lot.

But here you have been all right. I meant it's still a democratic country and one should go about in a proper way. I am sorry some of our Sahaja Yogis were lost. They were, I think, stupid. They don't understand many things. I mean they want to be on their own and all that. You have to be connected to the mains...If you are not connected to the main tree how will you prosper. I know who's who, what they are doing, what is wrong with them. I know all about them. They have no business to decide about it, but they

were very new and they had come first time to Sahaja Yoga. Also, they were very much tempted I think.

So we have to spread Sahaja Yoga.

Now, luckily somebody, some Sahaja Yogis met Mr. Bush and they told him about Sahaja Yoga and they gave him Self-Realisation and all that, and Mr. Bush was so impressed he used to write to me. He said that I want some...books...and I told him, when he was in two minds, what to do. (He said he was)...not spiritually equipped and the war has broken out. I wrote him a nice letter that he has to fight because if you are spiritually equipped you will have more chance...And when I went to America they were very disturbed. They arranged for our reception. He sent twenty-five people to see me. He was...all the time worried about my safety and looked after me. Whatever I wrote to him he used that in his lectures. So many words he has used that I have written.

The thing is, I have seen some people who are very (important)...They just recognise me. Like in India, one Home Minister, he has tremendous respect for me. He came to my house and he got his Realisation. And also we have, I must say, in Australia also a Prime Minister (David Lange of N. Z.) he came.

In India we have a leader called Bal Thakre. He is such a nice man, very strong. He was against all the Muslims organising things against India, which is a fact. They are there. He used to say you have to be careful with the Muslims. They were converting people but how so many problems they have created. But he was so nice, so sweet. But people used to say that he was an atheist. But he was the first man to be...apart from the Home Minister. Even he was so much attached to me. One day he came to my house in a helicopter. The helicopter was shaking like this. So I said, "Why did you come by helicopter, why didn't you come by train, or by car?" He said, "Oh, no. I have made this special garland for you and I thought if I come by car it will take so much time that the flowers would be finished, so that's why I came by helicopter." He was so much humbled before me. But he speaks so well and he is very famous. People respect him very much in India.

So now a new system has started. Because of these conversions in India. They got these, especially these poor Muslims into their trap. Not only that but also they have trained them in such a way that they are not educated. They don't know anything. All kinds of wrong things they are doing. You see the rift between the two societies. But there are some Muslims in India who are sensible. We have some Sahaja Yogis, twenty-five young boys who are Muslims in India. They say they are all lost people. "Mother you must save them." But there're very fanatic. Some of them are very, very fanatic. I said, "All right, I'll try."

You will be very happy to know that there is a country in Africa called Benin and Ivory Coast, like that. Seven countries ruled by French. They all were Muslims. But they have all become Sahaja Yogis. I said, "Why didn't you follow the French, be Christians?" "Because the French were licentious, immoral. So we thought best is to be a Muslim." They were all Muslims. Now they have become 20,000 Sahaja Yogis and there will be many more. Like you see, even these religious people mislead and make fool out of them. They are all very well educated. Even the President of the Ivory Coast is a Sahaja Yogi. The President himself, he's a Sahaja Yogi. So you can imagine how things are working out in so many countries. This is the time people are seeking the Truth. They want to have the Truth. That's how in every place, in every country Sahaja Yoga is spreading very fast now. In Nigeria I was surprised how things are working out. Anywhere you go.

People are now fed up of falsehood. In every religion I have found somehow they have created some falsehood and created groups. Because if you have the Truth you won't be divided. So they created falsehood, some sort of a...and try to create these different, different groups and now these groups have become fanatics and they are fighting and killing. I mean killing is the only thing left in them.

They have misinterpreted the Koran completely. There's a book, a nice book by Javed Khan, "The Koran Enlightened." Have you read it? I told him these are all wrong ideas. Now what they are saying that this Koran is Kundalini awakening. Now all of you have got it and he said it is not possible so what you have to do is to take this kind of religion that is against God. And that is what they are doing.

But thank God I went to America and the war was over very fast and I told them the Divine...Their philosophy is that we have to become pure. Those who become Muslims can be....otherwise those who are not Muslims should be killed. That is how they go on killing people. I hope they will understand there is Kundalini going on all over the world, and that's how they can save themselves. They are so fanatic and so power oriented that they didn't realise. But it has shook the whole world. I must say, thank God now, the war is over. People have to suffer the after-effects of that war.

So in Sahaja Yoga also we should not become fanatics. I have seen people even in Sahaja Yoga become very fanatic. Fanaticism, we are against it. We are free people. We have Self-Realisation which is a birth by your Spirit and you are not bound by anything. You will never do wrong things. All bad things will drop out automatically. You don't have to be told, "Don't do this, don't do that." After some time I have seen all Sahaja Yogis become alright and they come to their senses. Even those people

who have left, I am sure, will come back, because, you see, after all, there is Kundalini. She is sitting there, She'll rise all the time. Correcting them. Many times, it will happen everywhere. People come to Sahaja Yoga, after some time they will disappear, again come back...But once they are there, they are there quite a lot. And that's how Sahaja Yoga is growing.

I am very happy to see that in Hong Kong, also, Sahaja Yoga is sustained by you and I am sure it will grow, especially in China. I am very happy. You have to do a lot for China and work it out. Because this is the message of Tao. This is not something, I would say, absolutely new. Only thing what I have done is to make it a mass organisation, mass movement. That's what it is. It is the same. All these great Sufis, all these great Saints, Incarnations, all of them have said the same thing, "Seek yourself, find yourself, know yourself." All of them have said the same thing. It's nothing new I am saying. Only thing, I can work it out. That's all.

So it is something we have to work out, talk to people, tell them...I was surprised when we were coming by Cathay (airline) Avinash started talking to the air hostess and to other people. They all came to me one by one. They said you are a very powerful person, this, that. They all got their Self-Realisation. That's how it's going to spread. We have to tell everybody, tell everyone and not to feel shy about it. These guru people I have seen, they go on talking about their gurus – who is a devil, maybe, anything. They go on talking. We should also talk and tell people about it. This is the Truth. You have to know the Truth. Talk.

Of course there are people who have been criticising – it's all right, it's all falsehood, it will all go away.

I am very happy to see you all here. So thank you very much again and again.

(Presentation of flowers and thanks)

You know the flowers you have put in my room have become big, very big, automatically. They know. In our garden in Cabella such a big pumpkin has come up. It's 13 kilos. The whole village came to see it!

Thank you very much. Enjoy yourself.

2001-1225, Christmas Puja

View [online](#).

25 December 2001

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

Nice to see so many Sahaja Yogis coming here during the Christmas Puja. Christianity has spread all over the world, and there are so many so-called 'Christians' who say they follow Christ – I don't know from which angle!

Christ was the embodiment of Param Chaitanya, He was Omkara. He was Shri Ganesha. And those who follow Him have to be very different people. But it always happens in every religion that they go at random into the opposite direction, completely opposite.

The essence of Christ's life was detachment and sacrifice. For a person who is detached, there is nothing like sacrifice. He sees His life as just a drama. Such a great personality came on this earth and created this so-called 'Christian' religion which has gone into wars, all kinds of hypocritical things, and now the people are discovering about it.

He stood for Truth and Christians don't know what the Truth is. The Truth is that you are the Spirit and you have to become the Spirit. He is the One who has talked about second birth, of Realisation. But they have forgotten about what He said, what they have to achieve.

It is such a funny thing that all these great people came on this earth and created a proper religion for our ascent; and I don't know how people have become so stupid with the teachings of the so-called 'their masters'.

It's all money-oriented. Apart from that, it's not standing on the Truth. I think this is the second crucifixion of this religion.

There's no religion which is following, really, their principles as (has) been described.

I don't know how they manage to twist the Truth in this manner – just to make some money, or some fuss. Such a ritualistic stuff is going on in the name of Christ.

Though they have faltered so many times, and they had experience of such a bad influence on the world, to reaction we don't know why such a round-about things come up and people accept it – they just accept.

You take any religion. These days, Islam is talking, I don't know of what.

There are two important things in the life of Mohammed Saab.

The first one is called as Miraj which is nothing but the awakening of the Kundalini, absolutely clearly. And the second one He has talked about is Jihad. Jihad means: "killing your bad things, killing your bad nature, killing all the Shadripu [Sanskrit word meaning the six enemies] within you".

It doesn't mean that you become a Muslim and kill yourself. It's the stupidest thing to do! Did you become Musulman just to kill yourself and commit suicide? Calling it as a "ritual", they are saying that by this, you'll go to Jannat, into the heavens. How can you? As Muslims, they are not religious—not at all. And then by killing these sinful people, how will you go to the heavens where you will have enjoyment of Jannat?

There's no reasoning. But all these maulanas, first of all, have finished their education. Have finished their education. They do not educate themselves, at all.

So they have no idea, in this world where are they standing, what is their position. Some few are educated, but they are also lost with the idea of having power on these people. It's such a shameful thing to do in the name of God and in the name of spirituality.

Now, our duty is to tell them what is the Truth. Our duty is to bring them to the proper path of Spirituality. Because they are all lost. Christians are lost, Muslims are lost, Hindus are lost, all of them are lost people. They have no idea as to what their religion professed and what they are supposed to do.

Ultimately Christ was crucified, so you can see how, when there was Truth, untruth tried to finish it off, they couldn't bear it.

We have the example of Socrates. What was the need to kill Him? But they killed Him.

In this way, so far, we know in the past all the people who are pivotal for the Truth are being finished, because they don't want the

Truth.

They are following some religion, because they can have power over other people, religion that they have made.

Miraj is the Kundalini awakening and they say that Miraj will never take place. Very good.

So many of you have got Realisation. You have got your vibrations and cool breeze, which is described in Koran, that you should feel the cool breeze. But who can tell the Muslims? You talk something – they'll come and cut your throat, that's all! You'll go to Jihad! [Shri Mataji laughs] So, it's such a stupid thing they are doing.

And in these modern times, as we see, people have crossed all the maryadas, all the things of a religion.

For I went to America and I was surprised how they have forgotten about morality. They have no sense of morality, and they are just selling it in the market, making money out of it.

On the contrary, these Muslims, especially there is a class called Wahhabis. These people are saying that women are the ones who spoil your morality, and so – "Hide them, they should be covered." Any woman who was wearing white chappals in Afghanistan, they were beating her, kill them. And so many people in India, especially in the North, have taken to Islamic culture and they really ill-treat women in the North. I was married in the North and I know how they have been unkind to women. So North of India is already contaminated by this, and the South is contaminated by the fanatic Hindus.

All kinds of rituals, worse type, bestowed upon only on women, are followed in the South.

They will shave the head of a woman, make her go round a temple, pour water on her and she is just tumbling round, she is not walking, and they go on putting water on her – I have seen it Myself. We have sati, is the killing of the women after the death of their husband. This is something no-one can understand. Why put all the dharma on women, why not on the men?

But one thing good, that Hindu religion has now become so much out-of-date [Shri Mataji laughs] that you can correct all these things.

So many things have been corrected in My own life-time, I was surprised, how could they do it.

But any Muslims, I mean Islamic, you 'cannot' correct. Such 'horrible' things they do to their women, and whenever you try to help them, it is impossible.

For example I started a place for the women who are left out in the world, alone, who are like orphans, who have children.

I was surprised, most of them are Muslims!

they have eight to ten children each. So now we have to make an orphanage also.

This is what they are producing out of their religion. You can see this around you. Even Hindus have a funny system of widowhood. If they make a woman widow, it's terrible, and they are poor things, some of them, quite a lot of them are living in Vrindaban [Uttar Pradesh].

I was told that they get one rupee per day! And what do they do? They sing bhajans. On one rupee, how can you live in this country? They are good at creating so many beggars and beggar-women.

If that is the religion, better not have it. We have had enough of this.

All kinds of ritualism through this Brahmanism. These Brahmins are absolutely good-for-nothing. Those who try to teach religion have to be something of a great level.

So in Sahaja Yoga, you give up everything. Because this is all nothing but mud! And in the mud you will be finished. You have to tell people about it. What are they going to do?

They have misused the religion for all kinds of bad things. Like in England if somebody dies, they must have champagne.

When they go for the burial they must have champagne. I was surprised, 'How is it they are going to have champagne for this?'

And how is it, out of religion, you say, all their priests also drink, no question.

One priest came to Sahaja Yoga, I was very happy. But he said, "I'll come to Sahaj, but I will not give up drinking." I said "Why?" "Because it's written in the Bible, that you must drink." "Atcha! I didn't know! How could it be? How could Christ say that you should drink? He was not only a Realised Soul, Self, but He was Realisation himself!" He said, "He has said it. Whatever You may say, He has said it." "Where?" He said, "He went to one wedding,"

"All right." "In that wedding, He made wine for the people." "But He did not. He went there and in such a short time He just put his hand in the water and it started tasting like grape juice.

And grape juice has the same word as 'wine' in Hebrew language." I said, "I can do that".

That doesn't mean I like people to drink.

I mean, who can say such a nonsense!

It is awareness, it is important, chetana, is important. And if you spoil your awareness, how can you be Sahaja Yogis?

It was impossible to tell them that you cannot drink. But drinking even in India has become very common. It is all against Christianity, it's against Hinduism, against Islam. And though it is written down in Koran, "Don't drink", they drink, they all drink. And instead of following the religion, they have become the greatest sinner!

Is that what Christ wanted them to do? You have to be pure people. 'Nirmala tattvam' you must have. That's what it is.

Also, I told you a story about Shalivahana who met Christ in Kashmir. And he asked Christ about His name and His country. He says, "I come from a country where people have malecch."

Malecch means those who have a desire for mala, for filth. So he told Him, "Why don't You go and teach them Nirmala tattvam?" Shalivahana said. That is what Nirmala tattvam you have got, which purifies you, which cleanses you, which gives you joy, happiness and the Truth.

This is what you should ask for. Otherwise it is all darkness, you don't see the light. Whether you are Christian, Hindu, Muslim, anyone, you cannot see light of Truth – and you have to take the light of Truth.

But after that, what you have to do? You have to give it to others, you have to transform others. You have worked very hard for it and sometimes I am surprised how people who are doing such a good work are so humble and so good.

How have they achieved it, I can't understand. Of course there are some who are money-oriented, who are power-oriented, but these things do not give joy. What gives joy is your inner light of Truth. Which you have, all of you have, as you know. You all have experienced. But I would say this experience has to be given to others – it is not only for you! Given to as many people as possible. But how many do that? How many people do that?

We have also Sikh community. They came to Sahaj, but they said, "We cannot worship Goddess." I said "Why?" Surprised at it, because Shri Guru Nanak has talked about the Goddess, the Devi. The first sentence of His book is Adya. Adya is the Adi Shakti. And for this, if the Sikhs stupidly say, then why do they have a Chandigarh [a temple to the Devi Chandi]? That's so stupid also, nothing to really compare. Now, you have to understand, have you given up all that nonsense or not in your lives or are you all sticking on to the same? That is very important. As long as you are sticking on to the same, there will be a problem. Sahaja Yoga does so much. I was surprised, in America there are 300 Sahaja Yogis – nothing happened to them! Some were on the tower, some were on the street, all of them were there and nothing has happened to them! Some of them said that, "Somebody told us inside..." (applause) "told us inside that, 'Run away!' and we started running in the other direction." Some were delayed, I don't know how, all these three hundred saved.

But such a devil of these people who are thinking of destroying the whole world are coming round.

This is the reason I went to America. And I told them that this war will be over before Diwali, and it ended. "Before Diwali this war will be over" and it ended.

What a stupid thing to think that they can destroy the creation of God like this! Who are they? How have they got the right to destroy the world!

But that is what is a human nonsense.

Christ came on this earth, He worked for a long time and He was to be crucified, so He got crucified. But crucifixion is not our glory. Our glory is His resurrection. That He was resurrected, no doubt. To say that it's not possible and all that – Who are you to say that? What do you know about spirituality? What do you know what can happen to a person who is spiritual, spiritually equipped, what can work out in him. Whatever we know about human beings, we try to draw conclusions which are all wrong.

See in your life. There are so many miracles in the lives of Sahaja Yogis and I told somebody that, "You'd better compile them."

So he said, "Within one month all those letters have come up to my head." In one month! So I said, "Forget it, don't write!" It's not one or two; from all over the world people are writing.

But those who are intellectuals are very difficult. It is impossible to put this into their heads.

So whatever is possible, we have to do our maximum.

Put our attention to people who want it. Now in India it has gone to jails, it has gone into schools and everywhere. And somebody told Me the other day that even in a Catholic church they have started taking to Sahaja Yoga – I don't know what's wrong in their heads and how they have managed! But that's how Sahaja Yoga is spreading.

But it has to spread much more! You have to, all of you, individually, should go around and work it out. And talk about it. But

Sahaja Yogis are a little shy. Once I was going by plane, and one lady was very, very hot.

So I asked her what guru she follows, she told Me the name. I was surprised that she didn't know anything about spirituality. And these people have huge houses and big temples, everything, and she was telling Me the praise of her guru. I thought, "She is very shameless. She hasn't got anything in her, she's so very hot and she's talking about it!" But Sahaja Yogis won't. I was surprised, why Sahaja Yogis don't talk about it.

But the other day, I had gone with somebody in the market and I had a Sahaja Yoga with him (Me) and I was surprised, he started telling them about Me and he started giving them Realisation and they were very happy about it. Everywhere you go, you have neighbours, you go to markets, everywhere you should go and talk about it.

Like they sing carols – we should also have bhajans and things to tell other people, we have to tell them. Why are we so shy? This shyness is not going to help Sahaja Yoga.

So please see that you try to give Realisations to others. You have powers, have faith in yourself. I think they lack in faith, or whatever it is.

There are very few people who come out and do it. Italy I have seen and also Austria, Australia – Sahaja Yoga has spread a lot because of their conviction that, "We have to give others what we have, we have to share it."

From the life of Christ one has to understand His sacrifice. It's such a lot of sacrifice – to be crucified like that, with the thieves. But He did it! In the same way when you all people want to do Sahaja Yoga work, you shouldn't think, "What will happen to my grandfather, what will happen to my grandmother?"

I mean, whatever letters I get are all about this. It's very funny. They are only worried about some relations, they are not worried about the relations all over the world you have. Worried about the wife or children, I get only letters like this! Nobody writes to Me that you have given Realisations to so many people. They never write how they have been able to achieve the spreading of Sahaja Yoga.

No-one writes. It's very surprising.

You have to tell Me.

I hope you all people understand the importance of spreading Sahaja Yoga. If you don't do that, you are absolutely useless. The greatest thing for Me, as you have so many lights here, we should have many more Sahaja Yogis all over the world, if you want to change this world and if you want to avoid all the trials and tribulations of the useless life they are leading – you have to save them! You have to salvage them. That's your job, that's what you have to 'pay' for Sahaja Yoga. Not for yourself, not for yourself. Don't get worried about yourself. If you read the letters I get, you will get disgusted.

Now, another kind of letters I get, that they want to marry – all right. There are many girls who claim that, "We have been applying for four years, we couldn't married." Firstly you must know, out of proportion women are there. They are very good. Say, if there are forty boys, there would be at least one hundred and twenty, or maybe even one hundred and fifty girls. So now, to whom should we marry those girls? Just think of it.

But they write letters of complaint that, "We have applied four times." We can't. We can't help it.

So you go outside and marry anywhere you feel like. Or else you wait and see, and dedicate your life to Sahaja Yoga. It's a very difficult thing when they go on complaining that, "I should be married, and I haven't got married as yet."

Marriage was never our idea. But then we had to allow marriages.

And now it has become the main issue with everyone. Either they are not married; if they are married they are not happy; if they are divorced, they must be married again.

All sorts of things, complications, for which I am not prepared. Sahaja Yoga is not for that!

If your marriage is not successful, it is not My job. And if this goes on, we will have to stop marriages. I don't want you to write all these things to Me, it shows how poor you are in Sahaja Yoga. Why not write to Me how many people you have given Realisation?

That would make Me happy. Instead of complaining about your wife and – that's not My concern. As it came, we have married you.

If you cannot carry on, it's your duty.

And this is what is the snag of Sahaja Yoga. In every religious movement there have been so many wrong things. While in Sahaja Yoga, I think marriages is a very big hurdle.

Moreover, boys don't come; because in India, very easy to marry boys, you can also get money, this, that. But girls, there are five

times more than the boys. Boys don't want to marry, they'll have their own marriages, though they are Sahaja Yogis. So, I can't understand why, in Sahaja Yoga also, after coming to Realisation, to them, marriage is a very important issue.

What is most important is, that 'How many people you give Realisation'. That is your life.

If a lotus is there, it will open. But it must give fragrance! Even the lotus has a responsibility. Then what about you people? I'm not saying you get crucified like Christ, no. I said you enjoy your life – you have peace and stability, balance. But, at the same time, you have to spread Sahaja Yoga. This is what is your job now. Your job is not important; only this is important, how many people you give Realisation.

It is very, very difficult because they have made a mess of all the great incarnations, all those great Sufis and Saints. But at least, you people don't do that. So, please try to think whom can you give Realisation. To whom can you talk about Sahaja Yoga. You have to spread out. And next time I hope I hear from you how many people you have given Realisation.

That is the greatest justification for the crucifixion of Christ, for His birth, for His coming on this earth, is Agnya. And if you have given Realisation, they have crossed the Agnya. They have gone beyond and they are in Sahasrara.

So, in Sahaja Yoga you understand everything. It is very easy to understand. Sahaja Yoga is the simplest thing to understand – but after Realisation! So you have to go round and see how many people you can give Realisation. Everything is alright, all your worshipping is alright, your Puja is alright – but – what is most important is how many people you have given Realisation. I would like to know how many people have given.

Especially with ladies. Ladies are rather weak in giving Realisation. They can do a lot, I know, they can. After all, I am also a woman. But somehow I find the ladies in Sahaja Yoga are not of a high level.

They can do a lot, a lot, but somehow they don't understand the importance of their life. You are very important.

How many people there are who have got Realisation?

There were so many Sufis who got Realisation, they write poetry – finished. There were so many saints who did so much, wrote so many things. In India we had so many saints; they wrote all these things, people will read them, but nothing happens. You have, you have the art of giving Realisation. You know about Kundalini, you know all about it – go ahead and talk to people.

I was alone when I started Sahaja Yoga and I am a woman. So what about you? There's now a challenge for all of you! How many people have you made Sahaja Yogis? Even in your family people are not Sahaja Yogis. Your daughter is not, your son is not. So what's the use of singing glory to Christ? If you are singing glory to Him, you must make people cross their Agnya.

He is so highly placed within us, but you have never respected Him. That such a highly placed personality you have crossed over, so why not others?

Let us see from today's Puja how much determination you have. You should know that a Goddess doesn't come with your own demands, She comes on Her own.

She has Her own timing. But if you are people in majority who have really become saints and making others saintly – then I am for you.

Otherwise I am available to you – you can have My vibrations, you can have My Pujas, all these things are permitted, no doubt. But for that, you're only capable, you are only entitled for that, if you are doing Sahaja Yoga. If you are spreading Sahaja Yoga. If you are giving to others.

Then only you will be considered really capable of receiving the vibrations of the Goddess.

In some countries if it is so much powerful, why not with your country, with your neighbourhood, with your friends, with your relations, it's possible?

So tonight you have to decide that you are going to dedicate yourself in giving it to others. It is very joy-giving. And talking about Sahaja Yoga.

May God bless you.

2001-1226, Evening Program Christmas Puja

View [online](#).

26 December 2001

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

2001-12-26 Talk during Evening Program At Christmas Seminar, Ganapatipule, India

Shri Mataji: I have no words to praise this Dance, Drama by these children. Their innocence has given such colour and such a beauty to the whole description a simple song. I am sure all of you enjoyed it ...I enjoyed it very much. Our children are growing so well in Sahaja yoga that I am amazed ...How could they take to these difficult subjects of spirituality so easily...May God bless them all that they grow as great Sahaja yogis and do the work of Sahaja Yoga. All my best wishes for Dharamshala school. I didn't know It was creating such beautiful, sweet, talents. Thank You very much!

2001-1229, Weddings

View [online](#).

29 December 2001

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft Weddings, Ganapatipule, India, 29-12-2001

Talk at 7:10

I am very happy that you all have decided, can you hear me?

To get married in Sahaja Yoga, it looks very simple, to decide like that, but you must know it's a very big responsibility because ours is a global movement and the girls who are married are from different cultures. They come from different cultures, with different education, with different backgrounds and you are also from different countries and different backgrounds. Now the understanding should be that now you all have become global and you follow one religion that is Vishwa Nirmala Dharma and you have no other problems as they have in other religions, marrying inter-religion, inter-national. We have no problems, so we must take our marriages very much gladly and should try to make it a great success. It's very easy to find faults with others and go on fighting and do all kinds of things, but it's even easier to love, to love someone, enjoy someone and be in the company of someone. That's much easier and that's what you can do in Sahaja Yoga. In Sahaja Yoga you'll have no problems in adjusting because you'll find there are many other couples who are already married and have achieved great success. That's how our Sahaja Yoga is spread all over. We don't believe in all the artificial restrictions. We are absolutely open, free and we should love each other, understand each other, show your love to each other, show your affection in such a manner that another person understands.

I found sometimes that, you see, Indian girls are little shy, they are brought up like that and suddenly if you become extremely lovable, I should say, they get a little frightened. So you must have some balance and understanding because you are all older than your wives. So you have to make it a success. Use your wisdom and love and try to understand your wife. She comes from a different culture. You are from a different culture. If you understand that part, I think things will work out very well. There is nothing important than creating a good family for you, having good children. And we have so many now, you'll be happy to know that there are so many people living abroad, even in India, who are making a very good family, very sweet families. So there is always justice for you for doing this thing, so carefully working it out.

That's the divine justice and that's how you are blessed. I don't know what advice I should give you, but one thing I must say, it's all spontaneous. If you go on thinking, making plans and going round and round, it won't work out. Be spontaneous and let your wife also have that confidence about you, that you are a very much a Sahaja Yogi. So far we have had very, very few divorces because of some certain, certain shocking things happened. But in so many years we have hardly even ten divorces. So sometimes it happens that in a hurry and scurry we have not been able to know everything and it has gone wrong. But compared to thousands, if there are ten divorces, it's alright. And very, very good marriages. It's nice to see them, how they work together, how they love each other, don't find faults with each other and appreciate each other.

Somehow it is due to your realization and your full growth of service. Whatever I may tell you, it is left to you. You are [unclear]. How to work it out, to make a very successful marriage and that gives me the greatest joy. If I see husband-wife fighting, I really feel very upset because you are Sahaja Yogis. You have a mission, you have a global mission and you have to have that special type of married life which I desire for everyone. So you are all intelligent, you understand. I leave it to you to find out the ways and methods of expression of your family life as ideal one.

So may God bless you.

2001-1231, New Year's Eve Puja: You Should Be Satisfied Within

View [online](#).

31 December 2001

You Should Be Satisfied Within

New Year Puja

Kalwa (India)

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

New Year's Eve Puja, Kalwa (India), 31 December 2001.

[Translation from Hindi]

Today I got late and it is the power of your love which has brought Me here. Your Mother's health is little disturbed and the desire is very strong and things are working out because of that. I want that your power of desire should get stronger, too. You should think for yourself what you have done in this regard. You should introspect and see that what hard work have you done for it. You meditate.... You should bring depth in your meditation. You should think that you are a saint and see what you should do. Mother has made you a saint and now what should you do?

You have to make yourself all right. No doubt, you should make yourself all right, but after that when it is done, then what do you do? You go in collectivity. You go into programs and it is limited to that.

What have you done further? You have got this blessing through your spirit. Spirit has given you second birth, so you should see further now what are you doing? How are you progressing or are you are using it only for yourself and for your children? It is very important because I have seen that even after getting Self Realization, people have short-comings. They are not completely cleansed. If you don't get one together with the others and work for Sahaj Yoga, then you will never come to know that what short-comings and negative aspects you have within. Even people come and make money.... There are many people who come to Sahaj Yoga and make money. Later on they are exposed, no doubt, and can be seen, but unnecessarily it is troublesome, so what is the use?

You have not come here to make money. You have come here to awaken your dharma. You should establish dharma. I have heard that in Bombay many kind of adharmas have started, which were not at all here in the past twenty-five years — especially the films. There is very little purity in them. You should not at all see such films. If you people don't see such movies, then they will not be shown at all, they cannot run. You can understand it that no one likes such movies. People want that such movies should be made which the whole family can go and see together.

This is one thing and there are all these filthy and stupid horrible kind of books that are read nowadays. I know that you people don't read them. But even in the newspapers they write many obscene things. So you have to make yourself nirmal [pure]. It is seen that the eyes of the people run here and there. Those people are not Sahaj Yogis at all whose eyes flitter here and there. Your eyes have to be steady. This is the first sign of a Sahaj Yogi. If still your eyes are moving here and there, then you should say that he is not yet a Sahaj Yogi. Second thing is greed. If still you have greed, then you are still not a Sahaj Yogi and this greed will be exposed one day.

First thing is that this greed should go away. Shri Krishna has said that you must drop your anger. If you get angry, then you should think that you are not a Sahaj Yogi. Nobody has seen Me getting angry. Everyone says that, 'Mother we have not seen you getting angry.' There are situations in which anyone can get angry, but I say, 'What is the use?' There is no use. What I have to tell you today is that you should introspect and see all the weaknesses you have even now.

So I tell you the same thing, that you should cleanse yourself. You should have the nirmal tattwa in you. All your weaknesses should go away from that. What is the use of keeping these weaknesses within? Many of them have gone to jails and those that

haven't, people spit on them. I want to tell you only one thing, that don't look at the weaknesses and faults of others. Instead, you should see the faults within yourself. Do you still get angry? Do you still have desire in your eyes and do you have attraction for everything, always thinking to buy this and buy that, to bring this and bring that? This was the most in America, but America today got pressed by a big shock.

Like a mad person buys this ... but if you have to purchase, only then purchase such things which are made by hand, which has art in it and you can see the creativity in it. There are so many artists who make such nice things and no one will buy them. They will buy all unnecessary things. By these things neither you will be benefited nor those who make such beautiful things. You should get artistic. All the things in the house should get artistic. They will keep fifty kinds of utensils in the house and you find not even one proper utensil. There should be utilization of handmade, artistic things by you, if you are Sahaj Yogis. You keep on buying the things which have no use.

The women will keep buying one sari after another and not even one sari will be proper – all such saris, in which they make so weird [perhaps "strange" would be better] things like bhoots. You should keep two saris which are nice, handmade and beautiful instead of keeping fifty saris.

In our country still there is no appreciation of art and creativity. When I go to some house I see that they have painted their houses with weird [perhaps "strange" would be better], bhootish colours, bhootish decorations. You are Sahaj Yogis and you should understand what object is beautiful and understand beauty. Only then will you be able to make your life beautiful and so that any man or women who meets you will say that what a nice man or women he or she is. As beautifully you will decorate yourself ... in the same way, you should decorate your environment and houses.

It is the thing to see, that if a Sahaj Yogi is roaming like a bhoot, then what is the use of such Sahaj Yogi. To wear the clothes properly, to talk properly, to behave properly with others, to decorate your house with beautiful things.... You can decorate your house with flowers also. Have a garden means you should have the vision of beauty in Sahaj Yogis. There are so many useless things stored in the house because there are markets and they go to markets and buy all useless things. You should burn the Holi [festival in India when they play colors, but one night before they burn the big fire] of all such useless things.

This plastic has become so much important now. Even if I have to search for a glass, it will be of plastic. I said it is too much. I cannot use plastic. There are saris of plastic. Use of plastic has come that there is great possibility of human beings getting sick out of it. Children die by plastic. As much as possible, you should not use plastic. But now plastic has come in everything. Especially in Bombay, even the sofa set is made of plastic. To sit on plastic, to wear plastic, to walk on plastic and after some time the cars will also be of plastic.

So you [Sahaj Yogis] have no concern with plastic. I don't say that you should wear a gown and walk in Sahaj Yoga. You should wear proper clothes, no such thing is there that you look like a sadhu baba [Hindu saints who leave their home and family], no such artificiality, but you should be away from all such things which are not auspicious for you. You should not use it and you should save your children from it.

Second thing which I have seen in Sahaj Yoga is that everyone wants that I must visit their houses. Why don't you understand that what have you done that I should come to your house? Or ... whomever you see wants to come to My house. Wherever I go, you should leave Me peaceful. You have not done anything till now. You should leave this kind of desire in your mind and think that what is your aukat [status]? Why do you desire such a thing, which can give trouble to your Mother? Why to do such things like.... I come from somewhere and they stand in front of me. Not to do like this. If you don't have samadhan [ultimate satisfaction] in Sahaj Yoga, then you are of no use. 'Wherever I am, Mother is with me.' Such kind of samadhan should be within you. You will grow with this.

Anything which grows in this world is all absorbed in samadhan. If you are not samadhani and keep running in front of everyone all the time, what is the gain from that? With samadhan, Mother is there where you are. When you think like this then you will be considered a Sahaj Yogi. Wherever you are sitting...coming in front of Me ... coming on stage ... it is not required for a Sahaj Yogi.

I know about everyone. Samadhan is such a thing that in the depth of it you can meet Me and now the time has come where you should achieve samadhan. You should see that whatever you are doing, you should get satisfaction. You should come forward to spread Sahaj Yoga and work for Sahaj Yoga, you will see that you will achieve the samadhan. You will not feel like coming in front of Me and telling Me everything. Most of the time, I have seen that all those who come too much forward and in front of Me are either dishonest or thieves...[short pause]. Those who are clean in heart and are enjoying the love are lost in the joy of love within.

So now I want to tell you that the time has come that you should have a little consideration for Me because you absorb all the vibrations from Me and if you people are not all right, then I get sick.

So you have to decide seriously that we should become such that Mother should be happy to see us and then the whole world should change. You had to sit for a long time today and many people have gone, but the recognition is this that you people are sitting peacefully in front of Me. Before it used to be that people used to talk and shout, make noise, but you are sitting peacefully. This is very great thing for Me.

[English part at 16:54]

I'm telling them that how a Sahaja Yogi should feel. You should be satisfied people. Firstly and foremost you have to be satisfied. You just see within yourself if you are satisfied or not. You've got the highest that you wanted, you have got the peace, you've got the joy, and all the blessings of the Divine. Despite that, if you are dissatisfied, you want to do something always that is disturbing. Always some people want to show Me off, want to come forward. Or they want to escape Sahaja Yoga.

Firstly, you must spread Sahaja Yoga. How many people have you brought to Sahaja Yoga? Just think of it! We are Sahaja Yogis – Sahaja Yogis means what? You are saints! In this world all the saints who became saints, with very great difficulty, going through lots of tortures, have done so much work. One single saint has so many people whom they have attracted. Of course he couldn't give them Realisation, because I have taught you how to do that. But you just find out what are you doing about Sahaja Yoga.

Only meditation is not the point. Meditation for what? For equipping yourself to help others; we need it very much in this Kali Yuga, people who will go all out to help. On the contrary, I find that they are very anxious just to meet Me, to see Me. I have seen all the Indians who come to Cabella must meet Me, must see Me, as if they have a special right with Me. What is the need? What is the need to meet Me? But this is the trouble of, say, our conditioning, that supposing there is some leader, some Minister coming, everybody will go and show off, like to meet him and talk to him – but not a Sahaja Yogi.

You must have self-esteem. Self-esteem by which you should know what is your dignity and how you should be. There are Sahaja Yogis who are excellent, who are very good, who are very self-satisfied, I know who they are. And you have to be like that, otherwise you cannot enjoy Sahaja Yoga, you are like all other people trying to indulge into all nonsensical activities.

Now this is it. Today, it was a real test, because I just couldn't come earlier. You know what is the traffic nowadays, I just couldn't arrive. And still, you were sitting here. This gives me great satisfaction that they really love Me, and they are really Sahaja Yogis.

If you really love Me, you must love others who are not Sahaja Yogis, and try to give them Realisation. Because you know my age is quite a lot, and how far can I go? I am not going now to many countries, but Sahaja Yoga is growing fast. Though I am not going there, it is growing. Why? Because people of that country understand their responsibility. You should know what is your responsibility. It is not only towards yourself, but it is for the rest of the world. You have to work it out and do something about it. Whatever people you can approach, or whatever people you can meet, go all out!

I have also said before that I have seen people who go to some horrible gurus, go on talking about their guru, describing their guru. Anybody who meets them, they go on telling them. Not Sahaja Yogis. I don't know, maybe they want to preserve their Realisation. They think if they tell somebody their Realisation will drop out. If you don't spread Sahaja Yoga, what is the use of

getting your Realisation? All my labour is wasted on such people, who are for themselves! They want something for themselves.

Now for example, so many girls wanted to marry. There are four times more, five times more than all the boys put together. But if they are not married, they feel very unhappy about it. Doesn't matter! You are now connected to God! Marriage is not always a very great blessing. I tell you, it's not. On the contrary, it can be very binding. It could be very troublesome. So, better not feel bad. You should feel bad when you cannot give Realisations to others. How many people have I given Realisation? Just think about it. All the time, like all the ordinary people, thinking about marriage, and this and that. It's not going to help you. You are something special. And what speciality do you have? What are you doing about it?

I'm sorry at the end of this, our great Ganapatipule, I have to tell you this. But sometimes one has to tell, also.

I know you are all, all very good Sahaja Yogis. Also that you have achieved so much. But what is My desire is, that all of you should become like a light and start spreading Sahaja Yoga. In some countries, it has happened, it is working out. And people feel so responsible! I am amazed at them, how they are spreading Sahaja Yoga.

Now the same request I have to make to you, that please, look at yourself, introspect: what have you done? What have you achieved in Sahaja Yoga? Such a satisfaction lies when you really, when you really work hard to spread Sahaja Yoga.

Many people think that coming nearer Me, I feel pleased. I am not. That's no recognition. You should never do that. On the contrary, when you will grow really, I will know myself.

Today is not the day I should have said all this, because it is the day for New Year's Day. But only good decisions are to be taken on the New Year's Day, that's the custom with human beings.

So, today you all have to take the decision that 'What are we doing for Sahaja Yoga?' 'What are we giving Sahaja Yoga?' 'What is our achievement?' 'Are we sharing with others?' It's the greatest truth you have got. Nobody got it. People worked so hard, did so much. Nobody could give Self-realisation. It's only who you can give Realisation, very surprising. Kabir could not give Realisation to anybody. Gyanadeva could not give Realisation to anybody. All of them have been great, great Saints of great value system and with great understanding. Whatever poetry they have given, people are singing, that's all. But they cannot give Self-realisation which you can do. With all that power, if you are not giving Realisation, what's the use of giving power to someone like that?

So, today's New Year's message is that next year, you must give Self-realisation to many people. How many people have you given Self-realisation? That's the main thing. Just find out. What have you done throughout the year? But I don't know how to count it. But you, yourself count. 'What have we done all these years?' 'What have we achieved?'

Attending my puja is no favour to Me. Or doing anything for the puja is no favour to Me. My greatest puja is that of human beings; and if you can achieve and spread Sahaja Yoga that fast, I'll be very, very grateful to you.

I have worked very hard, I have really worked very hard. This body, this mind, all my health, everything, I have done for saving people. And you please also tonight decide and take a view that, "What Mother is saying is very important and precious; we have to, we have to rise and give Realisation to people". But which is not so common. I am surprised why people are behaving in this manner who are Realised Souls.

All my blessings for the New Year, for all of you 'Happy New Year'! But next year should be full of many Sahaja Yogis, who have done work and who have achieved something great.

May God bless you

2002-0101, I See A Mountain

View [online](#).

1 January 2002

Letter / Poem

Palazzo Doria, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

I see a mountain from my window

Standing like an ancient sage

Desireless, full of Love.

So many trees and so many flowers

They plunder the mountain all the time.

Its attention is not disturbed

And when the rain pours

Like many pitchers of clouds bursting

And it fills the mountain with greenery,

The storm may come soaring,

Filling the lake with compassion

And the rivers flow running down

Towards the calling sea.

The sun will create clouds and

Wind carries on its feathery wings

The rain onto the mountain.

This is the eternal play

The mountain sees

Without desires.

Shri Mataji Nirmala Devi, 2002.

2002-0114, Makar Sankranti Puja

View [online](#).

14 January 2002

Makar Sankranti Puja

Pune (India)

Talk Language: Marathi | Translation (Marathi to English) - Draft

Makar Sankranti Puja Talk (translated from Marathi). Pratishthan, Pune (India), 14 January 2002.

The meaning of Makar Sankranti is "Sankram" ["transition" in Sankrit], i.e. the day that brings about some change. On this day the sun starts its movement towards the northern hemisphere. In India all the festivals are according to the position of the moon. That's why their dates are different in different years. Makar Sankranti is based on the position of the sun and that is the reason this festival is celebrated every year on 14th January.

Makar Sankranti indicates the day when the Sun becomes warmer. The heat of the sun is benevolent for the human race. It is because of this heat (of the sun) that we can walk, we can talk. The heat of the sun makes a human being angry. This is the reason why we take jaggery on this day so that we talk sweetly.

The heat of the sun is responsible for all the vegetation and wealth of the earth. On this day we offer fruits and vegetables to the Devi and receive her blessings. With the blessings of Adishakti the earth element cools down and the human race progresses.

The festival of Sankranti has a cultural significance. People all over India celebrate this festival very enthusiastically. In other countries also it is celebrated. But in India it is given special importance. In India we do not have extremes of temperatures, the climatic conditions are quite balanced.

India is blessed by the Adishakti. In other countries this balance is not there. They have either extremely hot or extremely cold weather. If a change of weather or change of nature brings about a change within us then it is not proper. If we become angry with the heat of the sun then it is not proper. It is wrong to get angry. Among the six enemies (Satru)[enemy in Marathi] of our being, the anger is the worst. We are Sahaja yogis and our Kundalini is awakened. Therefore we must learn to remain calm. Mostly sahaj yogis are good and evolved. Only one percent of them are running after alaxmi (money). It is natural to get angry at them. But it is not your job to improve them. This is the work of the Adishakti. You should evolve into a good sahaja yogi by remaining calm. Everything happens by the grace of god. This you must remember. Some people are very bad. They believe that money is everything. There is no place for such people in Sahaja Yoga. Adishakti will Herself take care of them.

President of America, George Bush also recognises Me. Recently I wrote him a letter and things started improving. General Musharraf also showed improvement and he addressed his nation and Islam based on the letter that I had written to Mr. Bush.

You can also take care of the situation like this. For this you will have to be very subtle and remain in a thoughtless state. You must have spiritual knowledge, all the rest of the desires are useless. We should not have worldly desires. Sahaj yogis have yet to evolve very much. With God Almighty's blessings you will get to that state. Don't worry and be calm.

Sankranti means power of the sun. Sun-power means self confidence. Sun gives us heat and light. Now it depends on us whether to get scorched from the heat of the sun or gain self-confidence from the light of the sun and become radiant.

Eternal Blessings to all of you

2002-0317, Mahashivaratri Puja: Try to weigh every step that you take

View [online](#).

17 March 2002

Try To Weigh Every Step That You Take

Mahashivaratri Puja

Pune (India)

Talk Language: English | Transcript (English) – VERIFIED Shivaratri Puja, Pune (India), 17 March 2002.

Tonight we have gathered here to do Shri Shiva Puja. Those people who have a clean heart can only do Shiva Puja. Those whose heart is not clean cannot do Shiva Puja. It's a simple principle of Shri Shivaratri.

As you have seen yesterday, we have snakes, or, these are horrible snakes guiding behind the Shiva Linga.

The significance is this – those who are clean in heart, who are full of love for others, are always guarded by the power of Shiva, which are the snakes.

It's a symbolic thing, to say, very symbolic. But I must say that animals understand Divine force much better than human beings, much better. Because they have a clean heart. Whatever is their lifestyle built by nature, they carry on with it.

But there's no malice, there's no jealousy, there's not all these mean things in their heart.

They do it because it is supposed to be.

But the quality of human beings is only one – and that is how much they love and forgive.

Loving capacity of human beings are such by which they conquer all their negative forces – they can, easily, see that it's not good to have all these qualities, or maybe that they understand it's not noble to indulge into all these inhuman behaviour. They are not bound to indulge into all these things. Neither they are asked to be, but suddenly they get lured by such things which has got hatred, jealousy and greed.

You see how Shiva lives. He lives in the Himalayas. See what clothes He wears, what He eats. He has no demand for anything because He is complete, He is perfect. Such a personality is Shiva's. And if you are worshipping Him, you should find out within your heart what sort of feelings you have, what sort of malice you nurture.

These days in India, greed has become the main point. They are so mean and so low.

Which impossible to understand that they think money is everything, which is not in the culture of Indians, no, no. In no way. But somehow they have picked it up, in the foreign countries perhaps, and it is spreading very much now, that money is the most important thing.

Think of Shiva. He never thought of money. He never wanted any money. He never wanted to show off himself.

There is such a difference between Shiva and Shakti. In their whole attitude.

Because Shiva is absolutely a liberated personality, he's not bothered. If the people are indulging into wrong things, he'll destroy – finished! He doesn't want to cure, He doesn't want to improve, nothing of the kind.

But for the Shakti it is important, because this is Her child, this universe is Her child. All this is created by Her, so naturally She is worried and She doesn't like people who try to take to mean things and nonsense. First of all it was human beings started indulging in power. They moved from countries to country to empower themselves. Where is that power gone? Finished.

Then, after that, what happened with them is that they left their style with others. And now it seems it is very common to see people shamelessly being greedy. For them, is the solution, is Shiva. All such people will be destroyed.

First of all they will be exposed and then they will be destroyed, to the last bit of it.

Another thing is that Shiva respects a person who has a good character; a person with a good character. And if anyone is bad charactered or indulges into bad things, Shiva won't spare them. So the Shakti creates, protects, looks after them, brings them up. But Shiva is sitting there, just to destroy! Very important, this destruction is very important.

The Shakti doesn't show those qualities. She may destroy some rakshasas, but He can destroy nations after nations.

First of all the ego you have – who will destroy that? That too, Shiva. Shiva is in your Sahasrara.

He is sitting in the Sahasrara; now remember, on top of everything.

The other day I saw one gentleman from the Broadcasting, a newsman, who was very, very stupid and was talking very harshly.

And I saw his Ekadasha coming up: "My God" I said, "This one is now going to be in trouble."

What is Ekadasha is nothing but the eleven powers of Shiva. They build up here and give you all kinds of diseases; the worst of all is cancer.

And I knew that this fellow is going to have a very bad time. But he is not a Sahaja Yogi, how am I to tell him? How anybody has to tell him? But it comes from this Ekadasha Rudra.

Now these are eleven powers of Shiva, very well described. Now these powers start working on people, even on Sahaja Yogis, if they do not follow the principle of Sahaja Yoga.

He is, I should say, watching everything. Every part of your life He watches. How you behave, what you do, what is your dharma – He watches all that. And so many saints have warned you, so many incarnations have warned you; but I tell you if you don't listen to them, then Shiva is not going to listen. He doesn't listen to anyone. If he's angry, he's angry. Whatever it is, very difficult to convince Him that 'Please spare this person, it's alright. Forgive.'

But his basic quality is forgiveness, can you imagine? His basic quality is forgiveness. But if He doesn't forgive, then you are finished.

Up to a point maybe He might forgive, but after that .. It's a very, very difficult situation.

And I find that people don't realise what Shiva is.

In the south we have two types of people worshipers. One are shaivaites, another vaishnavaites. They are having a big fight with each other. Now it is less, much less. What is the work of Vishnu is to give you realisation, emancipation of human beings, evolution of human beings. But if you fail in your goodness, in your dharma, then Shiva comes in your life.

We have to understand [that] we are all surrounded by their powers, we are all made by their powers. It's the Shakti who is protecting you. But to an extent. She cannot go above Shiva, She cannot cross Him.

These days you find so many people indulging into politics – it's all money-making propositions. They all try to make money, it's not politics!

They don't do any good to the whole communities, nowhere. Either under fear or under abandonment.

They behave in such a manner that they are not afraid of God, they are not afraid of His own attention on people. Perhaps they don't know that they are under the attention of Shiva. He's watching each and every person, whether you are Australian, English or Indian. Whatever religion you may follow, He's watching them. This is a thing one has to understand. And once you understand this, you will accept that you have to be good and dharmic people. You have to be good-charactered people.

Why people talk of good character? Try to understand! It's stupidity these days when people don't believe in it.

People are doing all kinds of things, they are drinking, they are playing this... money business.

All kinds of things they are doing without having any fear of the wrath of God. And that wrath comes from Shiva. I would like to warn you all, though you are all my children – be careful! Try to weigh every step that you take.

Of course I am there to support you, to help you, to protect you. But, not beyond Shiva, I can't go beyond Him. It's such a power of Shiva, it's such an authority of Shiva.

And to worship Him means to worship goodness in you (15.45). The goodness could be compassion, could be love, could be forgiveness, anything. He likes only good people, and He will protect only good people.

For example, some people are very power oriented, some are money oriented and some are power oriented. And the power oriented also do it for money sometimes, that's the aim. They'll not stay in Sahaj.

They will be displaced. They do it, [and] then come and ask for forgiveness, "Oh Mother forgive us, we have done it".

But try not to do anything of that kind. I, of course, forgive you, but Shiva, He won't, He won't. He will take you to task and then you will come to Me "Mother, You must save us!" It's very difficult. From His clutches it is very difficult.

Also He's a very forgiving person.

He forgives you, many things. Because of Me also He forgives. But, after some time when He takes over, there's no appeal, there's no safety.

I do not want to frighten you, but I want to tell you the truth, it is the truth.

You have to try to be good people. You have to try to be really good-charactered people.

I am told some people who are in Sahaja Yoga indulge in money laundering and all that.

Also some of them have very bad characters, they run after girls and they try to look at the girls and all sorts of things.

Now this has ruined the west especially.

Also our Indians are learning from them. As it is, we have to respect ourselves.

If we don't respect ourselves, and we try to misbehave, I can only help you with your Kundalini. But if you go too much beyond it, Ekadasha Rudra will catch, no doubt.

It's a very big barrier on your forehead. Ekadasha Rudra, and it is so effective nowadays, so much active. All kinds of diseases which are coming out, is all incurable, are because of Ekadasha. And also those who are suffering from possessions.

The other day I met somebody who was very much caught-up. And the Ekadasha was working. I found out that he is very fanatically influenced by something. I don't want to name it, but these, we have found out, are not correct things.

In every religion we have people who are spreading nonsensical ideas.

Now if you don't have discretion about it, nobody can help you. You should have a full discretion as to what is right and what is wrong.

Then Shiva is with you. But if you indulge into all such nonsensical things, it is self-destructive, I must say. But to the Self which is destructive is the power of Shiva. What we call the Self here, is the power of Shiva.

He destroys by many things, by many things. You can lose your reputation, you can lose your health, you can lose your wealth, everything can happen to you till you are completely finished and fagged out.

I have known people on the death-bed also, start talking about money, 'What should she get, money, how will he get money, and this and that'.

Instead of talking about God or Self Realisation, they are talking like this.

It's such a noble thing. But if you see Shiva, He doesn't possess anything, He doesn't want anything.

Whatever you give to him, as a samarpana or anything, that He doesn't accept, and He passes on to the Shakti, "You do what you want to do." She's the one who is working out everything to benefit you, to make you happy. He's not bothered. In this case, you have to please Shiva! He will not try to please you, you have to go all the way to please Him. It is a very difficult personality of Shiva.

In the Koran, it is not written separately for Allah or for Shiva or all these - it is not differentiated. Because the people with whom He had to deal were all uneducated, stupid people. So He didn't give all the details that God is in different forms.

So there is only one Allah they know.

But they don't know anything that shows the differentiations of their jobs and work.

It is the Shakti who loves, I agree. But She too, can get angry very much. And once She gets angry, there is no end to it!

Now I have to tell you, as Sahaja Yogis, that you develop your qualities to please the Shiva.

It's too much of hankering, too much of 'wants'. All this is not necessary. Of course I want you to live well, and beautifully, not stupidly - to go into jungles or to behave like hippies - that's not the point.

The point is, from your heart, the attachment to things must go away. A person who is a Shiva Bhakta - he doesn't care for money, he doesn't know about money. He is a very generous person, extremely. He's just generous.

People may say, "Stupid" - the way he goes on, the way he works it. But I don't think so. That's not at all the description.

The description of a man who is a bhakta of Shiva has no interest in money, he's very generous. Anything you ask from that, he'll give.

Mahavira's was like that. Mahavira had gone for his meditation in his own garden and Vishnu as Shri Krishna came and told him that, "See, I have no clothes. You have got this cloth, why don't you give me half of it?" He said, "All right, you can have it. You can have the whole." Because he said this, "My house is here, I'll just wear my clothes." What he did was not to show that nudity is a very great thing.

But if you see the Jains, what to do, they make big, big statues of Mahavira showing Him completely nude.

I mean, this is the perversion of human mind. Why He did it, we should know. He was so detached, so detached. So, give away the clothes, what is the harm?

It was not to show-off or anything. But the generosity, people don't understand. And the Jainies are the least generous!

So the quality of all these great incarnations is also not understood. Because a kind of an illusion is there. For example, Shiva is always with very few clothes, very few. And what does he eat? No-one knows. What is his desires and what does he want? No-one knows.

A person with a great knowledge of music will sing before him, He's alright. Or even any madcap comes and sings, He's alright. For Him it doesn't matter, He's not meticulous about how the music is and what the notes are, whether it is alright or not, no. He is beyond all these things. He is beyond all these formalities that we have about everything, he is beyond. He is spirituality itself, he is beyond all these things.

Whether you are a musician or you are an artist, whatever it is you are, He'll enjoy. He's the enjoyer, and He'll enjoy – whatever is simple, whatever is given with the heart, He'll enjoy. Whatever is expressed with the heart, He'll enjoy. He is not a conditioned person, that it should be modern, it should be such and such.

He is not conditioned. He doesn't think that way like human beings who will sit down and make a meticulous everything, does it fit into it or not.

Even, even for art, even for anything that is created out of somebody's heart, they will try to discourage that person. I have seen people, they have such conditioning.

And one thing about Shiva, he has no conditioning of any kind(28.51), nothing.

That's why they call him a mast-maulaa – He is not at all conditioned. If you have any conditioning in your mind, then you are not a Shiva bhakta.

It's all right, you should dress up well, you should do this, but you should not have conditioning that 'If you don't do that you are being out of cast, out of fashion, out of this'. It is very difficult for people not to accept. All kinds of fashions are coming nowadays, all kinds.

I tell them, "What is this?" "Oh this is the fashion." Is it some God behind this fashion, or is there some deity who is telling you these fashions? Today it comes, tomorrow it will disappear. So, what I am saying, that if you have to worship Shiva, you should de-condition yourself. You are living in the world of Sahasrara. Now, somebody is not properly dressed – finished! Somebody is over-popularly dressed – finished! Human beings have a capacity to criticise everyone. And to criticise everyone, this is nothing fundamental because if you do it on vibrations, one can understand. But not on vibrations, just because 'this is not the fashion, that is not the fashion'.

What is the fashion of Shiva, tell me. Has He any fashions? Anything you give Him, He's happy. Whatever you give Him, He eats that.

He is full of such appreciation because He is personified as Joy. He is peace and He is joy. If you are worshippers of Shiva, then you should not have any conditioning of any kind.

I mean, normally I also wear simple saris, very simple. And it happens that people think I am a very poor woman. I am poor because I don't care for money, I don't bother.

So, we should know that Shiva is the poorest man, purest God.

He doesn't wear any alankaras, he doesn't wear anything, just he lives with his own body. Because he is nothing but embodiment of enjoyment, nothing but complete form of enjoyment and joy.

So another quality of Shiva bhakta should be joy. You should be joyous about everything – whatever you see, whatever type of person you see. So the only way you can do, is give up human quality of criticism – to criticise others.

Like if the English go into the Indian house, they say "We don't like it." "Just what, what you don't like?" "We didn't like the carpet." 'I don't like it' itself is against Shiva Shakti (32.48).

Then, if supposing an American goes to an English home, he'll say, "I don't like it." It's very common. All the people say "I don't like it", "I didn't like that". Who are you to say 'I don't like it' or 'I like it'. People don't realise that by saying all these things, you are showing that there is no Shiva principle in you.

I can understand somebody who cannot walk, alright, for such a person is allowed to use some sticks or something, allowed. But if he says, "I don't like that person because he doesn't use the stick", shows that he is such an egoistical fellow; himself he is

using the stick and he wants to create what, votes or what, in a democratic country, that people should walk with the sticks in their hands. It is very difficult.

In the west it is very common, you see, to have this kind of a hat, to have this kind of a dress, to wear this kind of a cheroot.

All kinds of things have a conditioning. Nowadays the hairstyle has become very funny with women.

Because they don't put oil in their hair. They will not have any grease in their head. If somebody's going to meet them they will wash their hair. I don't think it looks very nice. Of course I don't say that you need not have so much of oil on your face and ears.

But, what is so important?

In life, is also this is another thing that we are very self-centred. We want to impress people. If I wear a dress or anything, it should impress. I mean, even it impresses – what? If a snake comes along, he will bit you, whatever dress you might be wearing, whatever country you might be from. All this kind of identification, it doesn't behove a Shiva bhakta.

A Shiva bhakta has to be just absolutely lost in the raptures of joy. Very particular about hairdress, very particular about dresses – I don't know what they are particular about.

With all that, what do they gain?

Nothing. Do they become popular? And this kind of popularity, which is so skin-deep, what's the use?

You must have respect, respect of your being.

As not only human beings, but as Sahaja Yogis. You are Sahaja Yogis. We are Shiva's bhaktas, we don't care. We are not bothered.

Whatever it is, Shiva is there within us and we shine with that power within us that is of Kundalini.

You may be very well dressed, you may be anything. If your vibrations are bad, what's the use? If you cannot judge people by their vibrations, by nonsensical things like their dress and moustaches, is it of any value?

In Sahaja Yoga your value system has to be Sahaj. I have seen many people, "I don't like their house, I didn't like this ..." 'I don't like' is the sentence, is nishiddha, is to be given up by Sahaja Yogis. If you don't like anything, you are not a Sahaja Yogi.

Now, of course, I mean, if there is somebody who is anti-Sahaj and all that, but still by saying 'I don't like', what are you going to gain? It's a waste of energy. Because of this, in Sahaja Yoga I have seen, people have created problems for Me, so many problems. Only because they are so much 'self' oriented. "This man is bad, that woman is bad, he is this, that ..." Sometimes I am surprised. Because when those people come to me, I am amazed that they are very nice people.

But people are very self-centred, also. Like, I have seen people who are not bothered to come to meetings, to pujas. Because they have got work. Altogether there are eleven pujas, but they don't come. Because they are very busy.

At least to one puja you should come. But those who are Shiva bhaktas only enjoy nothing but pujas. Nothing else. Their whole being is absolutely vibrated with Shiva puja. To them, that's the most important thing to do.

Also there are people in Sahaja Yoga who are trying to make money out of Sahaja Yoga. Very wrong, very wrong, very wrong.

Sahaja Yoga is to give you punyas, to give you blessings, and if that is not in your mind, better give up Sahaja Yoga.

You can join some business or something of malpractices very easily, very easily. Till you end up in the jail you are there.

But to enjoy your spiritual powers you must learn certain things. And one of them is de-condition yourself – 'I don't like it' or 'I like it' – this sentence must go away from your tongue!

Likes and dislikes are only for people who have limited vision. You should learn to appreciate. Your power of appreciation will show how spiritually you are endowed. And your power of observation will show what do you observe.

For example, some people will come and tell me, "I didn't like that lady, she was wearing a funny sari." I mean, what is this? "I didn't like her, because she was putting her hand on her head". So what? Because you make your own images of people, and you want everybody to be like that, otherwise you don't like it.

Whether you like it or don't like it, nobody's going to change. Why waste your energy?

Sometimes there are musicians who are not so good. I remember, once I went home and I asked my father, "How does this musician sing?" He says, "He's very courageous, very courageous."

I said, "Why, what happened?" He said(?), "He sings without bothering about it and he goes out of tune sometimes, he goes out of taala, doesn't matter, but he sings. He's very courageous, himmatwala" So, that's how he used to appreciate, I have seen. When this fellow started singing, I saw he was like that, but my father was saying "Wa-wa, wa-wa" to him, and encouraging him.

You see, I have seen in my father these divine qualities, how he used to tolerate, how he used to – I mean not tolerance also, just

appreciation. Of any kind of thing he used to appreciate. That's what, if the Sahaja Yogis have that condition of appreciation they will enjoy everything.

Because you kill your enjoyment, do you know that? You are all variety of people here, all variety of dresses, all variety of families and so many countries you are here - to Me you are nothing but Sahaja Yogis, my children, that's all. Now I don't go on judging you on your dress, or on what your hairstyle is, no. All modern things are extremely conditioning. And they condition you so much that you get irresponsible. As Sahaja Yogis you get irresponsible.

Your first and foremost responsibility is Sahaja Yoga. Because you should know what a work it is. It is such a great work, to transform the whole world – that is My vision.

At this old age also I think the same way.

Now, if that is My vision, what should be your attitude?

That we should go all out to spread Sahaja Yoga.

That's the main thing. I call you for these pujas just to renovate, I should say, or to give you more of energy and all that.

But if you are just taking it as a great blessings and sitting at home it's of no use.

You must spread Sahaja Yoga! I was surprised that they said in Lucknow there are only two hundred Sahaja Yogis.

How can that be? First time I went to Lucknow, there were at least three thousand Sahaja Yogis and we had not fixed any hall or anything.

And can you imagine, suddenly I find so many people [gone]. How is it there can be two hundred Sahaja Yogis? Either you are telling lies, or you are good for nothing.

So the responsibility of all the Sahaja Yogis, of all the Sahaja Yogis, first and foremost, is to spread Sahaja Yoga. How many people have you given realisation? Where have you talked about Sahaja Yoga? I have seen even in the plane, if you are travelling, anyone who is there will tell Me "My guru is this, you know, such a great guru, this that." Openly, shamelessly, about horrible gurus! While you people are very shy to talk about Sahaja Yoga. Never publicly unless and until you have a programme, and public programme and all that. You have no time, also, for Sahaja Yoga, very busy people.

So, if you have to follow Shiva and His blessings all the time, His protection to you, then you have to be Sahaja Yogis of very high quality. It shows when you go all out to spread Sahaja Yoga.

That is the thing missing.

I am so very happy that in Australia Sahaja Yoga has spread so much. I don't know what has happened. In a far-fetched place like Australia.

In the beginning I had some set-backs but now it has spread. Also in Austria it has spread. And also in Italy. But otherwise, just doesn't spread. What's the matter? The matter is the leaders are not going all-out.

Say, for in England I travelled from north to south, east to west in all the directions. We have very poor, very poor Sahaja Yogis there. You have to go to universities, to younger people. If hippy-ism can spread, why not Sahaja Yoga?

It spread like wild-fire, why not Sahaja Yoga?

All these things are there, which I have to warn you – be careful!

If you have got Realisation, you have a responsibility – to give realisation to others, and to spread Sahaja Yoga.

If you can't do it, then God save you. I have nothing to say. You have to introspect, 'What have I done for Sahaja Yoga. What have I got from Sahaja Yoga?'

And I am sure after this Shiva puja, you will dedicate yourself to Shiva principle within you. Shiva principle doesn't 'stir out', it's very, very stern, it's very powerful. You have to dedicate, and you have to surrender.

Above every other job, above every other performance, the highest is this.

So, with this, I ask Shiva to give you blessings, complete blessings, so that you get transformed into the personality of Shiva.

May God bless you all.

2002-0321, Birthday Puja: You Can Do A Lot

View [online](#).

21 March 2002

You Can Do A Lot

Birthday Puja

New Delhi (India)

Talk Language: English, Hindi | Transcript (English) – VERIFIED | Translation (Hindi to English) - Reviewed

[Translation from Hindi]

I have been watching the magnitude of love. How it has spread into all corners. From where to where it has reached. Upto how many people? No one knows. But I have understood its Principle. Can there be any Principle of love? Love has no Principle. Like an all encompassing divine halo, love has spread far and wide. We have no awareness of it. We do not know it. But the love of the Almighty has spread to the entire creation, the whole world. Only after getting your Self Realisation you can experience this. You can know this. That this is love. This is the love of God. God's energy is only Love. It is only the energy of Love that becomes effective. We are not able to understand this. To hate someone; to harbour enmity with someone; to wish evil on someone; to fight with someone. This is very low and mean.

You are a Sahaja Yogi. In your heart you should only feel love. Nothing else. The situation that is prevailing in our country today ... Looking at it we cannot understand that in the name of religion why there is so much hatred and violence. What has happened. What was the need for this? Something starts, then comes rejection and contradiction, and it has a reaction which is more violent than the original action. In this way whatever consciousness and sensitivity you have about God is reduced. Now we have to try to understand how to increase the Spirit of Love. How can we express our love. And how can we become that.

The first requirement is that we should take care of our children. What are we teaching our children. If someone gives them a slap, do we tell them that go and slap him back. On the contrary we should explain that that child doesn't understand. He is not bad. He will come and make friends again. Because a child's heart is very innocent and simple. In a moment he will get alright. And then we can explain that son, he is beating you, that is a wrong thing. But you also must not do the same wrong thing. The child will realise that fighting and beating is not a good thing. This can only be imbibed in childhood. But from childhood itself if children are taught, „You are a Muslim; you are a Hindu, or you are this or that, from this the child is not able to understand. He feels, we all look the same. Our features, our build is the same, then what am I being taught. Why are people teaching me these kind of things. Then contempt, greed and all this kind of wrong initiation come inside. These should be destroyed by Sahaja Yoga. It should go away completely

[English part]

I'm telling them about love, all-pervading love of God Almighty. He's created this whole thing.

The whole atmosphere is there. The whole feeling is there of love. But it's possible only for people who are innocent, like children.

If you are very mature in your hatred, no one can save you. You'll have ten arguments to show that your hatred is justifiable.

Then you'll go to any extent to justify it.

We had people in our country, which is a very, supposed to be a very sober country, a very peaceful country, we had people who just believe in killing – kill this, kill that. So even in this country, which didn't believe in all these things, indulged into all kinds of violence since long.

But basically we are people who believe in peace, because without peace no growth can take place.

There has to be complete peace.

If there is peace in your heart, if there is peace surrounding you, you grow into a beautiful nation. Not out of fear, not out of pressure, but from inside, if you are a person who has complete peace within the heart, not that he is not afraid of anything, but he emits peace, he gives peace.

Anybody who goes near such a person, gets the peace, the feeling of peacefulness.

You all are Sahaja Yogis. You all have got your Realisation, that is, your Spirit is now emitting vibrations of peace and joy. Wherever you are, you will emit peaceful vibrations. You will create peace. You'll find out ways of creating peace, how to establish peaceful atmosphere.

It's very important that we have to grow in such a manner that we create peace and give peace to others and become examples of it.

I cannot believe in this Delhi I could have so many people who are realised souls. I never expected. First of all, I had to wait until people got into a proper mind to understand My work, because we had partition and so many people lost their lives, lost their properties and I have faced all that. I have seen it Myself. And they just couldn't, couldn't forgive other people.

So forgiveness is a very good method of understanding the pain of others; troubles of others, but this depth you have to develop. Instead of getting angry, getting revengeful, if you can develop that peace within yourself, if you can manage to have the peace of your mind through divine love, there's no need for you to do anything extra. It's just the peace that you have, now, in your heart. Just feel it.

You are a peaceful person. You are not a person who is easily disturbed. You will never give explanations for getting angry, for spoiling the mood of people. You will not do that.

You are the one who rise above all this anger and this stupid revengefulness.

It is difficult to explain to those people who are not realised souls, because if I talk to them, they won't like it. If they get their Realisation, you can talk to them.

So best thing is that you should spread Sahaja Yoga. Spread that among Sikhs, among Muslims, among Christians, throughout; and specially among Hindus. Because nowadays I find Hindus are also, have lost their grip over their understanding of our country and its culture. And that's how they just revenge, they take revenge. I don't understand this kind of revenge. But what to do? People are already on that level, on that low level, where they don't understand many things.

For example now, they do not want people to build a temple of Shri Rama at a particular point. Because they are not Sahaja Yogis, I can't talk to them that that is the place where He was born. So we must pay full respect to His incarnation.

If that is the place He was born, we can feel it with the vibrations, then why deny the fact and the truth just because you don't want it to be done?

It's very difficult to talk to them.

What to understand is that, what has Babur done for us? Who was Babur? He was a foreigner and this one was not even built by

Babur [Mughal emperor]. No, it was not. It was somebody who was his — one of the military man who went and built it, and that's why they call it a Babri Masjid. But let us find out what happened to this Mr. Babur. He died, but he came from abroad. He was not even an Indian. And doesn't matter, he was not born there. I mean, he had nothing to do with that place, but definitely I know and you all will know, can feel it all on your hands just now, that it is Babri Masjid, is the place where Shri Rama was born.

Now, if you want to build a temple there, what will go wrong with people? What will happen to them if a temple is built there? I mean, it is just a question of respect and feelings about it.

I also take Rama's name. Everybody takes His name because such a solace and such a comfort to people. But the way people look at things, it's difficult, you can't talk to them.

Now they are talking about another nonsense that we have one hair of Mohammed-sahib in Kashmir. Now somebody said that it is not His hair. How do you know? What is your criteria to decide whose hair it is?

Actually, you will be amazed, when I went to Kashmir, we were going somewhere in the car and suddenly I felt tremendous vibrations.

So I asked the driver, "Why don't you take the car on this side?" He said, "Why?" "Because I want to go." He said "It is an old road and there are some few people living there." "It doesn't matter. Take it." We went near and nearer and there were some houses of Muslims, so we called them and asked them, "What is here going on?" They said, "It is Hazrat Bal." Even the name gives vibrations(9.37), gives you such peace. It was the hair of Muhammed-sahib!

Now Hindus don't want to know about Him and Muslims don't want to know about Shri Ram.

It's very surprising. They are all having their own shops and selling their own things, but they don't understand that, whatever they are selling is the same which the other people are selling. For example, they say, "Allah." Who is Allah? According to Sahaj Yog, Allah is nobody else but Vishnu and Vishnu who came also as Shri Ram. So whatever they call as Allah is Shri Ram Himself! Only a Sahaj Yogi can understand that. If you put up your hands now when I am talking, you will be surprised what vibrations have come, because it is Shri Ram, who is Allah, whom you are trying to insult by your stupidity.

So it could be stupidity on part of Muhammed-sahib or on part of Hindus.

Hindus are also not understanding, somehow they know that is the birthplace of Shri Ram, somehow, I don't know, somebody must have told them.

Or maybe — I don't know how they know — they don't know vibrations. I haven't yet met many Hindus who have vibrations — I mean those who are what you can call fundamentalist. They never have vibrations. So I used to wonder, how do they know this is the Janmabhoomi [birth place] of Shri Rama.

Maybe, somehow they come to know. But they have no point to prove.

The problem is, if they were Realised souls, if our high court judges were Realised souls, if our cabinet were realised souls, you could have talked to them.

But they are all — what should I say? — absolutely blocked people. How to tell them that this quarrel is a nonsense? It is perfectly all right to build a temple of Shri Ram.

But whatever you may say, the trouble is first they all should get their Self Realisation.

Just now, at the time when we are talking, see, there are not sufficient people who have got Self Realisation. You are all Realised

souls.

There was another one who told Me, who was giving Realisation to these Mahantas — Mahantas [superior of a monastery] are the people who are supposed to be saints — and every one of them, when they got Realisation, they got exposed, so he didn't know what to do with them.

That may happen with anyone, even in Christian churches or you go to Jews, this thing — everywhere you'll find this is the problem. If you give them Realisation, they will get exposed.

So what's the use of disturbing all the people who have such faith in them and think they're very great people.

Now only way you can judge them is through vibrations. But out of love, I can't tell them that: "You are not Realised souls. You have no business to talk about Shri Ram or about Mohammed-sahib. They're much beyond you."

So the problem now is between the people who are not knowledgeable and those who are knowledgeable. It was a very big gap before.

Only one person used to be a Realised soul; so they used to stone him, beat him, do all kinds of things. Now you are so many. So, if you put up your case anywhere, even at this stage, nobody is going to listen to you.

I would request you only one thing. Give Realisation to people, as many as possible, and not to any 'spiritual' so-called people. Because they get exposed, what's the use?

This is a common thing. So many people have told Me: "We gave Realisation to one priest. He got exposed." "Means, what happened?" "He was exposed, Mother. He was put in jail." "Ah, this is too much. After getting Realisation, he goes to jail."

So this is the problem. In love, you cannot be hypocritical about it. In love — you have to be a pure personality. First try to purify yourself. You have to change. If you are still angry, if you are still greedy, if you have all these things, love won't work out. It won't work out.

So to love someone in a divine way is to first understand the value of innocence.

Why I love children? Because they're innocent. They don't have all these things. Like in our country these days, the epidemic — epidemic of corruption has started — epidemic. It's not simple. Anybody you see, after every third person, there's an epidemic of corruption.

Now why? Because they want money. All right. Then what do they do with their money? They don't know how to hide, so they put it in some sort of pot or whatever it is and the money gets lost.

If not, they are caught up. That's not so important. What's important is: 'Why have this greed?'

People who are rich are more greedy than the people who are poor, because the poor people at least have some fear of God. But the rich are very greedy. They're running after this, running after that. There's no end to it. It is very surprising that in this country of ours this new disease has started. With this disease, even in Sahaja Yoga, there are some people who have made a business out of Sahaj Yog and making money. So greed is something that comes to you from the right side and you start justifying it. There's no place for love, for the right side.

Now this greed has gone so far that the whole country is getting ruined. We can never progress. We can never achieve anything because everywhere there's greed, when people are just taking money.

But if you love your country, if you have love for your country, you won't do [it]. But that love is missing. They love — I don't know whom do they love. They love their children in such a way that they ruin their lives. Love is not limited. Love has to be unlimited, unlimited love which binds the whole world. There is this force, there is already acting this force; only thing you have to become the agents of that, to become the people who can communicate that love.

You have every right to that great wealth of love and you can spread that all along. But I find that even here people think in the terms of money. Money is the enemy of love.

I assure you that if you have interest in money, you can never progress in Sahaja Yoga.

I'm hopeless, I agree. I don't know how to take interest in money. What is so interesting about it? And people laugh at Me that: "You don't know simple things, even to count the money." I said, "I know. I can tell you like this, how much money's there, but I'm not interested." There's so many other things to be interested.

You see the children. You see nice, nice people. In the whole world, there are so many beautiful people, beautiful things.

Why pay so much attention to this useless stuff, which comes and goes? But that is what is the most — I should say — gripping thing that is also there. In India is the worst, I think. They say that India is the most corrupt country, but I don't know. I have never seen that kind of thing, but must be true. On such an occasion, it's very auspicious that you should think that money is of no value to you, has no value, and you will be amazed, you will have never dearth of money — absolutely.

This is one thing in Sahaja Yoga you have to get, that money is of no value. There's no interest in money. Your money is in getting how many people you have in Sahaja Yoga, how many people you have brought in Sahaja Yoga, how many people have got this joy. You have not purchased it. Nobody has to purchase it. It's free, flowing everywhere. It's so joy-giving.

What else do you want with money? Nothing.

Just with money — headaches, fear and all kinds of problems.

So, parallel to our Sahaja Yoga, it should be the life of freedom, complete freedom and enjoyment, nothing to worry about. Nothing is dependent on money. I have seen people living in very poor conditions, extremely happy and joyous; while those who have lots of money, specially in the foreign countries, are rich people, they have depression, all kinds of funny, funny situations there. They commit suicides. Why? If money was everything, why all the rich country people commit suicide? What is the gain they have?

See, and all the time what they are thinking, how to get into a kind of a fashion. Fashion, because if you have no money, you cannot get into those fashions. The fashions are so common now, so common, that for that people hanker.

If they cannot get to the fashions, they think that something has gone wrong with them, something is — But not you because you are Sahaja Yogis.

Now you see these things happening, so what have you to do? Have pity for such people — no contempt, but pity — and you have to tell them that "What are you doing? Why are you wasting your time? This is the best time for you to reach the highest goal of your life, of Self Realisation and why are you so much running after all these things? What is it that makes you run this rat-race?"

I think it's a breaking point everywhere and people are thinking, but you are the people who should provide. In a very large scale, you can work it out. I mean, I have seen people who have nothing in them. They are not spiritual. They are not the ones who can give Realisation or anything. But just because they are doing some social work, they are very famous.

What is the social work? Looking after the poor or something like that.

Now, when your love, which is so great, which is so effective, that starts working, you feel you should do something, then you'll be amazed how your Sahaja Yoga will be understood.

So far Sahaja Yoga is all right, people are very nice, excellent, saintly and all. But effect of that must be seen and people should see the effect of that, of your love. First is forgiveness. You have to forgive people. They are utterly stupid.

I have just now explained to you how stupid they are. So, nothing to worry about that. If you are such a wise personality, you should try to judge everything with wisdom and don't fall a trap into things where you feel that you have to do it like some fashion or some sort of a – I should say what? – some grouping.

No need, we are Sahaja Yogis. We are self-sufficient. We don't need anything.

If we are one, we are all right. If we are many, we are all right.

Now you must know that you have reached a very high state and you have touched that love, that universal love of God.

So express more of that love in your daily life. Express more of that love in dealing with others. Express your love in a way that others are made happy.

It's all something to be thought of. How can you quarrel if you are real Sahaja Yogis? How can you put down others if you are Sahaja Yogi[s]? How can you deceive others if you are Sahaja Yogis? Not possible. You should have no interest in all these things.

That means now you are clarified and you are clear and you are now nirmal. Nobody can touch you. This sort of attitude, you should have respect for yourself. This kind of understanding you should have about yourself.

What is your role? What is your position? You should know that you are Realised souls and what you should do as Realised soul, that you should know.

You're not another sort of madman running the rat race or also you're not in competition. You're not competitive. You are just progressing by your own love and blessings.

I know how the blessings work. But first of all, you have to be worthy of that blessing, otherwise – can't help it.

Your loving nature, that's why Christ has said that you have to be like children to enter into the kingdom of God.

You are already in the kingdom of God, but you have to be like children; how innocent they are, how simple they are and they're happy with small, small things. They don't want something very extraordinary. It's very surprising how our love, which is actually, is enlightened by divine love, can change the whole world. How I had this idea and how it has prospered.

If you all help Me in this, I'm sure Sahaja Yoga can do so many things, which have not been achieved.

Now you go home and think whatever I have told you. Think about it. What you need is introspection. What you need is understanding. "What have I done out of my life as Sahaja Yogis?" And then you will find out that you can do a lot, a lot. And that has to be done.

May God bless you.

2002-0323, Birthday Felicitations

View [online](#).

23 March 2002

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

This felicitation function is little embarrassing for Me because I was born as a very simple person and I have been an extremely simple person. I don't understand money. I don't understand hatred. I don't understand greed. I'm so simple about it. Despite that, you people came and got your Realization. It's your own achievement. It's your own desires that you have achieved. I find so many children nowadays born as realized souls.

So I think the time is also there, that at My life, in My life itself, this was to happen. It is everybody's lot. I think, like Shri Rama, then came Shri Krishna, then came Jesus, then other people. It was their time. And My time it is to give you all Realization. But, I must say, you all have taken it very heartily, sweetly and are using your powers to give love to others and to transform others.

The other day, I was talking about love. Now the love, as it is understood, is in your heart as this, but do you know the ocean of love is your Sahasrara. When your Sahasrara is filled with love, then the life is changed. You don't become a very intelligent man, very dynamic personality, but you are nothing but love and this love is so self-satisfying.

You are not bothered if others don't love you or they love you. You don't see to that part. What you see is the enjoyment from that love. It's a tremendous ocean of love. You all have got it. And once you have entered into Sahaja Yoga, you know that you have entered into Sahasrara and Sahasrara is the — I tell you — the source of all the truth. Truth is there — the complete truth. Truth is the knowledge and also the truth is love.

If you love somebody, you know the truths about that person. You find out whether the person is good or bad or anything. It's very difficult. But if you love that person, then immediately know what's wrong with that person, what's right from that person. But because of your love, you encompass the whole atmosphere between you and him or between you and others. You don't see the bad points easily — very difficult.

I've been many a times, people say, cheated by others. Agreed, but I have no sense of what cheating means, how people cheat you. Many a times, people say that they are talking ill about Me. Yes, they are. I can see they are talking — doesn't matter. Makes no difference to Me. If they're taking ill of Me, it's all right. But this felicitation embarrasses Me definitely because I've not done anything so extraordinary, as they think. Extraordinary is that whatever capacity you have, if it acts, then it is there, like love. I have tremendous love, I don't know what to say. And it acts. It works. And every human being cares for love.

You may be very great, you might be very intelligent, you may be earning lots of money, whatever it is. It's not so important. What is the most important thing is that you are loved. This is — I have not made a theory out of it or I am not going to say that you all should learn it, but it's so basic and that's the only thing that helps.

So residing in the Sahasrara, if you see the waves of love flowing, maybe some people might take advantage of it, it doesn't matter, makes no difference. Some people can also mislead you. It's all right. All kinds of things they do; but when there is love, you see, you are satisfied, you are not bothered, because you love everyone.

So you are satisfied. You are not bothered as to what others, they are doing to you, what advantage they're taking of you, what they are troubling you or all these also felicitations, how they have done — also all the facilities that you have from your own being — are automatic.

This felicitations and all that, of course, reflects you, no doubt, but to Me, it is nothing great. I don't think it is a very great achievement for Me because I have no vision, as such, I must tell you. I've heard this word, that Mother has a vision. No, no, no, no, I have no vision, I must tell you. My simple thing is that everybody must love — and a pure love will change your lives, it will change the whole world, no doubt about it. It should come to you natural because now you have pierced through your Sahasrara. So for every Sahaja Yogi, love should be very, very natural thing — absolutely. For example, I know sometimes people are very rude. They have certain rules and regulations and then they get very angry with the other people or whatever it is. Some people have positions and they use their position to get angry with others and even to get after that person and torture another person, they do, go on doing like this. But they have missed the point. They have missed the point. If you just have love, that pure love, then you see the point. You see it, that 'Yes, yes, that's what he is doing, that's why he's — .' You know that. But you are not

bothered, 'Why he is doing like me,' why is he troubling you and gradually, everything nullifies. Everything finishes off by itself. I've seen many people who are talking ill about Me, doing all kinds of things against Me. So what? Let them do. That's their job. Let them do; but to Me, it doesn't disturb, you know. I think they are indulging into something of their own style, but what do you get? Joy comes only out of pure love. If you have no pure love, you cannot have joy. Talking that we are very joyous and all that — I know who are joyous really and who are not. You cannot artificially say that 'I am joyous.' It should be some sort of an innate, spontaneous feeling within.

So you are the ocean of feelings, ocean of beautiful feelings. And when you are enriched by that ocean, you are least bothered about anything.

You know very well that I am very bad at money. I don't understand. I cannot count money. So what? I mean, that's My handicap, I should say, but it doesn't matter. What is so needed is 'Can you feel the love of others? Can you feel the sweetness of others?' As you see a little child, how nice you feel. In the same way, 'Do you feel that for others?' or 'Are they like children? Are they innocent like children?' And the now, I would suggest that innocence is the sign of love.

Anybody who has innocence would know the technique of love. If you are very clever, intelligent, you can answer back, you can correct people, do that. No. That's not the way. If you have love, you can correct people without saying anything to them, because love is a supreme intelligence. It gives you all the correct method. It works out that. The whole thing works out that and then people say, 'Mother, it's a miracle how it has happened.' No, no, it's no miracle. It's simple thing that love has acted in its own way. Love is not a dead thing. It's not a dead sea. It not only thinks, but it acts and acts so beautifully. Sometimes I'm amazed at its working. We call it a miracle, this, that. Nothing — it's love.

Now, because the Divine loves you, it gives you miracles, so called. It can do anything because the Divine wants that you should get to Sahaja Yoga and you should become a real yogi.

So whatever this love does, you think it's miracle. It is not. Why people say, 'Mother, that's your style.' It's not question. It's a question of love. Say, I love everyone very much, I trust everyone very much. I never doubt, to begin with, and they are sinking, sinking, but still I have faith that they'll come round, that they'll be all right. Give them a chance. But supposing they try some tricks, you'll be amazed how they get exposed. How they get exposed, it's very surprising.

We have a Sahaja Yogi in Dubai. He told Me, 'Mother, no use giving Realization to these big people.' I say, 'Why?' So he gave Me the name of very highly spiritual people accepted by society. 'I gave him Realization and he got exposed. I don't know, I never said anything — got exposed.' Another person whom he gave Realization, also had a very big thing, having lots of awards and this and that, he got exposed. And he gave Realization to one fellow who had peace award. He also got exposed. And then it was in the newspaper all about him.

Now what is happening is that this man, out of love for the other one, gives them Realization, but that same love acts in such a manner that he gets exposed. You don't want to expose people. You want that somehow they'll come to Sahaja Yoga all right, it's all right working out. So he said, 'Mother, I don't think I'll give Realization to anyone.' I said, 'See, you go on giving. If the Divine wants that the person should be exposed, he will be exposed.' If there is anything wrong with that person, he'll be exposed.

Somebody who gets Realization, supposing, and he meets with an accident, of course he'll be saved, but he might meet with an accident. So what is the reason why? Why did he meet with the accident? Because he doesn't do anything for Sahaja Yoga. He's very ambitious. Somebody who's very sick, he's all right with Sahaj Yog and somebody who's not that sick, gets much worse. It's a fact. Though he's protected — that's one thing about Sahaj Yog — you may be the worst Sahaja Yoga, you are protected, no doubt, but if you go on like that, if you all the time trying to go against Sahaj and become asahaj, then you suffer very badly.

It's very simple that if you are standing in a place, you are established in a place, which is very peaceful, very joy-giving, but you want to get out of it, so you face whatever is outside, it's automatic. If you stand in the place which is so peaceful, which is joyous, which is full of love, you are all right, you'll grow in spirituality. But if you want to get out of it, then you have it. You can't help it. It's like a fortress or we can call a very secluded place, which very comfort and very much full of attention and all that and then you want to go out of the attention. So, you're gone. That's how some Sahaja Yogis don't understand why they are not yet getting into Sahaj Yog.

So no use using your intelligence because this intelligence, human intelligence, is not a very high quality function. What is best is to fall in love with your Self — love which is divine, love which is nourishing, love that looks after you. But we don't know how to look after ourselves. We don't know how to love ourselves. We love this person, love that person, but what about yourself? Then they think it is selfishness — no, not at all. To know the Self is love. If you know the Self, you'll know love, you'll fall into the ocean of that love. But that is what is My experience, I'm telling, and you all should experience the same love. Just watch yourself. It's very simple to introspect, 'Do I have love within me, fully?' Partly it is love, partly no.

Now love can be very much bounded also like 'we love our country', say India. If we love our country, so we may think all Indian things are good. We'll never talk ill about our country. Anybody says anything about India, against, we'll hate that person.

It's with everyone. You love your country. Also you love, say, your parents, love anybody. But is a limited love. It's a bounded love. Love should be just opened. Then you will see where do you stand as far as your country's concerned, as far as your relationships are concerned. You will know everything. You need not harm, you need not say anything, you need not quarrel, fight, but you will know – because love gives you knowledge, complete knowledge about the person. You know the person, what he's up to, what he's doing, but you don't mind because you love that person. So you don't mind. 'All right, so ahead.' It's like a little child. It's going on the wrong way. Let it go.

Now with all these things, whatever you wear, you are very lucky people who have reached Sahasrara and that you all know everything about Sahaj Yog. But without practising Sahaja Yoga, you cannot work it out because then, by practising it, you know about your Self. When you meditate, you know your Self and then you get just filled with love. But now, while sitting, you just start thinking, 'He's a very bad man. I hate him' – this thing. All such stupid ideas come into your head – or 'I must buy this ornament' or 'I must buy this particular car' and all that, then you are not loving. But if you love, then what happens is that whatever you need, you get. Whatever you want, you get.

You have to first love yourself, but that love should be pure love. As a result of that, you'll cleanse yourself. Sometimes you are so much identified with your temperaments, with your nature, with you personality, whatever it is, but then you realize, in that love, that 'This is not love. This is blind.'

Love gives you a complete idea about yourself. 'What am I? What problems I have? Why do I create problems? Why do I get into problems?' You'll be amazed that love has such a powerful light in it, that it is the truth and it is the knowledge.

Though I don't know if I am to blame anyone in this world who are not a realized soul, I will not – and a fully realized soul, I will not – because there is no light in their life. They can't see themselves and they can't see others. So what's the use of blaming them, blaming this community, that community or this country or that country? What is the use?

And this love is universal. It has nothing to do with any particular type or particular style. It's universal. That is why Sahaja Yoga is universal. It is spreading everywhere. I want you to enjoy that love.

Only example I'll give you – a grandmother and a grandchild. They have a relationship – at least in India, I know – of tremendous love. For them, the grandchild is everything and the grandmother is everything. They just love each other. Whatever the grandchild may do, whatever the grandmother may do, it's all right. It's a kind of a tremendous experience of elivage (elevation). You feel elevated and you enjoy that love. If there is no purity in love, you can never, never enjoy love.

-So I would request you to find out that ocean in your head in the Sahasrara, which is being filled by your heart. Do you know Heart and Sahasrara are very much in relationship with each other? Their style is such that if somebody's head is not all right, the heart won't be all right. If the heart is not all right, his head won't be all right. But is more reflection from the head to the heart.

They say that there's genes are bad or this – nothing of the kind. After Sahaja Yoga, your genes are changed you are changed; everything is changed now. So your brain is filled with nothing but light. Your heart is filled with light and you are just bouncing with love, all the time with humour, with loving care. Every day, I mean, it's so different. But that you have achieved now. Now you have got it. So just enjoy that.

Then the caste system and the fundamentalism, that, the greed and jealousies and competition an all, they all drop – useless things. But if you have the jungle of nonsense in your mind, then all kinds of animals can creep in. To purify yourself with love, cleanse yourself with love. Look at every position, everything, with love and you will be amazed how you will find it easier not to dominate, not control, not to despise, not to say things which are not(?) wrong. It's such a correcting thing, love is, extremely correcting and extremely joy-giving that you will be amazed at yourself, how you are managing things.

I knew of many like that. There was a Sahaja Yogi who never used to talk to his own uncle, never. And he said, 'Somehow, I hate him.' 'But why?' 'I don't know why, I hate him.' And then he went to a race course and there he saw his uncle coming. He rushed and he just hugged him. Uncle started looking, 'Now what does he want? Why is he doing? What is it in his mind?'. 'Why is he wanting to love me like this?' He couldn't understand. When it happened, you know, that he couldn't explain that he'd become a Sahaja Yogi or anything. So the uncle asked, 'What do you want now?' He said, 'Nothing. I love you, that's all.'

It's such a nice thing to do it. It's such a nice thing to say. There should be no greed in it, no – any plan behind it, just it's a feeling of an ocean which touches every shore and there it makes a sound, beautiful sound of love. And then the waves return back. Continuously it is flowing and continuously it is working out – never tired.

know in the Kali Yuga, to be born and to do this work is a very difficult task, but, to Me, it was not. Whatever happened, whatever

people troubled Me, howsoever, I was working it out, out of this flow of love. Went round every place, wherever is possible, whenever it is possible, whatever may be My health or anything, I was least bothered and I have enjoyed all of you very much. I have enjoyed. There have been one or two horrible people – doesn't matter.

So when you have — saying all these things about Me, only tears come into My eyes. I don't know what else to say. I mean, it is something I would like you to do, you to get it, this kind of life where you just flow with your love.

May God bless you very much.

2002-0324, Love is the potential power in us

View [online](#).

24 March 2002

Love Is The Potential Power In Us

Public Program

Jawaharlal Nehru Stadium, New Delhi (India)

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

Translation from Hindi to English

I pay my respect to the seekers of truth who have gathered here today.

What is basically lacking everywhere is the Love. All persons take it as a mere word or expression. Love basically is the potential power within us. We do experience or feels it when we look at our Mother. What I am trying to say is that it is the Spirit enlightenment with in oneself. There is no discretion. It doesn't distinguish or is discrete between any animals or human. I sometime feel animals better understand the love. In fact the element of hatred should completely be finished from the human. Love is an ocean within and you find their tide within us. It is basically the power within us. By speaking of power one immediately takes it as something destructive state (Pralaya) but in fact it give us the inner peace. It is latent inside. It is covered inside. It is the power of love within ourselves that cleanse us and brings happiness and joy with in. If we see.....

We have enemies residing within ourselves in the form of Rakshasa, eession and pleasure like consumption of liquor or spending on women. This money always goes into spending in sinful lifestyle. But at times by giving it to others you can get so much joy.

Next I find persons run after power and position. Why after power and position? One feels everyone should salute me! Why? It is this power that when one descends down they then repent. They feel that once people used to run after me when I was in power and now they even do not like to come near me. Once I asked a person why do you want to possess power and position? He said that he wanted to do good to the people. But you know no body cares for a person whose powers and positions are lost. For the entire life one is entangled with power and position. What does he achieve? A person who knows how to love gets the actual recognition.

He witnesses all this shortcomings and rise and falls of life style and it does not affect him.

The third is the person who is pretends to be cleaver, like thieves who steals or robs or become imposter. Why are you doing this act? Who is going to respect you? These are basically the greed in and keep you away from yourself. A person is always remembered who gives love to all. May be he has not given money but he is remembered. He may not speak verses from Koran or Bibles or any thing but knows how to give love. so why coming out for waging war? Everywhere I hear he takes money ... he had taken (eaten...as in Hindi language) money. if that is the case why don't you eat money only? Once I saw a person is going and all others have covered their face and avoiding him. So I asked one what is the matter? He said Mother that man has taken (eaten) a lot of money through wrong practice and stinks. So, if we don't take care by covering ourselves we shall also be infected.

Next, I find passion on wearing cloth. Putting on wrong cloth with fashion. You start giving explanations too. You fashion like that and then say Hanumanji also wore no cloth! But, why you are human being why do you want to be Hanuman. Once, Shri Krishna came down to Shri Mahavira while he was meditating. He asked for his cloth and Mahavira gave his entire cloth out of generosity. But, now see people these days they are building and erecting Statues of Mahavira portraying him nude. In the beginning Adam and Eve were without cloths. Then the serpent came up from the fruit they had. The serpent was the Kundalini. When they got the awakening they got the knowledge and covered themselves up to cover their nudity. I don't understand why there is so much of shamelessness. What is human? Why are they so much distracted? one should possess Lajja (Shame) it is basically the "Devi tattwa" within human being especially the ladies.

It is an expression from within. You have two Chakras in the two shoulders. One in the left is "Shri Lalit Chakra" and the one on the right is a Shri "Shrichakra". For ladies especially you must cover these two chakras and should not leave it open. I do not want

to tell you what horrible disease you contract. But in men however, it is not necessary while in ladies it is very sensitive and must cover the shoulders...

then Speaking up on innocence Shri Mataji said...

Once a young girl of 10 years asked after hearing from someone why someone had committed suicide? Just see what impact it really gives to the innocence of the child. It is the innocence within us that matters. Why such innocence is not within us? We are intellect of darkness! We are ignorant. How do you expect that you could give joy and bring happiness to the society? Now if you move around with garland in your neck and make people think that you are great human being...

What is going to happen to others? The prime objective of life is to...

So today you have come here. You have also got your connection. You be happy. One may say Mother, I have experience this but, still I could not find happiness or peace within or for that matter Mother I have attained this but, I am yet to gain money in home. You have to leave all these....and get the connection! ...

Speaking on Ego Shri Mataji referred to a person...

Once there was a gentle man came up to Me and said please save me. I could not recognize this diseased person at all. He was horrible with ego. Why then justify your ego's blunder .You actually go to a wrong path with ego....

Then She narrated another story

Once, I knew a person who was an erstwhile parliamentarian who died. After his death there were not even four persons available near him to carry his body. Even he had a dog that did not turn up at the last stage. Why this should happen? Only because he had ego problem with him. One should forsake his ego.

Talk in English

I have already spoken a lot about love. It is the loving capacity in India that I was referring to. On the whole they love you. Once you go to their house they entertain you with all hospitality. In India especially you go to a poor man's house. They will offer you milk still. Especially, the traditional people who still hold the culture are extremely loving! That is the reason why we are still surviving even after 300 years of British rule.

On the topic of foreigner, Shri Mataji said, Indians basically love people.

If I say you foreigner. It doesn't mean anything wrong. You are appreciated and Indians express their love. You are safe and secured. But if you are told as foreigner outside this country may be there you may be troubled or something wrong is expressed. Of course there was something in the past that happened. But as I told them. There were kids who stole cameras and other items. But when I told them they are foreigners they immediately returned the items.

You should also be kind and loving. All these should spread. We should come forward to help those who are not rich or are needy. I was extremely happy with an Austrian lady who told me Mother we are starting an orphanage. So I said, I would give you money assistance for land. But She said Mother we have already collected eighty lakhs for the same from Sahaja Yogis and also from outside. So that is the love and the understanding one should have within oneself. All the world problems can be resolved through love. That's why you must take your self-realization. You will all fall into the ocean of love.

2002-0329, Holi Celebrations

View [online](#).

29 March 2002

Holi Puja

Palam Vihar, Gurgaon (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Holi Celebrations, Palam Vihar, Gurgaon, Delhi, India, 29 March 2002.

(translated from hindi)

Holi was started during the time of Shri Krishna. Before Him in the time of Shri Rama He was very austere. Because of that the society became very peaceful but people were devoid of all joy. So He thought that there should be a way by which people should be able to laugh freely and be joyful. And like it happens to all such ventures it happened in the case of Holi also that it produced an opposite effect. They started playing Holi in a very wrong way. It brought a very bad name to this festival. And it deteriorated to such an extent that I said, I will never play Holi now.

The story of how it started is like this. There was a demoness called Holika. She was the sister of Prahlad and Prahlad's father used to trouble him a lot. Holika had a boon that she would not be burnt by the fire. Prahlad's father wanted to kill him and told Holika to take the child (Prahlad) and sit on the burning pyre thinking that she would not die. But it is surprising that she died and Prahlad was not hurt in the fire and came out of it unscathed. This is a very big happening which demonstrated that it is very wrong to be cruel and aggressive. She had the boon but still she got burnt. That's why we have this custom on Holi.

In our country all such things have a lot of truthfulness. We have to understand that if we do wrong things, trouble others ... then these are demonic qualities. Right sided people develop these demonic qualities in them. We should not allow any such thoughts to come to our brain or give them any importance. We should love everyone. This is very important and we must understand it very well otherwise we will all become Holika, a demon. There is a very big lesson in this that although Prahlad was a small child yet he was not hurt at all. He was saved by the Almighty and this lady who had a boon that she would not be burnt, was burnt. She had obtained this boon after a lot of penance. She got burnt and he was saved.

We can draw a conclusion from this that all these characteristics that we develop are destructive and we should get rid of them. We should have a feeling of love and charity towards all. To fight with others, or shout at them are not good and these are demonic qualities. We should not have these demonic qualities because we are Sahaja Yogis. We are a special race of people who have taken birth to transform this world and we should pay our attention towards that. We are very highly placed, higher than all others and we have to save all others from such tendencies. These days it has spread a lot. That's why all such hateful, cruel behaviour by which we dominate others, torture others is very, very bad and there is no need to do all that in Sahaja Yoga.

You are yourself very powerful. You have such powers within you that even if someone tries to torture you in any way, you will be saved like Prahlad. Nobody can destroy you. You are under protection. Nothing can destroy you. That's why you should not have any feeling of hatred or dislike towards anybody. You should have a feeling of love and compassion towards others and try to transform them. If you become forgiving towards such persons, then he can be alright. There is a very big example before us of Prahlad who was a small child and he challenged his father who was a demon. But he was saved and the father was killed. It is not a question of dying but it destroys you. Whatever negative thoughts that we have bring about our destruction. So if we ever have a feeling of hatred or revenge towards anyone then we should take it out.

This is the message of Holi for all of you.

2002-0402, Doctor's conference at AIIMS

View [online](#).

2 April 2002

Conference

Jawaharlal Auditorium, New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Doctor's conference at AIIMS, New Delhi (India). 2 April 2002.

I bow to all the seekers of truth.

Speaking before the doctors I think of My college days, while I was also studying medicine but luckily or unluckily our college stopped completely, in Lahore and I had to give up My studies. Not that I had no faith in this western education of medicine but it was a good chance by connecting this to that and understanding what is missing in the western medical education.

The missing point is this, that human beings are considered in the medical science as something very individual and not connected with the whole. We are all connected with the whole. But how to convince people that you are all connected with the whole and that you are not singled out? As we are connected with the whole all our problems are connected with the whole, you cannot just consider somebody as the patient of one thing and another patient of another thing, could be that one person who has one trouble, could be having so many other troubles, so many other connections which we do not locate in the western medical science. For example, to see a person medically very sick, may be, but you don't know, what is his mental condition? What is he doing mentally? Is he all right mentally or only he is physically something wrong with him? Now absolutely we know about so many things, like say, medically we have names for that, we say that this is a psychosomatic problem or this is a somatic problem, but what is the relationship between the two that we don't know.

You'll be amazed most of our diseases come from psychosomatic, like cancer, which are incurable mostly, cancer and we can say AIDS, all such which are supposed to be absolutely incurable and difficult, all that come with our connection, with our connection, which we are not sure of, with the left side. As we, you have seen here in picture, left side, I don't know.

We know only the right side medical science and that too in such details, it is not necessary, you must also know the left side of a human being and about left side we are absolutely not aware. For example, a person who is mad, lunatic, he is in the lunatic asylum. He doesn't get heart trouble, why? How has he got mad? What is his connection with ourselves? For example, you take a patient who is suffering, say, from cancer. We know a lot about cancer, no doubt, how virus is started and all that, that we know. But how cancer is caused no one knows and to what type of people cancer comes in, you don't know.

Now these are two, as you see, there are two channels within us, one looks after the right side and one looks after the left side. Now if you have a problem in the left side then problems psychosomatic can come in. Supposing, your hand is broken or is there some sort of a physical problem then it's all right. But when it is the complicated psychosomatic trouble then doctors cannot cure it, I am sorry to say. Because you don't know the other side of it, what is affecting the patient to get this cancer, you don't know. You will be happy to know in Sahaja Yoga cancer is curable, curable if it is at a very early stage it's very easy but otherwise also. Specially blood cancer is absolutely curable.

You will be amazed that it is such a combination of these two sides of our life, that we get into these diseases which are incurable. There is a big list of these incurable diseases which I don't want to tell you which you know very well. So in all of them there is a complication of the left side. Of course you know about right side very much, Gray's anatomy and after that all you know. But you don't know how you get affected by the left side. So in this lecture, I would like to tell you something about the left side, which you have never heard of, may be, and you don't believe into.

The left side belongs to our past, to our past in the sense that those people who are futuristic do not get affected by left side, but those people who live in the left side, are worried about their left side, are sorry for themselves, whatever it is, they are the ones who get affected. Left sided person if I tell you, you will be shocked to hear, is actually possessed. Possessed by some dead spirit which must be a knowledge to you. You may not be believing in it but it is. It can happen to anyone who gets sad or gets into the left sided temperament, also there are so many other things like these false gurus, what they do, they mesmerize, they mesmerize you with these dead spirits which they have to control. This side of, I should say, not medicine non-medicine, but whatever it is, should be known to the doctors; otherwise you cannot do any curing. You can, may be, diagnosis you might do. But you cannot cure people who are suffering from psychosomatic troubles.

Today's medical problem is that they cannot cure psychosomatic diseases. For that you don't have to spend so many years, as we do for MBBS. It's a very, very short course, if you can do that. Firstly, you should be connected to the divine force, that's very important, that's not difficult at all, but after that you have to maintain your spiritual abilities. One of the spiritual ability is innocence, the first chakra that you see is innocence. If you are an innocent person, you can easily cure all such people who are suffering from such incurable diseases. I would say that one should first of all try to get self realization, that's important. When the Kundalini rises, She pierces through your fontanel bone area and you are connected with the divine force which is all over. You need not believe Me, but you get your self realization. If you have your self realization, then you will be capable to understand what sort of combination your patient has. Is he only physically suffering or he has this combination of left side?

The other day I was surprised, a child came to Me, he was suffering from meningitis. He got cured and the parents didn't understand how did he get cured. Then when the boy got cured I asked him, "Who is your friend?" He said, this particular boy, who has a particular guru. All right. And I go in his house and go on watching that guru all the time, can you imagine? There are many doctors also who get involved with these bad gurus. You must know, unless and until you are realized, you will not know who is truthful and who is correct. An innocent boy suffering from meningitis and overnight he got cured. You'll be amazed at the great experience of Sahaja Yoga and it is too great a surprise, that's why people don't accept it.

But we have many cases by which we can show, that people who were supposed to be incurable are cured. So many people, especially with serious diseases, like cancer. I mean in the medical science for cancer, they will go on like this, like that, till they shave you off completely. But not in Sahaja Yoga, immediately you will know that this man is possessed. Now this line to Medical Science is absolutely not there, but in our country we always believed in that. We have certain rules and regulations about people who are dead. How to behave? How to go to Shamshan (MEANS Cremation ground) and all that. There is a particular type of understanding of all these dead bodies, how they behave? Where do they go? And is I think a very big part of your knowledge, very big part.

So many diseases, incurable, you cannot cure, which are mostly coming from the left side. Medical science can cure the right side, I know that, that they can do it. But Cancer they will go on postponing from one to another, they'll operate, then it will spread, then this and that. Operation is not the way to cure, it's not. If you are expert in Sahaja Yoga, you don't have to operate. Overnight you can cure, overnight you can cure cancer patient, believe Me. You are quite capable of doing that. Especially Indians, because Indians have a special capacity. I should say what special blessing of this country. We don't know this country how great it is, but we are only dealing with the western education, where have they reached, these western people in their experiments, I just don't understand. Their children are taking to drugs, their families are disturbed, everything is so upset. Not that I decry this education, not at all. But it is not complete and you should have the other side of it.

Otherwise, don't have a cancer altogether. Only have physical things by which you will work it out, but if you want to have patients of all types, then you must know the other side. There is nothing to be frightened, nothing to be upset, but it's a knowledge which you should have as doctors, because I think the medical science is still not complete that as Doctor Aggarwal himself has said it. But what is lacking in it, the knowledge of the left side that we have. Now if I should say that I didn't read it in any book, I didn't get it from any book, but only when I was working with Sahaja Yoga, with people, I discovered that compared to India, western people are much more affected by the left side, much more. And they cannot understand how they are sick, what has happened to them. Even if you take a very limited area of treatment of a human welfare then is a very important part is the left side.

Supposing a lady who is all the time crying and weeping and unhappy, she can get cancer.

Now there are two types, one also right sided diseases, one is of course the left side. In the right sided people, who are extremely, I should say, aggressive, extremely overpowering, controlling type, of course they have a very bad liver, I must say. They have a very bad liver and when they get like that they cross all the limits and when they cross all the limits they get such diseases which you cannot find out, you cannot cure.

One of them is the disease of the liver, I think doctors can't cure liver. They may try, but can't cure liver as Sahaja Yoga can cure. And such a person whose temperament, he's so hot tempered and he's so aggressive and this and that, he suffers from that horrible liver and develops all kinds of complications. There are so many other diseases also on the right side, so many other. But mainly I think is a disease of the liver. Liver is lived with. And if your liver is out, there is no solution in the allopathy. May be little bit here and little bit there. But at the climax of it, with the liver one can faint, one can even die. In the West, liver problem is very common and there is no solution for them for that. They go on living with it and doctors just admit them in the hospital.

These are not incurable, they are absolutely curable. Because we haven't got that knowledge and that's why we call them incurable. No, they're not. I do not want to blame other diseases, but there are so many of them, which cannot be even diagnosed and which cannot be cured by the medical science. Which we must accept first of all, that that is the situation. We may go on trying doing anything but we cannot cure. So many types of medicines will come out, we cannot cure. Because what I am trying to tell you that's only half part of your being is discussed. In that also so many things are not there. Take it for example asthma, asthma cannot be cured by doctors, is a fact but Sahaja Yoga can absolutely cure asthma. Allergies also can be cured by us. Because if you have the roots of all the troubles, if you know about the roots, not pharmaceutical and all that but real roots, then you can handle the situation and you can cure. We haven't got any yet a college or anything so far in Sahaja Yoga. I wish we could. But hospital we have. We have a hospital in Belapur, they call it New Bombay, where they are treating people. Only they have to pay for their stay and it's hardly I think 300 rupees per day for poor people. But you don't need any medicine, you don't have to pay for anything. For our country which is so poor, don't you think, it's very important? Otherwise you go for X-ray, then you go for another test, then for another test and nothing comes out of it. One should only know how to deal with it. Now supposing somebody's leg is broken, finished, cut his leg, put another leg. No need, I assure you there is no need. Now we have some doctors in Sahaja Yoga, very good. Some of them are in America, some of them are in Italy and some of them are in Russia. Russian doctors are very good. I don't know how they think that there is something beyond this education and they are trying to learn it. If you can make any facility, I will be very happy but in any case I am thinking of starting a Sahaja Yoga hospital in your country specially in Delhi, in Greater Noida and if some of your doctors can join us they can help us a lot.

In Greater Noida I am thinking of starting a college or we can call it a school where we'll get the students as well as doctors who can cure people. And there will be no charges for treatment. Of course, where they stay, if they come and stay there then they might have to pay for their food, that's all. Otherwise this is an arrangement I am having and anybody who wants to join as a doctor, also we'll like to accept their services. How much will be the pay I don't now, but not much I would say, we'll pay about 6000 to 7000 per month to a doctor. But he has to be a Sahaja yogi and he should know the method of Sahaja Yoga. I think, it is one of the very generous feeling that in our country so many die because they cannot get into the hospital, they cannot get treated.

If you can give some time to this project of Mine, I am sure I'll be able to organize a good hospital for those people. In that we'll have somatic patients as well as psychosomatic patients, all kinds of patients we'll have. And you will learn so much because it's a very subtle and deep knowledge. Just cannot learn it on the book, you have to have experiment with the patient. You will be amazed, how you will be curing people. It's not a book knowledge, it's a very, very practical knowledge and those who have that charitable temperament can do very well and learn a lot.

One thing I must tell you Sahaja Yoga has one bad point also, that you cannot make money out of Sahaja Yoga, you cannot. If you try making money out of it, you fail. Some or other this money business is little higher for Sahaja Yogis, they cannot manage with it. But you can give service. Now we had a very nice retired doctor in this Belapur hospital and he did very well, now he is no more. He worked very hard but his daughter in law is now looking after that. If you want, if you are retired people, if you are not in need of money, much money then, it's a very good thing. Also we provide a, say, a residence, food everything, can be managed,

it's not so difficult, but it's not a very money oriented thing. I must say since I was studying medical, now medical line has become very money oriented, I am surprised. I am sorry to say, but they have become very money oriented and some of your doctors have gone to America and have befooled people so much and have made so much money that you feel ashamed to be an Indian, it's like that.

You can't make much money but as retired people you can join us and help us and some of you can come to learn Sahaja Yoga. Hardly within say months time you will be experts. You can diagnose the thing without any delay. You don't have to go to any laboratory or anything, immediately you will know what's the trouble. And all sorts of incurable diseases you can try. I am amazed Myself as to how it is working with people. Now all these awards and all that they have given Me because I have cured people and done that but I don't have a hospital there. First hospital I want to have in Delhi and here I want to work it out. Let us think of working it out ourselves. It's a charitable hospital and it's very sensible, I have already got money to build, but only thing I need some doctors who can help Me, it's a very stunning thing Sahaja Yoga, if you come you will be amazed how it works. I know we have never been that, we have never been connected to the divine. We have never used that forces of the divine and once you start using those forces you will be amazed at yourself. It is said that you should find out who you are, that's not possible unless and until you have your self realization. Today in our country we need self realized people all kinds of problems can be solved. Every type of, I should say, quarrelling is going on. Because you become a collective person, you become a personality of a collective nature, no more fighting no more is needed. I have many Muslim countries who have got realization, Turkey, this Benin, there is another one called as Ivory Coast. There are seven countries that side, they are all Muslims converted, or rather transformed into Sahaja Yoga. In this all the integration of all the religions take place, understanding of the human abilities, human personality and respect.

I mean it's a very different atmosphere into which you get, it's a very different level of awareness, as you were saying, where you become so peaceful, silent, yet so sweet. So I don't know in this short lecture how much can I tell you about Sahaja Yoga but it is a very miraculous thing. And please try to get your self realization, he has asked Me, I think, I will try if I can do that.

There is one small thing; you have to take out your shoes. In England first time I asked them to take out your shoes they walked off. English cannot live without their shoes, I think. Please take out your shoes. Those who don't want to have can leave. There's no force on anyone. First of all, have faith in yourself that you can get self realization. Please put both the feet on the ground. Can you put both the hands towards Me like this? And now please close your eyes, please. You know a lot about Kundalini, but now you will find out what She is.

Please put right hand on top of your fontanel bone area, which was a soft bone in your childhood, please. Not touching the head, away from the head. Now, please put your left hand on top of your head; again the right hand. Now see if there is a cool breeze coming out of your fontanel bone area, could be hot also. Just see if there is cool breeze, it could be hot as I told you, doesn't matter. Now try with the left hand and right hand towards Me. If there is a cool breeze coming out of...please put down your head. Haan (MEANS Yes). There are some left sided people I must tell you, there are some, but you will find out very soon. Now please open your eyes. Again put both the hands towards Me, please, like this. Now in your hands you will feel the cool breeze or may be the hot. Both the hands. Saare doctor ho gaye paar [All Doctors have achieved their self-realization]. They are Saints or what! So many have got realization. May God bless you all. May God bless you.

We have some books, I hope, of Sahaja Yoga. You all can take it and see for yourself and master this art. It's very good and very simple and very much necessary in modern times. As I told you for diagnosis, you don't have to do anything. You just will know on your fingertips what chakras are catching. Also you'll know how to cure them. Very simple it is, very simple.

May God bless you!

2002-0413, Gudi Padwa Puja

View [online](#).

13 April 2002

Gudi Padwa Puja

Palam Vihar, Gurgaon (India)

Talk Language: Hindi | Translation (Hindi to English) - Reviewed

Gudi Padwa Puja, Palam Vihar, Gurgaon (India), 13 April 2002. (Hindi)

[Translation from Hindi to English]

The festival of Gudi Padwa that we are celebrating today, is also celebrated in other parts of India, even in the South. Everywhere this festival is celebrated. The 'Samvat' calendar year that was started (By King Vikramaditya) and the calendar year started by Shalivahanas, both start on the same day. That day is today. All over the country this day (New Year) is celebrated. All the important dates in the year are fixed on that basis especially the festivals. We people (Indians) follow the lunar calendar whereas the westerners follow the sun calendar. That's why their festival dates do not change. Here (in India) every festival is based on the position of the moon. And that's why the dates keep changing and the same festival falls on different dates, in different years. The reason why we give importance to the moon and keep all our dates according to its position, is that the moon has an influence on human beings. The sun does not. Along with the moon, other planets also have influence on us. That is why we follow the lunar calendar and fix our festivals accordingly. There is one festival however, where the date is as per position of the sun. When the sun starts its movement from southern hemisphere to the northern hemisphere, that date is celebrated as a festival (Sankranti).

In our country the science of astrology is also based on the positions of the moon. In astrology also the positions of the moon are taken into consideration. The first calendar that was made here which is called as Shalivahana Shaka is based on the movements of the moon. That is why all the festivals are based on the position of the moon. Those people who are not aware of our (Indian) system of dates will not be able to understand why our festivals fall on different dates, in different years.

Whatever it is, we must think as to why we give so much importance to the moon. The reason is that we should remain vigilant about the effects that the moon has on us. The biggest effect that the moon has on us is because our left side is based on it. Very few people know about it. This left side of the body which is recognised and accepted so much in our country, has psychological effects on us. Effects on the left side are psychological and not intellectual, and we cannot control it. Whatever psychological problems we have, cannot be controlled. We cannot control the effect of the moon on us. That's why the position of the moon is seen and lunar dates are observed. For example if it is a no-moon night (Amavasya) or a full moon night (Poornima) then the problem of a person, having epilepsy or any other psychological problem, will aggravate further. One can immediately see very clearly that such a person has been affected by the full moon or no-moon. That's why we are very much sensitive towards the position of moon and date of lunar month. In our country detailed calculations are done on this, to know about the exact timings and position of the eclipse, and when it will end.. All this shows that in our country a lot of care is taken about the positions of the moon on the of lunar calendar and so much has been discussed and written about it.

Now we live in these modern times, where the dates and festivals are based on the position of the sun. But this is not correct. We must see the position of the moon- what is its position today, what will it be tomorrow, how it will affect us today. This is a very deep subject about which we all must know and it should be discussed in our country.

So this day is celebrated because it's a new year day and also because the new moon appears on this day. Its is called Gudi Padwa. On this day they put up a small pitcher on a stick with a small flag. The pitcher represents the Kundalini.

Shalivahana Kings were worshippers of the Goddess and it is said that they used to present a Shawl to the Goddess. They were also called as Satvahanas in the beginning, because they recognised the seven chakras (Satvahana means seven chakras). That's why they were earlier called as Satvahana but later it changed to Shalivahana. But the symbol of Shalivahana used to be

Gudi, means a flag, and above that a pitcher of a particular shape, which represented the Kundalini. They were worshippers of Kundalini. They recognised and worshipped Kundalini.

That is the reason that they have made it like this, and all those, who accepted it, also put up a 'Gudi' in their houses. You can say they put up a flag. They (Shalivahans) wanted to welcome Kundalini on this day and that is why Kundalini (in the form of pitcher) was exhibited specially on that day. But people do not know why it is done like that. They just go on doing things like that. At least they should ask, why it is done like this? What is this thing? Because they were Satvahana and accepted the seven chakras, they used to worship and protect the Kundalini, so they started their new year like this. They celebrated their new year in which there was a small pitcher and below that a flag, called Gudi, was attached. Here (in Delhi/North India) people do not know about it. But Samvat Year and Vikram year, both started from this day. It may be that the year in which they started was different, but the date that both started was the same, i.e. today's date. Both recognised the same no-moon night. In this way this Gudi Padwa is observed by both. Not on no-moon night, but on the first day of the new fortnight (Prathama). This is why there is no moon in the sky tonight, and it is completely dark.

But we must know why it is celebrated in our country and what is its importance. Unless and until we know about our country, we will not be able to have respect and love for it. There are a lot of very deep and important things about our country but we do not know about them.

We just say it is Kaliyuga. Why is it a Kaliyuga? How it came about? What is the meaning of it? We do not know all this. We just hear a few things and start talking about it. There is a big story about this Kaliyuga which took place in the times of King Parikshit. Nobody knows about it and no one reads about it. We keep reading useless things. At the most we sometimes read Ramayana. But what is the message behind it? What are the scriptures, nobody knows. Sahaja yogis must know how our civilisation has evolved and how we have arrived to this present state. Without knowing all this we develop an understanding like the western world, which has no depth, and only gives us ego. It is better to understand from where we have acquired all these things within us and what is their importance. Why we celebrate all these festivals. Just because everybody else is doing this so we also do the same. This kind of attitude is not all right. We must understand what we are doing. I want that all Sahaja Yogis should understand the significance of all these.

If I had the time, I would have written all this for you. But I do not have time. You can read and know all about it. There are so many books about it in Hindi language in India. Nobody reads them. They are all available here in Delhi. I bought them in Delhi only. So we must know all about it. In the mythology, a lot of useful things are mentioned which once understood, will tell us what is the foundation of India. Why we Indians are considered the most superior human beings. Not from the social point of view but culturally we people are considered supreme. Secondly we also must know how we should be established in our religion, what is religion? All these things are mentioned in depth in all these books. I want that all of you should study this and it will give you a new direction. The foreign languages or foreign knowledge are all very superficial. I purchased a lot of books from Satya Sahitya (name of bookshop) It is a good shop and I bought a lot of books from there. It does not cost much. It is very cheap. But you need time to read all that. We keep reading useless things, watch useless movies, read useless news items. Our study should be in depth and in subjects which we have been having since ages.

Today it is a very auspicious day. I was not feeling well but I thought on this auspicious occasion I must have the Puja. Eternal Blessings to all of you.

2002-0417, Kundalini is Your Mother

View [online](#).

17 April 2002

Kundalini Is Your Mother

Public Program

Sindhi Ceremonial Centre, Dubai (United Arab Emirates)

Talk Language: English | Transcript (English) – Draft

Public Program, Dubai, 2002-04-17

I bow to all the seekers of truth.

There are people who are seeking the truth but maybe they don't know how to find it. And we don't know what is the truth is. There are two problems that we don't know how to find the truth. Now already in our Shastras, in everything, in Granth Sahib, everywhere, it is written that you have to receive your self-knowledge - Atmagnyan. You have to have knowledge about yourself. But we think we have the knowledge.

But it's not absolutely correct to say that. What you have to see, whatever knowledge you have, is it known collectively? Among all the saints all the Great prophets, the knowledge is the same. So, we have to go to that level of awareness. We have to reach that higher state by which we know the truth, not only the truth but we know how definite that it is the truth. It is not just because I am saying, it's not just because some others are saying, because some books are saying. But it is something that you should know yourself. And how do you verify it is the problem, whether it is the truth or not, whether it is the reality or not. Can you imagine it's all built in within us that we have an instrument within us which can give us full idea as to what are we, what we have, what problems we have and how to solve them. For that, you get your self-knowledge, we call it Self-realisation.

Already our creator has kept a beautiful thing called Kundalini in the triangular bone that we have which is called as a sacred bone in the Greek language - sacrum. Why was it called? Nobody knows but even the medical science calls it sacrum bone. In this bone lies three and a half-coiled power which we call as Kundalini. All of us, whether you belong to this religion or that religion, makes no difference. All human beings all over the world have got this Kundalini there. And if she somehow awakens and passes through 6 centres, subtle centres, pierces through your fontanelle bone area then you get connected to Divine which is all pervading. It has to happen. It is not just I certify or you certify or anybody certify it has nothing to do with what you do about religion about God it is something inside it is something that is detached which has to happen to all of you and fortunately I have come to this country perhaps the last I have been to so many other countries I don't know why I communicate to this country and I find there are so many seekers also not only seekers but people who come here as to distract the people from truth.

Their aim is just to make money or something else this power is nothing to do with money it is your Mother it's your only your mother and she knows everything about you, everything is recorded in that coil. All about your past, all about your I mean what you can call the aspirations and all such things she knows what mistake you have committed she knows and that your aspirations are to rise higher also she knows and you need somebody to awaken that Kundalini that's why in our shastras we say we should have a guru. A Guru doesn't mean a person who goes on giving you lecture or a person who goes on Bidding money or something it's not that. Guru is a person who can awaken your Kundalini and can give you Self-realisation. If a Guru doesn't do that no use of having such a Guru, so that is the problem now that many people have never even heard about Kundalini, they don't know there is any such power within us inside us that we have to have awakening of Kundalini.

Now we have problems all of us, there is a problem coming from the past, can be from the future, from your attitude. But all these problems it surpasses and passes through the six centres piercing the last centre, here on top of it what we call in the childhood they were called as 'talū' and but now we can say fontanelle bone area. According to medical science which was the soft bone in your childhood; it's a very simple thing that works out I tell you. Nobody can believe but it is, you don't have to pay anything, you don't have to do anything but this kundalini is anxious have been anxious for years to get awaken. Takes no time

and just works out.

Now I have been to I don't know how many countries. They say 95 somebody says whatever it is but people from all over the world I have seen are seekers of truth.

They get their Realisation and they get to know the knowledge about themselves. They don't know anything about (unclear). Supposing somebody gets a cancer they don't know how we got cancer he gets any trouble we don't know how you got it. All these diseases are due to our subtle centres to go out of order. If you can put these subtle centres in order you can get rid of all your troubles and all your diseases and so called horrifying experiences. It can make you so so powerful because not only that you know about yourself, but also you know about others. But in this knowledge, there is no harm on the contrary in every way you improve in every way you are master.

The other day they were telling me here we Indians are or people from other places also but they are worried about their jobs so they are little upset and insecure. But if all you overcome in no time your circumstances will be over for all these things and you will be amazed how do we achieve a kind of peaceful, joyful life. Now whatever I am saying you might think it is a false story but it is not. You can easily get your Self-realisation in no time. All your problems can be solved through your Self-realisation by which you will know on your fingertips what are the centres are in trouble. Here you see all centres are being given say first Centre is for your innocence but it does not come into the play of movement of the (unclear) The second centre is about you can see it here above the Kundalini and it crosses through the 6 centres. All the centres have a certain amount of qualities which you can know from the book we have which you want to know little bit know about yourself and about others.

But the important thing is that you must know and try to know, it's a knowledge, it's an education of subtle knowledge of your inner powers. Now it is easy to believe then to disbelieve. But people mostly disbelieve that, "How is it possible? Kundalini was never raised like this before. It's not." But it is now, the time has come that you have to get your Self-realisation. There is nothing new, nothing special. It was to be done at this time. So, it is working out. Of course, I must say that people are coming from different background and different things and it's rather difficult for them to give up those traditional stuff they had in their heads. But with Sahaja Yoga you can easily, easily give up all that is not the truth. And you can always take to the truth itself because you are empowered to know the truth.

I can go on talking like this because it's a very long subject and I have given thousands of lectures like this. But I would request you not to worry about what I am saying about happening but you should just see that you get your realisation and that you feel perfectly one with yourself. This is very important because any amount of lecturing any amount of telling you is of no convincing saying but only thing is that you should get your Self-realisation. For that what do we have to do, people always ask me, "What we have to do?" Do nothing. We should sit just comfortably doing nothing so you find your thoughts will become 'nirvichara' and you will become one with the divine and as a result you'll get cool breeze coming out of your fingertips 'Param Chaitanya' and also out of your fontanelle bone area. You can feel it. Sometimes you will feel hot that may be due to some obstruction which we will try to remove but mostly you can feel very nicely cool breeze coming out of your own head so it is not an experience which is just given by some sort of miracle but it is a fact that happens. Now also I would like you people to ask me some questions Because I don't know if there is any doubt so if you have any question please ask me.

Sahaja Yogi: Anybody wants to ask please raise your hand.

Shri Mataji: They are anxious to have their Self-realisation. So nice to meet such people without Agnyas.

Seeker: Why don't people believe in every human being? (Hame Vishwas kyun nahi hota itni jaldi)

Shri Mataji: Because they don't have knowledge you see, you should know yourself then only you can believe na. First of all, we don't know ourselves how can we believe anyone and whatever we believe is a blind faith first we should know ourselves do we know? we don't know

Seeker: I know the case who had done Kundalini yoga once and it leaded up to psychological imbalance, chemical imbalance in the brain. Basically, she tried Kundalini yoga and after that, she is in the hospital with chemical imbalance.

Sahaja Yogi: I think somebody, one of her friends had tried Kundalini yoga and she went into trouble and she is hospitalized.

Shri Mataji: (Unclear) All kinds of yoga they can make, its money making. It's not an experience of Self-realization that you should get cool breeze on your fingertips and the cool breeze out of your own fontanelle bone area. Without that, all such talks of this yoga, that yoga becomes big money making proposition and people are so money oriented I don't know. There was one Gentleman who was finished by one sort of a magician so his friend brought him to India, I was not there so they brought him to London and I cured him. He was all right otherwise he was trying to commit suicide, this that. After that also see the whole thing his background was so bad that he wanted to commit suicide himself, his parents were very much worried than they brought him to my house and what I found that he was completely possessed by someone. He got cured, got cured and then he met me in London very famous man and I said what had happened he said that now I am following this one another Guru, but I said why you know he is false. Yes, I know he is false but I am following him because I can make money out of it. I said sinful to do such a wrong thing, is sinful there is no need to do such a thing but they are doing all of them are doing like that We should not believe anyone unless and until you don't get your realisation. You should not believe me this is blind faith, this is not going to help, I don't know that they are doing Kundalini yoga also, I didn't know all sorts of thing They have come up.

Seeker: How do we know that certain Guru is right?

Shri Mataji: First, you get your Self-realisation first you name yourself then immediately you will know who is the right Guru and who is the wrong. You can feel it on the fingertips all the diseases, all the wrong things you can feel it on your fingertips. That's what I am saying you should be knowledgeable which you are not.

Sahaja Yogi: He had come to the last public program. He is coming regularly. He says, "Why we feel the vibrations in front of photograph? Why do we feel vibrations in front of Shri Mataji's photograph?"

Shri Mataji: (laughs) That's the fact Whatever is fact accept it. Supposing there is a real Guru also you will feel the vibrations there must be something about me which you will know later, all right?

Seeker: What is the connection between Sahaja Yoga and healing? Can we heal ourselves and others?

Shri Mataji: Yes, in Sahaja Yoga, in Sahaja you can because you know your chakras. And when your chakras are in your (unclear) then only you get sick So when you cure your chakras you are all right but first clear it. 99% people I have seen the cases are all right. We also have a hospital in India where the charges are very minimum just for staying and people are getting cured there so many doctors, the other day I talked to International Medical College doctors all doctors were there- Medical conference and they were all very much surprised because they don't know the medical science is not complete, I said you should know about sahaj yoga, then your science will be complete because they can't cure many, why from where those, how these troubles come in. How do you get these diseases they don't know, just go on giving injections, this that nothing works out. You also become expert though you are not doctors because it is the subtle system within us if you know how to improve the subtle system you can improve the body.

Seeker: How much time it takes to get the thoughtlessness of mind?

Shri Mataji: It doesn't take much time. It just today you might become but some people it does. I know one gentleman who is always reading too much and his mind is always (unclear) in that I said you stop your reading and you become thoughtless. He could not he is so much fond of reading, reading this reading that nonsense I said at least read something sensible then go on reading like this and talking what is the use he told me that there's one book in which they have written that Sri Rama was this and Sitaji was like this I said how, how does he know, is he a realised soul no, no he is a great writer, there are such great writers who have come up and he doesn't become thoughtless. No of course last time but too much reading, too much of thinking also stops, so if you can just meditate it works out. There is no timing for Sahaja Yoga, no timing. I can't say when will you get your Realisation? How much time? Just now, should we so quick but you have to get steadiness for that you have to meditate. Very important so I have seen many people that come to Sahaja Yoga also get lost because they do not meditate. But 10 minutes at the most in the night 10 minutes, not more but how much it helps you, you will be amazed, you will grow into it.

Seeker: If there is one god then why should we say Mahalaxmi Mahasaraswati Mahakali

Shri Mataji: There is one god, yes but that is what is the Goddess. See all these has, as we know today is the fifth day of the Goddess is the Navratri. Many people say why should we because it is there that is the fact. You try and see for yourself if it is true or not. There is one God but these are the powers of one devi and devi is part and parcel of the same god. We should know what is our trouble, supposing you are suffering say from problems of money then Mahalaxmi you must worship because the God has not made you just like one pot, no you have all these powers within you of these Goddesses and if something goes wrong with you you have to correct it. You are not made with one eye one nose are you.

Seeker: People of other religion how will they follow sahaj yoga.

Shri Mataji: That's how they regard for me because they want to have the truth. In other religion also there is lot of truth. Like we also have Christ on this centre, on this Agnya there is Christ, There is Mohammed Saheb here, on the stomach so we have all of them within us they are not separate, but we don't know; we have Guru Nanak here all of these (unclear) are within us. They have worked for us and they exist and we don't know we go on fighting. There is no question of Hindus following Sahaja Yoga mostly they are experts in India, abroad all of them are Christians and Muslims, all kinds of people. So many Muslims in the place called Benin I don't know if you have heard the name or not but we have 12 countries in the south west of Africa. In foreign Sahaja Yoga they are all Muslims, all Muslims.

Seeker: There are so many Vedas and scriptures. What is Mataji's view about Vedas?

Shri Mataji: You see first of all you become Self-realized you yourself will know what Vedas are, are not first of all you must have eyes to see. I think you take your Self-realisation, what use of my telling you anything, you should have your own opinion about it, isn't it. You should see for yourself, don't believe whatever I am saying. You first see yourself we are following everything blindly without knowing anything about yourself, so first of all if you know yourself then you will be able to follow it much better and understand it much better when you don't know if your eyes are not well how can you work with .

Seeker: First, I apologize for asking this question. Are you realised and how do you give Realisation?

Shri Mataji: You see, it is just easy whatever I say, I say don't believe but if you get realization then you will get the answer without doubt. How can you know what I am whatever I am you can't see. You can't know I can deceive you all right. But see for yourself what I am trying all the time that you should get your Self-realisation. You know if you don't get your Self-realisation it is a muddled up head. First of all you take your Self-realisation that's all I promise .

Seeker: Can I follow Shri Mataji and other Guru also?

Shri Mataji: If the Guru is all right, I don't mind. But you must first find out the Guru what sort of a fellow he is, all right these days most of them are model ones you know. Be careful.

Seeker: There are talks about living in our present, does that mean we should not look our past?

Shri Mataji: No use No use looking at your past what is the use it is finished Why waste energy on that.

Seeker: Future, what about future?

Shri Mataji: Future also don't worry future will come before you. You will solve problems of your future also you will become so powerful you don't have to worry looking at the future or the past, why?

Seeker: What is Self-realisation?

Shri Mataji: That you should feel now, but first you have to understand that you should get Self-realisation. All right, if you get it, you know what it is.

Seeker: Is it knowing consciousness?

Shri Mataji: Of course, it is awareness, highest awareness in which you are aware as to what is right what is wrong, what is truth, what is falsehood. Everything you realize your awareness because just now our awareness is not at that level, is not of that, I should say understanding but once you get your Self-realisation you know, immediately you know, It's a knowledge expanded.

Seeker: Can we start the Self-realisation?

Shri Mataji: All right, it is the best question [Applause].

First of all, you are to know that you are very good one in the evolutionary state now you are standing on the brink Of Jumping into a new awareness And for that you must have respect for yourself. Firstly, if you have no respect for yourself, it's very important that if you condemn yourself or you think you are no good, won't workout it will work out if you have your self-respect. Now I would request you to put your hands like this towards me sit comfortably, firstly sit comfortably just a comfortable sitting just put your hands like this, like the Namaz, you can say if you are wearing shoes, please take off your shoes.

Those who have felt cool or hot breeze on their fingertips or out of their fontanel bone area please raise your hands.

May God bless you.

Wonderful!

May God bless you.

2002-0421, Easter Puja: You are bound by the religion of love and joy

View [online](#).

21 April 2002

You Are Bound By The Religion Of Love And Joy

Easter Puja

Kilyos, Kilya Hotel Kilyos (Turkey)

Talk Language: English | Transcript (English) - Reviewed

Today we have come here to worship Jesus Christ and His Mother.

It's such a coincidence that the Mother of Christ came and stayed in Turkey. Isn't it surprising that She should come here after the crucifixion of Christ and stayed here.

I wonder if He also came with Her later on? But they say then He went to Kashmir and She was also there. Quite possible, on their way, they might have gone there.

So we are here to worship them. According to Sahaja Yoga, She was the incarnation of Mahalakshmi and She's the one who sacrificed Her Son for the sake of religion. But unfortunately, nobody understood Her value. Nobody saw that She was such a great spiritual personality. Only through Sahaja Yoga you can understand that She was a very great personality who gave birth to Christ.

It is very unfortunate that She was not respected, specially in the Islamic world. Because of that, the women in the Islamic culture have no place. My experience is very sad about them.

We have started an organization for the rehabilitation of women who are destitutes and all of them who have applied are Muslim ladies – very sad.

While Muhammed-sahib has said that 'you must look after your mother', despite that, all these women – some of them have eight children, ten children – have come to this destitute home.

Of course, we have to give them place.

We have to look after them because we don't believe in all these small type of ideas about religion. Most important is 'human' religion.

We have to combine all these religions together. It's a terrible task because Muslim won't respect Muslim – Christians. Christians won't respect Hindus. I mean it's a funny thing that's going on.

They all are for God and for God's work and His love. Despite that, there's no respect. There's no love. On the contrary, they're all quarrelling, fighting, killing everywhere.

It's very sad that in the name of religion and God, people should become so cruel and so absurd.

This is the only solution – is to give them Self Realization, which is the Realization was called as miraj in the Koran. It's called as miraj. But they have said that nobody can get miraj.

Muhammed-sahib got it, but nobody else – like they have banned people from getting Self Realization, which is not true.

All human beings can get Self Realization. Whether they are from Africa, England, America, India, anywhere. They all can get their miraj.

One should understand that no human being is created in this world to fight, to fight each other. Even the animals don't fight. Why should human beings fight – that, too, in the name of religion.

In the name of God, Christ came on this Earth just to create oneness of religion, but even the Christians, they only started fighting, dominating others. It's a big world of turmoil, where everybody is fighting in the name of God and in the name of religion.

So our religion is global, is one religion.

We respect all the Deities, all the Gods and Goddesses – respect Them and worship Them. We are not so stupid not to understand that They are all one.

Also, after getting Realization, you realize that all these exist on our central nervous system. They exist on our chakras.

They are not there just because people have told us in history and all that, but actually in that's a fact, that all of them are there together, working out the resurrection of the whole world.

So the greatest thing that Christ has done is the resurrection part and, in this resurrection, He suffered a lot. He had to go through lots of ordeals and then His body itself was resurrected.

On the same lines, Sahaja Yoga is working out – that you get your Realization means your resurrection. All your wrong ideas disappear. All your nonsense disappears and nothing but love, understanding comes in.

It was difficult, I know, in the beginning to start this work in India or otherwise also. Everywhere I found people are so ignorant and human beings hate each other. With some excuse, with some sort of a – I don't know what ideas they have, historical ideas, and they hate. This hating in India has been there, but also abroad, like Hitler came in.

Hitler came because he hated human beings. He was a satanic force who incarnated and did all kinds of horrible things. The way he has killed people, you can't imagine a human being can do that. He killed children. He killed grown-up people in the gas chambers and – such a horrible thing. When I went to Germany, they wanted Me to see all that. I said, 'I can't see. I will not be able to see it.' But My husband went there and when he came back, he was sick for seven days. It's so sickening. It's so inhuman to behave like that, to kill people, under some circumstances, under certain conceptions and wrong ideas.

I don't know what sort of idea this Hitler had that he got after the Jews and started killing them. All kinds of things have happened on this Earth, all in the name of religion. This is the worst part of it. Throughout, people have been killing in the name of religion. Religion teaches you to love, to love God and love each other. How can it teach you to hate and to kill? I mean, it's very surprising, still going on. This kind of a nonsense is still going on. It's only Sahaja Yoga that can stop this nonsense and it should because, after all, we all human beings.

For that, you have to have your resurrection, as Christ had. And this resurrection is possible on this Earth, very easily now with Sahaja Yoga. Muhammed-sahib has called it miraj. He's described it very well, very clearly.

But who wants that? They don't want to have their miraj. If somebody tries to work it out, they get after that person, saying that 'This is something ridiculous'. It's all wrong.

I mean this has happened with all of them. All of them have suffered because of the ignorance of human beings – all of them. And also with Me, they are criticizing and this and that. But I am much more powerful, because love is much more powerful than

anything else. And it's working out all over the world now, everywhere people are realizing that this kind of a hatred, this kind of a wrong idea about others is absolutely dangerous. And so, once large number of people know this, I'm sure it will all finish off.

We have lots of incidents like that, even recently. That just because you follow a particular religion, people hate you. I mean I can't understand. You cannot explain why, why it is done, but it's done and very wrong to hate any human being in the name of God, who has created you. They don't understand God and His love.

For example, Christ's life – just see it. He was hardly thirty-three years of age when He was crucified. His mother had to suffer so much. Why? Why did they crucify Him? Because He was teaching about love. None of them liked this idea of loving each other.

How can you help people if you don't love? Under what premises do you help others? Because you love, that's why you want to enjoy others and to understand. Once you start loving others, then this myth finishes off.

Supposing you are born as a Christian or a Muslim or a Hindu, or whatever it is, what makes you think that you are different from others? You are born the same way. You are conceived by your mother the same way. You look the same way. Your nose, eyes, everything is the same. What makes you different? I think it's something political about it, something very mean to separate people in the name of God and religion.

On the contrary, Sahaja Yoga is to unite all the people in the name of God, to make them one in the name of God. Supposing there is somebody living, say, in South Africa or, say, in a far-fetched place like Benin and all that – has become a Sahaja Yogi. There are thousands who have become Sahaja Yogis there. They are all your bothers and sisters. They're your own. You go there and they will treat you just like their own children, their own relations. They will never think what religion you come from or what sect you come from, nothing. I was surprised the way they have love. Actually, loving is an innate quality of human beings. It's an innate quality. Every human being has been given this treasure of loving, loving capacity. But that capacity has become so much less, so much minimum, that, with that capacity, people fight and kill each other. It's a greatest sin to kill people in the name of religion.

I don't know what – how they believe that, by killing each other, we can go to heaven. They will go to the worst hell. This idea has now, of course, subsided a little, but still existing.

They see it happening every day, this kind of a nonsense, but still they are continuing with it.

Now what can we Sahaja Yogis do about it?

We should think. Let us see, whatever religion we are born, that's all- you have to be born in some religion. You cannot drop from heaven.

So whatever religion you are born, you are not bound by that. You are bound by the religion of love and joy.

And then you go on crying and weeping and preaching and ... of unhappiness, of fighting. How can that be? We are human beings, we are not animals. Even the dogs don't do that way. Why should we human beings kill each other and make a miserable life for others and for yourself?

Because if you hate others, you will also become hateful. A will hate the B and then the B will hate the A, so the whole human life and civilization has nothing to do but to hate!

Sahaja Yoga is such a blessing to you, I must say, because it has given to you all the Deities within you, enlightened, and now you know you are belong to the whole. You are not belonging to some stupid ideas.

It's very remarkable when I came here. I knew Mary lived here.

I knew Mother Mary lived here.

There is a house of Mother Mary. That gave Me a very great joy to know that She had lived here and so I said we must worship Her. After all, She was a mother of Christ! Mother is a mother. What does it matter whether She was a Christian, Hindu, Muslim? It doesn't matter. And for Her love, She allowed Her son to be sacrificed for the whole world and for the universe – what a mother! Can you find such a mother in this world who will allow Her own son to be crucified – such a courageous, loving and global personality.

Here we are. It's a coincidence, as I said, because She lived here. Why did She come?

Why did She come here? She could have gone directly. She came here and lived and we have a house of Her. Now with this house only, the Christians will start a cult.

They'll fight with the Muslims and the Muslims will fight with the Christians.

Anything you do, they will fight. That's the main character is to fight, not to help others, not to help each other – no, not at all. They're just trying to be very, very funny and nasty.

In India we have had so many nice people who taught that we must love each other.

Despite that, in India people are fighting. They have had so many Sufis in this country. In the same way, in India also, we have had very great saints, very great saints – everywhere. Some of them were Muslims, some of them were Hindus and people sing their songs; everything's there. But, they're worshipped separately and people fight even in their names. They want to find something to fight. Real fighting cocks, I tell you they are. They haven't got a human quality within them, which is love, which is affection – must enjoy your love for each other.

That's the thing they have lost their capacity to love. What does it matter if somebody is born in China or in India or anywhere? He is a human being. He, too, has the capacity to love and you should also have capacity to love.

My experience is different. I went to China with My husband. In China that time, they didn't have any good feelings for Indians, I don't know why. But they were so kind to Me, you won't believe, they were so nice to Me and the way they treated Me, everybody was surprised, 'What's the matter? How are they so kind to you? In China they don't like Indians.' I said, 'It's a myth. I don't think I have seen that with the Chinese. They're extremely, extremely kind and respectful to Me. What have I done for them? Nothing.'

Well, you'll be surprised, in one of the hotels, one of My ankle ornament[s] had fallen down – silver. It did happen and then I went away to a very far- fetched place and they sent it in an envelope, those anklets. Can you imagine? All the way – I was so much full of tears. So I said 'These Chinese are also very loving people, extremely loving.'

I went for My program. We had a women's conference. So I don't know why, but at the airport only these Chinese boys arrived. They took all My luggage. I was so late!

The function was at ten o'clock and I reached about 8:30. They put Me in the car. They put My luggage there and they said, 'We have to directly go to the conference.' I said, 'All right.' I went there and, in this short time, these boys were really so attached to Me.

When I finished the conference, they're waiting outside – can't believe it – the same Chinese people who are against Indians.

And then, after that, it didn't stop. They brought two cars – one for My wheelchair, one for Me – and they took Me to the best

shopping places.

But I said, 'What will you do?' They said, 'We'll carry your wheelchair upstairs.'

Can you imagine? They were no relation of mine. I've never seen them before. So one of them said, 'Tomorrow, Mother, I won't be able to come.'

I said, 'Why?' He said, 'I'm getting married tomorrow.' And I said, 'What have you been doing all this day?' He said, 'I enjoyed your company so much'. I'm such an old woman like Me – young people. 'No, no, no, no, I've enjoyed. I'll also bring my bride for You to be seen.'

I tell you, tears came into my eyes.

I said, 'Such love, such kindness.' I didn't do anything for them, nothing. I didn't give them any money, nothing. My goodness, till the end they were so much attentive to Me – very young boys, all below twenty-five years of age. And they carried My wheelchair up three storeys with their hands. I said, 'Don't do it, I don't want ...' They said, 'No, no, we want You to see. We want You to come.' I said, 'Why?' [They] said, 'It would be nice for all of them.'

I don't know what made them think like that. Such enlightened people, I tell you.

With love, you get enlightened. With love, you get understanding. And such deep love exists within you.

Now the politicians will come and tell you a story. Then somebody else will tell you, 'Come and fight' and all that. That's how they have managed in Germany, young people. But now, now they're changing. All this world has to change because it has suffered a lot. This is no religion.

This is not the teachings of the saints – no. It is not. It is devilish, that teaches you to hate others, is the worst thing. I mean all the enjoyment of love, all the enjoyment of affection, you don't know.

Nowadays, you see the problem of the churches, this, that. I can't understand, stupid people.

They have done so many laws and with that laws, whatever it is, whatever may be the causes, but what's happening is that poor children are suffering. They have no sense of pure love. Nobody understands what is poor love is. Which is actually their innate quality, their innate – I should say the 'property'.

But they don't know how you can love somebody purely! It's all something very, very wretched. It doesn't behove human beings to be like that. Even the animals are not like that, but human beings can go to any extreme. The whole wealth of beauty, the whole wealth of creativity, the whole wealth of art, artistic temperament, the whole wealth of enjoying life is finished.

If you are a fighting cock, you can't see anything, any good in anyone, in anything. They will fight others and they'll fight among themselves also – is a fact. They might say, 'We must fight.' All right, fight, but then they fight among themselves also.

They will torture their own brothers and sisters. I mean, they don't love anyone. This is the main thing is. Why take the name of religion? What the religion has done?

How could the religion teach you such a horrible thing like hatred for your own?

It's not only among Christians, Hindus, Muslims, but everywhere human beings have become very dirty and filthy.

They say it is Kali Yuga. I can't understand. How can you lose the power to love?

That's what Christ has talked about. He's talked about love very clearly. He said, 'Love thy neighbour as thyself.' Have you found anyone like that? No. You don't find all such people. The Christians who followed Christ, what did they do? Muslims who followed Mohammed-sahib, what did they do? And Hindus who followed Shri Rama, what did they do? Are they anywhere near their leaders? Are they anywhere near those Incarnations of the Divine? Nowhere. The reason is – I don't blame them – because they had no Realization. They didn't know their spirit. If you have no Realization, you cannot understand anything, you cannot understand any enjoyment or anything.

I mean, if you go to Germany, you can't go and see all the things they have done.

You'll faint, if you have any human qualities. Even you go to Japan and the way they had put this Hiroshima, this – my goodness, I started trembling, I couldn't bear it. I said, 'How could human beings be that cruel?' Horrible! I mean now the days have come that they're killing their own children.

Extreme is this. The other side of it is Sahaja Yoga, in which you love all human beings because they're human beings. They're born with you in this time. You have to help each other and love each other. This is the main thing.

If you can develop this, you'll be very, very strong Sahaja Yogis and you will be supported and blessed by the Divine. Divine will help you and take you out of all troubles and tribulations and all kinds of difficulties, if you are a loving personality. This is what the blessing of Kali Yuga. It didn't exist like this before.

Now, if you are a loving person, the Divine will go out of the way to help you, to sort out your problems, to punish those who are troubling you. I mean, it's My own experience like that. I never do anything. I never curse anybody. I don't fight. I don't shout. Automatically, it works. I don't even tell the Divine to do anything. The Divine is at the greatest, just personality, I should say. That is the one who does all the justice. Nobody can suffer under the guidance and love of Divine, take it from Me. This is the blessing of Kali Yuga.

I agree Kali Yuga is horrible. People are horrible. This is that. But there's one thing that this Divine has become very alert. It was never that alert.

If Christ was born at this time, He could not have been crucified. It's only because He was not born during Kali Yuga.

That's a very big blessing for us.

Nobody can be tortured. Nobody can be troubled. Only thing, you have to be a humble person.

You have to have a good character and you have to have a very loving personality. That's all. You'll enjoy the loving personality. You'll get the blessings because [of] your loving personality. I mean, the way the Divine looks after you, there are so many miracles people tell Me. I'm not surprised because I know the Divine has become extremely alert towards human beings who are good and nice. It will look after (31.50). It will support. It will do everything for you. It's very surprising that it has become so alert.

Like Muhammed-sahib suffered so much. Everybody suffered so much, but not now. Now the Sahaja Yogis won't suffer. Take it from Me. They're looked after by the Divine itself. Everything is looked after. I will tell you, people have written letters after letters all over the world, how they have been supported, how they have been helped. Very surprising how they have been rescued. So we have to trust in ourselves and we have to really love people. We should be humble and love. All this love will help you all your life. This is the message of Christ.

Christ has said, 'Forgive them.' How lovingly He said, 'But they don't know what they're doing.' Very lovingly He pleads for all the bad people who crucified Him, that 'Oh, Lord, please forgive them because they don't know what they are doing.' Can you

imagine such a loving character of Christ?

And now, when we are celebrating and worshipping Him, we have to worship that character within us, that we are also loving people. We love each other. All over the world, all the Sahaja Yogis love each other. Of course, there could be one or two who are not so good, but mostly, ninety-nine percent Sahaja Yogis love each other.

My blessings to you is this – on this day may God give you lots of love, and loving capacity within you. That you should have, which will change your life completely and you will become such a powerful personality, very powerful Sahaja Yogis. You can do marvels and miracles if you have developed the understanding of love.

May God bless you.

2002-0423, You all have to become Sufis

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23 April 2002

You All Have To Become Sufis

Public Program

Lütfi Kırdar Congress Palace, Istanbul (Turkey)

Talk Language: English | Transcript (English) - Reviewed

Public Program Lütfi Kırdar Congress Palace, Istanbul (Turkey), 23 April 2002,

I bow to all the seekers of truth. I'm very happy to see you all here to know about the truth. Whatever is told about your subtle being is not yet known, because in your awareness, you don't have yet that subtleness. That's the last, the jump into your awareness of collectivity.

I must tell you, [some problem with the mike]

[Sahaja Yogi speaks in Hindi].

It's all right. I must tell you that in this country, that is Turkey, you had so many Sufis. They called themselves Sufis because they were clean and they were spiritually endowed. They talked of Ruh [cool breeze] but nobody knew about Ruh. And when they talked of Ruh, they did not know how to explain it. They talked of Ruhani life, but they could not explain what is Ruhani life. Ruhani is the life when you are connected with the All-pervading Power of Divine love. It is a different area into which you enter. Because they could not explain, they wrote everything beautifully, describing it.

But now the time has come for you to get to your Ruhani life, which is a very important thing.

Because if you are not connected to the divine Power, whatever you may try, whatever, how so ever you may pray, how much you would read Quran, nothing will happen. Human life is governed with jealousy, with temper, with all kinds of malignant things. And we can see all over the world the problems are just spreading. Once they will get into Ruhani life, they will realize that the whole world is one. There is a global existence. What happens that you jump into the sea, ocean of love, of pure love, no lust, no greed, nothing. That's has to happen because if we are born as human beings, we must get Ruhani life, for which you cannot pay, you cannot read, you cannot understand it with your human awareness. So, you have to enter into a new dimension of your awareness.

Nobody understood those Sufis and they just tortured them. Because they were so different, so much higher, that they could not bear it. And today, that is going on, people are fighting all over the world. So, this is the life of pure love; but not forced, not taught it's just within you, already existing. You do not know your worth, you do not know what you have. All the saints came here, incarnations came here, prophets came here. Nobody understood them. They only killed them because majority of the people, they were not Ruhani. So, all such ignorant people could not bear the knowledge, the divine knowledge of these great people.

Now the time has come for the whole world to become one and to jump into the sea of love, which is very, very simple. It is very easy. As told to you, we have already that power, placed in the triangular bone of sacrum within us by our Creator, which is to be awakened. And once it is awakened, it passes through your centres and cleanses them, enlightens them, and integrates them. And ultimately, this Kundalini connects you to the divine Power. This is what is Miraj [ascension] as described in the Bible- in the Quran. And all of you can get this Miraj. And once you get it, you can experiment and get it on your fingertips, the cool breeze of this surrounding, of this power, we can call the power of love. You can feel it on the fingertips. That is the proof. There is no false certificate about it. And ultimately, you can also get it coming out of your fontanel bone area. This is the last bone which was pulsating as a child, and then it closed. But when the Kundalini pierces through that, then only you can feel the connection as cool breeze coming out of your own being.

You have shown so much faith in God, so much faith in Quran, so much faith in Islam, but you have to surrender, Islam means to

surrender. And then you can achieve this awareness, this higher awareness of divinity in you. After getting these vibrations also, you can develop a power to know what is wrong with you within, in your chakras. And also you can make out what is wrong with others. That is how your awareness expands, expands to the new dimension of Ruhani.

You all have to become Sufis. But now do not write poetry, because people do not understand poetry. They misinterpret it. I can also write poetry, but I don't want, because I want you to know directly what is the truth.

There are eleven countries in South [Ouest] Africa, called as Benin and all that and they all have become Muslims. I asked them, "Why did you become Muslims and not Christians like these?" They said, "Our rulers were these horrible people who were so dirty, so filthy and smelled". So many people tried to rule them. There is a writer called Molière who told them, made fun of them. And there is a beautiful book written as Nana, by another writer [Emile Zola], who has shown how stupid they are. They have to learn nothing from you. You are so different, you are so capable. I mean, I must say you are such a sensible, lot of people. But keep to your sense, keep to your intelligence.

I am telling you about French, because nowadays they are trying to influence you. Also your television, be careful. They do not know what is Ruh is. God knows what sort of Christianity they've got, just the opposite of Christ. So, please try to keep to your culture and to your understanding. And you can get your Realization in no time. I came to Turkey, because if you remember Christ's Mother also came here. And I now know why she came, because the people are extremely good. And so many Sufis! It is such a joyful place to come to.

I think you all will get your Realization tonight. Those of course who do not want, can go. It's a very, very simple thing. In the meanwhile, I would like you to ask me some questions.

[A Sahaja Yogi and a Yogini will translate the questions of the seekers.]

Sahaja Yogi: Rumi, Jalal Al-Din Rumi, he has a word saying that, if I declare the mysteries, then I will burn or everyone will burn. Shri Mataji: It's true, what he said is true. That was the time when people were not aware. What he said was the truth. Because people, because people don't understand what is reality, they can't behave like that. They crucified Christ! They tortured Muhammed Sahib. They tortured everyone.

Shri Mataji: What is he saying?

Sahaja Yogi: He talks in general.

Shri Mataji: Hum?

Sahaja Yogi: He is saying about the love, and he was just thanking you.

Shri Mataji: All right, thank you. Thank you very much. I'm not afraid.

[Applause]

They can burn me, I don't care.

[Laughter]

One by one.

Sahaja Yogi: You said that French are not good for the world peace. Does that mean the whole of French people?

Shri Mataji: No, no, there are exceptions, of course. There are many exceptions, no doubt, that's how I came to know about them.

Sahaja Yogi: She was doing some Reiki Shri Mataji. She wants to know if the two positive energies can be used together, Reiki, Raja Yoga she is doing.

[Shri Mataji does not understand]

Sahaja Yogini: Can she do it with Sahaja Yoga?

Shri Mataji: Please, I would say, don't do it.

Sahaja Yogi: Shri Mataji, they are asking why it doesn't go, Reiki and Sahaja Yoga why it doesn't go together?

Shri Mataji: Because I have seen people who do that, get sick. It has no science behind it. You must do what you understand, not blindly.

Sahaja Yogi: What about the other world, please. What about the other world?

Shri Mataji: Hum?

Sahaja Yogini: What about life after death?

Shri Mataji: That, we'll discuss later, [noise; inaudible] the whole thing comes to your death.

[Laughter; applause]

Sahaja Yogini: Do you think about it?

Shri Mataji: No.

[Laughter; applause]

Think of the present. So much has to be done in the present. It's like escaping the present.

What does he say?

[Applause]

Sahaja Yogini: What is the cause of lying, why do people lie?

Shri Mataji: Because they don't know the truth. Not only, the strength and the power of truth.

Sahaja Yogini: Is the basis of yoga, the power of thoughts? Power of thinking?

Shri Mataji: No, no, no, no, no. It's beyond thinking you go. That you will know later on. You go beyond thinking.

Sahaja Yogini: How, how we go beyond thinking?

Shri Mataji: With the Kundalini, she takes you up there.

Sahaja Yogini: Is it the power which awakens the Kundalini, is it the power of thinking?

Shri Mataji: No. It is the All-pervading Power of divine love. First, you get your Realization instead of asking these questions.

Sahaja Yogini: Could you explain the meaning of 'bindi'?

Shri Mataji: It is, in India, we put on married women, all right?

Sahaja Yogini: We heard that people wash your feet and drink the water from your feet,

Shri Mataji: Oh, no.

Sahaja Yogini: And why the people bow in front of you?

Shri Mataji: All false. All false.

[Applause]

Sahaja Yogini: Is this a sect?

Shri Mataji: Sect for what?

[Applause]

Sahaja Yogini: People bow in front on you, is this a sect?

Shri Mataji: Of course they bow. If they want to bow, what can I do?

[Laughter]

Sahaja Yogini: Under enlightenment of which knowledge will people understand your value, your worth?

Shri Mataji: Your what?

Sahaja Yogini: How can people understand your value, your worth?

Shri Mataji: First, you get your Self-realization. You will know yourself then. You don't know yourself. How can you know me?

[Applause]

Sahaja Yogini: Why did you start this mission, to help the mankind to find the truth?

Shri Mataji: Yes.

Sahaja Yogini: For the peace and to save them.

Shri Mataji: Of course.

Sahaja Yogini: For what reason have you started this mission?

Shri Mataji: Don't you think you need peace?

[Applause]

Shri Mataji: Yes, madam?

Sahaja Yogini: There is a question [written on a piece of paper].

Lady seeker: Shri Mataji [the lady talks in Turkish]

Sahaja Yogini: The question is, the Sufis got their Realization from the Prophet. Where did you get your Realization from? And do you see yourself as a prophet?

Shri Mataji: You don't worry about me.

[Applause]

Sahaja Yogini: I believe in yoga and I want to do yoga. know that, I believe that the country where the yoga is most needed right now, is Israel. What do you think about this?

Shri Mataji: About what?

Sahaja Yogini: About Israel and they need yoga.

Shri Mataji: You can't help it. Historically, they are stupid.

[Applause]

We have many Jews, and we have many Muslims, people who are with us so it's a combination [unsure]. It's a- you can help them. A new style has to transform them [unsure].

Sahaja Yogini: She would like you to go to Ankara. She is inviting you to Ankara next year.

Shri Mataji: Very nice, thank you. If I can go, I will go. Thank you very much.

[Applause]

Sahaja Yogini: He is asking a question that what does your past, how does our past life affect your Kundalini? How does one past life affect the rise of the Kundalini?

Another Sahaja Yogini: Past life.

Shri Mataji: There is an effect, no doubt. But we can work it out. But you don't worry about the past, we have to think of the present.

Sahaja Yogini: He asks, when we have some physical problems, and he is asking that, if it would be dangerous for his Kundalini to rise? Why, he has this physical health problems.

About cleaning the body, does he have to clean the body before the having the Realization? Shri Mataji: Not necessarily, but better do it, it's good.

Sahaja Yogini: He is asking if we can have our Realization?

Shri Mataji: Of course.

Sahaja Yogini: Just, there is one question,

Shri Mataji: Most of them want it. But one or two here and here

.

Sahaja Yogini: She is asking that everybody have their place next to God, what do you think? Every messenger has their place next to God. What is your place next to God? Do you see yourself as a prophet?

Shri Mataji: You don't try to find out about me, try to find out about yourself.

[Applause]

Sahaja Yogini: He is asking that do you think those Sufis had their Kundalini awaken?

Shri Mataji: Most of them had. Most of them, they had.

Sahaja Yogini: And he says that most of them did not succeed in saving the humans. They were tortured. How do you think that you are going to save the humanity?

Shri Mataji: People are so bad and so cruel. They always tortured good people. What is this human in law? [Unsure]

Sahaja Yogini: What is the difference between Kundalini and 'prana'?

Shri Mataji: You get your Realization you will know.

Sahaja Yogini: Can we have the Realization?

Shri Mataji: They don't want to stop it.

It's all ego.

Do you want your Realization or not?

[Applause]

All right, I'll start. You please put your hands [like this].

[Sahaja Yogini in Turkish: Can we shut down these air conditioners?]

Shri Mataji: In Quran, Muhammed Sahib has said, "At the time of resurrection, your hands will speak". This is the proof. If they don't speak, then something is wrong.

Please close your eyes, because there is no mesmerism going on.

You don't worry about me, worry about yourself.

Put the hands as we put for Namaz.

[Shri Mataji is blowing into the mike]

Now see, if there is a cool breeze flowing. It could be also hot, it doesn't matter. It will cool down.

Now put your right hand on top of your head, above the fontanelle bone area, about two or three inches [5 to 8 centimetres] and see for yourself if there is a cool breeze coming out of your head [Unclear. If it is hot also, doesn't matter. But it should be cool.

After some time, it will become cool, for which you have to meditate. They will teach you how to do it.

We have many centres luckily here.

Ah! They've got it. OK?

Again put your hands towards me.

Like this, like this. No, like this.

All those who have felt cool breeze on their fingertips or on their palm or out of their head, raise your hands.

Oh! May God bless you all.

After this, I have to just say one more thing, that you must go to our centres.

You don't have to pay anything. As you have not paid anything for your Realization, you don't have to pay anything in the centres.

Gradually, you will learn everything on your fingertips. If you have any problems, write it down and let them send it over to me.

Thank you very much, I love you very much.

[Applause]

[End of speech. Now the program goes on with qawwalis]

2002-0505, Sahasrara Puja: first of all we have to correct our ego

View [online](#).

5 May 2002

First Of All We Have To Correct Our Ego

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today is a very great day I must say, to celebrate Sahasrara, the puja of Sahasrara. It's a very unique thing that has happened that your Sahasraras were opened out.

There were some very few people in this whole world; there were some Sufis, there were some saints, some other people also in China and all. But very few, very few got their Sahasrara opened out. So whatever they said, or [was] written, was never understood by the people; they actually tortured them, they crucified them and did all kinds of horrible things, because they couldn't bear somebody getting this Realisation.

So, it's a very great day because collectively the Sahasrara has been opened. Every one of you have got it; also all over the world you have many people who have got their Sahasraras open; of course we need many more, for them to understand what is this great event of such a collective opening of Sahasrara.

Some have grown very much after getting their Realisation; very much. They have understood Sahaj Yoga very well and they have developed their depth, and their consciousness is really a great awareness of oneness with the Divine. To be one with the Divine is the greatest blessing for human beings.

So far they were human beings at a lower level of existence, and they had all the problems of that level: jealousies, hatred; all kinds of problems that are today - of fighting, of troubling others, destroying others and not loving others. All these problems existed because their Sahasrara was not opened. So our main problem is to open the Sahasrara of the people all over the world; which is very simple, which you can all do it, and it will work better if you do it collectively. If you are collective you can work it out very well. Like that in Sahaj Yoga so many people have come whose Sahasrara was completely opened and they felt their depth.

Firstly, you must feel your depth. If you don't feel your depth and you are not one with your personality which is so deep, then you cannot enjoy the Self-realisation. First of all you should understand yourself. If you don't understand yourself, how can you understand other people? You cannot. So first this Sahasrara should be opened out fully: 'fully' means complete oneness with the Divine. That is not difficult. Only you have to meditate a little bit and then it will work out. It has worked out in many people I am very happy to see, and meet such people in Sahaj Yoga who have achieved such a lot of collectivity and also the awareness of a realised-soul.

So what is the awareness of a realised-soul? That is what we have to understand today. It's a very important day, as I said. The awareness is such that you should now know what is happening in this world, and how you can help it. How can you help people to get to this awareness? Unless you have this full, full knowledge about yourself, complete strength about yourself and the confidence, you cannot do it.

Sahasrara Day is to be celebrated just to strengthen your bond with the Divine; so that your consciousness becomes absolutely enlightened, and you see the right point in everything.

It has been in so many countries, I have seen, people have taken to it very, very fast: It's surprising, in Africa [also], which is not supposed to be very developed country. It's good because thousands have got Realisation. Those who are developed have gone beyond the point of ascent, I think. That must be the point. They have to come back from that developed state to this state from

where they can rise. And so the people who have, though got Realisation are not ascending so fast as the people who are not yet so much advanced and modernised. Still it has worked, it has worked in so many people, and so many have got this ascent very well.

But I would say that when you are meditating, also outside, you should develop a state of witness. You should try to find out what is the matter: what's wrong with you, what's wrong with others, and how you can help it. Only with your vibrations you can correct so many things in your country, in your family, everywhere. And, as you see now, how Sahaj Yoga is growing, that there's such a need and such a desire to get Self-realisation.

But only thing, your approach should be full of love and full of understanding. They are coming from the darkness of ignorance and they have to go into the illumined nature of the Divine which can be very bright for them. So, slowly, slowly if you develop this passionate kindness and love for them, I'm sure you can do much more to raise them. No use getting angry with them, because they are so ignorant, they don't know what they are doing, you see. As Christ has said that, "They don't know what they are doing." So what you have to do is to make them understand. Whatever they are doing, whatever they are understanding is still poor. It's not so much yet expanded as it could have been if they were realised-souls.

Even after Realisation I find people have a problem. They still have the problem of the past life which is finished and is dead; but they still carry on with that. And the consciousness, so much of illumination also doesn't show what's wrong with them.

For example, take the case of ego: ego is so developed; in the Western countries where they are so developed the ego has also developed; and they have to find out what's wrong with them.

This ego comes from certain consciousness that: you have been something great, you are this, you are that, your parents have been great maybe, your property is great or maybe you are occupying a very big position, or anything. It can come from anything. And this consciousness is against your awareness because it's not true. You are not anything being moulded by these outside things, but you are moulded by your own awareness within yourself.

This awareness has to grow from where? Is to understand: how do we get this ego, from what point. Yesterday I felt there were lots of people who were having a lot of Right Side on them. This Right Side is of no help. It will create problems for you, sickness for you, and also no use having right-sided Sahaj Yogis. So the main thing is to understand the power of love: power of love is the highest and the greatest, and if you can manage somehow or other to give up your anger, give up your greed and also your ego; if you can do that, you can be in Sahasrara.

Now just see the sport of ego. It stops your ascent further. At ego only people get lost, because at ego only they move to the left or to the right and they can go to too much of Right Side, or can go up to the Left Side. They can go to any extreme of these two.

So first of all we have to correct our ego. For this ego, what should we do? For this ego we should watch ourselves and laugh at ourselves. What ego do we have, of what? We are human beings, now have become Divine. And with Divine within us, with this light within us we have to understand that we are a part and parcel of the Divine, just a drop in the ocean of love.

If you can reduce your ego, if you can bring it to the actual sense of your being, then it will work out better. I find, in the West, this ego is very strong; very, very strong. And whatever they do wrong they think is correct, because ego can support you in every way. While, on the contrary, those people who are developing, the countries who are not yet developed, there the problem is not of ego but of superego. That can be corrected. But ego is your own enemy created by you. So you have to fight it, and see for yourself from where it is coming. It might be country-wise, it might be family-wise, it can be from anywhere.

So first of all we must watch out for the ego, if it is Sahasrara [that] we have to enter into.

When I was looking out for a collective happening of Sahasrar opening, I found it was the ego of people which was keeping me down; I had to fight the ego of people. Because I am a woman of a very simple habits, no pride, nothing, so people used to

suppress me, say all kinds of things to me. But I understood them because they had ego problem. And once this ego evolves and tries to dominate, we can have Hitlers in this country, we can have all these horrible people all over the world.

So the first thing you should understand: those who have ego, we should not ever subdue to them. Of course you shouldn't start fighting, but you have faith in yourself that you are people who have got Self-realisation. You are much more powerful than they are.

My powers only work out when you are realised-souls, you'll be surprised. They work out many things which may not work out with people with ego. Like the other day I heard from Africa that people become invisible suddenly: there was [a] coup d'état and the President is a Sahaj Yogi; he became invisible, nobody could find him. Because they are very much surrendered: they are so much surrendered that they get advantage of my powers. You all should use my powers also, of protection. This protection power is very, very strong especially for people who are very much in Sahaj Yoga, who are very much there. So you must have, first of all, complete faith in yourself that you are Sahaj Yogi. But not the ego. "Sahaj Yogis" means you cannot have ego.

This ego business has come from various sources, you know that, but it has to be cleansed out. Like when the river flows all kinds of dirt, filth flows into it, but when it meets the sea it becomes the sea. In the same way you have to become that. To become the sea, what you have to do is to forget all these tributaries which were coming into you and all these wrong ideas which came to you. It can be from any source. I do not know how to name them because there's a big list of these sources. People are mad sometimes with this ego.

So main thing is how to watch and witness your ego: how it works, how it spoils your temperament, how it spoils your relationships, how it makes you stupid.

Ego is, first thing it does is to make you very stupid, and you start behaving in such a manner that people start thinking that, "Oh, you are the great, stupidest person ever living!" But it is of no help because if they believe that you are a stupid person, what will happen?

On the contrary if you have the wisdom, if you have that peace, if you have that special temperament of enjoying everything in life and also the collective temperament, it will work out and they will be impressed, because in that light they can see their own stupidity, own falsehood, everything, and they will realise that what they think is not true and, "This gentleman is much deeper than me. What he has got, I haven't got it." This is the main thing for all of us.

In Sahaj Yoga we have people who are leaders. That doesn't mean they become really leaders, but that means that they have a greater depth. If they don't have, they get out. If they have the depth then they are leaders, in the sense [that] others see them and really enjoy, really enjoy their being there.

So, in everything you can see for yourself, specially, I would say, for the leaders because people see them and they are the ideals for them. For me, they say that "Mother is after all Mother, what can we achieve from Her?" But from the leaders they learn a lesson, and they understand that this is wrong and this is not proper.

First of all you should be a model, models of Sahaj Yoga. And that is what I have been always telling you that get rid of your ego. It's the worst thing, because first of all it brings anger. You think you are something great and you can do this, you can do that because you are a Sahaj Yogi: it's not true. On the contrary you become extremely humble, extremely humble, and you do right things. You do not become any more arrogant and also full of anger. Anger departs from you completely, completely. It gives you a balance, it gives you wisdom by which you see what is your job, why are you on this earth, why this energy has come to you, why you are a Divine personality. It's a very, very great responsibility. You don't have to look after yourself, no. The Divine will look after you, absolutely: it will protect you, it will look after you, it will do whatever is needed for you.

But in case, in case you have this ego, you shut out yourself from the reality, from the truth, and you become a very hot-tempered and arrogant personality. This has to go away.

Sahaj Yogis are saints; not saints but they are more than saints because they can express themselves better. They have powers in them which they can utilise, which they can show to other people that you are so powerful, that you can manage things much better than what you think. For example, say there's a problem and the whole world is upset about it. Only thing if you know how to witness it, it will disappear, it will disappear in the whole world. It cannot remain there. So nowadays the world is full of turmoil as you see, full of nonsensical people coming up, full of quarrelsome people. Dominating people are overpowering. At this time if you just see this in the witness state, this will disappear. Because very powerful: you are, very powerful.

But you must know first of all that you must have the equipment to use the power. If you have that equipment within you, you can do it. But with your ego you cannot.

Ego is the greatest hurdle for your ascent. You see that ego is at a place where you have to just cross to go to Sahasrara. And to break Sahasrara is very easy otherwise, but if there is ego, you are already lost in that ego.

So against all this one has to understand that, watch yourself: Is he egoistical? What does he think about itself? Ego is very limited, it makes you limited, and you don't see the purpose of your life: why have you become a realised-soul. You don't understand. You just are involved in your own affairs, in your family, in your children, in your something like that, very low. But if you have if you have an egoless temperament then you are very effective, the whole power works.

What I have seen: the power of Sahasrara is so great. In some people it has worked wonders, they have worked it greatly. But because of ego, so many people are still not of that level that we can say they are Sahaj Yogis.

Now as it is I am here to tell you about it. And in those days when these saints came in, nobody was there to guide them, to tell them anything. On the contrary they were so much destroyed by the surroundings, and people never understood why they don't have any ego, why they are so humble, so they misused. But now you have powers. You must know how to use your powers. But that should not give you by any chance any ego that you have powers. On the contrary, you should be humble. You have power to be humble, and if you can be humble and understand that: these people are not yet realised-souls, they are at a lower level. Still their ego is catching them and they are at a lower level, they have to come up. When you understand that, then you will have not only pity but also understanding about them and a kind of a help will come to you from the Divine that will solve your problems.

I find most of you have problems of very low level sometimes. And then I am surprised, why are you bothered about these problems? You see, you are so powerful. So in Sahasrara you must know what powers are there. There are one thousand powers, one thousand powers within you which are being enlightened. If you can understand that, then you will understand that: what's the use of having ego, because you have such a lot of powers within you which you have not utilised, which [you] should use, but with the, because of ego you cannot. With love you can. With love you can manage, and you can do a lot. So I would request all of you today to take a vow that, "We'll have no more chances for our egos. We'll give it up. We'll give up our ego." Because there's no sense: that's an obstruction between us. When the Sahasrara wants to work it cannot because of ego obstruction. So better not have ego of anything. You may be a good singer, you may be anything in life, may be some big man or anything what is so-called: [this] has no meaning. What we need today are people who are egoless and who have powers completely flowing in them.

With the opening of Sahasrara all these powers should flow. If the Sahasrara is fully opened, all these powers of love should flow. You'll be amazed, wherever I go, people just fall in love with me. I don't know why, I don't do anything to them; but just they feel my love. That's what it should be, that people should feel your love and they should know that you are a lovable person.

This is the thing [for which] you are made: a special people, very special, for this whole world's emancipation. That's your job, and not otherwise just collecting money and doing all kinds of nonsensical things. You are here for a very, very sensible job which is to raise the Kundalini of people and make them aware of their greatness. Human beings are not created only to war and fight, not created here to play politics and do all dirty tricks. They are not made here to lead a life which is very filthy and dirty. But in

this world we are here to do such a great job of God who has created us. So this is possible if you are aware that your Sahasraras are being opened out, and that, in this Sahasrara resides the purity, not all these small little things about which you are worried.

Some people try to take advantage of Sahaj Yoga, thinking that: oh, they can do better, they can have help of others. Nothing of the kind! You can be helped by yourself, you don't need any help. On the contrary you have to help others. There is no need to expect any help from anyone.

Look at me, I am an ordinary housewife otherwise, but how it has worked all over the world. By what? By just the power of love. Only trouble is that I can use my power of love, while you don't know how to use; that's the only problem. If you want to use your power of love, in meditation you can develop that power of love. With that you can capture people, with that you can understand. Their problems are that they are not Sahaj Yogis, they are not the people who are having all the blessings or the connection with the Divine.

Imagine, you are connected with Divine! And Divine is such a great thing which has created this whole universe, created you, and has done all the great jobs. So what are you? You are a part and parcel of that Divine Power, so why not we use our Divine power fully within us with love and with understanding so that you develop this wisdom within you.

This is what is to be told to yourself, that, "We are realised-souls." This one is something, a special personality, very much special. In this world there are very few people who are realised-souls, but now we have so many, I can see them. But still some problems are there because of our ego.

One should not have ego of anything. Everything is perishable, what is not perishable is Divine love, what is not perishable is Divine personality. All the time you see the saints and all that, though they are dead, people remember them. All their poetry is remembered. Though they could not do much of Sahasrar work, they couldn't give Realisation to people still because of their personality they are still respected. And people know that these people have been doing marvellous things, miraculous things.

In the same way you can see your own miracles, and you can see for yourself what you are capable of, because now you are connected with the Divine. This is one fact you should know.

Whenever there is danger, whenever there is [a] problem you will say: you'll be saved. Many have been saved out of you, no doubt, but that is not sufficient. You are saved for what? What is the value of your life? Why are you living? What is the matter? Why God has saved you, given you all this? Because there's so much to be done for this world. You are the soldiers of truth, soldiers of goodness, and all that is to be done with great courage and understanding about yourself.

So what you have to do is to have Self-knowledge. You have to know about yourself. You must have Self-knowledge: what you are. If that you don't have, what's the use of opening the Sahasrara? Self-knowledge doesn't give you any pride, nothing, but gives you the duty [of] what you have to do, what you have to work out.

It's not only just for you, Sahaj Yoga, but you are for the whole world – please try to understand. Sometimes we think Sahaj Yoga is there for our betterment, for our good health, this, that - it's not so. It is for the betterment of others. Your powers are there which you are not utilising. You are still busy I get letters saying that, "This is wrong with us, this is wrong with that." I mean, why can't you correct yourself? If you can't correct yourself, how can you correct others? That's what it is.

I can see that there's an understanding going into your understanding: that you are great and you're not ordinary people. And this has to be practiced and to be used in a manner that will show that you are Sahaj Yogis. You are no less than any, any Sufi or any realised-soul or any saint, no less. But you have powers which they didn't have, of which they were not conscious, while you have these powers. Try to understand what powers you have.

But by understanding that, you should not have pride about it in anyway; but that's your job, you have to do it. You are there. And you'll enjoy it because it is not with ego but [is] egoless work. If you can manage that much, it will be very good.

Now, ego has come down very much, I must say, very much. I hear from people that ego has come down. But sometimes they are still quite funny and fighting and this and that. But despite all that, I must say in this, whatever work has been done on these years, people have worked it out among themselves. So you have to watch yourself and see for yourself: what ego you have, why should you be egoistical.

Some of the people have ego of their country. I mean it's all mythical. It's all mythical. What is there? You could have been born anywhere. So you are born in a particular country, you have that ego. And it is something one has to be ashamed of, because your country whatever it is, is not doing very well, is not spiritually equipped, so why should you be so proud of your country? When you will work it out and they will become spiritually equipped, then of course you can have pride in your country, but I don't see that happening. And so you have to work it out.

And I am also happy to see that so much of Sahaj Yoga is now spread out everywhere. It's spreading very fast. In countries where I never expected, it's spreading out.

So there are people everywhere in the world who want to have it. They want to have their Realisation, and they want to know what is beyond this human life. They don't want to waste their life anymore as human beings; but as super-human beings I should call them, as Sahaj Yogis.

So our ego has to be seen, is to be watched in witness state, how it works and how it tries to dissuade us from the right path of movement. One has to be only careful on that point, because that's the last centre which has to be opened out. Once it is completely open, you are one with the Divine and your all problems will be solved, because these problems are so frivolous and has no meaning and they'll go away in no time, as long as you work it out, your Sahasrara.

It's very nice that today is a very special day with all these three stars coming together, and its special blessing.

If your powers increase, all these people who are very bad, who are trying to capture the society with their political nonsense and all that, they all will disappear. They have no powers, they'll all disappear. So, first of all, your egoless nature will help, will help everyone.

May God bless you all!

2002-0623, Adi Shakti Puja: Use Your Right Side For Giving Realization

View [online](#).

23 June 2002

Use Your Right Side For Giving Realization

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today it's a different day altogether for all of you because this is the puja of Adi Shakti, and Adi Shakti is a complete personality. It's not only the left side that you know. You all know only the left side, from Shri Ganesha through the ascent of different, different chakras on the left side. I didn't want to tell you about the right side to begin with, because those who have gone through the right side got just lost.

They got Gayatri Mantra from the writings but they didn't know what it was about. They just used to learn it by heart. They didn't also know the real meaning of it, and that is how they moved on the right side and, I don't know, they landed up at the Agnya; and then they were trying for the Self-realisation. They were promised that, if you do this right side properly, you will reach to the ultimate goal of Self-realisation, but none of them reached it. Most of them got into a terrible temper, terrible temper of cursing others, of destroying others. All these things they learnt through their right-side movement. There was no Kundalini awakening, and they were made to go up to the, at the most, Agnya Chakra, and then they collapsed into different places of complete ignorance.

All these books were written without understanding that it's not easy to go via right side, but the best was to awaken your Kundalini. The Kundalini directly takes you up in the centre of all the chakras, up to the Agnya and crosses Agnya, and goes beyond Agnya into the Sahasrara, and then it pierces through the Sahasrara.

Now, what is so important about the Brahmarandhra, from where it pierces? I never told you about it. But now I think for most of you the time has come. You see in the childhood the child has a talu, is the fontanelle bone area which is pulsating always. It is pulsating because the Spirit entered through that area, and when you close it, it settles in the heart. Now you have to become the Spirit-oriented person, but how to enter into the Sahasrara was the problem.

The tantrikas who were there, they went through the left side, and they developed all the practices of black – we should say, the left side. So the right-sided became extremely hot-tempered, extremely hot-tempered, I should say, extremely ambitious, ferocious, and they started killing people on the basis of cursing, they were very good at cursing people, to be always forward, push back all the people, and override everybody's rights. They were regarded as the most ambitious and most powerful people.

Now the brahmins and to some extent the kshatriyas, they then took to the right side. Because of the right side they became very powerful, no doubt. They got all the powers over the world and they were regarded as extremely powerful and majestic people, but they were not, because they were so hot-tempered. Hot-tempered people cannot be spiritual. So they were told, "You'll get your spirituality, don't worry, keep moving." And the seven chakras were described, on the right side.

According to them there is bhuh, bhuvah. Bhuh is this prithivi, is this world, bhuh.

Bhuvah is the complete cosmos, or we can call it antariksha.

Swaha. Swaha is consumption at the Nabhi Chakra, and swadha is the, swadha is the consumption inside, is to absorption. Swaha, swadha.

Then is the mind, heart – manah. After manaha came the Vishuddhi. The Vishuddhi is janah, collectivity, people, go to the people

– janah.

Then at the Agnya it is tapah. In tapaha, we have Christ in the centre. Left side they had Jainism, right side Christianity. They were not actually ascending path, they were just side outlets, you can say [laughter], for the energy of people who were trying to seek the truth.

Now this happened for ages in India. All the gurus, all the sadhus, all the big tapasvis, all of them did this, but where did they reach? Tapasvis were the people who could give curses – kshu – sharp, to people. They could curse somebody. With the kataksha, is with the glance of the eye, they could kill somebody, they could burn something. All right-sided powers they had, and with these right-sided powers, where did they reach? To hell, I should say, in a way – if not, in the limbo, as you call it. There nobody got Self-realisation. You read the old books from India, but even otherwise the Greeks, and then we had Egyptians, English and all kinds of aggressive people. Germans. All of them were aggressive. Catholics, and also you had Romans, all of them were aggressive, and were taking the land and property of other countries. Extremely aggressive. They believed in the killing of the people. Extremely, insulting, hot-tempered people.

So how to bring them to the normal, to the central path? One side was, as I told you, bhuh, bhurva, swaha, swadha, it's consumption – this was done by Guru Principle. Then we have manah, janah – that is collective. They became collective, no doubt, because they were so powerful that they had such a lot of people with them to fight for the oppressive. With their oppressive temperament they were fighting on people and were oppressing them.

All this kind of generation came in the history, as you know, and then it disappeared. Wars were created, then so many people were killed. We had Hitler as the maximum of cruelty. They never cared for humanity. Then ultimately it came to the Agnya. Agnya also they killed Jesus Christ, they destroyed Jesus Christ. They destroyed so many great saints who were really saints through the central path; some were incarnations, and they destroyed them.

All this happened since the time of Rama, all that has happened. And, one after another, so many rakshasas came, and they destroyed the peaceful culture of the world. Extremely arrogant show-offs, as we can call them. Very aggressive people. And this aggression came, came with such a great force, and followed one after another. It went up to a point. When people reacted, they were killed and were destroyed. So horrible people were created. All these people, as they were. Aggressive and destructive.

This nature is still within us, some people, because they are right-sided. All right-side people had this problem: temper, aggression, controlling others. The growth stopped, and there was no spiritual growth. They wanted to have spirituality, but with this kind of behaviour they had developed, spirituality ran away. We had so many incarnations. They all were killed, crucified, or were finished. There was no possibility of saving human beings in general. One bad man came and he ruined the whole world. We had one Hitler who really hit all the people, all the countries, all the nations, and we were all finished.

All this is because we have taken to right-sided movement which they thought was easier for spirituality, which was not. So they crossed all the limits, and they reached a stage that they became absolutely devils, rakshasas, without realising that human beings are rakshasas, that's what they become. Even their gurus were like that, and nothing but they tortured even the incarnations, all the incarnations were tortured by them. It was really, how they saved themselves is remarkable. But ultimately they couldn't produce any results.

So the first thing I tried was to study about the Kundalini, that I should be able to raise the Kundalini. And I knew I had come for that, not for anything else, but only to raise the Kundalini of people so that they take to the central path, not to the right or to the left. But I told you the knowledge of the left side, plus raising your Kundalini. By raising your Kundalini, you broke your Sahasrara, and you entered into the realm of real joy of reality.

All these bad qualities started falling out. In the central path, first the Mooladhara came. By the awakening of the Mooladhara and the central path, you became very pure people: your eyes became pure, your licentiousness went away, your cheapness went away and you became very, very – I think we should call them – the Holy People. Unless and until that happens you cannot be in

Sahaja Yoga. You cannot be a licentious, you cannot be a flirtish, you cannot be a man who wants to grab money from others and all that, or anyone who is very aggressive could be in Sahaja Yoga.

So all such people were thrown out. Once they were thrown out, they were showing their teeth, I should say. They didn't like it that they were thrown out. But they understand now, some of them, that "We have made mistakes."

So, first thing is that you must develop your sense of chastity, respect it and enjoy it. That happened because of your Mooladhara being awakened. That's the first chakra on the left side, where you have Shri Ganesha. But on the right side also we have deities. On every chakra we have deities to compensate, but Shri Ganesha is in the centre, and that's how we were blessed by His powerful purity, and we started understanding the beauty of purity, the power of purity. That's how our right side we finished off. Right side was for fighting, for killing, anger. There was no peace for these people. The only thing they knew how to dominate others, and to be intolerable.

So then they rose to a higher, higher level, of Swadishthana. In Swadishthana, they rose, and the aggressiveness of the creative people to create something. Even now we have many: they create all kinds of nonsense, create all sorts of grotesque [artistic movement, creation of ugly things like Halloween masks] also very, very, I should say, dirty things to make a name. So this is the another thing we got it in Swadishthana, people who wanted to have a name, a position. That came from Right Swadishthana.

Then the third chakra that was there was the Nabhi chakra. On the Nabhi chakra they went all out to make money, not Lakshmi but money. Money by any means, and they cheated the whole world. With this money that they got, they did all kinds of bad things. Either they cheated or they were aggressive. Cheating was very much in the left-side countries like India, and aggressiveness in the right-side countries.

In the centre, what quality we have at the Swadishthana is the creativeness: creative of art, which is very beautiful, which is very deep, which is absolutely spiritual. That vanished, and people started showing even the incarnations full of dirty habits. All kinds of filth came in with that progress.

Then, as I told you, there's Nabhi. In Nabhi, people got after money. Left-sided people were making money, right-sided were aggressive with their money. If they were earning they thought they're on top of the world. If they had money they thought, "Nobody is better than us!" All this finished them off, it's finishing. It will come to that point where they will realise that money is not for destroying but for construction: constructing of the country, constructing of the human beings together to bring peace and love among them. For helping. For doing all kinds of good things.

Then the same right-sided people went to the chakra of the Mother, and they were horrible mothers, tried to dominate their children, dominate everyone, and could not sacrifice anything for the children. We have had enough of these women who are aggressive with their husbands, are aggressive with their children. And even the motherhood among men is dead and finished. All that kind of lot when I came on this Earth I saw, and I was shocked, "What sort of human beings are those? What am I going to do with them? How will I awaken their Kundalini?" At the Nabhi Chakra only they were lost, but now it is the Mother's chakra. They had no fatherhood, no motherhood, they draw out their children. Very selfish, self-centred, dominating parents. This was at the Heart Chakra.

Then came the collective chakra, what we call as the Vishuddhi. At the Vishuddhi Chakra they wanted to occupy the whole world. They wanted to occupy the whole world as their own to become emperors, and they formed empires and misbehaved to such an extent that it's not humanly possible to behave like that. They really were rakshasas, I should say, and those rakshas qualities are still there. In their behaviour, in everything you can see how they behave towards people, treating them like that. Creating people who are against spirituality, and those who are aggressive. Then this became like a two-sided world where there are people who are aggressive, and the people who are tortured. This two-sided world exists, even now, but is much less. Thanks to the collective understanding there are many good institutions that were established but they are not working out, they are not so successful, because the men at the head of it are controlling, but controlling what? Not themselves, controlling others. And all their behaviour has spoilt all the work of this chakra.

Collectively we have, if you see around now today, everywhere there's war going on, fights going on, killing going on, destruction going on. How is it? There are so many spiritual people now on this world. So the reason is, the spiritual people have become very quiet, very much enjoying their spiritual life, have become very quiet and very peaceful people. But that doesn't bring peace! You have to be dynamic and you have to bring peace in the world. You have to do something about it. And we are very much satisfied with our progress, but we are not bothered as to see what is the progress others have done, how far they have gone, where can we meet them, what can we change them. At My level I can change many things, but at your level how many people have you changed? What have you done? That has to be seen.

Still you live with your ego, on the Agnya, and you are very happy with your peace, with everything you have got through Sahaja Yoga. This is the biggest calamity that the world is facing today, that those who are all so spiritual, those who have achieved great heights are least bothered as to what good has to be done. What they are doing is to enjoy their own spirituality, come to the puja, have more and more of it. But they have done no collective work to change people.

Some of them are working, one or two, bas! (hindi:that's all) But the rest of them are having a good time enjoying themselves in such a manner that people accept them as great souls, good people, that's all. I would like you to now introspect and find out how much collective work you have done, how many people you have got – like that. With whom are you talking? How many people have you told about Sahaja Yoga? Only so many are there. Christ had only twelve disciples; they were much more dynamic than you are.

So now you should take to the right side. And when you take to the right side we'll create dynamic people, not just some useless, patient, very quiet, peaceful people. This was not the aim of Sahaja Yoga. The aim of Sahaja Yoga is to change, change so many. And those who are doing that, all My blessings are with them. But those who are just keeping to themselves, it is not a very good thing. In your country how many people have got to Sahaja Yoga? Just find out. With how many people you have worked it out?

So yours is not a complete yoga, yours is a partial yoga of the left side, where you are very loving, you are very kind, very this thing. I am not saying that you should become aggressive in any way. But even I have seen people want to be leaders, they want to be something great, but how many people have they given realisation? How many people have they talked about Sahaja Yoga?

I have said even in the aeroplane also you go, you walk in the street, anywhere people talk about Sahaja Yoga. But here we are using Sahaja Yoga for our greatness, for our understanding of ourselves. This is not why Sahaja Yoga has been brought to you. It has been brought to you for giving realisations to many people.

I request all the younger people, younger generation, not to waste their Sahaj energies on nonsense as the old people have done. You better go ahead and talk to people about Sahaja Yoga, and spread the Sahaja Yoga. They are more interested in running schools, in looking after the destitutes, doing this, doing that. That's not your job. Your job is to create more Sahaja Yogis, more Sahaja Yoginis. But that is not there, what I find is it's not there. The right side is missing. You should come to the right side. Go all ahead. Nothing will happen to you. Nobody can kill you, nobody can disturb you, nobody can arrest you. Take it from Me! You have powers but if you don't use them, you are like this.

That is why we have come to the stagnated point that we should know we have to use our right side. Right side is very important. Next time I'll tell you about right side, what right-sided things you have.

Now you cannot become left-sided whatever you may try. So you use your right side in the right direction with the right understanding. Not as some sort of, I should say, very arbitrary or very dominating, like Hitlers. We have had also Hitlers among Sahaja Yogis! But now (laughing) the time has come for you to do something more than what the saints have done before. To work it out that way. Not to keep to yourself that you have a family, you have very nice children, having, enjoying, all that. That's not [what] the Sahaja Yoga [is] for. Sahaja Yoga is for transforming the whole world. You have to think about it: What are you doing? Where are you? And what have you achieved out of Sahaja Yoga?

Then we come to the Agnya. In Agnya, what has happened is Sahaja Yogis are become, they have, they can bear anything, they can suffer anything – that's not [what] we want. What we want [is] to remove the sufferings of others, remove the aggression of others. So we don't, that kind of organisation we don't have, that kind of understanding we don't have. And if that works out, you will be different people.

So, we have become like saints, you see, sitting in their hermit halls, something like that, not more than that. So better try to do something positive without aggression. I know some of you are still very aggressive, are show-offs, I know that. But if you get into the mood of working out collectively, then you will realise what mistakes you have, still what is lacking in your personality. That is very important.

At Agnya Chakra, many Sahaja Yogis falter. I don't know what happens to them. At Agnya, I have told that you must forgive but that doesn't mean that you allow people to do wrong things. Because you want to forgive, it's very easy not to fight, not to say anything, just keep out, just forgive – no! You go and talk to that person and tell him, "It is wrong. You have to face it. If you cannot face it, then you are useless, just like any other people. What's the use of you people getting your Realisation?"

So now we have to understand that it's not only that we have vibrations, that we are all right, that you can cure some people is the last word – no! You have to spread it, you have to go in the public, you have to be collective on this point, and you have to spread Sahaja Yoga. With so many Sahaja Yogis all over the world we have not progressed much. So now it is you have to plan what you want to do, how you want to do it, and how you want to spread Sahaja Yoga. It's very important. Because you people are good at, say, talking about Sahaja Yoga, singing about Sahaja Yoga; all these things are useless unless and until you have concrete proof of getting many more people in Sahaja Yoga.

In a small country like Turkey, we have 25,000 Sahaja Yogis – what do you say? They are all Muslims, 25,000 Muslim becoming Sahaja Yogis, while you find that number is very small in any other country. They are not very rich, but they care for their Self-realisation and for giving Self-realisations to others. It's very surprising how it has worked out, how it has spread.

So instead of thinking of your problems, of your enemies, of your powers, think of giving power to others and making them Sahaja Yoga. Is very important. If you are in Sahasrara then you have all the powers. In Sahasrara if you do not spread Sahaja Yoga, what's the use of getting realisation? Just for yourself? It's being very selfish.

So, I would say that instead of spreading your own glory, your own name, please, try to get more people to Sahaja Yoga. Go into a very dynamic force. So many people have complained to Me that Sahaja Yogis are nothing but dead people. Is that what you are? Only single person like Me has done so much work, so why not you people? In your country, have you worked it out all over? Just think about it. And that's why, unless and until you don't do it, you are not sampurna, you are not complete, and the Adi Shakti's powers you have not understood in its full form.

That's why I'm telling you today it's a very important day that you worship Me as Adi Shakti. But you should know that Adi Shakti has to be a complete form. It cannot be only half Left-sided – no. If that doesn't work out, then what's the use? It's like any other getting any other realisation – that's not so important. Not only that you should spread, but also you should make them, and realise it.

All My blessings, all My love, all My powers I give you but try to understand. All right?

Thank you very much.

2002-0720, Evening Program, The Betrayed Prophet, Eve of Guru Puja

View [online](#).

20 July 2002

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

2002-07-20 Talk after Evening Program of the play: The Betrayed Prophet (Eve of Guru Puja)

My heart is so full, because in this great drama you have really shown the beauty of Mohammed life; how people have misused and troubled all the world around; and now, they are in trouble. He never wanted that but how human beings misunderstand such a great prophet like him.

I must congratulate Guido and the all of you for acting so well and what a drama it was! The synchronization and all that also technique things you... I don't know what to say... in every way it was a very, very beautiful drama.

It has touched My heart because Mohammed is not understood by His followers, not the ones who opposed Him; such a great man of compassion, such a great man of spirituality has been so much misunderstood and Islamic world, so called, and non-Islamic, so called, they never understood the greatness of Mohammed Sahib.

I mean, I was really very much touched by this because he was my loveliest son and I worshipped Him. May God bless His soul and all of you who followed Him in spirit.

Spread the news, get more people into Sahaja Yoga; very easy to get Mohammed's disciples into Sahaja Yoga if they are really His disciples. It's not difficult to get them into Sahaja Yoga because He has already described, described that at the time of resurrection your hands will speak. He has already said so precisely. Nobody has said that, nobody has said that so far; so that shows how great He was.

All the qualities of these great prophets have been misused, have been really misinterpreted, creating all kinds of problems; while they came here to solve our problems, while what we have done is to create problems.

I have such a feeling for them, for all of them.

Today I learned about Pales, Palestinians that they are absolutely fed up now and that's why they are killing themselves; because they have no place to live, they have no homes, no, nothing, they have no prospects.

But also we must tell the Jews to understand them; it is both ways: one has to have a balance and understanding of each other.

God has not created this world to get destroyed; so, nobody has the right to destroy this world.

So, I think we should have a very balanced look at all these things and also if we get them realized, anywhere, whether they are in Islamic religion or they are non Islamic, anywhere... they will realize what is the truth is. Unless and until you know the truth how can you fight and for what, what are you fighting for?

So, I am very happy in a way that Sahaja yogis have understood it and this great man has been brought to the stage and that you all have appreciated it.

So, now have compassion, as He said, and Love for God.

That's very important; though they are misled as Christians have been misled. All these stupid people who follow the religion, so called, have misled the whole world, But the Sahaja Yogis must take to the truth. And they don't have to fight much; they can manage very easily, need not have swords or anything, just they can manage with their Love, with their compassion and with their wisdom, which is very important for Sahaja Yogis, that they should have that wisdom.

I want to again congratulate Guido and Company who have brought such a beautiful thing about Mohammed Sahib. I have tremendous respect for him because he has got the talent of a great dramatist; I mean, just imagine the synchronization and everything, the acting. Apart from you people being very great actors and actresses, he also is a great organizer and such a big drama has been done.

I don't know if any television would like to show this drama because, I don't know, their style is different, their ways are different, and they have to grow still but whatever it is it's a beautiful drama I've ever seen.

May God bless you all,
and specially Mr. Guido, the great!

2002-0721, Guru Puja: First you must have development of your left side

View [online](#).

21 July 2002

First You Must Have Development Of Your Left Side

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja. Cabella Ligure (Italy), 21 July 2002.

(A loud thunder-clap followed by applause)

In India they were all waiting for the monsoons and they are so much worried because the rain did not come. So, I was giving bandhan to the rain and it came here (applause and Mother laughs). And now also they have told, on the television, that it is going to rain in India. But first in Italy! (laughter)

I was told that in Italy you needed rain very much and the first rain you had, few days back, and now this is the second one. Because all the understanding of the problems of our farmers is there. And the rain, you see, is so kind that it works at the right time. I am surprised at the quick behaviour and obedience of the rain.

Today is a great day, for all of us, because we are celebrating the Guru Puja and remembering all the great Gurus who came on this earth to teach the world about the truth. So many of them were [there]. And they tried their level best to explain to humanity what is spirituality. But it's such a disparity that people never understood that spirituality is the most important thing we need. That we have to be one with the Divine Power. All their endeavour have been in the wrong direction. First of course they were very intelligent, more than animals, and started seeking, not the truth, but some sort of a self-emancipation I should say, or, I don't know what to say, call it - self-progress. And in that they lost that they have to first seek spirituality, which is the most important thing.

But, we had two types of journeys: one is through the left side or another through the right side.

In India, I don't know why, we had lots of people who went into the jungles and became saints but they were doing right side tapasya. That is, going into the five elements one after another; and mastering the five elements. Of course there is truth in it, no doubt. You have seen how a candle... (loud thunder clap and Mother pauses to smile)...how a candle tells you as to what is your position inside: if you are possessed or if you are not, a candle can tell you - can you imagine? Candle is so much knowledgeable. Supposing you have a heart, heart trouble - the candle will show. And if you treat yourself with the candle, you can cure yourself. So, it is so sensitive not [only] that it can cure, but also so competent, not [only] that it shows you that you are sick and you have problems but that it is competent to cure you.

That's why, in India, Agni was worshipped, this light was worshipped, the fire was worshipped, that was worshipped first. They must have discovered that the fire knows everything, so the inner, inner awareness of all these elements, they knew about it and that's why they worshipped those elements. So before the Puja they used to call all the Deities who belonged to those elements to witness their Puja. But that turned out to be right sided movement.

Without the left side, right side is very dangerous. If you don't have right side of course it's a big dangerous thing also. But first you must have development of your left side. That is what, to begin with, we had in Sahaja Yoga.

Left side is compassion, is love, universal feeling, or we can say it's the blessings of the Devi which are described, you know it, in the Devi Mahatmyam, that the Goddess resides within you as so many things. She resides within you as shraddha, as, She

resides in you as sleep, She resides in you as illusion, bhranti. All kinds of things are there on the left-hand side, which are already described. And when I told you about Sahaja Yoga, I wanted to make your left side very strong.

Those who, people who, took to right side became very aggressive people, and they had mastered the essence of these five elements, that's alright. But. They were extremely hot-tempered, so much so that they used to curse people, curse them. They used to say things which were not kind; and they didn't believe in the universality. It was such a dangerous thing that they took [to]. In Indian shastras you can see many incidents where people gave a curse, sharp, very common. All these gurus used to curse a person, because they had no compassion, no love, nothing but they had powers of the right side. But we have seen now that those people who have right side, who go only on the right side without the bhakti, without the blessings of the Divine, can become rakshasas actually, can become a great danger for humanity.

This is a very serious thing. Through your intelligence, through your thinking power, your ego can go to any limit and create problems within you. Now the ultimate of this problem is, we have seen is, are many diseases, which are absolutely incurable. Even some people, right-sided, some people, can get a kind of a cancer called blood cancer. And this blood cancer, now we have cured it, but even if it is cured you can go back to that kind of aggressiveness, thinking that you are very right. Such people always try to find faults with others, that such and such person is not good, he's doing harm, or any way they can find faults with others, not with themselves. Their attention is outside, not on themselves. They never see what's wrong with them, but they always see what's wrong with others. By doing that, you see, they are climbing the ladder of a horrible right side, which can give you horrible diseases. As I've told you, first is the blood cancer.

If you get rid of the blood cancer then you can get into another problems. Nowadays there's a very famous disease called Alzheimers. This is also the side of the right side; because if you don't have that bhakti, that humility, that blessings of the Goddess, you can develop all such horrible diseases which are not only fatal, but also very injurious to others.

So by being right-sided you do not progress. You can become a big ascetic, they call it, who can curse others, who can put them into troubles, think that that is a great power - it is not. It is not at all. Because, though you are not suppressed by other powers, negative powers, but your own power takes your life.

So Kundalini, when it is arisen, the best thing is to go to the left side, not criticising others, not talking ill of others, but seeing within you, what's wrong. Find out what is the matter with you. First it starts with self-importance, that "I am a very important person," and with this self-importance you go on troubling everyone and torturing everyone, and all that. But because of your right-side movement, you can become very successful. Hitler was the climax of that. And that's how people start taking to very, very cruel things.

Nowadays, I think that some people are ruling everywhere with their right side. We do not have people who are using their left side. And whenever they use their left side they are called as saints.

Now you all have the powers of the left side. Some of you do have little bit right side also, doesn't matter. Now I would say that you have achieved your left side mastery: Kundalini awakening is there, you are one with the Divine. Now you can come to the right side and know about right side, and try to express your right side. You can express it, not by dominating others, but dominating yourself. By self-examination. By understanding what's wrong with you. Why do you behave like that? Why do you trouble others? Why do you overpower others? Such people will always, I have seen, organise and arrange, and do this and do that. Instead of organising themselves they'll organise others. These things complicate.

But if you have love and if you have bhakti, you can very, very easily dominate others in a very different manner. It is not that you dominate by cruelty, by oppression, but you dominate with your love. And you don't want to dominate, but easily people get very much succumbed to love and to magnanimity, to generosity.

So all these qualities you must first develop within yourself: is the left-side problem, that - you should be very peaceful, you should give love to others, you should be generous, you should be kind, and see how much it means. I've seen some people who

are extremely rude, they can be rude to anyone, that's their nature, which they should overcome with the left side. Rudeness is not the sign of a saint. A saint is extremely peaceful, and never gets rude with others.

So the introspection should work first of all, "Where are we wrong? What wrong things we are doing? What is our style?" Once you discover that your style is already left-side, then you should take to right side and possess the power of right side.

What are the powers of right side now, which are achieved through the left-side perfection? We have some very great Gurus on this line. One of them was Raja Janaka. He was a ruler of a country, and a very well-known ruler and everything; but still, still, though He was so generous and good and everything, but at the same time He was a great monarch, great king of those days, very much known for His impartiality, for His statesmanship and all kinds of beautiful things He did for His subjects. That is there, is Raja Janaka. He could not get disturbed with anything. And people never understood why the greatest of greatest saints used to bow to Him. What was so great? Though He was a king, He was living so lavishly and He had so many of ornaments and also conveyances and all that; because nothing was above Him, He was so detached with everything. He had everything, but He was so detached. That's a very good example of a person who had mastered His left, and now who was the king, Raja Janaka, was there.

Like that we had many people later on also, one after another, who were extremely, extremely rich, extremely, I should say, powerful as kings, but inside they were absolutely like divine personality. Nothing disturbed them, nothing made them feel greater or happier. No position, no power was to them great.

This is a complete emancipation of human beings, that you are realised soul. You should be fully equipped with compassion, love and understanding. But at the same time, it should be expressed in the right way. For example, we can say Christ, He's another example. Though He was an Incarnation, still the amount of forgiveness and love He has for people is tremendous. But at the same time, He used to go on the mountains and preach about spirituality. Those were not very safe times, because people didn't like anybody talking like that. They hated Him because He talked about God. And what they did to Him you know very well. Doesn't matter. Though they crucified Him, still we all respect Him as a great personality. Reason is, He was, He was no doubt an Incarnation, but still He went all out to give His achievements or, I can say, whatever powers He had, to others. He went all over the places, He had no facilities, but still He went out to many people and tried to save them. This was the right-side movement.

That means Sahaja Yogis can also become right-sided, but like Christ. Otherwise if they are right-sided they'll organise, they'll do all kinds of things, and have problems of the right side. That's why I want you to avoid the right side. But once you are fully a left-sided master of Sahaja Yoga, then it's very, very much needed to be a complete personality of spirituality, that you should take to right-side movement. And what is the right-side movement is the collectivity.

Should not be satisfied with what you have got. It's very easy to feel, "Oh, now we have got realisation, now what is there? We are on top of the world!" That's not so. You have to go out, talk to people. They will insult you, they'll trouble you, they'll do all kinds of things. But you are already a person, already a realised soul. You can listen to them, what they are saying; you will not ask for anything, but you'd like to do good to them. This is also a compassion, that you don't want to keep your realisation to yourself, but you want to do it for others also so that they also get realisation, it's very important. If you do not feel that way, the pity for people who haven't got realisation, think of the times you were not realised. These people are also not realised and they are having a bad time, they can be in for any trouble.

So now, it's not that if you have got realisation you settle down with it - no, that's not the way; but you should go all out to see that you give realisation to others, and save them. You all have got realisation not for your sake, it's not limited for you, but it is meant for others, that you have to give it to others. And as soon as you'll start giving it to others you'll be amazed, so many qualities in you will come out; because when you see others, you find that what is lacking in them, what do they need, what you have to give, how you have to give. You can become anything, you can become a poet, you can become a writer, you can, anything can you become, in case you face others. Then it comes as a reaction within you, all these qualities develop, and you become a very good, I should say, artist. This is only possible if you meet other people and talk to them about Sahaja Yoga, and tell them about your Self-realisation.

I know there will be problems, I know. That is true. There will be people who will oppose you, say all kinds of things against you, and they'll try to stop your activities and do all kinds of harm, doesn't matter. But that's the thing you should achieve, is to meet people, talk to them and start telling them about Self-realisation; you have to save them. That's important. But first of all you should know that you should have no right-sided complications, otherwise they'll all run away.

A person who is spiritual is supposed or accepted to be a very humble person. Of course because he is humble, people will take advantage of him, say all kinds of things, it's alright, is a part of the game. But, he doesn't mind, he doesn't mind anything. Anything that comes his way, he doesn't mind. But what is the main thing is that he has compassion. His compassion that he had before from the left side is now expanded, and he wants to save the people.

People don't have food, is alright, it's a big complication; if people are starving is another; but if they do not get spirituality, what's the use of their human life, why did they evolve to this state? They are evolved from animal state, from the worst possible conditions, to a human state. And now if they do not get their realisation, that means this is worse than starving, worse than all kinds of poverty, worse than all kinds of diseases and troubles. So why not try to give them realisation? Why not see that you give them realisation?

But first and foremost thing, as I said, that in the left you should be very strong. You shouldn't start doing it because you have got your realisation, you can give realisation. So you should not start doing it unless and until you have strengthened your left side.

Such a person is extremely humble, extremely straight, doesn't grudge about anything, doesn't grumble about anything, and can adjust itself into any circumstance. It is not attached to anything. It's an automatic detachment, it doesn't have to detach. You may do anything for that person, you may try to get anything for that person, it's alright. That person will accept, no doubt, but without any attachment to anything. Such a detached person is the one who can work it out, all kinds of propagation of Sahaja Yoga. Today that is the greatest need of the world, that we have to have more Sahaja Yogis. Now, people are so shy to do that, it's very surprising. But I have seen people who don't have any truth, who have all kinds of bad gurus, get after others, try to spread their false ideas. But Sahaja Yogis, why should they feel, why should they feel shy, I don't understand.

So, talk about this to everyone, bring them to Sahaja Yoga. Is a very important day, because as a Guru puja, they say that a guru cannot give anything to you. But I can give you the advice, and the advice that you enlarge your heart, you become humble, and try to spread Sahaja Yoga with humility, not with aggressiveness. That is extremely important. If you can do that, then you'll do full justice to this life, which is a spiritual life. Without that you cannot achieve, you cannot achieve, the strength of spirituality. For that you have to understand that it's very, very important that you should give Sahaja Yoga a full chance, through your wisdom.

What I receive [is] mostly the letters are that this person is troublesome, that person is troublesome, that person is doing like that. Forget it! All such persons are not important for Sahaja Yoga. But if you start on proper lines you will be amazed, you'll meet so many people who want peace of mind, peace of heart and a complete oneness with the Divine. They may not accept, they may not say, they might have gone to the wrong people also, possibly. But despite everything, they would like to have a real spiritual peace within themselves. Is a very common desire nowadays among people, but to approach that and to reach that, you have to take to a life of a very simple personality.

You see, if you are so much interested in money, or if you are so much interested in your so-called powers or in your ambitions, then Sahaja Yoga cannot do anything. But if you are interested in your compassion and understanding about today's world, how it is in a turmoil: why? Because of the human beings being in the wrong.

What we have to do is to pass them the knowledge of the Divine. That should be your desire, and that is what you'll feel very much comfortable with. All other desires, all other wants are, as you say, it's very transitory. One desire is to spread Sahaja Yoga, is so beautiful that you go on working on it, and every time you do that, you will be so joyous and happy, you'll have no problems

of any kind. That's the sign of greatness of Sahaja Yoga, and I want you all to become like that.

As today's day is great, because we are thinking of all the great saints who came on this earth and who tried to lead us. What they did, all of them tried to spread the truth all over the world. They suffered a lot, they had problems, so many problems, but they worked very hard in every way to spread Sahaja Yoga and talk about God and divinity.

All that is what today you have to give Me, a promise, that whenever you get any other human being, you can tell them about Sahaja Yoga. Not that it's important but it's absolutely immediate need of the world. If you understand this point, that at this time, why are you in this world and what is the need of the world, you will immediately start feeling the responsibility.

Whether you are a man or a woman is not important. Go all out to preach, think, make people understand about Sahaja Yoga in every way that is possible, and I think, then, you will become complete as gurus. If Sahaja Yoga is just with you, you cannot be a guru. 'Guru' also doesn't mean that you go on preaching about Sahaja Yoga, talking about Sahaja Yoga, giving lectures about Sahaja Yoga, no! It means the one who gives realisations to others. How many people you give realisation is the thing, not to be counted, but to be felt within like the ripples, waves of the Ocean of Love in your heart. So beautiful it is to see that people get realisation and are immersed in the joy of spirituality.

That's what I want you to do. That's why I am on this earth. I had to suffer also quite a lot, doesn't matter: so-called sufferings, I was watching it just like a drama. So it's ok. As long as you do not pay much attention to all these sufferings, what is so great?

Now you have seen yesterday a beautiful drama about Mohammad Sahib. I always used to think, and it was such pain, about Him, that how people have misunderstood and have gone astray: why they are doing all wrong things? Now, I feel happy that at least you people have realised His greatness, and have understood and made such a beautiful drama out of it.

I don't know how far we can propagate this, but it's a fact that Mohammad Sahib Himself was finished, then also His daughter, grand-children were finished, His son-in-law was finished. And after that, by finishing them, they started another horrible thing called Sunnis. Now, the Sunnah religion is not near the truth at all, it's some sort of a very aggressive and a very cruel religion, and that started spreading everywhere. In the real Islam religion of Mohammed Sahib [cruelty] was not there. Those people who killed Him started becoming 'Islamic'.

So this is also a very wrong thing, that a man who was so great and so much of spirituality was not just accepted, and somebody who killed Him is now accepted. It can happen in anything. But the worst it has happened in is Islamic world, which is very dangerous, and that's we see that, in the name of God, how many bad things they are doing.

So, try to understand that it is not the fate of Mohammad Sahib it has happened, it's not the fate of reality it has happened, but it's an eye-opener for all of us to see that the Truth is always challenged by untruth. And we should stand by the Truth, whatever may happen. And a day will come when people will realise that this was a wrong thing they were being, all the time been following, and have been doing all kinds of nonsensical things.

All this will work out I am sure, very soon, if My desire is that powerful, I'm sure that they will realise that to be kind, to be nice, to be compassionate is the best way to feel happy, nothing more than that.

May God bless you.

2002-0724, Guru Purnima Puja: What is our duty?

View [online](#).

24 July 2002

What Is Our Duty?

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

It's very interesting the way you've found out. Today is the real Guru Purnima.

The Purnima is the day when the moon is full. I knew this, but for Sahaja Yogis which we have to arrange Saturday, Sunday, Monday – Friday, Saturday, Sunday.

Whenever it is, whether it is on that date or not, we have to arrange it. So in that case, this time it was a day, I think two days before we arranged it; it's alright, it doesn't matter. After all, moon is there for us and we are for moon, so it cannot be something that would have very wrong in it.

I have already told you such a lot about the Guru principle. In the Guru principle, we have seen people who came on this Earth. They were all mostly born realised actually, and they never gave realisation to anyone to – it's a very big difference.

They were all born as realised souls and they became as Sufis and they're called by different names, but they were not given Self Realisation, they had it. And because of their Self Realisation, as they had, they have so much of knowledge and that is what they try to impart to people.

They knew all about Chakras – everything they knew, somehow, must be in their last lives achievements that they knew it, perhaps. Some of them were disciples of other very great people.

I don't know how they had full ideas to what is Self-Realisation is and what do we achieve out of Self-realisation.

Now the only person, I think, Mohammad Sahib, is the one who has talked about Miraj, is the ascent. Miraj is the ascent through our Kundalini.

Of course, in India, they did talk about it, but in any other country, they didn't say so clearly that there is something called Miraj. And, not only that He talked of Miraj but also he talked of the resurrection time when your hands will speak. Two things He said. First is, "Your hands will speak when you will get your Realisation". It's a very great thing to say, because that is how you can ascertain and you can be sure that you have got your Realisation.

That's the sign He gave. And the second thing, He talked about Miraj. And the white horse, He said, was nothing but the Kundalini.

But He didn't used the word Kundalini, but He said it's a white horse. So, He is the one who knew what should happen to people when they get Realisation.

That is a great revelation to all of you and of such a help to Sahaja Yoga.

You are all realised souls because you can feel the vibrations – one thing, and secondly how you have become, He explained very clearly.

We have so many saints in India, so many of them, one better than the other. And whatever they talked, whatever they say, is so remarkable, is so remarkable that – actually we, human beings, I think were very dumb, that they never realised it, that we have so many saints here.

Even in Turkey, we had Sufis where it's a Sunni religion. There too, we had so many Sufis. All over the world we had Realised souls.

They were not incarnations, but they were born Realised souls.

So, you see, their explanation and everything is very good because they were human beings and whatever they said was very much good for human beings to understand.

Because an incarnation said something, it is something from the beyond and these new, I should say, advents of the people who were really human beings and had become Realised souls and how they have talked about various things is very remarkable.

Firstly, most of them were poets. And this, we had Kabir in India, we don't know how he was born, where he was born, who were his parents and all that, it's absolutely not known. Despite that you can only make out from his poetry that he was a great, great Sahaja Yogi, and how he has described things very interesting.

And he brought forth so many fundamental truths in his poetry and he talked about it. He didn't belong to any religion as such. When he died there was a fight between Hindus and Muslims: what should we do with his body? And they say when they (had) lifted the sheet that was covering him, they found flowers, two types of flowers, one for the Hindus and one for the Muslims. So that's how he solved the problem of this stupid fight people were having.

In Sahaja Yoga, we are not belonging to any such stupid religions, we belong to one religion: is Vishwa Nirmala Dharma. And all the stupidity of all these religions we should really throw away. Because, what you just see now today, everywhere, every religious group is fighting each other, beating each other, finishing each other.

I mean, it's not the way a religious person should be like that, but they are killing each other.

I mean, all kinds of horrible things they are doing. Unbelievable how they can do that, such cruelty. And first thing is, for a yogi, or for a saint, cruelty is absolutely not there.

They'll sacrifice their lives, they'll do anything, but they will not be cruel to another person. Now, those who in the name of God and religion are cruel are actually not at all by any chance, are religious people.

So this is what the perversion of religion is. And we all should understand, if you belong to Sahaj Yoga, then for us kindness, sweetness, compassion, love is the main quality we should have. And if we don't have that, then we are not Sahaja Yogis.

So we are a different clan, I should say, a different personalities, who are really Realised souls, who are above all these nonsensical ideas and who have vibrations.

But, as I've said, that now you must spread it, because I have come on this Earth just for people to get their emancipation, their Realisation. And unless and until all the people who believe in their emancipation get it, I won't be happy.

There are many who do believe, but not yet got their Realisation, so you have to work and you'll be amazed you'll find people who are very anxious to get their Realisation.

It will work out on this Guru Purnima day, is a very auspicious day.

I bless you with a special power that you can give Realisations to others. Don't get involved into your own problems, that's not important, that will all be solved.

Mostly what I get, letters about is this, that, all personal problems or some sort of other problems. What you should do is to see what is your problem within you, what is happening within you, why we are having a problem within, what is our duty, why we have got Self-realisation, why we have got this wealth of spirituality and what should we do with it.

I tell you, if you really think about it every day, even for half an hour, you will realise that you are very well equipped people.

Saints have done so much, they have written so many things, they have fought the people, they did everything. You don't have to do anything like that. But one thing is: you must spread Sahaja Yoga.

Even now Sahaja Yoga is not so much accepted everywhere, people don't know about it, it's surprising, while all other kinds of horrible gurus are very well known.

So we have to do it by our behaviour, by our understanding, by our whole life, people should say that, "These are something rare people and different people".

I am happy today is another day of Guru Purnima which is a very auspicious day, and to be regarded as a very big blessing for you because this gives you, I mean this is a certificate, that you all are capable of being Gurus.

You have to become that, becoming is important. In Sahaja Yoga, becoming is important, all other things are really of no use.

You have to become, specially ladies are very shy, I think. They can do a lot and they should work it out. They are shy for nothing at all, what is the need to be shy?

They are very shy ladies and they just don't get into the whole working of Sahaja Yoga. You should. If the ladies start talking about it, I think it will work much faster.

And I bless you all to do this work, which was left half-done by the Saints. It is your duty to complete it.

May God Bless You.

2002-0801, VOA ITV Interview with Sir C.P.

View [online](#).

1 August 2002

Speech by others

New Jersey (United States)

Talk Language: English | Transcript (English) – Draft

VOA ITV Interview with Sir C.P.

Interviewer: ... me Mr. Chandrika Prasad Srivastava, a retired IS officer who's had a sterling career in the government of India, he's been the Joint Secretary to the Prime Minister of India in '64-'66, Chairman of the Shipping Corporation of India, also he was the Secretary General of the International Maritime Organization of the United Nations and has won several accolades. He was knighted by the government of England and he's won the Padma Bhushan, and has won several awards from different countries - Norway, Italy, Germany - for his service in the Maritime Organization as an administrative officer. Also, of course, above all he's the husband of Shri Mataji Nirmala Deviji, whose name is synonymous with Sahaja Yoga these days, and he will tell us all about His journey, his transformation, from a skeptic to a believer in this discipline of Sahaja Yoga.

Mr. Srivastava, it's a pleasure to talk to you as well in the ashram in Ridgefield Park, in New Jersey, in Sahaja Yoga. Tell us - your wife, your consort, your spouse has been a proponent of this technique of Sahaja Yoga for over thirty years now and I believe, according to Her as well - because She told me, not on this interview but before that - that you were never really a big believer of this discipline.

Tell us how this transformation took place, because I'm sure there are a lot of viewers who may relate to you and your story about your transformation, this big transformation that happened in your life and how it has impacted you as well.

Sir C. P.: Thank you very much for this opportunity. It is quite true that when She began to propagate Sahaja Yoga, I was a skeptic. Not just because I happen to be Her husband but because also I was a bureaucrat trained not to accept anything until it was proved beyond any doubt. And therefore, when She told me that She was now going to engage in Sahaja Yoga with a view to transforming human beings from within, I wondered whether that could really be done, because I had dealt with many human beings in my career. I provided a good model, but I don't think I could ever have transformed anybody. Perhaps they became a little bit more hard working, more devoted, but inner transformation is something which was to me an impossible feat. Therefore I was a skeptic to begin with, and I kept aloof from this in the beginning.

But then something happened. And what happened was: in 1973 I got elected as Secretary General of the United Nations Maritime Organization and we went to London, my wife and I both. We took up residence in a place called Oxted in Surrey which was a little away from London. I used to commute.

Now things are going on, She was attending to Her Sahaja Yoga work, as well as to Her duties as a wife or as a mother. And then one day when I returned home, I found in my house a young, white gentleman sitting on the sofa in my drawing room. I didn't know how he had come. I don't know who he was, and I was greatly surprised. And I was wondering whether I was seeing real or there was something wrong with me. But soon I found that he was wearing my clothes, so I was perplexed totally. And I felt something really wrong with me. So I retraced my steps, went back to Her, my wife, Nirmala Devi, and I asked what the matter was - was I sane or insane already. She says, "No, no. There's everything all right."

And then She narrated to me a story, which is briefly this: that She had gone that day to London, to Piccadilly, and there She saw a young man lying on the floor, unattended and obviously very sick. So, She's a person of great compassion, which I had known for many years. She went up to that young man said, "What's the matter with you?"

And that boy said, "I'm sorry, I'm sick, jaundice and so on, and nobody to care for me, I'm sleeping it rough" as they say in London.

So She said, "Okay, would you like to be helped?"

He said, "Yes."

She said, "Come along, get up, come with Me. Hop into My car." And She brought him home, and when that boy came home, he was dirty, filthy and so on, so he had to be given a wash immediately. But he had no clothes to change and that is how She gave me a set of clothes. They didn't fit him quite, because he was not as tall as I am. So that's how he was wearing my clothes.

Now I was very happy because out of sheer compassion - She didn't know who this person was, what was his country of origin, what are his diseases. Took great risk. I don't think I would have personally taken that much of risk. But She was a very brave person, full of compassion. So, She said, "Okay, come along." And I was very happy about it.

Then what happened was, this young man stayed on for a couple of months or more than that in our house and She treated him with what was Sahaja Yoga - Sahaja Yoga treatment. And from day to day this young man began to transform himself. He was addicted to drugs. And next morning he said he didn't want any drugs. Drugs had gone away, and I couldn't believe it but there it was happening right in front of my eyes. He did not want any alcohol, he did not want any bad company and, you know, after a period of about four or five weeks he blossomed into a handsome young man. And eventually he was cured of his diseases.

We found out he was a qualified engineer from Australia. And then we helped him to get back to Australia. Can you imagine the happiness of his parents to have got back that young man?

Now having seen that I could not remain a skeptic anymore. So that was a personal experience which changed my whole approach. And then I began to see others as well, his was not the only case. There were others also. Some related to drugs. They came after talking to Her on telephone and feeling attracted, something there which brought them to Her. And after this Realization, which you saw today, they would say, "Well, there's something that has happened to me. I have no problem. I don't want any drugs, or alcohol, or things of that kind."

So that is how I began to see and that is how Sahaja Yoga has grown over me. And I have become from a skeptic to a convert, to a believer.

Interviewer: That's great because coming from the words of a bureaucrat you've had such a sterling, impressive career in the service. Do you feel that it has helped you in your careers as well, and also in your spiritual growth, in your physical, emotional enhancement?

Sir C. P.: Yes, greatly. I'm eighty-years of age now and I have lived a life, very busy life, very hard work, eighteen hours out of twenty-four would not be an exaggeration and yet I have not suffered from any tension. You know when in United Nations you deal with a hundred and fifty governments and you deal with all kinds of people, it's a tense job, but I had no tension. I attended to my duties very well to the satisfaction of everybody. I was first selected for four years, I was reelected for three further terms, four years. They wanted to give me a fifth term which I decline. So I attained a degree of equanimity which I would never have attained without Sahaja Yoga, and inside balance, you know it is with that balance inside you that you can really approach all countries, all governments no matter who they are with the same devotion, same dedication. And as you have seen so many awards from many countries. It is just because they felt that I was for them. I was for everybody. You know countries in Latin America, Africa, Asia, Europe they all supported just because my attitude was one of a Sahaja Yogi. A Sahaja Yogi is someone who is not full of ego, who desires to serve. Who feels that the world is one, who genuinely feels that human beings belong to one race, that is one human family. So that is how it has helped me greatly in my duties.

Interviewer: Tell us - on a little detour and digression here, you have written a book on Lal Bahadur Shastri, the Prime Minister of

India. Throw some light on that as well.

Sir C. P.: Thank you very much. Yes, that's also a subject after my heart. I had the great privilege of working with Mr. Shastri when he was first Transport Minister, then Commerce Minister. I went back to shipping and came back again when he became Prime Minister. I worked with him, and it was a wonderful experience, great experience. He was an unassuming man, short statured, mild; but inside he was very strong and his stature inside was very big. First of all he was totally honest. You know, for a political leader to be totally honest provides a very rare example. He had humility in him. He was a great nationalist, devoted to his country. But he wanted to promote peace with Pakistan and with all other countries, and he devoted his life to that kind of pursuit.

He was a common man, a poor man. His background was very poor ... you know he came from a very poor family. He lost his father when he was eighteen months old. It was a great struggle even getting educated. But despite that he kept to a very, very strong moral and ethical code. Never to do anything wrong. Never. That he decided very early in his life and maintained to the very end of his life.

And with that kind of background, he served the country, first in U.P. then in Delhi. He was member of the cabinet of Pandit Jawaharlal Nehru, had very various portfolios: transport, communications, commerce, industry, home. Then he became Prime Minister. Unfortunately he was Prime Minister only for about nineteen months. He had a heart attack and he died because of some circumstances. But during those seventeen months he demonstrated that he was a great leader of his country. People began to love him.

When there was a war during this time. Pakistan attacked India and Kashmir and Mr. Shastri said, "Kashmir is India, and as long as it's part of India then any country that attacks India must be, you must defend your country." So he defended very strongly. But he never called Pakistan an enemy country. He said, "This is a military regime which is trying to play tricks. We'll deal with them."

He said, "Pakistanis are our kith and kin. I have no problem with them at all. There's no problem, we want to be friendly with them. But if someone attacks our country, then we have to defend."

He stood for the common man, for the poor man. He said, "Planning has no meaning if the poor remain poor, so we must aim at helping them." He was for friendship with all countries. And that was his philosophy of life.

And, if I may mention, he was a great admirer of my wife, Nirmala Devi. Whenever we met, he was most respectful to Her, in fact he wanted Her to join politics but She wouldn't. She said, "Spiritual activity is enough for Me." But he had recognized Her and was very deferential to Her. So it was a wonderful experience.

Interviewer: And last, Mr. Shrivastava, very quickly, what legacy do you leave behind as a bureaucrat?

Sir C. P.: I think Indian bureaucracy, particularly the Indian administrative service, has a tremendous role to play, has played and has a tremendous role to play. You know, in a democracy, permanent civil service is a very important part of the system that governs the country. Political leaders are elected for a term. And that is democracy. No one is permanent there. No one should be, because people must have the right to reject or elect every four or five years. But there has to be some permanent machinery which keeps the administration of the country going, which is fair, which is objective, which is honest, which advises correctly the ministers, which implements the decisions correctly. So, that is the steel frame of a democratic country. And that steel frame is provided by the Indian administrative service.

So, it has a tremendous role to play in the preservation of democracy, in the honest governance of the country. So my main message to my own fellow civil servants would be: they have to be aware of the tremendous responsibility they have. They can provide honest administration to the country. They can promote policies and implement them. They can help in the promotion of policies which are pro-poor, and they can ensure their implementation so that the poor cease to be poor.

I want all my people to have good drinking water, to have food, to have clothing. It's very hurtful to see poverty. But Indian administrative service, if it gets down to it, can provide a tremendous support to all programs for the alleviation of poverty, and of course for running the country properly, for industry, for trade, for transport, everywhere. You know people in the administrative service, they hold every position of power down from the village to the Prime Minister's office, to cabinet. Everywhere. Any important position is held by an IS officer, secretaries to the government of India. They are the ones who can really promote the welfare of the country. So my position to them is: Serve your country with total commitment, dedication and integrity.

Interviewer: We are in dire need of people like you, definitely. And thank you very much, Mr. Srivastava

Our guest today is Mr. Chandrika Prasad Srivastava, retired IS officer, a distinguished bureaucrat, and above all espousing the technique of Sahaja Yoga for the path of Self Realization. I'm Rita Lobo reporting from Ridgefield Park in New Jersey.

2002-0801, VOA ITV Interview with Shri Mataji

View [online](#).

1 August 2002

Interview

New Jersey (United States)

Talk Language: English | Transcript (English) – Draft

VOA ITV Interview in New Jersey (USA). 1 August 2002.

Interviewer: ... also She was promoted even by Bhurigumuni, the ancient astrologer, in Nadi Granth. And that's what Mataji talks about all the time: how to get Self Realization, how to get the absolute knowledge and the absolute truth.

Sahaja Yoga, as we know, is the spontaneous union of the individual consciousness with the Divine Power through the awakening of our Kundalini which many times remains dormant in our system.

Mataji, it's a pleasure to talk to You right in Your home turf, in New Jersey, and tell us ... I know last four years ago I met You. It was a great experience, and I want to tell our viewers again what it is all that You've been doing, promoting Sahaja Yoga for the last thirty years now all over the world.

Tell us again briefly for viewers who don't know what Sahaja Yoga really means and signifies. What does it do and how do we get that absolute knowledge through this discipline?

Shri Mataji: Saha means with. Ja means born. Is born with you the right to get this yoga, is the union with the Divine. So this is your birthright. All human beings have this right to get the awakening of their Kundalini by which they become one with the Divine Power. This is the real yoga.

Interviewer: Right, and as I said, even the ancient sages and astrologers, Bhurigumuni talks about it and You've written in Your book also, Meta Modern Era ...

Shri Mataji: They all have talked about it, but in those days they used to work on, I would say, thousands of people. Then select one of them. Then cleanse them. And then they used to give them Realization.

Now the difference of this modern Sahaja Yoga, you can call it, is this: that you first give them awakening. Let them see for themselves what's wrong with them. All right.

Once they find out, let them correct themselves. And then it's perfect. Because if you try like this, then it will take thousands of years to give Realization to many people. With this method you can give collectively to thousands of people Realization.

Now we have to change the world, and how can we do it on individual basis if you go? This is the best way now; thousands are getting Realization all over. And now they are telling Me it's in eighty-six countries working out.

So we are going to have a global race, you can call it, a global awakening. Which is very important. And without this awakening, we cannot get transformed. This is to transform you, to completely change you.

Now as you know we have, they say there are six enemies we have within us. In Sanskrit you know them. Now all these enemies, which are lust and greed, and things like that - jealousies, and all. All these can be completely destroyed by Kundalini awakening. You become a different person. You become the Spirit.

Now in all the scriptures it is written "Know thyself." And that should happen to you, that you should know yourself. Otherwise, all gimmicks are going on. All kinds of gimmicks as I told you last time also. They are of no value. And they're not going to give you any results. What you should do is to get your Self Realization. It's not difficult. It's free. Why not?

Interviewer: But Mataji, how is Your discipline, how is Sahaj Yoga different and unique from other yoga techniques for Self Realization?

Shri Mataji: Others ... you see out of them Raja Yoga is called, one Raja Yoga. Now Raaj Yoga actually happens within. What happens, when the Kundalini rises, She closes the chakras. That's called as kumbha. But you can't do it from outside, you see?

Now supposing you move one wheel of the car. Will the car move? In the same way, your energy has to be awakened.

Now there's Hatha Yoga which was thousands of years back they were practicing the same way - first cleansing - this, that - but

ultimately, they said the same thing what I do. That they said you reach a stage which we call as thoughtless awareness and then doubtless awareness. But in Sanskrit it is thoughtless awareness they have divided in two - Savichar and Nirvichar And in this thing - Savikalpa and Nirvikalpa. They have divided. But we say you become thoughtlessly aware to begin with. As Jung has said about it. And then beyond that is Nirvikalpa and you have no doubts about yourself. You know yourself, you know everything, when your knowledge is perfect.

Interviewer: But, Mataji, now You said it's a spontaneous, and we've both said, it's a spontaneous union of our inner consciousness along with the Divine Power. But that's only for that brief, few seconds that you get that Kundalini awakening ...

Shri Mataji: No, no.

Interviewer: But then we have to keep practicing.

Shri Mataji: No, no. You have to grow.

Interviewer: That's what I want to ask You.

Shri Mataji: You see, you have to grow because it's like a primule in the seed, you see, which sprouts first. Then it has to grow into the tree. And for that, hardly one month, you have to attend our programs four times or five times. You can become masters. Nothing much to be done. Because they'll tell you the absolute knowledge. Now supposing on the hands, I told you that time also ...

Interviewer: Vibrations.

Shri Mataji: ... that you can feel the different centers. Now, how to correct them? What are they? All this knowledge has to go to you and that takes hardly any time.

Interviewer: Now, of course You say just like the thumb is creativity and this finger is, you know, being collective and then there is wisdom over here, the integration in the middle.

Shri Mataji: Innocence.

Interviewer: Yes, innocence

Shri Mataji: And wisdom.

Interviewer: Now, but the thing is, you get that Cool Breeze for that brief period of time. But then how does one ... You said, you know, you practice for one month. That means we all become realized souls? But there are people like sages and saints in the Himalayas trying to find the absolute truth, and here we do it in one split second.

Shri Mataji: That's how. Because the times are such. This is Ghor Kali Yuga. At this time it has to happen. It has to happen that way. Of course, I must say that I did study human beings, their permutations and combinations. And when I was forty-seven years of age, then I found out the real way of crossing it. And then I started working out with others.

Interviewer: So You tried other disciplines as well?

Shri Mataji: First of all I had to find out what's wrong with these human beings. Because I was born on a different level. So I used to study everyone: Why are they not becoming realized souls? Then I found out they had problems. Then I found out only how these combinations can be worked out and all of them can get Realization.

That's how it has become collective. Any discovery, if it is not collective, it is useless.

Interviewer: Right.

Shri Mataji: All the saints have suffered. Everybody has suffered. If they had people like Me who would have said, "No, all the people should get it," then it's not so difficult. Though there are people who are little bit go against Me because I say they are false. That's it.

Interviewer: We have to know the good from the wrong, and right from wrong.

Shri Mataji: Of course. We must find out. So many people are lost like that.

Interviewer: But then You said that you have to practice. Do You think that those people who have practiced Sahaja Yoga have totally transformed their lives or are they going back to their same selfish selves or does the transformation really become a permanent thing in their life?

Shri Mataji: Ninety-nine-point-nine percent are. Maybe little bit might be some person, may not. But what is My experience is that they become absolutely, absolutely all right.

Interviewer: Now, You have kind of modified it for the modern day times.

Shri Mataji: Ah, yes.

Interviewer: Now You tell me the ancient Sahaj Yoga technique ...

Shri Mataji: Ancient Sahaja Yoga I told you is in Patanjali Yoga they have written down. They have ashtangas, out of which these acrobats are only wee part of one of them. So all that you do, and this and that and then the guru finds it out. He might even beat you. He might even hang you on the well, do all kinds of things just to put down the ego.

Sahaja Yoga is the other way round, first you get your Realization and then know what's wrong with you, yourself. Like people will come and say, "Mother, please help me, my Agnya is caught." This chakra. Means he has ego. Nobody would say that to anyone that "I have got ego," will they say?

Interviewer: Right, right, right. So they can actually figure out themselves what the ...

Shri Mataji: You become introspective. You see inside yourself that this is wrong. Take it out.

Interviewer: How long does one have to practice every day - keep the minimum time. How many hours one should practice to be introspective and get that Realization continuously coming to them.

Shri Mataji: I told you, one month.

Interviewer: No, after that.

Shri Mataji: After that, in the morning if you do about five minutes meditation.

Interviewer: That's it?

Shri Mataji: That's all, and evening about ten minutes.

Interviewer: A lot of people say do two hours, you know, ten percent of your time.

Shri Mataji: These are modern times, I know that. (laughs)

Interviewer: I know You feel that in Kali Yuga this is the only ... But they say also, Mataji, in Kali Yuga, Bhakti Yoga, Bhakti Path is the right way.

Shri Mataji: Now see. On that, bhakti yog is there. Shri Krishna has talked about it. He said, "Either you do bhakti." You see, He was very intelligent and He knew that human beings are stupid. So He tried to play with them. He said, "You do bhakti. You can give Me water, flower, everything, it's good. But Ananya Bhakti you do - when you are not the other." Without Realization, you are other. See how He played on the words? Now people are doing bhakti after bhakti. Nothing they get.

Secondly, He said that you do Karma Yoga ananya. That whatever work you do you put at the Lotus Feet of the Lord. Now people, many people, say that yes Mother, whatever we do, we put at the Lotus Feet of the Lord. Even if we murder somebody you put at the Lotus Feet of the Lord. What He was meaning that is not possible. As long as you have ego, you cannot put it at the Lotus Feet of the God. So, you get rid of your ego, that's what He was meaning, means Sahaja Yoga.

The first thing that He preached is Gyana Yoga. Ours is gyana yoga. By you being sthitapрати, realized soul, ours is Gyana Yoga by in you get all the knowledge.

Interviewer: Even when you say when you bow down that's why there you're saying, you know, I am giving my ego away, sacrificing - that's exactly you do when you bow.

Shri Mataji: That is it. That is it.

Interviewer: Now how does it emotionally, psychologically, physiologically change the person?

Shri Mataji: All right, now we have seven centers within us - the lowest center, the first one, is for our morality and innocence.

Interviewer: Mooladhara, right?

Shri Mataji: Mooladhara. Then the second one and third one, and fourth, fifth, sixth. All of them are responsible for our physical, mental, emotional and spiritual being. So when the Kundalini passes through them, She integrates them together. One thing. She enlightens them. She enriches them. And then She connects them to the All Pervading Power. So the problem is solved because all these problems are because of the chakras, of the centers which are in problem.

Interviewer: But a lot of people say, "Why don't we start with the seventh chakra? Let's go to the top chakra and start to enlighten that chakra without going to the Kundalini." A lot of people say bypass the Kundalini and let's go to the ...

Shri Mataji: You can't.

Interviewer: ... seventh chakra and move on. Forget the other chakras.

Shri Mataji: You shouldn't, you see, decide something like that. Actually, after Realization you, yourself, will know which chakra is catching. And then you will try to completely correct it.

You have to be honest with yourself, you know? Once you know that, you do that. What's the use of just somebody says do like

that? Theories after theories. That's not going to help. What is actually there, because this is the actualization of becoming. It's not just talking and trying all tricks, you know?

Interviewer: Does, does sometimes the Kundalini may not rise in all the seven chakras. It may get stuck somewhere in the middle. That's another ... a lot of people say.

Shri Mataji: Some do. Agreed. Some do get. But you can clear it out. It's not difficult.

Interviewer: Is it easy to clear it out?

Shri Mataji: You see others are there to help. Those who are now all right then they can remove that obstruction. Take it away.

Interviewer: I see. And I believe, Mataji, recently only at the National Institute of Medicine in Washington D.C. they demonstrated the technique of Sahaja Yoga.

Shri Mataji: Oh, they were very much impressed and forty doctors came forward. But then they wanted to test a girl ... how far ... because I say that on these things (Shri Mataji looks at Her fingertips) you can make out your chakra. So they asked a girl, one doctor asked, "What's wrong with me?"

(S)he said, "Heart."

And he had a bypass surgery two months back. They were all amazed. I said, "Don't have to do all the rigamarole of the diagnosis, just on your fingertips you can say."

Interviewer: Would You display the technique of Sahaj Yoga for our viewers, Mataji?

Shri Mataji: This first?

Interviewer: The technique of Sahaja Yoga ... how to ... if a person who wants to be initiated into this technique, what they have to do. If You can demonstrate it for us?

Shri Mataji: Yes. That's why you have to spend about one month knowing about it, not continuously. I think they have four sessions or five sessions. Immediately you are there. But the American mind is different. I must tell you this. That first they said, "We should have course. Now there cannot be a course. But these boys tried to make it "First chakra, second chakra," like that. Seven courses.

Then they said what next? Now this is a stupid question, because if you become a master then you don't say, "What next?" You are a master, you teach.

It's given all free. Why? Because you have to give it to others. You have to change the whole world, isn't it?

Interviewer: So, how do you get it. If you can explain to our viewers how. If you can show it to our viewers - the technique.

Shri Mataji: Just like this, you see. Can you take out your shoes?

(Silence)

You're getting it. Getting cool breeze. In this hand also. See on your head.

Interviewer: That's it?

Shri Mataji: You got it. That's it.

Interviewer: Oh. That's simple. That's like you put your hands and then you put the Cool Breeze over there. Now what if I don't get the Cool Breeze?

Shri Mataji: Then I'll have to work it out.

Interviewer: Then You have to work it. Then, Mataji, You have to come everywhere to each person.

Shri Mataji: No, no, no. You see in a collective them come, in a program. I have My Sahaj Yogis with Me. If there's someone who doesn't get, I said, "All right. Look after them." They come to the stage and they get it.

Interviewer: But does one have to always get that Cool Breeze over the head?

Shri Mataji: Of course. That's the sign that your nerves are passing that All Pervading Power, you see.

Interviewer: You mean the Ida, and the Pingala and the Sushumna Nadi all are in sync together.

Shri Mataji: Yes they are in balance. And from the Sushumna this has gone up. You see, and then when you are in balance, you get perfectly all right.

Interviewer: Then how does one discover the problems that they may have inside ...

Shri Mataji: On your fingertips, here ...

Interviewer: Oh, through the fingertips.

Shri Mataji: You can make it out.

Interviewer: Whether it's hot or cold.

Shri Mataji: Because these are five, six and seven. Five, six and seven. And now this is for the left side (Shri Mataji touches the interviewer's left hand), is for your emotional side. And this is for your mental side and also for physical side (Shri Mataji touches the interviewer's right hand). So that's how you decide.

Interviewer: Oh, so you know which side is giving me the problem.

Shri Mataji: Where is the thing, where is the problem is and what chakra is catching in particular.

Interviewer: Oh, so you can even know from the chakra?

Shri Mataji: Ya, you can know.

Interviewer: Let's say I have a problem coming in from the middle, middle finger - meaning like I feel as heat over here.

Shri Mataji: This is left Nabhi. This could be when you have diabetes or could be when something wrong with your mother, your relationship with your mother.

Interviewer: I see, that's how one determines it. So, each finger will tell you what is the problem.

Shri Mataji: Yes, what is the problem.

Interviewer: Oh, I generally get heat over here. (Interviewer points at left palm - Sahasrara)

Shri Mataji: Here You get? Here is My, this is Myself here.

Interviewer: Okay, so I've got You here.

Interviewer: Mataji tell us, I know You come here touring all the time, tell us, if this is the way to go for Self Realization, what would be Your message to our viewers.

Shri Mataji: Now, the message is like this, now, because this is the Last Judgment, and in this judgment, if you don't get your Realization, you'll be lost. So all of the people should take their Realization. This is the Last Judgment time has come.

This is very important to understand. You cannot go on - there are people - there's a rat race of seeking going on. From one guru - guru shopping, guru shopping, like that. Stop it. And also we Indians are going to the temple, this thing, that thing. Stop it now. There's nothing wrong in it, but first you get your Self Realization.

Interviewer: Now do You have centers all over USA, do You have one in Manhattan as well they can come to?

Shri Mataji: I don't know, all over quite a lot, and also I've been to Canada. Yes, we also have disciples in the South America we have here and also in Canada. Also, here we have thirty-five centers.

Interviewer: Thirty-five centers. So they can just come to any center, say, "I'd like to learn about this technique" and it's free of charge.

Shri Mataji: Absolutely free they have to just come, give some time and work it out. If they want this, it's very easy.

Interviewer: Right. Okay. And is there a number that they can call if they want to ...?

Shri Mataji: Ya, ya, there is a number, but I must tell you, very unfortunate in America that mostly the Americans come, Indians are few. I don't know where are they.

Interviewer: Yeah, it's funny sometimes we take it as our birthright but we never really practice it. And we go away from our roots and then non-Indians come in and when they adopt everything: Maybe this is the right way to go. And it's a very sad way of ...

Shri Mataji: A sad way. You see, for you people it should be the easiest. You being Indians, it should be the easiest. I don't know where are they lost. Very few, very few Indians come.

Interviewer: From this program I guess they will understand that they can...

Shri Mataji: Now I am finished with all My programs and I'll be going back very soon. But when I come next, I would like your listeners, who are mostly Indians, to tell them, "Now don't lose your time, why don't you get it? It's all free." It's better to warn them.

Interviewer: Right. Now you said, Mataji, very quickly, You said that you know the problem, can one then fix the problem, like, you know, treat that problem through Sahaja Yoga itself?

Shri Mataji: Of course. You can also fix your problem once you are at that level. Others can fix it for you.

Interviewer: Right, so they've got to be little bit more ...

Shri Mataji: You treat yourself. I mean, with your own energy. This energy is your own Mother. Your individual Mother, you see.

She looks after you. She'll do everything. She'll suggest to you. I mean, tremendous things.

Interviewer: So we are actually keeping in touch with our inner dharma.

Shri Mataji: Of course.

Interviewer: Our inner state of righteousness.

Shri Mataji: Inner dharma builds in. You cannot be adharmi after this. You cannot. If you become, your hands will start burning.

You cannot. And people give up everything.

You know now they are going to ... they have offered us that we should do something for the drug addicts. So many drug addicts have been cured. Ah, drinking, drunkards, everything.

Interviewer: All addictions and compulsive disorders.

Shri Mataji: Ya.

Interviewer: I see.

Shri Mataji: Very, very, you see, important thing is that you have to become your Self.

Interviewer: But also the important thing is once they have gotten that Realization, they have to continue practicing every day.

Shri Mataji: A little bit grow. And then you give it to others, then you understand it much better. You want to do it because you become so compassionate. See, you become so compassionate, you want to do it.

Interviewer: Do they get some sort of an experience also, like a spiritual experience once they get Realized? Like, You know, when they say when you are meditating you through some sort of enlightened kind of path and you get these spiritual experiences. This is not that way.

Shri Mataji: No. No. You become absolutely silent. And experiences are like there are lights you see around Me and photographs like that, miraculous. Lots of photographs are there. So the Paramachaitanya is trying to convince people that now take your Realization from Me.

Interviewer: Right. So that itself You've come to know that you are the soul, you know, Atma, Paramatma, the relationship.

Shri Mataji: Yes. Yes.

I knew it from the day I was born. As you know you were a human being, I knew this. But you have to have humility. To do this work you cannot show off and make a big band out of it. It has to be very humble work. And that's why I think the people were not so much impressed because here you see a big show, people do all kinds of things. What's the use? All this is all absolutely I think is duggery. That's not the way.

Interviewer: You've kept that path of humility ...

Shri Mataji: Ya. Of course.

Interviewer: ... and brought so much of Self-realization to people.

Shri Mataji: That's the thing you should have. People talk of Self-realization. There was one fellow who met Me, he said, "I was trying something for twelve years for Self-realization." I said, "Now, all your search has going to be finished here."

Interviewer: So, no mantras, nothing just ...

Shri Mataji: Nothing.

Interviewer: ... be yourself.

Shri Mataji: Later on. Later on for a chakra, you might need a mantra, but you will know, yourself, what mantra to be used.

Interviewer: I see, the Realization comes from within you.

Shri Mataji: Yes, yes, no. I mean this chakra is like this, that chakra is like this. Now, so who's the deity, accordingly you do.

Interviewer: That's great, Mataji. Well, I wish you all the very ... all the big success that You've been having in all the centers, and when I say success I hope all our Indian viewers also join in Your Sahaja Yoga technique.

Shri Mataji: And now you see also so many diseases we have cured - cancer, everything. Except for AIDS and this Alzheimer's. Not that we cannot cure, we have cured. But they're extremely rude people, specially these Alzheimer's people are. They abuse you, say all kinds of things. And the other ones think they're martyrs. AIDS people think they're martyrs. Now what to do with them? Unless and until they realize there's something wrong in it. It's difficult.

Interviewer: So, you've treated people with cancer even in the state of remission, when the disease is in remission or when it's full blown?

Shri Mataji: Quite.. I mean one we have cured at, absolutely at the galloping state.

Interviewer: Is that right? I see.

Shri Mataji: Can be. But we are not doctors, we don't want to do that. But it can be cured. We have a hospital, also, in India, a very big hospital in Vashi, very near Bombay. And also we are doing other social work like destitute women.

Then also we are working for the ... we have an academy of music and all kinds of things. So we are also socialistic that way because we want to give it to everybody - the peace, the joy of life.

Interviewer: Thank You very much, Mataji.

Shri Mataji: May God bless you.

Interviewer: It was a pleasure to talk to You.

Shri Mataji: Thank you.

Interviewer: Our guest in Ridgefield Park, New Jersey, in Her ashram, Mataji Nirmala Deviji talking about the path of Self-realization using the central nervous system to awaken the power of Kundalini. And using Sahaja Yoga to become enlightened and treating yourself and becoming free of disease.

I'm Rita Lobo. Thank you for watching.

2002-0818, Shri Kubera Puja Talk: Give up from your heart

View [online](#).

18 August 2002

Give Up From Your Heart

Krishna Puja

Nirmal Nagari, Canajoharie (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Kubera Puja, Canajoharie (USA), 18 Agosto 2002

Today we are going to worship Shri Krishna as a very great personality. And you know why He came on this Earth to establish, this is the new form of, not Virat, not Virata, but a form by which this country became so prosperous.

And by His advent only He created a beautiful mentality among the people, how to develop this culture with dharma. And you had very great leaders, who followed Him and who worshipped Him in a way and created a new world of this America.

But, unfortunately, as the time passed on, His form vanished from the minds of the people. The reason was Krishna was represented here by very, very wrong type of people, who had no idea about Shri Krishna, that

He was a great master of wealth, that he knew how to use the wealth and how to create the wealth with dharma, not with adharm.

They all forgot about it, completely and gradually started using maneuvering powers, all kinds of, all kinds of adharmic things, cheating, grabbing money, spending their money in absolutely useless things.

He's Kubera. He doesn't need any money, of course. He achieves money and not only that, He lived in money.

They said that He created a golden house for Him, absolutely made with gold in Dwarika, but it's submerged in the water, in the sea and nobody believed that it is true. But now they have found out His house under the waters, very deep waters.

So all their conjecture about Him was wrong, all false, that He was definitely a man who made lots of money by dharma. Also He was a son of a king and He built this Dwarika out of gold.

It is still there and people have found it but under the sea.

Thousands of years have passed but still existed. Only because perhaps it belonged(4.24) to Shri Krishna, it is still existing.

That's what it is because He was the one who was for satya, for truth. He was for truth and He worked out everything on the principle of truth. Whatever was not truth, He tried to finish it off. Whatever was destructive, He tried to remove that and He established Himself through truth only. He's the one who represents the truth, absolute truth and how the truth can prevail in everything.

I'm just the opposite of Him because I don't understand money at all, but He's looking after that part in My life. I'm so hopelessly bad. I don't understand banking. I don't understand money. I can't even count money. Now what can you say to that? But He's there to look after and I never (have) a dearth of money, never a dearth of any wealth. It's all full of it.

Also it comes through your sense of satisfaction. If you have that sense of satisfaction, you don't look for money.

What happened in your country that some people got money. If you got little money, then you get the taste of money. They're not satisfied people. So, like mad, they went on spending on nonsensical things. It is something very much human.

After human evolution, after you have reached a certain state of enlightenment, then all these demeaning things like greed all disappear from your character. You don't have that greed in you anymore and you become extremely a satisfied person. To you, money is there, all right, but it's not so important. It is just that you think you don't need it and you get it. All done by Shri Krishna all over.

Can you imagine? He's doing all this looking after you and helping you with money.

We(7.36) started Sahaja Yoga without a single paisa. I never had any problem. So one thing, as Kubera He's the supplier of wealth. He looks after people who don't have money.

He gives money to people who stand by truth, who enjoy the life of truth.

It is His work that people enjoy wealth, otherwise they don't.

They have this much. They want to have more. That means they don't enjoy the wealth. They have a little they want to get much more. Why? Because they are not enjoying whatever they have. But after Self-realization, you will see that you enjoy whatever you have.

You enjoy it fully, absolutely and you don't hanker after something, that is not there. Doesn't matter if you don't have.

Many a times, people have asked Me, "Mother, why not we have a Puja of Krishna as Kubera?" I said, "All right. Just now, everybody's trying to become Kubera. Let them learn a lesson. And then we'll have the Puja of Kubera". And that's why today, I've agreed to have this Puja. Because now you have seen what happens if you have greed. You go on committing all kinds of sins, all kinds of wrong things, which can destroy your country.

Such a rich country has now become a poor country! Where is that money gone? They're very clever! Somebody told Me today that his money with the insurance.

"My God," I said; the law is such that you can't get out that money. Secondly they said that it is in offshore and all that.

I said, 'But see now, they were never afraid that they'll be caught up and they continued for so many years, but I'm sure one day they'll all be exposed by Kubera Himself.

So, today, by worshipping Kubera, what we are doing we are [to] establish, establish the truth of money. What lies behind the money? What is the point of having money? This country had money. As a result, so many good people came here to work and you had so many complementary things. You had lots of people who have complemented because, I think, in certain things Americans were a little less, not in intelligence, but in brilliance I think they were a little bit lacking. So they got very brilliant people from abroad.

And also they were very focused people, so they worked it out very well. Also they respected people who came with brains.

So this is what happens when you forget that truth is the main point. If you don't have the truth, no use having money because what you did was to go around with this thing, that thing, I mean, all kinds of things to just get money.

The other day I was traveling through Las Vegas, lastly (11.56). And when we stopped at that airport, so many people walked into the aeroplane and they all were looking as if somebody's dead in their family, 'What has happened?' First I couldn't understand. Then said, 'Mother, they have lost all their money.' So when they have money, they are jumping, next moment they are crying because they have lost the money. What's the use of such a money, which is so temporary, which is so useless? But that is human nature to run after maya. And this is the quality of money, that it gives you maya, maya like this, that they get a little money somehow. With that little money, they buy something, then they think money is very important.

So you can buy lots of things. You can buy cars. You can buy aeroplanes, this, that. So there is where maya plays on you and you start running after that mad money, which makes you mad.

It's nice that at this juncture they have discovered the falsehood of this maya money, and I am so happy that they were all handcuffed and all their power of money was finished.

So this Kubera is working out all these tricks. Krishna is a very tricky, extremely tricky personality. He puts the tricks, every action after every action. Now money matters, He first befools you, that you run after it and then you just discover that it was stupidity.

We have a story in our land, country, called Sheikh Chilli. He got little money and he got into the grab of this maya, so he thought I can do very well, so he started dreaming as to what he should do.

So he went and bought lots of eggs and he said, 'Now these eggs will have little, little chicks, which will grow, which I'll sell and I'll have so much money' like that he was talking.

And while thinking about it in his mind, he went off to sleep and then in his sleep he fell on the eggs and all the eggs broke, so the maya was over. This should happen early, but if it doesn't happen, then you end up in the jail or something like that.

Sahaja Yoga is one thing, which gives you a complete vision, complete vision of the destruction that can follow this maya business. It is something, such an insight that you don't have to do anything with it.

I am different, I told you I don't understand it at all. But even if you understand the value of money, even if you understand that money can bring lots of things to you, despite that, you don't look at it, just turn your face.

That is the sign of a real Sahaja Yogi. To him it doesn't matter, temperamentally. It's not that he does something for that, or tells

'is mine', nothing. Temperamentally, he doesn't care for money, just because he is above it. The one who is above money is a real Sahaja Yogi.

The one who is engulfed in the nonsense and the maya of money is not a Sahaja Yogi. Of course, I have seen most of the Sahaja Yogis are extremely honest, especially in the West. But in India there's a disease. As you have here some viruses, we have certain viruses in India also, so they still go on running after money.

To them money is important. But in the evolutionary process, if you reach a certain stage where you rise above your Nabhi Chakra, rise your Nabhi Chakra, then money is not so important, it's not so important.

To Me, I find, I cannot buy things unnecessarily. Of course, I mean, there are so many unnecessary things they have done, because you people give me presents, this, that (17.22). But Myself, you will be amazed, I'm so nervous or, I should say, hesitant or you may call it, absolutely absent from the spot where they are doing any business, any purchasing.

[Come here and fix it please [referring to the microphone] it falls down so I am holding on. Correct. Now all right].

In the same way, Sahaja Yogis have to fix their mind to their spirit (laughter and applause) and enjoy the powers of pure spirit, your own. That enjoyment, once you get it, you don't fall to your greed. This is something very, very simple, but sometimes you don't do it. You get enamored by something, maybe a car, maybe aeroplane. I don't know what, whatever it is. It's a headache to have too many cars, isn't it? But people have.

They think, by that people are impressed and they think no end of themselves or not. Nothing. If they're impressed, what is the use to us?

What do we get out of it? (19.16)

Sahaja Yogi has his own spirit to enjoy. More than anything else, he doesn't want to possess anything. It's a headache to possess things also.

The other side of it is a Mahalakshmi. If that principle is within you, Mahalakshmi principle, you'll have never a problem of money. On the contrary, you'll know how to stop it. So far, as I am concerned, I get fed up of My Mahalakshmi principle because I don't know from where it works out, how it works out without any effort.

But the temperamentally, I have no interest at all, temperamentally. But it is the – I don't know what is the cause of this effect. Now supposing I buy some small thing, just like that, it will sell at least ten times more. It will be of value at least ten times more. I don't know how.

It's very surprising. Automatically, I'll buy something very small and I find it's very expensive. How it works, that must be miracles of Mahalakshmi, I think.

So what I have to tell you is this, that you should not worry about your financial situations at all. Do not go on calculating. Do not see how much money you have in the bank, what you have to do with your money, where you should invest. I have seen people going mad, planning the whole thing. There's no need to do that once you are a Sahaja Yogi. It all works automatically.

The greed is within you, just like any other disease. As you have diseases, greed is also there. As your diseases can get cured with Sahaja Yoga, your diseases, as much as your greed is, it vanishes. You don't know what is greed is.

The only way to counter-balance is to become extremely generous. If you are extremely generous, greed will run away. That may be another way of doing it. Supposing you get something in your house and you think it is too much. Not to get rid of it, but just to think it's too much, you should give it to someone. You just start thinking whom can you give and immediately you'll remember, "Oh, that person doesn't have this. Let me give him this." And if you give him, he will be so thankful, so thankful and he'll say all kinds of nice things to you, which normally nobody would say to you, nobody. And it's surprising how joy giving it is, how people like your generosity.

So you have to be generous, just generous, not with yourself, but with others.

As much as possible be generous. Generosity is very love giving, one of the expressions of your love.

Many-a-times it has happened with Me that I saw somebody needed something and kept it in My mind. And I bought that thing and gave it to that person and the amount of love that person gave Me was thousand time more than what I would have got joy out of buying it, buy that thing.

It was so insipid for Me, but for him it was, he told so many people, "Mother gave me this. Mother gave me." I mean, I was surprised. Then they asked me, "Mother, how did you give him?" I said, "Just out of love."

Many people took to Sahaja Yoga, thinking what a generosity is, so to be generous is the best way to live in this world. After all, it's a headache to have too many things. Better to get rid of them, but out of love. If you do that, you'll be know how much they will be appreciative of you.

Another thing is, to get rid of greed, you should try to do some sort of a collective social work. Supposing you go to some place where lots of poor people are there, I tell you, your greed will just drop out. You'll be amazed how these people are living, in what conditions. Why do I care for all the wealth and everything? That will be just shocking. Sometimes, you see, you see people, in India also, in a very bad condition. Once I went to Calcutta and I was so, somehow or other, you see, by chance, I happened to be in places where people were in very, very great poverty, even the children. And you'll be amazed, for days together I wouldn't eat My food. I was crying and not eating My food. I just didn't know what to do because I felt, "What is this? Why these people are so poor?" And I was helpless so I was crying that one day I should try to do something for them.

It is really remarkable(26.34) at a very young age of Mine, I started a leper home, I started an infirmary, refugee home, all kinds of things. And I never even thought that whatever money I have, if I gave to these people, I may have to give up some things. I also sold some of My things because so pleasure-giving, I tell you, so pleasure-giving, so joy-giving to be generous.

It is so plain in every way that you should be generous.

That is the quality of Kubera. He's an extremely generous personality and that's what personality you should be.

I've seen that Sahaja Yogis are very generous.

So far, nobody has told Me that somebody is a miserly fellow, so far, so far. But [I'm] sure one day will come when we'll have people of very high quality.

In Sahaja Yoga, we don't say, like other cults say, that you give up your clothes, you give up your family, you stay in a forest or in a hut or anything, nothing of the kind. Don't give up anything. You have to give up from your heart. Just it should happen in your personality. You don't have to give up. And if you have that well-built in spirituality, you'll not even think of grabbing someone. On the contrary, you would like to give up everything.

My father was even worse than Me, I should say. He always used to leave the house open, all doors open. He said no thief will come if you [don't] keep the doors close.

So one day a thief came and he took away his gramophone. In the old times, these big horn ones, he took away. The next day My father was sitting very sad. So My mother asked him, "Why are you sad? Because of the gramophone?"

"No, I'm only sad because it seems he is a connoisseur of music, he has taken the gramophone, but no records."

So My mother said, "All right, what should we do? Should we advertise in the newspaper that you take away your records?"
(Laughter)

I mean, such a beauty that even after so many years, I am telling you and you are enjoying. What a beautiful character it was of generosity. But if you force it through religion, through any such ideas that you give up that, you don't have to give up. You give up from within.

If you are not attached to it, you have given up. That should be there and if you all enjoy your generosity and charity, nothing like it.

I have known people who are very rich and all that, but they lack generosity. That is another quality of Kubera.

He perhaps understands banking, perhaps.

That time, there were no banks, but I think must be, because the way He manages banks, you know, it seems to Me that he's sitting on top of them and that's why still in the banks there is no problem.

I don't know, but he is a very clever person, very intelligent, very alert, which is important if you have to deal with money. Though He was absolutely detached from money. And just see His life, what He did. He lived in childhood with His guru and He used to take, what do you call, the cows and herds outside in the jungles.

That is how He lived in His childhood and later on He was playing with the boys who were looking after the cows in a very, I mean, ordinary family. He never hankered after money. He used to steal the butter because these ladies used to sell this to Kamsa's military people. So He used to eat that, so that this lady should not give it to them. Just imagine, such a little boy like Him.

So actually how He was teaching them a lesson. Those ladies were greedy, wanted to give that to these horrible soldiers and He would eat all that butter Himself.

In everything that He did, what you see is extreme generosity, extreme generosity. With all His intelligence, He was so good. And He killed His own uncle, I should say. For Him, it was not important. So-called relations were not important. But what you see in our India especially, that relations are very important. The father is a thief. His son is thief. His grandson is a thief. All of them are thieves. Can you imagine? I haven't seen in a family, if there's one person who is a thief, anyone [of] his progeny are honest. It's a very funny thing, but such greed crawls into their minds, that they don't think is important. They just think that stealing is the only way one can live(34.51), though in India there are people who are extremely honest. I've seen our servants. They never steal anything, nothing, never. I don't know, they have no reasoning for it. It's a matter of habit. They never steal anything, very surprising. Why? Why don't they steal? They're happy with their lives. They don't want to change it. They don't want to have these horrible things that can put them in jail. But they don't know. They don't even think about it. Just, they just don't do it. Why? Because they have a sense of shame. In the poorer people, sense of shame is very, very developed. In that society, they have a great respect for people who are honest and they're all honest. One of them may be not, but they have no respect for such a person because they think self-respect is the biggest thing.

Can you imagine these poor people?

They have food once a day, but to them their self-respect is above everything.

So the third solution for this kind of a nonsensical greed is your self-respect. Why should you steal? Why should you have anything that is stolen or why should you have anything that belongs to another person? If you have that self-respect within you, you won't touch anything that is not yours. When the servants can do that, why not people who are not that badly off?

It is a temperament of a higher level, I think, which they develop, where their self-respect is much more important than all kinds of other things that may satisfy their greed.

But one thing about greed is it is never satisfied. It is never satisfied. I've seen people who were very rich once upon a time; became very, very poor. So, to them, life has become hell. They can't live without their great, I should say, pomp and show. But they don't understand that it was false. They just go on feeling extremely downtrodden when they lose their money. Then there are people who want to have money. They'll do anything but get money.

It's a very funny thing, but also power is the same as that. If you have your own powers, you don't hanker after these powers.

But they want to have power because they want to have money and they get power with money.

Can you imagine where are human beings, at what level? At what level of evolution they are? They are going round and round the circle of this money.

This is Nabhi Chakra, which has to be improved, which gives you satisfaction. If your Nabhi Chakra is satisfied, you have achieved the state of Kubera. That's very important to see that your Nabhi should be satisfied.

There are so many other kinds of things we have, but I think now the worst is this greed and this, if it is managed somehow or other, brought to its own level, then I think world will improve very much.

May God bless you.

2002-0822, You are a spiritual personality

View [online](#).

22 August 2002

You Are A Spiritual Personality

Public Program

New York Society for Ethical Culture, New York (United States)

Talk Language: English | Transcript (English) – VERIFIED

Public Program. New York (USA), 22 August 2002.

I bow to all the seekers of truth.

Actually, we are all seeking the truth. So many of us, but so far, so many couldn't find and they are lost. But what is the truth? What is the truth about yourself? The truth is that you are not this body, you are not these emotions but what are you? You are the spirit.

All the great saints and incarnations have said that you are the spirit and what we are trying to find out is our selfhood. We are after that research about ourselves. We've done lots of mistakes also by misguided people but I must say that there is a built-in arrangement within us, every one of you, which will take you to that selfhood, which will give you that self-realization.

It's very surprising that they have not talked about Kundalini so far. There is a power within all of you which is the Kundalini, which is three and a half-coiled energy in your, I should say, behind your triangular bone, or it is inside it and is waiting for that moment when it can be awakened and it can pass through the different centers piercing through your fontanel bone area.

And that's how you get your self-realization, that you feel cool breeze coming out of your fontanel bone area. It's an actualization. It is not My lecture or reading or anything. It's actualization which has to take place. If you don't get it, doesn't matter. Next time you can get it, but most of them do get it in a collective way.

It's very surprising that it took so much, so many years for people to come to this state where they are asking for the real thing. This is your own. This power is your own. And it is just waiting there to be awakened. Any amount of lecturing, any amount of reading, nothing can help you. What is needed is just a quiet mind and it works. It works under every circumstances. It's very surprising, this was the time perhaps, was meant to be this way.

I've been to this country many a times before also. First time when I came, I was so surprised how people were running after falsehood. So, I gave it up. After nine years I came, thinking that what's the matter with these people? Why can't they understand what they have to achieve? What they have to get? Whatever is written and said by all the saints, by all the incarnations. I couldn't understand why they were satisfied with all kinds of nonsense. And somehow, they came to America and prospered here with all their untruth. It's very sad that we have lost so many beautiful seekers in their pursuit.

Now I have to tell you one thing, simple thing, that you must know that you have every right to know yourself, to become self-realized, every one of you. Nobody can force it and nobody can deny it. It is your fundamental right by which you can get your self-realization. If you are a human being that's sufficient, whether you belong to America, or to India or to any other place, everyone has this right, to get your self-realization. As a result of self-realization what happens, that's the point.

Firstly, you start feeling the Divine vibrations on your fingertips. Divine vibrations like cool breeze and it starts flowing through your hands. You'll be amazed when it first happens, you start doubting. I know people who went and closed their doors and windows, wanted to test and find out if they had those cool breeze. You have it. It's a sign of yourself emitting these pure vibrations.

As a result of that so many other things can happen. But the most important thing is that you become a very peaceful person. You become a very balanced person and you become that witness about which all the religions have talked. You get to the state of that witness. And once you become the witness, you see the whole picture, the whole world in a very different manner. You become the witness. It's a state in which, watch everything. You do not react but you watch and your presence itself will help people.

I know America nowadays is in a very difficult state and people are quite frightened type. If they were realized souls they would never have been. The power of realization is so great, not that it enlightens you but it enlightens others, it enlightens the atmosphere. So, it's very important that you get your last breakthrough of your evolution and get to that state which we call as self-realization.

It is an entry into the Divine powers and this spiritual realm of life which is very, very surprisingly, very much surprisingly is very difficult to understand otherwise. But once you become a realized soul automatically you know what it is. You become so sensitive; at the same time, you are so well protected. You can solve many problems. You can do so many things which you could never have been able to do. The reason is, now you have become empowered by the Divine force.

This is what you all are seeking, nothing else. This is what you want, nothing else. And this is what you should get it. No use going into blind place and trying to find out something which you do not know. With this, your health will improve, your wealth will improve, your temperament will improve and you'll become such a compassionate, such a beautiful person that people will be amazed how you have achieved this state.

You become so collective. So very collective. I am surprised how this collective temperament has come into all the Sahaja yogis, how they work it out. It's very beautiful and surprisingly you may belong to any, any country, far away from each other, where the people don't know each other and such love and such understanding. This is beyond Me sometimes, to see, how beautifully they blend together, mix together and learn from each other.

Such love, such compassion and such power is then your own, your own. You don't have to pay for it. You don't have to do anything of the kind; just you have to get your Kundalini awakened. which is very, very easy to do and it works out. The time has come, I think, for en-mass awakening, the time has come and that's why, well we have to work it out.

It's not something miraculous, I think. If you see our evolution: from what stage to what stage to what stage. Now at a human stage what do we have to achieve? Why are we human beings? What is the part we have to play? Because you are a spiritual personality. You have to become that spiritual personality. It's not by reading books or doing all kinds of rituals that you will achieve it. It's just within yourself where the Kundalini rises, passes through these various centers and gets you connected to the Divine power which is all pervading, which is everywhere. Then you can learn what is this, how it works, how it helps you, how it educates you, and how it gives you knowledge. It's really remarkable and it works in every country.

It's very surprising that people told me that in America it will never work. I said, "Why?" "Because they are only after gurus that would take money and make big things". I said, "All right. After all they are human beings. And as human beings all their ideas will change. And they will seek their peace and joy".

I must say that today in America it has worked out wonders. In all the cities here, we have people who are following Sahaja Yoga. Everyone who has come to Me is just the same as any other Sahaja yogi who is from any other country. Can you believe it? There's no difference at all in their expression, in their love, in their compassion. All of them are so good and so beautiful. It is hard to believe that they've forgotten all the differences. And how have they mixed up together and are in such a loving state and enjoyable state.

It's a very different area into which you have to enter and you enter into it, without doing anything whatsoever, only your Kundalini

risers and gives your self-realization. It is effortless. Don't have to make any efforts, not standing on your head or anything. Just wherever you are sitting, you get your self-realization. And once you get it, you grow into it. You grow into it so well. You become so empowered.

You are amazed sometimes. You see people who were never poets; they've suddenly become poets. There are people who never could do anything on the stage, were so frightened, have become great speakers. There are musicians who said, "Mother, we didn't know how to sing". So, all kinds of creativity comes into it. How it comes and how suddenly it has started they don't know. You become extremely creative and you start appreciating in a very subtle way the creativity of others.

Then, this stupid thing called greed, which has captured your country now, also, is like this: that when people get some money, the taste of that money makes them greedy. As simple as that. Now what happens with Sahaja Yoga, you don't have any greed. The greed finishes. You are a satisfied soul. Why will you ask for so many cars, so many aeroplanes? Not needed. Because you become a wise person, become, becoming is the point. You become so wise that you don't hanker after things. You are extremely satisfied.

But as a result of that you are completely, fully blessed with a very beautiful life and everything that you want is there. This is the blessings of the Divine and so many miracles. So many miracles that you are amazed how are you blessed. What have you done to deserve this?

You are now the spirit. These are the blessings of the spirit. People get completely cured, no doubt, but also, they become very compassionate, extremely compassionate.

And they don't understand from where did they get this compassion, very compassionate people.

Thirdly, they become thoughtlessly aware. That means complete silence within. You see something and you become silent. You don't react, just you see. So enjoyable to see something clearly. But when you see something, your vibrations act. It's a very powerful personality that when you see something your vibrations act and they work it out.

They can solve all kinds of problems. These vibrations can tell you what's wrong with the other person, what's wrong with certain countries. And also, you should know how to correct it. If you can find out how you can correct this, problem is solved. And it's so gentle and so sweet that you don't have to fight with this, it just works.

You're all capable of becoming that powerful person, of that compassion, of that love and understanding and you just develop this thoughtless awareness, which is a very important state, which you don't feel bored, you don't get upset, you're absolutely silently watching everything and you become such a congenial personality that those who come in contact with you also become very, very congenial.

You can give realizations to others. You yourself can do it. It's not only that you get your realization but you can give realization. It's very surprising that you become so powerful. You can change the atmosphere. You can work out so many things just with turning of your mind and all the bad things like, we should say, all the things that are very destructive, you just don't like it, just give up like that. And also, you protect yourself. You are completely protected from all the evil doers.

So is important that you become that powerful personality which I call as the spiritual person.

People have been talking about it, saying all kinds of things, telling all kinds of stories. Now the time has come for the actualization. And this is so important, so very important for you, that you get it. The time has come. It's your right, it's your fundamental right, I say, to get to that state where you become absolutely a personality which is spiritual, which is empowered and which knows how to, how to use this power, how to work it out.

It's very surprising how the more advanced we are, the less chances there are, because we are lost, lost in the forest of

advancement. But despite all that, people find it so difficult to exist in such busy atmosphere, they come to Sahaj and they get completely peaceful. Whatever it is, whatever kind of life it is, you are absolutely peaceful. And you give peace to others. I have spoken for thousands of times all over the world and I think it works. It does work.

They wanted Me to allow you to ask some questions. I don't mind you asking Me questions but the problem is, this questioning also can be quite stupid sometimes. If you want to waste sometime on certain amount of stupidity, you can ask Me, I don't mind. [Audience laughs] So, if somebody wants to ask Me questions? [Shri Mataji laughs, audience applauds].

So, have you got some people who want to ask questions? [Audience laughs] No. [Shri Mataji laughs] All right. So now, we'll have the session for self-realization. It's very simple.

What you have to do is to put both your hands like this towards Me.

[Hindi] All right.

Now, please close your eyes. Please all of you close your eyes. There's no mesmerism. So please close your eyes.

First put your left hand towards Me and right hand on top of your head on the fontanel bone area, left hand towards Me.

Now, put the right hand towards Me and put the left hand on top of your head not touching the head, above.

Not both the hands, one on top of your head, only one. Keep your eyes shut.

Now, all those who are feeling cool breeze in your hand try to see that it comes on top of your hand, not below. If it is coming below just push it up. You can open your eyes and see [Shri Mataji shows how it is to be done].

First, put both your hands towards Me again, see, if you are feeling a cool breeze in your hands or you are feeling a cool breeze coming out of your head. Could be hot, could be hot. If it is hot, try to forgive people. Could be hot but doesn't matter.

All those who have felt cool or hot breeze coming into their hands or out of their fontanel bone area, please raise your hands, both your hands. Don't be afraid.

Most of you, most of you have felt it.

May God bless you.

How many of you have not felt, please raise your hands.

Hardly any.

Very surprising. Very happy to see that most of you have felt the cool breeze.

May God bless you. Thank you very much.

2002-0830, Devi Puja: The heart is closed, which has to open out

View [online](#).

30 August 2002

The Heart Is Closed, Which Has To Open Out

Devi Puja

Ealing Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Please be seated.

[Individual conversation with sahaja yogis:

Yogini: This little one is very much like Ananya. The little one I saw.

Yogi: Sakshi.

Derek Lee: Alan's little girl. She is gone upstairs, she will come down here. (Aside to a yogi) You should say, they should come.

Shri Mataji: (Hindi) How are you, Richard? Good. From tomorrow we will start it regularly, all right? Massage now. I'm sorry...]

I don't know what to say! (Laughter)

I'm living in this house now, and it was very nice because Sahaja Yogis were living here and they enjoyed my stay here, I think.

But we have to change and progress – that's the point is. With every change you must progress, otherwise it has no meaning, the change has no meaning. So now they are thinking that I should now be in the house here. I think it's a good idea.

Derek Lee: Marvellous news for us, Mother.

(Applause) Shri Mataji, we'd like to thank you for coming to live here, Shri Mataji, in Ealing and in London for so long. And we know that, from this house, all kinds of blessings have come out for us. And I wanted to say it was a little bit symbolic, Shri Mataji. When you came here this house was in complete degradation and ruin and now you have built it up and reconstructed it, renovated it, into the palace that it is.

And we hope, Shri Mataji, you can achieve the same marvellous transformation with us because it's symbolic. (laughter)

Shri Mataji: But have I not done that? I have already. You see, it is your doing, your accepting is the one that has worked. And I mean I must say there are so many. Very happy.

I have no complaints about Sahaja Yogis here, they are very good. But what we should [do is] expand now, this joy, this peace. This can be done very easily if you can get hold of Sahaja Yogis, it will be very nice.

But, as I told you, have some picnics. With the newcomers, you can have some picnics, along the river or Serpentine or somewhere close by, where they can come easily. They did this in Australia when I told them and it has... I mean, of course Australia has such a big Sahaja Yoga there.

Then you will become collective more, you'll meet, ask everyone who you are, what are you doing, you see, more sort of thing.

Derek Lee: It will work here, Mother, when they get over their cynicism. So much cynicism here in the people.

Shri Mataji: Cynicism is there, I agree, but that they can only get over if they get Realisation. It's a thing like that. If they get Realisation they'll be alright.

So for that, first of all, what we have to do is to humble down and then they'll come to us. Then, once they are Realised-souls you see it's much better to talk to them, to do all these things. The thing is that they are not Realised-souls, that's the main point is.

When they come, now they are getting Realisation and so many are coming, so our hopes are that it will expand.

Once they'll get into the sea of Realisation they'll be alright. No problem.

I am sure that, if you work it out, you see, once they are Realised-souls they are different people and it will work out, I am sure about it.

We have to just meet them, have collective parties and things like that. They'll enjoy. I mean, that cynicism was old, age-old, now finished! [It's] not in the young people, isn't it.

Derek Lee: Not so much. Particularly the tiny ones. They are seeing now, when they give Realisation in the streets, the younger

children just take it immediately.

Shri Mataji: Younger ones?

Derek Lee: Yes. And teenagers, young teenagers.

Yogi: Twelve year-olds.

Shri Mataji: And also, you see, once they grow in it, they can spread it also.

Drinking is too much in this country; that's the thing one has to control. There's no need to drink. I don't understand there's any need. But sort of it's a tradition and children also take to all kinds of drinking. I think maximum is not here perhaps. Maybe in America. But here also it's quite a lot.

So, once they get Realisation I think they'll be alright. Suddenly they become aware of themselves then they are alright, better. First they must get their Realisation.

Derek Lee: They are beginning to go out into the schools now, the Sahaja Yogis are going into the schools, the primary schools, to teach or to show them Kathak dancing and to sing, and different things they are doing, and so the children are getting Realisation.

Shri Mataji: No but the only thing is that here the parents might have an objection.

Derek Lee: They don't really talk about Sahaja Yoga directly, just to get them to feel it. And it's in the dance and the music, Mother.

Shri Mataji: Best is to go to little grown up people. It's better to spend money on them, time on them, than on children. It's a problematic thing here. You see if someone starts, will all join together and go against us.

So better be careful. It's a very funny country you know. I don't know what to describe it. Heart, heart is closed. The heart is closed, which has to open out.

It circulates, the ideas circulate from here, but in this matter, in spiritual matters, they are very poor. Like, Bush has felt its need, you see, and also... But Tony Blair I think is a Labour or what? I don't know.

Derek Lee: He's a Catholic I think, Shri Mataji. Or is his wife a Catholic?

Yogis: His wife's a Catholic.

Shri Mataji: Wife may be a Catholic but so many Catholics have come to Sahaja Yoga.

Derek Lee: That's true.

Shri Mataji: In Italy they are all Catholics, but they don't care!

Derek Lee: We'll try to talk to him, Mother.

Shri Mataji: Who?

Derek Lee: Tony Blair.

Shri Mataji: I don't know. You can give him my book to read, maybe.

Yogi: Yes, Mother.

Shri Mataji: He has no time.

Derek Lee: He's very busy.

Shri Mataji: Eh?

Derek Lee: He is busy.

Shri Mataji: Busy with nonsense! So many Muslims are coming to your country.

You don't know, we saw so many Saudis coming to this country! I mean, Saudis, if they come, they are the worst Muslims!

So many Saudis! They have money, alright, but I don't know their plans. And they look after these people who try to bring about all the problems – the Saudis. They are the ones who supply money, isn't it, and all those things. In India they are running these madrasas. And they don't believe in Mohammed Sahib! They don't believe even in Koran!

I must say Mohammed Sahib was very great, because he's the only one who has talked about the ascent – miraj. He's the only one, he said that, "After Realisation your hands will speak." He's the only one who has said it! None of these incarnations, nobody, has said this.

The Koran also, I don't know if it is written by him, because the language is very harsh. But the main essence is there. Language

is very harsh.

I mean if you read it you would think that, "How could he say such things?" Because after all he was a great incarnation. But he didn't say all this.

It was re-written by those people who were very cruel. But the thought, the contents, are correct. Also he did not know how to write. But he was such a great prophet I think. He was such a great man.

Muslims can never understand him because he is beyond their conception. Can never understand him.

Even the Christians have not understood Christ. They have made such a mess out of his life. I don't know how human beings do that. Anybody who is great, who is something sensible, if he says anything, you make a mess out of that. That's human behaviour.

But he said, "I'm not a prophet. I am nothing." That's what he said. I also said the same thing in the beginning. Because if they know somebody is saying that they will kill him.

It's very difficult. In the beginning Sahaja Yoga was very difficult, but now it's better.

But still in your country they have horrible people; they are all those horrible Swiss, they have come here and working it out. Even they went into our bank to find out the money and everything. I don't know why the media here is so fond of them. Because they give something funny about Sahaja Yoga.

But Saudis coming here is very dangerous.

They are settling down in England, specially in London. It's very dangerous, because they are moneyed people and they don't believe in The Prophet or anything. They have their own thinking. How will it be useful? But how they are given visas – is the best part. Aisa? (Meaning: It's like that?)

Zafar Rashid: Ji Shri Mataji. If you have money then it's very easy to come to this country.

Shri Mataji: Yes, it's true. Because they said this house is sold out. I said, "I hope not to a Saudi." Because they are buying, you know, everywhere.

I know it would be difficult for a Saudi to live here, I tell you (laughing, laughter)

Let's have it, now, this one!

So we have to try it. And I think you will get more people now. Younger people of course you will get.

Yogi: Yes, Mother.

Shri Mataji: Because they have no way to work it out.

2002-0914, Shri Ganesha Puja: You Should Be Joyous And Give Joy To Others

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14 September 2002

You Should Be Joyous And Give Joy To Others

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja: You Should Be Joyous and Give Joy to Others

Shri Ganesha Puja. Cabella Ligure (Italy), 14 September 2002.

Today we have gathered here to worship Shri Ganesha. Shri Ganesha is the Deity of innocence. When we are born as children, it is Shri Ganesha who is acting, and we are very innocent. And it is such a powerful thing, that with this innocence children survive under many circumstances. And we love them because they are innocent. We enjoy them because they are innocent.

Once we start growing, our Sahasrara also gets closed and we develop all kinds of funny things that enters into us and doesn't go out. It's just there. It doesn't go out.

Innocence has a great effect on our character and on our sense of chastity. Actually, when you are innocent, you don't know what is not chastity, what is being unchaste, what is being cunning. You are innocent and you are looked after by Shri Ganesha Himself. Anybody who tries to harm an innocent person, Shri Ganesha looks after you and manages you. Many people who are innocent in this world – of course there are very few – but they become so detached from all worldly problems, like lust and greed and many others, because they are so pure that nothing can spoil them and malign them. This is such a great blessing we have, that innocence is actually created in us. And it was created much before—all the innocence, everything was created much, much before—we were created. It's such a great quality for us to become innocent.

The greatest quality of Shri Ganesha is joy. It gives you joy, as small children [do]: they may not speak even, but they give us so much joy. Joy-giving quality comes from Shri Ganesha. Even after coming to Sahaja Yoga, I've seen people are not full of joy. They're very serious, they don't know how to laugh, how to enjoy anything. That's the sign that they are still lacking in innocence. So, it's important to understand that if you are Sahaja Yogis, you should be joyous and give joy to others, just like children, how sweet they are. They may be newly born, but how much joy they give you.

But supposing you do not have that capacity to enjoy the innocence of children, then nobody can help you. Ganesha cannot help you. Because that's the innate quality human beings have, and if you don't have that quality, no use having any other sense. Like some people like food, they like colours, they like all other things. But if you don't have Shri Ganesh, you cannot purely enjoy anything.

So it is only Shri Ganesha's blessings that we really enjoy everything in its full measure. Otherwise, we start judging it, we start criticizing it; people raise so many things, questions. If you see something and it gives you joy, then you are supposed to give the explanation for that, as we have many critics in this world. And they are all the time criticizing one another. Now the critics are criticizing critics, that's the biggest problem. That's their job. Because Ganesha is not there. And they go on criticizing others, never criticizing themselves, and thinking no end of themselves. And with that, they create a very bad kind of a community, which is actually very harmful. It's very dangerous. It's like having some sort of a boil, or some sort of a septic thing in your body, in your being.

So, if you cannot appreciate it, and if you cannot enjoy it, then Shri Ganesha is missing from you. You should be able to enjoy everything, and to enjoy your children, enjoy the children of other people. That's the sign of your being completely blessed by Shri Ganesh.

Now the beauty of Shri Ganesha is this, that it looks after your Kundalini. It guards your Kundalini. It guides your Kundalini. And throughout on all the chakras, He had to bless you. If you don't have the blessings of Shri Ganesh, you'll be a completely useless fellow as a Sahaja Yogi, because all the time you are seeing the bad points of others. All the time you are devoiding, I should say, you are getting into a problem by which you cannot enjoy anything. By temperament you think you are very serious, you are very matured, you are very developed – but you are not innocent. Such a person gives such a headache to everyone. If there's one like that in the family, people want to get rid of him.

So, you should have the quality of Shri Ganesha, which is of giving joy to others. Depends on how much joy you can give it to others. It doesn't want anything. Such a person won't say that, "I must get this, I must have this position, I should be leader, I should be this and that." No. He just enjoys giving joy, joy to others, and being humorous and kind, and never, never tries to insult anyone and hurt anyone. If such a person hurts, by mistake also, he goes on repenting about it. And hundred times he'll beg your pardon if he has hurt you.

Such a happy person is a real Sahaja Yogi. That's the one we want to have all around. Those who have no hatred for anyone, no malice for anyone, and not finding faults with another, but trying to find what is the good point of that person, what is so special about that person. He's not bothered as to what colour you are, whether you are black or white, whether you are tall or short – it makes no difference. Because it is absolute. Absolute joy. And for this absolute joy, you don't criticize, and you don't try to find faults with others.

Now the problem is that people are getting very much advanced in this modern era, very advanced, and they are very much more advanced in criticizing others, I think. That's the maxim they have, is to criticize others. And also they have another very bad quality: to identify themselves with the country in which they live or with the family which they are. I have seen it creates such a problem. Also, they identify themselves with the different religions they follow. Imagine, from this, how many problems have come out – that you start differentiating between one and another.

For example, now supposing who is born, say, in one place, so he says he's the best, his country is the best, his people are the best, and there's nothing wrong with them. On the contrary, if a person is a real Sahaja Yogi, who has Ganesha within him enlightened, then he sees it and enjoys the humour behind it—the humour of all these people, what they are mad after, how they behave. I mean, the way he understands the jokes behind it, jokes which is avoiding reality. And reality is only possible if you are in the realm of joy. Otherwise, all the time you find something wrong, something upsetting, so something disturbs you. But if you see the humour behind everything, then you are perfectly all right.

For example, I would say that I have had many such experiences, that people have told Me, "Mother, such and such fellow is like that, such and such fellow is like that." So, I would ask that person, "Are you like that?" Direct. [The person] said, "No, we are – I am not like that."

"But," I said, "Why everybody sees that in you?"

"Must be wrong!"

"All of them must be wrong, or you are wrong?" Then he would say, "Maybe, myself."

And that's how, you see, you can mold also such people who think that they are correct and the rest of the world is all bad and they have every right to hate them and to think in the wrong direction. What happens with that is that you lose the essence of joy. The essence of joy is in seeing in everything, seeing in everything the source of joy. Supposing you see something here: now if it is odd, it should give you also a great sense of humour. If it is beautiful, it should give you another sense, of appreciation. But I can't understand people who go on harping on some sort of a thing that has no meaning in their lives nor in the lives of others.

I would say My father had a great capacity to do that. Once, I went home, so I said this . . . "My brother was praising this man for his music; what do you think?" His Friend. He said, "He is a musician, no doubt, but he is very courageous." I said, "Why?" "Because you he may go on singing anything, he never feels bad about it. Everybody might be nervous, or everybody might be laughing at it, but he is not at all bothered. He goes on singing in his own ways."

So, that is the beauty of understanding every defect in a person can be enjoyed. Is very much a sense, I should say, a very subtle sense, by which you can enjoy every person. If he has defects, then you enjoy them as a humorous thing, and if he has something very good, then also you can enjoy. So why do you shun people? Why should you get out of people, criticize them for nothing at all?

Now under this, people have built up big organizations, you see. For examples, the Catholics will help the Protestants, the Protestants will help also – I mean not “help”; I’m saying they will also, sort of, hate the people who are Catholic. What’s the use of that? What’s the use of hating each other, from that point, that somebody is a Protestant or somebody is a Catholic? Just see yourself. See what is wrong with you. Why do you think like that? Why do you look at those things and always think that another person, something wrong with him? And then you form groups and then you fight. You can have even wars with this kind of an idea that another person is not all right and you are absolutely perfect.

This is also with the country, I have seen. For example, even in Sahaja Yoga I have seen if somebody is coming, say, from India or from another country anywhere, the leader will be anxious that he should or she should put her candidate before Me. It’s such an identification which they are not still conscious of it. But then I play My tricks, you see. All such things when they do, when they try to support one party, one type of people, from one – we should say not “religion” now, but the countries. So, this country identification is so much still in Sahaja Yoga, that you come from one country, then you want to support that man from that country. You’ll never appreciate that whosoever is good, coming from any country, is a Sahaja Yogi.

We are a global community. We are not to be identified with one country: that our people should be married, that we should get our people there. All this kind of things I have noticed, and I feel very sorry that you have not understood the nature of Sahaja Yoga. Sahaja Yoga is a global thing. Absolutely global. It has nothing to do with one country or with one person. It’s such a global thing that if you see the subtle side of it, it’s very joy-giving.

God Almighty has created this world as one. They might have United Nations, they might have this, they might have that, but still they are so much identified with their country that they cannot correct also that country. Now, for example, something is wrong with your country, they cannot. For them, everything is all right, first, because they were born in that particular country. Or they appreciate some other country, so they’ll go on praising that country, to such an extent that they are destroyed and their ideas also destroy people.

So the best thing is to see the joke behind being identified with one country. There’s a big joke about it. I enjoy it very much. Among Sahaja Yogis also I’ve seen it’s very common that they are identified with one country. If you are identified, then you should try to correct that country. Should try to correct those countrymen who are following a particular type of ideologies. They never see that, because they are so much involved with them that they don’t see what’s wrong with them. They’ll always see what’s wrong with others.

But I’ve seen those who are real Sahaja Yogis are very good. They tell Me what’s wrong in their own country. What’s going wrong in their own country. What’s the trouble in their own country. How the countrymen are. You see, very surprising! I was surprised how people told Me that how some people who are in their country are so misidentified, and they are so against Sahaja Yoga in a subtle manner. I was surprised, how they felt it that way. They said, “Mother, see, they are not at all global.” Once you become global, all your problems of provinces and things are finished. But that doesn’t come into their head, that we have to be global. We are Sahaja Yogis, we cannot identify ourselves with one country or another country. If we do that, then we are still lacking in our universal personality. And this universal personality comes to us from Shri Ganesh. He’s a universal personality, whether He is in India, whether He is in Italy or in England. What is that personality? Is innocence. Very innocence, very much innocent. And not only that, but He is a joy-giving personality.

All such people who are joy-giving are recognized. It’s not that the world doesn’t recognize; they may not be knowing that they are global, but those who are global people, they write books on global ways, thinking about global things. And they can criticize

also people of their own country, they can criticize people of their own clan, they can go on like that. But they can be slavish also to some other country and try to praise them too much. So, you are not to be slavish. You have to not to be identified. But you should be identified with your Self. And whatever your Self enjoys, that should be expressed. That is the sign that your Ganesha is there and that Ganesha is working out.

It's very important for leaders to understand this. Because I've seen the way they are identified with their countrymen is sometimes shocking to Me. I'm really shocked, how could they be. They are not belonging to any country. They are no more. They are in the country of Shri Ganesha, which is the country of love and joy. If you cannot give joy and love, then there's something wrong with you. With this only, His quality, people become chaste. Because chastity is a very joy-giving thing, very joy-giving. It is not a thing that you have to tell somebody, or to force somebody, or to restrict somebody, but it is to enjoy it. To enjoy yourself and enjoy the chastity of another person. Is such a great blessing of Shri Ganesha, such a great blessing that you enjoy your own chastity. You are not bothered about another person, [if] he's chaste or not, if he's doing bad things, if he's a ruined person – doesn't matter. You don't get spoilt with that. You have your own chastity, your own life of very chaste moments.

It is nowadays that such a modern style of thinking there's a flowing towards unchaste life and all kinds of wrong ideas about chastity. If somebody now talks of chastity, people think: "This must be mad, how can that be?" Everything is done these days, if you see, all the fashions are there. Now once the fashion starts, it goes on spreading. Then everybody will dress up in the same manner. They have no personality of their own. Everybody will be going round in the same manner. Especially the women have lost their sense of chastity. They have lost their sense of chastity, because the way they dress up sometimes, shocks Me. What is the need to dress up like this? Why can't you dress up properly? But it is just . . . shows that they have no character of their own. Actually, they may say, "I am this, I am that," but they are not, they are nothing. Because they take to all kinds of forces that run around.

But look at the children. Children are not like that. They do not have all these funny ideas of impressing people with their unchaste life. None of them. On the contrary, children are very conscious, and they want to become very chaste people. This has an effect on the eyes, I must say. Shri Ganesha acts through your eyes. How you look at a person is very important. I have seen people losing complete control over their eyes: they'll go on looking at this person, looking at another person, looking at another person, just for nothing at all. But it's a matter of no Ganesha control. And with this, the eyes are spoilt. Spoilt means that you cannot look at anything concentratedly. Then how can you penetrate into anything? Any penetration is possible only if you can really adjust your eyes in such a manner that you see something at that time for that time, and not go on shifting your eyes from one to another.

It can mean anything; it can come from anything. That means Ganesha is the one who is a detector of our faults. For example, people have greed. So, they will start seeing who's wearing what clothes, what clothes they should wear. If they have greed, then they'll see somebody has a nice house: "I should also have a nice house." But they never see the beauty of that house. They never see the actual essence of that house. But just they go on seeing that, "I should have this house, this kind, I should have that." They have no sense of beauty, I should say, they have only sense of possession. And that is such a bad thing to say, because sense of beauty is something so deep, and sense of possession is so grotesque, so aggressive.

So, one should look at things from Ganesha's angle: How will He do it, how will He use it?

You will learn from children, how they watch things, and how they work it out, how they think. You will be amazed how sensible they are, and the very sensible things they talk.

Like I met a child, so the child told Me, "I love the moon." I said, "All right. Now, what's wrong with the moon?"

"Nothing, but it hides itself under the clouds all the time." So, I said "Why does he do that?"

"Because he walks too much. So, he's tired and he has to rest, all right. And that's why he does it. So if he doesn't walk so much, if he keeps steady, he won't have to do it."

Just imagine! A little child watching all these things. And, I mean, I was amazed how the little child knows what is right, what is wrong, what, how to behave, how to understand the proper way of doing things. They are not taught anything, they are not conditioned, nothing. But they know how to behave. And they are always looked after by the Divine. I have known children who

have fallen from great heights. Nothing happened to them. And also, no snakes and all these things don't bite children. Even, they say, that tigers never try to eat children. What is it? What is so powerful about it, that children are so safe and allowed to grow? But then they grow into such horrible creatures who are unchaste, who are running after women or women running after men – is a common play these days. And it is unbelievable how can people who are even Sahaja Yogis do this. Of course, they don't. But some of them, they are still in this kind of a mess.

So, when you have your Ganesha already established . . . Just before creating the whole Universe, the Mother created Shri Ganesha. If He's there, then life is very easy. Such a society is very easy to live. Such a friendship also is so easy. Because there's nothing that is possessiveness, or any kind of a, you can call, perversity. When you have bad eyes for women, bad eyes for money, bad eyes for possessions, Ganesha is spoilt.

He just knows how to enjoy. Enjoy everything. If it belongs to you, doesn't matter. It belongs to me, it doesn't matter. But you should know how to enjoy the beauty of it. And that enjoyment when you have within yourself, you don't grow old, because all the time you are enjoying. What is there to grow old? But normally, it doesn't happen. You are very critical, you are very, I should say, selfish and stupid sometimes, very much stupid. All that, you lose all that grip over your Self, which is joy. What is your Self? Self is nothing but joy! A joyous person is definitely a person who has got his Self expressing through his joy. Such a person is so joy-giving, so humorous. And never degrading anyone. In every small thing it sees a beauty. And nature of every creation is so beautiful.

I'm really surprised, how is it that poetry comes to very few people. Because they go on describing love affairs, this, that, all nonsensical things, and what things make you unhappy. Unhappy is not the sign of a person who is a realized soul. So, if you have that problem of unhappiness, just be on the watch out and see why: Why have you developed this kind of a funny attitude towards everything? Why can't you enjoy everything? You go on watching this person, that person – you never enjoy. While if you watch the children, it's very interesting. They look at . . . like I saw one joke. There was a joke about a child. They had a guest in their house for food, and he was eating. So, this child saw that man eating. He said, "Mama, he doesn't eat like a horse. You said he eats like a horse." So, that's what they are: very simple, very simple-hearted, and that's how they correct people. Correct.

What you should talk to children, what you should tell them about is very important because if you tell them something: "Don't do it," so they will do it in such a manner that it will be ridiculous, absolutely ridiculous. And they are so obedient to begin with, they think that, "We are children, we should obey." And this obedience comes out of their simple nature. But we should not try to tell them too many things, and we shouldn't like to control them with: "Don't do this, don't do that." All the time if you do it like that, the children won't understand. You don't have to tell them. But if they are chaste children, if they are brought up in a chaste society – that's why I always say, "Baba, send your children to our school." Because children have to be chaste. They must understand the value of chastity. And these modern societies, in the Western area especially, are very [much] destroying our children's innocence.

We should have learned so much from the children, how innocent they are, how simple they are. They are very generous, and children will give away everything that they have. Everything. They don't understand possession of things. Just imagine. If somebody likes something, all right, have it. And they'll keep something for a person who likes something, you know. They are wonderful people. And we have to learn a lot from children. And their smiling faces and their joy should teach us how to behave. Because Ganesha shines through them very clearly. All the intelligence, all the beautiful things they say, I would say you should all write it down – what your children talk, say. Because it would be such a book of interesting episodes. Instead of writing about wars and horrible things that they have done in this world, better write what good things there are, which children can tell you.

Children don't believe in all this kind of a mass nonsense of a fashion. They don't. See, they are properly dressed always, they are not bothered about behaving in the mass way. So That means they are very independent, on their own. They are not slaves of any society. And they do not want to follow anything that is just generally followed. No. They follow their own pattern and live in very dignified manner. They are extremely dignified, and their sense of chastity is very well developed. They would not wear something that will expose their body or will show that there's something wrong with them.

Sometimes we neglect our children very much. Because of money problems, maybe, or I don't know what husband-wife problems there are, and the children are neglected. And once they are neglected, anything can happen to them. And I think it's a very great sin on the part of people to produce children and to neglect them. Children should be given the first, the primary place in the household, in the family. And they should be looked after by everyone. They are the most important thing, not somebody: he's the head of the family, he can shout at the children and – nothing of the kind.

Moreover, I have seen that the way we take to all odd things and bad habits, children never take. They know that it is bad, it should not be done. By their innocence they know it should not be done. They may sometimes, you know, play with fire, do something like that. But once they are bitten by it, they'll never touch it. They are extremely fast in learning, because that is the age they are, they're growing. But actually, what is needed now is that the elders must grow. The children are growing, they learn; what about the elders? They have to learn also how to be nice and kind to everyone. And to be compassionate with all the rest of them.

This idea of criticism comes from where, I don't know. But like they'll go anywhere, they'll start criticizing. Children never criticize. They never see these things, never. They'll just get into that house, or any place, and just enjoy it and see the good points of that house. Always I have seen they'll come and tell, "See, they had one very nice Shri Ganesha's this thing." The house may be dirty, there might be a smell, anything – doesn't matter. See, so their eyes are towards nice things and good things. They don't, sort of, take to all these things.

Then, also, because of modern life, children have developed a kind of a funny character, when they grow up: "I don't like this, I don't like that," and they fall into funny, funny, I should say, ideas about life, which we must try to guard. Because these days the society is growing so fast. There are televisions, there are so many, I should say, propagating things which are not good for children, and they should not see them also. And if the children are realized souls, they don't like to see. They don't like to see violence. They don't like to see nonsense. I have seen it. They don't like. But the parents are sitting and enjoying nonsense, so they are also sitting. Gradually, it might crawl into their heads. But normally, children don't like any violence, any beating, any kind of thing.

So, we have to learn a lot from them, because they are innocent, because they have the quality of innocence, so they are to be respected. I don't like people beating their children or hitting them and fulfilling their ambitions through the children. It's very, very wrong. You should leave them alone—they are perfect. Only thing is, they should be given proper ideas at a time, appreciation for their chastity, for their well behaviour. That should be done. But [they] should not be given a kind of idea of the society in which they live, where the children get spoilt. And I was surprised that, I met one child the other day, and the child said, "I want to have a car."

"Which car?"

"Mercedes."

I said, "Why don't you go for Ferrari?"

So, you see, this money orientation also comes from childhood. From childhood if you talk of all these things, money orientation, children also know this, and they talk like that. There are many other things for children we should just avoid. Don't allow them to go near all such things which are creating money orientation, because that is the problem of today, that everywhere you find people who have made money, illegally. So much money has been made. And there is no need to do that.

But still, you see, they go; this money orientation is funny thing. It's a greed, it's madness, I tell you, real madness. A person wants to have, say, twenty-five cars. Is he going to sit in the twenty-five cars? He wants to have twenty-five aeroplanes; what is he going to do with them? For that, he is cheating everyone, troubling everyone, taking the money of others. It is better to be poor than to be like that.

So, this is what is happening today is that people have gone – the track is wrong. Is the right-side track, right-side track. I should say, we start our Sahaja Yoga from Shri Ganesha, who is on the left side. Not on the right side. First, you developed your left side, then you come to the right, you are all right. That's why we have our Sahaja Yoga completely built in on Shri Ganesh. Once He's

there, you are completely all right and no problem. There's no lack of wisdom. Once you are with Shri Ganesh, you see the point, absolutely clearly, how to behave, how to live, and you don't take to stupid things like lust, greed, and nonsense.

But people are mad, you know. They take to any kind of thing when they grow up. But as children, if they have an influence, very beautiful influence of proper family life, proper school life, proper guidance, proper love, and help in every way in their growth, then children become extremely, extremely good. Beautiful.

And I bless all the Sahaja Yogis to have children of that nature, and to look after your children. That's very important, because they are tomorrow's Sahaja Yogis. And they should be a better quality. Because you are coming from another lot. They are coming from the innocence, so they are very pure, and their purity must be respected and must be guarded. Maybe that we'll understand the importance of children and develop Ganesha qualities in them.

Thank you very much.

2002-0915, Talk and Marriages

View [online](#).

15 September 2002

Wedding

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Talk to Brides

I'm very happy to see you all in such a beautiful dresses, and also in a good mood to get married. You must keep up your attitude – all right?

You should be happy people, and try to keep your husbands also happy.

Your happiness can create happiness for the children.

Now one thing I want to warn you: not to tell your husband about anything which was wrong in your past life. That's not to be done, there's no need, because you are now Sahaja Yogis. You are changed people and whatever has happened has happened, you need not talk about it or tell him anything about it, but talk of the future and the present – all right? So, be sensible! It's your sensibility which is going to make a happy married life. If you become insensible, if there's no wisdom, then marriages will fail.

Some girls, I've seen, dominate their husbands too much. There is no need to dominate. If you love the husband that's how the domination is. It's the best way is to love your husband, look after him, do whatever is needed, because no use showing off that you are from a better society or a better culture or a better family background.

It's only you who can show that you are really a good person and your goodness will win him over.

So it's only the wife who makes or spoils the marriage. And I have to tell you very frankly that if you still have some doubts about your marriage or if you are still thinking this was not a good match you should withdraw now.

And later on you should not go on finding faults with your husband.

You see, men are men and women are women. Men cannot be women, but you can make them understand that women are to be respected.

All right, and how – that you will have to see by your behaviour.

If your behaviour is good, they'll respect you.

But if your behaviour is childish or if your behaviour is aggressive, no man can appreciate a woman who is aggressive and so you should not be aggressive.

Whatever he says you should agree and listen to him. Fundamental things of course is there, but otherwise for small, small things, you should not try to dominate your husband.

It's not a sign of a Sahaja Yogini. Sahaja Yogini has to – with love and understanding and wisdom – has to win over the husband and not by domination. This is one thing we should understand that many marriages are broken because of domination.

Second thing is, you are naturally attached to your parents, attached to your family, attached to your country. But now, forget it!

Be attached to your husband's family, husband and things around. Because if you are attached to your family, you'll still spoil the relationship.

I've known many couples being broken because of this.

There was a girl who was very much worried about her father, because he'd lost the business and she made the whole life miserable.

So the husband disappeared and he wanted to do something else and she was left in the lurch and she had to go to her father and then she realized how difficult it is to live in father's house.

So, it's your house, it's your home, it's your husband. All right, you don't have to sort of go on searching another person or another woman who will help you. It's you who can help yourself. All right?

Because now we have very bad experiences of some girls who have left their husband and come away to their families with their children. Is the family going to look after them all their lives? Who is going to look after them?

So use your brains and don't try to show off that you are something superior or something higher or you're something more. [You] say something you should be humble. The humble you are the better it is. Otherwise arrogance doesn't behove a woman. She doesn't look nice, she looks like a horse sometimes and looks like – I don't know like what.

So it is better to be humble and to be kind and to be nice and to prove that you are a good natured person. All right?

Second thing I have to tell you, because you are from the West. So western women are very much money-oriented, even Indians have become like that. They want a car, they want a house, they want this, they want that. You shouldn't want anything. You are going to supply to your husband, to your family. You don't need anything. That's your beauty, that's your decoration that will beautify you.

But if you go on hankering after "I want this, I want that" there's no end to it. Especially with western mind, they are very money-oriented and have created such problems that I don't know what to say to them.

So, second thing is that you should not be money-oriented, but you should be love-oriented. Express your love by different things. By making good food, by making a good bed for your husband, for organizing the house, keeping everything nice.

Because if the housewife is untidy the house will remain untidy. It's not the job of the husband to look after the house. You'll enjoy a very beautiful house and a very beautiful room, if you keep it properly.

So you should enjoy all that.

Enjoy doing everything for the family.

Especially for your husband.

Little, little things can – you see – give him pleasure and happiness. Because he's so tired working in the office. Coming home so tired and then you get after that person, is very wrong.

So you must change that attitude, that we don't want anything. We have everything, we are Sahaja Yogis, we are absolutely

satisfied.

But if you go on demanding, then going to be very difficult, I can tell you this much.

I've had very, very bad experiences of some girls. Say from Austria recently, three girls went away back to Austria, it's shameful. Is there anybody from Austria here? No. Thank God!

You are from Austria? Wa, Wa! Now, be careful! You see these three girls have come back with the children. And the husband is so dominated that he has to go to the father's house every Saturday, Sunday. He's spending all that money in going down there. That doesn't show any wisdom, any wisdom.

You see, the housewife, not only makes the family grow, but bring good name and understanding.

There's nothing to suffer much, but understanding is required, you see.

Supposing, if you are wise and if something happens, take a very wise attitude, balanced attitude, responsible attitude. Wife has to be much more responsible than man as far as the family is concerned, children are concerned. But if you are a hot tempered woman, God save you and save your husband.

So, hot temper is not suitable at all for any woman. If you are hot tempered you'll start looking old very soon. Very soon you will start looking old, and if you have ego, if you think too much of yourself also same thing will happen. So, best thing is to behave like a little girl who has come to husband's house to love him, to look after him and to mother him.

You have to think that you are his mother and he – sometimes they are foolish according to your judgement – doesn't matter.

So, look after them just like your baby and be nice and sweet to them. All right?

And none of your family people are more important than your husband. That is very important. For you now the most important thing - your husband. This is a Sahaja style of marriage. And you can have other marriages, you can have ten marriages – that's different, not in Sahaja Yoga.

And once you are divorced, then we don't marry you. We have given up, we tried that. Now we don't do that. Because it becomes a habit of divorcing your husband.

Once you are married you should be all married and if you want to divorce then know before this thing that we'll have nothing to do with you. And you'll be thrown away from Sahaja Yoga.

We want to have very good marriages and very good children. Also the progeny, the future of children would be very good, if you are sensible, wise, good and kind mothers.

I've told you sufficiently. I hope you understand that you are marrying in Sahaja Yoga. And you have to keep the prestige of Sahaja Yoga, all right? You all promise that?

May God bless you!

Talk to Bridegrooms

I'm very happy that you all have decided to marry in Sahaja Yoga, but there are certain responsibilities which you must have. It's not like other marriages – that today you marry, tomorrow you divorce, then you do this, do that. Nothing of the kind. You are marrying in Sahaja Yoga because we want to strengthen Sahaja Yoga. You'll have wife, she'll look after you, she'll be kind to you,

she'll be loving you because she is a Sahaja Yogini.

And you should also be very kind to her.

Don't try to dominate, don't try to press her to your ideas. See what she wants.

You must know how to love your wife, otherwise marriages are not possible.

But once you divorce in Sahaja Yoga we will never marry you again – this we have decided now. Or in any way, if you desert your wife or leave her or do something irresponsible about your marriage, in Sahaja Yoga you have no place.

So, once for all, now only you decide that you are marrying it's a very, very big responsibility. We want Sahaja Yoga marriages to be very successful and all of you should enjoy a very happy married life.

No use dominating, no use controlling, but enjoying each other's company. Because your wife is also Sahaja Yogini, you are also Sahaja Yogi. And we don't marry you unless and until you are Sahaja Yogis. The reason is: we are enlightened people, we are of higher awareness. We have our spiritual life. And we have to show in our lives how you behave very much differently from others who are stupid people, who go on fighting, spoiling, everything.

So that you will have nice children. Look after your children, look after your family, that's your first thing. Of course, some of you will be very busy with your work. It's all right, but loving the wife, looking after her, looking after children is very important.

Otherwise you should become bachelor, you should not marry. But if you are marrying, you are taking the responsibility of the wife. She is the daughter of somebody and the father is giving that daughter to you.

So, so far boys have behaved very well, I must say, in Sahaja Yoga and so now you should also have wisdom and understanding that you are here to produce Sahaja Yogi children, to help in Sahaja Yoga, because we have to change the world. It's to be emancipated. If you have very lower level of understanding of marriage it won't work out.

So I've to make a very great respect, with great respect I have to make a very humble, I should say, request to you that – please, please – if you are entering into a married life in Sahaja Yoga, you have to understand your responsibility. It's a very great responsibility. It's a responsibility for the whole world, because we have to change the whole world. And if you behave like other husbands of your country or of other countries, then what's the use of marrying in Sahaja Yoga? You can go and have a nice marriage outside. But if you are marrying in Sahaja Yoga you have to know it's a big battle against evil, against injustice and also against all kind of mismanagements.

We want to make a beautiful world and to make a beautiful world we need people who are beautiful, who themselves respect everyone.

So, I have to make again and again same request to you that you be very good, humble and respecting husbands.

Don't follow others, because I've had funny things and I was surprised how could these people become like this in marriages in Sahaja Yoga. But we found out they were all mad, lunatics, and they behaved in a lunatic manner.

So aggression and all these things are not allowed. You are marrying these girls specially for the benefit of the whole world. Not only yourself, not only your children, your family, but the whole world, before the whole world you have to show that you are a very sensible, wise and highly evolved person.

This is not a marriage of a lower type of people. So it's a responsibility with you to show that you are very matured and that you have that feeling of enlightenment within you. And you are enlightened people. And you can enlighten the whole world.

Of course, because the wife is coming from another family, another country maybe, so there will be little difference of understanding.

So you make her understand, you have to talk to her, you have to tell her, "All right, come along, sit down." But no use losing temper and getting angry. Whatever explanation you may give for that is not good. It's not going to help you.

I want to see all of you how you show successfully that you are very nicely married to your wives.

But I don't say you spoil them, by no means, I've already told them. Don't have to spoil them, but let them be also on the good lines of Sahaja Yoga. And become good volunteers of Sahaja Yoga.

They'll be very good mothers and they'll create those children which we want now, who will completely change this world.

So, I hope you agree with Me and if you agree well and good. If you don't agree, even now you can leave and you can give up – I will not mind at all. But after marriage if you try to misbehave or if you try to divorce something, you have no place in Sahaja Yoga. We'll not have you here. So, are you all accepting it? All right? Whosoever is not accepting raise your hand.

Thank you very much. Thank you very much.

I'm very happy to know this. So, you have to be wiser and you have to explain to your wife, "See now, this is this, this is this." And let them see that you are intellectually higher, not only that, but you are very wise. Spiritually you understand. And then they will listen to you. Be kind, be nice, they are leaving their parents, they are leaving their families, they are leaving their countries also, some of them. So be very kind and gentle with them and don't get angry for anything at all. There's no need to get angry at all. All My life I've never been angry.

So that shows unnecessarily people are angry, there's no need. Just keep quiet. If you don't like something, keep quiet. But don't show your temper or anger. You have to show that you're wise, dignified people. I've seen some husbands throwing things, shouting, doing all kinds of things. Then how can the wife have respect for you unless and until you are respectable?

You have to be respectable people(8.03), you be kind to her, nice to her. I'm not saying you spoil them, not at all.

If you think something is wrong, then let her sit down, you sit down and explain to her that this won't be good from Sahaja Yoga point of view. All right?

So I wanted all of you to wait. And so all these years you have grown up now, you understand what is the purpose of your life.

Thank you very much. May God bless you!

So, you have to go down and you have to stand in proper line with numbering, because I don't want you to be confused on that point, all right?

So, they will make you stand in one line. You stand like that, and I'm sure it will work out. So far there has been never a confusion and you are all sensible people, you understand.

All right, thank you.

I wanted to know from what countries you are coming. Can you tell – one by one?

India, all right. [HINDI]

You tell him. Who is number two?

Ukraine, number two. [HINDI]

Ukraine. Bulgaria. Romania, Russia.

Now, who is next to that? You can stand up and say. [HINDI]

Estonia, who else? Germany – “Achha!”, Brazil – “Achha!”, Ukraine, Austria, Czech Republic, Austria, Russia.

They look the same!

Now, Nigeria. Ireland? Italy, [HINDI]

France. Next? Italy.

All right, very good. It's a global.... See, it's global.

We are all global and we should show our sense of universal understanding, how we understand and enjoy everyone from every place, from every country.

They are all our brothers and sisters. All right?

Thank you very much! Thank you!

[After the marriage ceremony] (1.06.06)

Shri Mataji: Hallo. I bless you all with my heart, That you lead a very happy and joyous married life. And as you have promised, you'll dedicate to Sahaja Yoga, to spread Sahaja Yoga. To have children also who will be great Sahaja yogis. May God bless you.

2002-0927, Shri Ganesha Puja: You are in the war with Me & Departure

View [online](#).

27 September 2002

You Are In The War With Me & Departure

Ganesha Puja

Frankfurt (Germany)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja, Frankfurt (Germany), 27 September 2002.

It's so nice to come back after such a long time. And whenever I came, you always had gathered in a very big hall. We met, and that's how the Sahaja Yoga started growing. It's very important for you people from specially from Germany, Austria. These are the people who were in the war. And now you are in the war with Me. We have to fight, fight the evil. You know how the world is. We have to fight them and we have to take them out of ignorance.

You are such a support for this because we have to change human beings. They have to become good people very fast. Once they get their Self-realization, the change will start.

Now in England and also in Italy, what they are doing is to give realization to people on the street. Giving on the street, thousands of people now have become realized souls. It's a very big thing because once you get your realization, you become the Spirit and all the goodness should come to you. If there is anything evil, bad in you that will go away. It's spreading so fast everywhere and should also spread in those countries who are there. There's no need, no need for you to fight or quarrel because you have got the divine help. You have got all the help all the help from the Divine, and this is what is to be understood: that we are helped by the Divine to transform human beings into something greater.

That's what we are and we are here because I wanted to tell people that you must have a place, an ashram for Sahaja Yoga, and I don't want anybody else, but only sahaja yogis there because you don't know how dirty people are in this world. What things they do, you can't imagine to what limit they can go and can really try to harm you because they are not only negative, but they are sometimes satanic and they'll try to ruin your children, ruin your families, do all kinds of things.

So you have nothing to do with them. Keep away. Keep aloof because now you all have been cleansed. Those who are cleansed people don't mix up with people who are muddy, do they? And so must have this much of wisdom in your head to understand that at any cost you will not mix up Sahaja Yoga with other things. It's very important to know. I have been trying to tell this since long that keep yourself aloof. But sometimes people don't do it and then they suffer a lot.

We have all kinds of devils around, all kinds of satanic forces acting as some sort of a cult, or I don't know what they are doing, but they've done no good to people, no good at all. Just see what is going on in those days: is all kinds of fighting, quarrelling, killing. All this is going on, so you must know we are in the very, very bad type of Kali Yuga and we have to fight it out by collectivity. Look at the children, how collective they are. You all have to be collective and you must love all the people, all the sahaja yogis who are around. Don't try to find faults with them. Don't try to fight with them because it's a very important work I am doing.

What I'm trying to do is to transform people, to make them good people, nice people. It's not to get anything out of them, but to give them something that they should become very good people. We have to have extremely good and nice people, people who don't hate, people who don't have greed. Like madness, people have greed. In countries where they could make money, they have cheated everyone and have made money, and that is how their children will suffer. They will suffer. So My attention is for all of you because you can help Me in this great war, war with the evil. These are evil people by temperament, and they want to ruin you. You must understand this. Don't play into their hands and you become solid because you have not come on this Earth to

collect things and all that, but you have come here to become sahaja yogis of a very great order.

Another thing is, if you don't feel your joy within yourself, if there is no joy with you, you will trouble others. So best thing is for you is to meditate, not to criticize, not to use your brain, but meditate. By meditation, you will know how to enjoy Sahaja Yoga, how to enjoy everything. This has to be there and this mental activity should go away. Don't try to organize others. Don't try to give lectures to others, but what you do is to yourself introspect. See for yourself what's wrong with you and what wrong things you are doing.

So not only being peaceful is everything, no. Not only being good is equal, all right, but you have to make others, you have to make others good people. You have to make them beautiful people. We have to make this world beautiful through your own help and through your attention. Now the problem is that people take to wrong things very easily even after Sahaj Yoga. Don't support anyone like that. On the contrary, explain to that person that Sahaja Yoga is a collective activity. We cannot have our own anything. We have to be active. We have to be together all the time. Togetherness is very important and then to seek joy of that togetherness. If you can feel that joy of togetherness, you have achieved that aim of life because then you'll gather other people also and give them this joy of being the Spirit. Once they become the Spirit, it starts changing. But if you are collective and if you are together and you do all the things, then also you grow very much.

Now, those who talk of separating, having some sort of a mad idea – please don't listen to them. You better check. Tell them, "We have to be together." We cannot, we cannot separate. And anything like this will be destroyed. Because in this world, you see, how the world is, how the things are and how it is working out. So for you to understand the beauty of modern times, is that you are born in a time when you can be transformed. You are born in a time when you can become the Self, the Spirit. Everybody has tried this; nothing has worked out. Now, with the help of your Kundalini, we are working it out. You also know what is, what is to be done. You know how to give realization, how to see the vibrations, everything.

And once you start seeing that, then you will realize that what you are doing is a great harm to humanity.

Now I leave upon you, all of you – you are such sensible, good people who have come to Sahaja Yoga, and every time I came here, you were all here. I'm happy so many countries are here only just knowing that I am coming. How much you all love Me, I tell you. Really, it's remarkable. All you people have shown your love. All of you have come here all the way, when I am here for such a short time.

So may God bless you all and have sense. Have sense in your head that you are now responsible for transforming this world into a new world of very good people, spiritual people. So your responsibility is that, and as a result, what you have to do, you will know. You all have to be very responsible. Whatever country you may come, whatever place you may come, but you have to be very, very responsible, responsible people, and try to understand what you are doing for Sahaja Yoga.

I can see so many new faces now. I'm happy to see them. Of course most of the Austrians I have met and Americans, Germans I've met before, but I see also other people from other countries – very sweet of them to have come.

So what is important is to surrender, which is a problem with people. They cannot surrender themselves to Sahaja Yoga. That's what is your life. That is the beautiful river of goodness. So you should try and surrender and if you cannot surrender, then there's something wrong with you.

Please try to surrender and you'll be surprised that with this surrendering only you can get complete joy, happiness and peace. That is very important and that's what I have come to tell you that please try to surrender. And surrendering is – I cannot say how you force yourself, but you just go into thoughtless awareness. You meditate and into thoughtless awareness and then I'm sure, with all My love and with all My blessings, I'm sure you will surrender – not only surrender, but you will develop tremendous powers to convert others also, to transform others into this good work. You all have that and if you just develop and try to find out how many people you have helped really in life to change.

Thank you very much.

2002-1015, Interview

View [online](#).

15 October 2002

Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: „I find today in this country people are seeking, and they don't know what they are seeking. It is a problem to them. They don't understand why are they so restless, why can't they understand things, why can't they sleep. All kinds of problems are there, while they should be at peace with themselves. But there's something going on within in the evolutionary process. In the evolution, we have reached up to the human awareness, but there is something beyond that. If so, it is a longing to know what it is, unknown, as to the reason of it, as to the understanding of it. So today I am just going to explain to you why people are seeking.

People think they are not complete, they are not whole. They think, why you are dragged into so many things, for what purpose? For example some people are going to different countries, some are taking to drinking, some are taking to drugs; all these things are not convincing. And they think that, „We have to have something beyond in our awareness, our awareness is not complete.“ This is - can be said that, the nature itself is trying to work it out within us - that we have to evolve more to become complete. Also, it is that desire, that is so strong that we start getting imbalanced, getting into troubles, and taking to things which are not good for our evolution.

So we have to evolve. That is the point of this seeking that people feel, „I am a seeker.“ But these things are not going to satisfy because you see, nobody has been satisfied by doing these things. So what is to be done? There's nothing to be done. You have to be silent about it, and take to the method of Sahaja Yoga. Sahaja Yoga is a method by which our pure desire is fulfilled through an instrument we can say, or the energy called as Kundalini, which is in the triangular bone. All the time it is there. All the human beings have this energy in the triangular bone. Now, this power is placed in the triangular bone in every human being. Which is at the base of the spine, which is called as sacrum bone. That shows that people knew that it is a sacred bone, in Greece, and they called it sacrum bone. The knowledge about Kundalini was known to many people before also. But now how to awaken it it's possible to be understood through Sahaja Yoga.

When this Kundalini rises she passes through 6 centres. The 7th centre guards the chastity of this Kundalini. And when she arises through this 6 centres she enlightens them and integrates them and then pierces through the 7th centre, which we call as the last centre of evolution. This centre is placed in the area which was a soft bone on top of your head, when you were born. This centre was closed during the growth of the child. And later on, when the Kundalini rises, she pierces through this centre emitting cool breeze out of your own head. Could be hot in the beginning, but later on it cools down. Also it starts emitting cool vibrations from your hands and fingers. This is not yet complete. You have to practice raising of the Kundalini, establishing it permanently till you achieve a state of Self-realization. The body is given birth by a body, but this is given by the spirit. And that's why it's called as a spiritual energy, because it works out your spiritual development. No use seeking here and there, and going around about into places, only you have to come to Sahaja Yoga. We don't charge any money for Sahaja Yoga. We don't have to waste any time - without any compulsion, without any force, spontaneously this Kundalini rises and gives you Self-realization. It may not give realization in the beginning to some people. But most of the people get it en-masse. Thousands of people have got realization in one meeting. It's very surprising. The nature's work is completed in this year - in these years of turmoil and trouble, that human beings receive the gift of peace, of joy within themselves.

It is very important that this is the time you have to get it. Because people are so disturbed by the surroundings they have, and they start questioning themselves, „Why am I on this earth?“ And then only this Kundalini works out. We have a complete subtle knowledge about ourselves. And you all can know that, perfecting yourself with your own experience and understanding. You don't have to make any physical yoga or any mental yoga. It just works out spontaneously, if you are a true seeker. So no use

going here and there and spoiling your path of Kundalini."

Interviewer: „So, you say that they can feel this thing?" [unclear]

Shri Mataji: „Now, what do you do? You just put your hands towards Me like this. It might work out, even if I am not there. You can also use My photograph. But the best thing is to go to the collective and ask for realization. In the collective, that you get the realization is with a big force and the piercing of Kundalini is very easy. In any case, try on My photograph, put both your hands towards the photograph, and you will get this realization.

After so many years of My working, we had to cancel some people who were hypocritical, who were making money out of us, who were trying to create problems, and we had to ask them to go out. They were so dissatisfied with us. They didn't want to go out. So instead of correcting themselves they tried to criticize us. But you understand that whatever is your righteousness, your greatness, your spirit - you can get it in Sahaja Yoga. And for that you should not be vindictive, but surrendering to get that great height of your evolution."

2002-1027, Navaratri Puja: Develop Wisdom Through Meditation, Bhakti & Shraddha

View [online](#).

27 October 2002

Develop Wisdom Through Meditation, Bhakti & Shraddha

Navaratri Puja

Lake Piru Recreational Area Campground, Ventura County (United States)

Talk Language: English | Transcript (English) – VERIFIED Navaratri Puja, Wisdom Through Meditation, Bhakti & Shraddha, Los Angeles (USA), 27 October 2002.

Today, we are going to worship the Goddess. That's the, first the left side programming is with Her, but later on, at Sahasrara, She's the Adi Shakti.

And, on the left side, whatever She does is already written, as you must have seen, because She's the memory and that She's the wisdom and, that She protects you, is shown when She uses Her power over the Ganas.

There are Ganas that are, as we know, responsible for all kinds of corrections in you.

These are the Ganas which act through the left side. As we know very well that cancer is caused by the problems of the Left side.

And, on the left side are these Ganas, which are completely in unison with the Devi's powers.

She doesn't have to tell them, She doesn't have to guide them, they are already built up like that. And these Ganas are the ones which, I should say, target, they target the diseases and cure you.

We have cured many cancer patients and many left-sided people through the Ganas.

But Ganas won't listen to anybody else.

And Ganapati is their leader, I should say, their controlling power.

So, if your Ganapati is alright then problems are less, but if the Ganapati is not alright, then all kinds of problems can come up and they can torture you. This is one of the things I am so particular about, that we must get our Ganeshas corrected.

The other day I received a big envelope with letters saying that, "Mother, difficult to control Ganas," but [it's] difficult to control Ganapati Himself! So, what should we do? We'll get into traumas!

A simple thing is, at such a point when you are in a trauma, and when you cannot overcome this defect of the Ganapati, then what you should do is to meditate. Meditation is the only way you can overcome Ganas.

The first of all is the upbringing of the children and then the atmosphere as it exists.

With these two important factors, you can do well with the Ganas. But the problem is that human beings get lost, and they don't look after their Ganapati.

So, as you worship the Goddess, you are also worshipping Shri Ganesha who is the power behind Her.

But the greatest power that is belonging to the Mother is your protection, protection from all kinds of things. All the left hand side protections are there.

They are described, as you must have learned, in the Devi Mahatmyam, what a protections She gives you. So tremendous in Her protecting power, and this protecting power gives you understanding: how kind She is and how, I should say, how very, very protective of you, extremely protective. She'll guide you all the time that you should be protected, on the left side, and through Her Ganas She looks after you.

But on the right side also, those who are on the right side, the Goddess puts Her powers to put you right, to bring you back to normal conditions, to humble you down and make you understand that you are a child of the Mother and you have to behave like a child.

But, if you go to extremes, then you develop all kinds of complications of the right side also, as you develop on the left side.

And the right side problems these days are very, very common, which I have seen people cannot get over.

So many diseases like Alzheimer and other diseases come up, later on. First it starts with the liver. The liver is the main point, as we fall into the trap of the liver. If you are thinking too much, if you are futuristic, if you are aggressive, then the liver goes out because you use liver's power to do all that. And when your liver power is over, you are finished with liver power, you can develop so many diseases, so many troubles that you cannot overcome it, it's very difficult.

Of course, with Sahaja Yoga, so many people's liver has been cured; so many people. And it has been doing wonderful work as far as the liver is concerned, but one should humble down and try to keep the liver alright.

So the protection is also built-in your body by Ganas on the left hand side and by reactions on the right hand side, but the greatest thing is the blessings of the Mother: the way She looks after you, the way She loves you and the way She cares for you – which you should never take it for granted!

You must meditate, you must meditate, it's very important, no question! Without meditation you can[not] keep yourself alright – it's no question. Meditation is the most important thing which must be followed because that's how you come close to Her vibrations, come to Her – I should say to Her nature.

Even animals are so sensitive to Mother, very sensitive to vibrations; animals are, but human beings have their own understanding, have their own freedom, have their so-called intelligence and they fall a trap to it; they follow things which they should not have.

So what is necessary very much, in the country like America, is the devotion and bhakti.

These two things are not there.

Indians take to Sahaja Yoga and go deep down into it because they know what is bhakti, what is devotion. All this ego and all that melts away. But this bhakti is to be enjoyed.

I don't know how to create bhakti within you – that I can't say. But I have seen people with bhakti, they have achieved great heights, though it's a left side movement.

With the left side movement they have achieved great heights. I don't know how the bhakti (devotion) and shraddha (faith) has helped them so much. In this, I must say, Indians are the best because they have this power of bhakti and of shraddha. It's not madness, it's not madness as they have here: I have seen people who get into some sort of a cult or something, they go mad. It's not madness, bhakti is love, and love which is understanding, which understands what is bhakti and shraddha.

Unless and until you develop that bhakti and shraddha within you, you cannot rise, you cannot rise above your problems, you cannot rise above your personality because bhakti is something you cannot impose on anyone, you cannot force on anybody.

You can make somebody mad and say that he can do bhakti, [but] he cannot.

You have to have all your qualities absolutely intact: you should be intelligent, you should be understanding – everything should be there, but at that time the joy of bhakti is within you. And this joy of bhakti when it starts flowing, the Goddess Herself enters into your being, I should say.

I have seen people, bhaktas, many great saints in India who achieved a lot of height.

They've gone too far into it. And if you read about them and, if you understand them, you are amazed how, without any help, without any guidance, how could they go that deep and worship Devi.

Worshipping is not just out of sheer reading or some sort of a chanting or anything, but it's the deep attention of your heart; I think it's Spirit. If the Spirit is awakened within you, you develop the bhakti and drop out all nonsensical ideas, all different things that have crawled into your head, but you just develop the bhakti.

Now all these qualities described, of the Devi [that] are left sided, are in the brain: memory, 'smruti rupena sansthita'. Other things also – whatever are described – are in the brain.

And then the bhakti reaches the stage [where] it just neutralises everything. All the problems of the brain are neutralised and you become a wise person. So the greatest boon of the Devi is to give you wisdom. You can call it awareness, you can call it anything but it's a kind of a wisdom by which you become absolutely a Divine personality. That wisdom you must reach through your bhakti.

But, you see, we have people of all kinds: some are very much in the shraddha, in the bhakti, in the devotion but they are wrongly placed and they don't understand to whom we should worship and where we should go.

Now Sahaja Yoga is a actualisation, Sahaja Yoga is a Sakshat, is actualisation, in which you know whom to worship and whom to surrender, it's not blind, in any way. Whatever is blind bhakti can take you to any kind of nonsense and that's how many cults have come up, many [of] these things have come up, but that's not a thing that sees, that knows, that understands. It should be understood by your intelligence, by all your qualities – what is your bhakti is like.

Now we have, through Kundalini awakening, reached a very great height I must say of understanding of bhakti, the power of

bhakti.

The greatest power of bhakti is that it protects you, it protects you. Those people who are suffering from any kind of trouble, any kind of problems, just get out of it because this bhakti of yours gives you the right type of understanding, the understanding of your Self; also the understanding of surroundings, understanding of the whole Universe, I should say, why people behave like this, why they are like this – all this can be solved through your bhakti. It should not be blind, it should not be blind, but it should be wise bhakti, wise with wisdom.

Only possible through Sahaja Yoga, I think, otherwise, whatever bhakti people do like mad, that cannot be bhakti.

You don't become mad, you become a wise man, wise man as we had so many in the past. And the way they have talked about everything is surprising. How they have said things about human awareness, about your ascent is remarkable and sometimes I feel that they have really prepared a field for me, a proper area for me, to talk to people.

Especially in India, I don't know why, traditionally we are very, traditionally we are very much devoted people. In the same way all over it should happen. Because, in India of course there are mad people also, there are cults, there are all kinds of things, no doubt, but actually there we have saints who have guided us very well. Despite that you find in India people are going astray, doing wrong things and wrong type of worshipping.

This is true, no doubt, but it is I should say just a funny type of a madness, where there is no wisdom.

What is [the difference] between a mad and a sane person is, that a mad person has no wisdom. And those who have also so-called wisdom, or so they say, that "we are very wise," are sadly mistaken. Because the way they behave, the way they commit mistakes, the way their whole attention is, I should say the whole working is, is sometimes surprising but [it's] because they have no wisdom.

First of all is, to test yourself you must see, "Am I wise? Am I wise? Do I do wise things or I'm not doing?"

So many complaints come to me, about Sahaja Yogis also. I am surprised, why: why are they doing like that? I would say, still, they have not reached the state of bhakti.

Bhakti and shraddha, these two things are missing in the Western life, I must say.

We should come back, we should develop, we should grow.

But, even in the Eastern life now it's missing.

For them the ideal is now the Western life.

Once you take to Western life, that part is over because the whole thing is judged with ideas: what is beneficial, what is helpful in life.

But bhakti and shraddha, according to them, is of no use, that doesn't help. Most of the people nowadays think like that but you are very few who have understood what is bhakti and what is shraddha.

So, I would say, the Goddess gives you bhakti and shraddha. By what? She gives you through your meditation; that you see so many miracles happening in your life and you are amazed. "How this has happened? We never expected this to happen. How it has happened, how it has worked out?"

Also She corrects you. All the time, if you are aware, She corrects you and tells you, "Don't go this way! You are going on the ego side."

Or She'll tell you, "You are going on the left side." She's the one who corrects, throughout.

We get into diseases and we are trapped into all kinds of things; it is because we don't have bhakti. In the bhakti, you have to depend on the wisdom of the Mother, wisdom of the Shakti, that She looks after you, She finds you out the way and She will help you. (20.37)

If you start becoming on your own and thinking that, "I am alright, I can do this, I can do that," you will find inevitably that you are wrong, that you had a very wrong idea about yourself and about the Divine.

So, what is the most important point is surrendering. The word 'Islam' means surrender. But Mohammed Sahib has described what you should have before surrender is your Realisation. But, you have seen, even after Realisation people take time to settle down.

But once you are settled down you understand that you are under a protection of the Goddess, that you see every day how it works and how it helps you.

Many people who are in Sahaja Yoga, so-called, have great respect for me but are not fully there; then they suffer and they have

problems and then they ask me, "Mother, how is it I have got this problem?" I don't tell them, because you can't tell anything to human beings, you see, they are very aggressive.

But, the fact is because you are not one with the Divine. And with the Divine if you are one, you'll have nothing but compassion and love, nothing else. And everything you will do so smoothly, so nicely. People may not understand, like they crucified Christ, they did all kind of things -agreed.

But now, you should ask for the protection of the Goddess because that is the greatest quality of the Goddess, that She protects you from all problems, from all troubles, from all kinds of nonsensical I should say things that can happen to you. And there are so many things that happen.

I tell you, I was told that one of the leaders of Sahaja Yogi was killed. I said, "Not possible!" And the fellow was in Rome, he was not killed. So, it's not possible that a young man should be killed like that.

Of course, if somebody is old you have to die, but that he was killed, was not a right thing.

So it is the protection, not only physical, mental, emotional, but spiritual protection comes to you. Spiritual protection in that what you do is that you don't do wrong things. You don't kill anybody, you don't torture anybody, you are not rude to anybody. That is the situation into which you all can enter because you are Sahaja Yogis. You can achieve it. You have a power to do it because you have so much shraddha and so much understanding that you have reached a certain state of protection, of growth of wisdom.

Now first test your wisdom, you must test your wisdom, "If I am doing this, is this wise, is it good, why I am doing it?"

First test your wisdom, then you'll find out that many things you do which are wrong, which should not have been done.

But first your wisdom must develop and you must see that your wisdom works and helps you.

I have seen now, yesterday's drama (evening programme play), you must have seen that girl she is very sensitive and she could see through her wisdom what was good.

If you cannot find out what is good and what is bad that means the wisdom is lacking. If you cannot find out what should you do then the wisdom is lacking.

But, if you have the wisdom, then you will immediately know that this is wrong. Apart from that, you'll be saved from all kinds of problems. It's a fact, I have seen with so many people like that, who have been saved, not only from death, but from all kinds of catastrophes, all kinds. And I was amazed how these Sahaja Yogis are helped by the Divine.

Divine is a power, everywhere it exists. But it will only help the people who are Sahaj Yogis, who are divine – not the people who are not, it will never help you, on the contrary it might punish in a way that is never expected.

So, one has to be careful to test oneself, what I call 'introspection': Have you been wise in dealing with certain problems? What has been your style? Is it money oriented or it is domination oriented. What sort of a power it was that you were working under?

You have to introspect to find out. And you will be amazed, very much amazed, that even in the name of God you can do wrong things.

Lots of wrong things have been done in the name of God and that's why today we have such a big chaos of so called 'religions', when nothing wrong was religion, was with the religion as such, and those religious people who talked about it – nothing wrong – but the way people absorbed it and the way people used it was wrong.

Because [what] they lacked is wisdom.

And the wisdom is the thing which really is not just assumption that, "I am very wise and all that," but it asserts, it works out and it shows what is good and what is bad.

Wisdom is the sign of a person who is really a realised soul of a very high level. If you don't have wisdom whatever you may do, you might feel satisfied about it, but the wisdom part is very, very important.

That is the most governing part within us and as you know, Ganesha is the giver of wisdom. That's why Ganesha must be worshipped.

With a proper upbringing Shri Ganesha is established, who is nothing but the giver of wisdom. And this wisdom is innate. You don't have to judge it, it's innate within us, grown up, just like any other qualities in us.

It takes time with some people, it takes time, no doubt. But once it comes in, such a person becomes quiet, simple and

absolutely truthful.

He knows about everything(28.14). And this is the thing one should develop is, "How far am I wise?"

You see, in this world people are protesting for this, protesting for that, fighting for this, doing all kinds of things.

But if you have wisdom, then you don't have to do anything of the kind! What happens is that automatically people understand that he's a wise man. From ancient times everywhere a wise man has been praised.

He's not worried about his financial side, or emotional side, nothing! What he is worried is, "Have I been a wise person?"

That is the first sign of the blessings of God.

The one who has blessings of Divine is a wise person, he's very wise and his wisdom is shown by his silence.

And the Whole Power, the Divine Power, uses that person as a media and works tremendously. That man himself is surprised how it has helped him. A woman can have that, a man can have it, anybody can have that wisdom, that profoundness, that temperament which is so beautiful and so empowering.

Such a person doesn't curse anyone, doesn't bother to curse anyone, but it works. He never gets angry with anyone, but it works. He doesn't lose temper, no, but some temper works and harms you which you never expected. It is within us, within our power as human beings, to be wise.

I have seen animals have such a sensitivity to vibrations, extremely sensitive.

How? Because their wisdom is intact.

It works in them, they are not conscious of it.

The difference is, human beings are conscious of their wisdom, that's the only difference.

Animals have wisdom, but automatic, we should say, natural.

But we have inculcated this, or we have developed this wisdom within us, through what?

Through our meditation, through our understanding of bhakti and shraddha.

So it's very important to understand the value of bhakti within us.

You cannot superficially touch it. Those who are superficial will never get it. Wisdom only comes through understanding what is wisdom is.

You might find somebody extremely wise, he may be your servant, may be your driver, may be anyone. And you are amazed how such a person can be so wise. Because, maybe from his last life, he has got it within him, or he has gone into it and he found it. It's not the estate of one person, it's not the property of one person but it can belong to many of them.

So the Sahaj Yogi is the one who has to have that wisdom, "Why I am doing this? What is the need to do it?" They don't have to ask any questions, they just don't do wrong things.

They just don't do wrong things. They are always on the right path. That is the sign of a Sahaj Yogi, I believe, and which is the blessing of the Goddess. If there is the Power of the Goddess working in you, you will have the wisdom to work it out.

Now you have seen many people coming to America, doing all kinds of things. They all have disappeared. There's no support to them, where are they? They are finished. Because they were money oriented, or power oriented, I don't know what they were oriented! And they have lost it.

But for a person who is standing in his wisdom, is the sage as they call him, is the saint as they call it. But, this can be every Sahaja Yogi could be a saint, could be a sage, every Sahaja Yogi could be that. But if you lose your wisdom then you are no good. So, I have to tell you one thing: it's your wisdom which will save you. Your wisdom will unconsciously help you.

There was one gentleman, Sahaj Yogi, once he was going somewhere in the car and suddenly decided to go on to another road, suddenly. And what happened, that on that road there was a very big accident and he would have been in that accident.

Like that there are many incidents people have told me, that, "Mother, how we were saved, how we were brought to the brink of death and then how we are just alive."

It is because the Divine needs you, Divine doesn't want you to die, or to finish off, it needs you very much. It has to do its work and you are the instrument of that Divine. If you have wisdom you are the best instrument for the Divine to work it out.

The devi's powers first of all existed in Her body only and She killed so many rakshasas and evil people – She did, kill it, actually. But now, there's no need because you all are there and you are the instruments. And it will all work out in such a way that all

those people who are trying to destroy the goodness, trying to destroy wise people, they will be killed, they'll be finished, they'll be destroyed.

This is not to be done through any outside instrument or anything. It's your wisdom, is the biggest instrument that will work it out.

Do you know, when I came to America first, I saw such a horrible thing here: that people were running after some horrible 'gurus' and I never came [again], after nine years I came.

Because I said, "These people are mad! How do they follow these horrible people? And why do they believe into it? They have no wisdom to understand what is the Truth is like."

And it works out, now, today, you can see there are so many people here.

So, that is what is the wisdom part. And if this wisdom comes to Americans they'll come to Sahaja Yoga. Not only come, but they will grow into it.

But the wisdom will be to see, "What are we going to do, what are we going to get, what is our aim?"

All these things must be brought to them, which is not done normally. We must talk to them, and we must tell them that, "What is within you is the Spirit. You should become the Spirit, every one of them has said so. So why not do that? And why not become the Spirit?" So, then they will themselves feel, "Yes, that's true. It is said that you should become the Spirit."

They'll go to Church, they'll go to temples, they'll go here, there, not understanding why they are doing it? They need some sort of a protection, that's why they go, but this protection comes from your spiritual status, where do you stand as far as the Spirit is concerned.

Those who have enjoyed the Spirit, I have seen do not deviate from the right path. But those who haven't, they may call themselves Sahaj Yogis, anything, but they can be very wrong.

So, first of all, find out about yourself. If you are a real Sahaj Yogi, if you really want to be an instrument of This Power, then, what you have to do is to become full of bhakti and shraddha for that. And this bhakti and shraddha is very joy giving, I know that. It never makes you tired, it never troubles you, nothing! But it's very nourishing and beautiful.

But it should be at the right place with the right aims and right understanding.

For all that what you need again is wisdom.

And you should try to find out – are you wise enough? Are you wise, or are you not?

It's very difficult for every human being to find out whether you are right or wrong because, you see the effects of this wisdom all around.

So, the bhakti and shraddha to the Goddess gives you, definitely gives you, wisdom. We have had some people in India who did lots of bhakti, so called, and showed lots of shraddha, but they were not, they were not. Just they were talking about it, or doing all kinds of things about it but they were not.

So wisdom is something a very innate quality, very innate, it's not superficial.

You cannot just say that this person is wise or not.

It shows, that's just like a power, it's a power of understanding and is supported by the Power of the Goddess.

So She is the giver of wisdom. This is the biggest quality of the Goddess, that She is the giver of wisdom. And wisdom comes as a part of the evolutionary process. Now She has brought about all the evolution so far, and to go further She is going to make you a very wise person.

Even an ordinary sage in a village, in a far-fetched places is respected if he is a real sage.

But, [if] he is a stupid fellow, what can you do? He may be fool you, may do all kind of tricks and things like that. And then, does he get anything good for you? No, nothing. So first thing is: anybody who is supposed to be your guru or supposed to be the person who is guiding you, must have bhakti, bhakti of the Goddess. It's very important to understand. Modern things have such, come to such a limit, that they have no respect for the Goddess, no, they don't even talk about the Goddess and they just talk about something which cannot be explained and understood.

If they talk about Christ they won't talk about Him, that He is the one who said at the cross, "Behold the Mother". What was the need to say that? Because He didn't want His Mother to get into trouble, but He said, "Behold The Mother," that means, "Look out for the Mother who is going to come."

They all have indicated and they have said so.

But still we are busy with our own ego and our own understanding and we run after things which are not real.

First of all you must follow only thing that is real, not unreal things. For that also, again, you need wisdom. I think for that you need wisdom very much more. And that is something, whether you have the wisdom first, or you have the blessings of the Mother, is between the two.

So I have to tell you one thing that: before you people start spreading Sahaja Yoga, please judge yourself. Just see if you are wise enough.

Also see for yourself if you have the blessings of the Mother.

Only the wise are, I should say, the people who know whether they have the Mother's blessings or not. For that we have so many ways of understanding.

First and foremost thing is meditation and feeling your vibrations on the photograph and facing yourself clearly.

If you are a realised soul, are you really a good realised soul or not? Are you deep or not? Are your vibrations working out or not?

If you can see that then you will realise that greater than all ambitions, the greatest is to become a devoted, wise personality.

That is the one that will give you the joy, joy for all kinds of things. Otherwise it is just a human being like others going about.

Now the time has come for this to work out. It's a special time, I should say. Although, quite a lot of struggle for me, no doubt, but doesn't matter, I know, because I have landed myself in the area where things are not so simple, it doesn't matter.

But, on the whole, what I feel is you can support me very much, you can support my work very much, if you have that wisdom.

And the wisdom is to judge yourself: how many people you love? How you love?

How you talk to them? What do you want out of them? All this should come. Judge yourself – introspection. Through introspection you can see it.

So, for a Sahaja Yogi is important is introspection. Second one is meditation. And third one is to take vibrations.

It's very important. What I find, some of them say, "Mother, we don't do this, we don't do that," "But why? Why not do it?" "We do Sahaja Yoga!" Sahaja Yoga, which part? If you are not doing these basic things, how are you a Sahaja Yogi?

And then lots of complications come out of them, they also suffer. I think one has to have again the wisdom to understand what is Sahaja Yoga is.

No one understands that sometimes, and they go on forming a group of people who are not at all understanding what is Sahaja Yoga.

It's a very, very deep personality. Sahaja Yoga is not just by saying, "I am a Sahaja Yogi," but it's a very deep personality. And that deep personality has to be felt by others as the wise, very wise thing.

Not that how much you talk or shout or give lectures is important; is with peace, the tranquillity, the capacity to love within you are important. And that's how people can judge whether you are really blessed by your Mother or not.

So, this is one of the things very important when I've come to America just to protect America from problems, because suddenly this has grown into problems. And it was inevitable because they were blind here not to understand what's going wrong with them and that blindness has brought them to this point that they start seeing their ego specially, which has ruined them – money orientation.

All this has shown how stupid they have been to believe that they are very rich people and they can do anything they want to with their money and with overpowering of other countries and other people.

First overpower yourself. You have to know yourself first of all. What's the use of overpowering others? Those who do not know how to overpower themselves are always miserable, always in trouble because it reacts.

If you try to overpower others, it reacts. For that you have to be absolutely introspecting, again and again I have been saying this that, "Introspect."

Of course, I must say, so many good Sahaj Yogis have come out now and they have worked it out, and they are very good, simple, wise people. It's such a great hope for me, I never expected I will work it out that good. But it has worked out and always, always, you must know you have That Power within you and that you must use that power and not fall a prey into nonsensical ideas.

Thank you very much.

2002-1103, Diwali Puja: The Importance of Meditation

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3 November 2002

The Importance Of Meditation

Diwali Puja

Lake Piru Recreational Area Campground, Ventura County (United States)

Talk Language: English | Transcript (English) - Reviewed

Diwali Puja. Lake Piru, Los Angeles, (USA) - 3 November 2002.

I wish you a very, very happy Diwali.

To see all of you here, is itself such a joy for me that you all have taken to Sahaja Yoga in such a beautiful way. It's your own, Self is your own, Spirit is your own, but to take to Self is difficult. It's only your desires, I think, which is being fulfilled. And that's how you have got your self-realisation. It cannot be forced, as you know very well. It has to work out only with your desire, only with your surrendering.

No use talking about it. No use convincing about it. What works out is your desire, simple as that. The power of desire within you works it out. There are many, who are not here, who have got their realisation all over the world. I remember all of them, and all of you should remember them.

Today is a nice day when we can think of all those who are enlightened in this world. That's the real Diwali: the enlightenment of human beings. It's not candle, it's not some lamp, but it's human beings.

If they are enlightened, then there's no problem any more left. The problems come with the people who are not enlightened, because they are in the darkness. They are groping in the darkness, and some of them don't know also that they are completely ignorant of realities. Once you come to Sahaja Yoga, and enlighten yourself, you see in that light, in that light, what's is good and what is bad, to begin with. And then you grow into it, beautifully, just like these flowers who are all the time happy, all the time giving you joy. In the same way, when you are enlightened, with that light you don't seek anything, you got everything within you. Keep the lights on.

But the another thing you can do is, with your light you can enlighten other people. Like we have done here, we had enlightened one candle, with that we have enlightened all of them. So, you all can do it, because you have got that light within you. With that light you can enlighten others, and they can feel their joy of their Spirit. It's something to be seen now, like so many lights you have put up, in the same way, you are the lights for the whole world.

It's not sufficient that you have got the light, but also you have to give light to others, you have to enlighten others, just like these candles. Once you start doing that, you'll realise what you have got, and then you'll respect yourself, and you'll behave in a manner that behoves a saint, could be a sage, without proclaiming anything. Inside your being, you just develop that beautiful, extremely beautiful temperament that is joy-giving.

You don't want to give any false ideas about yourself, because whatever is the truth is with you. There's no need to tell something untruth about yourself. People will realise that you are realised souls, they will just feel your subtle nature, your reality, whether you come from India, or you come from England, or from America. You all have that ocean of love and knowledge within yourself. Be sure that it's all there, only you first enjoy your own ocean of love. First you enjoy that, and then you can enjoy in others also. I don't have to tell you that you love each other or anything. You just love, you just understand, you just spread your light among yourself.

Sometimes, you get frustrated with other people in your country, maybe in your city, maybe in your village, that the people who are not yet enlightened. But best thing is to work it out. You have to work it out. You know, I had first one lady, very old lady one, who got her realisation from me; and then, you are all here! In the same way, you all can also do the job of Realisation. For that you don't need any calculations, you don't need any thanksgiving. It's just there, and it works out.

What do you do for a light? Just see, you just put near the candle and you get the light! In the same way it is. Your enlightenment is such, that it will give light to thousands and thousands of people all over the world. As you know, there are many countries who we have to still approach, but we will do that: just locate and find out where do you have to go, and where you have to work. Firstly, you are capable of giving Realisation, you are! Have confidence that you can give Realisation to people, for which you don't need any help; single person can do it, thousands can do it. It's very important for the Diwali of the whole world, that we should give Realisation to people. Very important.

Now, in Sahaja Yoga, many people are such who are little frustrated with themselves. Specially with their past. Forget the past. Past is not important, what is important is present. At this present moment, what have you to do? You don't have to worry about the past, that, "I've done this, I've done that". What's done is finished, now you look out for the future, what can you do for the future. And somehow or other, with the light, you see your path, you get rid of all this darkness, and you know how far to go, how to meet people, and how to spread Sahaja Yoga.

It's something you have already within you, but you have to first of all establish your connection with it. If you have established your connection with that ocean that you have, you can definitely work it out, work it out in such a beautiful manner, and you'll be amazed how you'll be successful. The success that you get out of all this ignorance, you are amazed at it, but you have the light! With the light you do remove all the darkness, don't have to think about it, just removes because you have the light. But if you don't have the light, then, no use talking about it, no use doing it because it doesn't give any success. On the contrary, it's a failure, failure of the worst type. And can be very dangerous for people.

We have had very funny experiences also in the Sahaja Yoga. But I think they all are learning one by one that 'this should not have been done, that was wrong.' Now what blinds you we should find out.

In this country, it's such a money-oriented country, America is; which has spread all over the world. And being money-oriented, you do get enamoured, you do feel that you must make money out of Sahaja Yoga. There are some who do not think like that, but they are still running after making money. There is no need at all for you to make money, or to find for yourself a kind of a security in money. Your security is in-built within you. So all these outside things which are absolutely unnecessary, should not blind you.

Now, if you have the light, you can see clearly. And this help of the Divine, you see that very clearly in your life. And you are surprised how the Divine has helped you at different points. I get letters from people who say, 'Mother, thank you very much, I got rid of my problem, I got rid of my enemies, all kinds of things.' While I've done nothing! It's your light which has removed the darkness. If you are ignorant, then only the light can remove the darkness of your ignorance, also.

Actually, we don't know how much there is the power of the light. As you can see here, every light is giving such a lot of, not only energy but also complete picture, so thus you can make out. For example, you can make out if somebody is a Realised soul or not. It's not necessary that you have to go near that person, or take any special care or anything. You will just know that this person is a Realised soul or not. I've had many such experiences where I found that people don't know who is a Realised soul, very surprising. If you know who is a realised soul, then half of your problem is over.

Now the second one is the problem of how to convince that fellow what he is capable of doing. I find that problem also with Sahaja Yogis. They are capable of very great work, all over the world. They can find out so many things which normally, normal people cannot find out. But Sahaja Yogis can immediately find out what sort of a person they are facing. This is the difference, that means you know the truth. Truth about everyone, truth about the whole situation, truth about who is just boasting or just

making up a story or some sort of a hypocrisy. It's not difficult, because now you have the sight, you can see with your light what's wrong or what's good with others.

Such a blessing it is for you that you cannot be cheated, because also you are looked after by the Divine, guided all the time by the Divine. Have faith in the Divine, have faith in the Divine, that's very important. As you have faith in a candle, have faith that the Divine will give you the light, will guide your path, will take you to the right place to do the right things. I mean, so many of these experiences are with you, I need not tell you how much people have written to me how they found things working out.

Despite all that, we are collective, we are nice to each other, we don't tell lies, we don't try to destroy anyone. That means we are much above all human failings and this is only because of the light. You can see where you are faltering. It's just you see for yourself. For that, I think meditation is the most important thing in Sahaja Yoga.

Every day you should do meditation. Those who do not do meditation are capable of falling down, because meditation is like putting oil into the lamp. Those who do not meditate, think they can do without it, are sadly mistaken. They have to meditate morning and evening. The problem is everything comes so handily, so simple that they don't understand that meditation is very important, many people. Not you, but there are many I know who get Realisation, who don't meditate. And their style is different. Their nature is different.

Meditation is such a soothing thing, it's such a beautiful way of connection with the Divine, that all your problems get solved in that meditative mood. If you are not meditating, you are not following meditation, then maybe your light will go down. It won't give sufficient light. It's important, very important to find out about yourself, about others, in the meditation.

"How to do meditation?" Many people ask me. Don't do anything, to just go into thoughtless awareness. Try to go to the thoughtless awareness. If you can get into that condition of thoughtless awareness, you've done your job, because that's the point where you are with the truth, with the reality, with the joy, with everything that is so fundamental. When you meditate, try not to make some sort of a function out of it, no. Meditation is something silencing yourself, silencing your thoughts and going to that deep ocean which is within you itself.

But supposing you don't do that, if you don't meditate. I can make out immediately those who are meditating and those who are not. It's not difficult for me. Those who do not meditate are always hesitating. They are confused. They can't understand. And that's why meditation is the most important thing in Sahaja Yoga. Just like a light burns with the electricity flowing in it, you can say, or by, because of the candles; in the same way meditation is a continuous availability of the Divine Force. That will reduce all your apprehensions. Not only that, but takes out all the negative thoughts. It takes out all the discouraging things. And when you are meditating like that, thoughtless awareness, then you'll be amazed how you are helped from within and without.

It's a terrible power that works, this thoughtless awareness. So those who do not meditate cannot go very much far with the advantage of Sahaja Yoga.

One should try to meditate, and go up to the point of thoughtless awareness. So what happens to you? If you are in thoughtless awareness, what happens to you is that you get the confidence, complete confidence of divinity. You know you have that.

I've seen children coming from our school in Dharamsala, extremely confident, and extremely humble. And I asked them: "What do you do?" They said: "Mother, we meditate. We meditate in the school in the evening, and that meditation helps." Imagine these small children can say that, so why not you also understand it, that meditation will give you security. It will give you real enlightenment and a complete connection with the Divine.

Without the connection of the Divine, what's the use of doing Sahaja Yoga?

I know the people who are meditating, who have gone down into their being, and who are very developed. Also I know people who are little superficial. Your depth is in thoughtless awareness.

Is a very important point which you should reach. Looking at anything, if you are thoughtlessly aware, then you really become reflective about it. Just works out that way. I don't know how far you can remain in that condition. But even for a second you can achieve it, you start achieving it more and more. I've talked so much about meditation before, but today when I see all these candles burning, I think they are all meditative.

They are all in meditation and that's how they are burning.

In the same way, Sahaja Yogis who meditate, I know. And those who don't, I know. And if they have problems, I know why the problems are there. Main thing is your connection with the Divine, is only possible when you meditate and become thoughtlessly aware. That's the point where Divine works, it helps you. It comes to your help in such way that you don't know how you have achieved it. So, thoughtless awareness is the first point all of you should achieve. Very important. After that, we can achieve something else, but the first step is thoughtless awareness.

It's very important to become thoughtlessly aware because then there are no thoughts coming from the left or right, from the present [past] or the future. Just in the present you are there. It's something you all have. It's not that I'm saying that to you, but all of you have this, but steady yourself. You have to steady yourself at thoughtless awareness. How long – that's not the point. The point is once you've touched it, you'll go on touching it.

Many people meditate, but their thought process is going on. They are not thoughtlessly silent. Now this is the one point which is very important. If you have to grow, you should be absolutely in connection with the Divine, through thoughtless awareness. You don't have to pray, you don't have to call anyone, nothing; it just works because it is within you. With all these thoughts are bombarding from both the sides in your mind. These thoughts that are coming to you, have no meaning with you. They do not substantiate you. Yourself you are an ocean. And you have to get into that state of thoughtless awareness. It is always described in all the great books, but not so clearly as I am telling you.

I don't say that some of you do not get thoughtless awareness, so they are good for nothing – no. But please try. You can all get into that state of thoughtless awareness, even for a second, if you get it, it's a very good idea. Then you go on increasing that second.

I think it's a reflecting mind. When you look at something, you do become thoughtlessly aware, and then your mind reflects to the depth of what you see. That's how you all will become really very creative Sahaja yogis. What I find, that this state of thoughtless awareness is not established by many, which is not good.

Today, on this day of Diwali, I would say that you enlighten yourself with thoughtless awareness. It is not difficult, it's within you because thoughts are coming from this side and that side. And they are not the waves of your brain, no; just your own reactions. But in case you meditate in the real sense of the word, then you will get into that thoughtless awareness, which is a very important point. And all these nonsensical thoughts, which are of no use to you, will disappear. They won't be there, and then your growth is possible and you grow very well.

Many people are here who will say, "Mother, we don't get that state". Try. Try that. I don't believe you cannot get it. All of you can get that thought that 'I can get it.' And you will get it. In that, you don't have to discard anything, you don't have to see anything, just go into meditation, and you'll be amazed how it will work. Of course, you are very much there, most of you, but still, I would say, increase that thoughtless awareness, that area.

Today is very important because of this day of Diwali. Diwali is supposed to be Enlightenment Day. But enlightenment within is: how much you are in thoughtless awareness. And everything works out, because you are the ocean of it. You have it within yourself. Only, you have to tap it. If you don't tap it, then it doesn't work out. You have to just tap it, and you'll be amazed that you are a source of such joy, source of such happiness, I should say source of real enlightenment.

So today's message is that while meditating, go into thoughtless awareness. No thought is important because it's your own creation. But if you have to become (one) with the divine creation, you have to get to that state of thoughtless awareness, minimum of minimum. Once that comes to you, gradually it will grow, and you'll be amazed how you'll be able to grow into Sahaja Yoga in a very big way.

Thank you very much.

2002-1225, Christmas Puja

View [online](#).

25 December 2002

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed | Translation (Hindi to English) - Reviewed

[English transcription]

Merry Christmas to you all.

According to Sahaja Yoga, Christ is settled on your Agnya Chakra. His whole life is depicting the qualities of a person who is a realised soul. What He has suggested in His own life is that you should not have any greed or lust.

The way these days people are greedy all over the world is really shocking. Right from the childhood, our children also learn to ask for this or ask for that; only complete satisfaction in life can give you that equanimity, that balance by which you do not hanker after things.

These days even India has become very much westernised in the sense they are also very much wanting to have this and that. Actually, now in America suddenly, with this happening, people are getting to spirituality.

They come to spirituality because they think they have not found any satisfaction anywhere.

But we have to see from His life, the great life of Christ.

First He was born in a small little hut, as you saw many of them when you come round. Very much satisfied. And He was put in a cradle which was all covered with dry, very dry grass. Can you imagine? And then He sacrificed His life on the cross. Whole thing is a story of a sacrifice. Because He had a power, power of Spirit, that He could sacrifice anything, even sacrifice His own life, so you can understand the greatness of Christ, what's coming from His great personality of spirituality.

But the same Christ is worshipped all over the world, specially in the Western countries, and you'll be amazed to know how they're running after things. All their industries are running with big stories about what they make; and how people boast of their wealth.

They will have a cross in their necks to show that they are Christians. First of all one should never wear that cross on which Christ was crucified. But they do make up by this hypocrisy, and they are the another extreme of Christ. Not only they, but even their wives and their children are all very greedy people. They should have this, they should have that... but now India is very much in the same run.

And what do they ask for? They think by getting all these things around them they'll be very comfortable – it's not so. They're all the time hankering, and they cannot even enjoy whatever they have achieved.

It is something very surprising that in a country like America, where there was no corruption but there were people who were making big big money, they are supposed to be disciples of Christ. It's beyond me.

India was once upon a time a real saintly country where saints were respected. But nowadays India has fallen down to such a low level of greed that it's impossible to understand these people.

We can say they had not such a great following of Christ, and those who followed Christ, also the Christians here, they are the worst! They are the ones who have taken to all kinds of Western life, of greed, and they call themselves Christians.

But Christ has shown that you don't need anything in this world. He's such a great personality, such a great incarnation, respected all everywhere, why?

Because His power of sacrificing was the highest. Not because He was owning a big car, or any big house, nothing! Only because He was such a humble man.

His life is remarkable, and that today He governs the hearts of so many, despite the fact He was born a very very poor man, and He was crucified also as a very poor man. So those people who are running after money, are no way Christians, are nowhere near

Christ.

And so happy and joyous He was! And He helped the poor, He helped the needy, because He understood their problems, because He could feel them. He tried to help all kinds of diseased people, underprivileged, while today's world has come to such a nonsense that they help countries to fight! They create Christianity to fight! What is Christianity doing in this country? It's just to create a big power, of creating lots of Christians. I've heard from many places how they're converting people to Christianity. Christ never converted even a single soul. He wanted to give transformation as you all have got it.

But not changing the religion, or changing your birthmarks, no! And what did He achieve is this kind of a useless, third-rate people, who are running after lust and greed.

I get worried sometimes about Myself, that I hope My disciples and My children won't do things which are against Sahaj, which are against the principle of Sahaj. And one of the principles of Sahaj is that you have to help people, those who are downtrodden, those who are not yet realised, you have to give them realisation.

It is not the way world is going on, that we give help to people who are ruining this world.

If we have to save this country, if we have to save the whole world, then we have to become like Christ.

Develop your sacrificing temperament!

It should be a very very powerful thing, because you are all realised souls.

Try to develop that, a temperament of helping others. I've known some very great people in my life, who were always willing to give to people who haven't got it.

And they have been of such a great temperament, they were never, sort of, given any big award or anything. But very happy if they could help others. It's very very sad today, in this country, where so many people have sacrificed their lives to achieve independence and freedom. And what is happening is now, today, same people – or maybe their children, maybe not the same – are supposed to be governing, supposed to be in charge, are making money.

Why this situation has come? In this country also we had many people who were extremely sacrificing. They were the leaders.

But how many of you are like that? How many of you would like to give away something of yours to others? What would you do to help others? It's very sad that the Christian nations have never followed Christ, and we also are becoming the same.

I don't say that we should not do business, or we should not make money. You can, but with all that, you must remember for whom are you doing it. What are you going to do with it? With this money, what are you going to do?

Actually, we should find out at least, in one year have we given up one of our things to others? Not that I say you crucify yourself, no, that'd be too much. But can you at least sacrifice a little bit of your comfort for the people?

Sahaj yogis have to be extremely kind, extremely kind and loving people. If you are not that, you are not Sahaj yogis. First thing you should be kind and loving, and understanding the problems around, and try to help as many people as you can. But that is not so, even Sahaj yogis do not understand what is the value of their life.

They're on the same path as Christ was, they're realised souls, they must have that feeling, they must have that oneness with the rest of the people, and they should feel the sacrifice of Christ within themselves.

How He sacrificed His life, is to improve our Agnya, to remove our ego, to fight our ego, but we are so egoistical...

Whatever He has done is a waste, is something people don't understand, and they do not imbibe His character and His life. It's very bad.

And for us He is a very great message; for all the people who are realised souls, He's a very great example.

There are so many things to be done. We have, as you know, My mind is always with the needy, and I've started many such organisations. You know them very well. Recently I started something for the destitute women and orphans in Delhi. I paid most of the money.

But at just the finishing, I said, 'Why not ask Sahaj yogis to pay that little money to finish?'

And they did, they did pay; in Delhi I must congratulate them for showing the way to other Sahaj yogis. I was amazed how they could raise so much money for this big organisation.

It is something we never see, how the women are suffering in our country, how the destitute women are suffering. They are left out by their husbands for no fault of theirs, no – just like that. For some whim they are left on the street with their children, more in the Muslim states worst.

And I felt very much that I should try to do something, at least bring the attention of the people to their lot and to their problem, so that they come up into life and earn their living.

I think it's a duty of all the Sahaj yogis, to go and to see around who need your help; just don't live for yourself, earning for yourself, making money for yourself, but try to help people.

Help those people who can really be helped, and they should say, 'It's the Sahaj yogis who have done for me.'

So many ideas I have of helping people, and I'm going to try them, with whatever money I have. But I wish you could decide to do something for others. Specially this country is divided into at least two parts, one is the rich and another is the very poor people. These very poor people just make my heart wrench, wrench with pain, I don't know how to help them. It's such a vast community. But if you people decide, you can go around... (Shri Mataji refers to someone: sit down!) You can go around, and you can find out ways and method of helping the people who are extremely poor. They need your help by all means, and you are capable, with the Mahalakshmi's blessings, you are well equipped. Then try to help the poor, try to help the people who are in great trouble.

I know they are not Sahaj yogis, don't expect them to be Sahaj yogis – they cannot be. At the time of Christ, how many people were there who were Sahaj yogis? How many people were there who could understand the depth of human problems? But Christ did. And He sacrificed His life for the sins of the people, can you imagine? It's a day to celebrate His birthday with very great joy. But what a birth, and what a life that He had to go through! Nobody would like to have that kind of a life, but the essence of it we must understand. Running after greed is madness, there's no end to greed. Those who are greedy, are greedy all the time. They are asking for money, asking for this, asking for that... Why not see to others, what do they want?

Because we are in collective consciousness, we should understand what do these people want, what can we do for the people. I know it's very difficult in those modern times, with all the advertisements going on, but we are Sahaj yogis. We have to be normal people, we have to face it in a way that a saint has to face, and try to eradicate all these ills by your special powers.

Today is a day of great joy to Me and to all of you. Also at the same time, when I see that the life of Christ, such a short life, how miserable it was! Not because of poverty, no. But because of hatred, and because of tortures he had to go through. He didn't mind poverty, He didn't write(24.37) anything about it. What He felt bad was really the way things are wrong, and the way there were oppressed. And He took up all that agony onto Himself to solve the problem.

He created the Christians, and what they are doing is nonsense. Just a nonsense. It has no meaning, it has no meaning to Christ's life, and it has no meaning to the richness of His great work.

So when we are celebrating His birthday, we should also celebrate His sacrificing capacity, His power of loving.

Now Sahaj yogis have become very good people, very loving people, no doubt about it. But still I think the greed lingers on. There's no end to greed. I must tell you, I've seen people who are so mad...

Like in America they found out those people at the top of every organisation, corporators, who were so rich that they had twenty-five aeroplanes and about fifty, over fifty cars.

Are they going to travel by their fifty cars?

How are they going to travel, one foot in one car and another foot in another car? But they had it, all this kind of madness, and they said that... now they have nothing to say as such, but now that's all confiscated.

What will you do with all this kind of a temperament people have? Isn't it madness to have twenty-five aeroplanes and about fifty motor cars? And they thought no end of themselves, stupid as they were! When they will die, all this will finish off.

They are fighting about something in America, it's such a funny place. Then you do understand where are we going with our greed.

There's one incident where a very young girl married a very very old man, very old.

And when this old man died, he left all his money to this young lady, so the son came over and he made a case, that 'I have been his son for so many years, and how can this lady get all the money?'

She got billions and billions, but still she wanted to have the whole; so she gave excuses, saying, 'I've done so much for him, with this old man I've sacrificed so many things,' and this and that. It's a shameless thing the way people act, and they are not ashamed that they are asking for money, money, money, for comfort, comfort, comfort! It's very very difficult to understand human beings. Once they have gone in a strange way, they can go to any extent. They don't know how to sacrifice anything!

When I've seen, when Gandhiji asked people to sacrifice, all the women gave away their ornaments. They gave away their lives,

they went to jail, did all kinds of things to achieve independence. And what is the independence they got? Immediately all the thugs of the world became in charge, all the thieves of the world became in charge. What do you say to such a country where everything that is great and noble goes into waste? Have you been a noble person? Ask yourself. Have you been noble? Have you tried to help others?

From the life of Christ, we have to know that He lived in poverty. He was King of kings, but He lived in poverty, with grace. And He did everything for people who were sinful, who were in trouble, such a lot... One person!

Now you are so many, so many of you. You all have to do something. Don't live like these corporators, but try to know that you have to sacrifice something of your earnings, something of your luxuries for the sake of your country, because you are Sahaj yogis, you are not ordinary people, you have got your realisation!

So what are you doing? Are you demanding money from everyone, or you are giving love to everyone? Let me hear the stories of Sahaj yogis who are giving love and compassion.

I'm sorry today, on the day of His birthday, I have to tell about His life, which was very very painful otherwise. For us to understand that such a glorious personality, such a great Sahaj yogi, He had to go through so many problems in His life, and His own people troubled Him. His own people tried to take advantage of Him.

I too have this experience from Sahaj yogis who got well out of Sahaja Yoga, and they tried to trouble Me. They tried to make money out of Me. Everyone knows! They have such a bad value system that how can you say they are realised souls?

So we have to think where we can help others. What we can do for others. This is one of the things one has to learn from the life of Christ.

I was actually born in a Christian family, and what I found out about the Christians that extremely they were mean, dirty people. They are planning against each other, and very money-oriented.

When My father went to jail, they threw us out of church. To love your country is a sin, is it?

They did it, and when he came back and he became the mayor of Bombay, of Nagpur, they were his greatest admirers, they'd take out a procession. (33.53)

So My father just smiled at it, and he said, 'See these stupid people.' This is complete stupidity, and this kind of greed, and this kind of stupidity must be stopped.

They run after money, they run after positions, they run after also very bad things, some of the things. Not the Sahaj yogis, but they do.

But even among Sahaj yogis, I've found people who are very money-oriented, and they have made money out of Sahaja Yoga. I'm such a useless person, I don't understand money, so they could befool Me; all right, doesn't matter.

And for years together they were befooling Me, it's all right. Now what to do, what do I need money for? That is the trouble. The trouble is if you are not careful, if you are not very money-oriented, others can rob you. I say let them rob. Let them do what they like.

But I cannot develop a temperament by which I can get after people for money – I cannot. I accept whatever account you give Me, I accept whatever you say. I know it is sinful, it is wrong, but if they are not aware of it I can't help it. They all will be ruined all such people, I know that. But what to do if they don't realise it themselves?

Making money out of Sahaja Yoga, can you imagine? Such a stupid thing to do. It's very common. Very bad.

I want you all to be above money. Above all these worldly things. And you will never starve, you will never have problem, but do not get mixed up with this kind of nonsensical things.

This is God's work, and you shouldn't make money out of it, in no way.

So we have to learn a lot from the great life of Christ, who was born as a very humble man, and He did such great things. He tried to improve our Agnyas, and even now, if you think of Him, your Agnya will be all right. It will be finished.

I know among Sahaja yogis also there are people who are very pushing, who are all the time pushing themselves. For what? What do you want? All the time they are pushing around. Just like all other stupid people.

So to feel the satisfaction within yourself, just like Christ, you have to meditate, and introspect, and find out: are you satisfied people?

You have to be very much satisfied in life, otherwise no use having Sahaja Yoga. No use getting your self-realisation.

I bless you from My heart, that you take the character of Christ as a model for you, and to understand the problems of the world,

from the whole world, as your own problems.

May God bless you all. (Applause)

[Hindi to English translation]

First I thought I would speak in Marathi because yesterday I said a lot to the Marathis so I thought I will make them understand today. Marathis have so much ego, I don't know where this came from. Our father always used to say that Marathi people, no matter how scholarly they may become, they do not become humble. They always keep fighting. How will you make them alright. He said see in the Indian culture, the music that is there, that in Maharashtra, the Marathi people understand, but what can one do about their ego. They have so much false pride that their music cannot go further. He used to get very worried. And this I also see, in the Marathi people a sort of an arrogance. If you know how to sing, then you know how to sing. What is there to be so arrogant about.

Once upon a time I came back from college, then Baba told me that there is a friend of his who sings very well. So I asked my father, how, what does he sing? He said he is very courageous. I asked why? He said he doesn't really know how to sing, but he just shows off. If you want to take that trouble upon yourself then listen to his singing.

And he was a very humorous person. And the same personality Babamama had. Everything he would set right with humour. Baba's personality was full of prudence. There was a gentleman who was very stuck to him. Now what to tell him. So he was told just now go to Shri Mataji. She will do everything to you. So he came to me. So he asked me, Mataji did you call for me? I said no. "Babamama said "I understood. Something's gone wrong in his head. "What did Babamama say?" "That Mataji has called you." So I said see in this world there are also some people who the Devil calls and there are some people who God also calls. So it was said that I have called means that God has called you. He said yes. I said why does God call you. He said that I don't know Mataji. Because you are mad in the head, who can set it right, only God can set it right isn't it. The Devil can't do it, he will make your head even more mad.

In this manner, in my father and in my brother there was a quality, that all the problems they would solve in humour. Nor would my father ever get angry, nor would Babamama. Never, Babamama would never get angry. He never had the power to get angry perhaps. And to look after everyone, live with everyone. Ever since he came in Sahaja Yoga he would never stay in my house. Never would he use my car. And very careful, if any person known to him is coming into Sahaj, he would say no, he won't go far, he's a useless person, thinks no end of himself. Set his brain right.

In this way, he used to understand. He used to say that a person who is egoistical, humour can never occur to him. He really gets after everyone. He troubles everyone. So I said what do you do, such a person, how do you manage. He said on him I spin such tales that after that he just cools down. So, in this way I got a lot of help from him, in Sahaj Yoga also I got a lot of help, he did a lot of work, in Nagpur he set up such a big Academy, a very big building, did everything very well. Then whatever happens, upto Viddhata, He didn't stick around, he didn't live. Whatever the desire of God I said, let it go, what to do. I went to him, even at the end of his time, I was with him. With his passing there is a big vacuum in life, how much he understood me, no one understood me. How much he knew me no one knew me. After a lot of bowing down before me would he request me. I told him that my father always used to say that Bhartiya music is a very great thing. It should be spread in the whole world. Otherwise abroad the foolish people may make any kinds of all kinds of songs. But be careful because when the singers become arrogant, that can cause a lot of harm. And that aspect I saw a lot of, so said its such heavenly music it should be spread, and that settled in Babamama 's brain –that I will spread Bhartiya music. Took all sorts of troubles.

Once he went to Russia, and while coming back he didn't have a visa, didn't have this and didn't have that, but he reached. And he started telling me, I really enjoyed myself. I said what did you enjoy? Day and night you were troubled. He said the enjoyment was this that in everything there was enjoyment. I was really enjoying myself. And I reached, what was there, I had to reach anyway. I was surprised, he had so much trouble, but not a single complaint. He would never speak against anyone. Never against anyone. Only he would say that he got a badha of 'g" Meaning he became egoistical. That's it. Never beyond this. He would keep

everyone with a lot of love. How much help in Sahaja I got from him, it is a fortune, never such help. In destiny this kind of brother, may you all get such brothers. And may you get such people who understand your ideals. And who help you in every way.

I got such a father, who was a great man. So whatever work is to be done, is done by the blessings of my father. There is a great blessing of his. Whatever he did, with his character, he showed us a lot. And any type of dishonesty, any type of pettiness, any type of smallness he never did. And if anyone would start, he would say my ears have only gone deaf. Would never listen. With such a great man. I lived. He never had it in him that he should get any sort of status, any sort of position, nothing. But he would always tell me that in this country Hindustanis should rule. He went on the High Court, he hoisted the flag. He was a very brave man. So, he was shot at, now when he was shot at, the bullet hit his temple. Till the end he had the bullet mark. He fell down from the top, we were all there below, we were singing "Vande Mataram, Vande Mataram" He said don't stop singing, I am alright. He got up and sat. The doctors ran upto him, he said let it be for now, let it be. After that we took him to the hospital, then they took out the bullet.

Now in our country they stopped the singing of Vande Mataram. I don't understand, we used to sing Vande Mataram all the time, what suspicion have they got about Vande Mataram. Then at every time I would make them sing Vande Mataram. In every lecture, in every program. I would make them sing Vande Mataram. Foreigners also learnt Vande Mataram. The person who cannot love his own country, he cannot attain anything in this world. This is what it is, what it was. How many times he went to jail, how many great deeds he did.

2002-1231, New Year's Eve Puja

View [online](#).

31 December 2002

New Year Puja

P K Salve Kala Pratishthan - Vaitarna Music Academy, Tembha (India)

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

I am very, very happy to see so many of you coming down here for the program. Actually I bought this land at least at least twenty-five years back and couldn't do anything about it, as they had lots of objections, this and that. But then somehow I planned the whole thing & it all worked out. Happy to see you all here, that with all those difficulties, ultimately now you find so many Sahaja Yogis attending this program of My Puja.

I must remember My brother Baba who has worked very hard for the propagation of Indian music, classical music, all types of art, whatever he could do. It is a very sad thing that he is not here today to see you all. He has done so much work relentlessly without expecting any reward whatsoever. And I wish you could have him as your ideal and that'll work it out everything, in that way. There is one thing about him I know – he never tried to show off anything. He was a very intelligent, educated man, but he caught hold of all the people of ordinary living, and he looked after them & he promoted their skill of music and art. With the same idea, I decided to have this place dedicated to his idea of propagating music & art. And I am happy to see that, that idea has materialized. But I wish that My brother was here to make you feel very happy about it. He was a very loving & a kind person. He never used to get angry with anyone, I have seen that. But he always gave me a very good picture of every person. You can't help it.

[Marathi to English translation] 03:10

It is the speciality of Maharashtra – Fighting. Very good at fighting. Do anything for them but nothing enters into their head. They have no understanding, always ready to fight, even with swords. I am fed up with your quarrelling nature. This beautiful new building has been erected for our classical music. They fought even on this and many times I felt, why build it in Maharashtra? No point doing anything for these Maharashtrian people. They fight for some reason or the other, no shame, nothing. If they don't find space here, what can we do? No maturity at all. I don't know how there is music in these quarrelsome people and it has grown so much and I am fed up with it.

Everybody is complaining about something. Have you not found peace in Sahaja Yoga? [So many] Great Saints & Sages have given so much knowledge to this land but it has had no effect, at removing our quarrelsome nature. They will fight even in their name, keep behaving foolishly. I don't know when this foolishness is going to be removed from Maharashtra. They just don't understand peaceful living and absorbing everything peacefully. They just start shouting all of a sudden. Our foreign Sahaja yogis say, Are they uncivilized people? No, No they are very well educated, but very quarrelsome, and why they fight? They alone know. At least please don't fight in Sahaja yoga and be a bit peaceful. At least try, we want to change, isn't it? Instead of seeing what is wrong with others, see what is wrong with yourself? Babamama has done a lot of work in Maharashtra, at Nagpur. People in Nagpur are very active and they helped him. But nobody understands that you must absorb Sahaja yoga & become a Saint (Sadhu). When you think in a very lowly manner of just making money somehow, run helter-skelter for it, how can you be a sahaja yogi.

One must feel that I am a realized soul & Mother has worked so hard and so much for us, we must achieve some good state. So [all of you] resolve today to stop fighting and don't be greedy for money. Greed for money has made things difficult for Sahaja yoga in Maharashtra. I have worked a lot in Maharashtra and have had all sorts of experiences in this land. Now please realize that you are a Sahaja yogi and live gracefully and be a proud of being a Sahaja yogi. What is there to fight in Sahaja yoga? Is this a political meeting, that you must complain about not being able to sit or not getting to see? I did not want to speak anything but

I had no option when I saw you and I had to say. Now if anybody fights, he will be thrown out of Sahaja yoga. There is no other way to correct this. If you cannot have mutual love with one another then why are you in Sahaja yoga?

Babamama never got angry with anybody and never complained about anybody. He would praise everybody. I used to think how can everybody have such a good state. But Baba brought people together with love, it may be just anybody. He was very selfless; he would never sit in my car, never come to my house. He was very understanding. He also belonged to this Maharashtra, but he was not so aggressive. You have joined the work of such a great personality so at least follow some of his good qualities.

We have built this temple for music and other arts. Your children must progress in these fields. They must understand our music. These foreigners understand your music more than you do. Isn't it shameful? We don't understand that, just nothing. What's the use? You must have knowledge about music even though you may not be a student of this place. Unless you know what Tala is this, what Raga is this, you cannot enjoy music. I request you all to leave aside your quarrelling nature and develop goodness within you.

This is the work of Sahaja yoga, but I sometimes feel that you cannot reap anything if you sow seeds in unfertile land. But now things are better with many people coming to Sahaja yoga. So don't just come to learn Music here. You must learn to behave in a sahaja way, understand the greatness of sahaja, or else it is useless. There are many ordinary Music schools around. By learning music from these if you are going to break heads of others, it is better you do not learn music.

So I request you that please, with music bring the music of your life into your day-to-day behaviour. Without bringing that music this program will not achieve its end. Take a vow today, let anybody say anything.

The second problem out here is about making money. It has become rather too much. I am fed up with it. People make money even in Sahaja yoga. Are you going to change or no? Most important thing is that there should be music in our lives. Instead of having rhythm and ragdari in our lives we just keep fighting, thinking bad for others and seeing only self interestis bad.

Now forget what happened in the past. But henceforth only people with understanding, compassion will be brought forward, who will bring all people together.

[Hindi to English translation] 16:17

Fortunately I also know Hindi language. Now if we take to music we ourselves should also be in rhythm. What does it mean? It means that the state of human beings is to be corrected and made rhythmic and organized. Unless it is done, it is of no use. What is the difference between you people and others? If you also keep fighting then what is the use. The most important thing is to develop and establish love, Shraddha and devotion in our hearts so that you become peaceful and others also become peaceful. Without peace, music has got no meaning.

Today this beautiful building has been erected in the memory of Babamama and with this I wish that people will take to music within them and they also have a peaceful atmosphere.

Today world needs only Peace. Everything else that we have today is worthless without peace. We have to see how peaceful we are. If this peace does not have an effect on our country then on which country it will the effect. Everybody says that India is the ambassador of peace. But I can't see anything like it. There are quarrels all around. I don't know from where it has come.

So those who want to learn music must have music in their hearts also. Running after money, women and doing all sorts of wrong things is unbecoming of a musician. My eternal blessings that this organization flourishes and people coming here learn music and make their lives rhythmic and full of music. Hope you will fulfil my desires. Whenever you get angry, get annoyed or complain, tell yourself that 'I am a sahaja yogi. I am different from others. Mother has transformed me into something else. If you understand this you will be glorious. But if you cannot achieve this then it is useless. Then making 50 such organizations also is of no use.

Fighting for small, small things is unbecoming of a sahaja yogi. You are Saints now. You do not realize what heights have you achieved. You think that you are the same beggar on the street as you were before. No, no. Today I thought I give particularly special blessings to all of you, that you all should become musical.

[Shri Mataji speaks in English] 20:38

Today I wanted to bless you all, that you become completely musical in temperament, rhythmic and entertaining to others and not quarrelsome. Now as you have seen how the western music is taking to wrong side, to the wrong progress, and I don't want you to fall into that. This will all disappear, I know, because it is very destructive. But after coming to Sahaja also if you have the same destructive ideas, how can anybody help you. So I hope you will fulfill my ideal about you. May God bless you all.

2003-0101, Concert & Inauguration of Vaitarna Music Academy

View [online](#).

1 January 2003

Evening Program

Vaitarna (India)

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

Inauguration speech for the opening of the new Music Academy (transcr. only English part). Vaitarna (India), 1 January 2003.

I'm sorry I spoke in Hindi language, because to talk about My father in any other language is very difficult, though he was a master of English language and he used to read a lot. He had a big library of his own where I also learned English, because my medium of instruction was Marathi. I'd never studied Hindi or English. But because of his library, because I was very fond of reading, I picked up English, whatever it is, and also Hindi. Now they all say I speak very good English and very good Hindi, I am surprised, because to Me they were foreign languages.

And when I did my matriculation also, I had a very small book of English, and for inter-science also I had a very small book. And in the medical college of course there was no question of any language, but because I used to read a lot. So I would suggest to all of you to read, read more. But don't read nonsensical books, very good famous books you must read. That's how I developed my language, and I had to do so well.

By reading that, I could know also so much about the human failings. I didn't know human beings have those failings, I didn't know. I was absolutely beyond them. After reading everything, I came to know that there are human beings, mostly, who have some failings. Maybe because of ego or maybe because of some bad training, because of mother, maybe father, whatever it is, the family. And that's how I understood human beings, as they are. Gradually, when I came to Sahaja Yoga, I met many like that, not one - all over, whether in India or outside I saw. But most of them, 99%, improved. One per cent are still there, hanging in there.

The greatest problem of human beings is ego. If there is ego, you can't do anything about it, because it thinks, "I've done something great that I have this ego". And they cannot appreciate other people, leave alone loving anybody else. 'Ego' means you love yourself, think no end of yourself. So, India is full of it. Abroad also I've seen it's quite a lot, but at least they know there is ego and they can face it. But this country, I don't know what sort of things they do that they develop this ego, and they think they're quite right.

Every country has its own problems, but we have something very great with us is our music. Not musicians, but music. So the musicians should take to Sahaja Yoga. They should meditate. And if a musician is money-oriented, then you cannot help him. Either he should be music-oriented, and not money-oriented. When they are money-oriented, they never value themselves, I think. Because if you have music, the talent of music, why should you care for money? And whatever money you give them, they'll be never satisfied. I have seen very great musicians who were never, never money-oriented, who didn't care for power. But we have even now many musicians who I would not say are the last word in music. Those who are, are very humble. They'll always tell you, "We have to still learn a lot. We have to understand a lot."

So I was very much touched, and I was very much enamoured, by the statue of Babamama and of my father being there. Not because they were my brother, or father, but they were very, very great people, and their greatness has touched me. Baba's quality was that he was a loving man, extremely loving, and very forgiving person. Extremely unassuming and very loving. He never cared for publicity, or he never cared for what position he was occupying. His humble nature was natural, very natural, very sweet. And he has been with me since his very childhood, so I noticed him, he never had any malice against anyone. He never wanted to surpass anyone. Always wanted to be at a zero point. And if anybody troubled him, he used to make him go somewhere with his own tricks, he was very clever. And he had found out that 'I am no good for these crooks,' so he used to

handle them very cleverly, and he used to see that they go around. He knew who were the show-offs, and he used to tell me about them: "These people are very big show-offs, and they will try to dominate others, they don't know anything." But the best part of his heart is his poetry. He wrote beautiful poetry.

Was horrible to begin with! I used to write his essays in the school. So his teachers used to say: "Can you write such good essays? And when it comes to exams, then why do you get a big zero?" So he didn't tell her that I'm writing the essays. But then, suddenly, he developed an attitude for languages: for Marathi, for Hindi, for Urdu, also for English, very surprising. He was very good at mathematics, because my mother was a mathematician, but suddenly become equipped in languages. And I used to give him my poetry to correct, so good he was. And he knew Urdu words, Hindi words, English, and Marathi also. So he used to tell me: "The Marathi's very good. If you want to find somebody's faults, Marathi's the best, and the way you can tell them." And lots of words he told me, and so interesting, in Marathi. I said: "Baba, when did you study Marathi?" He said: "I've just come to know."

So his knowledge was all innate, and everybody loved him because of temperament, he never tried to show off. Never. Very simple man, very simple habits, and always he tried to imbibe in the people that they should lead such and such life. Without telling them, I don't know how he managed it.

So with his love and attention, now we have so many musicians, so many people here. I am thankful to him and thankful to my father, for whatever they have done for Sahaja Yoga.

May God bless you all!

2003-0228, Shivaratri Puja

View [online](#).

28 February 2003

Mahashivaratri Puja

House in Pratishthan, Pune (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

His biggest Quality is forgiveness. If he doesn't forgive, then nothing will be spared. He is very forgiving and because of his forgiving nature, we are surviving.Such Mahadev we should ask him such qualities as forgiveness, his nature, powers, characters and despite such qualities he is full forgiveness, he takes into consideration that we are humans and he forgives. We should learn that. We cling to small petty things and fight. This is not Mahadev's puja, if you follow him then forgive everyone. Everyone one has some faults instead of looking at their faults look at your own. There was time when there were many forgiving people but now don't know people get angry easily and are non-forgiving and they are not ashamed of it. But if you worship Shiv and take him as your Guru then you have to be forgiving. He has such powers that he can destroy anyone yet he so forgiving. Many people worship him to seek forgiveness " Oh! God Forgive us" but he is all-forgiving. His forgiveness has magnanimity. Those who cannot forgive cannot be Sahaj yogis.

The proof of a Sahaj Yogi is in forgiveness from inside from heart, he does not calculate what wrong has been done to him. Forgiveness is like ocean and to take that ocean inside oneself then only Mahadev will be established inside us. But I see that we get angry first not forgiveness. If you do not know to forgive then you will not be able to live in this world, you may live but always angry with everyone and unhappy. Shivji lives in blessing. But when he sees someone is absolute Rakshas his one eye opens. He has so much powers and because he has so many powers that is why he can forgive and all the blessings in his powers are from forgiveness.

Those who worship Shivji they have to judge how many we can forgive. But we are always filled with anger, we feel we should set this person right that person right. Who are you to set people right if Shivji is not punishing them then who are you to do that. It is not correct to imagine oneself in such roles. By forgiving our heart becomes magnanimous and we can ascend to high place. There are various things in life I think for a human to forgive is foremost because it is very difficult for him. He gets angry very soon. There is no point in becoming angry in this manner, there is no substance. Either you should have power of love to understand others and then you will get power of (Anand)pleasure/peace/happiness.

I feel that the problem is that human is still on old level despite getting realization, vibrations and become fine in all aspects but yet not forgiving, if you get angry very easily. But not forgiving is not ok and get angry easily. This is not the feature of worshipper of Mahadev, such a person is calm and not angry. He has power of forgiveness, and there are many things you should not to get entangled in it as far as possible forgive. This is the substance of Mahadev's life. Despite the fact that there have been many Avtarans and saints but even today the world believes in Shiv because he can forgive. We can achieve his powers if we learn to forgive. If we do not know to forgive then we are not even near his feet. People make mistake, but to trouble anyone is to give against Shiv. This is special in him. Shiv has forgiven many Rakshas and he learned power of love.(sound of vehicle..can't hear)

Forgiving people don't get angry, you can see it on their face. They are uncomplicated and simple people. We have to measure how many we can forgive. There is an example of Christ he said to Mahadev to forgive people crucifying him as they don't know what they are doing. They were doing such a big sin yet he was forgiving. This forgiveness is directly related to how magnanimous is our heart is. But I see that as time is passing this quality is decreasing. Mostly..... Somebody is angry. People take wrong path and call that Dharma.

Where there is no Shiv there is no dharma. Today we have to promise that if we have complications or anger against anyone we must forgive. I understand that there are many sins that... but if you believe in Shiv you will be surprise that you will not find any sin/wrong against you so giant. your heart is full of Shiv and it will realize ...so never insult anyone, who are we to insult others. Person does that in ego, and Shiv has no ego. He has such powers yet he never get angry, he is aware of his power that he can destroy anyone, so he stays in such controlled and forgiving. So we also have to decide today that we will not get angry on anyone, we will not look for shortcomings in others but ours. Getting angry on others it is sin because you are Sahaj Yogis. Hope now on you will become real follower of Shiv. Blessings.

2003-0314, TV Interview

View [online](#).

14 March 2003

Interview

Noida (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

TV Interview (Hindi), Noida (India), 14 March 2003.

Ques.

The question is what is the main source of human ascent and well being? Shri Krishna has said 'Yogakshema Vahamayam' meaning the well being of human being is in achieving Yoga with the God Almighty. But with the technical advancement our new generation is going away from spiritualism.

Shri Mataji:

Yes, it's correct that with the interest in technology, the interest in spiritualism could go down. But I am seeing that more and more people of technologically advanced countries are being drawn towards spiritualism because there is neither joy nor peace in technology. It does not give a solution to human problems.

Therefore, those who have come into Sahaja Yoga belong to the technically advanced countries, besides from our own country, and they are very deep. These people from the advanced countries have gone beyond technology and they have derived conclusions that there is nothing special in technology. Their bent and seeking is extremely deep. It's very easy (sahaja).

All our gurus have said to search within. Nothing could be achieved without knowing the power within. The problem is that the people of our country talk about it, sing its songs, but do nothing practical. The people of developed countries know nothing about spiritualism, so they are keen seekers. Their seeking is so intense that in a country like Russia, where I thought spiritualism could not take up, there is a larger number of spiritual people. They are really wonderful because so many atrocities were committed on them, but they kept on going ahead with their seeking. They know nothing about God. The word spiritual was unknown to them – nothing. Yet they have been very deep from within and have ascended to great heights of spiritualism. They have become more deserving. I can say that the women of those countries had more freedom or on what other accounts they have attained this state.

However ultimately it was concluded that their seeking is very intense and to achieve this end they could go to any extent and when they get their Realization they go very deep in it because the intensity of seeking is there.

In our country people have been talking about spiritualism, nothing except it. Everyone advises 'to seek.' I mean, all the gurus have said the same thing [to seek]. We might have harassed and tortured these gurus in their lifetime, but when they are gone from this world, people follow them and read what they said. They know everything, but no one is prepared to work for it.

Question 2:

Because of the increasing effect of these false gurus (Ku-gurus), people are saying goodbye to morality besides giving away their wealth. Also efforts are being made at a very large level to sell spiritualism on an attractive pattern. The common seekers get confused and misguided because of it. How could total transformation be brought into human life in these adverse conditions?

Shri Mataji:

I go abroad because there people are seekers. In their seeking, they are absorbed. A large number of them are seeking and a lot has been written about it. They have read and translated most of our scriptures. It is amazing that they read the Sanskrit language. They know so much. But then, certain false gurus (Ku-gurus) from India reached there and they began to teach them. So they could not get the required object, though a lot of money was shorn off them. After that, when I reached there, people were amazed that 'she gives Self- Realization and accepts no money at all.' So they came close to Me. How long will these false gurus – who deceived the seekers with honeyed discourses and befooled them – go? How long could they go in spiritualism?

Those who came in contact with Me once, remained with Me forever. We have been doing this work for the last thirty years and these people have gone very deep. In their seeking they have attained great depths.

Secondly, the emotions of love for each other were totally absent in their families and society. They received that love from Me and, nourished by that love, they got totally transformed. They are so much changed that even the Germans have become so lovable and sweet that they talk their hearts out unhesitatingly. They are ashamed over the excesses that had been perpetrated by their country in the past.

I do not know in how many countries we (Sahaja Yoga) are working. Sahaja Yogis will say that Sahaja Yoga is being practised in eighty-six nations. I Myself have not been to so many countries. What happens is that when one person gets Self Realization and practises it, he becomes an expert in a year's time. Wherever such people go, they talk about Sahaja Yoga to others. This is how it worked out and Sahaja Yoga spread to this level. I do not know how to go to all these countries, but those people come wherever our programs are organized.

Countries such as Benin and Ivory Coast, where all the people were converted to Islam, I asked them, 'Why did you become Muslims?' They replied, 'We saw the French. There is absolutely no morality in them. So we became Muslims.' Now they have all become Sahaja Yogis. That is how the number of Sahaja Yogis is increasing everywhere. Those who are tired of fundamentalists, they also wish to come to Sahaja Yoga.

So all the seekers and tortured people, their big groups have come to Sahaja Yoga and they have formed groups in Sahaja Yoga, but I had no problem in it because it was all within them. They have sought their ideal in Me and they were drawn towards Me and got it. (Self Realization)

The significance of Sahaja Yoga is that we are not conditioned by any religion, country, creed, race, etc. – absolutely no conditioning. We regard human beings as human beings and respect all the religions. But our respect is for the religion and the essence of these religions. It is not for the distorted form of religion. Therefore, people of all religions jumped into Sahaja Yoga and have the feeling that they have got the real religion.

Question 3.

Many great incarnations, saints and seers came on this Earth, all of them talked of spirituality, but not one of them could give Realization, without realizing if one gets something, then one cannot have faith in it.

Shri Mataji:

I have not done anything special. I searched only the method to give en masse Self Realization. I thought it will have a better effect. Individually, if you attain anything – suppose you invent electricity, but without putting it for the benefit of the society, it is useless similarly. I thought that the attainment of Sahaja Yoga that I had should be for the benefit of the society. It should be en masse and given to all the seekers. We should say that it is collective.

No doubt I had to put in a little hard work for it. I studied different attitudes of human beings. I concentrated on the plexuses (chakras) and saw where the problem was. When I could know these problems of the human beings, then I tried to find out the ways to overcome these problems.

In May 1970, I come across a person who was confusing the seekers of truth. So I decided to do it and, with that, I could get to this system and attainment. With that, now en masse Realization has become very easy. It is mentioned in the scriptures that in Kali Yuga this will take place and will reach its heights. It is already known to us. Whatever was written is now happening.

So the first thing is to prepare the society for seeking. There is a scripture of Saint Bhrigu (Bhrigu Muni) called 'Nadi Grantha.' In this, he has clearly mentioned the year in which Sahaja Yoga will start. With the beginning of Sahaja Yoga, all those who have been confused, those who have taken to a wrong path and fallen in the trap of Kali Yuga will be saved. Their kundalini will be awakened. He has gone to the extent that, at that time, there shall be no need of hospitals. Many prophecies have been made.

So this is the method. This time was to come and it has come. It is the specialty of Kali Yuga that in it human beings get confused and, in the state of confusion, people start seeking. Groping in darkness, the seeker gets more confused and searches intensely. Now is that period. In this era, it will take place.

Many people get cured of their diseases with the practice of Sahaja Yoga because there are plexuses in our body through which we are connected physically, mentally, intellectually and spiritually. When our kundalini awakens and nourishes these plexuses, the diseases concerned with those chakras get cured. Besides, so-called incurable diseases, such as cancer, could also be

cured. Cancer of so many people was also cured in Sahaja Yoga. Blood cancer got cured. Many things were done. Even AIDS was cured, but the AIDS patients are very egocentric. They think they have done something valiant. They call themselves martyrs. It's difficult to convince them. We cured five people, but then stopped curing AIDS.

Alzheimer is another disease. Those who try to have control over others in their lives and always have an upper hand, sometimes get this disease. Before death, one side of their brain becomes dead and the other one keeps working. But this one is very aggressive, very cruel and very violent.

So sometimes suddenly they become left-sided, we could say just like cabbage. When they come back to their senses, their right side gets over-activated and then they start showering abuses. That is what they do. This is a disease which we have not touched, but your drug addiction goes away. I never tell anybody what to do and what not to do. Automatically, everything gets all right. After awakening, the kundalini does it herself. Man starts understanding immediately after Self Realization

How does the Realization take place? It is with the light of the spirit and enlightening your heart. When the light of the spirit enlightens your heart, in that light we begin to see what will bring misery to us and what [will bring] emancipation. Just as you could see clearly in the light, but keep groping when it is dark, so man gets transformed in that light [of the spirit]. I say nothing to anything. I never say give up this or do this.

You will be amazed that in Sahaja Yoga no one takes drugs, no one drinks alcohol and none commits misdeeds. Ninety-nine [percent] of the people, you could say, do no wrong at all. Many marriages are performed in Sahaja Yoga and all of them go beautifully in a beautiful manner. They have very lovable children – as has been described – that such a kingdom is likely to dawn. In fact, that is the kingdom of God in which neither there is any bitterness nor difficulty. In a way, man becomes very collective, like the drop falling into the ocean. As Kabira has said that when the drop falls into the ocean, it becomes one with it. The same oneness takes place. This has to happen. We have to get this climax of our evolution.

Whatever progress we have made so far, whatever work the gurus, the incarnations, spiritual guides have done, that has to bear fruit now. So this is the time. As we sow the seed, first of all it sprouts, becomes a tree, then bears flowers and then fruits. Similarly, I call this age 'blossomtime.' There is abundant flowering and it is not difficult to make fruits of them.

I would like to say that everyone has to search the truth within. There is no other way. Without searching for the truth that lies within, one goes on treading the path of untruth which generates all these negativities. When you are established in truth, no rules and regulations are required. Then all your deeds become divine. Therefore, everyone should seek the truth and this is the time when you could get it.

This is My desire that everybody, specially men, should seek the truth.

May God Bless You.

2003-0316, Mahashivaratri Puja: He is forgiveness personified

View [online](#).

16 March 2003

He Is Forgiveness Personified

Mahashivaratri Puja

Pune (India)

Talk Language: English, Hindi | Transcript (English) - Reviewed | Translation (Hindi to English) - Reviewed

Shivaratri Puja, Pune (India), 16 March 2003.

Today, we are going to worship, Shri Shiva, Sadashiva. His quality is that, he is forgiveness personified. The amount of forgiveness He has, has helped many of us to exist, Otherwise this world, would have perished. so many would have been finished, because you know what is the condition of human beings. They don't understand what is wrong, what is right. Apart from that, they cannot forgive. They go on making mistakes, doesn't matter, But they cannot forgive others. This is what we have to learn from Shri Sadashiva.

[Translation from Hindi] Today we are going to worship Shri Sadashiva. His specific nature is that, His capacity to forgive is so much, that no human can compete with Him. He forgives all our mistakes. If He doesn't, the whole world could have come to an end. Because within him there is a power, with which He can destroy the whole creation. Though forgiveness is His inherent quality, this power of destruction within Him, is active and keeps growing. This same power, with which He forgives, when it matures or rather when it grows in abundance, He can destroy the whole world also. So first of all we need to acquire his quality of forgiveness. For small, insignificant and forgivable matters, We keep fighting. We fight over very petty, unimportant subjects. But He is forgiving to the extent that, He keeps forgiving until, He reaches the point, From where, the destructive powers within him awakens. With this same power He can destroy himself also. He can destroy the whole of the universe. Whatever has been created by Him, can totally be destroyed. So we should remember, that in case we don't learn to forgive, and forgiveness is not established within us, then one day this destructive power will be awakened, in us. we will start destroying our own people. That's why we should always be alert, we should keep in mind, keep an eye towards self, that we are not getting angry with others in vain? That we are not being wicked to others without a reason. Under any circumstances, You do not have a right to be angry with anyone. When Shiva doesn't get angry, then why should you? But people get extremely angry, very often. Even animals do not get angry to this extent. Without a reason even animals do not harm. Similarly, when we, get angry over petty matters, then we should remember that, there is a power of Shiva, which is active within us. That is why, when we get upset with others for every thing, and get angry with them for everything, and can not forgive them at all, then, this kind of a person, what can he achieve? Wherever great wars have taken place, wherever people have faced hardship, In those places, the main reason has been that, the human race was oppressed, was destroyed. This power comes from the beginning. Without a reason one human starts destroying the other. everywhere. Why this attitude has come in human, and how it has come, we don't need to think about that. We just have to remember that we, in this kind of inferior and trivial matters, have never got involved. In our lives, if we could stay peaceful, and tackle all the problems peacefully, then we also would be equally peaceful. our lives would be peaceful too. But the point is that human, do not have control over himself. He is unable to control himself. His nature itself is such that, he gets carried away, and feels pleased to think, that "I have punished everyone very nicely, I shouted at everyone, I was angry with everyone". to such an extent that many countries have this issue. If a country gets annoyed with another country, or a single person gets angry with another, then the whole people from that country are behind him. For the benevolence no one will come forward, For the benevolence, none of the countries will come together, Only for fighting with one another, and getting upset, all will unite together. This is an amazing thing, If you tell someone that we have to work for emancipation, he will say "Okay, you do it, I will watch". But if a person in his hands, has some weapon to hit others, then he will say "give me the weapon, I want to hit him too". This nature of human is difficult to understand. To beat up someone and to trouble someone and to be angry with someone, what kind of pleasure a human being can get? But you just watch. While travelling, there is a crowd on the road. What happened? "Some quarrel is taking place". "What are you doing there"? Some will say we are also part of it. some will say we are watching it. this very peculiar nature which is within us, can be removed by only one God, and that is Shiv-Shankar. By adoring

Him, by worshipping Him, and by recognising Him from the heart, the anger and aggression of human beings gets dissolved. It is very surprising that Krishna also, has said the biggest defect of human is anger. Krodhaat bi jayante. (sanskrit). along with anger all these negativities get awakened.

Here people very proudly say that " I was very angry with him", " I got very upset with him" Atleast I don't see any humanity in this behaviour. But this is a very common thing to get angry, for every small matter, to find some or other excuse and get angry. And when this anger becomes collective, this collective aggression can give rise to many troubles. wars may begin, many families get destroyed, many of the family systems get ruined. With every passing day I see that human anger, instead of reducing, is going on increasing. and people proclaim with pride that " we were very angry". "We are very aggressive people".

[English] I know you want Me to speak in English language, only. But people who don't know English are outnumbering you. What I'm trying to say, that it's very important to understand when you are worshipping Shri Shiv Shankar that He is the complete embodiment of forgiveness. He forgives. He forgives everything very sweetly. As one would forgive all small children. He forgives. He doesn't get angry. He's not that easily perturbed. Also we have certain amount of prejudices. For example, a woman in India, if she speaks, then people don't like it. A woman should not speak, a man can speak. And a woman can never beat, a woman can never beat a man, even if the man kills the wife. That is the criteria of a good wife in India, or a good woman. So, you can imagine how men are getting towards their destruction. All this kind of concession that is given, is very dangerous, is the destructive of the whole community. Same I've seen abroad. There are people who go on beating their wives, killing their wives - I don't know all kinds of things. Because they have married somebody, they think they have every right to expect everything good from their wives, while they may not be at all good, and they go on torturing their wives. Not only that but in the school, the teachers, they ill-treat the students so badly, the students pick it up. And later on they carry on the tradition of beating others and troubling others. So every time you say, "I get very angry," tell yourself you are on the wrong path. I've told so many times, to so many of you that to boast of your anger is the worst thing because it is like boasting about your sins you are committing. These are the sins. I can understand some people who are drunkards, or some who are mad, or some who are out of their minds. But a mad person you'll find very, very sensible otherwise, can be very ferocious, can be very dangerous. It is difficult to say from where do you get these qualities, because none of the Divine Personalities had this kind of thing. For no rhyme and reason, they won't lose their temper and even if They do, it has to be a very strong reason up to the point of destruction. But I can understand Them, because They have to maintain this world and They have to look after the people who are supposed to be human beings. But sometimes I've seen human beings are even worse than animals. They get provoked for nothing at all. What is the reason? Why are you angry? They'll give you an excuse which is absolutely unreasonable. In this world you have come to enjoy peace and joy. Without peace, you can't have joy. If you cannot give peace to others, how can you have joy? And the way people treat others in such a contemptuous manner, it's very surprising, what do they think of themselves? Why should they think so low about other people? It's beyond understanding to see a man losing temper on small, small things. But actually they are cowards. If it comes to some facing some real problem in life, they recede back. Then they cannot come forward. This is the biggest tragedy of the whole thing.

[Translation from Hindi] In our country also, people recognise hot-tempered persons. In the villages they call them as he is a nagger, he is an angry man, he is aggressive. These kind of nick names he gets. And people want to keep away from such person. Alright, if somebody has done something wrong, forgive him. If somebody has done something which he should not have done, forgive him also. because tomorrow you do the same mistake, then who will be responsible for you? and who is going to punish you. So you should understand that we Sahajayogis do not have a right, to punish anyone at all. And preach them in any way, I have seen many people who pressurise others minds. Whoever has recognised Shiv Ji, he is the true realised soul. Whoever has Shiv Ji's nature within him, he alone is realised. And for his protection also Shiv Ji is there. Those who are simple and straightforward by nature, he has no reason to be afraid of anything. Shri Shivshankar takes care of him, And He looks after him. So, this being the situation, why should you have any problem? Why do you get annoyed with anyone? It is very strange. A gentleman told me, I am very angry with this person. I asked what happened? He said, this man has taken all my father's money. And I did not get anything. I said, your father should have thought about it, now this person has taken the money then let it be. Why are you getting annoyed? He said, that person should have refused to take, and told this money should come to me. Would you have done that? Could you do any such thing? Then why do you expect that the other person Should say that " give this money back to him". You expect all the good qualities only from others. All the bad qualities which are there, You can not forgive

that at all. And who ever does anything wrong, for them you start wishing that he should be destroyed completely. Until, human does not get realization, he can not see what he is from within. If he is a human or an animal, he does not understand that also. I would say, even an animal never gets angry unnecessarily. Unless they are provoked. They don't lose their tempers unnecessarily. They have plenty of Shiv Ji's nature in them. But in human beings? In some human beings this is completely destroyed. They think that "we have a right to destroy thousands of people". One such person was Hitler Saheb. Who knows, how many people he murdered? He could not even give birth to one small child, and he killed so many people. Why did he? What did he think of himself? And those he killed, their families got destroyed, meaning the whole country fell apart, So did he think he was the big Lord? Atleast 2-3 of this kind exist anyway. But you should not take thier examples. It is correct for you, you are Sahaja Yogis, So you should forgive every one. People who have an open heart, they forgive. Because forgiveness is very powerful. And this is the quality which Shiv Shankar has, that is why He is considered the greatest God. He does not want anything for himself. He can wear anything, or He will apply ash over his body, He can live in any situation. He does not need anything. But, if a person troubles anyone extremely, then, at the end He destroys that person. He has as much power to forgive, as he has the power to destroy. What is the reason behind it? The reason is, the human being should see Him and understand, that if you torture anyone excessively, You will be taken to task. Now, where did all these people vanish? The so called warriors, (rathi-maharathi), who came here? They did so many things and then where did they go? They earned great fame, They killed many, destroyed many. Many of the countries also were destroyed. Where are they today? No one even wants to keep their photo? Forget about erecting their statues, People do not even want to see their faces. You should not become the owner of this kind of a charecter. For some time you assume that because of your aggressive nature, it is possible that people get scared of you. And, out of fear, do your work. But whatever work is done out of fear, where is the fun in that? What is so special about it? This is someting to think about, that how many people in this world, have you gained and how many people have you destroyed? With how many people have you picked up a fight? There are some people, for whom to fight is their religion. day in and day out they keep fighting They have a crave within themselves, to fight with one person in the morning, another in the noon and yet another in the evening Those who have this kind of a nature, are kept at a distance by other people. If they see him coming towards them, they change their direction. Love can not grow out of this. Sahaja yoga is completely a work of total love. and we have great examples to follow. Jesus christ, on the cross said, that "Oh Lord! forgive them for they know not what they are doing". Similarly, when this forgiveness will be established within us, Then we also will aquire, which can be said as, the true capabilities of Shri Shiva. We will obtain his qualities. To get angry, to be aggressive is not at all a great quality. So that is why, today, we all should consider, that, to what extent we dominate others, and want to destroy others. Perticularly in our country, men have tortured women to a great extent. And even now they are doing it. Sahaja Yogis should not get involved in this. This is a useless action, which has absolutely no meaning. Today, during the puja of Shri Shiva, all of you, take a vow in your mind that "we will never get angry". Under any circumstace, we will not get angry. When there is no use in showing anger, then why should you do so? your health gets spoilt in doing so. So today, let us all remember Shri Shiva, and try to aquire his qualities. May God bless you all.

2003-0320, Birthday Felicitations

View [online](#).

20 March 2003

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) - Reviewed

Today everybody is trying to talk to you in English language because I think they feel the majority of you are speaking English. I wish I could tell you something new about life. Life goes on moving. Whether you are eighty or ninety makes no difference. Only thing is how much you have used the light that you have got it in Sahaja Yoga.

All of you are now enlightened in Sahaja Yoga. All of your Kundalinis are up and I think you know most of it. But despite that, it's important how much time you devote for the emancipation of human beings, for helping them to come out. Instead of criticizing them, instead of condemning them, your duty is to put them on a higher pedestal, so they respect themselves and respect their Self Realization.

It's very important because I met many Sahaja Yogis to begin with who were very much critical of their colleagues and all other things, but since they have got Realization, they think it's a matter of duty for them, that is, they should attend to the emancipation of human beings. Then there won't be any problem of any kind – no political problem, no economic problem, nothing of the kind. All these problems are created by mind, which is not yet fully developed, I should say. And once it is developed, you are not bothered. You are bothered about others. You are bothered about emancipation of others. It's automatic. I don't have to say that. But you have seen in your lives how your attitudes have changed towards life and that is what is more important than anything else.

Some of you are very successful people in politics, in business and this and that. But you are not satisfied till you give Realization to people, till you make them perfect like yourself.

[I'm] so very happy to see so many people being helped by Sahaja Yoga. I never expected that in My lifetime only I'll see this, but [it] has worked out – worked out so wonderfully.

I'm really amazed how things grew so fast and how it has grown into so many countries, into the so many people's heart and how they have taken to Sahaja Yoga. They are working not only in their own country, but also outside.

After all, I can't go everywhere now.

But, despite that, Sahaja Yoga is spreading, which is such a great thing for Me – so satisfying, you have no idea, when I hear that Sahaja Yoga has gone to this country and gone to that country.

Practically, they say, in forty-three countries Sahaja Yoga is settled down in a very large way and, in a smaller way, maybe, it is in many more. But to hear this also, I never expected that it would work that fast. It's all thanks to you, to you Sahaja Yogis who [have] achieved this miracle.

I'm thankful to you all, from India and abroad, those who have taken up the flag of emancipation and are moving forward, instead of criticizing, instead of degrading some people. [It's] very easy to do that. But what about you, yourself rising above all that and make others rise also.

We can change the whole world and you start understanding the problems of the world and you can get rid of them with your Kundalini awakening.

Such a great thing is this Kundalini, I tell you, that it makes human beings something superlative.

It's all described as sayings and this and that, but a Sahaja Yogi has a greater power and the greater power is that he can make others Sahaja Yogi[s]. He can give Realizations to others.

They must use their powers and should try to change the whole world. That's My desire.

I don't know in My lifetime I'll achieve it or not. But you all should decide that way and I'm sure it will all work out.

May God bless you!

Thank you very much.

Thank you very much.

[Applause]

2003-0321, Birthday Puja: A very big challenge

View [online](#).

21 March 2003

A Very Big Challenge

Birthday Puja

Nirmal Dham, New Delhi (India)

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

[Translated from Hindi]

Eternal blessings from Me to all the Sahaja Yogis. You all have gathered here today, in such a large number, to celebrate My birthday. How should I thank you? I just don't understand. So many people have come from other countries also. And even from our country, so many people have gathered here. Seeing all this, My heart fills with joy.

I don't know what extraordinary task I have done that you all have gathered here to celebrate My birthday. You all have a very big heart that today you all have come to this far-off place and have honoured Me. I don't have words to tell you people how overjoyed this has made Me.

[English speech]

What I was telling them, the way you are celebrating My birthday, I'm overjoyed and I don't know how to express that joy which is really overflowing.

I really don't know what have I done for you that you have come up with such enthusiasm, with such love. It's your great heart which is appreciating My humble work.

All over the world, Sahaja Yoga has spread and again spreading like fire. That showed it was the need of the world. It was the need of the people. That's why they have taken to Sahaj Yog with such enthusiasm.

I could understand in a country like India, where they have talked about Self Realization, but in a country which is not aware of a higher spiritual life, you all should appreciate, assimilate and enjoy Sahaja Yoga as a very great blessing of the times.

These are special times, I think, that you have fallen into this trap of love and enlightenment.

I Myself was not very sure that you would appreciate the love that one can enjoy within yourself. What is a spiritual understanding? I didn't know how you would appreciate and enjoy yourself.

That means you are all very much capable of this tremendous love and this spiritual awakening. No doubt about it – how is it, it has worked out so beautifully? Very surprising. And also the way you have got your spiritual powers and the way you are using it is really beyond understanding, any human understanding.

That's why people don't believe that there's something like Sahaj Yog, that there is a power in every human being which is universal and which can be enlightened. It's something beyond the conception of human beings that they can achieve this kind of a spiritual growth within themselves.

I wonder how many of you also realize that whatever you have achieved is something great. It is the climax of human development, human growth and all the advancement we have made. This will change, definitely change the world and its understanding.

I'm talking to you today at the time when the war of Iraq is on in a very big way. I don't know what to say, how it is going to work out, but with all your efforts towards peace, it will get solved I'm sure and will bring peace everywhere.

(Applause)

We don't want to have wars, but we have to change human beings, otherwise you cannot trust them. This is a very big challenge to all of you. You have to work very hard to get to this idea of giving Realization to everyone, otherwise you cannot stop it just by giving them lectures or threatening them.

The awakening is needed within, which, of course, I don't know if everybody will try to have. But as many as can have it, please try to give them awakening, because they are all human beings born at this time and so they deserve it. You have to just try meeting them, talking to them and giving them Self Realization. It's not very difficult.

Every one of you can do that. Every one of you have only ten to fifteen people and we'll change the world. That is our ambition, is to change the world to the new style of understanding that we have to live peacefully as human beings. Without any discretion of colour, without any discretion of nations, we all have to live together as human beings. This is the only difference between human beings and animals.

As long as we are not spiritual, it's all right. But if you can transform them into spiritual personalities, I'm sure everything will change. As we have seen now in Sahaja Yoga, it doesn't bother a Sahaja Yogi to quarrel or to fight, but they are so peaceful and gentle with each other.

So today we have to pray that Sahaja Yoga must spread all over the world and that everyone in the world should get realized. You have to promise that you will go out of the way and try to change the human beings who are just misled on their way somewhere. I'm sure once it starts working out, everybody will understand the value of peaceful life as Sahaja Yogis.

We have to do intensive work because you can see human beings needed this.

Today that is the need of the hour. At the right time, we are now ready to do Sahaj Yoga and spread it all over, as much as possible, wherever you will see the necessity.

Of course, it will work, but otherwise also, whether there is necessity or not, there's an urge in the human beings to rise, rise above all these human failures.

I bless you from My heart, bless you very much, that you carry on your work of Sahaja Yoga, of spreading Sahaja Yoga, of giving Realization. You have got powers. You know you have.

Only use that power and give Realization to people. That is one promise you have to make on My birthday.

[Applause]

Thank you very much.

(Translated from Hindi)

Today, what I told these people in English and I don't need to tell you because in this country everyone already knows how important a spiritual [aadhyatmik] life is and people want spiritual ascent [aadhyatmik unnati]. Many people are trying very hard. Some go to the Himalayas, Some go and sit near the sea, try for several hours, keep fasts. There is no need to do all this. The

moment they come to Sahaja Yoga, they can get their Realization and they can get blessings. [You] explain [this] to people that there is no need to stand on your head. Sahaja Yoga can actually be had for a song. They won't even believe how easy it is.

And when they see this, one after another thousands of people will come to Sahaja Yoga in this country and I wish that Sahaja Yoga should be spreading a lot in this country.

In this country our questions are too small and petty. For them, just getting Realization is very important. After that, nothing else needs to be done.

So if people from India try, then they can get Sahaja Yoga very easily.

They can give Realization to many others. That's why you all have My eternal blessings. Each one of you should give Realization to at least one hundred people. As such, our number [of Sahaja Yogis] has not increased. Ours is not such a position [avagarh]. It's a very simple thing and from this easy, simple thing we should understand that in our country the most simple and most sahaj thing is Sahaja Yoga. And everyone is ready for this.

You go anywhere, go to any village, go to any city, everywhere people of Sahaja Yoga are truthful. That is why I want you people to try again to your fullest and next year double the number of people should come here.

I thank you a lot for all the honour you have given Me. But as I desire that each one of you should give Realization to a hundred others. You need not try more than this. You [should] try. If there is a desire, then it is My promise that in a very sahaja and easy manner, you can give Realization to a hundred people in this year.

Eternal blessings to everyone, eternal blessings that this task can be accomplished. Even those who do not understand this language are also doing this work, so what are the difficulties for you? For you, the basis is ready. All saints and sadhus have done a lot of work in this country. So much has not been done in any other country. That is why you should think about it that being an Indian, you have a lot of moral responsibility and how much more of this can you do?

Eternal blessings from My heart to all of you, that all of you are successful. You become successful in this respect [task]. These are blessings from My heart and I wish that you all imbibe these blessings fully and give Realization to other people, whichever way it is possible.

Eternal blessings to you all.

2003-0324, An Ideal Indian

View [online](#).

24 March 2003

An Ideal Indian

Public Program

New Delhi (India)

Talk Language: Hindi | Translation (Hindi to English) - Reviewed

[English translation from Hindi]

My heart is brimming with joy at receiving such welcome from you all! I cannot think what to say and what not to say! I am watching you all, seeing where all you have seated yourselves, maybe we have arrived in this stadium for the first time and you people are seated scattered away. On this occasion, I am wondering what to say to you people, what subject to speak on. Most of you people are SYs and those who are not, will become. This works out in the same fashion all the time! In the past times, receiving the gift of SY was considered extremely tough but now the times have changed. Now your kundalini can awaken in a rather lucidly and in SY itself, you can attain your spiritual place. It is said that it is within you, yourself, the Spirit resides. Hence, within you, a miraculous happening should occur so that you can get acquainted with your own Spirit. This spiritual pursuit was considered highly unattainable in the past eras. Penances worth a thousand years, roaming around in the jungles, offering one's services to the rishis-munis (hermits, sages), as an outcome of such noble acts, not all but extremely few people would attain this spiritual benefit (of kundalini awakening).

But nowadays, the times have ripened to the extent that if human beings do not receive this gift (of kundalini awakening), wonder where he will land, what will happen to him! Perhaps in the pursuit of addressing this Divine predicament that SY is spreading so far and wide. Needless to say, you people have contributed open-heartedly too! Now we have thousands of SY and all these people can really help you gain a certain spiritual acumen, such a major event has taken place! Was I really capable of achieving this feat on MY own! It is you people who have beautified this initiative and the elevated the cause of SY! And you people have worked hard to achieve this! Just how much do I thank you, I cannot decide! So many people across the world achieving a new spiritual dimension to their lives, feeling this enlightenment, are no mean feat! Nobody can comprehend or get convinced about the possibility of such a phenomenon but it has happened across castes, nationalities! Kundalini-awakening spans all castes, races, and cultures with no disparities whatsoever! The expansion of SY has to move even further among many more people!

The problems of our country (India) will be resolved by SY. All the people who received the gift of SY, all their problems have been resolved. They achieved a new vision and it is quite a coincidence that those people are now busy spreading SY. All I know is that this phenomenon was preordained and it has taken place but the momentum this movement has gained, this I hadn't imagined! All those people who have achieved this gift, they must not keep this knowledge only to themselves but share it with others too, for it will only multiplies the joy by thousands, no doubt about it! This is not the kind of present you keep only to yourself but you have to share it with others. I hope you follow MY request. I have exerted MYSELF a lot across the globe for this very purpose. In order to eradicate the ignorance from this world in entirety, now you people have to follow MY suit.

The world is plunged into a deep darkness, imbalances all around. To spin things the other way around, all you people need to ready yourselves for the furtherance of SY. Do not become complacent about this matter! No rules or regulations can withhold you from spreading SY! The entire power of SY will mechanize itself within you and nourish you more. I feel SY spreading in Delhi is a tremendous achievement! I still remember when I had stepped in Delhi. People had no understanding on this matter (SY). Gradually, they developed this understanding and struck balance within themselves. In their meditative experiences, they realized the weaknesses of the human anatomy their problem areas. They educated themselves on these matters, enriched themselves with the knowledge of SY. Delhiites have indeed become very knowledgeable! People ask ME, Mother, how have they absorbed so much knowledge? All from within, where else! It is nothing but an emergence, the manifestation of the reflection of the Spirit within us! It is what further enables you to recognize the truth, separate the wheat from the chaff! I have shared all MY

knowledge with you people. I see people absorb this knowledge very conveniently. Even the villagers, whom we don't consider much qualified, have shown tremendous progress not just in their absorption of SY knowledge and its teachings but the lucidity with which they explain SY to others, their expert mannerisms, it astonishes ME as well! Delihhites, for sure, have raised the bar! No disputes among themselves, no uncalled for tantrums, no personal grudges - such sorted folks! I spent as much time with them as I could, which is not possible now. I see how these people have smartened up! By the workings of their own hands, they have understood what SY signifies. With their enormous efforts, the movement of SY has risen to a crescendo, foraying into a new realm called, 'Mahayoga'!

Such ordinary people, many of them are illiterate but their understanding of SY, their swiftness in mannerisms, astounds ME as well! Still, we have to march ahead for we have a long way to go. Encompassing every aspect, we must first speak of Patriotism - an integral ingredient in every Indian's heart. The historical events of this country as well as the enlightened people who sacrificed their supreme comforts for this country. You must know about these towering personalities and speak about them further. India's greatness is indescribable! Numerous enlightened souls have taken their births there but some very drastic misfortunes fell upon this land - intrusions and so on, that made it difficult to speak about the greatness of this land candidly. However, it has become increasingly necessary now that this greatness is talked about. In foreign lands too, people have openly spoken about the exploitation of India. It doesn't mean that Indians start despising or harming those people but sensitize themselves to how much pain and losses these intrusions have caused to the Indians, the trying circumstances in which they had to survive. Once you grasp this fact, you will understand how great this country is and the kinds of seasons it has weathered, each rougher than the next! Once you understand the tests and tribulations this country has gone through, you will, yourself, feel extremely proud to be belonging to this land! In addition, the culture of this country is quite elevated. No country can match the cultural depth present in this country.

I have visited many countries across the globe but in our Indian culture, one observes there is love and respect for every person as well as the country, elevating oneself to adhere to many noble Indian beliefs, forgetting which will lead us to no benefit. We must spread such a value system to other countries of the world. In this way, all the misleading notions about India will automatically dissolve and we can candidly sing praises of this country. When our good qualities should come to the fore, people outside will understand the greatness of this country. It is my sincere request to you all, to develop a kind of devotion towards this country. And for all those souls who made major sacrifices for this country, stood on the path of truth and even offered their lives for the cause of truth, all those bravehearts' memories must be cherished. SY does not indicate that you only sing praises about the greatness of this country but develop a keen understanding of the Indian traditions as well and imbibe the Indian belief system.

Nowadays the tide has turned and we have begun to prefer Western over Indian things (objects, values, lifestyles) and follow the western suit in our lives. Do we even understand the loss we have incurred, the troubles we invited upon ourselves, because of this attitude? The pride and greatness of this country should reflect in the lives of every Indian. The traditions are extremely benevolent! By discarding these belief systems, we are actually running away from the Truth. In our pursuit to stand on the path of Truth, we have had to withstand many a troubles, no doubt about that but the person who is a follower of Truth is actually, an eternal being. Such a persona is above the good or bad circumstances. What's worth mentioning is that such a persona is worthy of worship! Such personalities are very difficult to even emulate. The country has uncountable such personalities. Ironically, it is we Indians who turn a blind eye to the finesse of this country. Instead of becoming an asset to our country, we imitate the trends of the West. Such behavior is unacceptable for SYs. Looks like such people are not even SYs. But others must be made aware of this fact too, how the philosophy of our country maps the entire belief system of one's life. I feel this sensibility will gradually sink in.

Now the amount of SYs has increased manifolds and I no longer have to tell these things to you people. Those SYs will themselves, imbibe this thought process. What I wish to stress on is, if you people call yourself SYs, your lifestyle should say it so - just like that of an ideal Indian spanning all castes or religions. What matters is that you are nothing but an Indian and by the virtue of being one, you must prove to be an asset to the country and stay absorbed in the 'indianness' of it!

You must attentively cater to every aspect of the Indian culture - its music, arts, and knowledge of sculpting, handicrafts

including branches of knowledge such as Architecture. All these belonged to a very high standard of finesse; nothing even matches to them today! Even if you cannot match those standards in the present times, at least you must see and acknowledge them. Every Indian must inculcate this 'homey' feeling within oneself, knowing what immense tasks have been performed on this land. And we, ourselves, should perform some commendable deeds that add to the glory of this soil. There are too many things/initiatives waiting for SYs to kickstart! Those who perform such tasks, their lives have beautified a lot! They have earned people's praises for the same. It triggers their curiosities into wondering how do SYs live such satiating lives! First, you receive the blessings of your Spirit. Combine it with the subtle vision that helps you recognize the Truth. Till the time you don't mature up that vision, pls don't consider yourselves SYs. There are too matters to be stated but I am also thinking that among yourselves, there are a few who are yet to be acquainted to their Spirits. It is imperative that we hold an interactive session for such people. I can't even see among you all, where such people are seated. Now all those people among you, who are non-SYs, raise your hands. Ah...there are several! I'd like to ask such people to pave way and come forward, create such arrangements. Mr. Aggarwal, get all the non-SYs to sit in front.

REALIZATION BEGINS (ADDRESS THE CROWD)

All you people, open out your hands towards Me. Do not talk please. Maintain silence. Do close your eyes. Now ask, "Shri Mataji, please give us our Self-realization". Say it with sublimity, within..not for anyone outside.

(Blows in the mike).

Now keeping your eyes closed and check if you can feel any hot or cool breeze in your hands. If you feel either, bring your Right hand towards Me and with your Left hand on the head, check for the breeze again, hot or cool. Now bring your Left hand towards Me and with your Right hand on the head, check for the breeze again, hot or cool. Now bring your Right hand towards Me and check again from your head, in the fontanel bone area.

Do not keep your hand on the head but slightly above it. Ah! You are feeling warm? Ok! Keep at it, you will feel cool too. It is indeed warm because coolness has not entered into your system yet. Move your Left hand towards Me, check with your Right hand, keep your eyes closed. Again move your Right hand towards Me. Switch over. Now, many can feel cool. Now bring both your hands towards Me and check with open eyes. Can you feel? (From the audience: Yes!) On both the hands? All those who feel it have received their Realization. Shower of blessings upon you all! Those who have not felt it, come to My ashram. You will achieve it there. All of you all can receive your Realization. It is commendable that so many of you felt it! Shower of blessings upon you all!

A seeker gets up to ask questions.

HH: Do you have any Guru?

Seeker: Yes

HH: That's where the problem is. Who is it?

Now there will be a bhajan, all of you all must clap.

Mahamaya Mahakali..

2003-0327, Inauguration Of Vishwa Nirmal Prem Ashram

View [online](#).

27 March 2003

Talk to Sahaja Yogis

Noida (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Inauguration (from Hindi). Noida, Uttar Pradesh (India), 27 March 2003.

You must allow me today to speak in Hindi Language.

In our country there are many problems. One of the biggest problems is that here men and women are seen from different angles or different points of view. I don't know how this happened because it is not written so in our Shastras (Holy Books). It is written in the Shastras that "Yatra pujiyante nari" (Sanskrit) meaning that where women are worshipped, "Tatra ramante devata" : there reside the Gods. So I do not know how it is that in our country such a situation has culminated where there is no respect toward women, especially here in U.P.(Uttar Pradesh).

I was married in UP and I was surprised to see that in UP housewives do not have any status. There is no difference between them and the domestic servants. How this happened and why is this still happening?? – Because the people are not awakened toward this. Sometimes I feel like crying seeing how they have taken advantage of women. They have thrown them out of home, without any reason ! Just like that, thrown out of house!!

And I have had so many experiences in my life which deeply aggrieved me. I did not understand why they are maltreating women? And there are no arrangements to house them! And when they are thrown out of their house there is nobody to take care of them. Poor women!, they were thrown out alongwith children. They (women) themselves become shelterless but children as well are so cruelly thrown out (of house).

How this situation can be changed?? Is there a cure for it or not?? I thought so many times that I should write about it. But writing only does not help. I thought that for this something had to be done, some arrangement had to be made in an organized manner. My heart used to ache at seeing so many women begging in the streets. Many people said what a good way to make money by begging! I said if you had to go begging then you will realise!

I felt like crying upon seeing such insensitivity toward women's problems in our country. And because of this I had decided that something had to be done to house them, to feed them and to do something for these poor women. They beg in the streets, do all kinds of works. I called them to my home and talked to them. I could not find any particular reason. Husband liked some other woman so threw her out. Make any excuse and throw her out of house. Don't know why?

Woman is a great life-giver. The whole world is because of her. It is because of her that thousands of children are born in this country. But such a disrespect is shown toward them that any woman would become lunatic tolerating all this. But no, she lives very courageously because she has to take care of her children. But what can she do? She doesn't have any means to have food. There is no way out! Where should she go? Where to beg? Nobody lets them come even near to their doors! I did not see any cure for this. So, I thought a lot about it and decided that if any substantive work is to be done, it is to build some shelter for them. I thought that after coming here they will learn something, learn to do some work or other. They can learn to do massage. Besides, they can run some small hotel restaurant. But they need some help, some place to learn this and they need somebody to teach them. Keeping this in view, I have made this Ashram and have beckoned to everybody's love, I have beckoned to the whole world's love that everybody sees this with love that these women have not committed any crime if they are begging at our doors. It is the responsibility of our society.

I felt very aggrieved and being a woman I felt like crying at seeing all this. When the construction of this Ashram started, I said that would be good if somehow it gets completed fast. I worked very hard. I designed this Ashram.

And special about this is that the white colour that you see will never get spoiled. It is made with a special technique. I learnt this in Italy. And I learnt in Italy that one could make such a colour which never fades, and I know this technique and see how beautiful this white colour has come out by using this technique and will never get spoiled. No matter how much water pours, whatever happens, it never gets spoiled.

I have done this as an experiment. But this is really a very good thing. (...somebody adjusts microphone. She says thanks). And it is not difficult to make this. I said to so many people that you should use this thing. But they all thought 'who would make effort', 'who would take trouble?' But there is no trouble, no efforts. In our country there is this bad habit developed that if you do one thing in a way then you keep on doing it the same way. So what to say! There have been so many great sages one after the other. So many pandits of Sanskrit. They diffused so much knowledge. But people do not realise this at all. They don't know and don't realise that they are born in such a great nation and there is so much pure knowledge in this country.

But they do not respect women. They keep them like beggars. Husband will drink alcohol and beat his wife! Even if he does not beat her up, there is no comfort for her, no easy life for her. She somehow lives her life. Yes, if she is from a rich family then it is alright, otherwise she is maltreated a lot. And in this way so many women have suffered. Some of them got fed up and left their homes and started begging and there are many who keep on suffering and rotting at home and somehow carry on with their lives.

I don't know why there is no attention paid to this aspect of our society. Especially here, here in UP.

In Maharashtra one thing good happened. There have been 2-3 social reformers and these social reformers worked a lot and because of them universities were established and women got very good education and people started to see that women also have many good qualities.

Now we have built this school and there is only this request to you that you should tell us what else we could do here? What education we can diffuse here? We have already thought about lots of things but still you should tell us what else we could do for these women.

Abroad I have seen that there nobody can maltreat a woman. Here they are subjected to such cruelty. It is specially in our country that women are so much mistreated. I have lived abroad for so many years. I keep on going there. I see this big difference and feel it a lot. I see that here there is no value of a woman. It is she who creates children and takes care of them. And an Indian woman is anyway so beautiful, so docile, very dextrous and full of love. Mothers of this country are famous. But here we do not have any love or respect for them. I don't know why it is like this?

Yes, abroad it is definitely like this that women themselves have created a forum for themselves. They have established themselves as a force. But in our country nobody cares for women. With this view, I have built this small Ashram where women or girls who come here if they are given some "knowledge" to be self-reliant along with the knowledge of Sahaj Yoga.

If they can grasp this then they can live their life with great dignity and self-respect. In this ashram we can build lots of industry. Can make lot of different kind of eatables, and also can give higher education. This we will see that how many women will have this kind of capacity (to absorb higher education).

How many will come up? Sometimes I have seen that from the very same places where the women have been crushed (suppressed) so much, there come up such great women. But we will have to help them, look after them. Because what is happening is very destructive for our society and it is a sign of cruelty. And we have not put any attention to this aspect.

I don't know why! It is very necessary to put our attention to it. And I must say this that the Shraddha that we should have in our hearts toward women is not there, not at all there. And we mistreat them, beat them up. I know so many such stories that if I recount them to you, you will start crying. I have already cried a lot. Now I want that we should find out some way and in this direction I have made this small effort. We can enlarge this later and the women who will leave this Ashram, let us say that the women who will leave this ashram matured, they will definitely do something in their lives. Not only they can take care of themselves, but also of their children and can live a dignified life. It is very necessary, whatever education you give them if they are not respected at home then what will the poor thing do? If her education is not respected then what will she do? Here we

have to try that these women are made able and they have the education so that they can live their life in a dignified way. They also are human beings. They are not animals. And to give them status of human beings is very very necessary.

We should understand this. First let us start from our home. See from there itself what is happening. I have seen it all from a very close range myself and I did not see a way out but for crying for them. (.... microphone being adjusted. You can't listen anything. Who can't hear please raise hand. Everybody can listen!)

I am deliberately talking in hindi because how can I talk bad about women of our country before these foreigners(... Clapping). They respect our country so much. Whenever they come here, they first bow down and touch the earth with their foreheads, and they respect our country so much that I can not even describe it to you.

I have never asked them anything to do so. But do not know how they from their own Shraddha in their hearts they do it. They feel that it is "Nandanvan"- the garden of paradise. But they do not know about the bad condition of our country. So I do not want that they be told all this. What use is it to criticise our country. But it is necessary to root out the evil if it is there in our country. It must be absolutely cleaned up. This is what I am telling all of you.

There is no special reason that the women abroad get respect., but the laws there developed in such a way that no woman , whether she is educated or not, can be insulted. So, we should also understand that it is a very great thing that we should respect our women and we should have Shraddha towards them.

I have seen so many terrible things that I can not believe that any human being can mistreat, be cruel and torture another human being in such a way. It is a strange sort of slavery. We got rid of the slavery from the English but it is very necessary to get rid of this kind of slavery in our society.

The women of our country, I think, constitute 70 % of the population . and rest are men. Even after this the men are so arrogant. Don't know what they think of themselves! And they think that they can do whatever they like and it will be alright. But it is not so. A woman is also an important part of the society. If you commit any sort of excesses on her, you and your children will have to pay for it.

Now we see that now our children are also getting spoiled. Because who controls them? Mother does not have any right and father does not have any time. So who will take care of their children. This is now becoming a story of each and every home. I have seen that in UP the college going boys, in broad daylight, after finishing their classes board any train and misbehave with women in train. What can their mothers do? They can not say anything. Nobody listens to them.

This we should change. And we have to put our attention to improve the social status of our women at home. If we improve in our homes, then it will improve outside also.

And I feel troubled for this. You know that my nature is so that I could not tolerate all this. When this building was projected I said that I will pay whatever you want but get this building constructed fast somehow. And now that it is ready I am very happy. At least something has come up through which attention will get drawn up to the situation of women and people will treat them with at least some love and respect.

I do not have to tell you once again about the bad situation of women. But you should see in your individual life that what is the situation of women in your homes. What is the condition of your mother, your sister. And then look around yourself in the society. If you can set it right, your country will really progress a lot and will rise very high.

Where a woman guides and takes care of things, great people are born there. But the way it is happening here through our small effort (of opening this ashram), I hope that something will definitely improve and for what I longed for so many years and was craving to attract the attention of everybody to this aspect of women's situation.

In Sahaj Yoga you get to know the Atma. It is alright. But you should have compassion within you towards everybody. If after attaining Atma, you do not have compassion then what is the use? You should have compassion and when you see in the light of compassion then you will really feel pained that these mothers and sisters are stuck up in such a vicious circle. For this I request you that you look around yourself, in your home, outside home and try to see that the situation of women improves.

I have just made this very small effort but you people can do a lot more and for this I request you all that the way you love me,

same way you love your mothers and sisters.

I bless you infinitely.

2003-0407, Wedding Anniversary

View [online](#).

7 April 2003

Talk to Sahaja Yogis

Mumbai (India)

Talk Language: English | Transcript (English) – Draft

Wedding Anniversary

I just want to thank you all from My heart for coming to celebrate this anniversary with your love. I can't do more than to thank you really how you people have appreciated My humble work. Moreover, it's a work of just love. Love is the greatest quality of human beings. And if you have developed that then you will forget all other things. Because love has its own reward and the reward is here, I can see it.

I am nothing special except that I love everyone very much. And I don't think anybody is to be condemned because I've seen people coming out of all their problems, their smaller minds into a bigger area in which they are capable of giving love. I must say that whatever was my [faith? UNCLEAR] has worked very well. And it is very, very nice things to see how many of you have understood My love and have spread love among yourselves.

Our human problem is one, that is, we don't know how to love each other. If we could understand that then we'll enjoy all this love, we'll really enjoy this love. You don't have to sacrifice anything. Don't have to give away anything. It's all there and you enjoy. It's reciprocal. You enjoy giving love to others. Maybe some of your experiences may not be that good but most of the people who are human beings [are/have] a special, special temperament of loving each other. And this is to be shared. And this has to be enjoyed.

I have enjoyed it and you all have also enjoyed it. So I would say, continue to do that. And spread your love all over. May God bless you all.

[Aside in Hindi: Jee bhar aaya bhai bolne par (Mother Laughs) - MEANS: Heart is overwhelmed by speaking]

2003-0615, Adi Shakti Puja: We are the singers of Shri Mataji

View [online](#).

15 June 2003

We Are The Singers Of Shri Mataji

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

[After the short Puja the bhajan “Gondhari” was sung with great joy. In the end, Shri Mataji said:]

Shri Mataji: Can you hear me?

Sahaja yogis: Yes.

Shri Mataji: I am very happy all of you are here singing the song of “Gondhari”.

Perhaps you do not know the meaning. That is, ‘We are the singers of Shri Mataji’. And these are the songs sung by people who are villagers. And they are singing this song that ‘We are singing the song of our Mother, with all our love for Her’.

And all that singing has come to you – is very, very happy for Me, because these are only ordinary villagers, and how you have picked up such a nice mood and songs from them.

May God bless you.

Thank you very much.

Thank you very much.

[Aside] That’s all.

[Applause]

2003-0713, Guru Puja: A very big responsibility

View [online](#).

13 July 2003

A Very Big Responsibility

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Reviewed

Today's Puja is a very great Puja for me, because I suddenly find that my granddaughter is missing, and I got upset with it very much.

Look at me, supposed to be Adi Shakti, and why should I get so upset about my granddaughter missing? It was just a human nature which I realised all of us have.

If we have some responsibility and we are not there we get upset.

Thank God there are very few children here, most of them have gone [may it mean "grown"], but we are all children the way we worry, the way we are anxious.

Today I would like all of you to say that a new year has come, and in this new year we all should have a new proposal about ourselves.

And that proposal is very difficult for people to make out - that we are not responsible for anyone.

We are our own and we live with ourselves. It's very difficult.

Of course those who have no children are very happy people that way, but those who have, those who have certain responsibilities and commitments they are still hanging in the air, they are nowhere near Sahaja Yoga I must say.

Our main responsibility is ourselves, is to know ourselves and to depend on ourselves. It is a very big responsibility because now as we will be having big functions and we might feel that we are lost in it.

Please try to remember that you have to remember yourself. You have to know that you are there. That's the message I wanted to give you, I hope you'll think it over.

May God bless you all.

2003-0810, Shri Krishna Puja: Look Inside

View [online](#).

10 August 2003

Krishna Puja

Pune (India)

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

Shri Krishna Puja (Hindi). Pune (India), 9 August 2003.

[Translation from Hindi to English]

Now we have to realize that Sahaja Yoga has spread a lot and in all corners of the world people respect Sahaja Yoga, but until and unless Sahaja Yoga is completely manifested within us, the people who respect Sahaja Yoga will not continue to do so. That is why it is essential that we look inside of us. The nature of Shri Krishna is that we look inside of us and see what are the things that put us in trouble. We should find that out. We should look towards ourselves, within ourselves and that is not such a difficult thing.

When we want to see our face, we look in the mirror. Similarly, when we need to see our spirit, we should find out how to see it within us. Many Sahaja Yogis have asked Me, "Mother, how do we see what is within us and how we are doing?." For that it is necessary that we ourselves should become very humble. If we lack humility, we will be clouded by our own thoughts.

So in the life of Shri Krishna, first it was shown that he was just like a small child. Absolutely like an infant. Not knowing anything. He did not think anything of himself. He had his mother and he wanted to grow with the support of his mother. We should also look inside of ourselves and realize that we are like a small child as well. Shri Krishna has said this repeatedly. Also, Jesus Christ has said the same thing that we should become like small children. We should see the comforting shade of the sweet nature of a child. Do we talk like a child? What is the quality within us that we become like a child?

Now child means purity, innocence. With this innocence we have to look towards ourselves and cover ourselves with it. This innocence is very lovable. If you look at children and the love you feel towards them is because they are innocent. They don't know cleverness; don't feel their importance, nothing at all. What do they know? They know that all these people are related to us. They are our brothers, sisters and everything. But how do they know this. That is the question. In the same way that these children know, we have forgotten that we are like an innocent child and that we have innocence within us.

There are many Sahaja Yogis who come and think that they will show their cleverness and prove themselves to Mother. What is the need to prove anything to Me? I already know everything. So what you should do is look towards yourself and recognize your innocence. Where is it and how is it doing? And we should think how joyful it is. Now the thing about Shri Krishna is this only. He was absolutely simple as a child and when He grew up He explained The Gita, which is very deep. How did it happen that the human beings grew in it? In the same way we can grow in Sahaja Yoga. We have found it but still have not progressed in it. And to progress we need to leave the bad things behind.

First of all we need to have a childlike temperament. Now if we say to somebody that you should become childlike, it is a very difficult thing to do. We cannot just leave whatever we are and become childlike. But living with children, having respect for them, listening to how they talk, can make a big difference and we change all the things within us.

So first of all we have to know that within us, as we grew up, a lot of bad things have gone in. How should we remove those bad things? What are the kinds of bad things that have gotten into us? If we think about it and put attention on it, then we can correct it. We have to put attention on things like, when we talk to somebody aggressively, or we want to scold someone or we keep thinking about how to correct somebody else. When our attention goes on other people then we get removed from our own self, because we have to ourselves be all right. That is why it is no use thinking about other people. So, first of all we should look at ourselves only, we should see ourselves. But all of that is happening, I have told about it and it is happening in Sahaja Yogis,

because inside the kundalini awakens and shows all the paths.
Now the remaining thing is the dirt that is within, how to fix that.

First and foremost the way we look at the defects of others should be changed because the same defects exist within us also. So instead of looking at the defects of others, we should see what are the defects within us. If we can learn to see this, then a lot of things would become all right automatically. The thing with saints and sages is that they see their own defects and they think about how they became like that. They think, "Why do I say such harsh things? Why do I lie like this?" So this is a flow of watching oneself. Most of the time we do not flow with that. We think we are separate from that. But it is not like that. If we understand that there is this flow within us that takes us to such paths where we cannot even recognize ourselves, then a human being can turn inwards.

Now just to say that you go within yourself, meditate, take out these things from within, is very easy. But that will not do. That is why we have to meditate and constantly work towards it. And we have ways that we know. Like to meditate on Shri Krishna. By meditating on Shri Krishna we get cleansed from within. But when we meditate on Shri Krishna we think about the defects of others. If we want to look at the defects of Shri Krishna we can see that also, but we cannot see our own defects. This is too much that we cannot see our own defects but are able to see the defects of Shri Krishna. I have seen a lot of people who have written books about what were the defects in Shri Krishna. What wrong things did he do? How he should have lived? And they don't know about themselves. But even when they think about themselves, and look at themselves, it is never in a way that this defect exists within and it should go away. They can keep on discussing about the defects of others. The only thing we have to see is what are the defects that we have within ourselves.

I do not believe that there is a greater yogi than Shri Krishna, because he showed us the way to look at the mistakes within ourselves, the defects within ourselves. This is a very big thing. He said it, but people who actually do it are very less in number. Mostly we look at the defects of others, because everyone remembers them, everyone knows them. But very few people are able to understand their own defects. That is why those people will never be all right. We have to be familiar with our own defects and laugh at ourselves and think that "look at me, what kind of defects I am having within myself". We should think about this.

This attention is never on the self but on the defects of others. This causes us to be unsettled and we fail to understand that these are our own defects. Why are we looking at the defects of others? By doing this, is it going to fix our defects? They can never be fixed like this. Slowly, as this point is understood, man will stop focusing on the defects of others. Looking at his own defects will amaze him and realizing how many devils he has harbored within himself. Within our mind we keep thinking such dirty things.

When this cleansing starts, man, in a way, assumes a special form. He gets special powers and with those powers he can do many things. This happens not to boost his ego, but so that he gets cleansed. When we start getting cleansed like this, we have achieved our goal. Therefore, by looking at our own defects, we start cleansing ourselves and leave the defects behind. Now how to do this? Because, seeing the defect is not a hard thing, but to let go of it, is the hard part. That is why the way to see the defect has to be subtle and minute, and our attention should be towards it. A lot can be cleansed like this.

The message of today's festival is that we should look within ourselves and see. This is what Shri Krishna has said. But people find this hard to do. It doesn't happen. What is the reason that we are not able to see ourselves? What is this veil in between? The veil is of bad things like ego etc. They stand up and we are unable to see the defects that we should see. To see these defects is very essential.

I am very happy that you kept today's puja. Shri Krishna's puja will take place and a lot of people will get cleansed from within because this is a special blessing of Shri Krishna. He will do it Himself, but you have to show a little interest, an inclination that you want to be completely cleansed from within. You don't know how profound this question is. To fix this we have to work very hard.

Earlier, people would do many physical exercises; listen to the orders of their guru. They would do a lot of things but they would never achieve the depth. But you are Sahaja Yogis. It should not be difficult for you. So now I will only say that you should learn to

look into yourselves. It will be a lot of fun. Till now, it is alright, but I do not know what you have started doing. You keep a watch on yourself. You will see how this whole thing works and you will be enjoying it and start laughing at yourself and exclaim 'what to say?' When this happens, you will start manifesting innocence within you. This is the Bala Leela (Childlike playfulness) of Shri Krishna.

Once you get bathed in this innocence your eyes will become very steady. On your own you will start understanding yourself. Actually, the defect lies within us only. Looking at the defects of others, how can we fix our own defects? A very simple straightforward question is "If something falls on our sari and we do not remove it, and if we abuse or blame someone else, it won't just go away, will it? This much intelligence we all have. But we don't use that intelligence. And for this you should all use this intelligence.

If anyone has not understood this you can ask questions, in Marathi also. At least you should ask some questions. Now see, the attention is going inside and we are pushing it farther but it should happen spontaneously. The attention should have the habit of going inwards by itself. I know that you have many questions to ask. We have a lot of confusion within us, there is no doubt about it. But the questions are very subtle. There is no end to it. Always, there is a question of rising above all this. Now, people say, 'Mother, how can we rise above all this?' Meditation. What to say about meditation? You have to meditate on your own selves. You have to see your own selves, that, where is your brain going? And where are you going? Slowly you will get cleansed.

Today is of great importance. The incarnation of Shri Krishna has done a great deal of cleansing for us and He has helped us a lot. His coming on the earth made a lot of difference. The awakening of Kundalini has also gone smoothly on account of His blessings. Please try to look at yourselves. You should not be annoyed with yourselves and you should not be annoyed with others either. It will be very joyous. This is the Krishna Puja.

If you have any other questions, alright, you can ask Me.... What to say....

Comment from Sahaja Yogi: Everyone is in nirvichar.

Shri Mataji: Any other questions?..... What's the question?.....

Sahaja Yogi: Everyone is sitting in nirvichar.

Shri Mataji: Come closer.

Sahaja Yogi: How do you attain nirvichar(thoughtlessness) in meditation?

Shri Mataji: In meditation? There is no vichar (thoughts) during meditation. Why should thoughts come in meditation? You are not to seek anything during meditation. It is only to be felt within. It is you who have to discriminate whether you have realised this or not during meditation. In meditation, first you will come to know your own mistakes, where you were wrong, and where you were right. When you start realising your own mistakes, then you are on the right track. When you look at yourself in the mirror, you see yourself. What is the use of seeing others? The trouble with us is, we always like to see others in the mirror. Then how will you identify your own faults if you start to see others in the mirror?

Sahaja Yogi: How do we protect ourselves from the clutches of the false gurus?

Shri Mataji: Why did you have to go to a false guru?(Shri Mataji laughs)You tell me first, why did you go to a false guru?What attracted you to go to the false guru? How did you go there? You must ask yourself this first. Then you will realise that you ignored the evils of that false guru. That is what you didn't protect yourself from. Now, in the past I have already given lectures on false gurus where I have clearly talked about their evildoings and how they take one for a ride. It is their business to entrap you all. There are different types of business which they adopt. Out of that, gurus also have a business to entrap you and you are trapped. From this, one must realise which trap we have fallen into. We have filled our brains with the badhas (negativities) of the false gurus. Now if you can tell me any of those badhas, then I can tell you.....

Shri Mataji: Now if you know one or two of these badhas, you let me know. The false gurus' badhas. Now what do these badhas actually do? First they focus their attention on your pocket. (laughter)Isn't it? As they start doing this, then you must understand

that their intentions are different. But it is all on the gross level. On the subtler level, in fact, there are many who wouldn't want to entrap you, but they would try to project their own importance. And for this reason they become gurus. It is like this, that one projects his importance. So you must watch all this and be critical about it. Then it will forsake you. But most of the people absorb their badhas, their ego, their anger, their physical health and many more aspects that you absorb from the guru. Like these gurus, when they fall sick, their shadow starts reflecting within you.

For this reason, you must analyse yourself and look at yourself, that, what have I received from this guru? This is very important. Then when there is a cleansing of yourself, you will see that it benefits you to a great extent. Why did you go to a guru when you were seeking for your own spiritual ascent? You went to a guru to know him but you were in turn entrapped. This guru is such a guru, and you yourself should know how to protect yourself from him. You should stay away from them. I had been to many such gurus just to see them and what they do, and how they tempt and attract people. And with what they entrap people.

So the first thing I saw was that these people find your own weaknesses, that what weakness you have. If this doesn't work then they put badhas into you. The badhas are of various types. Out of these badhas you must first learn to detect what type of badhas he has put into you that you are unable to get rid of. The greatest badha that they put into you is FEAR. It keeps on frightening you, that 'if you leave me, such and such thing will happen to you.' This type of fear creeps within you. It doesn't have much strength in it. But it keeps on frightening you. When this fear comes, you must say to it, 'yes, I know it'. With this fear the human beings keep on going round and round the guru. For that Shri Krishna is there, Who drives out this fear from everyone. Is it over, or do you have any other questions?

Sahaja Yogi: Everyone is in nirvichar (thoughtlessness)

Shri Mataji: Saying that everyone is in vichar (thoughts) now we have to go beyond vichar (thoughts).

Sahaja Yogi reaffirms: No Mother it's nirvichar (thoughtlessness)

Shri Mataji: Nirvichar. How did that happen? You have organised such a nice puja that I also keep wondering. How is the environment? Is it OK?...Yes, it is peaceful and calm..... peaceful.....Now better.

A person who can witness himself laughing, that is perfect. One who laughs at others, his attention is in another direction. Again, one who can witness and laugh at himself, and his own environment and aspect, he is perfect.

Endless blessings.

2003-0913, Shri Ganesha Puja: They Are All Incarnations

View [online](#).

13 September 2003

They Are All Incarnations

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Cabella (Italy), 13 September 2003

Now we are facing little children. They are the ones who are incarnations. They are the ones who are going to lead humanity into some great advancement. The humanity has to be looked after. They are tomorrow's humanity. And we are today's. And what are we giving to them, for them to follow? What is their aim in life? It is very, very difficult to say. But with Sahaja Yoga, they will all go in the proper way. They'll behave in a proper way. And the whole thing will be a different mass of Sahaja Yogis coming up.

But it is the duty of bigger Sahaja Yogis to look after them, to have better moral standards, to have better lives, so that they follow your life and become genuinely good Sahaja Yogis. It's a very big responsibility – perhaps we don't recognize it, we don't understand – but all these are little creatures which are after the image of great souls, and they should be brought up in that way, respected in that manner, and loved with great care. This is to be understood.

The problem with our elderly people is this: that we do not consider them [the children] to be considered, to be bothered about, to be understood about. We think we are too intelligent, too good, and we need not waste our energy with them. This is the trouble of the elderly people.

But today when we are sitting here to worship Shri Ganesha, we should know they are all incarnations of Shri Ganesha, and they should be given proper attention, proper understanding about themselves.

I find a certain amount of children who are very well-behaved, who are very sensible. And there are some who have no idea as to what they are doing. So, it is the duty of the elders to put ideas into their heads, to [give them] a proper understanding about themselves and the self-respect.

I would say the same thing for the elder Sahaja Yogis, who have to look after their younger brothers and sisters. In this family of ours, which we call as Sahaja Yogis, there are all kinds of people, all types, all behaviours. Of course, they should not be regimented. There should not be uniformity, but in that variety there should be beauty. There should be a beautiful trend of being one with each other.

For that, what should we do is the problem. What should the elders do to achieve that? What is our solid contribution to their lives? The first will be to tell them who is Shri Ganesha, and that what are the qualities of Ganesha, what does He represent. What does He represent, what qualities He has. And once they start understanding, that though being a little boy, He's so generous, He's so kind, He's so forgiving, they'll be amazed because they are also small and they'll also take to that kind of life.

I find some children very sensible, very good here. Some are naughty and some don't understand what we are doing here. Whatever it is, they are, after all, children. And what you have to do is to look after them, respect them, and give them the full idea about Shri Ganesha.

I think everybody must have a statue of Shri Ganesha in your house, so the children will see it and ask: "Who is He? What is He doing here?" And you'll be amazed how they will understand Him, how they will understand His qualities, and how they will work it out.

It is important for all of you to have at least one Shri Ganesha in your house so that you can tell your children that, "You all have to become like Him."

Now, what are the qualities of Shri Ganesh? They won't understand chastity, they're too small. They won't understand all those qualities. But one quality they will understand is to be honest. Is to be honest.

Gradually, you'll find all difficult ones will go down. It will work out that way. Because, you see, they don't understand My lecture. They don't understand what I am saying. But one thing is there: if there are some oppositions within, they will show—show very well. Because they are so innocent and so simple, their innocence will help them to expose them to reality.

I hope you all look after your children, guide them properly, and take them to a level of understanding that they understand what is their position, what qualities they should have, why they will be respected. You'll be amazed that their behaviour will change the behaviour of all the other children.

What I have to say is that nobody should think that you are very grown up because you can keep quiet, sit quietly, and all that. You are grown up only if you can imbibe the qualities of Shri Ganesha. I have seen people who are very grown up still do not have simple qualities of chastity, of honesty. They don't have, and they can't have, because they don't think it is important.

So, I leave it to you to find out Shri Ganesha within yourself.

I enjoy their company because they're so innocent and so simple-hearted, and I like them very, very much. So, you should not get afraid or frightened of their mischief. On the contrary, you should know they deserve much more love, much more understanding, and much more scope to grow.

I hope by the time they will be of your age, they'll be great Sahaja Yogis. They'll understand what we are doing here.

I had to face mountains of nonsense with the older people, but these [children] won't have that. They'll be very simple, very sweet, and they'll understand love.

So I would say we can allow these children to go out and play, and somebody can look after them so that you'll be at peace.

Who can take them out?

You can give Me flowers. If you have got flowers, I'll take them.

Thank you. Thank you very much.

What is it?

Boy: Chocolate.

Sahaja Yogi: Chocolate.

Boy: Yes, chocolate.

Sahaja Yogi: Chocolate.

Shri Mataji: Thank you. Thank you very much.

Thank you.

Thank you. Thank you. Thank you.

2003-1012, Navaratri Puja: Birthday of Shri Gauri

View [online](#).

12 October 2003

Birthday Of Shri Gauri

Navaratri Puja

Nevele Grande Resort Hotel, Ellenville (United States)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja, Birthday of Shri Gauri, Ellenville, New York (USA), 12 October 2003.

Today we are going to celebrate the puja of Gauri. She came on this earth many-a-times, to kill the people who were doing wrong things, who were trying to kill good people. She has done Her level (best) to do that, and today we are celebrating Her birthday.

You all know so much about it, that I need not tell you, but what you have to know is that She came on this earth to save you from all kinds of troubles. For Her you were important, very important, because you were doing Devi puja and so we are celebrating today this Devi puja, with all our heart, because whatever ill people did to you, She came to destroy them. So today is a very great day for you to thank Her; thank Her for Her protection and for Her understanding as to what you have been tortured for.

I'm happy you are all here to celebrate Her birthday, and to be surrendered to Her so that She can always, always protect you, and give you Her blessings.

So may God bless you all, your children, your families, and that you bring great joy or protection.

It's very kind of you to have come today, so far away. I'm very happy to see you. Moreover, you have got tomorrow also that you can celebrate.

Today we are not going to have any questions and solutions, we are just going to worship the Goddess, that's all, and request Her to protect us from all kinds of problems that are facing us.

Thank you very much

2003-1109, Diwali Puja: The Need for Sincerity

View [online](#).

9 November 2003

The Need For Sincerity

Diwali Puja

Holiday Inn, Ventura County (United States)

Talk Language: English | Transcript (English) – VERIFIED

Diwali Puja. Los Angeles (USA), 9 November 2003.

Today is the great day of Diwali.

That means today is the great day of putting up lights, lights of your heart together to make a greater light for the world to move in a proper direction.

It's a day of great joy, and those who join in this, are spreading also great joy.

But the problems are there, as they say, but for us there is no problem because there is no darkness, we don't see any darkness anywhere, we see lights, and lights, and lights.

Then what is the thing missing, missing is our sincerity. We have to be very sincere with ourselves, because it is not just a borrowed love or a borrowed joy, but it is from within the source, it's flowing, flowing and flowing.

So that is to be awakened, and that love should flow, and our small petty things like jealousies and competitions and all those things which spoil us must be washed away. And it can be washed if your heart is full of love.

Today is a day of spreading love, light of love, so that everybody feels enlightened and happy and forgets his petty problems.

I am happy that you have been able to get some hall, it's all luck that we got it, people were so much worried about getting a hall.

But it has just happened, so we should know also that our destinies are also guided and looked after.

We are already blessed people, there is no doubt about it. And we should not worry about small things and small matters.

It will all work out very well, you will see, if you just leave it to your destiny, which is very high, very great – with this your own destiny you will go very far.

This is the promise of Diwali to you all, that you will reach highest and the noblest way of life. Every word I say will be there to prove what I say is there.

Whatever petty problems you have, they'll all be washed off.

All these are the messages from the Divine, you don't have to worry about petty things, about money, about jobs, that's not your job.

Your destiny will work it out. You have a promise that you'll be looked after. I hope you believe in that promise and are joyous in the highest way.

I bless you all from my heart, all of you, for a very happy and prosperous Diwali.

Thank you very much.

2003-1224, Evening Program Christmas Puja

View [online](#).

24 December 2003

Evening Program

Ganapatipule (India) | Transcript (English) - NOT needed

Notes:

The singer at 1:47 is Ghulam Mustafa Khan.

2003-1225, Christmas Puja

View [online](#).

25 December 2003

Christmas Puja

Ganapatipule (India)

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

Christmas Puja, Ganapatipule (India), 25 December 2003.

English Transcript

Today is a great day because we are celebrating the birth of Jesus Christ. He was such a great spiritual personality, who had to suffer on the cross. This is what many people don't understand, that why a man of his calibre, of his standing, of his spirituality, should have to go through so many ordeals in life. It is very easy to understand that he was born in a circumstances which was against him, which were against divine force. So to overcome that people tried to destroy Jesus Christ. And he did not feel the pain, he didn't feel the absurdity of those people. On the contrary he went through all that ordeal with such courage and such dignity.

So for us, what is there to see is that if you are divine and if you have powers of divinity, then you should have courage, and with that courage you can face all kinds of ordeals. On the whole, whenever you are on this earth there are problems of different types. You may belong to royal families, or maybe a poor person, there are always problems facing you. But Christ has shown by his life that, though he had to suffer so much, he was so patient and courageous. His life has given us an example, what we should be, how we should behave when we are facing problems because of ignorance of people.

But today is a happy day because it is his birth date and we are all celebrating because he has shown us a new path of spirituality in which one has to suffer, because of the ignorance of many who are there, he suffered so much. But today it's not so bad, people understand spirituality and divinity. And you are so many together now. In these sufferings Christ never cried or wept. He went through it in a very resolute manner. So what we have to learn from his life is that we should not be afraid. Whatever might be happening to us, we should not be afraid. But times have changed and people don't torture anyone because of your spirituality. It's not there, it's finished. Christ wiped out all that from human minds, and people respect you for being spiritual. This is the message of Christ's life, and we all should be very happy that he has shown us this path of ignorance.

The message of Sahaja Yoga is the same: that you take your realisation, you take to spiritual life, and everything will work out because all the divine forces are with you. They are working out everything for you and you are so many who can say that you have witnessed it.

So this kind of life that Christ had, you don't have to go through, he has done for us. Your life will be very, very safe and peaceful and joyous. That is without my telling you, you must have experience. These days there are also very cruel people, very absurd and extremely aggressive, but still, no-one can harm you. Life has become very different. And we thank Christ that he has gone through all that to save us from those ordeals.

Translation from Hindi to English

Today is the birthday of Christ and we are all celebrating His birthday with great joy. And we also know that Jesus Christ took a lot of efforts, and we do not have such efforts as much as He has done. But how much Jesus Christ has suffered...we know this. But we do not have this kind of efforts, because the whole human community has changed. And in this changed human community, spiritual life is very, very important.

From this spiritual life many obstacles have been removed, from this we can solve our physical problems, we can solve our

mental problems, we can solve household problems, we can solve the problems of the whole world. In this way the life of the whole mankind can be changed into a spiritual life.

This is very important for us to know, that on the one hand there was Jesus Christ who had gained a lot in spirituality, and on the other hand we have gained a small part of spirituality – and because of us the world is becoming silent.

Many problems are getting solved and mankind has understood that it's very important to take to spiritual life. This kind of changes are because of you people, I alone cannot do anything. I am in the same situation as Jesus. To what extent can I act?

Now there are many people. Now we can see how the whole world has changed. Because of you, problems are getting solved, many changes have come, in the whole world people are knowing because of Sahaja Yoga.

Many changes are coming, not only for one person, for thousands, for the whole world, in the whole community changes are coming. These things you are all doing, which is very important.

(Translation from Marathi into English)

Now to speak in Marathi, the life of Christ was very sad. But he did all this kind of things with love, because He was a very great soul - such a kind of person does not feel any kind of sadness. In this way we have taken to spiritual life, and now we have to give the spiritual life to everyone.

People are watching our lives and they are stunned by seeing how happy we are. And when they understand that these things are happening in Sahaja Yoga, they also enter Sahaja Yoga.

This is a very good thing and also you have got this blessing. And you have to keep this blessing very carefully. You have to work on it, and the most important thing is that you have to give this thing to everyone.

You all are getting this kind of blessing – now let also other people have this kind of joy, and so all the Sahaja Yogis have to try to give Sahaja Yoga to everyone.

In the whole world Sahaja yoga has spread but but it is very little. It should be spread much more. Jesus Christ had only twelve devotees, and these twelve devotees had spread Christianity – but there are many mistakes made.

In this way you have to bear in mind that when we spread Sahaja Yoga we should not make any mistake. We should spread it in a very simple way. It is not so difficult.

In this thing, Parameshwara has given you the Shakti and the brains, use it. I have full faith in you, that you can make many Sahaja Yogis and you should try to give Sahaja Yoga to everyone and only think day and night who to give Sahaja Yoga to.

I am blessing you for this, so this is a very big responsibility on you. Since you took to Sahaja Yoga, you had this responsibility, that from today you have to bear in mind that you have to give Sahaja Yoga to everyone and should not keep this thing just within us.

May God bless you

2004-0114, Makar Sankranti Puja: In place of anger, there should be forgiveness

View [online](#).

14 January 2004

Makar Sankranti Puja

House in Pratishthan, Pune (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Makar Sankranti Puja, translation from Hindi

Today is considered to be very important in the Northern part of the earth because the Sun comes from South to the North. This happens on the same day every year. So if we try to see why every year the Sun does the same work, we consider it so important, why we are so happy that the sun comes in the North every year.

The thing is that only from the Sun all our work is done. When it is dark and during the night, we are in the sleeping state. But when the sun rises, only after that all our works are carried out. So the thing that affects all the work is the Sun and when it comes to our vicinity, we give it a lot of importance. The biggest thing is that all other festivals are celebrated on the basis of the Moon, but only this festival is celebrated considering the Sun. Also, the people here believe in Surya Narayana and do many rituals on the river Ganges for Surya Narayana, i.e, the Sun. But this is the most important day. So now we have to decide what we shall do on this day, what work to do on this special day. We did Namaskar to the Sun, offered water (arghya) to the Sun and showed all our gratitude towards the Sun. But still what special thing can we do.. especially what Sahaja Yogis can do. Firstly, it is very important to clean the Agnya Chakra, because it is affected by the Sun. For this, what is the importance of Agnya Chakra is that what all planets are there on the Agnya Chakra, according to them, we use to get angry on other people with the Agnya Chakra and our behaviour with them is spoiled, we get angry, and show all kinds of temper. Agnya is a very important area which we must understand is the place of Lord Jesus Christ, and Jesus Christ emphasized only one thing, to Forgive everyone. To forgive is a very important thing.

Now how to do this..? Many people say that they have forgiven, but it does not happen. To forgive, it is very important to have satisfaction inside. And one should think that what somebody has to do, is done, what do we have to do with it.. what somebody has said, he himself would be used in it.. why should we get involved in it. In this way, if one develops a desireless state and forgives everyone, then Agnya Chakra can be cleared out. By the clearance of Agnya Chakra, a very big obstacle which is there in our growth, which stops the Kundalini, gets cleared, so for this, we should know how to forgive. All the time we keep on thinking who has given what sorrow, what problem; instead of this we should think that we forgive, we forgive this, that, everyone, and you would be amazed that after forgiving, the Kundalini rises so quickly. We only have to raise our Kundalini, and so for it, we should have a clean Agnya. Human beings have a habit of getting angry; God does not have. That's why you should stop getting angry, and in place of anger, there should be forgiveness. By saying Kshama, Kshama 3 times, the Agnya Chakra becomes alright.

May God bless you all.

2004-0215, Mahashivaratri Puja: Guru Pad

View [online](#).

15 February 2004

Guru Pad

Mahashivaratri Puja

Pune (India)

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

Mahashivaratri Puja, Pune (India), 15 February 2004

[Hindi to English Translation]

This is a subject which you can only explain in Hindi language. Which says that this Gurupada you get from somebody else. But that somebody else is itself, is endowed with, the power, with the power of peace of mind, to begin with, and also the power to overcome all kinds of earthly problems, mental problems, physical problems. All these problems you can solve through your mental balance and mental blessings from your Guru.

When you become the guru, you yourself have the power to bless others. With your blessing power you can create a guru out of many. And once the guru is created and there is a guru who has this power, it's very satisfying and it's very ennobling.

The satisfaction is so much that you don't want anything. This is the power of Shiva. You have seen Shiva, He doesn't have much clothes. He doesn't decorate Himself. He is just sitting in meditative mood, all the time. He doesn't want anything. He's so satisfied with Himself that He doesn't want anything. And that is the power you get after the Self-realisation, if you have a Guru, and Guru of that level and calibre.

One should not try to become a Guru: that's very impractical. If you try to become, you will never. It has to come to you automatically, without any asking, without any effort. So the only way you can get to it is through dhyana. Dhyana is meditation. When you meditate – just meditate, and meditate, do not ask for anything. Meditation itself gives you that instrument which can bear this great power of the Guru. And then you, automatically, you give this power to others. You don't have to work it out, just in your presence people can get this power of complete satisfaction. And there is salvation for you and for others.

So all the problems which you have faced for the journey of ascent are finished and you are drenched in the bliss of heavenly peace and joy. That's why it is called as kaiyvalya, means only, only the blessings. See, that means there is no other word to translate it, there's no other way of explaining it. It's a state, it's a stithi. It's a state.

In that state you have to rise and you know that you are in that state. It's a very remarkable thing that, once you reach that state, you don't have to ask for anything; it's all there, and you are so satisfied.

I can go on talking about this special power but I think, whatever I have said, please meditate on that and you are all capable of reaching that state. That state of complete peace and joy.

May God bless you.

[English transcription]

This is a subject which you can only explain in Hindi language. Which says that this Guru pad you get from somebody else. But that somebody else is itself, is endowed with, the power, the power of peace of mind, to begin with, and also the power to overcome all kinds of earthly problems, mental problems, physical problems. All these problems you can solve through your

mental balance and mental blessings from your Guru.

When you become the guru, you yourself have the power, to bless others. With your blessing power you can create a guru out of many. And once the guru is created and there is a guru, who has this power, it's very satisfying and is very ennobling.

The satisfaction is so much that you don't want anything. This is the power of Shiva. You have seen Shiva doesn't have much clothes. He doesn't decorate Himself. He is just sitting in meditative mood, all the time. He doesn't want anything. He's so satisfied with Himself that He doesn't want anything. And that is the power you get after the Self-realisation, if you have a Guru, and Guru of that level and calibre.

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I can go on talking about this special power but I think, whatever I have said, please meditate on that. And you are all capable of reaching that state. That state of complete peace and joy.

May God bless you.

2004-0320, Birthday Felicitations, Talk and Debu Chaudhari – Sitar

View [online](#).

20 March 2004

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

2004-03-20 Birthday Felicitations Program: Talk and Debu Chaudhari - Sitar

So many of you have come, and it has given Me the greatest pleasure. I don't know what is the felicitation you all want to do for, because after all I'm a Mother, and a Mother has to do Her job. There's no felicitation with it. Just love, love for My children, and that is how i've worked and it has worked out.

You can see for yourself how you have learnt to love each other. I wish all over the world people develop that love, that universal love for each other.

All the our problems will be finished, no wars, no ill feeling, nothing, only there will be a beautiful wave of love among ourselves. All these things can happen, and we can reside in a very calm and collective way all the time.

What is happening today is not of my liking, because to Me they are all one, and what is the need to have fights and to have differences? If they could just meditate, they will know that they are all one, there's no difference at all.

My only wish is that all of you should get your realization and that you meditate.

May God bless you.

Thank you!

2004-0321, Birthday Puja

View [online](#).

21 March 2004

Birthday Puja

New Delhi (India)

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

Birthday Puja, New Delhi (India), 21 March 2004.

[Shri Mataji speaks in Hindi:]

I thank you all for giving Me this welcome. With such great love and respect you all have given this programme, I don't know how much I have to thank you all, I don't understand.

[Shri Mataji speaks in English:]

I wanted to thank you all for giving Me such a hearty welcome to Me today. I don't know what words to use to thank you.

[Shri Mataji speaks in Hindi:]

Today in every moment I am enjoying it. I am very happy, what can I say to you all, I don't understand. Your love and respect is beyond my strength, beyond my expectation. I don't understand why you are all embarrassing Me, I don't know what I have done for you all, the thing which you all wanted to have, you have got it. I haven't done anything for you all.

[Shri Mataji speaks in English:]

I was overjoyed to see the way you all welcomed and you are singing songs of happiness and joy. I don't know how to express Myself because I'm Myself very happy and I don't know what to say in your praise, where you have taken to Sahaja Yoga so easily and have assimilated it.

Whatever it is, it's a very mutual admiration society, I should say, that we are enjoying each other.

May God bless you all with this happiness and joy and complete oneness with the Divine.

Thank you very much, thank you.

[Applause]

Thank you.

[Applause]

Now they have organised some music for your entertainment so I'll ask them to take over...

Thank you.

2004-0509, Sahasrara Puja: Continue To Live A Life of Reality

View [online](#).

9 May 2004

Continue To Live A Life Of Reality

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara puja, "Continue to live a life of Reality",. Cabella Ligure (Italy), 9 May 2004.

Today is a very important day in our lives as Sahaja Yogis. This is the day when Sahasrara was opened out, which was really a very charismatic thing that happened.

I never expected that in my lifetime I will be able to work it out, but it has been. And so many of you have got your Sahasrara opened. Without that, you could never have known what is the truth. You were all lost, as everybody is.

First of all, Sahasrara is the only way we can perceive, understand and know the reality. You have come to know as to what is the reality and you're enjoying that state where you know what is the reality.

It's a great blessing that Sahasrara was opened out and all of you got your Realization. Otherwise, all talks are just talks, has no meaning, has no understanding and that's why my first anxiety was to open Sahasrara. That worked out, worked out well and all of you have got your Sahasrara opened.

It's a remarkable thing. Nobody can believe that so many of you have got your Sahasrara open, but I can see now clearly the light on top of your heads. Whatever you have achieved is remarkable, no doubt. It is because of honest searching, honest searching, that you have got it. My doing is nothing because you were just there like a lamp and I just enlightened it, that's all. It's not such a big thing to do.

As you people have achieved your state, state of enlightenment, that you got it because you were hankering after it, working it out and you did it! It's very creditable. Credit doesn't go to me, I think, because I had a open Sahasrara, but to achieve that in you people was so joy-giving for me.

Now you will understand because if Sahasrara is not open, you can't talk people, you can't say anything to them. It's just they don't understand. With the Sahasrara open, your understanding improves so much. That is what has happened with all of you. And I'm so very happy that it's so many people there are sitting here who have got their Sahasraras open and there are many who have not come.

So it's a big achievement for human beings to get it so much collectively, Sahasrara opened, by which you know the truth, absolute truth. Whatever you know after your Realization is the absolute truth. You don't argue then, don't question, you just know it and you accept it as a knowledge. It's such a nice thing that it was all there, but it was not open. And when it opened out, how people have understood me and also the laws of the Divine.

It's such a blessing of the Divine that you have got your Sahasrara opened out, for which you may say, "We didn't do anything, Mother." It's not so.

Your search for truth was intense and definite. You wanted to know the truth. That's why it has worked out. Otherwise no amount of money, no amount of effort, nothing would have helped. Sahasrara had to open by itself. It's all your building up, I should say. It's all your doing to yourself, that has brought forth such a beautiful happening.

I do not take any credit for that – at all. Definitely, I must say, that I have made you understand that it's important that your Sahasrara should be opened. No more arguments, no more suggestions, nothing, but have your own Sahasrara open, which tells you what is the truth is.

In these beautiful circumstances, what could your Mother say? I can only say that continue to live a life of reality, of understanding. In everything you will find there is truth. And how do we use that truth is our own achievement.

People are lost because they have no knowledge. Knowledge from the books is no knowledge. Their knowledge must come from within, from within themselves and that has happened because of Sahasrara opening. In all the countries it has happened, and it will be in the whole world; so many people will get Realization. But only thing, I feel that you people should have no emotional attachment to it – not emotional, but realistic attachment, that it is there, it has happened, it's working out. Then you will be able to give Realizations to other, you'll understand the importance of Realization.

Unless and until you use it, you won't know what is the power of Realization is. So you must learn how to use this power which is within you, which has started working out and which will give you such a immense capacity.

My health is little bit gone down, after all, I am very old. But still I don't feel tired in any way while addressing you. I feel so enamoured that there are so many Sahaja Yogis, so many whose Sahasrara is open and they're enjoying their Sahasrara.

Actually I would have liked you to ask me questions, but you can write questions and send me written ones. Then I'll try to answer them some time, will be a much better idea.

So thank you very much. May God bless you.

Grow into Sahaj, grow into your being.

May God bless you. All my blessings.

2004-0606, Adi Shakti Puja: Be One With Yourself First

View [online](#).

6 June 2004

Be One With Yourself First

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Today's meeting is very special. It's a very, very special day also, extremely special and very blissful. The reason is it talks and sings and tells about the born order, born power, the original, the Adi, the primordial and this one is responsible for creating this great universe. Why this has started and how it works out is already you know, I need not talk about that.

But today we have to talk about this Power which is hidden in your hearts by which you can do whatever you like to create a new world, a new family, a new standards, everything that is not known so far. That is quite possible .. that is quite possible and is being done.

But, what is difficult is how to make people more adaptable, more in tune with each other, absolutely. It seems to be a difficult thing.

They're all right among themselves, if they have their own friends, their own style, their things.

But to make them absolutely one, one with each other, in one tune, in one line is very, very difficult and it should not be done! That's not supposed to be, they're not supposed to be like that. But it has to work out.

Now the problem is, we have beautiful people, beautiful souls, but they do not become so one with each other as they should have.

Now, how to solve this problem? Many people have asked me: "Mother, how to make that problem?" I just smiled. Because if you see the original idea why we started this x-ray, why we started this new kind of a .. understanding, new kind of penetration, because we wanted to find out the oneness, the newness in every person.

And you should be very much thankful that you are all one, one inside, there's nothing second. It's only one, and that one when it speaks and when it wants to administer something, then you'll be amazed that it's all done the same way, it's the same thing and it works out the same way. There is no change, there's no difference between the two.

Despite that, despite that, our minds are roving, roving into some sort of a problem which has no significance in Sahaja Yoga. Now the main problem that we have is that we don't realize that we have no problem. We are without any problems.

We think that there are problems and we should deal with problems, but there are none, none of these problems are there. I don't see any problem anywhere. Those who think they have problems, I've asked them to write it down and I'll try to answer them and tell them what sort of a problem it is. But before I could do anything, I would like to say that still our sahaja yogis are not come to that level to understand the oneness, the uniqueness in their hearts of their oneness.

All this comes from within, not from without, so all efforts made outside is of no use.

We have to be effortless and become what we are. There you'll find that no, nothing's missing. There is no need to have another meeting or any other coding something, no need, it's all there. Just you have to be that, to become that. This is rather difficult to understand for people who have different noses, different faces, different everything, to become the same. But you are; you are because you don't know that you are, that's why you are looking different.

So I have to tell you one thing: that you are all one. One in the sense that your everything – impulse, every feeling, every understanding is the same. Only thing is that it arises at a wrong time, at different times, and it gives you a wrong impression that it is different, but actually it is not. It is only one, one relationship, and the relationship is with the Adi Shakti, that you are a part and parcel of Adi Shakti.

That whatever one may try, one cannot get separated from Adi Shakti. You are born out of Her and you are guided by Her, you are looked after [by] Her. Everything seems to be one to me, while you people think that there's a different line of a course, line of

action, which is wrong.

Whatever I may say it has to be proved, otherwise why should you accept such a ghastly statement?

Myself I am one with you and I am always will remain the same with all of you. For me there is no difference, I don't see anything like that. It's outside it's only your clothes and your style, inside maybe what temperament you have, depends on your temperament. If that temperament changes a little bit you will see the oneness among all of you and the differences will be lost in no time.

[Shri Mataji expresses misunderstandings that one may have] "Today I saw a very dangerous man, I thought he can kill me if he wants, he can do whatever he likes but no, it didn't happen. Why? Because I never understood him. He was not like that, he just wanted to show his respect, he didn't want to kill me, he didn't want to do anything wrong."

It's very surprising how you understand each other. Unless and until you have proper understanding of each other, you cannot achieve anything that is sober, that is essential, that is right, that is the truth.

So, the Truth started long time back, much before anybody could think of having a truth here. It's all went off with so many things which were not truthful and then the Truth went away.

Like, I would say that the snake – snake was born out of ignorance. Then the other snakes started supporting. Snakes after snakes, they started growing up and filling the whole universe with dishonesty and with wrong ideas and believing in it, and started fighting, killing each other. But they were all snakes.

So how much one should believe in their nonsense? How much one should follow their nonsense? How much anybody should accept their nonsense? It's very difficult, but it is acceptable much more than the truth.

The Truth is not so very easily accepted as the untruth is. Why? Because we are standing in untruth. Our own understanding is untruth and we have to change our understanding to Truth, which is not difficult because we are truth, we are the Truth.

To become the Truth which we are, why should it be difficult? Should not, but it happens. So that means there is something wrong somewhere within us, which we should find out. And the thing that is wrong with us, within, is that we cannot face ourselves. We cannot face ourselves. We face others, not ourselves. We never see ourselves. We have no idea as to what our own situation is. And for that, is only you needed a Mother to show you.

And that's how the Mother came on this earth to tell you what's the problem with you, within. This one is to be accepted, this principle has to be practised. And you'll be amazed at yourself how much you have already knowledge about yourself and about all these surroundings. There's nothing so special, nothing so extraordinary, but only thing is you have to be acceptable to yourself.

I think people are becoming sahaja yogis, but they are not. They are not sahaja yogis but they are trying to become.

On the contrary, I think they should know that they are sahaja yogis and they don't have to become anything. Then there's no problem.

But when you have accepted that there is Sahaja Yoga different, and Sahaja Yogis are different and you are different, then how can you become Sahaja Yogi?

The thing is the ignorance, is the ignorance that we have, that we are behaving like strangers towards each other, it's complete ignorance; we have to know that we are all, all the same. There's no need to have any ignorance of any kind. And when that happens, the problems of the whole world will be solved without any difficulty.

Today's Puja is a special one, because you are doing the Puja of something that would never went into any transformation, which was not changed at all. It was just the same, remained the same, born with the same and is still with the same. In such a Puja, what do I have to say? Why anyone has to say? Nothing. Just be one with yourself first, that's the point we come to.

That we have to be one with what ourselves and not to get it lost in the words or in the atmosphere or in the other, our movements of brain.

Because this is the time when the brain starts moving and when it starts moving it loses its control over himself. Like a snake, unless and until it is in its own place, there's no danger. But as it starts moving there's a danger to him. In the same way, we have to know that our mind is very, very difficult and should not go into wrong direction.

For that we have to do the Primordial Mother's Puja because we should try to be on the line of Primordial Mother.

We have to keep ourselves primordial. We have to work out our primordial Self and not to change ourselves for any rhyme or

reason. This will be the best thing, if we can achieve it. I'm sure we can, not such a problem.

Only thing is, that we are so conscious of being Indians, being English, European and all that, but we are not, we are just ourselves and that's what we have to achieve – that oneness with ourselves.

May God bless you all.

2004-0704, Guru Puja: Follow My Message of Love

View [online](#).

4 July 2004

Follow My Message Of Love

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja, Cabella Ligure (Italy), 4 July 2004

It is a great pleasure for me, greatest joy, to see so many Sahaja Yogis for the Guru puja. It's very gratifying to think that there are so many, so many of you, who are disciples. It was never expected that I'll have so many, so many people following me.

It is being expected that you all will follow my message of love. I do not have to say anything for love. Love is [an] absolute gift, gift of just feeling others. There is no talking about it, discussing about it - nothing. Just you feel that love. To feel the love I would say one has to have a heart. But how can you have a heart? It is not your own doing, it's all there. So it is something is already gifted to you, you have it, that you can feel that love. It's so much joy-giving, peace-giving.

Love has its own qualities and one of the qualities is that love understands. Its understanding is not in words, not in thought, but [it] understands within. It can feel within, which is very important. This is the most important part one has to realise, that love, you can only feel it. You cannot talk about it, you cannot show about it, but it is within and you can feel it.

And that is why today is your celebration of the Guru. It's the celebration where you can feel that love for your Guru. That feeling is within, and only within you can feel that. So we have to understand [that] it's not the show. It's nothing else but just the feeling within that you know that you have love of the Divine. This you can have because it is just there. No one can give you. No one can sell it. No one can share it. It's just there. And that love has to be felt and shared. It has nothing to do with others. Whether others love you or not makes no difference. It's within your Self only, [that] this feeling, this depth is there, which you enjoy. It is the capacity. Everyone has this, lots of it.

Sometimes you feel you have lost it, sometimes you feel you have gained it, but it is there as much as an expanse of a sea. Sea, you cannot say, today is full, and tomorrow is not. It is eternal. In the same way the source of your love is eternal. You cannot measure it. It's difficult. But it's beyond all your human expressions and it shows your understanding, your understanding of love, which has no words, which cannot explain. But by itself you will know that, "I have this quality to love within myself and I can enjoy this love within myself."

This is a very unique gift which only very few human beings have.

Among animals, also, you find people who have love. But that love is not deep, that love has no meaning. It has some purpose, maybe, but it is not human, so it lacks the beauty of human love. It lacks the understanding of human love.

It is not easy to describe or explain love in human words. This you can only feel within yourself. That is what, once you start feeling, you can feel who is your guru, whom do you think you are being taught and persuaded and made to live in a particular manner.

All that is possible, everything is possible, humanly possible, but, to love and to enjoy love is not so easy unless and until you are immersed in it. It's very gratifying, it is very lovable, to see how people love each other, and then this love spreads. Love begets love. If somebody has love it just spreads. He need not tell anyone, he need not confess it, but it will spread. And this is what one has to learn: how to see that love in [the] other person.

Somehow we are here already in love because of sahaj happening. We all love and we enjoy love. It shows on our faces, that we are in love, in our characters, in our lives - that we are in love. What a thing, which is not very normal, becomes so normal and so easily available only.

It is a very big blessing that you are human beings and that this source of love is there plus the feeling for love is there. It's a very intricate situation which cannot be explained in words, only one can be in it and enjoy it.

Now today is a day when we are celebrating the Guru Puja. The greatest Guru that we have is love, Sahaj love, is the Guru within us, which teaches us, which somehow or other leads us. We are led into that great line of understanding for which we don't have to go to any college, to any school for education. It is something so much within that it works and expresses itself, expresses like light. Such people we can make out because they are fully enlightened. They have light and through that light they see the whole world, which is very innocent and simple for them.

We have love for our children, naturally. We have love for our parents, naturally. We have love for some people but that love is different from what love I am telling you. That has some connections, some meanings, but this love which is - cannot be described in words, has to be felt within.

Same when you talk of your Guru you should have that love within you. Why do you feel so much? The reason is Guru loves you and you love Guru. That's the only reason why should you love your Guru. Now there's no reason for that. Because love is love. That is how the Guru becomes very important in life. We have people who love their Guru and are very much in chaste understanding of their love.

In this great opportunity of love that we are, we are here to enjoy each other fully from our heart. That there is this ocean within us. We have to just get submerged in that ocean. If we are lost in that ocean then we'll have no problems, no questions, everything will be our own, and we can manage everything without any argument, without any questioning. That is what is being Sahaj.

The Sahaj way if you have, this love you enjoy. You enjoy yourself and enjoy everybody else, because it is Sahaj. Don't have to make any efforts, don't have to try anything, just it is there and it works.

The feeling of love has no way of expressing itself. It is just there. It cannot express, because it is without expression. It is just to be felt within yourself. Then you want to do so many things: you want to help everyone, you want to help yourself, you want to do good to others.

So much has been done by great leaders of the world, because they had that love. They had nothing else but this love, which they could not contain them within themselves, so they tried to spread it and they are called now as our guru, as our masters. It's that love within which approached people in that unique manner. That's a thing that we cannot possess, you cannot claim. It is there and it works. It works automatically. This is what we have to know that we are that love. That love is within us, we have to have knowledge, we have to have a complete knowledge that we are that love. That will solve our problem. Because you can explain everything, all your behaviour, all your failures. Everything you can explain when you know that you are endowed with that love.

This is what is the Guru, is the love within you, which wants to share love with others, which wants to give love to others. This is what is peace and joy.

I can go on talking on love, but to feel it within yourself is the biggest thing. Like water. If you are thirsty, we can give you water – but we cannot drink! You have to drink water and you have to feel the taste, feel the feeling, what it does, and all that is together, that's not separate.

I don't think the subject was too subtle for you people. You all have reached a certain amount of understanding of that love. I hope it grows and you grow into it, all of you and enjoy it.

May God bless you!

2005-1113, Diwali Puja Only

View [online](#).

13 November 2005

Diwali Puja

Pune (India) | Transcript (English) - NOT needed

Diwali Puja. Pune, Maharashtra, India. 13 November 2005.

2006-0101, Friends by Theatre of Eternal Values

View [online](#).

1 January 2006
(Austria)

FRIENDS

Written by

STEVE JONES

In co-development with

VANESSA PAYER

and

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Along with additional creative input from:

REINHARDT WINTER

FRIENDS

Scene 1 - the ego and super-ego behind the curtain

The play starts in darkness. In the middle of the stage is a yogi meditating.

A LIGHT shines against a paper/linen wall revealing TWO shadows - the EGO and the SUPEREGO.

The ego and super-ego are dressed in BLACK , with bathing-hats corresponding to the colours of the right and the left channel, yellow and blue.

The ego starts babbling:

EGO

Okay. Let's go over this once again. Pick up the bread, walk the dog, go to the dry cleaners, pick up the bread, walk the dog, go thoughtless, pick up the cake-- Cake? Cake? Where did that come from? Chocolate? Mmmh. No. No I can't. I mustn't. If eat chocolate I'll catch on liver. If I catch on liver I'll get angry. If I get angry I'll kick the dog. Why would I kick the dog? Do I have dog issues? Mmmh. Note to self. Introspect on dog issues. The dog! Mustn't forget. Dog food. Mmmh. Wonder what dog food tastes like? Doesn't look that bad actually. Well the dog seems to like it. What was that? Oh yes. Note to self. Must remember to go thoughtless. Now where was I? Cake. Yes. No! It'll make me fat. Just one? Why not. No! I'll get addicted and I'll get fatter and fatter and fatter then I'll die. Who'll pay for the funeral? The baker? But...we hardly know each other. Oh God, I'm late.

Then the super-ego starts whining

Super-ego

I don't feel so good. It's so cold outside. I wish I could go back to bed. It looks so snug. So warm. So cosy. But...then I'll miss my train. Then I'll be late for work like always. They don't greet me. They don't like me. I'll have to pretend I'm sick. Then I'll feel guilty. Of course I'll feel guilty because I am guilty. I feel guilty even thinking about it. But that bed...so...tempting. I wish I could just fall asleep right now. Sleep. Sleep. All day long.

She shivers.

The following text of Ego and of

Superego is read alternately! (See DVD) Ego starts...

EGO

Why am I meditating? I should be buying dog food, walking the dog, going to the dry cleaners and..../ hang on a minute. This isn't going to work. There's not enough time./ Okay, switch to Plan B. I walk to the bakery with the dog./ Does the baker sell dog food? Why on earth would he sell dog food? He's a baker! He bakes bread!/ Which means...my dog will starve./ Then he'll whine./ Then he'll howl./ And then the baker will get angry and won't sell me any chocolate cake./ But that's good isn't it?/ Yes. That's good!/ Must really start thinking about going thoughtless..

SupER-EGO

It's so cold. Why is life so hard?/ If only I lived in Hawaii. In the sun. By the sea./ But...then I'd feel bad. I'd feel bad because I feel good./ Maybe I don't deserve to live in Hawaii./ Only Hawaiians deserve to live in Hawaii./ I'm an imposter./ What am I doing here? /Better fly home now and be miserable/...and cold./..and depressed./

Scene 2 - FIRING SCENE

The yogi rubs his head, not too exaggerated, just enough to show that he's having a difficult meditation.

There is a time lapse between the mutterings of the ego and the yogi. In the beginning the ego is just emitting thoughts from the depths of the agnya chakra. However as the time goes on the yogi identifies with the ego. When the Ego steps out from behind the shadow wall - LIGHTS UP

Light behind the paper wall goes out.

Ego

What is it with her, huh? What's her problem?

(Imitating his colleague's voice)

"I hope you made the right decision."

(Talking to himself)

Of course I made the right decision! That guy was an idiot. Good riddance.

Yogi

...an idiot.

EGO

You had to fire him. No choice.

YOGI

Absolutely.

EGO

So why the subtle jibes, ey?

(Imitating his colleague's voice)

"He'll be missed".

(Speaking to himself)

He'll be missed! He was an incompetent imbecile who couldn't organize his way out of a paper bag. He won't be missed at all. A complete--

Yogi

Idiot.

The yogi finishes off the sentences of the ego. The more he identifies with the ego the more fluid the relationship between them. The more they 'understand' each other.

EGO

She's always criticizing you. You know that don't you?

Yogi

Really?

EGO

Think about it.

The ego observes the yogi. Smiles. Knowing that she's got into his agnya.

The yogi sits there and he starts feeling the pressure on his agnya. He puts his hand on his agnya.

The ego looks on - satisfied.

SuPER-EGO

Yes...but...

The ego looks on disapprovingly. A, "who the heck is that?", look.

SupER-EGO

Yes, but . . . maybe she was right? Maybe you shouldn't have fired him.

That poor man. Just imagine. He'll have to go home and tell his wife and kids.

The super-ego now imitates the whole family scene with the father coming home to talk to his wife and kids.

SUPER-EGO

WIFE: "Hello, darling.

How was work ?

HUSBAND: I was fired today.

WIFE:

Fired! But...what about the house? We'll be evicted. We'll have to live on the streets.

CHILDREN: Daddy? What does fired mean?

HUSBAND: It means Daddy doesn't have a job. No job, no money. CHILDREN: But you promised me a new bicycle, Daddy!

HUSBAND: I'm sorry, honey. We'll be lucky if we can eat this month.

During this monologue the yogi starts to catch on both left heart and left Vishuddhi.

SUPER-EGO

Oh, God. I feel terrible.

It's all--

Yogi

My fault.

SUPER-EGO

I should have--

Yogi

Given him another chance.

At this point we see the hand of the yogi switching from left Vissudhi to Agnya as the ego and super-ego fight it out.

Ego

(Hand on agnya)

Nonsense. You gave him three warnings.

SuPER-EGO

(Hand on left visshudi)

But what about the poor kids?

Ego

(Hand on agnya)

It's not your problem. I wouldn't lose a minute of sleep over it.

SUPER-EGO

(Hand on left vissudhi)

My new bicycle, Daddy! You promised!

Now the yogi has a hand on the Agnya and on the Left Visshudi at the same time.

Ego

The kid's already got a bicycle. What does he need a new one for?

SUPER-EGO

Daddy! You promised!

The yogi utters a mantra out loud to stop the madness in his brain.

YOGI

Neti! Neti!

Then quietly.

Yogi

Not this. Not this.

At this point the ego and the super-ego get a terrible headache and disappear behind the paperwall.

The yogi returns into a state of temporary silence.

Scene 3 - Yogi and Ego

Not for long:

The ego appears behind the curtain again.

Coughs a little as if to clear her throat, to show, that she's here.

EGO

Ehum.

No reaction from the yogi.

EGO

Ehum.

No reaction.

Ego

Psst.

No reaction from the yogi.

Ego

Psst.

No reaction from the yogi.

The ego is bored. Gets an idea.

He coughs loudly. The yogi opens one eye. Very loud coughing. The yogi turns round and gives the ego a very disapproving look.

Playing the innocent. The ego gives the yogi a, "Who me?", look and looks the other way nonchalantly.

The yogi shakes his head and uses the technique of pulling his ego down.

EGO

(A la the witch in Wizard of Oz)

I'm melting! I'm melting! I'm melting!

The ego first makes fun of the yogi trying to pull him down. Then discovers, that he IS actually melting. The yogi stops too early. The yogi goes back into meditation.

The ego was afraid, but regains his strength:

EGO

Pssst!

No reaction from the yogi.

EGO

Bssssssssssssssssssst!

No reaction.

The ego pulls out an elastic band and pieces of paper and uses the elastic band to fire them at the yogi.

The yogi brushes his Agnya as if a mosquito landed quickly on his brow.

She fires another one. This time he opens an eye.

She quickly hides the elastic band. He closes his eye.

She pelts another full force. This time he looks over at her. Again, she hides the elastic band and plays the innocent little girl. She whistles.

Silence.

These ego disturbances have induced a state of impatience in the yogi. BOTH the ego and yogi look at their watches.

EGO

So. How long have you been thoughtless?

The yogi looks at his watch.

Yogi

Three minutes.

EGO

Three minutes?

YOGI

Maybe more?

EGO

Maybe more.

YOGI

Yeah. Five minutes. At least.

EGO

Pretty good.

YOGI

Yeah. Pretty good.

EGO

Completely thoughtless?

YOGI

Sure.

EGO

Whaa, Whaaa, Whaaa! What a yogi.

The yogi is starting to feel very good about himself.

YOGI

Thank you.

Silence. NOW the yogi is looking over at the ego.

YOGI

Do you think I'm a deep yogi?

Ego

Very deep.

YOGI

Deep enough to be a member of a sub committee?

EGO

Sub committee? SUBCOMITTEE!

YOGI

Council?

EGO

Think big!

YOGI

World Council?

EGO

The leader of the world council!

YOGI

You think so?

EGO

Absolutely! You're indispensable.

The collective would be lost without you. No. The world would be lost without you.

YOGI

Yes, you're right. I am indispensable.

EGO

You know the great thing about you.

Yogi

Tell me.

EGO

You're so humble.

YOGI

Really?

EGO

One of the humblest yogis I've ever met.

YOGI

Well, if you say so. Wow. Humble.

EGO

I admire you.

The yogi enjoys this self satisfied state and THEN realizes:

He's been duped.

He looks at the ego.

Yogi

Oh, no. Oh no, you don't.

Ego

Yes, I do!

YOGI

No you don't! I know your game. I know your little game.

He closes his eyes and goes into meditation.

Yogi pulls his ears.

Yogi

I am not the doer. I am not the doer.

The ego doesn't like this.

EGO

Well thanks a lot!

The yogi opens his eyes. A bit shocked.

YOGI

What?

EGO

I am not the doer? Bit of a short memory haven't you?

YOGI

How do you mean?

EGO

Who clinched that deal for you last week, then? Ey? The tooth fairies?

YOGI

No, well---

EGO

The Munchkins?

YOGI

No--

EGO

The seven dwarves?

YOGI

No, I--

EGO

Yes. !! Exactly. I. Me. Me. Me, me, me, me, me, me, me, me, ME!!

The yogi thinks about this - fair point. He nods his head in silent agreement. He starts to believe in the ego.

EGO

You were good. Very good.

Yogi

Was I?

EGO

Oh, yes. You think anyone else would have been able to pull that deal off?

The yogi shakes a no.

EGO

Do you think she would have pulled it off? Mrs "He'll be missed"? Never. No way. You're the man.

Yogi

I was good. Wasn't I?

EGO

We were good.

The yogi and the ego do high-fives.

YOGI

Way to go, bro.

EGO

Way to go, bro.

The yogi gets up. The ego has psyched him up.

YOGI

Whooo! Yes!

The ego takes out two cigars.

Ego

Cigar?

Yogi

Don't mind if I do.

EGO

Now. Who is the doer?

YOGI

You are!

EGO

Bulls-eye! Follow me.

(A beat)

One, two, three, four.

This will give the cue to hit the play button as the yogi and the ego both say, in the same time as Peter Gabriel:

EGO

Hi, there!

Yogi

Hi, there.

Peter Gabriel's BIG TIME starts playing and they dance.

PETER GABRIEL

I'm on my way I'm making it. I've got to make it show, yeah. So much larger than life. I'm going to watch it growing.

The place where I come from is a small town. They think so small. They use small words.

But not me. I'm smarter than that. I've worked it out. I'll be stretching my mouth to let those big words come right out.

I'm heading up. I'm getting out. To the city. The big, big city.

I'll be a big noise, with all the big boys. So much stuff I will learn. And I will pray to a big God. As I kneel in the big church. Big time. I'm on my way I'm making it.

Big time. I've got to make it show yeah.

Big time. So much larger than life. Big time. I'm going to watch it growing. Big time.

Suddenly the yogi's attention is distracted by the super-ego who is creeping along the floor. See DVD for exact point of entry of Super-ego. The yogi stops dancing slowly.

Meanwhile the ego, blissfully ignorant is still dancing away on her own like crazy.

The ego turns round and does a double-take as he sees the yogi is completely entranced with the super-ego who is blowing

bubbles.

Ego

Hey? Where is your attention?

The yogi ignores him completely. He is enchanted by the super-ego's bubbles.

The ego stands there for a second.

She then puts on a pair of sunglasses and says:

EGO

I'll be back.

The ego disappears behind the paper wall.

Scene 4 - Yogi and Superego

The super-ego by now is lying at the yogi's feet.

He takes her by the hand.

SUPER-EGO

Remember...

YOGI

Paris.

SUPER-EGO

Ah, Oui,Paris.....

Merci, mon Cheri....You were so ..

YOGI

Free, without any care in the world...

SUPER-EGO

So free and sensitive...

YOGI

And young....

SUPER-EGO

You where a true poet, then.

You would have killed Yourself for LOVE!

YOGI

In the blink of an eye.

SUPER-EGO

So romantic!

What happened to those days? Those songs.....?

The yogi and the super-ego start singing part of a French song.

YOGI/SUPER-EGO

(singing)

darara-ratatatata...

SUPER-EGO

So long ago!

YOGI

Fifteen years.

SUPER-EGO

Remember ...?

YOGI

The moonlight.

The river. The champagne!

SUPER-EGO

The champagne!

You ate , you drank....

YOGI

We danced!

SUPER-EGO

Remember le bistro dans la rue a gauche!

YOGI

La cage imaginaire!

SUPER-EGO

La cage imaginaire!!

And remember that film?

YOGI

How could I forget? JEANNE MOREAU!

SUPER-EGO

How she walked with her nightdress

in the night between Jule et Jim!

YOGI

So tragic...so real...so beautiful...

SUPER-EGO

It was your favourite film!

YOGI

It was her favourite film.

SUPER-EGO

CANDY, her name was Candy!

YOGI

Candy...

The super-ego gives him a hat and stick.

CANDY by Manhattan Transfer starts playing.

Song

FEMALE: Candy. I call my sugar candy. MALE VOICE: Because I'm sweet on Candy and Candy's sweet on me. FEMALE: She understands me. My understanding Candy. MALE: And Candy's always handy when I need sympathy.....

The ego appears. Stops the music brutally.

Ego

You're a lot older now, of course.

(Beat)

No spring chicken anymore.

The yogi looks toward the ego. The ego knows how to get his attention. The yogi becomes self-conscious.

Ego

Still. You've aged well.

YOGI

You think so?

EGO

Oh, yes.

Scene 5 - Ego, Superego and Yogi "mirror and puppet-dance"

The yogi looks alternately into the faces of the ego AND the super-ego as if they were his mirror. See DVD.

YOGI

You think I could get away with twenty five?

EGO

Twenty two. Easily.

SUPEREGO

A bit of hair dye maybe.

He looks at his belly. He tucks his belly in.

YOGI

Are you sure?

EGO

Of course. You look great.

The yogi checks his muscles and preens himself.

YOGI

What do you think she'd say if she saw me now?

EGO

Oh, she'd be impressed. No doubt. You've done well for yourself.

YOGI

Yes. Your right.

EGO

I'm always right, my dear.

They continue the mirroring ...

The music from the nutcracker ballet starts...

They start to control him like a puppet on a string

SUDDENLY

The spirit walks on and only the yogis attention goes on the spirit.

This causes the yogi to be released from his strings and the ego and the super-ego become puppets.

The yogi's attention is on the spirit.

The yogi goes into a state of meditation again.

At the end of the music ego and superego freeze shortly.

Scene 6 - Ego and Superego meditating and quarreling

The ego and the superego both wake up again. They don't understand what happened to them. They pick up a chair and sneak over close to the yogi.

The super-ego is snuggling up, cosily, drifting into sleep.

The ego observes. Puzzled.

Ego

What are you doing?

SuPER-EGO

I'm medi...ta...ting.

EGO

That's not how you do it. This is how it's done. Watch this. Watch.

The ego starts to meditate in a very show-off way. He's talking in a very fast, pushy, assertive way.

Ego

You see? This is how you do it. See? Like this. See where my attention is. See? See? It's easy. Just stop thinking. I can do that.

She looks at her watch and tries to go thoughtless for a second. Of course she can't.

EGO

See? I can do that. No big deal. Was I thoughtless? Was I? I think I was. What do you think? Ey? Ey?

The superego starts whimpering.

SUPEREGO

Leave me alone.....

Silence for a second as the ego observes the super-ego quietly whimpering, then crying loudly.

THEN:

Suddenly the ego starts crying too!

SuPER-EGO

Hey!

EGO

What?

SUPER-EGO

That's my department.

Ego

No, it's not.

SUPER-EGO

Crying, moaning and whimpering is my area. Thank you very much.

EGO

Who says?

SUPER-EGO

I say.

EGO

I say? Well, I'm sorry madam but there's only one I around here and that's me. Me, myself and I!

SUPEREGO

I!

Ego

I!

SUPEREGO

I!

Together:

I I I I I I I!

The SUPEREGO and EGO stick their tongues out.

They start quarreling like husband and wife.

Super-EGO

You're always the same.

EGO

Here we go again. You're always this, you're always that. I'm not always anything.

SUPER-EGO

It's always about you isn't it? You. You. You. You don't think of anyone else but yourself.

Ego

Of course I don't! That's not my job. I'm here to look after number one.

SUPER-EGO

What about me? What about my feelings? Have you ever, for one second considered what I might be feeling.

EGO

Ummm.

(Beat)

No.

SUPER-EGO

It's unbelievable. You've admitted it, you see!!

EGO

Yes, I have. There you go. Satisfied? I admit it. I'm selfish.

SUPER-EGO

You don't care! You just don't care! You are not even ashamed about it..

The ego starts hitting himself.

Ego

Naughty selfish ego. Naughty, naught, naughty.

SupER-EGO

Oh, very funny. Why don't you just go out with your other ego friends and tell each other how great you are.

EGO

Well it would be more fun than hanging around here. With you. Feeling miserable.

SUPER-EGO

Maybe you should try it sometime. See what it feels like.

EGO

Oh. Okay. I'll pretend I'm you shall I? Okay, who's this, then?

The ego starts mimicking the super-ego.

Ego

Oh I feel so bad. It's all my fault. I'm a terrible person. I don't deserve to be happy. I may as well throw myself into the Thames right now.

SupER-EGO

Oh, you're always exaggerating

The following text of ego and superego is again spoken alternately.

EGO

And you always say I always exaggerate./ I mean for once. For once can you stop bringing up the past./ Who cares what I said on the 22nd January in 1957./ Move on, will you? Get a life!

SUPER-EGO

You have no feelings. You're cold like a fish./ Always dominating me. / You don't like me. You don't love me./

The yogi is getting more and more confused as the ego and super-ego argue with each other.

SUPER-EGO

You drive me to drink, do you know that?

The superego takes a swig out of a bottle of wine.

EGO

Well, you drive me to cocaine!

The ego snorts some cocaine.

The yogi lets out a gasp of exasperation.

The ego and the super-ego stop their argument dead.

They look at each other and realize that their argument is really working and if they work together they can really distract the yogi.

They give each other a thumb's up and high-fives.

SUPER-EGO

Way to go, sis.

EGO

Way to go, sis.

Music starts.

The spirit crosses the stage.

They get afraid and very cold, hide behind their chairs, which they take with them as they leave the stage.

Silence

Scene 7 - Klimax: Ego and Superego WALKING AND TALKING

The yogi is in silent meditation. SUDDENLY

The Super-ego runs across the stage.

SUPER-EGO

Candy. I call my sugar candy...

The yogi moves his right side to the left.

Then the ego strides on really LOUD and brash. Big ego! In the way of typical "American soldier"- singing:

EGO:

I am the Ki-ing of the Hood, Hu-Ha Hu-Ha,

were we good or were we good! Hu-Ha Hu-Ha

The ego walks off.

The yogi moves his left to the right trying to bring the ego down.

The ego and the super-ego appear and sing at the same time.

SUPER-EGO/ego

Chanson d'amour.....

The yogi is looking more and more confused.

EGO/sUPEREGO

Okay here's the plan. Get up at six. Get out the door. No breakfast. Meditate on the tube. Walk in. Get the deal. Walk out. Pick up the phone. Check the plan. Are you on target? Good. Then move on. No time to waste here people! (finishing the French song)...Ratatatataa....

They walk off stage.

This is exhausting for the yogi.

Now the yogi is pulling his right to the left AND his left to the right at the same time.

EGO and SUPER-EGO now come in fast and stay, running around the Yogis chair.

Super-EGO

Daddy. My bicycle. You promised!

The yogi puts his hand on his left Vissudhi.

EGO

Hey. Forget all that stuff. If you can't stand the heat get out of the kitchen.

SUPER-EGO

I hate myself.

EGO

I love myself.

SUPER-EGO

I'm the worst.

EGO

I'm the best.

SUPER-EGO

The worst!

EGO

The best!

The yogi gets more and more frustrated. He shouts out to the ego:

YOGI

Sham!

The ego falls down.

Super-EGO

I haven't given realisation to anyone in years.

YOGI

Ham!

The ego stands up and comes back.

Ego

I've given realisation to millions! I'm a super-yogi!

YOGI

Sham!

SuPER-EGO

Everything's my fault!

Ego/SUPEREGO

Everything? Terrorism? Global warming? The African debt?

SUPER-EGO

All my fault!

YOGI

Ham!

The ego walks to the audience. This is played fast.

Ego

Did she (pointing at Superego) say I can't forgive? Well she's an idiot. I bet you I can forgive faster than she can. Wanna bet? Okay we'll all start forgiving. Starting,...one, two, three.....

The superego to the audience.

Superego

Nothing EVER works out for me!

EGO:

Idiot.

SUPEREGO

I'm useless. Useless!

The yogi just shouts out in frustration.

Yogi

I am the spirit!

They fall down.

Yogi

I am the spirit. (4 times)

It looks as if the super-ego and ego are dying. They crawl on the floor like Gollum. Every shout of the Yogi hurts them.

They disappear - GASPING for their last breaths behind the curtain.

The yogi finally gets some relief. We see him relaxing finally.

Silence.

Scene 8 - Final assault - Delta Force

And then:

THUMP.

An object gets thrown over the stage.

A turkey, a rubber duck, spiders, demons, playing cards. Absurd objects from his unconscious.

Silence.

Then the ego and super-ego come out Delta force commando style.

They signal each other in MIME, commando-style as if they are covering for each other.

They start whispering and gradually get louder. Very fast, verbal BURSTS. They are working together AGAINST the yogi but still ARGUING against each other.

Ego

How long have we been--

Superego

Thoughtless?

EGO

At least--

SUPEREGO

Five--

EGO

Minutes.

SUPEREGO

That's far--

EGO

Too Much.

SUPEREGO

Too little. It's totally--

EGO

Amazing!

SUPEREGO

No point in--

EGO

Giving up. Keep on---

SUPEREGO

Crying.

EGO

Trying! Got to be positive!

SUPEREGO

Realistic.

EGO

Optimistic. The cup's half--

SUPEREGO

Empty.

EGO

Full! And it's...overflowing.

Beat

SUPEREGO

Still empty.

The yogi in one last gasp surrenders.

Yogi

I surrender.

Music/slow motion

The ego and super-ego STOP. They look at each other.

In unison they turn and fire on the yogi. BLASTING out both barrels. The final assault.

BHAM! The Yogi nearly dies, he whispers:

YOGI

I surrender. I surrender

The spirit BURSTS through the screen with a calyx of water.

The ego and super-ego die.

The spirit helps the yogi to his chair in motherly love, she gives him to drink, they smile. She stands behind him, raising his Kundalini

The yogi is left in silent meditation.

Music ends.

The spirit then whips out a camera.

Spirit

Okay children. Game over!

EGO and SUPEREGO wake up from death, changing into playful little girls.

SPIRIT

Take your places!

Music.

The ego and super-ego rise up down next to the yogi.

Spirit

Smile for the camera. Say cheese!

The yogi, super-ego and ego say:

All Together

Cheese!

One shot where the yogis has his arms on their shoulders. FLASH.

Another shot where they pull funny faces. FLASH.

Another shot where they pull funny faces. FLASH

Another shot together with the spirit. They are well behaved.

FADE OUT

2006-0422, Arrival to the UK

View [online](#).

22 April 2006

Arrival

Heathrow Airport, Longford (England) | Transcript (English) - NOT needed

Arrival

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/7.html>

2006-0422, Arrival

View [online](#).

22 April 2006

Arrival

Chiswick Town Hall, London (England) | Transcript (English) - NOT needed

Arrival

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/7.html>

2006-0423, St George's Day

View [online](#).

23 April 2006

Visit

Chiswick - St Georges house, London (England) | Transcript (English) - NOT needed

St George's Day

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/8.html#more>

2006-0428, Children's music programme for Shri Mataji

View [online](#).

28 April 2006

Evening Program Mahalakshmi Puja

Chiswick - St Georges house, London (England) | Transcript (English) - NOT needed

Children's music programme for Shri Mataji

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/13.html>

2006-0429, Shri Mahalakshmi Puja (media missing)

View [online](#).

29 April 2006

Mahalakshmi Puja

Chiswick - St Georges house, London (England) | Transcript (English) - NOT needed

Shri Mahalakshmi Puja

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/14.html>

2006-0613, Shri Mataji at the Yuva Ashram

View [online](#).

13 June 2006

Visit

London (England) | Transcript (English) - NOT needed

Shri Mataji's visit at the Yuva Ashram. Afghan road, London (UK), 13 June 2006.

2006-0620, Musical Program

View [online](#).

20 June 2006

Evening Program

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Bhajans

2006-0622, Musical Program

View [online](#).

22 June 2006

Evening Program

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Bhajans

2006-0630, Musical Program

View [online](#).

30 June 2006

Evening Program

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Bhajans

2006-0723, Shri Mataji arrives in the UK

View [online](#).

23 July 2006

Arrival

(England) | Transcript (English) - NOT needed

Shri Mataji arrives in the UK

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/34.html>

2006-0802, Talk to Sahaja Yogis: We are very close

View [online](#).

2 August 2006

Talk to Sahaja Yogis

Chiswick - St Georges house, London (England)

Talk Language: English | Transcript (English) – Draft

Address to Sahaja Yogis, Chiswick, London (United Kingdom), 2006-0802

Shri Mataji: We have to realize that we are very close, all of us.

Sir CP: They are.

Shri Mataji: We are very close.

If that was realized, then finished! Then you don't have to bother about anything else.

[Applause from Sir CP]

That is you are real brothers and sisters, that's a different point, but this is- it means in Sahaja Yoga you are.

[Shri Mataji speaks in Hindi to Sir CP]

Sir CP: Hum? Nothing.

Thanks to all. Thank you.

(inaudible) work

Very very clear.

<https://mothersarchive.sahajaworldfoundation.org/uk2006/story/35.html>

2007-0408, Easter Puja: Be Peaceful

View [online](#).

8 April 2007

Be Peaceful

Easter Puja

House in Pratishthan, Pune (India)

Talk Language: English | Transcript (English) – VERIFIED

HH Shri Mataji, Easter Puja. Pratishthan, Pune (India), 8 April 2007.

Shri Mataji: Today is a very important day.

[Mic is changed]

Hello.

Sahaja Yogis: Hello Shri Mataji

Shri Mataji: Better, is it?

Sahaja Yogi: Yes Shri Mataji.

I'm saying today is very important. This is a new starting for you, for you all. Try to understand that you have worked very hard so far and you wanted to do much more than you have been able to do. That was your desire and it will work out, definitely it will work out. If your desire is strong things will work out and you'll get a great chance of helping people as you have helped yourself and you are happy about it, it's better that you decide to help others. It's important, they all should be blessed.

You can do it. There lies your leadership that you have to give it to others. Most of you have got it for yourself but you have to give it to others. Let the others also gain in their spirituality.

I know so many of you got your Realization and you are so much in it and you are all very happy. So be happy and cheerful, that is the first sign that you are Realized, that you have got the Realization. With this Realization you can give Realization to others.

The speciality of today is that Christ came back to life just to do something for us. So, it's a very important day for all of us. I would say that today you should understand that you have got this power to give Realization to others. You have got it but now you have to use. Those who have Self-realization should not waste their energy but try to give it.

This world is full of chaos and quarrels and fighting still going on? So, your duty and your job will be to talk to them and tell them that first important is: Sahaja Yogis must become peaceful and they must enjoy the fruits of Sahaja Yoga. I'm sure everything will work out. It has worked out with so many of you and it will work out with others also.

It's not just a talk but there's something happening so try to remember that you are all Sahaja Yogis and you deserve a very good help, very good help from Me and from God Almighty [Shri Mataji laughs].

There is nothing to be upset; these are all different tests which will work out the goodness in you and we'll get the results.

You'll find Sahaja Yogis, special ones.

It's very nice to see so many of you who have tried to get Realization but who are really already Realized. There are many who want to have Realization but there are already many who are already Realized and who can do a lot for others who want their help.

Today is a good day where you have to decide for your future. You have to decide that you are going to (?) , to help other Sahaja Yogis to get more Sahaja Yogis.

We have to spread Sahaja Yoga. You see so many problems are there and the more we have as Sahaja Yogis, there's no problem left, it will be all solved.

So I wish you luck that please try to get your Realization proper and confirmed. I hope you don't have doubts about it. If you have any doubts, you can write to Me.

Now we have got some very nice good people who have come to Sahaja Yoga, so it is your duty to see that they become good Sahaja Yogis and enjoy their blessings.

I'm very happy to see so many of you coming and today being a very good day also.

In the life of Christ, very great thing happened that He became – He became or He was already a Sahaja Yogi and He tried to make many Sahaja Yogis if possible. But at that time the people were not so alert as you are. You are special people who are seeking and who have found out and you can give it to others. This is not for keeping with yourself. If you have got it, just don't think that you have got the last chance but give chance to others.

I'm all with you. Anyone of you has any personal or any other problem you should write to Me.

I'm sorry I won't be able to give anything for this special day.

[Laughter & applause]

Sahaja Yogis: Bolo Adi Shakti, Nirmala Mataji ki, Jai!

May God bless you all.

Once you have got Self-realization you have to give it to others and respect it, that is important to respect it. I am sure it will work out; and you all look so good to Me and I am sure that all of you will do it. I have not been able to finish anything I have started and I have to work hard to pull others out so they can see their value.

2007-0624, Lakshmi Basket before Adi Shakti Puja

View [online](#).

24 June 2007

Visit

Palazzo Doria, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Lakshmi Basket before Adi Shakti Puja

Shri Mataji: What may be brought? This is from which country?

Yogi: Organizing country Shri Mataji: Colombo, Belgium, Spain,

Yogini: Norway, Sweden

Yogi: Finland and France, Shri Mataji

Shri Mataji: This one?

Yogi: Spain

Shri Mataji: Thank You very much. Beautiful, Beautiful!. May God Bless you!. Very nice vibrations. Very beautiful.

Yogi: Call the ladies

Shri Mataji: From What Country?

Yogini: Norway

Shri Mataji: Norway!. Oh, very good.

Yogi: Thank you!

Shri Mataji: This is from what country

Yogini and Yogi: Belgium

Shri Mataji: Belgium, nice!

Yogini: Spectacles.

Shri Mataji: Trees

Yogini: A Napkin

Shri Mataji: Beautiful. So Many things

Yogini: Lithuania

Shri Mataji: Where?

Yogi: Lithuania Shri Mataji. Lithuania. Near Russia. Baltic Countries.

Shri Mataji: Beautiful. What is this, a Shawl?

Yogi and Yogini: Table Cloth

Shri Mataji: Table Cloth, hand-made. Thank you very much!

Yogini: Lithuania

Yogi: Ukraine?

Yogi: Lithuania, Shri Mataji

Shri Mataji: See Rose. Is this rose from there?

Yogini: No, No (and laughs)

Yogi: From here, she has taken, Shri Mataji

Shri Mataji: what is this?

Yogi: Is this Cream? Spray

Another Yogi: Spray Shri Mataji. Green tea Spray. Perfume. Perfume, Shri Mataji

Shri Mataji: Perfume, Is it? Very good. Very good. Excellent!

Yogi: Which country?

Yogini: Scandinavia

Yogi: Scandinavian countries Shri Mataji. Scandinavian countries Shri Mataji.

Shri Mataji: Beautiful. Beautiful! This cloth is from there?

Yogini: Yes

Shri Mataji: They make like this?

Yogini: Yes, yes

Shri Mataji: Very Good! Very Good to make that cloth. We make them in India (everyone laughs). Very nice. Thank you, Thank you very much.

Yogi: Tell your country. Which country?

Yogini: Spain.

Yogi: Spain

Shri Mataji: This is for eating.

Yogi: Yes. Olive oil

Yogini: Oil, Jam.

Yogi: (repeats) Oil, Jam.

Shri Mataji: Which oil is it? Olive?

Yogi: Yes, Shri Mataji

Shri Mataji: And what is this?

Yogi: Peach. It's a fruit, Shri Mataji

Shri Mataji: Okay. Is it, its juice?

Yogi: yes, yes Shri Mataji. Jam,

Shri Mataji: From where?

Yogi: Spain, Shri Mataji

Shri Mataji: what is this?

Yogi: Jam, Jam Shri Mataji

Shri Mataji: Wonderful! These things are made there?

Yogi: It is from Spain. In Spain, yes.

Yogi: This is? This is also Spain

Yogi: Saffron, Almonds.

Shri Mataji: In Spain? Does Spain make Saffron? What flower does it come from?

Yogi: This is Zafran. Small flower.

Yogi: Small flower, Shri Mataji. It is a small flower.

Shri Mataji: What's at the back?

Yogi: Lentils

Shri Mataji: Keep them at the table.

Yogini: Holland

Yogi: Holland

Shri Mataji: From which country? Holland? Wow! This is made in Holland?

Yogini: I think so, yes.

Shri Mataji: This is very good! We make Like this in India also. (Everyone Laughs) Exactly. Thank you very much!

Shri Mataji: What country is that?

Yogini: These are from different countries. From France and other countries

Shri Mataji: What is this?

Yogini: Perfume

Yogi: This is Perfume, Shri Mataji

Shri Mataji: What is this?

Yogini: Box

Yogi: Some biscuits. From Holland. Holland, France, mixed.

Shri Mataji: Holland, France and?

Yogi: Integration!

Yogi: This one is from?

Shri Mataji: This is "Attar". Where is this from?

Yogi: Where is this one from?

Shri Mataji: Attar, perfume. It must be from France.

Yogi: Yes. Is it from France?

Yogi: This is from Turkey, Shri Mataji

Shri Mataji: Turkey?

Yogi: Integration, Shri Mataji

Shri Mataji: Mixed up!

Yogi: Which country?

Yogini: Ah.Norway

Yogi: Norway

Shri Mataji: Its Made there?

Yogini: This one is made from Norwegian flowers on the mountain. Norwegian mountain.

Yogi: Yes, Shri Mataji Norwegian mountain flowers.

Shri Mataji: Okay. I know, it is famous there.

Yogi: Yes

Shri Mataji: They are famous. What is this? Oh, God. There is a big line.

Yogi: Jam

Shri Mataji: Thank you!. Thank you very much.

Yogi: Holland

Shri Mataji: Holland. All Hand-made

Yogini: I am sorry, I don't know.

Shri Mataji: This is so beautiful. What is this?

Yogini: It is for the oven. To put things in the oven Shri Mataji.

Yogi: For Cooking.

Yogi: To put in the oven. Shri Mataji

Shri Mataji: For the oven. They are oven proof

Yogini: Yes

Shri Mataji: Thank you!So Many

Yogi: Which country?

Yogini: Norway.

Yogi: Norway Shri Mataji. Sweets, Chocolates. These are chocolates Shri Mataji.

Shri Mataji: From Norway

Yogi: Cream, Small wallet,

Shri Mataji: Where are you going to keep it.

Yogi: Shri Mataji, I will keep it here.

Shri Mataji: Keep it nearby. Thank you very much

Yogini: Belgium

Yogi: Belgium

Shri Mataji: Belgium

Yogi: Crystal. It is of Crystal Shri Mataji

Shri Mataji: In Belgium, they make crystal? This is beautiful.

Yogini: Biscuits etc.

Yogi: ok

Shri Mataji: Marathi.....

Shri Mataji: What country?

Yogini: France.

Shri Mataji: France. This is also France?

Yogini: Sweden

Yogi: Sweden Shri Mataji

Shri Mataji: Beautiful! France, what have they sent. Perfume

Yogini: Perfume of roses

Shri Mataji:

Yogi: Yes, Yes

Shri Mataji: This is there, France. Embroidery. Beautiful. What an idea.

Yogi: Three at the time, please.

Shri Mataji: What is this?

Yogini: Finland

Shri Mataji: Finland. I have been to Finland

Yogi: Cream, lotion, soap,

Shri Mataji: Soap

Yogini: Made in Finland

Shri Mataji: This is? Beautiful.

Yogi: Hand-made Shri Mataji. Hand-made

Shri Mataji: Thank you! From where?

Yogi: which country?

Yogini: Spain

Yogi: Spain, Shri Mataji

Shri Mataji: This is from Spain?

Yogi: Yes, Shri Mataji

Shri Mataji: This is from Spain? This is Spanish. Such a Big one.

Yogi: Artificial flower

Shri Mataji: Artificial or Real. What is this?

Yogini: Hungarian Perfume.

Yogi: It is perfume Shri Mataji. Rose perfume.

Shri Mataji: Where? Spain?

Yogi: Can you tell, what is it?

Yogi: This is from Bulgaria. These are dry flowers in a cloth to keep in the toilet.

Shri Mataji: This is new. Every country has to give,

Yogi: Yes

Shri Mataji: This one?

Yogini: France

Yogi: France

Shri Mataji: France? You get it in France. I never saw these.

Yogi: For cooking

Shri Mataji: For cooking. All Hand-made. Wonderful. Yes, what is this? Very decorative. And you can put it in the kitchen and it will not look bad. We have it, what you have in India.

Shri Mataji: What is this. For what?

Yogini: tea

Shri Mataji: Tea. A utensil for tea

Yogini: Hand-Made

Yogi: Hand-Made

Shri Mataji: Oh is it. What is this?

Yogini: Dry flower

Yogi: Dry Flower Shri Mataji

Yogini: For good smell. And oil.

Yogi: From where?

Yogini: I am from Finland. This is from France

Shri Mataji: France. All this?

Yogi: All this?

Yogini: I think so. Its origin is from France.

Shri Mataji: Thank you very much

Yogini: Jai Shri Mataji

Shri Mataji: From what country?

Yogini: I am from Denmark

Yogi: Denmark

Shri Mataji: Denmark? Ok

Yogini: And these things are from everybody

Shri Mataji: Good work. What is this?

Yogini: They are socks

Yogi: For your socks. Warm socks.

Shri Mataji: Ohhh! (Mother laughs) And what is this?

Yogi: Massage oil. Oil Shri Mataji

Shri Mataji: For what purpose. For eating?

Yogi: No for Massage

Yogini: Massage oil

Shri Mataji: Massage Oil.hmm..

Yogi: Candle. Candle Shri Mataji

Shri Mataji: Nice for Hair. Isn't it?

Yogi: Yes

Shri Mataji: Thank you. Thank you very much. Is it over?

Yogi: Yes, Yes Mother

Yogini: Should I remove your spectacles?

Shri Mataji: leave it like that..... Too many things. Actually, even if I go to those countries, I can never purchase these things. I don't know where u get them....Especially France. You go to the market. These things you don't find.

C.P. Srivastava: You will find

Shri Mataji: If they come with me.

Yogis: yes, yes Shri Mataji

C.P. Srivastava: You go to the country. They will all go with you for shopping.

Shri Mataji: They don't. will you go with me?

Yogis: Of course. Of course mother

Shri Mataji: Thank you very much, very kind of you. Thank you.

Shri Mataji: what is this

Yogi: For your Puja

Shri Mataji: from which country

Yogini: Made from Garden's flower, Shri Mataji

Shri Mataji: Which flower.

Yogini: Garden's Rose flower

Shri Mataji: Oh! From our Garden

Shri Mataji: This is a Maharashtrian Style. Okay, let's go...I think you people go ahead and I will come back.

Yogi: Okay, everyone.

Shri Mataji: They all look very nice in a saree

Yogini: Mother shall I give a shawl to you?

C.P. Srivastava: It would be cold.

Shri Mataji: I don't need it.

Yogini: It's a cold mother

Shri Mataji: If I feel cold, then I will ask for it. Is it over? You go ahead, I will join you.

Yogi: everybody, everybody should go

Shri Mataji: who is this

Yogi: Carlos

Shri Mataji: And who is this?

Yogi: Adi Shri Mataji

Shri Mataji: Avi?

Yogi: Adi.

Shri Mataji: Adi? Oh Wow, what a name. Why don't you go there and I will join you.... Where are they from?

Yogi: Shri Mataji Switzerland

Shri Mataji: We got stuff from Switzerland also.

Yogi: Yes Shri Mataji: Dinner set

Shri Mataji: Oh, is that from Switzerland. It has a design. Where are they from?

Yogi: Austria?

Shri Mataji: ok.... [To C.P. Srivastava]. For you, the car has come. To driver - You are going to drive?

Yogini: you don't need a shawl

2007-0624, Adi Shakti Puja: You Have to Become Fragrant

View [online](#).

24 June 2007

You Have To Become Fragrant

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Adi Shakti Puja, Cabella Ligure, 24 June 2007.

It is very nice to see you all again here. I think this is the first Puja that we are having in this place and I hope you are all comfortable and convenient for you to come here.

Today is really a very great day. It's an Adi Shakti, to celebrate Adi Shakti and what is the origin of this Adi Shakti. I've never talked about it. This is the first time I'll tell you that Adi Shakti is the Primordial Mother, is the power, power of God, that wanted to create this world. And She Herself managed to create this great world.

(Can't you all sit down? There's no space for them or what? Please be seated. Why are they standing? There are chairs behind you. It's alright you can sit on chairs.

This is all falling down (refers to microphone).

As far as possible be comfortable. Don't strain yourselves unnecessarily. I hope you all find some place to be seated comfortably.)

So today I'm going to tell you about Adi Shakti which is a very, very ancient subject. Adi Shakti is the power of God Himself and She created this world to bring His kingdom on this Earth.

You can imagine it was, there was nothing but darkness and out of this darkness She had to create all these beautiful, picturous trees and all kinds of vegetation. That She did create. But what is the use having all these things which do not speak, do not understand? There's no manifestation with them. Of course some of the trees and some of the flowers do receive beautiful vibrations and they grow very well, but not all, some of them.

For example I must tell you that here flowers have no fragrance, all the flowers they have no fragrance. I've been going around to see if there were flowers of fragrance. But what they do is to grow them big; they're very big, much bigger than you can find them anywhere. But there is no fragrance. While in a poor country like India, the flowers have tremendous fragrance. Even small flowers have tremendous fragrance.

Now what is the speciality of the fragrance in India and nowhere else? Nowhere.

Some flowers may be having little fragrance but there is no fragrance in the flowers that are grown so very beautifully, full of love and care. But lots of wild flowers also in India have got fragrance. What is the reason? They say that the soil of India has fragrance. How can you have fragrance in the soil? But it is a fact. What I'm saying is not just a story but is a fact that in India any flower that you grow mostly, has mostly, has fragrance. While here that's not the case. Neither it is in any other country, you go to Norway or you go to Germany, any other country you go you won't find any fragrance in the flowers. It is very shocking why there is no fragrance in flowers.

When this world was created there was no fragrance but in some areas there was, specially areas which we call as India and

otherwise. It is unbelievable that here or anywhere abroad there are no flowers with fragrance.

So now you are born here, you have brought the fragrance, you are the people who are realised souls and you have got the fragrance to spread, so your responsibility - double I think - that you must spread fragrance. Fragrance is something very innate, even this soil which we should say is without fragrance, the people have fragrance in their character, in their behaviour, in their understanding and there is peace which they are aspiring.

I don't say they are peaceful but they are aspiring to have peace. This aspiration only suggests they are fragrant people, that they are very fragrant.

What is a fragrance in a human being is, his nature, his temperament, how he is and how he behaves towards others.

All the countries all over, still not aware that you have to become fragrant. If they were to be aware then all wars will end, everything will finish off and they will know we are all one.

We do not belong to different countries or anything which we have made. God has not made France. We have made that this is your country, this is their country and country-wise we fight. This country belongs to no one. This belongs to God. But people stupidly fight on the countries, that this is our country, this is our country.

Now I have travelled all over the world, I wouldn't say any country as their own because if you own a country you should have fragrance, you should have temperament which will make other people feel that you come from countries of fragrance. Won't have to argue. But one country fighting with another country. Everywhere it goes on, you read in the newspaper all the time you see this nonsense, that countries are fighting and the more they are developed better they are. In this development of theirs I hope they rise and become spiritual and they develop fragrance.

But this fighting spirit of human beings has come from Satan I think. That they are killing themselves, killing others, destroying the whole world. You read newspaper you feel so ashamed how human beings are going on. So all the Sahaja Yogis should not support any kind of fight. They are not; they are here to bring fragrance to people, to bring happiness, to joy and not to fight. That is one of the first duties of Sahaja Yogis, not to join anything which hates, which fights, which creates problems. These fighting spirits have destroyed the fragrance of the soil. If people become loving and affectionate, this soil itself will become fragrant.

First thing we must learn is to love each other and not to hate anyone. There are so many ways of hating, this also human quality. Animals do hate because they are animals. Human beings can't be animals. We are human beings and as human beings what we should have is love, affection and no hatred of any kind. Now as you are Sahaja Yogis I would say that you should try to develop your loving capacity instead of fighting capacity or criticizing others. Very easy to criticize. But try to understand that our soil itself has no fragrance.

How are we to bring fragrance to this soil? This is only if people live here have affection and love for each other.

This is the most important thing. When creation took place it was only through affection, otherwise what was the need for nature to create all these things, all this is for what?

To make you feel beautiful, all these trees are beautiful to make you feel good, to feel one with the nature. In that way we human beings have not contributed. Now I'm not saying Sahaja Yogis, they are rare and they are wonderful and they have done a good job because they consider love the highest. But you have to show to others also that you want to love them because they should love each other.

The whole world is created because there was love, otherwise what was the need to waste energy on these continents and all these different countries? Was not to fight, was not to hate each other or to think no end of yourself but to love each other, to have more brothers and sisters, as in Sahaja Yoga you feel that way you have brothers and sisters all over. Today when I was

coming I was so happy to see there were people from all over Europe and also from India. How is it possible? Because you have developed that love, because you have that love that innate love so wherever you go, wherever you meet people they should say that we have seen Sahaja Yogis who are nothing but love.

They are not bothered as to what you are, what your position is or anything, they only know that you are a Sahaja Yogi and a Sahaja Yogi loves other Sahaja Yogis. This is a very big achievement; it was never there as there is no fragrance in the soil, no fragrance in the human beings.

Now that has come. Now you have got the capacity to love each other and to help each other and to understand each other. Not to criticise and not to insult or in any way defame them. This I am saying because you are all rare people who are Sahaja Yogis. How many people there are Sahaja Yogis you see, very few. We have to have more Sahaja Yogis that they understand that we are all part and parcel of one country and that country is of love. This when it happens then we'll say that Sahaja Yoga has worked out. Helping each other, understanding each other, that should be there and I think Sahaja Yogis do understand each other and they love each other, but still it should go more than their limits.

Many people don't understand that Sahaja Yoga is not for them only; it is for the whole world. You have to give it to others and you have to bring forth what you call unity of love. In love you don't see wrong things. You just enjoy love and that is what is to be seen in this today's Puja, is that do we bear any hatred for anyone, do we have ill feelings for anyone or for any country?

We should try to examine yourself. If you are a real Sahaja Yogi you'll hate no one, you'll hate no one, but you'll love and love as your own, love is the biggest thing that God has given human beings and that is what one has to try to develop it.

I'm so happy here, now you have come all the way to celebrate this first day, first day of your growth as Sahaja Yoga, Sahaja Yogis. Now if the Sahaja Yogis spread out and become Sahaja Yogis and Sahaja Yogis, then your job is finished because then you are enjoying the joy of oneness, so one has to do it in a way that we all become one.

There is nothing to criticize or to hate anyone but to love each other is the point and there I find there are so many Sahaja Yogis who have achieved that loving level and there are some still who are struggling, they haven't come up to that level; some, not many. Sahaja Yoga means we are one, we are all Sahaja Yogis, but not separately, together. If one understands this fact you have celebrated today's great day of Adi Shakti.

Why did Adi Shakti create this world? Why did all this happen, why don't we think why so much of love, so much of prosperity has been given to us? We never realise where are we and how much we have got. It's not the money but the love and when you'll understand you'll really love each other and there is no hatred, there is no revenge, nothing but just love and love and love. This is what is the message of today. We all have to be loving each other.

We have to have all kinds of rituals but it is only expression of our love, it's not just a ritual, it is love, when you have love of the Mother how do you express? In the same way we have to know that today we have to promise that for us love is the most important. We should love. People don't even love in their own families. I'm not talking to such people I know, they love their own families, their own village, their own surroundings, everywhere.

But still the world is still going on with wars, fighting and all kinds of troubles. The whole world has to come up to love each other, there is no other solution but to love. And in that love there is no selfishness but enjoyment, and that enjoyment you should feel and give it to others. I am sure you all Sahaja yogis are doing that and you are seeing the mistakes of the others and not to get anybody into trouble.

Love is the message of Adi shakti. Now you think about it. One Adi shakti created the whole world. How she must have done it. What she must have planned. How she must have organised. It is not a easy thing. Only because she loved. Love is the expression that you are all there. That is why to be one with Her one should learn to love. Of course, in that you have to know that you should forgive. If you don't know how to forgive and find mistakes of other people you won't help. What is your now job is, is

to see that you are loving, no hatred for anyone, you don't think of hating anyone and hitting somebody. This has to work out. I am sure it will work out in all the European countries and Indian subcontinent.

Those who are developed are fighting and those who are not developed are fighting. They have their own style of fighting. That is the only difference. But there is no love. If you want to have love then you feel sorry.

Supposing I see some country, X country. Then it is very easy for me to criticize that this country is very bad, people are bad, this is bad, that is bad. But I think, potentially, they are all fine, very good people. Some or other, I should be able to make them understand. If they understand what is love and enjoy love there will be no problems of any kind.

Only human beings know how to love, nobody else. Animals also love but their love is so limited. But human beings, their love is so beautiful. They look beautiful only when they love. So I have to tell you not to make cheap love but a love that you will enjoy and that another person will also enjoy. It's something to be understood. The way people understand love is sometimes very ridiculous. So one has to first understand what is love and also to understand whether you love or not.

If you really love the world, if you really love this creation of God, then there should be no hatred. There should be no fights but just to see the good points. As a mother would see her child, you should see the whole world as a beautiful piece that God has created for you.

This subject is so lengthy that I can talk to you for hours. But I have to just say that if you can understand, little bit of it is this: we all should have love for each other and we should have understanding.

Look at the small children they love each other they haven't learned yet how to hate. But if the children are not brought up well they can hate each other, they can be very ridiculously funny and so many countries today are like that. They are just fighting because they do not love. Now, so Sahaja yogis have a much greater job, much greater life that they have to show that love is a very great thing. It doesn't matter whether you are Hindu, Christian, this, that nonsense. You are all human beings and we have a right to love and if you manage somehow to love people, I tell you Sahaja yoga will settle down.

Sahaja yoga is like a tree which requires love as the water. Try this. Try around your life and you'll find that how love base itself. Not to be seen by how much you spend or what you do. It is not that you count all those things, it is just like a ocean floats everything around, you become like that a typical personality of Sahaja yoga. So all the Sahaja yogis must decide today that we are going to forgive all the people we hate and we are going to love all of them. Let us see if it works out. I am sure it will work out, because first of all, you are all realised souls and secondly love is the biggest, biggest boon on human beings, which, if utilised [?], there will be no problem of any kind.

So, thank you very much.

2007-0804, Evening Program the day before Krishna Puja

View [online](#).

4 August 2007

Evening Program Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Reviewed

I wanted to thank all of you for enjoying this wonderful music from different parts of America, and that shows Sahaja Yoga has a great chance – if it works out this way in America, it will work out everywhere. And it will give the peace and the joy of leading a spiritual life.

I'm so very happy to see all of you here, and all of you enjoying this – very encouraging for Me and very supportive of Sahaja Yoga.

I bless you all, all from America and all rest, so I'm told that you are from different countries, so all the people I bless you.

We should know we are all one, there's no need to fight, or no need to argue, but let us enjoy the common thing as we enjoyed this program tonight.

I hope you are comfortable here – I don't know, I haven't seen, I had no chance to see how your things are placed, but if you have any complaints or any problem please let me know (laughter and roaring applause, Shri Mataji laughs).

Thank you very much. Thank you.

(Applause)

Yogi: Bolo Shri Adi Shakti Mataji Shri Nirmala Devi Ki!

Yogis: Jai!

2007-1013, 2nd Day of Navaratri, Satisfy the Swadishthan

View [online](#).

13 October 2007

Navaratri Puja

Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Second day of Navaratri, October 13, 2007, Sydney, Australia

Come here also, come in, sit here, another one also (talking to people), come forward. There are people who could not sit. Can you go and see if every one is inside?

Sorry, I didn't know you were all here. Now she said. So, I said, "All right".

Shri Mataji: You can hear Me there?

Sahaja Yogis: Yes, Shri Mataji.

Shri Mataji: All of you?

Sahaja Yogis: Yes, Shri Mataji.

Shri Mataji: Those who can't hear Me raise your hand!

[laughter; applause]

Shri Mataji: All right, thank you.

[laughter]

Want something? Come forward. Are you all right? So you'd better sing one song. I'm sorry they told me now there are people waiting.

Very nice to see you all so happy here.

Today is the second day and is a very important day from the point of evolution. As you know, that our second Chakra is very important, that's why today is very important. So what is the second Chakra? Do you know what is the second Chakra? Ah! What did they say?

Sahaja Yogi: Swadishthan.

Shri Mataji: You must tell loudly!

Swadishthan is the Chakra, is very important, because in this Kali Yuga, Swadishthana works the most. We have so many agents, [Shri Mataji smiles], to make it work and work very hard. You know what is in the second Chakra. In the second Chakra, what happens? That we are caught up by our ambition, and the ambition makes you run up and down, and I've seen many Sahaja Yogis also getting lost. So it's a very important day for all of you. So second Chakra is important because, in modern times, it is very cosmic as well as active. We become very active, over-active and we start thinking about every one, which whom we are not concerned ! And bothering our heads. So today's Chakra is important because it bothers your head. It troubles you a lot! And you start thinking about them. You start thinking: what have you said, what has happened, who is angry, all sorts of nonsense!

You are all Sahaja Yogis! So you should not worry as to all these people what they say, what they are doing. You should just enjoy yourself. Second Chakra, you must enjoy. That's the best way to enjoy Sahaja Yoga. When your Swadishthana is satisfied, nothing can destroy, or disturb you. At Swadishthana, you can really look after. Swadishthana Chakra is so much good for you because now you are all Sahaja Yogis and you can master it. That is one Chakra which upsets, specially in the West, people think too much, all the time thinking, thinking, thinking, that's from Swadishthana. You get that problem from Swadishthana. To satisfy Swadishthana, you have to take to silence. You have to take to quiet hood (quietness), and look at yourself: what is bothering you ? What is troubling? What gives you ideas and thoughts ? It's Swadishthana.

And some people think so much! There may not be any problem, but they create their own problem with the Swadishthana and just go on bothering about the stuff [Shri Mataji smiles]. Swadishthan is very happy when you are just laughing and enjoying and

not bothered about nonsense. How much time we waste on nonsense! We don't need it, Sahaja Yogis don't need it. It's only those who are not yet Realised, must be suffering, they do suffer, and they might even trouble you, but just laugh at it, for you must pardon them, forgive them because they are doing this because they can't help it! You see, this Swadishthana Chakra is bothering them, so they can't help it.

But you don't have space, come forward, poor man. [laughter] I'm sorry [laughter]. You can come forward, here there is seat. Some people make room for them. Ah, good. And move forward, please. You bring your harmonium and you come forward. [Laughter from Shri Mataji also]. Are you going to dance?

Sahaja Yogi: Yes, Mother.

Shri Mataji: Good. [laughter]

So now, don't allow your mind to bother about whatever nonsensical thoughts are coming, all kinds of, all kinds of nonsensical thoughts. You have nothing to do with them, but the thoughts are coming. Now, this is the work of Mister Swadishthana, he's trying to distract you. You must get into silence. Once you get into silence, then he will go away and don't bother you.

My all attention is on your country, because you are very good Sahaja Yogis. We have had Sahaja Yogis all over the world, you know, in thousands there are, but nothing like Australians, I see. Because they are, some, more of them, are deeply touched and bothered about the world's problems. So what you have to think now, not to have anything to do with Swadishthana. But what you have to become, is real Sahaja Yogis. And no Swadishthana should bother you. So there was- I never knew that you were all here. Now only, they told me that you are all here. They said only few people are there, I said all right [laughter] Ah ? How many? You have counted them? [laughter, Shri Mataji also] Now, very sweet.

Australia is really great to have beautiful children like this! And people care for children. That is (the) first thing you must do is to care for children. That is fighting your Swadishthana. Anything bothers you? You worry about your own children, finished! You have to bother about them, and every thing will work out!

Shri Mataji: to someone in the assembly What's the matter, are you not all right? You are all right ? [Shri Mataji smiles].

You are definitely blessed, because you are not falling to the whims of your Swadishthana, definitely, and that is the chakra of your country also, so it makes you run up and down, and think, think, think! Specially all the Sahaja Yogis have this problem. So you should just think that you are sitting on Swadishthana and you have to ride it, not to be ridden by it, all right? [laughter]

I'm so proud of you. People from this country have shown path to the rest of the world, how can you be united and to be one. It's rather very surprising. In other countries, the problem is different, your country has the problem of Swadishthana, as I introduced it, but you people have conquered it. When I came first here, I found every body's head moving with the Swadishthana. Then they became silent, and very peaceful. And now I see you all and I'm very happy, because that's gone now, all that nonsense is finished, and there is nothing (that) bothers you.

The route of all deceases is Swadishthana. It comes from there. So you should know not to play in the hands of Swadishthana and go into thinking, thinking, thinking. They go on thinking, I mean, (about) something that doesn't exist! They go on thinking. So any such thought that is coming, you say: "we don't want to think" Finished! I'm here to think for you [laughter]. You don't think! If you have any problem you let me know, but you don't think! What you can do: you can write it down and send the problems to me. And I would like to see it. All right?

Sahaja Yogis: Jai Shri Mataji.

Shri Mataji: And then, Swadishthana is Chakra of your country, that is the second Chakra and it's here... And you'll be amazed to know that Sahaja Yogis, they are from every country, but Australians have something special. They have very great faith in themselves. They do not go to wrong ideas. I've seen that, and I am very much thankful to you for that.

So what others song you would like to sing, I want to hear.

Sahaja Yogis sing "Mata oh Mata"

May God bless you.

[After dance] Woah! Wonderful, you've done so well! What is it?

Very good, this is you? In this, you look a little grown-up.

Sahaja Yogini: This is from all Ukraine.

Shri Mataji: You are very good. My daughters used to learn Bharatanatyam, but they are very tall girls. So, they gave it up.

2007-1017, 6th Day of Navaratri, On Drinking

View [online](#).

17 October 2007

Navaratri Puja

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Sashti. Sixth night of Navaratri, Sydney (Australia), 17 October 2007.

Shri Mataji: This is too small. (speaks in Hindi) You can get a good hall here, very easily. Actually I never knew that there's a programme otherwise I would have told you. Here also, come along, there is room here. Can you hear me there? (Yogis 'YES!') Come forward, here put the piano that side in the corner? Why is she crying? What has she got, a cake? (laughter) What is this?

Yogi: A gift, Shri Mataji

Shri Mataji: Ah. Oh! Very beautiful, (Mother is shown a large decorated plate) Who's done it?

Yogi: Maria and Sue

Shri Mataji: You did? Very good, very beautiful, absolutely good. Everything. What's her name?

Yogi: Sue Williams

Shri Mataji: Thank you very much, very beautifully done. You can't move further? Who is the leader here (laughter) He is the leader? So why couldn't you get a bigger place?

Yogi: Shri Mataji, we could find a bigger place but we did not want to have to transport you from here – less moving for you. Your comfort is our only desire Shri Mataji, so yogis are happy, so long as you're comfortable.

Shri Mataji: Ha! (laughter) You are all Sahaja Yogis, and there should not be controversy between you. You should all think of the same thing, isn't it? I feel sorry so many standing outside. Come in, come in! Can you move the piano behind? Can you all hear me? (YES!) Those Como people are here? Como?

Sir CP: They are not here.

Shri Mataji: They are not here? Both of them are not ? (Speaks Hindi with Sir C.P.)

Yogi: Giovanni and his wife are here.

Shri Mataji: You are from Como?

Giovanni: Yes.

Shri Mataji: See! He could come! (laughter and applause) You can come here, there is space, make some space there. Why didn't you get another hall? They are so many....

I'm happy to see all of you here. May God bless you. Today in the shop there was a lady. She came and she wanted to have her realisation, and she got it. Got it very well. See now it depends on... there are many who are searching. But you have to contact

them, and bring them forward.

Now, I don't know, if you want to take a hall, you have to pay for it. But was this just to save money? You are so many. And you can afford to have a hall, all of you sitting there, and I feeling comfortable. After all, you are all Sahaja Yogis, all brothers and sisters, and you don't mind any inconvenience, but if we can make something convenient, we should do it. With so many you could have got a hall...

Yogi: Shri Mataji we have one big hall, in a place called Balmoral, it's about one hour's drive from here – everyone could fit inside the big hall. It's a little distance from here, Shri Mataji, it's about one hour's drive. Everyone would fit there.)

Sir CP (to Shri Mataji): It would require your travelling to that place. In order not to give you trouble to travel, they all came here --

Shri Mataji: No-no, I have no trouble, I have come all the way from India!

(Laughter and applause) For My convenience you take no such a note. See, wherever you are, wherever you have the programme, I'll go there. As long as possible I will definitely go. (Applause) These days, life is much more comfortable but when I was working in the villages I used to go on the bullock cart. You've got photograph, you can see – on the bullock cart, to go for miles together. I knew I had to do all that. If I have to get Sahaja Yogis, I have to work that way. And I was quite prepared. I never felt any exhaustion with it, never. On the contrary, after I meet you all I feel so happy.

Now, is there somebody who has problems? Anybody. Who has problems?

Yogi: You've blessed us all. We're all blessed to be Sahaja Yogis. We don't have any problems Shri Mataji. We're with you, there are no problems.

Shri Mataji: Ha ha. (laughter)

Yogini: Shri Mataji, I have a problem.

Shri Mataji: What did she say?

Yogi: She said she has a problem. She has a problem, Shri Mataji.

Shri Mataji: What is that?

Yogi: What is your problem?

Yogini: Alcohol is a big problem in my family.

Yogi: She's saying her family has a problem with alcohol.

Shri Mataji: They are not in Sahaja Yoga?

Yogi: No.

Shri Mataji: Why not? You are the mother?

Yogi: yes.

Yogini: ...and my husband.

Shri Mataji: How about the children?

Yogini: I have two children in –

Yogi: The children are... are they Sahaja Yogis your children?

Yogini: No the two older children, no

Shri Mataji: How many children you have?

Yogini: Four.

Yogi: Four children, Shri Mataji.

Shri Mataji: Four children. They are not Sahaja Yogis?

Yogini: Only my two young ones.

Yogi: Two young children in Sahaja Yoga and the two older ones are not in Sahaja Yoga, and the husband is not in Sahaja Yoga.

Shri Mataji: Surprising. But here the family system is good compared to, say, in England, where the family breaks after some time. At least here, is much better.

Yogi (American accent): Shri Mataji, we in America have a problem, that the seekers don't stay in Sahaja Yoga.

Shri Mataji: Hah?

Yogi: The seekers take their realisation in America, and they don't stay in Sahaja Yoga. This is our problem.

Shri Mataji: They don't stay.

Yogi: Yes, Shri Mataji.

Shri Mataji: Why?

Yogi: I don't know Shri Mataji.

Shri Mataji: It's not complete. If they have a complete realisation, they will have to come. They are not complete. Just half way. They drink?

Yogi: Yes Shri Mataji

Shri Mataji: That's the point. After coming to Sahaja Yoga you cannot drink. And that must be the reason they don't want to come. But you give them bandhans. And beat them with shoes. (Shri Mataji chuckles) (Laughter) Who are those...your mother, father?

Yogi: My mother, my father, yes. My good friends – they take realisation but they don't stay as Sahaja Yogis.

Shri Mataji: Because they drink.

Yogi: Yes Shri Mataji.

Shri Mataji: See now, all your countries have indulged into drinking. All over Europe, you see, and it's a little fight, because for them drinking is their life. And they can't get out of it. But we have ways. We have to give them bandhans. If you give them bandhans, all of you put together, then they cannot run away. Bandhan has to be given. All of you should give bandhan. That's how they have worked out in India. And India is, you know how Sahaja Yoga is strong there. The reason is if they find parents are not coming, or maybe children are not coming or whatever it is, they all work it out by giving them bandhans. But first thing, you should regularly come to Sahaja Yoga. Regularly. It is not half way, like today you come and then you don't come. That's not proper. That's – you cannot progress. You have to come to the programmes, all of you, regularly. Because you know, realisation is not easy thing. Nobody had it before. Now you have got it. So you have to maintain it and keep it up. Once you start developing that, the female (or family?) of the house also changes. Greatest problem of Europe is – real problem, that they drink. Drinking is the main problem. And that's why they don't want to come to Sahaja Yoga. But they can give their parents, but not Sahaja Yoga. This is the trouble with them. Parents can be given up, in case they do not take to Sahaja Yoga. You should show you don't like it. Why don't they want Sahaja Yoga?

Yogi: Because they drink, Shri Mataji.

Shri Mataji: Hah?

Yogi: Because they drink.

Shri Mataji: They drink. Now this is the curse of Europe, that they all drink. And drinking is something very difficult. They can't give it up, poor things, they are slaves. Slaves of drinking. So by your behaviour, and by your affection, I'm sure you can win them over. What's the use – people who drink die so early. You must have heard that they die very fast. But despite that they don't realise that one should not drink. Because it has become an open market now for people. This is the biggest problem of Europe.

But do you know it is much worse in America. America's problem is so funny, that people who do Sahaja Yoga cannot convince their parents. And they think they have freedom to do whatever they like. And some of the Sahaja Yogis have lost their parents at a very early age. Very early age. Also they have parents who had heart...heart attacks. All kinds of attacks. Not only heart but any other disease they get. It's very funny, which they don't understand how important it is to get your Realisation.

So you should try to talk to them, that "what is the aim of your life." You must ask them. "What is the aim of your life? You want to die or you want to live?" First question. If they say they want to die, let them die. You should say, "should we supply with some wines for you when you die?" (laughter) Make fun of it. Make a fun. So they will realise that they are stupid, who are drinking, and they are slaves. Slaves of drinking. They are not drinking because they are free people. Because they drink, they die. And die very fast.

The complication of the society is so much. That I have seen people who were rich, who had nice children, but they have lost their parenthood. They have lost the children, and they have no money also. They are on the street. Drinking is the best way to waste all your money. They think then when you say "don't drink", you are interested in their money, maybe. God knows what they think because I don't understand the psychology of people who drink. There are some bhoots I think who give them ideas like this. And they cannot give up drinking. Very wrong. Where - in what book, I mean like bible or any book is said, that drinking is good? Did Christ drink? They will follow Christianity. They will follow Christianity, and not follow Christ. (chuckles) It's like that. Christ never drank. His parents didn't drink. Now what makes them think that they have a right to drink? Specially for Christians. Stupid they are if they think that drinking is their right. And then they have problems with drinking. Perhaps you know what problems there are. You can find out what happens when people are drunk. What happens to them, where do they go, what is their position. You can find out their friends, where are they, what they are doing, how are they living?. You'll be amazed, that they

are already on their way out. If you show your wisdom to them, with assertion, they will be coming around. You have to tell them. There's nothing to feel shy about it. You have to tell them what happens with drinking. What is so great about it?

Europe problem is drinking – first. The second problem is parenthood. Parents don't understand the responsibility of their children, that all their lives they are going to be children of yours. And you have to look after them. There is no way of getting it out. First of all why should you have children? And if you have children, you have to jolly well look after them.

But I have seen that in Europe people are really stupid. They don't understand this simple fact, that if we cannot look after ourselves, who will look after our children? Very irresponsible. Also the society is such, that in the society also, they just believe in drinking. All of them. Indians who do not drink in India, here they come and drink. When they come here, then they think it is something ideal, and they drink. I have known many like that, who came abroad and started drinking.

So this is the big problem. You should openly talk about it, to everyone. That what is drinking, is stupidity – to become stupid, by paying for it. Huh! You have to pay, and you have to become mad. Just imagine. If you make fun of it, and if you can tell them the truth, I am sure they are all with the intelligence, they will understand. But you should all the time tell them.

The third problem is that here it is, till you are an adult you are away and free. But I can't understand – you are born from your parents and how do you become free after eighteen years or whatever age it is. How can that be? It's like a tree producing fruits, and the people take away their fruits and eat it. We are not trees. We are human beings. We can't behave like trees, which do not show any interest in their children after certain cutting has happened. But it's very surprising. See, for us Indians it's absolutely surprising, that they can forget about their own children?

How can they do it? You have got writers who have written stories, and they have written so many things here, that how can parents be stupid like that? Whatever may be – whatever may be your father or mother – they may be poor or rich, whatever it is – they are your parents! And parents are there to look after you. The stupid thing is that they make the child look after themselves. When he is eighteen years of old, he earns of his own, and the parents – “alright, go ahead.” They want to shirk all the responsibility. Never heard of such a thing. This is a very recent fashion.

When Abraham Lincoln was there, did it happen like that? Did it happen with Christ, that Mother gave him up and said “alright, go ahead and get yourself crucified”? How can parents behave like this? They have no heart? That they have no love for their own children?

India may not be that rich, but people are loving their children. Children also here do not listen to their parents, because parents don't look after them. Can you imagine a society, religion, or whatever you may call – people have no connection with each other. But in Sahaja Yoga we are all connected. We are all one. And we want to be together with all our so-called differences. We are Indians, we are Africans, we are English, but we are all Sahaja Yogis. And this is what you have to tell them, that what kind of friends you have? They just come here for drinking and go away. They'll not even stand by you. But our friends are our dear friends. Sahaja Yogis sometimes make mistakes, doesn't matter. But they are Sahaja Yogis, and they are one, and they help each other.

See how many countries have come together in Sahaja Yoga, and they have such friendship with each other, that you may not have with the people who are born on the same side of the Earth. You won't recognize each other. It's horrible. I tell you I am sometimes surprised the way parents don't think much of their parents.

Parents do not think that they are parents, and the children don't think that we are children of these parents. I don't know what has done that. It's the money as they say, it's the money, money they earn. Alright, so what do you do with that money, make yourself miserable, and make everyone miserable? You don't even respect money, because when you drink, how much money you waste? Does it go for any help? Then drinking, it's – here, I was surprised, many have given up, luckily have given up, and are happy. It's one thing, that in Europe, drinking is a big social event and everybody thinks they must drink, otherwise they are not human beings. They have to become mad, otherwise they are not. Now the parents will understand if you join together. You can

bring them round, there are people who have done like that. All the Sahaja Yogis together have managed to bring the whole Johnnies to Sahaja Yoga. When they will see that you are happy, you don't tell lies, and you are honest, and you are humble -- what more do you want?

But they will go to church, call themselves Christians, and behave like Satan. See their behaviour. They don't even care for their children because they have certain habits they have developed. "Why can't you give up those bad habits?" -- this is the point you should ask your parents. "Why don't you give up this dirty stuff which is just making you mad?" Drinking makes people mad, I tell you, and all their value system is lost. Whatever you may be, whatever your education, all is useless if you take to drinks. You have no personality after that. Nothing [unclear] ...the way you behave, and when people get drunk, do you see how they behave in a funny manner.

So just detest it, and tell your parents you don't like drinking. We don't want you to drink, why do you drink? You can tell them! Why do you drink? Because by drinking they become mad ...it is better to get a certificate from mad house.

You Sahaja Yogis now realize this is madness, and you have to tell them that we think that you are all mad who sit down and drink. What do you want? Drinking, what does it give you? First of all you must seek peace of your mind. That's not possible if you drink, have you heard of somebody who has peace of mind because they drink? When he dies, maybe! So it is to be told to them frankly, why do you drink, what is the need, to waste all the money?, Mostly I have seen that they drink because they are so ignorant, that they don't know there is a higher life and better life by which you can control your body, control everything.

Once they come to know they will realize that this drinking makes you a slave, they are slaves you see, and when they tell you something you should say 'we don't want to listen to slaves, you are all slaves' ...there's no harm in telling like this. 'You are slaves and we don't want to listen to slaves'.

You see in India I don't know somehow we have solved the problem, people don't drink so much, because from the very beginning there the drinking is regarded as a very bad thing. If a girl knows that the fellow drinks she will never marry. So society doesn't accept drinking is a good thing, while your society is no society because there is no friendship, there is no understanding and they don't think of improving the life. What do they think? They are very selfish and they think of themselves, selfishness in the sense that becoming mad is very great selfishness. They become mad, and go on becoming more mad and more mad and it is a sickness, you should tell them that this is sickness. 'You are sick people already and we don't want to follow you'. Don't be rude but you should tell them. Drinking is sickness, you say I said it. I don't mind (laughter) Have you seen a man who is drunk? What do you think of them? They are more than mad people. People are mad because something gone wrong. But these are mad because they have been drinking, so you have to tell them 'You are all mad. You are going to ruin your country'

So many things I have seen, what happens in the West, my own experience. See I am working in Maharashtra, working in India in different places but there is no problem with them when they are realised souls, but here with realised souls also I find problems. There is no problem in India if there is realised souls, they are purely realised, and here there are problems even with the realised people.

Here there are some Sahaja Yogis who made illegal money. They are Sahaja Yogis, I know for definite, but they have done like that, they have been saved, but not in the Heaven. They work it out, save themselves but everything happens. Some people say 'Mother we drink very little' but why? (laughter) Very common -- 'very little we drink' but why? Why do you want to drink and waste your money, first of all wasting your money. It's very sad, that all people who are so well educated, so well off, become so mad -- I don't understand

And if your parents are drinking they are mad. You have to treat them like mad people. Then they will realize, you should tell them off, that you want to waste all your money in drinking. In India we have that way very strong Sahaja Yogis. They break the bottles (Shri Mataji laughs) if they come in the house...or what they do they break the....anything! The parents become really funny because they can't understand what is happening to these children.

But they are Sahaja Yogis, so they don't like it and they just throw them out. There is no humbleness needed with themad people. You have to see that they give up their drinking, very important, and not to feel shy about it. If you correct your parents you correct the whole nation. So you all have to work it out and discuss among yourselves and tell 'Oh my Father drinks a lot' So you ask your friend to come and put him right. You can make fun of them, they are mad! Do not take them seriously, they are mad, have pity on them, and work it out that way. You have so many friends together.

Drinking is the curse in the West, and how it has come I think some satanic force has worked, they never used to drink so much before. No! Now I don't know, you walk on the street and you find so many of them walking along. So Sahaja Yogis should see that they don't drink themselves and don't allow anybody to drink, your father, mother, brother...you have to tell them 'You are all mad! Go to some mad house' Once you tell them they will realize, it's only you who can correct them.

I may do anything but first of all these people should give up drinking, na?. You have lot of strength as Sahaja Yogis and you have to work out on your parents. How many of your parents are drinking?

Raise your hands.... (looking surprised) Your parents also? Bah prai! [not clear] Just imagine. You should all oppose their drinking, openly. You should say I don't like to talk to people whodrink. Like that. You go on and you'll be surprised they'll come round.

It is absolutely depending on you. If your parents are drinking you have to take a very strong view. And you have so many other friends, also, to help you. Make fun of them. Somebody should copy as to how they behave after drinking, how they walk. You should not insult them but to copy them. Once they will know there is no respect and care for the parents they'll be alright. But even if they drink you are not so much bothered – you are not bothered as to – if they are drinking, but you should say that you are all mad, where will you be going? What will happen to you? You can talk like elderly people with them and also see that they don't have friends who drink, if they have friends like that you'd better tell the friends. You see it's not only you get responsibility when you get your realization but it is your absolute responsibility that you improve your parents and improve your brothers and sisters, you have to boss over them (Shri Mataji laughs) and you have to tell them, nothing to feel shy. Because they are mad, you know! Very important for Sahaja Yogis.

My experience is this, that there are Sahaja Yogis in the West who are born, who get realization, who are very good, who are excellent, I don't have to say anything. But they are humble before their parents. You try to show that you don't like it. If they are drinking don't sit there, get out of that place.

You should try to denounce the whole thing. There's no harm. If somebody says harsh words you fight it back. But what about all these drunkards who are sitting and drinking? You have to tell them all.. It's only you who can improve your society. I'm here to tell you, but you people are very subdued . How many of you fight with the parents, tell me, raise your hands..... Hardly any. (Shri Mataji laughs)

You are afraid of them, these drunkards? They should be afraid of you and hide themselves somewhere. If there are bottles in the house you break them. Of course! You throw them away, break them. That's how you have to fight them.

How did we manage the British to go away from India? By protesting! (applause) By protesting their domination, that's all! Simple! And they went away. Can you imagine, there was no war, nothing, and they all left us. Because they say it is cold that's why we drink. No need, there is no need to drink for that. I know so many Indians, so many of them, they don't drink, they have never seen such a cold country. Now also many Russians they don't drink. Very cold country, Russians, and they don't allow their parents also to drink, you know, Russians. They are very brave, the way they fought. You know how Hitler was trying to dominate them but they got all the power. So the Russians are not so, I should say, fashionable (Yogi speaks) You are Russian, na? (Yogi replies "Ukraine leader") Again, Russians are very very brave people and they have fought their parents and now in Russia we have such a lot of Sahaja Yogis. It will happen that Russia will become whole realised soul, while here the great people who think no end of themselves will be all ending up in the lunatic asylum.

So today's my lecture, remember that you have every right to oppose your parents if they are drinking. What they think that you want all the money, that's why, but you should say "We don't want your money". So now if you are a leader and there are who are leading, you should remember if you are opposing your parents. What do you care? Russians are very brave, I must say, they have told their parents off, even authorities. Why? Because they are communists? Is it that? No. Because they are free-minded people. After all you are all Sahaja Yogis and what right they have got to dominate you. They have no right, they are drunkards how can they dominate you? You tell them 'you are drunkards, don't talk!' No harm, you have to fight, you have to fight your parents, very important. I'm with you, May God bless you.

They will fight for democracy, this, that. It's all demonocracy, what is their democracy? When they drink what business they have got to dominate you? Who are they? Drunkards, put them down! You have to now fight, the time has come, too much time you have spent and tolerated them. What have they done? Nothing.

I must say Russians are very clever, and very brave...yes. You know how they made Hitler run away, man like Hitler ran away from there. How did they manage? Because basically they are honest and brave.

So we do not drink so why should we be cowards? Only the drunkards can be cowards. You are not drunkards so you should be brave and tell your parents and improve your family life.

Here I find the family life is so horrible. Parents are funny, mothers are funny, how can they be? How can you be their children? You should say that we are ashamed to be the children of drunkards. They will realize. Russians have given up drinking -- those who are Sahaja Yogis, they have given up completely. I don't know what has made them like that. They are neither interested in money or position or anything, Sahaja Yogis. The Indians have got a heritage but they also, they come to England they start drinking. They think people don't drink because they are not free. What is the idea? If you are free you should be able to drink, you should become mad? That's freedom, isn't it? (Shri Mataji laughs) Now you can tell them 'you are mad'; 'You are drinking so you are mad'. Tell them I have said it. Alright now are you convinced? (general laughter)

Now, everybody's getting vibrations? Is there somebody who is not getting? Please raise your hand....See! How collective you are and how powerful. But I have seen that Sahaja Yogis are so afraid of their parents that they group together like two cowards, you should be brave and tell them off, you have got the power to do that.- If you can change your parents you have done a great job to them. What else can you do for them? If the parents are changed you have done a big job. (looks at a Sahaja Yogi) What do you say? You are too mild. You take two, three Sahaja Yogis and beat them nicely (Shri Mataji laughs) otherwise they beat in any case after drinking, with drinking they do! It's very sad. You all are free country people but you have to fight, without the fight it won't work out. So I want you all to meet each other and have complete sense, that you are Sahaja Yogis, that means you are being blessed by God and you are representative of God and you are not going to take to these dirty things. Respect yourselves, respect! You can tell your parents we cannot respect you for drink. Tell them, you can tell them I have said so. Look at Christ how he fought, what sort of Christians they are drinking, drinking, drinking. But in India why don't they drink? They don't drink. They just live without drinking, they are doing well.

I think you take from me that courage to fight your parents. Next time when I come I don't want to see anybody saying that the parents don't listen, (laughter and applause) When they are drunk you can hit them with the spoon.

Even in Russia they drink quite a lot, but those who have got realisation don't drink. [unclear]... they don't drink. That's why I think communism is good, because they have so much courage! With all this democracy you are all becoming demons, nothing but demons. So today I take your promise that you will manage your parents well. Thank you very much. Anybody has any problems you tell me.

Yogi: Mother, in my school there are many students whose family, they drink and they're all split up. They are very disturbed...

Shri Mataji: I can't hear him (another yogi repeats) When? When they have time free?

Yogi: And they're all disturbed, I can see, the students are all disturbed, Mother.

Shri Mataji: They want what?

Sir CP: The students, their parents drink and separate, there are lots of problems, and the young students are very upset about it.

Shri Mataji: You break their bottles, you tell them I have told you. You break their bottles, you see the bottle and break it. Then you see. We have done that in India, you know when we were asking for independence? The children, they used to break their bottles. With the bottles in, you can never enjoy your freedom – you break it! Any question? We shouldn't insult them but you can break the bottles alright. (Yogi thanks Mother for having come there) May God bless you. (All yogis do namaskar) May God bless you.

(Speaks to Yogini) You said you want to go to Kuwait?

Yogini: Ukraine, Mother

Shri Mataji: Ukraine. You want to go to Ukraine. (yogini explains she has studied dance in Madras but wants to go back to Ukraine to open a dance school) They are very good people, Ukraine people are very good. (yogi speaks in Hindi) Such a lot, beautiful, beautiful, thank you.

LAKSHMI BASKETS ARE OFFERED AND YOGIS START SINGING 'SARVAMANGALA'

2007-1021, 10th Day of Navaratri, Dassehra Celebrations

View [online](#).

21 October 2007

Navaratri Puja

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Dassehra. Tenth day of Navaratri, Sydney (Australia), 21 October 2007.

Mother looks at yoginis, smiles and says 'Very happy'.

Please sit comfortably.

Today is the (indistinct) great day , isn't it (ji) Dassera.

[Yogis organize a microphone for Shri Mataji]

Is it coming?

Working?..

So today is Dassera, is a very big day in India. They say on this day Ravana was killed. He was the worst enemy of human beings, and he was killed. But whatever it is then, as a memory of that great man, Shri Ram, they celebrate today Dassera. And on this day, they say, those who are dushtas, means bad people or we can say negative, they are killed. Can you imagine? (chuckles)

So this day is regarded as a very important day in India, and they make a big statue of Ravana. You all know who was Ravana, (yogis: "Yes, Shri Mataji") whom Shri Rama killed. He was a horrible fellow and he took away the wife of Shri Ram, Sita, by force. But she was such a chaste woman that he couldn't touch her. He tried; he couldn't touch her. He couldn't achieve any power over her. On the contrary she was very powerful. So at that time, Shri Rama's mother-in-law, I should say, who was the wife of Dasharata, she said ...she used to...she's like a big saadhuni, and she said "that from today two marriages are not allowed, only one". So among Hindus there's only one marriage. They don't have two marriages and regard it as very sinful to have another woman, according to Indian culture. There are some people who do it, but it's wrong. Is not Indian.

The father-in-law passed the law, because he has, he suffered... he had two wives and one of them tried to send Shri Ram to the jungle. She was so cruel because she wanted her son to become the king, and as it was the mistake of the father that he had promised that he will give her a boon because she had saved him in war, and so now she asked him to send Shri Ram to the vanavas – to the jungle . By second one, she asked to give the kingdom to her son, who was Lakshmana, but when Lakshmana came he didn't want. He said "I don't want to take Shri Rama's seat because it is his right."

So he went to Shri Ram in the jungle, requested him: "You must come, you must come to Ayodyah, to the capital city and you should be crowned." Shri Ram said, "I can't do it, I have to fulfill my father's wish." But at that moment the father said that in India nobody will have second marriage. Because of two wives the whole family suffered, so he said only we can have one wife and no two wives. Very surprising that even till today in India they believe that you should have only one wife. But what you find in another countries that people may not have another wife but they have affairs and they do not respect their wives. This is very sad and this makes the country suffering, because if the women are treated like that, the women suffer and if the mother suffers the children suffer. So he made a law that nobody will marry twice.

Only Mohammed Sahib said "Alright, we can have four marriages" because there was so much killing and so few men were left --

many women and very few men. So he said that "alright, you can have four wives each, solve the problem". (chuckles) It does not! It does not solve the problem. Even the Muslims now have this problem. They marry four times, no doubt, but if you see their family life they are very sad. We Indians should not learn anything from them. On the contrary we have to tell the whole world that, "don't run after women – look after yourself". Which is.... in the West people have no sense. They have one wife, of course they don't have two wives, but they carry on with another woman.

In Sahaja Yoga it's banned to do these things, and if they do it like that I tell them that you divorce and then I arrange their marriages. But very sad because why should they, under the influence of western life, try to have another wife and make the whole thing so polluted. Their children suffer, mainly. If the morality of the place is not good the new generation, the children, they suffer. And what do we have? A sick country. English were, once upon a time, very proud and very sensible. But now they have become very unhappy because they don't believe in one wife; they'll have one wife at home and another wife somewhere else, and this is a very sad thing. In Sahaja Yoga we do not tolerate this. You have to have one wife and you have to live with one wife. Some women are obstinate – alright, I say, you can leave Sahaja Yoga and some men are also very troublesome, so I tell them you leave Sahaja Yoga. If you want to have the advantage of being a Sahaja Yogi then you cannot marry another woman or another man. You have to lead a happy life with each other. If you can't do it then you get out of Sahaja Yoga. But there are some people who had horrible times with their wives or husbands so what I have said, that alright those who are flirting and are not having a proper personality, they can't be in Sahaja Yoga.

We have to make very pure society, our duty is to show that we can live happily, without fighting and the Sahaja Yogis are known to be very sensible husbands. I'm very happy to see you all here. I know some of them, I married them, and they are very happy. So, I have to tell all of you, men and women, that we have to lead a dedicated life. If the husband is flirting let him go to hell or if the wife is flirting let her go to hell. We are Sahaja Yogis and we have to keep our characters good. If you have a good character, you enjoy life of your own. If you have a frivolous life you can never enjoy. You go on running after this one and that one. Such people can never be happy and they do all kinds of nonsense and waste their lives. But by the time they die their condition is so bad, very bad, such people suffer a lot. I have seen them suffering, suffering so badly. So we are husband and wife to enjoy each other and to lead a happy life; not to become miserable.

All of you now married in Sahaj Yoga, maybe some of you haven't tasted a good married life but what to do? That's not the mistake with Sahaja Yoga, it's the mistake with you, yourself, and mistake with your wife. So everybody must stand up on the right and lead a right life instead of wasting energy over quarrelling and fighting. Try to find out, why do you quarrel and why do you fight, on what points there are differences?

There has to be difference, doesn't matter. After all you are two persons, there has to be differences, but difference should not create problem. On the contrary you must enjoy the difference, as long as [here Shri Mataji evidently means unless] you are a dedicated wife and you have a dedicated husband you can never enjoy life. All the time you'll be worried and upset. So all of you I thank you very much, that on such a great auspicious day all have come. And all look very happy. Thank you very much.

2007-1110, Talk and Quawalli of the Evening, Eve of Diwali

View [online](#).

10 November 2007

Diwali Puja

Noida (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Talk of the Evening Eve of Diwali. Noida (India), 10 November 2007.

(Translation from Hindi)

Happy Diwali.

I wish you all a very happy Diwali.

You have seen these different types of dances; understand one thing from them, that whoever has written it or said it, they are all saying the same thing. The greatest thing that they said was that the Paramatma is One.

They had incarnated in different forms, avatars, but the Paramatma is One. There were no disputes amongst them. They came in this world for the destruction of evil and killing the wicked people; and this is happening. I am seeing everywhere that these evil people are getting exposed, and now it is your duty, too, to see that all those who are evil, those who are working against the Paramatma and who are ready to do anything for the sake of earning money, all go to Hell. We do not know how many Hells there are!

The place where you are all sitting now is very far away from Hell. There is no relation with Hell at all. But even staying here, if you perform unreligious deeds, do wrong things, then you, too, can go to Hell. There are many types of Hells, and the arrangements to go there are also very nicely done, because those who are going there do not even know where they are going. Those who remain behind go to Heaven. Nobody on this earthly abode even knows that they may go to Hell. Doing wrong deeds would land us in Hell.

The meaning of Diwali itself is that the way the lamps are lit outside, you, too, should be lit within – enlightened. In this dark world, you see, you are the lights, you are the lamps and you have to give the light. But if you are not internally enlightened enough, then how can you give out light? Realise this. So first of all, you Sahaja yogis should get properly enlightened internally, and maybe it is for this purpose alone that we have come into this world. Until Jesus Christ, nobody even spoke about this. At Agnya chakra He came and showed that he did not have any ego whatsoever. He was the Son of the Almighty; still, he had no ego. The people who had come before him revealed a little, but Christ only wanted that our Agnya chakra should be cleared. And that Agnya chakra seems to be very much caught up in your Delhi. What is the reason for this? The English people lived here before and they taught us to be egoistic. This is quite evident in your talk and behaviour. We have seen those days, too, when our country was not independent, but you people are liberated now. Now we are independent. And what is swatantra (independence)? Know the swa – oneself and the tantra – mechanism. Know the mechanism of oneself. Through Sahaja Yoga you have known yourself and you know the technique or the mechanism of knowing oneself.

It can be seen that there has been a lot of development in Delhi. Outside Delhi, too, there has been a lot of development. You all know what the problem is with the people over here; I need not tell you. But now you have become independent. So you have to see that you don't have these problems. The first problem is that your Agnya chakra is catching. Christ was crucified and killed, but still we have not yet learnt from it. On the contrary, people from the Christian countries are highly egoistic and they have influenced us also. But the worst thing here is that we have not yet recognized each other. There are fights and disputes everywhere. There are quarrels going on. There is no purity of mind. First of all, we should purify our minds. With Sahaja Yoga

everything is possible and can take people to such great heights. It is not necessary for anyone to go and sit in the Himalayas. You can do this in the city of Delhi itself. But if you look around you will see egoistic people everywhere, and their Agnya chakra is caught up very severely. So it is very difficult.

Now God has sent one new thing and that is cancer. If you get cancer and your Agnya chakra is not clear, then a big tragedy is ahead of you. So, one who has cancer should take to Sahaja Yoga and clear out his ego. Wherever there is government, there the people are very egoistic. We have got so many government servants here, and all of them have enough ego in them. The people who come from outside have much more than them, and on top of it they all drink liquor. You just analyse: they call themselves Christians and they all drink. By drinking liquor you are going against yourself. You are disobeying your Agnya chakra. You are not obeying it. The person whose Agnya chakra is clear cannot drink; he can never drink. Wherever you look, the people are drinking liquor, and they have no way of getting rid of it, because when they find they are unable to get rid of it, again they drink over it. So addiction of any sort puts us into slavery, of any kind. Here, there is addiction to paan, and they will add tobacco also to it.

God has created you with so much affection and given you birth in this country so that you can become unique from the rest of the world. They can be so. They are Indians. But of late, I find that there are a couple of serious ailments. They are eating money in place of food. The roads by which we came now were not there earlier, but it was a pain for Me to see that the roads are in such bad shape that no one can say that they are new. Only Indians can do such things. I have not seen such shameless people in the whole world. And it is not necessary to be so. Here any time, any person who has the power can do this thing.

First of all, we have to take a resolution today that we have to clear our Agnya. The greatest issue at the Agnya is that we think that we are very superior, and we start thinking that we can rule the whole world, and that we can correct the world. When you yourselves are not correct, then how can you correct this world? Now, you must have seen many people who think that they are very great, but do a lot of wrong things. In this country people take a lot of money. Tell me how will God forgive us for this? The greatest of all sins are stealing and corruption. The person who commits these types of sins, whatever he may try he may do poojas, chant mantras, read Namaz, call out to Allah, anything he won't be benefited in any way.

So, today, is a New Year for you. I want you all to make a resolution: "From today onwards, I will not tell lies, never ever lie". Indians are very famous worldwide as liars. I do not know how, but our country carries the stamp of being dishonest. Great saints and prophets have taken their birth here. How can people lie in a place where so many Sufis were born? So today, you have to promise that you will never tell lies, whatever may be the consequences. For that you need to have courage. Now that you are realized, what more courage is needed? As it is, you can't lie at all. It's only when you become like this, that the people will be able to have faith that you are really truthful people. So, the Sahaja yogis have to be truthful. Whatever may be one's occupation, whatever he may do he may be an engineer laying roads, he may be a doctor treating people if in spite of all this, if you lie, then it would be Hell for you. That is because you are now transformed. You are now realized. So when realized people lie they cannot benefit from it at all.

When I go abroad, and often hear people say that the people of our country are cheats, liars and corrupt, I feel very sad. Today it is a very auspicious day for you. Today let us all make a resolution that we will never lie, whatever happens. I myself am a woman, and an Indian. I have never told a lie. By telling lies it would be a loss for you; you will be put to loss by doing wrong deeds. By doing so, you may be earning more or cheating more, but you cannot go to Heaven; you will go to Hell.

One thing that is very important to know is that we have a very bad reputation in the rest of the world. Why the bad reputation? Because, we are sthis type of people! When you come to know that someone is a liar, form an organization and make an enquiry into it. For example, if a road has been laid which is not good enough, then enquire about the amount spent in its laying, what was its sanctioned layout cost, and what he was supposed to do. The money that is made out of the road will only be used for drinking and liquor, which is our enemy. Why do you want to do it? You are all very well-to-do people. I have seen many countries where there are poor people, but they are very honest. So honesty should be the foremost quality in you.

Today, make a decision that we will never be dishonest hereafter, and we will not remain in the company of dishonest people,

and if anyone is dishonest we will expose him. Now people say, "Mother, in the Police Force, too, they are like this, and in other departments, too, they are like that," but you are Sahaja yogis. Those who are Sahaja yogis are nothing less than any policeman or any person in power. They are all powerful, but all the powers are of Truth. Truthfulness should be there, and I am very glad that a lot of Sahaja yogis are truthful, but we still need more Sahaja yogis who are truthful. Truthfulness has to be there; otherwise your Agnya chakra will not be cleared. Agnya is where the ego resides. When a person becomes egoistic, then he commits all kinds of mistakes; he criticizes, harms, gets corrupt. All such people will go to Hell. I want to tell you very clearly that you should not take to corruption. You are not dying, that you have to go to that extent. What have you achieved by earning more? What are you doing? You must have put up a few more lights, kept a couple of more women; what more than that?

Now, what will be your condition when you go to Hell? I am discussing all this on this day of Diwali because Diwali was celebrated on the occasion of Sitaji's re-union with Rama. We can no longer be slaves once we embrace chastity. We are our own slaves and not the slaves of others. We shall not lie for any reason whatsoever. I have lived in Delhi for a long time and am quite surprised at how much they lie. They are not afraid of lying at all. By telling lies openly they might benefit here, they might earn more money, but it is not known that they will not go to Heaven. I want the Sahaja yogis to promise that they will not lie or support the people who lie.

People say that our country is very corrupt. Yes, I have been to far-off places and I have seen that the Russians are the best amongst them. They are half like Sahaja yogis, and there are a lot of Sahaja yogis there. This year I was not able to go to Russia; next year I will definitely go. This means that we were not able to implement democracy well. We, too, should have been communist. There are no cases of robbery there, no lies, and everyone loves each other. They respect Me a lot. We have to understand where we are going. For the sake of earning more money, to what extent will we go? What are we going to get? So, honesty should be the foremost quality within you. Your dishonesty is going to create problems for your own people. People say that Indians are dishonest. I feel ashamed to hear this. So many great saints have taken birth over here, so many great prophets have been over here, and people of this place are great thieves, and they steal and criticize. Your Agnya has been scared of all this from the very beginning. They want to make huge money; in the end all these rich people will go to Hell.

On this day of Diwali, I want to tell you all that the meaning of Diwali is that Hell is full of darkness, and you all are enlightened. You are expected to fight wherever there is darkness and let them know that they are doing wrong things. By doing this our country will improve, and you have to do this. We have been performing poojas and rituals, but the Shakti (Divine power) which is there within us, is there to oppose all that is not truthful. Many people do not know that making money is a sickness. They will go straight to Hell. I am telling you all this because no one has said it like this before. On the day of Diwali, I am telling you that we are going to light lamps and celebrate happiness in our hearts. By this we can see what kind of a person one is: is he a person who steals?

As of now, too, I can see people fighting with each other. Quarrels amongst Hindus and Muslims are over now, but fighting with others has started. That is the second thing: we are quarrelsome, too. At least in the other countries there are not as many religions as we have. So whenever we get a chance, we start fighting; fighting is the priority. Fighting between husband and wife and then their children, and then if they have someone else with them they will fight with them, too. What is Sahaja Yoga? Sahaja Yoga is love and only love. Awaken the power of love which is within us.

Today is a very auspicious day, and we have to light the lamps in our heart and take up the resolution that we may die but we won't lie. We had great people over here, but still Indians are very ill-famed the world over as being very dishonest. Though I have never seen one of this kind, whenever I hear of it I feel very sad. India is such a holy place where such great saints have taken their birth. That didn't happen anywhere else in the world. Sufis were born here, who became so great. All of them were born in India. So many great saints were not born anywhere else in the world. A couple of them must have been born there, but the ones who were born in India were very great saints, and after that whatever they had taught was given up. We have become notorious thieves. Whoever commits theft can never go to Heaven. You will have to spend a thousand times more in Hell than the life span spent here.

Today I am talking about Hell because Hell means darkness, and we are seeing the spell of darkness everywhere that of Hell.

Now that your lights are lit, try to see who are in Hell. You support the government by exposing the dishonest. You may be holding a junior or a senior position. Still you have to expose the one who is a thief and corrupt. Now you have got the powers, what are they for? You have been awakened now. What is it for? You have got enlightenment. You see yourself in its light. You have seen nothing in the darkness, but see in your light, what you are, and what you are going to achieve by telling lies. We are family people. We never lie never and we can't even lie. Whenever the situation to lie arises, don't forget that you have the powers. You are the lights, You see, you are the light in this darkness, and you need to keep the lights burning. We have to end this darkness. We have a bad reputation for our dishonesty. There is no country as great as ours; yet it is very sad to know that the people outside have misunderstood us. It is not known what these people achieve by their dishonesty. What they will get will be horrible! No one will be spared! Whoever is dishonest will be caught, and there are arrangements made for it. You have got realization because you are not dishonest. You love truthfulness and respect it. I want you all to stand for truth.

The people who are throwing clutter in Jamunaji (River) are fools. Jamunaji goes straight down to Hell. But you will be saved from that Hell. You are realized souls. The one who is enlightened never falls. But if you really want to establish Sahaja Yoga fully within yourself then you have to first of all decide never to be dishonest in any way. Earning money is the only business left in this world. What happens with that? Nobody will even remember them. You have to be truthful if you love your country. Otherwise, who is going to believe in a liar's love?

It is a very tough situation for you when you see that your neighbour is of such a type and you think that you, too, should become like that. On the contrary, why don't you think, "We are like this, and why shouldn't that neighbour also be like us?"

First of all, you should promise that you will never be dishonest or support any dishonest doers. It is not known that the thriving of liars is a curse of our country! There are many people who will tell at least ten lies from morning till evening; still it won't be enough for them.

Now that your poverty has perished, all is well. You have everything to eat and drink and you are not a beggar anymore. Then why do you have to lie? So on this day, take this resolution: "We are not going to lie, and if anyone is a liar then we are not going to support that person. We are not going to establish any connection with him". There is a lot of peace and happiness in this. You know a liar will go to Hell, and you, too; if you support him, you will follow him. God has given you realization; you have been enlightened within. See, in that light, if there are other people like you, you should take a resolution that you will never tell lies let our heads be cut off, whatever it may be. In this matter the Indians are very much better, I know, but when I hear about them outside then I feel very sad about it.

Now, the way these roads are made, are they roads in any sense? I felt as if we were going through some forests. You have an organization. So whenever you see such a thing, you can call for any enquiry. Who made such type of road? Why did he make it? Who ate up the money? All the Sahaja yogis should get united and try to drive this bhoot (possession) out of our country. Wherever we go people say, "Don't believe the Indians." How shameful this is! The people who should be trusted the most are we Indians. We have had such great leaders, great saints and great souls over here, but we don't think of the name and fame they had, how much people respected them; and they respect you, too, but don't support the thieves. If you know that a particular person is a thief, then you don't go to his place to eat; this would become difficult for the thieves. I am telling you, you are the Police Force of the Divine, and you should try to keep a note of all the thieves whom you come across. Try to instill this courage in your children, too. Try to find out about the people who are wrongdoers and liars. This country of ours has been awakened by a number of saints, and you all are also saints. There is no need for you to tell lies. What will happen if you get food only once a day? No one dies if he doesn't eat. We people are getting enough to eat and drink, but on the top of it we want to drink liquor. Secondly, on drinking liquor we can hardly walk even a step. On the contrary, we get destroyed. We cannot live well if we are addicted to liquor.

Now, for example in America, they have taken out a new issue, that when a child turns sixteen years of age then he will earn for himself. This means that all are servants. They are given money for whatever work they do – washing vehicles. And when the child is sixteen they say, "Sir, you are sixteen years of age, and now you leave." I have seen everywhere, these poor children who are sixteen years of age. He has just turned sixteen. Where will he go? What about education? He is sixteen years old! He is

thrown out of his house. He is driven out of the house, both by his father and mother. How long this will continue with the Americans, you will see. They are getting ruined. By buying one or two aeroplanes, nobody becomes great.

Where are you? What is your capacity? India is a country which can serve the whole world – the whole world. But for that, there should be truthfulness in it. Where is the need for falsehood? I can't understand! Most of the people who are rich should first of all know that you are rich; sit quietly now and don't think of earning more. I haven't seen anyone who became happier through earning more. You are a Sahaja yogi and you have the light in you. You can see your path in this light, and the path is of truth. You may be a Muslim, may be a Hindu or may be a Christian it makes no difference. You are all human beings. And if human beings do not have honesty in them, then they are dishonest. He won't be known to anyone. We have life beyond this, too. How would that be? There are many benefits of being honest. The greatest of all is that you have the blessing of God with you. You have the kind of blessings that you will be surprised to know. Without any efforts, all your things are set in order. But now in India, whatever the condition of the people – they may have, they may not have they all run after money. There are still many more poor people, and so there should also be Diwali celebrations for them today. They, too, should be happy. We live in the same country. But we deceive ourselves. We are very clever. By this we become egoistic inside. And by becoming egoistic nobody can save you in any way. Under the influence of your ego you can get cancer. Then you can't save yourself. If you have cancer then you cannot save yourself. I, too, cannot save you. I am telling you the facts.

Firstly, burn your ego in the fire. If you have an ego then you should be ashamed of it. For what are you having ego? In our country it is for everything. If someone has done a BA he gets egoistic and if he does something more than that, he gets a double ego. If someone has achieved something, if he becomes an engineer or a doctor, then he becomes egoistic. When his Agnya chakra gets caught up, where will it take you straight to? To Hell, and Hell is a very horrible place. God has given you intelligence, and now you have got your realization. And even after that, if you want to go to Hell you can go. Till today nobody has spoken of this.

Today is an auspicious day because many things took place on this day. Sitaji returned during the period of Ramchandraji. Whatever great deeds were done during the period of Krishnaji were done by people who were realized souls. So the first thing that you decide for certain is that we won't do any dishonest deed; at the same time, if anyone does, then we will expose him. But I am seeing in this country that the whites are fighting the blacks, someone is fighting with someone else. They want the country of India to be separated, which is not going to be beneficial at all. How can it be beneficial when you are honest and when you have a good character?

Whatever we have learnt from the English people, there is nothing worth learning from them now. They are all in a very bad state. But we have to save our own country and save the whole world. It is a great responsibility. You have been given realization; you have been enlightened. Still, if you want to fall in the ditch then what can anyone do? Everyone should come together and try. I want the Sahaja yogis to form a committee, and if you come across any theft then it should be brought to the notice of the committee and then see what the committee does. In this way you will get fame and you will reach to a very high position. So the first thing would be that you should not be dishonest or let others be dishonest. This is very important. Your country has been blemished. In the oil there is adulteration; then in the ghee there is adulteration.

Wherever we look, people are laughing at us. No one believes this, but actually the best of people are in India. The number of people who have got their realization is greater than anywhere else in the world. They have not earned any virtue. So it is better to earn virtue than to earn money. See the people who are very poor. So this day is a very auspicious day and also a very joyful day. Why joyful? Because today we have got Heaven and we want to stay in Heaven alone. But cowardly people cannot enter Heaven. There is no need to be afraid. If you get a couple of rupees more or less, what disaster is going to befall you? All have become rich, I have seen. I have been coming here for the past seventeen to eighteen years now. You have become richer than before. The situation is better than before. But from morning to evening there is dishonesty, dishonesty and dishonesty. So the path has been made. So, today just promise that we are not going to be dishonest, and if anybody is dishonest, then we will all oppose it.

Why have you been given Sahaja Yoga? Why have you been given realization? So that you can spread light. If you have no light internally, then how can you spread light outside? And with that light you see, you are helping the dishonest. Nothing will happen if you earn a little less or more. If you are honest then God will help you! Why are so many people dying in our country? Nowhere

else do so many of them die. The reason is that they have to go to Hell. So, you have to know this, that if you are dishonest then your first step to Hell is already over, and then the second step of telling lies will not be necessary. You tell the truth. The person who tells the truth would be a unique person. If he is a Sahaja yogi then it would be the best. The way people are remembering the Sufis, the same way people are going to remember you. You don't have to do anything. Just catch hold of those who are dishonest. It is very much necessary. Here, people are fighting to stop the rubbish from being thrown into Jamunaji. This, too, needs to be told! I have been to so many countries. Nobody throws waste into the river. Why are you so lazy? There are so many facilities over here. You can give the waste to the Municipality to dispose of it somewhere, but if you yourself throw waste away, then what can one do?

Today, all of you decide in your mind and take a resolution – it is a very auspicious day today, a very auspicious day that we won't do any dishonest deed nor will we believe in dishonesty. I have seen people who were not dishonest and who did not go to the house of people who were dishonest. They had nothing to do with them because they were concerned not only about their own welfare but also the welfare of the whole country. You are a Sahaja yogi. So you need to make a promise that we are not going to do anything dishonest. You just recognize a person who is dishonest and then tell your inner soul that he is dishonest. And if Sahaja yogis even twelve Sahaja yogis come together, and if they come to know that he is dishonest, then the Divine will be there to support them. This country won't benefit from a few rich people, but it will definitely benefit from honest people.

The greatest stigma that has been put on us is that we are dishonest. Those who are Sahaja yogis can never be dishonest. We all have to be united, leaving aside all quarrels and assuming that we are honest people. India's image is very much tarnished. Hence, take a vow today that from now onwards we shall not be dishonest, and if there are any dishonest people we shall all get after them. But this has increased too much. I am astonished at the level of dishonesty; dishonesty in everything, dishonesty in everything. Earlier, they used to cast out people for every minor issue and they used to separate them, even for very minor things. But our country was so honest; it had such nice qualities. Have we forgotten them? Where have they gone? I can see dishonesty everywhere, dishonesty at every step. We have to teach the children that they should not be dishonest. Yes, if they are dying with hunger, then arrangements can be made for that, too, but only if he is honest. If you are not honest then nobody can help you, not even God. He will get all kinds of diseases of the world. There are many such traditions in our country – they will drink liquor, drink wine. Tell me, have you come here to become a fool? And don't be a friend of one who does it. Don't help them. I have seen people who go to the houses of people who drink liquor. Then they, too, start taking liquor.

But when you know that a person is of such a character, when you know that he is dishonest, then stop eating at his place. You have nothing to do with him. We have to work for the wellbeing of our country because God has given us light. See in that light. His power is tremendous. If you decide that those who are dishonest to the nation will be taken care of by God, then that alone is enough. But you are becoming deaf. You are not able to understand. Such a person can never do any good deed; nor can he ever give. I cannot understand how they live so shamelessly.

So, that is why today's message is that you have to take a vow that we are not going to be dishonest in any way, and if anyone is dishonest then we are not going to support him. That is enough. Many more realized souls will come to our country. But who would like to come to such a dishonest country?

So today the only message is that you have light and if you walk in that light, it will give you strength. You can do whatever you want to do. Look, we have achieved our Swatantra. Swatantra is the mechanism of understanding oneself. Now I want a lot of realized children to be born. So learn that it is a very great day today. Take a vow today that we will not be dishonest, or support the dishonest, or even be afraid of them. God is not with them at all. God is with you. If you are good, then God is with you. The people have not taken birth on this land of India for the sake of fighting and dying amongst yourselves. Great fools! We are fighting, dying. There is no benefit in fighting. Tell the people, "Oh, why are you fighting? What do you want? After all, you have nice things to eat and drink. What more do you want?" But nowadays what is most prevalent is that we want such and such clothes, we want that type of house and we don't have that; with all that we will only go to Hell. In those times there were many who were Sufis. Like them, you are all Sufis, because you are all cleansed. Now all of you write the poem of honesty. This dishonesty has got to go, that is the first thing, and secondly there are many issues which need to be corrected. But see, first of all don't be dishonest. No one is so poor in India that we have to resort to dishonesty.

I am saying that our country is tarnished. This needs to be wiped off. You are Sahaja yogis and you can do it. You have light. With this light you can spread the light everywhere and give courage to all, that it's all right. Particularly those of you who are young, who are friends, have to think about all the honest deeds you can do. Now they have started, don't throw rubbish into Jamunaji. That is all right, but it is not so important. What is important is to get rid of dishonesty. That is why this day is considered auspicious everywhere. Lamps are lit all around. In spite of everything, if we can't do this then what is the benefit of Sahaja Yoga?

The largest number of Sahaja yogis are in India. Then comes Russia. Now, the Russian people are very polite. They do not commit any robberies. I don't know why. Maybe if communism comes to India then we, too, might become like them; but that is not a very great thing. If somebody does something out of compulsion then it is not good. Decide that we should be powerful ourselves.

Today you decide today is a very auspicious day – that you will not be dishonest or let others be dishonest. Your country will then prosper a lot. I have seen what other countries are and how its people are all are useless people. But the people of our country are still religiously bent. Religiousness will perish in our country if these dishonest people become so powerful. So the only message is that we will not be dishonest nor will we allow others to be dishonest. But the people here are very tolerant in this matter. They tolerate; this is their greatest mistake. When you have got the light, why are you scared? What is the need for you to be afraid? That is why I am requesting you today: be courageous.

And now one kind of liberation has been achieved. You will achieve swatantra; the tantra (mechanism) of swa (Oneself). You have achieved it, but make use of it. Today, you are so many people gathered here. I have never seen so many in Delhi. So, today you all decide within yourself that you are not going to believe any dishonest people, and all the devils take birth for this very reason that we have something in us which makes them think that we will believe them. Indians should never believe, and the ones who are realized should never at all. There is one great aspersion on our country everywhere which is not true. India has many people who are honest – many and this aspersion is not true. I have also seen people fight over land, that "This land is ours and that land is yours". Whatever you have is swaraja, kingdom of oneself – one's own kingdom. You will have a kingdom of your own when you become swatantra in the true sense. There is no need to fear anyone, and no need to tell anyone.

I am surprised to see so many people. I have never seen so many people in Delhi. So, my only request to you on this auspicious day is that we should decide we should never be dishonest, even if we have to die. Our country has deteriorated in the last ten years. You are so many Sahaja yogis. What are you afraid of? What is the issue to be scared of? The Divine is there behind everyone. When the Sufis came to know that the Divine was there with them, they got rid of all unwanted things from this world. Not all Sufis, but a few did. So you all have to do it. So the message for today is that you should never be a thief yourself or support any thieves.

But I am seeing people fighting on more and more issues, fighting on issues of caste and religion. Are you here to save the country or to get drowned? You have a great responsibility. You have been born in Kaliyuga. This Kaliyuga has to be changed, and that is why so many thousands of you are realized. So many people were never realized anywhere else in the world. That is why I am requesting you again and again to always stand on Truth, and I will be there with you. God is also with you. So the request to you all is to firmly decide within yourselves that we are not going to allow any theft or robberies, and wherever we find them we will fight it. But the people seem to be drunk, or what? What did they achieve from this light?

Courage. Fight with courage. Whatever is wrong should be removed from this country. It is very tarnished. There are many more issues still, but the most important one is that if there is no honesty then how can God help you? Earning money is of no use to God. But getting your religion is, and that you have achieved.

There are not so many Sahaja yogis in this world, and then Sahaja yogis don't do such deeds. But I am telling you all this because the atmosphere here is very bad, and we people have such a bad name everywhere. You have everything to eat and drink, and

enough clothes to wear. What else do you want? You watch movies; you do have that much money. But you should get rid of your addiction to money.

I have full hope that you will heed my words. So we should take a vow that we will not be dishonest and we will oppose the people who are dishonest. Understand that the greatest thing that our country needs today is honesty. There is nothing greater than that. Honesty is your mother. So what if you have one shirt in the place of ten? Tell the ladies also the same thing. It will happen. It will take place.

Today's speech is a little different. It is unique, and it is very gracious of you all to have liked it.

Thank you.

A note from John Noyce:

There is a false text in circulation, originating in the Ukraine, which purports to be a transcript of the Diwali 2007 Talk. It begins 'All My inexhaustible Love will be the assistant for you...'

2007-1120, William Blake's Divine Humanity by TEV

View [online](#).

20 November 2007

London (England)

Theatre of Eternal Values presents 'William Blake's Divine Humanity', marking the 250th anniversary of the birth of William Blake (November 2007), recorded live at The New Player's Theatre in London's West End, UK

Brochure.pdf

Programme.pdf

Masterscript 2007.pdf

Poster A4.pdf

Reviews.pdf

Flyer.pdf

2007-1130, Shri Mataji in the Kitchen

View [online](#).

30 November 2007

Visit

Noida (India)

Talk Language: Hindi | Translation (Hindi to English) - NEEDED

Shri Mataji in the Kitchen 2007

2007-1223, Visit to Belapur Health Centre

View [online](#).

23 December 2007

Visit

Vashi Health Centre, Mumbai (India)

Talk Language: Hindi | Translation (Hindi to English) - NEEDED

H.H.Shri Mataji Nirmala Devi visits the International Sahaja Yoga Health Centre in the Belapur suburb of Mumbai (India). 23 December 2007.

2008-0117, Makar Sankranti Puja

View [online](#).

17 January 2008

Makar Sankranti Puja

House in Pratishthan, Pune (India)

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

Makar Sankranti, translated from Hindi, Pratishthan, (India), 2008.

Today is Sankranti. Sankranti means that today something new is going to happen. Kundalini has awakened within you, and you have become a new person compared with what you were before. But on the day of Sankranti, you should know that you have to please the Goddess who is sitting within you. What should you do to make Her happy? You distribute sesame seeds and jaggery. That is for love. To increase the love between each other, we give sesame seeds and jaggery.

Today the Sun has left its place and in its northward movement has come towards us. At this moment we should be very thankful to the Sun. It is by the grace of the Sun that so many things take place in our country. We have to do namaskar to the Sun today, and His power and His knowledge should come to us.

All of you have become realized, and vibrations are flowing through you. Now you should make use of these vibrations, establish the shakti within you, establish the peace within you and show the world that this power is within us and we have to acquire it. We have to nurture this and improve it with your good qualities and truthful speech.

Today is a very special day because the Sun is particularly benevolent towards us on this day, and we should thank Him for all this. You have received a lot. There is more to come, and you will get much more. We should increase it. All of you did so many pujas to me. I am surprised to know what you want from all these pujas. I wish you to become great Sahaja yogis and bring people to the right path in this world. Teach them good living and let them experience the energy which is flowing inside them.

I am very happy to see you all. So can we go now?

2008-0210, Shri Ganesha Puja on occasion of Shri Ganesha's Birthday: He is the embodiment of purity

View [online](#).

10 February 2008

Ganesha Puja

House in Pratishthan, Pune (India)

Talk Language: Hindi | Translation (Hindi to English) - Reviewed

[Hindi to English translation]

Today is a very important day for all of us Sahaja Yogis, because Shri Ganesha was born on this day. We worship Shri Ganesha and you got your awakening because of Him. No matter how much you think of Him, until you know His special qualities, you cannot attain Him. His special quality is that He is the embodiment of purity [shuddha swaroop] and complete Master of the Universe. He is the incarnation of the Supreme, of Brahma.

By coming into this world, He has created music [sangeet], rhythm [taal], and notes [sur]. By His Grace only, people become one with music [talleen]. A small boy came into the world and did such great work! He has given so many things to everyone, and even today He is active. No matter how much you worship Shri Ganesha, it is not enough. A lot of people say, "We don't see Shri Ganesha, even after worshipping Him so much. We do not attain Him."

He is omniscient, omnipresent, and in every matter, but you cannot recognize Him unless you are realized. After your realization, you can recognize what Shri Ganesha is. Shri Ganesha is purity, the pure Spirit. He is the pure Spirit. When He is awakened within us, then we have no more problems. Then we achieve success in each and every task; every understanding gives success. And we find joy in everything we do. He is the embodiment of joy and gives joy to everyone. To serve Him is the ultimate righteousness/merit [param dharma]. To serve Him means what? To look after small children, to serve them, to protect them, to make sure there is no cruelty towards them. This pleases Him very much. Such an embodiment of love, such a simple-hearted Shri Ganesha, was born today.

This is the importance of this day. Today, if you ask for any wish, then Shri Ganesha will fulfill it. It is His right to fulfill all your desires, because you are all realized. Ask Him from all your heart, and He will help you in every way, every moment, and every instant.

Today is a very big day, because verily the pure Spirit itself has taken birth today. And He already had such a spiritual, eternal state that many people could not comprehend it or write about it. Many people didn't tell anything; they wrote only what they could understand. But you can understand that just by Shri Ganesha's name you get your realization. Just by taking His name, any disease or any pain will disappear. He is eternal. He is always present within us. When you get your realization, you can feel His presence.

And if you are not realized, you cannot understand. That is why people get misled and do wrong things. But with Shri Ganesha's blessings, you can do so many things, and you won't feel lethargic nor have any problems, because He does all the work for you.

He takes care of you. Though He is a little boy, He looks after you. It's a tremendous power. By Shri Ganesha's power, several works are manifested. For Me, He is the purest ever and My own. I trouble Him a lot. When somebody tries to trouble Me, I ask Him to handle this fellow and to make him all right. When this fellow is not manageable by Me, when there is a difficult person and it is not possible for Me to handle him, then He does the job.

So today is very auspicious, as He was born this day. Secondly, today is Panchami [the fifth day]. This Panchami is recognized because on this day we wear special clothes. Whatever we wear is so that our body is properly covered. The sense of chastity that our body has is because of Him: Lajja Rupena Samsthita [the one who resides in the form of bashful modesty]. So if you

have any sense of chastity, it is because of Him. That will benefit you immensely.

You cannot feel joyous until you worship Shri Ganesha. By worshipping Shri Ganesha, your joy increases. You become joyous, because He is the personification of joy [anand swaroop]. Because of this, we have both things today: His birthday and His help. We seek His help in any work we do. Such is our way. But we don't see what we do to awaken Him. Our attention does not go in that direction. That we should also do something, that we should also develop our state, that we should have a state in which Shri Ganesha is awakened within us, through which we may never venture on the wrong path.

Those who are rooted in Ganesha are special. They despise all the wrong things in this world, and they do not do anything wrong, because Shri Ganesha stops them. They cannot enjoy wrong activities. This is Shri Ganesha's great blessing, that you have entered a new, joyous life. So today in His service, sing His praise and glory, so that He may be pleased.

My eternal blessings to all of you.

2008-0309, Arrival and Shri Mahashivaratri Puja Only

View [online](#).

9 March 2008

Mahashivaratri Puja

Pune (India) | Transcript (English) - NOT needed

Shri Mahashivaratri, India, 9th March 2008

2008-0323, Easter Puja: You must forgive

View [online](#).

23 March 2008

You Must Forgive

Easter Puja

The Pride Hotel, Nagpur (India)

Talk Language: English | Transcript (English) – VERIFIED

Easter Puja, "You must forgive", Hotel Pride, Nagpur (India), March 23th, 2008

I never expected all of you to be here present for the puja. I don't know how you have managed to come (laughter and applause). Otherwise, it's a very important day today for all of us because you know how Christ died. He was crucified. He was put on a cross and then He died.

Wonderful the way he said about you people. He asked for forgiveness from God. What we have to learn from His life is the way He knew how to forgive all of us.

We have to also forgive people. That seems to be very difficult for people to forgive and if they are angry, they are angry, they cannot forgive. Then you are no more sahaja yogis; sahaja yogis must forgive. Very important; because that is the power you have got from Christ, to forgive.

Human beings make mistakes, that is a part of their lives. But at the same time, as sahaja yogis must remember that you have to forgive. That is much more important than getting angry. So to forgive people for doing something wrong according to you or according to God, you have to forgive. And you will be surprised that the forgiveness is such a great, satisfying quality. If you can forgive people, you will become extremely pure. Because the dirt or the anger that is within us goes out.

So to forgive is the biggest blessings human beings have. Even Christ said the same thing that: "Forgive them because they don't know what they are doing." So if Christ had to say - so what about you?

We are ordinary human beings and if we have done mistakes, people can get angry and upset with you. But the best thing for you is to forgive. Forgive for doing something that should have not been done. This was the biggest quality of Christ, that He knew how to forgive. And he forgave people who had made horrible mistakes. Still He forgave them because He loved them. And that is what you should also forgive.

Today is a special day for that - special day for forgiveness. And that is why I said whatever you may think is very late, but we'll have a meeting because I didn't want to miss the time.

Forgiveness comes by people who are very generous, who are good-hearted. You, everybody makes mistakes and so we can also make mistakes. But that means we have a right to forgive and we have a heart to forgive. If you don't have, then we are not sahaja yogis. You must learn to forgive and forgive without any remarks behind it.

Today is a very special day, because that's what Christ did, He was one of the most powerful deities or gods, as we can say, most powerful.

He could do anything, He could punish them, all of them, for misbehaving. But what did he say? He said "I forgive" and he asked God also to forgive.

So whatever may be your powers, whatever you might have achieved in life, whatever position you might be occupying, but you

must learn the way to forgive, otherwise you are nowhere near Christ. You must learn to forgive.

That's a very great quality: if you can forgive, all the time forgive.

And that's why today I wanted to meet you all, so I did. (laughter). I wanted to meet you all and tell you that today is the day to forgive. That doesn't mean you sit down and think how many people you have to forgive (laughter). That would be absurd. But something that haunts your mind and you think you have been troubled and you have been put to trouble. Then just think that you don't know how many powers you have and you can't even forgive. When you have got all these powers; the greatest power you have got is to forgive.

Today is the day for forgiving. Forgiving people whom you think they have done wrong to you or they have been unkind to you. Please try to remember how many you are still angry. Just forgive them. Then you have punished them. If you forgive them from your heart, then you have punished them. You have given them back whatever they wanted, they deserved. So, this is not a very difficult thing, to forgive, but people think it's very difficult to forgive because they have certain great understandings about themselves. And then they think how can they forgive? I don't know what things upset you, anything can upset you. After all, you are all realized souls, you have got your second birth and you are special people.

So you should have special quality and the special quality is to forgive, to forgive. Not to go on remembering on what things you should be angry and you should be upset, but just to remember what things you have to forgive.

Just forgive. For what? Is a practical thing, most practical. Supposing somebody slaps me, alright. If somebody slaps me, what should I do? I should slap him back? No. Then why, should I ask him, "Why did you slap me?" No. Then I should think he must be stupid fool to do like that? Even that won't help. On the contrary, if you can just forgive, forgive that person who has done something wrong... For you it is important that you must forgive because has no effect. Once you forgive it will have no effect on you, your goodness, your righteousness. But I think human beings find it difficult to forgive - normally, normally.

But you are all realized souls, you are not only human beings, that's why I am requesting you that remember you have a power to forgive. To forgive everyone who hurts you, who tortures you, who troubles you. How far can you go? Just think of forgiving and you'll be amazed, he will change. He will change and you will also enjoy yourself.

It's a difficult thing for people to understand, but just try. Just try what I'm saying. If somebody does any harm to you, just forgive that person and see the reaction, reaction in that person and in yourself; what happens?

But if you want to carry the burden of his anger or of stupidity, whatever it is, then you are unnecessarily loaded with useless things.

We should not waste our energy on deciding what's wrong, what did he do and what you should do to him. That we should not. Just leave him alone and you just forgive. Say that: "I forgive".

Look at Christ. Such a powerful person, such a powerful god. And when He was crucified how He asked for forgiveness for them. Why did he do it? Because that has power. Saying: "Pa, forgive", it's very powerful. You don't lose your power, but on the contrary, you go higher in your power, you go higher in your personality. Just forgive. As simple as that. To say that "I forgive", just like that.

That's how I live because people have their own whims and they do whatever they like, but I don't get angry on that point and I'm not upset on that point, neither I'm concerned. I just say, "I forgive", that's all. And you'll be amazed - within myself, it so helps so much. Really, very helpful.

So this is a very big quality for which today is a special day. On the cross Christ said that, "Oh God, forgive them because they don't know what they are doing". On the cross when he was dying, He said this and what we have to learn is to forgive.

For our sake, not for others. This helps us. If we forgive, this will help us very much within ourselves. This is the message for today and permanently. Permanently. Always, if you are angry with anyone, just say, "I forgive". If you find somebody hurting you or troubling you or torturing you, how will you overcome it? Just forgive, just forgive. This is the only way.

Today that's why is very important day for us and I'm so very happy there are so wonderful Sahajis here and then I can speak to you.

Thank you.

2008-0407, Award Ceremony

View [online](#).

7 April 2008

Visit

Pune (India) | Transcript (English) - NOT needed

2008-04-07 Award Ceremony, Bal Gandharva Ranga Mandir, Pune

2008-0720, Guru Puja: How To Become A Guru

View [online](#).

20 July 2008

How To Become A Guru.

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today is a very great day for all the sahaja yogis. Because Sahasrara opened in you, you could feel the existence of God. By saying there is God that was not sufficient and to say that there is no God also was wrong, very wrong and people have suffered who have said like them. Only after getting realisation you know that there is God and there are vibrations. It's a very big opening all over the world. Today I say that's why is one of the greatest days for you.

Many of you have felt the cool breeze on your hands and out of your brain. Some have grown in Sahaja Yoga, some have not. Some are still carrying on with old catches. But now I have to say that quite a lot of you can become gurus, means teachers, and you should act as teachers.

To act as teacher you should know Sahaja Yoga, the theory and the practice of it, thoroughly well and then you can become a guru. It's a very responsibility, lot of understanding for a guru.

You should not have any ego, first; you should not have any of your chakras catching; you should be absolutely clear all the time and there the vibrations should be flowing in both the hands. If they are moving in one hand and not in another you cannot become guru. So you have to be a perfect sahaja yogi. Then only you can be a guru, and so many of you can be, but you have to ascertain first: are you capable of being a guru or not.

With humbleness you'll understand. Those who think they can be guru should become gurus because now I can't travel from places to places and you have to do my job, is to give realisation to people.

But you have be able to give en-masse realisation, then only you can be a guru. If you can give en-masse realisation then you could be a guru. You can use my photograph but the realisation should not be from the photograph, but from you.

Then only you can be a guru. There can be ladies or men, both can become gurus and spread Sahaja Yoga all over.

In my whole touring business, Canada I have missed and I would request some of you to go to Canada because it's a very beautiful place and we have very beautiful sahaja yogis there.

You have to do now my work. I won't be able to go all over, but you have to go to other countries and create new sahaja yogis. You can do it. To begin with you can use my photograph but later on you can only put the photograph there but use your own powers and give realisation. You can do it and that is how we can spread Sahaja Yoga all over the world.

I have done my level best now but I don't think now I can travel any more, so I'm telling you that you have to take over and work it out. That doesn't mean you cancel me, no not at all. I am there with you and every place you work you put my photograph, but realisation you have to give and try to give mass realisation. If that doesn't work out then you should know you are not a guru. If you can give mass realisation, then only you are a guru. Otherwise you are not. I said you can use my photograph but you have to give realisation to people. This is the sign of a guru.

Then you already know what are different centres and what are the things missing in people. I've explained very clearly. In the same way you'll find those who come for realisation, they'll have some defects and you'll find out what chakras they are

catching. You know how to clear those chakras, so you have to tell them how to clear.

Now you have mastered Sahaja Yoga so you should know what is to be done. If you think that you have mastered, if you believe that you have mastered, then you can become gurus. But first of all, you should ascertain and find out for yourself if you are a guru or not. It is your responsibility now to give realisation to people and you can give if you have vibrations as like a guru. Or ladies also, they're called as guruvis, not as gurus, but as guruvis, but they can be called as guru also. And they can also do this work very well.

Solving the problems of people is not difficult then. Once they get realisation their problems will be solved. This is a big power you have got, you all should use.

First of all, you can use a group if you want and afterwards, you should do it individually. Can you imagine all of you, if you become gurus, how many sahaja yogis we'll have all over the world?

Whatever you teach you must practice. When a person who drinks, cannot become a guru. A person who flirts and has a licentious life, cannot become a guru. So first examine yourself: are you clean or not?

If there are many possessed people who try to become gurus, they cannot. Honesty, you should see on the photograph if you are possessed, then you cannot be guru. So now to become a guru is first to criticise yourself, to find out yourself fully, and then you can become a guru.

I don't want to tell anybody individually but you all can find out. Say four-five people can join together and they can find out from each other if they are all right or not, if there is missing, if they are catching. But if they say there you are alright then you can become gurus and you can preach Sahaja Yoga. This is your responsibility. This is how Sahaja Yoga will grow. Otherwise, after I'll retire or I'll don't go anywhere, Sahaja Yoga will go into waste. So it is for you to carry the torch, the light. It's your responsibility now. You have got your realisation.

I was born with the responsibility, I was born with all the understanding. And now you are also understanding yourself. Do not condemn yourself, as long as you start your own realisation, but be careful: don't become egoistical. You have to be very humble, very humble with everyone. And work it out because if they are not realised souls you shouldn't condemn them but tell them very patiently and sweetly that "you are not alright". Tell them how to meditate, how to improve.

It's now a very big responsibility. Actually, I have done this work and you can do this work also. So you all have to become a guru. This is the day of Guru Purnima and I bless you that you all become gurus.

Whatever you have got now don't waste it, don't throw away but use it for the betterment of people. If you want, in the beginning, have four to five people together. Then you should separate. You have to give time to this. You have got your realisation but you have to give realisation otherwise, your state is not alright, is not normal.

So today I want to tell you what are the qualities needed for a guru. First of all, he should be a detached person. That doesn't mean you give up your family or anything but you should have a detached attitude that anybody from your family does wrong, you should go away from him or her.

Secondly, through your realisation you can see that you can spread happiness and remove their problems. You have seen that whatever I have done you can do it. You have got power to do it but no hypocrisy. No hypocrisy, otherwise you'll spoil the name of Sahaja Yoga. So if you are sure about yourself then only you should become gurus and carry the work of Sahaja Yoga.

I think, I give you all my blessings and all my support that now you take over and become gurus. You can also have all the pujas and then you can use photograph.

You have seen how one has to work it out and if somebody has some defect or some chakras are catching then you should tell that person how to correct it. On the photograph it is the best. And very humbly you should tell them what is to be done and you can save all the people.

So now I am no more available in the sense I've done my best and I think I won't be able to do this again. It is not my old age but I want to give you a complete freedom to spread Sahaja Yoga. You have got it free and you also have to give it to people free – not to charge them.

On puja days only, be careful that don't put yourself on the puja till you are confirmed and you are sure that you have created at least hundred Sahaja Yogis, good Sahaja Yogis. Then they can do your puja also. But the best thing is to wait and see.

You don't end into puja business till you are – you have done about thousand people each, then you have the right to have a puja. But you could have a puja with My photograph till you are completely all right.

Now how confidence is the main thing. Do not condemn yourself. You are all realized souls, but those who can think they can become gurus, can become and try. You have to have patience with the seekers. You can't be angry and hot-tempered. Unless and until they try to trouble you, you shouldn't lose your temper. You should be quiet.

Most of the gurus are very hot-tempered, or have been before, and that's why they were busy with their temper and they couldn't produce anything sensible, I think. They could never give Realization. So, I have to warn you - control your temper. Watch yourself if you get angry, then you cannot become a guru.

Guru has to be a loving person, very loving and understanding. Then you have to be humble, not to abuse people, not to shout at people. If they misbehave, you can ask them to go out, but don't shout. If you think somebody is misbehaving, you can ask that person to get out, but you need not shout or get angry with that person.

So it's a very big responsibility now. You've got your Realization and so four or five of you should join to form a Sahaja Yoga group, giving Realization to people. Try.

Of course, My photograph will be there, but still you must try. Try to understand that now what is your responsibility. If a position is given, you have to always carry on with the responsibility of that position. In the same way, if you become a guru, you have a certain amount of responsibility, that your own behaviour should be very good to begin with.

In the beginning, you cannot tell them, "Don't go to church," or "Don't do this, don't do that." You give them Realization and then you can talk to them. In the beginning, you shouldn't tell them or they'll just shun you. Accept them as they are.

In the beginning, you should not also cure people if possible. You can use My photograph to begin with, but don't cure them. Later on if you are confident, then four, five together should treat that person. Curing people is not very easy and you may catch, so before acting on them you must take a bandhan. Bandhan is very good. You should, even when you are going out, you should take a bandhan.

You should also make a very good speech, if possible. Now you know so many things and you can talk to them. It's a very big responsibility.

Now I have been working from the year 1970 and today, so many years I have worked so hard, but I can't now do it. I have to go back and take some rest as everybody has said, and you will also agree. But you can tell about Me, if it is necessary, but use My photograph. Every time you have a meeting, use My photograph.

Those who think they can be leaders and, as gurus, they should first see their own vibrations. Meditate on My photograph and

find out. You have to be absolutely honest that you are hundred percent all right and there is no catch and then you can become a guru. You have to be.

First you may get two people, then three people. I started with five. So you can imagine how one can go with it. Try first of all with two, three, five and more. You can also advertise afterwards, if you have given Realization to people, say about - you have given Realization to ten people - you can start your own organization, or whatever you may call, and can work it out.

Now you have the power, you have the right, but you must have a temperament also. In the beginning, you have to be very patient and kind – very kind. Then gradually, you'll find that you can cure people. You can use My photograph for curing to begin with and later on you can see you can cure.

First of all, on vibrations you'll see what chakras are catching, which are good, which are bad. And then you should correct them.

If there's something wrong, you must correct it and then become guru.

It's not just accepting that "I am guru" you become guru, but you have to be very, very – authority on yourself. You have to judge yourself. First of all, you should find out: can you become gurus? And then you can send Me your reports. I'd be very happy to know how many you have got now. And that is how Sahaja Yoga would spread, no doubt.

It is - it cannot remain at this stage because I am withdrawing, but because now you are so many Sahaja Yogis, it will grow and work out. But I think now I can't travel, and I am going back. I won't be able to come back again – not possible.

So you better work it out for yourself.

You must write to Me if you have any difficulties, if somebody is catching or something, or you have problem. Now I don't think any newspaper will criticize you. They have done it for Me, but not for you. All of you promise Me that you'll try to become gurus. I didn't take any money from you, nothing from you. I just want that you should spread Sahaja Yoga.

In the beginning, even in the pujas, don't take any presents or money. You can only take little money from them if you have need to have a hall or a big place, but that would be much later. First of all, try with few people. It will grow very well.

Now, the another thing is, puja you should not allow them to do to you, to begin with. Till you have done three hundred Sahaja Yogis, you can't ask them to do you puja. You can use My photograph for the puja, to begin with, but be very careful because you have powers now and it might pamper your ego, maybe you start thinking you are great – no.

You have to save the world. All My work is that, and I would ask you to write to Me in India if there is any difficulty. Also write to Me how you are spreading Sahaja Yoga, what is happening, I would like to know. But I think you will understand that I must retire now. I can't travel.

If you have any questions, ask Me.

Those who are confident that they can become gurus, raise your hands. Oh, so many. Only one hand, not two.

If anybody is making money, you should tell him not to do it and also write to Me. You cannot make money, to begin with, but when you have about three thousand people, you can celebrate all the worshipping days and worship. But you must make at least three thousand disciples, each. Then you can ask for a puja.

There are some people who cannot become gurus, who are catching and they have problems. If you have problems, don't become guru, otherwise, it will affect you. But if you think you are clear and opened out, then you can become gurus. Is there any question?

I am opening a centre for international Sahaja Yoga and when you have done with three hundred Sahaja Yogis, you can ask them to do puja and take money. Before that, if you get any money, you can send it to that centre. There would be about eleven members in that centre and I'll declare it. If you have any questions, ask Me now.

First three hundred people you don't take any money, except for the hall or except for other expenses. But you don't take any money for yourself.

Now, can you raise again your hands how many would like to be gurus?

May God bless you.

Do you have any questions?

You can take money on organization basis, that you have to have a hall, loudspeaker, and all those things. But you shouldn't take it for your individual use. You should be very careful till you have three hundred Sahaja Yogis. You can form a group of five to ten people and start your work. You'll enjoy it. Anyone has any problem, ask Me.

I have to go to Canada - I have not been, but I'll try to find some time. First now I have to go to Russia, and then I can go to Canada. You have to work more in your country than outside to begin with, and then you can spread it all over. Again let us see how many want to be gurus?

Oh! What a big number.

Thank you very much, thank you, thank you all.

(Applauses)

(Conversation in Hindi:)

Yogi: Should we do the Aarti?

Shri Mataji: Yes, you may do, it went well.

Yogi: Yes, Mother.

Shri Mataji: From where are they all?

(Conversation in Hindi:)

Yogi: Are we permitted to do Aarti? Aarti?

Shri Mataji: We should go...

Yogi: Jai Shri Mataji!

Shri Mataji: Do Aarti.

Talk after Guru Puja, Cabella, Italy

"I think now you take the responsibility. But you can contact me. You can write to me."

Shri Mataji : You must form a central committee.

Sahaji : Yes , yes.(jee, Jee)

Shri Mataji : One central committee.

Sahaji : Yes.

Shri Mataji – Maybe in London or maybe here.

Sahaji : Yes, Shri Mataji

Shri Mataji : Wherever you feel right. One Central Committee.

Sahaji – Yes.

Shri Mataji : And then you can inform them what is happening, anything.

Sahaji : Yes Shri Mataji. Yes Shri Mataji. Like the world council. We have a council

Shri Mataji. Like the council. We have the council.

Shri Mataji : You have to tell what is happening. Some Central Committee you should have ..about say, five people.

Sahaji : Yes , communication, for communication.

Shri Mataji : No, No. For Commuincation.

Sahaji : Yes Shri Mataji.

Shri Mataji : Or in case any problem or anything. So you can attend. Isn't it?

Sahaji : Yes Shri Mataji.

(Sahajis discussing softly among themselves)

Shri Mataji – What?

Sahaji : They are saying we will form it here. Here. Here. In Cabela. Will form in Cabella. In Cabella.

Shri Mataji : What?

Sahaji : We will form a council. Committee , Committee.

Shri Mataji : No , form it anywhere.

Sahaji : Yes . Very well.

Shri Mataji : Wherever you like.

Sahaji : Yes.

Shri Mataji : Take from 4-5 countries.

Sahaji : Yes.

Shri Mataji : Make one here, make ONE IN India.

Sahaji : Ok, Shri Mataji.

Shri Mataji : Isn't it?

Sahaji : Yes, yes Shri Mataji.

Shri Mataji : If there is any problem here, then you inform in India.

Sahaji : Yes Shri Mataji.

Shri Mataji : In every detail.

Sahaji : Yes Shri Mataji. Absolutely right. Absolutely right.

(After some pause)

Shri Mataji : Put some Kajal in your eyes

(Sahajis laughing loudly)

Shri Mataji : Will look well. You need to wear. You eat a lot or what?

Sahaji : Eat? Not so much. Not so much.

Shri Mataji – What?

Sahaji – Not so much.

Shri Mataji – Your eyes are getting little spoilt.

Sahaji : Yeah?

(After a little pause)

Shri Mataji – Lets go.

Sahaji : Yes Shri Mataji. Yes Shri Mataji.

Shri Mataji – Get the chair.

Sahaji : Yes Shri Mataji. Bolo Shri Adishakti Mataji Shri Nirmala Devi ki Jai.

All : Devi ki jai, Devi ki jai .

Some Bhajan from 3.00 to 3.48

Shri Mataji : Anybody has come from Canada?

Sahaji : They have come, they have come.

Shri Mataji: Are they here? Where?

Sahaji : four five people were there Shri Mataji. They had also brought presents. They had come.

Shri Mataji : Is that so?

Sahaji : Yes.

Shri Mataji : I did not see.

Sahaji : Yes. There are lot of people, Shri Mataji. They had come. Five people had come. They were five of them.

Shri Mataji : I wanted to speak with them.

Sahaji : Yes.

Lady Sahaji : There are a few things, will hand over these.

Shri Mataji : Go get them.

Sahaji : Yes.

Sahaji : Thank you Shri Mataji

Shri Mataji : You can start a central committee.

Sahaji : Yes.

Shri Mataji : They should approve.

Sahaji : Yes.

Shri Mataji : Of about ten people.

(After some pause)

Shri Mataji : See who all are there from Canada.

Sahaji : Yes Shri Mataji. Will call them.

Shri Mataji : Get them here.

Sahaji : Yes, Yes.

All Sahajis : Bolo shri Adi Guru Maata Shri Nirmala Devi Ki Jai.

Sahaji : Jai Shri Mataji, Jai Shri Mataji.

2008-0728, Nirmal Sangeet Sarita Concert

View [online](#).

28 July 2008

Evening Program

Palazzo Doria, Cabella Ligure (Italy)

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

Note: Ji means yes (in a respectful manner)

43:31

Very nice ...From where did you learn?

Sahaja yogi: Shri Mataji! One month I was there in Vaitarna...

Shri Mataji: Where?

Sahaja yogi: One month ...in your academy ...

Sir C.P: Academy ... in Vaitarna Academy

Shri Mataji: han?(yes)

Sir C.P: Vaitarna Music Academy...In our P.K Salve Music Academy!

Shri Mataji: Ok, There you stayed ...Did you went there ...

Sahaja Yogi: Many children come there Shri Mataji.

Shri Mataji: How many?

Sahaja yogi: Approximately 30 students are always there...

Shri Mataji: Where is this academy?

Sir C.P: Vaitarna.

Shri Mataji: Vaitarna

Sir C.P: You have gone there ...You inaugurated Vaitarna ...

Everybody teaches ...Is it alright?

Sahaja Yogi: Ji ...Ji sir

Shri Mataji: Very ...You have learnt from there ...in Vaitarna

Sahaja Yogi: Ji ...Ji

Shri Mataji: Han Han ... Lots of music is there in Vaitarna ...When we went there, there was nothing ...then started the beginning

...So here also Vaitarna people came ...

She is from Vaitarna ...

(Sahaja yogini came forward)

Sir C.P: Are you from vaitarna!

Sahaja yogini: Ji

Shri Mataji: She has learnt Marathi...

Sahaja Yogini: Ji

Shri Mataji: Did you learnt (Marathi)?

Sahaja Yogi: Shri Mataji, I can understand Marathi but not able to speak...

Shri Mataji: Where are you from?

Sahaja Yogi: Shri Mataji,I am from Noida ...

Shri Mataji: Noida

Sahaja Yogi: Ji...

Shri Mataji: Who are the people from Noida ...Raise your hands!

Only 2...There are a lot of people from Noida ...

Sir C.P: There is a lot of work in Noida ... There is a lot of Music and Sahaja yoga there...

Sahaja Yogi: Ji

Shri Mataji: In Noida, there are many people ...

Wah Wah ...

Shri Mataji: Where are you from? (Shri Mataji asking from another Sahaja yogi)

Sahaja Yogi: America ...American

Shri Mataji: American ...From where did you go?

Sahaja Yogi: Nagpur

Shri Mataji: Nagpur ...Where do you live in America?

Sahaja Yogi: Dallas, Texas ...

Sir C.P: Dallas

Shri Mataji: So Glad ...

Sir C.P: Very beautiful with the performance ...

Shri Mataji: The way Baba has combined you... people have reached the heights ...

Sir CP: [unclear]

Sahaja Yogi:" Apka ashirwad "...Your Blessings

Papa...Now he is giving music in the films

Sahaja yogi: (takes the name probably)

Shri Mataji: Who? What?

Sir C.P: [unclear]

Shri Mataji: Yes I know ...Used to sing since he was young...[unclear]

Sir C.P: This is amazing!

Shri Mataji : (in Marathi)

Shri Mataji: Baba has done amazing work ...

So, you live in Noida ...

No Shri Mataji ...Nowadays I am living in Austria. I have come to do the studies ...

Shri Mataji: You live in Austria ...

Sahaja Yoga: Ji (yes)

Shri Mataji: Your father is living in Austria?

Sir C.P: No to do studies ...,

What do you study?

Shri Mataji: Where is the father?

Sahaj Yogi: He is also in Austria ...

Shri Mataji: Father is also there ...

Sir C.P: Which studies?

Sahaja Yogi: Business Consultancy

Sir C.P: MBA?

Sahaja Yoga: It's like an MBA...

Shri Mataji: What?

Sir C.P: Bussiness ...Bussiness

Shri Mataji : (In Marathi)

Sahaja Yogi:[Unclear]

Shri Mataji: Rahul is very common here...

:)

(Whole Conversation in Marathi)

Sir C.P: That Bajaj is also there Rahul Bajaj

Shri Mataji: In Maharashtra, Rahul is a common name.

You must see what they play ...Whether they play or sing ...and if not anything then leave it ...

(In Marathi)

In Noida, We also have one house ...

Isn't it ...

Sahaja Yogi: Ji, Shri Mataji! Now I don't know Why there is so much Music in Noida ...

It is in abundance ...

Sir C.P : Lot of Sahaja (Sahaja Yoga)also.

Shri Mataji: (In Marathi)

(Shri Mataji is asking the name of Sahaja yogis...A kind of introduction is going on)

Sahaja Yogi: VinChenso (Name of the Sahaja Yogi)

Sir C.P: His name is Vin Chenso ...He is Italian ...

Shri Mataji: There are so many Italians ...That Its...I really don't know them ...Now I must tell you one thing very interesting ...that when I came here It took me about 2 months to get a permanent residence ...But my daughter Sadhana ...she came here and she got it in 5 minutes ...They said if it is Mataji's Daughter come along...Her ...Her husband her children... all ...Can you imagine?

We have become very popular in this country...

And the house you are looking was very spoiled and broken earlier...So When I came ...I thought Let's see ...So he (Sir C.P) left angrily ...(In Marathi)...

Sir C.P: Who will make the house in such a bad condition. But she made it ...

Shri Mataji: Here I have made 3 houses and there is a lot of space in Italy for land ...Because these houses were in the bad condition only and all the people were anxious that our house is like this like that...I have just ordered Paper from Nagpur and everything got changed ...

Now it has become the Palace ...

Sir C.P: Now the name is Palazzo Doria(palace)

Shri Mataji: Now the name is Palazzo Doria ...But earlier there was a dangerous situation...

I have just seen this place and said I am buying this ...And I got this very inexpensive ...(cheap)

(In Marathi...)

Only in England, We don't have ...and everywhere else...

We saw the house and then improved it (or mend it)

Now nobody can imagine...Its door and windows are the old one ...Only the walls were spoiled ...You know ...But I say that I will buy this ...My husband run away He wouldn't even come inside ...)

And I got it very cheap ...I don't know how many bedrooms there are ...How many bedrooms?

Sahaja Yogi: 14

Shri Mataji: han ... 14-bed rooms ...No some of them I built on top...But still ...Also in Pune, I have built one house ...and in Noida also there is one house ...

Sahaja Yogi: [unclear] (in Marathi)

Shri Mataji : (In Marathi)

Sahaja Yogi:

(Sahajyogi Child offers something ...)

Shri Mataji: From Where are you?

Sahaja yogi Child: Poland ...

Sir C.P: Brought for you ...

Shri Mataji: Good...

(Sahaja Yogi shows the photograph of Brahmapuri)

Shri Mataji: Oh!

Sahaja yogi:(describes about the photographs)

Shri Mataji: What is the price of silver?

Sahaja Yogini: 23000Rs/Kg

Gold -14000 Rs/Kg...

(Other descriptions in Marathi)

So you are teaching there "Dholaki"?

Please teach them ...

Sahaja Yogi: Ji Shri Mataji

Shri Mataji: You play very well ...you teach!

Because here the Indian Music is less ...In Austria ...

Please teach them ...After learning they will appreciate one more time ...

From where you purchased this "Dholaki".

Sahaja Yogi: From India ...

Shri Mataji: From India ...Very nice ...

From where? Delhi?

Sahaja Yoga: Ji, Shri Mataji ...

(Then Sahaja yogis offered some presents from the trust)

Shri Mataji: Amazing!

(Shri Mataji asks the name of their children near to them)

Sahaja yogi : Sidhi and Bharat

Shri Mataji: (In Marathi...)

Who are you? What is your name? You are from what country?

Sahaja yogis: From Holland ...

Austria

Shri Mataji: Amazing!

Where are you from?

Sahaja yogi: Poland ...

Shri Mataji: Ok You are the same ...

We don't go to Poland ...

Sir C.P: Long time ago ...

Shri Mataji: I don't know..

Sir C.P: When I was working ...We went together ...A long time ago ...

Child Sahaja yogi: I am from Poland ...

Sir C.P: You went to Worsow...

Child: yes...

(Conversation In Marathi by Shri Mataji)

Shri Mataji :

(Rahuri Photographs are seen by Shri Mataji)

This is Brahma puri and here was the river ...(Mother is displaying to Papaji)

By crossing this ...I remember all this ...

There are very good people ...I think they are the best...

Today you see...When I came here I waited for 2 months and they didn't do anything about me ...and then I got the citizenship here ...See...But my daughter, she never had the citizenship and today we receive news that they all have given free...I have never met anyone, nothing! Because there is a good system ...Mayor [unclear] as that ...

Very Good People ...

6 or 7 mayors came to my house and they got all realisation so they say by putting the words If Shri Mataji Childrens is coming You have to give ...My daughter is 60 they are no more children ...They have children ...:)

So much Importance...Just say Mataji in no time ...I didn't go there ...They just sent word ...And they got this thing ...

I have promised that I will start school for you in English ...

So you are from Italy...

Sahaja yogini: Australian

Shri Mataji: When did you come?

Sahaja yogini: I came

Shri Mataji: You got married?

Shri Mataji: So you are in Australia!

Sahaja yogini: Yes...

Shri Mataji: Australia is wonderful ...There were so many drinkers ...And now there are only 10%.

Sahaja yogini: yes

Shri Mataji: I don't know ...this Maharashtrians can understand ...That from childhood we have never drunk...(In Marathi ...)There is one thing in Sahaja yoga that you don't have to drink alcohol ...

That's it! There are so innocent boys and girls ...

No bad habits ...

So Who is from Noida?

Only two ...

What is this? (After some sweets are offered to mother)

I don't eat that very much ...)

2008-0802, Inauguration of Centrassi School

View [online](#).

2 August 2008

Visit

Cabella International Sahaj School, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Inauguration Centrassi School, Cabella International Sahaj School, Cabella Ligure (Italy)

Shri Mataji: Very artistic. We can put cement in between.

Sahaja Yogi: Ji, Shri Mataji.

Shri Mataji: Pizza?

Sahaja Yogi: Pizza, yes.

Shri Mataji: [In Hindi, to make Pizza. I really liked it]. I purchased it a long time back.

Sahaja Yogi: You have a very, very good eye Shri Mataji for beautiful places.

Shri Mataji: [In Hindi, let's go. It is very good for children]

Sahaja Yogi: Ji [yes].

Shri Mataji: Ah, beautiful. And all this is with, with land; it's with it.

Sahaja Yogi: For about twenty metres, it's our land, twenty metres.

Shri Mataji: Twenty metres is our land.

Sir C.P: I see.

Sadhana didi: Twenty metres, that's a lot.

Shri Mataji: [In Hindi, Romal felt very nice.]

Sir C.P: Beautiful, very beautiful.

Shri Mataji: What else, what river is that?

Sahaja Yogi: It's the Borbera.

Shri Mataji: Borbera is here?

Sahaja Yogi: Yes.

Sadhana didi: Very nice, absolutely beautiful.

Shri Mataji: Beautiful for children

Sadhana didi: Oh! Beautiful!

Sahaja Yogi: This is the dining room, Shri Mataji.

This is where children eat, here.

Shri Mataji: And it's the Kitchen.

Sahaja Yogi: Kitchen Shri Mataji, kitchen.

Sadhana didi: It's all very new?

Sahaja Yogi: Yes.

Sadhana didi: Oh, my God!

Shri Mataji: [In Hindi, the kitchen is nice]

Sir C.P: Very good!

Shri Mataji: [In Hindi, very nice.]

Sir C.P: Excellent.

Shri Mataji [In Hindi, this one is a Kitchen.]

Sahaja Yogi: This one.

Shri Mataji: Sadhana is happy. Very nice.

Sir C.P: They maintained it very well. Poor damage.

Shri Mataji: [In Hindi, these are all the things of school.]

Sadhana Didi: [In Hindi, very good.]

Shri Mataji [In Hindi, there is no mess in it.] [Unsure]

Sir C.P: From her, she's already there.

Shri Mataji: I don't know how many years back I have bought it.

Sahaja Yogi: I think it was in 95 or something like this. Long-time back.

Sadhana didi: [In Hindi, twelve, thirteen years ago.]

Shri Mataji: [In Hindi, twelve years. Now see, this is very nice.]

Sahaja Yogi: Storeroom

Sir C.P: Storeroom.

Sahaja Yogi: Storeroom, for the food we get a big fridge.

Sir C.P: Storeroom and very big fridge.

[In Hindi, all things are very beautifully arranged.] [Unsure]

Sir C.P: Very well arranged, very nice house.

[Hindi] Only She could have done it.

Sadhana didi: How many tables?

Sir C.P: Only She could have done it.

Shri Mataji: How can you go upstairs?

Sahaja Yogi: We can go outside and we go up the ramp. And we can go up, there's a [inaudible]. We take up around. There's a way, Shri Mataji, yes.

Shri Mataji: [In Hindi, Ok. Let's go.]

We can get for small children?

Sahaja Yogi: Of course, Mother.

Shri Mataji: It's better to get lower things and smaller thing and again this there.

Sahaja Yogi: Ji, Shri Mataji.

Shri Mataji: Lobby?

Sahaja Yogi: Laundry, laundry.

Sadhana didi: [In Hindi, purchased. Earlier it was not there. Now it has been put.]

Sahaja Yogi: This is new, new.

Sahaja Yogi: [In Hindi, washing machine. It's new.]

Shri Mataji: Wah! They will have to take for the small children.

Robert: This is the garden.

Shri Mataji: Let me see.

Robert: Beyond the tree, after the fence, there is a big space for meditation. It's a nice, big area with many trees. And then there is a river.

Sir C.P: All that is our land.

Robert: Yes.

So, we have a big, after the trees, we have a big area for meditation. And then we have a river.

Shri Mataji: And how many rooms upstairs?

Robert: We have four, well there're two storeys. And the top storey, we have bedrooms and we have four very big dormitories.

Shri Mataji: [In Hindi, this kind of house I have never seen. From here we will start a compound.]

Sahaja Yogi: Ji.

Shri Mataji: For the children room.

Sahaja Yogi: Yes. Yes, Shri Mataji.

Shri Mataji: Or we can towards this.

Sahaja Yogi: Yes, yes.

Sahaja Yogi: The first [inaudible] is the top floor.

Shri Mataji: We can [inaudible] this.

Robert: This is garage, the garage for the car.

Shri Mataji: We'll have to bring the children in a lorry.

Robert: Yes, Shri Mataji. In a bus.

Shri Mataji: A bus.

Robert: Yes.

Sahaja Yogi: No, Shri Mataji, this is just- no, only flowers. It's not a fountain.

Shri Mataji: But we can make it work.

Sahaja Yogi: Yes, yes, of course.

Shri Mataji: Oh my God! This is the drawing-room?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: And what is this small room?

Sahaja Yogi: Bedroom.

Shri Mataji: Bedroom.

Robert: This is a mediation room, a meditation room for children.

Shri Mataji: What?

Sahaja Yogi: The children will meditate here and in the morning, they will come and meditate here.

Shri Mataji: [Inaudible].

Sahaja Yogi: Yes. It's very strong.

Shri Mataji: Very.

Shri Mataji: And what about this here?

Sir C.P: Same.

Shri Mataji: Same?

Sahaja Yogi: Yes.

Sir C.P: Beautiful surrounding, beautiful, very good. You can't take a more beautiful nature.

Shri Mataji: [In Hindi, this needs to be closed here.]

Sahaja Yogi: Ji.

Shri Mataji: [In Hindi, small kids will be there, won't they?] They will be from five years, five, six years, there is no need.

Sahaja Yogi: From 6 years, Shri Mataji.

Shri Mataji: [In Hindi, see, how beautiful are the fruits.]

Sir C.P: Well safe, well safe, they won't climb on the top.

Sahaja Yogi: No.

Shri Mataji: Well maintained.

Shri Mataji: This is kitchen.

Sahaja Yogi: It's a small kitchen, small kitchen. Just for tea, coffee.

Shri Mataji: That one.

Sahaja Yogi: Yes, this one, Kitchen

Shri Mataji: Kitchen.

This is bedroom.

Sahaja Yogi: Ji.

Shri Mataji: Whose Bedroom? Not for children.

Sahaja Yogi: Aunties. Aunties' bedroom.

Shri Mataji: Only for the teachers.

Sahaja Yogi: Ji Shri Mataji.

Shri Mataji: [Inaudible].

Robert: Twelve, very good.

Shri Mataji: You know, for boys who are staying nearby, we'll have a bus.

Sir C.P: How many can be here?

Robert: We can have forty children easily.

Sir C.P: And where do they study?

Robert: Downstairs, in the dining hall, they can study.

Sadhana didi: And they will go to the local school.

Sahaja Yogi: Ah, the school. The school is the local school. They go in the bus to the local school. and they will come here for their homework, for their sleeping, for their playing, for their sports.

Shri Mataji: Where is the dining room?

Sahaja Yogi: Downstairs, Shri Mataji.

Shri Mataji: Oh, downstairs.

Sir C.P: Forty.

Sahaja Yogi: Forty, yes. I think forty is very comfortable.

Sadhana didi: Very nice

Shri Mataji: Look at these!

Sir C.P: Beautiful. Congratulations!

Shri Mataji: Thank you.

Robert: Thank you Shri Mataji! Thank you.

Sir C.P: Very clean, very cleanly kept.

Shri Mataji: So, how many beds now?

Robert: We have, I think, forty beds.

Shri Mataji: Forty.

Robert: Forty beds.

Shri Mataji: [In Hindi, how did you like Sadhana?]

Sadhana didi: [In Hindi, very beautiful Ma. Amazing! Wonderful!]

Amazing! Wonderful!

Shri Mataji: I have to get small tables and chairs.

Robert: Yes, you are.

Sahaja Yogi: Shri Mataji!

Shri Mataji: Hello. May God bless you!

Sahaja Yogi: Thank you Shri Mataji.

Shri Mataji: I was just now thinking about you.

Sir C.P: What a beautiful house!

Sahaja Yogi: Do you like the new arrangement?

Shri Mataji: Wonderful!

Sahaja Yogi: We arrange the-

Shri Mataji: Very good for children.

Sahaja Yogi: We spent many money but now the house for the children is very beautiful.

Sir C.P: Perfect, perfect. Not to use it would be a crime, very beautiful property.

Shri Mataji: [In Hindi]

Sir C.P: Anyway, teacher, she wants the school to come.

Sahaja Yogi: No, no, the important is to start it then we can manage it.

Shri Mataji: What we can do is to have one Italian there.

Sahaja Yogi: Yes

Shri Mataji: But I want to start English here to prepare them to go to other schools.

Sahaja Yogi: To go to Daglio?

Robert: This here is, these are the toilettes for the girls.

Sahaja Yogi: This is for boys.

Sadhana didi: Ah, so you have two sets.

Sahaja Yogi: Yes.

Sahaja Yogi: This is the regulation of the school.

Sir C.P: Yes, you're with it.

Shri Mataji: [Inaudible] for children. All these chairs and all that, for small, for small, chairs and all.

Sahaja Yogi: We will buy small chairs and tables.

Shri Mataji: So, how many tables and small chairs you should buy now.

Robert: Yes, Shri Mataji, I'll tell them.

Shri Mataji: And how many tables.

Robert: Yes. Yes, Shri Mataji.

Shri Mataji: Because they'll be small. Up to five years, they'll come [short name for Sadhana]?

Sadhana Didi: Five years, six, seven.

Sahaja Yogi: Six to eleven.

Shri Mataji: That's why. So, we can get other chairs.

Oh, I just purchase this, that's all.

Sahaja Yogi: Our desire is to fulfil your, your desires and your will.

Shri Mataji: This was my old idea to bring them to England because they want to learn English. And now we'll go and see the other big school library. See, you can make another bedroom here. So that two and two four. [In Hindi]

That time I use to walk when I saw this.

Sir C.P: Amazing. Amazing. Amazing is the word. Amazing.

Robert: We are so lucky, Shri Mataji, to have you as our Mother. You look after us so well. We are so lucky.

Shri Mataji: But I, I didn't understand that, "Why people didn't buy this?" I couldn't understand. Because it is an institution, I think.

Robert: I think the house was waiting for you.

Shri Mataji: [Laughter] it must be. No, I just asked, so I bought it. No, in any case, you can put bars there.

Robert: Yes.

Shri Mataji: First, the decor, this is so beautiful.

Robert: Yes.

Shri Mataji: This is made in this country?

Robert: Yes, Shri Mataji.

Sir C.P: Really good.

Shri Mataji: They make beautiful things.

Sir C.P: Marvellous place, beautiful style.

Shri Mataji: [In Hindi, let's go]

2008-1029, Diwali Puja, 1st Day, Dhanteras

View [online](#).

29 October 2008

Diwali Puja

New Delhi (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Diwali Puja, 1st Day, Dhanteras

[English Translation from Hindi]

It is wonderful that we have awakened our powers that had already settled down there and we are lost in our own thoughts. But we have a lot of powers within us and all these powers have been bestowed on us by God. All of say, "God, God," and everybody knows that He is everywhere, resides everywhere, and witnesses everything. And He witnesses everything we do with great love.

Now you have come into His Kingdom. I have to tell you that I felt overjoyed to know that for the past many years, Sahaj Yoga has gained in speed remarkably. It means that people of Delhi have tremendous faith and are very social as well. I have been to so many other places where we had so much publicity, but I can't say that everywhere people have transformed as much. You have to understand Sahaj Yoga fully and then you will have full authority over its blessings. If you recognise Sahaj, Sahaj will recognise you. It knows you and your status and what should be given to you.

Now I am going to tell you that I came to Delhi a long ago and thought that Sahaj Yoga would establish very well in Delhi. The reason was that the government was shifted here from Calcutta. What was Sahaj was that all the government servants came here, and the government has started functioning here. This arrangement was to make you collective, and if you go to any other place, you could not make so many people collective. The amount of work that has been done in Delhi cannot be done anywhere else. This is My experience, and I think that there is something special about Delhi that the number of people is getting multiplied. Everybody has transformed and everybody has understood fully what Sahaj Yoga is. You people don't think about why this miracle took place in Delhi. This is your quality. Delhi administration is running in a Sahaj way. The people of Delhi have helped us a lot. I just can't tell you that it has happened in such a Sahaj way that it is difficult to understand. The people of Delhi have understood it thoroughly and inculcated it in their lives, in their being, and it affected the people outwardly. Delhi has a great importance in the whole world. I can understand a lot, but I can't understand how it is so in Delhi. Because in Delhi, there are government employees, and the government and the people have a particular thought process, but that is not the point. Here, many people have come because of God's blessings. They have come to Delhi specially for this purpose, and so Sahaj Yoga has depth in Delhi. Just looking at a few Sahaj yogis in Delhi, I am surprised at how they have achieved this depth.

In Delhi, government administration plays such a big role, that everywhere there were obstructions on account of it. But the people who joined Sahaj Yoga have done a wonderful job. Everywhere, the people are surprised at how it has spread so much in Delhi. They are government employees. They give importance to the government. How is it that they have accepted Mother? It is very surprising, and everybody has observed it. But there is nothing to be surprised at. Where there are God's devotees, and where God is accepted in reality, only there Sahaj Yoga establishes itself, only there Sahaj Yoga spreads. Nothing can affect it. You should understand God, understand His powers, and His capacity to work. And it is very surprising how this work of God will be done with the help of you people. Here we have Sahaj yogis, one better than the other. It is beyond My understanding how it will transpire when they are in government jobs.

And today is a great day that I am here, and it is considered a very auspicious day. I don't know how it is celebrated in Delhi, but it is a very auspicious day, because it is a very special day for starting any new assignment. The fact is that in our country people know a lot. The greatest thing is that, on the basis of astrology and other parameters, people know which day is auspicious, and the significance of the days.

This day is otherwise also very auspicious. And I am very happy that today I have come to meet you people. Today is a blissful day, especially blissful, and the special blessing is that your problems will be solved. You will be helped by God. I can't say as much about any other place, as I come to know in Delhi about the greatness of God, and He knows that the people here are one better than the other. One more thing is that here He recognises all of you. Maybe He doesn't know many of you it is quite possible but the God that resides within Me knows all of you, and they are very supportive of you. They have got a lot of faith and are confident that you will raise the status of India. If Sahaj Yoga establishes here, and if it spreads from here, it will be wonderful. Now I have been to every country, to Russia and so on, but the pure faith of the people of this place, and everybody's desire is different, but you enjoy the blessings of faith.

But I was so happy when they said that there will be a puja today. I agreed to it. I said it is OK. It is a good day. You know that today is the Puja of Shri Laxmi. Here nobody performs Laxmi Puja. So, it must be understood that today is a very important day. Laxmi gives you everything. She is Mother. She gives everything, all blessings, all comfort, and most important is that She enlightens your inner being. So somehow you recognise Laxmi. Laxmi doesn't mean money. You have to understand that She is a Goddess, and you have to respect money like a Goddess. In our country, people do a lot for the sake of money; wrong things that are very bad. But you have got a responsibility to recognise Laxmi as Devi, and worship Her and understand that you cannot make fun of Laxmi. Laxmi blesses you and will go on blessing you. Such evil people are a few only, and you should be contented that Laxmi resides in your being and has accumulated many moments of joy and comfort for you. You are going to get all that and have already got it.

Now, simply try to understand that My coming to this place today is a matter of chance. I didn't have any such idea, nor was it in my knowledge. But I knew that I should come here regularly on this day, and it just happened like that. I have come here Myself. I know there are many Sahaj yogis now, and I know some of you could not come, but it doesn't matter. I am talking about everyone, and I am sure that everyone will worship Laxmi, and in the Laxmi Puja one should understand all forms of Laxmi and what Her nature is. We cannot understand Her, and if we cannot understand Her, we will follow the wrong path. So it should be understood that She is Devi and that She is your Mother, and that She can do anything for you, because She is very powerful and very affectionate, She doesn't give you any problem. If you get trapped somewhere, She will save you. Such is the blessing/greatness of Laxmi. Here, if people, especially Government workers, understand that this is the place where Laxmi resides, the whole business will work out.

So, sometimes we feel that Laxmi should bless this country. It is not so. We make mistakes, not She. She is forgiving, and very kind to us, to all of us. But we torture our own selves, contradict ourselves. And if it is decided that we will not do anything wrong, I am sure that in the program that was organised in Delhi, in the Land of Laxmi, here on this day, nobody will insult Laxmi or try to belittle Her. She has raised the status of our country tremendously. So we have to worship Laxmi. We have to recognise Laxmi, and She is our Mother. We should respect Her completely. I am telling you this because you are Sahaj yogis, and you know that today Laxmi is worshipped, and She is a Mother who will not lead you astray, come what may. You only recognise Laxmi as your Mother if you have a clean heart. All such people will definitely join Sahaj Yoga, because it will have its effect on everybody. May all of you be blessed by Laxmi, and I know it will be so.

Sahaj Yoga has spread widely here. To achieve that, if we had to do another type of struggle, it would have been done. And here we have to do some other type of work, too. You know, we have a lot of land, and the work is going on there. Everything is going on, on its own. I am not doing anything. It is happening by itself, and I know you don't have to do anything; and secondly, whatever your desires are, they will be met here, and whatever you want to know, Laxmiji's blessings will be with you. So today is the day of Laxmi Kripa.

May God bless all of you!

2008-1113, Guru Nanaka Jayanti

View [online](#).

13 November 2008

Guru Puja

Noida (India)

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

Guru Nanaka Jayanti, Noida residence, India, 13/11/2008

They didn't talk of Kundalini, that is the only trouble. And they all, that time they were all fighting. Because of that fighting nature nobody had the patience to tell them: "Baba! You don't fight now, it's a bouddism [unsure]." Because when there is fight going on, you can't talk to them!

But with Sahaj Yoga [cut in the video]

And there was no fighting.

Sahaj Yoga is given you a complete freedom but as Sahaja is a complete-

Shri Mataji [to a girl]: Darling?

Girl: Surein? Surein is not coming.

Shri Mataji: Come here [inaudible. Hindi]

Baba [Hindi] Ha.

Girl: Surein?

Shri Mataji: [Speaks in Hindi]

Shri Mataji: There have been very great gurus.

Girl: Yes.

Shri Mataji: Very great.

But that time, everybody was quarelling. Nobody was listening and they were all fighting. [Hindi]

So they never talked about basic, is the Kundalini. This is the trouble. And then, above all this, they were not friendly with each other. This is the problem, that's why they faught. And now, they didn't talk of Kundalini and Self-realization. They were all very eminent, but because of this gap, the problem became wider and wider.

None of them talked of Kundalini, can you imagine? They said it is- some mentionned about it in Sanscrit language, but have not seen everything. So they all knew the same thing but they didn't say. So, so many got separated. And there was a big rift within each other. Because the truth was, there is a Kundalini. And this was not said critically.

[Hindi]

Now we have started going to school. [Shri Mataji is smiling looking at children]

[Hindi: Please look out. we will tie up that NOT CLEAR and very wise very wise Their morning starts now. [Shri Mataji pointing to a child] and these grown-ups they always stand first in their class]

And it's a very renowned school.

[Hindi: But he always stands first. But one thing is, he comes rarely and so.

Did you give a copy to Baba Mama?]

[Shri Mataji is laughing]

Boy: He's called the "biting puppy".

Sahaja Yogi: This is called "biting puppy".

Sir CP: What you call?

Shri Mataji:What did he do?

[Conversation]

[Sir C.P speaks in Hindi to Shri Mataji]

Sir C.P: I asked him something, "what is that?"

So the man just said, "how it works?"

Shri Mataji: Acha.

Sir C.P: I said, "How do you know?" So he said: "I read it. I read about it in encyclopedia."

Like this.

I said: "How do you know encyclopedia?" He said: ".. with an encyclopedia for children that was given in ? It is all in encyclopedia."

Like that, a kind of reputation. It's wonderful. The world in encyclopedia is incredible.

Shri Mataji: [Speaks in Hindi: How nice she is? Isn't it?]

Sir CP: What about you?

Sahaja Yogini: It's very beautiful.

Shri Mataji: [Speaks in Hindi]

By chance. [unclear]

Shri Mataji: He was saying [unclear]

Sahaja Yogi: It is Kunal's kurta.

Shri Mataji: Is it Kunal's?

You are having Kunal's?

Sahaja Yogi: I have borrowed it from him.

He is my closest neighbours.

Shri Mataji: It suits you.

Sahaja Yogi: Thank you.

Shri Mataji: He is very shy. (Talking about a child)

Shri Mataji: He's a very shy fellow.

It will break. very shy, very shy [unclear]

Shri Mataji: Oh!

Did you come from Bangalore again?

Did she run away?"

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: That is great!

One came by morning flight.

And one I can see now.

Shri Mataji: Three types of.....very beautiful.

Shri Mataji: One who is a white person. He is also from that area from Bangalore.

Sir C.P: And it was very beautiful.

Shri Mataji: Who is there?

Sir C.P: Come in, come in.

Shri Mataji: Who are you?

Sahaja Yogi: Yuva Shakti

Shri Mataji: From where?

Yuva Shakti: From Delhi.

Shri Mataji: [Unclear]

Shri Mataji: Ok.

Shri Mataji: Tell your name.

Sahaja Yogini: Anshu

Shri Mataji: One by one.

Sahaja Yogini: Vandana

Shri Mataji: What did she say? 'Vandana' (name of Vandana repeated)

Shri Mataji [confirms her name]: Vandana.

Shri Mataji: And you? Anshu, Anshu.

Sir C.P repeats to Shri Mataji: Anshu. A

nother Yuva Shakti,"Anjali" SY repeats,"Anjali."

(as Shri Mataji cannot hear properly) Repeated again 'Anjali.' Shradha

Shri Mataji: What? Sonia, Sonia

Shri Mataji: You come here.

Shri Mataji: She is a great Sahaja Yogini.

Sir C.P: She sings very nicely.

Shri Mataji: She is a doctor.

Shri Mataji: She is changing Maharashtrian...

Shri Mataji: Will it be okay?

Shri Mataji: [Unclear]

Shri Mataji: TheyMe today." Laughter Shri Mataji,"Today all of them desired, so I said okay do it." Laughter

Shri Mataji: Today, they got into the mood of painting."

[Laughter]

Shri Mataji: Very beautiful.

Shri Mataji: Is it from Rajasthan?

Sahaja Yogi [in Hindi]: They are from Banaras.

Shri Mataji: Banaras?

I have never seen.

[Hindi]She is our very old Sahaja Yogini.

Annanya you come here. Now Sahaja Yogini offering kumkum to Shri Mataji's feet and beautiful, because..... [Unclear]

May God bless you.

Sahaja Yogi: Today is Guru Nanak's birthday.

Shri Mataji: Today is Guru Nanak's birthday.

That is why this is the present of these people.

You know, they've send it on the way from Bangalore. How did they send today?

Sahaja Yogi: Today was puja, perhaps. Today was puja.

Shri Mataji: Achaa.

Sahaja Yogi: Today was Guru Nanak puja.

Shri Mataji: Achaa.

May God bless you all!

Shri Mataji: [Unclear. In Hindi]

First Canada, then Russia.

Canada I have not been and they have been waiting and waiting. they sent six people to invite Me. But I just couldn't go there. But I must go to Canada.

Just about a week, I will stay there.

[In Hindi] After that, where have I to go?

Sir C.P: Russia.

Shri Mataji: [In Hindi, after that] Russia.

Sir C.P: Russians are very keen, very, very keen.

Shri Mataji : [In Hindi, So what we have to do?]

Sir C.P: Russians are very very keen. They want very much. They have been praying to you to come to Russia.

Shri Mataji: Yes! Yes Russians are! Russians are extremely keen, very keen. And they are great Sahaja Yogis. Now what is happening, it is a [unclear] nation there. They want to work out and have a way, not Communism. But I told them that: "Now your communism is internal. So every part of it is internal." They are all communists. But now the thing is, it has to bring Sahaja Yoga. After communism, they have to bring Sahaja Yoga because in communism if there are some extraordinary people, extra sensory people, you cannot- they cannot come out. But after they seek, they take to Sahaja Yoga, then all such people who are at midpoint, they'll come out.

In every country, there are very remarkable people and very talented and great understanding. Every country has. But the only thing is, I have to meet all of them and I have to go to all these countries. So, now the only thing is that I cannot go to all the countries but I can do to two countries at least, ne?

Sir C. P to Shri Mataji: You know, the President of Russia has- President of Russia, mister Medvedev has taken Self-realization from a Sahaja Yogi.

Shri Mataji: Yes. End is Russia. First I will go to Canada. Canadians have been trying but somehow, I could not go. Canada is little far away. So, I couldn't do that.

But now I have to go to Canada at any cost, and then to Russia. That I cannot have now. But, there is some work here that has to be done.

[Shri Mataji speaks in Hindi]

Shri Mataji: She's a great organiser.

Sir CP: And a great musician.

Shri Mataji: She is very good at music. and she writes poems and she gives tunes to Varada. She is very capable. We have all kinds of experts and I know, they will come up and spread Sahaja Yoga. They can.

Now there won't be any mistake. Even Guru Nanak could not say much about Sahaja Yoga. In a way, he has spoken, but nothing clear. But now, you are clearer about it and you know what is Sahaj and how it can help the whole world, can solve the problems of the whole world.

Of course, whatever problems you have, please write it down and give it to Me. I would like to attend to it.

[Shri Mataji speaks in Hindi]

Now will have to come to Delhi, specially will have to come that they should spread Sahaja Yoga. It has spread but they have to spread all the more.

It has spread. There are so many Sahaja Yogis that I am surprised NOT CLEAR

Sahaja Yogi: Yes.

Shri Mataji: This is It has spread. Where?

Sahaja Yogi: Outside..... [inaudible] It is not good. I will get you better now. Just now you can take. Has any one bigger?

[inaudible] will give you another.

Sir C.P: At Noida.

Shri Mataji: Who are in Noida? You are also from Noida?

Sahaja Yogi: Yes.

Sir C.P: I too from Noida.

[Laughter]

Sahaja Yogi: Greater Noida.

Shri Mataji:Noida. And where is his brother?

What do you do?

Sahaja Yogi: Will You take food?

Shri Mataji: What is he saying?

Sahaja Yogi: Food.

Sir C.P: Will you take food?

Shri Mataji:No.

Sing a song.

Shri Mataji: There is no book?

Very Good!

[...clapping]

One more song! Is it on dolki? Is it on dolki?

Sahaja Yogi: Yes, it is on dolki.

Shri Mataji: Very Good! You go in for classical.

Sahaja Yogi: This is the new book. [Unclear]

Shri Mataji: Show it to everyone.

Sir C.P : Darbari Rag, Darbari.

Shri Mataji: Which one?

[Unclear]

[Laughter]

[Unclear]

Very Good.

Now let the boys sing a song.

Sahaja Yogi: Today is Guru Nanakaji's birthday, would like to sing in Punjabi.

Shri Mataji: Very Good!

2008-1125, Lively Moments

View [online](#).

25 November 2008

Visit

Pune (India) | Transcript (English) - NOT needed

Few lively moments with Shri Mataji at Pratishthan

Today (25th Nov, Wednesday) for the first time since Her holy arrival of Shri Mataji in Pune, the inmates of Pratishthan along with the family members of Shri Mataji witnessed and shared a few very lively and memorable moments with Shri Mataji.

One was blessed to witness very rare, joyous and intimate moments with the youngest family member Tarini (grand daughter of Kalpana didi and great grand daughter of Shri Mataji) and Shri Mataji. Overflowing expressions of love and compassion from Mother could tangibly be felt.

A few tender moments could also be seen as Tarini stretched herself before Shri Mataji in perfect posture, lying down on the floor to pay respect to the Devi Mother- her very favorite great grandmother. Shri Mataji could be seen very happy and cheerful as She hugged and kissed Tarini time and again. Fountains of joy flowed across Pratishthan.

We thank You Shri Mataji for blessing us with these rare and memorable moments in Your holy presence.

Mataji.....Mataji.....Your face shines like a thousand Suns..... You have given us more than we could ask for..... Bliss and Peace and Harmony.....

Jai Shri Mataji

2008-1221, Taarini Birthday Celebrations

View [online](#).

21 December 2008

Visit

Pune (India) | Transcript (English) - NOT needed

2008-12-21 Taarini (Anupama's daughter-Kalpana didi's grand daughter)

2009-0412, Arrival

View [online](#).

12 April 2009

Arrival

(Italy) | Transcript (English) - NOT needed

Arrival

<https://www.mothersarchive.sahajaworldfoundation.org/italy2009/album/458.html>

2009-0413, Easter Puja (with departure from Palazzo Doria)

View [online](#).

13 April 2009

Easter Puja

Campus, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Easter Puja 2009

<https://www.mothersarchive.sahajaworldfoundation.org/italy2009/album/459.html>

2009-0413, Concert in the presence of Shri Mataji

View [online](#).

13 April 2009

Evening Program

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Concert in the presence of Shri Mataji 2009

<https://www.mothersarchive.sahajaworldfoundation.org/italy2009/album/461.html>

2009-0414, Shri Mataji blesses the renovators of Palazzo Doria

View [online](#).

14 April 2009

Visit

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Shri Mataji blesses the renovators of Palazzo Doria

Shri Mataji blesses the renovators of Palazzo Doria

2009-0415, A memorable evening for the Children from Centrassi

View [online](#).

15 April 2009

Visit

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

A memorable evening for the Children from Centrassi 2009

A memorable evening for the Children from Centrassi

2009-0426, Shri Mataji gifts a new friend to the Children at Centrassi

View [online](#).

26 April 2009

Visit

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Shri Mataji gifts a new friend to the Children at Centrassi 2009

Shri Mataji gifts a new friend to the Children at Centrassi

2010-1118, Music and Conversation on Sahaja Yoga School Project

View [online](#).

18 November 2010

Conversation

Jaipur (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft

Music and Conversation on Sahaja Yoga School Project

NOT CLEAR

SY: He is chairman of Housing Board Land allotment he has done.

He is sardarji.

Shri Mataji: They eat money (take bribe) every where.

SY: In this case, they didn't take bribe. Shri Mataji, Government gave the rebate. In this case they gave the rebate. They did not take the money. NOT CLEAR

2011-0226, Withdrawal of the Divine Mother

View [online](#).

26 February 2011

Departure

Palazzo Doria, Cabella Ligure (Italy) | Transcript (English) - NOT needed

2011-0226 and 27 Withdrawal of the Divine Mother, Cabella

2011-0821, Advice from doctors at Medical Seminar

View [online](#).

21 August 2011

Campus, Cabella Ligure (Italy)

Advice from doctors at Medical Seminar in Cabella August 2011

Medical Seminar 21 August 2011 - Cabella Ligure, Italy

A Medical seminar in August 21, 2011 was enjoyed by a big audience with interest expressed in the form of questions and answers. The seminar was conducted by the Doctor Petekar - from Belapur who has a long experience linked to health problems of Sahaja yogis. She said during the seminar that the role of these treatments is to bring the patient into meditation because Kundalini is the power which cleans and heals. She said: If you cannot meditate, follow the treatment. The treatments are only to help you to meditate!

The audience put their issues on paper and were read aloud by two Sahaja yoginis or handed to the doctor, who read the questions and gave answers. Since the questions were made more in the form of deficiency state findings of Sahaja yogi (Mrs.), they had no interrogative form.

Q: *Excessive thinking*.

A: Abandon your thoughts; put ice on right Swadishthan, liver and ego, footsoak twice a day. Then cool the right channel, with the left hand to the sky and say Shri Hanuman Chalisa at the same time. People with excessive thinking should sing, put the attention on Sahasrara and say the mantra for Shri Mahat Ahankara.

Q: *Children Problems*.

A: Children do not have problems. Only parents have problems: Excessive heat in the body, ego, etc. Children absorb parent's problem and that creates pressure on the child Anahath centre. Parents should clean themselves more often. Children should be given minerals through foods rich in vitamins and nutrients, not medical pills.

Q: *Women Issues (Women specific)*.

A: Women are working a lot and because of this they are exhausted. They should read every day Devi Kavach, say Ganesha Atharva Sheersha with left hand on the liver. For any problems with the menstrual cycle is affected by the Swadishthan centre. You must say Ganesha Atharva Sheersha daily, and put ice on right Swadishthan, liver and ego.

Q: *Thyroid dysfunction*.

A: Do not criticise, pray with attention on Vishuddhi centre: Shri Mataji, by Your grace I am pure spirit, please remove from me all the reactions, and all that causes me to criticise.

Q: *Food to be avoided by Sahaja Yogis for liver treatment*.

A: For liver: chilli, cheese, butter. You have to avoid red meat, only eat chicken, rice and papaya. For liver problems, put ice on the liver - say Ganesha Atharva Sheersha – and then say mantra for Shri Chitta Devata, Shri Himalaya mantra, each 16 times.

Q: *How to give up the impure desires?*

A: Prayer: Divine Mother, please give me pure desire, please destroy the impure desires. Then with your right hand on left Swadishthan say mantra for Shri Mahakali Badrakali Kali Kalki for 7, 21 or 108 times.

Q: *Problems with bones*.

A: They are caused by blockage Nabhi chakra. Chakra has to be cleaned. You need to take up to two, three daily footsoak.

Prayer: Divine Mother, you are really Shri Vindya Vasini, please remove this problem. The prayer must be said 10 times. The food you consume has to be fresh, and it must be consumed within 2 days of it being cooked.

Q: *Cancer of the lungs and throat*.

A: Cancer is a problem of the left channel. You have to footsoak and have to say the 108 names for Shri Adi Guru Datatreya. Catch on the Void chakra create condition for developing cancer, this can be because of a false guru, practising baptism, sect affiliation to neoprotestant - etc. You have to say mantra for Shri Vishnumaya, it should be said 3 times with candles placed at left Vishuddhi chakra and say the name of Shri Vishnumaya then say Mantrika Sakshat mantra 3 times (without Shri, Sarva Mantra Siddhi Vibhedini 3 times (without Shri).

Q: *I have no vibrations in my hands*.

A: You have to massage the Vishuddhi chakra and hands with olive oil. You have to use mobility exercises done with your hands and massage hands before meditation. You have to bathe your hands. Place the hands in the water one by one, because it is necessary that one of the hands be directed towards Shri Mataji to receive vibrations. Then say the Ganesha Atharva Sheersha.

Q: *Problems with tension, diabetes*.

A: These are problems of the right channel. Thoughts should be stopped, you have to take treatment for the right channel and say 108 names of Shri Shiva, Rama Kavach + Shri Himalaya Chandrama mantra 6 times and Hanuman Chalisa with your left hand up.

Q: *Cleaning the negative attention or impurity of attention*.

A: It's a problem from the right Mooladhara chakra and right channel. You have to take a footsoak with warm water for the left foot and have the right foot in cold water. You should put ice on the liver, say Shri Kartikeya 108 names; Prayer: Shri Mataji, please remove all the negative attention within me and all the blockages from the right side Mooladhara.

Q: *Family possessions and bhoots generated by the family*.

A: It should be cleaned from the back Agnya. Prayer: Shri Mataji I forgive all the problems in my family, I forgive my family for all mistakes, please remove all the negativity generated by the family. Shri Mataji please forgive all my ancestors. Then they say the mantra Ham x 3 times, then say 21 times the mantra for Shri Mahaganesha + special prayer for Back Agnya and in the morning, if possible, to stay with your Back Agnya in the sun.

Q: *Excess of cholesterol in the body*.

A: It is a problem of the right channel. Place ice on right Swadishthan, liver and ego. Say Hanuman Chalisa with your left hand toward the sky. Shri Hanuman controls heat on the right channel.

Q: *Skin problems*.

A: Nabhi chakra catch . You should clean the left Nabhi chakra and Void chakra. Place a mixture of gheru on the skin in the affected area. (N tr. - Shri Mataji speaks about gheru in materials about medical treatments).

Q: *Depression, anxiety, insomnia*.

A: Depression and anxiety are blockages of the left channel, while insomnia is blocking of the right channel. You have to say the 108 names of Shri Mahakali and use candle treatment for left Swadishthan chakra and left Agnya chakra, then say the 21 names of Shri Bhairava. Before going to bed say mantra for Shri Mahakali-Badrakali-Kali-Kalki-11 times. Then prayer: Shri Mataji now I'll go to bed, please take care of my sleep.

Q: *Low immunity, Low tension, Hernia*.

A: Weak immunity and hernia are problems of the left and right channel. You should put the candle in excess and warmed and unbalanced/heated the liver and right channel. You have to make the treatment to balance the right channel. For low tension you have to make the treatment with three candles.

Q: *Attachment for illness or Hypochondria*.

A: Shoebeat, 2 times per day, morning and evening, shoebeat your attachment and attention.

Q: *Allergies*.

A: It is left Nabhi chakra catch. Do not put ice on the liver because it is already lethargic. Say Shri Himalaya Chandrama 6 times, Hanuman Chalisa and pray: Shri Mataji, please balance my liver. Then say mantra Ya Devi Sarva Bhuteshu Sruti Rupena Samsthita ... during this time you have to have your hand on back Agnya chakra.

Q: *Insecurity related to the child*.

A: Say every morning - Devi Kavach, and evening – Rama Kavach, until the problem disappears.

Q: *I can not sit in the semi lotus position (meditation position) I have back pain*.

A: Take footsoaks. Then place both your hands on the back on Nabhi chakra and say: Shri Mataji, You are truly Shri Bhagavati, please remove my back pain. Then rub/massage the back with both hands in the Void area and kidneys, and at the same time say mantra for Shri Bhagavati.

Q: *Persistent head pain (migraine) and infections*.

A: It is a blockage on the Void chakra and Ekadesha Rudra. Say 108 names of Shri Adi Guru. Make a bandhan on the Void chakra, put the candle on the left Void and say mantra for the 10 primordial masters, and afterwards say the 11 name of Shri Ekadesha Rudra.

Q: *Problems of Mooladhara and attention*.

A: Say Ganesha Atharva Sheersha, make bandhan for Back Agnya and surrender. Say I am the spirit.

Q: *Deficiency of calcium in the body*.

A: It is a problem of Swadishthan chakra, left or right. Say the 21 names of Shri Saraswati Brahmadeva + Bhagawati mantra. Depending on the side that is affected (left or right Swadishthan) say mantra for specific chakra.

Q: *Insect bites*.

A: Use cocum and ginger. Make Cocum juice and put on the skin in affected areas and / or exposed to insect stings.

Q: *The inability/incapacity to have children*.

A: The mother should clean her right Swadishthan chakra with footsoaks and ice. Then say the 108 names of Shri Lakshmi. In the evening place subja seeds in a glass of water for vibrations before Shri Mataji's photo, and drink all the contents in the morning immediately after waking up.

Q: *Children do not want to meditate. What to do*?

A: Do not force it. Meditation is a process SAHAJ, spontaneous, can not be imposed on anyone. Ask them to sit next to you, in front of you when you meditate. Lift their Kundalini, put your hand on the child's back and tell that he or she is a Sahaja yogi. Their Kundalini will rise and they gradually began to meditate.

Q: *Guilt, lack of self-esteem, excessive pleasure of eating junk food*.

A: Do not eat junk food and do not give it to children! Make treatment for Left Vishuddhi blockage.

Q: *Water retention*.

A: Meditate and give vibrations.

Q: *Inability/incapacity to discriminate between Shri Mataji and superego*.

A: Do not use imagination in meditation, for example: we saw Shri Ganesha, etc.. This is the superego. If you see all sorts of things you are not in meditation. Hamsa Chakra is affected. Say mantra for Hamsa Chakra Swamini and prayer: Shri Mataji, please give me the discrimination to choose between good and evil.

Q: *Psychological problems*.

A: These are blockages of the left channel. Place a candle on the left Vishuddhi, and then say the name of Shri Vishnumaya and the 108 names of Shri Mahakali.

Q: *Problems with varicose veins*.

A: You should put ice on the area with varicose, then you need to make a physical exercise. The person who is effected should lay on their back, and then do exercise with your legs as if cycling. The affected person should avoid having their legs up for too long.

Q: *Leg pain*.

A: It is a block on the right Vishuddhi. You can eliminate the pain with ice on your right wrist and right Vishuddhi.

Q: *Hormonal and menstrual problems*.

A: Take footsoaks, say Ganesha Atharva Sheersha with attention on Swadishthan chakra.

Q: *Lethargic collectivity or lack of development for devotion*.

A: Use string burning, paper burning, shoebeating. Shoebeating has maximum effect, focused on the lack of quality (qualities) that we wish to improve or develop. Do not shoebeat the chakras name or the deities name.

Q: *Uterine fibroids*.

A: It's a block on the Swadishthan and Nabhi chakra. You have to use footsoaks, reading the Ganesha Atharva Sheersha. Then say the 108 names of Shri Mahakali and the 108 names of Shri Adi Guru.

Q: *Problems with retina*.

A: Put vibrated water from Shri Mataji on your eye with a pipette, several drops daily. Or place rose water to vibrate it in the front of Shri Mataji's photo and then put in the eye with a pipette, several drops, daily. In addition, you have to stay with your Back Agnya in the sun.

Q: *Poor vision due to weak eyes*.

A: You have to say the 12 names of Shri Surya.

Q: *Treatment for pregnant women*.

A: When a woman is pregnant she should avoid treatments; she should not give Self-Realisation because they can take/absorb catches very easy. You have to say Devi Kavach and 108 names of Shri Lakshmi / daily and have footsoaks everyday.

Q: *Cold*

A: It is blocking of the right channel. Footsoak should be taken 2 times / day. And read the Hanuman Chalisa, Rama Kavach and put ice on the liver.

Q: *Sleepiness/weariness during Sahaja Yoga programs*.

A: The problem is from the left channel. No more thinking about the past ever, abandon the past at the Lotus Feet of Shri Mataji's. Then use the candle treatment for the left channel and read the 108 names of Shri Mahakali.

At the final of the conference the doctor told to the audience: Do not go to the doctor, meditate well! During the seminar, she said that all the answers for health problems can be found through meditation.

COMMENT FROM THE AUSTRALIAN COUNCIL PLEASE NOTE: The advice above requires everyone to please use your common sense when applying these suggestions to yourself, if you are taking any medical treatments we advise you to continue doing so and if you have not already done so, seek professional advice especially if your health problems do not seem to be improving, or getting worse.

2016-0507, Presentation of Dr. Rai on Sahasrara Day - Medical Session

View [online](#).

7 May 2016

Campus, Cabella Ligure (Italy)

Presentation Of Dr. Rai On Sahasrara Day – Medical Session Nirmal Temple, Cabella Ligure (Italy)

Mr. Dr. Rai: (02:35) Jai Shri Mataji! First of all I would like to thank Shri Mataji from the bottom of our hearts for having giving us the chance to be here. I think this is a paradise on earth and we have the first time we are here after say 26, 27 years. So we bow down and say our pranams to Shri Mataji and also thank the management here, each you and... yes indeed, and others who have coordinated the whole trip for us to be here. And I also thank the hosting countries Austria, Czech Republic, other countries, who have been kind enough to give us a chance to be here and indeed our pleasure and our punyas to be here. I think we are not here to tell you or to teach anything. We are here to learn basically and I have some small stories with Shri Mataji I'll in the due course I will share with you and we are here to learn the dedication and the surrender of foreigners. When I say foreigner it is a respectful name in India and how you people have adopted Sahaja Yoga and how dedicated you are doing. We are here to learn about it. You always speak about that in India but we are here to learn all that. So nothing to teach but only to learn your love, your dedication, your sincerity and whatever little experiences she has – my wife. She has spent lot of time managing a centre – Vashi, and treating people. What little experiences we have we can share. If there are some problems, we can help you with. We definitely try to share our experiences. So it's a big... – it's our punyas to be here and we are indeed very happy to be here. Applause

Mrs. Dr. Madhur Rai: (05:12) Jay Shri Mataji. My most humble pronounce at Mataji's divine lotus feet and both of us thank you and the hosting countries for inviting us. To give it your – and as Dr. Rai has said. We will sharing our experiences and we would like to help you with what ever medical issues you have or even you have any subtle issues we can guide you through. So we are being at Vashi Health Centre. I would first like to share how I happen to be in Sahaja Yoga. So, the journey each of us have an individual journey. So the individual journey for me started with my marriage and I got to Sahaja Yoga as a blessing. It's my great father in law professor U.C. Rai. So we had an arranged marriage married and I was not practicing Sahaha Yoga. Non of my family members knew anything about Sahaja Yoga. But my husband's family was into Sahaja Yoga and I was guided into Sahaja Yoga. So my grandfather introduced me to my family and my family to Shri Mataji and mother selected me to be his partner. So when we sort of got, we got engaged and there was a time of a gap of one year. All what I'm sharing is with a purpose. So I tell you how it help me to deepen into Sahaja Yoga. Then I did not know Shri Mataji and I did not know any of the clearing techniques. I did not know meditation. What meditation meant.

But the only thing is before getting engaged I was introduced to Shri Mataji and Mother said: 'Yes, the girl is fine' and She told my father: 'Why you can get your son married to her?' And then they gave me a photograph of Shri Mataji and they said that you... – they gave a booklet and said you can meditate in this manner and in the book was written the foot-soak technique. So because none of my family was into Sahaja Yoga. So just looking into that booklet I use to make foot-soak and I didn't know meditation, but whatever issues would come in my mind I would be speaking to mothers photograph. So there was a gap of one year, he had gone to Libya after our engagement and then there were US sanctions were put on Libya. So it was a dark period. So whatever upheavals where there I used to speak on mothers photograph. Then finally when we got married after he returned back and we got married. So we were blessed and Shri Mataji came for our marriage reception.

And as mother walked in first thing She said: 'Are you happy now?' It was like you know, as if a continuation of a conversation. It was nothing like we are meeting first time or anything. 'Now, are you happy? Are you satisfied?' So I said: 'Shri Mataji, yes'. So then that made me understand that whatever I was speaking on the photograph, whatever I was sharing with Shri Mataji, with no introduction to Sahaja Yoga, not doing anything out Sahaja Yoga. When I was speaking to the photograph mother was listening and that is how I came to know what it is. Then after that many, many experiences but one that I would like to share is:

I have a cumbersome spine weakness so that would give me lot of back pain low back pain and I was to be a mother and the pain would be too much unbearable. So my father in law used to be with Shri Mataji. He use to go see Her quite often and my husband would also be going to Shri Mataji. And whenever they went Mother use to ask: 'Why does she fear?' So, they didn't know what was the fear in me. Then fortunate enough I got a chance to go to Her and She again enquired with me: 'What is cause of your fear? Why are you afraid? You yourself have done so many' – because I'm a medical doctor, '...you yourself have done so many deliveries. Why are you afraid?'

Then I said: 'Shri Mataji, I have this low back pain and it is unbearable'. So She said: 'Ok, sit down.' And She kept Her lotus feet on my back. Then She ask me: 'Are you feeling anything?' So something warm started coming away from my forehead. And then when I went back home 95 percent of my pain was gone. I slept and woke up and 5 percent of the pain was gone. Next day morning 100 percent of the pain was gone. So this way She took special care and during child birth also She gave a cloth and She asked us to make a gown out of it and wear it during the delivery time. It was Her blessing that my... – I had the child birth was painless delivery without any anaesthesia. So I had a painless delivery. And then She named the child 'Devdat' after the child was born when associate the sex. She ask me how it was so the 'gynaec' (gynaecologist) said: 'We have not given her any anaesthesia or anything and she is having a painless delivery.' So this is how She blessed me. So whatever I used to... – for me, you know, it was like if you have any worries just sit in front of the photograph, speak to Shri Matajis photograph and the solution comes, you know. The problem is solved. So, whatever I was speaking in front of mothers photograph, like a had this fear or anything. I was making the foot-soak. These people used to go, She use to ask: 'Why does she feel like this? Why is she thinking like that?'

So, I just want to share that whatever we speak on Mothers photograph... – because I get queries from Sahaja Yogis who have now come into Sahaja Yoga after Shri Mataji is in Her Nirakar Swarupa, that we have so and so issue. Might be because we have not seen Shri Mataji in Her Sakar Swarupa. We are not able to solve it. So this is the reason I wanted to share that Mothers Nirakar Swarupa and Sakar Swarupa is the same. Even in Her Nirakar Swarupa She is as strongly present as She is in Her Sakar Swarupa. So with this many of that experiences then we slowly came into like Health Centre She guides us into – my father in law was there then as director of Vashi International Sahaja Yoga Research and Health Centre, and after he left for his heavenly abode She brought us into Vashi Health Centre and gave us an opportunity to be there. And I came there and I learned, because till then I had never worked on any Yogi. I had never given realisation to anyone. And it was a break. I was a novice. But when I sat for meditation and I had two kids, one kid just 11 months old. And I use to just say: 'Mother, how will I do this? You have asked me to take charge, but I don't know anything. What I have going to do. I used to literally get an answer: 'You just do!' 'You just do!' And every technique, every clearance technique, the way it has to be done in meditation She used to guide me this is what you have to do and slowly, slowly She trained me through all the techniques. And he has many other experiences so then one thing that again about the techniques that I would like to say is: As I said that I was a novice, I did not know how to work on anybody. Because I've never done. I had only worked on my son and on myself.

During pregnancy as I said I was afraid because of this pain that I had. So my son, he use to catch cold very often. So Shri Mataji told and a... – because I became afraid, so my son's left side was weak and that is the reason he would catch cold very often. So She vibrated kerosene, She vibrated mustard oil and She asked us to give massage to child so that his left side would strengthen up. Just She would ask me to massage the vibrated mustard oil. Also once he had diarrhoea so She asked me to massage the baby with cow-ghee. I don't know, you know ghee? Clarified butter? It is the cow's ghee. She asked me to give a massage to the baby from the neck downward with the cows ghee and the diarrhoea got cured. So these are all small, small tips you know, like we picked up from Her interaction. And other things that She had guided us was like– She know that, She asks us to give us ourselves a head massage. Put oil on our head and give a massage. She said that we have to comb our hair backwards. Too much of ego makes us the small child did not have hair in western society also. So too much of thinking and planning so that makes us loose our hair. She asks us that give a coconut oil massage and there is also an oil which is called japakusum. (Dr. Rai spells the word). So once She vibrated that oil and She gave for hair. So we have to mix equal proportion of coconut oil and this japakusum oil and give a massage. So that helps with the hair loss, dantol (?) hair loss. Or pure coconut oil. So those two things She had said about the – for the hair She had said.

For small children if they have diarrhoea, then She had advised that we massage with the cows ghee, but not on the face, but from neck downwards. And if the child has gas in the stomach and stomach pain then the ajwain that we have – so the mother should chew the ajwain and then put the chewed ajwain on the babies navel, then with a warm towel put it on the babies navel. So the gas is expelled and the stomach pain goes away. So these are things which we would like to – because there been directly given to us by Her, so we share it with all the yogis.

Chew ajwain, mother has to chew the ajwan, put it on the child's navel, and then with a warm cotton cloth put it on the babies navel so the gas is expelled and the pain is redeemed. These are things that She said.

So coming into Vashi Health Centre as I said I was a novice, had no idea how to go about with the treatments. Now we all know that, when we work on anybody we go into an anti clockwise direction from the backside. When we work on the chakras, we work in a anti clockwise direction on the chakras on the backside. And when we are working on the front side we work in a clockwise direction. But I was not knowing this. So once... – but when I was working I would raise the Kundalini and the yogis use to feel their Kundalini coming up and even I could feel. Some others senior doctor told me: 'Madam, instead of anti clockwise you are moving your hand clockwise.' So I said: 'But I don't know that we have to do it anti clockwise. But the yogis are feeling.' Then it occurred to me that either whether you move your hand clockwise or anti clockwise – ok, we have to move it anti clockwise, but if your attention is on mothers lotus feet, even if there are minor things that we are not aware of, it works. So the main thing that is affected is our attention. So if our attention is on our mothers lotus feet and – because I knew nothing about Sahaja Yoga. I knew nothing. So I use to just sit there and do whatever I knew. I use to just raise Kundalini and do Shri Ganesha Atharva Sheersha and it use to work out. So it is our attention and as She has said in many of Her lectures and puja talks that the more empty you are – like the flute – the more She can work through you. So too much knowledge I think will hamper us and just in pure surrender and what you say, innocence, when we work on anyone it works out very beautifully.

So, this is how we can say at Health Centre without knowing much, I was just doing as She was directing and it worked out very beautifully and I just thank Her from the bottom of my heart for everything that She has helped us with and for our spiritual growth. So seeing this I will give the Mike to my husband. He will share some experiences and then we will take up any queries you have and we can also guide you through what you say, at the most of you might be aware of the chakra catches and what it leads to. But if you would like us to just...

(22:40) Mr. Dr. Rai: They can have some paper and they need not write your name if you have anything to ask her for clarifying. You can write small papers and give it to them and slowly they would bring us. On small paper you can write. You want to write your name it is o.k., but if you have some problem or you know about some problem you can write and give it. Meanwhile I'll tell you as she is saying about the procedures and all. What I'm observed in Sahaja Yoga that we then go on extreme with procedures and techniques and rituals. And I was just... – I keep on reading or watched Shri Matajis talks and all before coming here I was just reading a talk where She was telling a yogi that there is no technique in Sahaja Yoga.

There is no technique. Once I was speaking on Sahaja Yoga seminar. I was very new to the Health Centre. So the first time 2001 weekend they took me to... – in India there is also a World Trade Centre, so they took us there. I was speaking on Sahaja Yoga, so another Yoga (practitioner) is there. Raja Yoga or someone. The guy was from that yoga and he got me, said: 'You are speaking everything. What is the technique? What is the technique?' Now when you say there we use Shri Matajis photo and you do this, so then this scientific people or the logical people they start then arguing it. And there was a big crowd. There was an exhibition going on and they have given us a hall, there were a lot of peoples there and this guy started engaging me in conversation: 'What is the technique?' So then I said: 'There is no technique? What is the technique of a mother teaching her child, you know. How he walks, how he dresses, how he trains for his toilet-techniques, he trains to speak. What is the technique how a mother gives it to her child?' I said: 'The technique are natural to you. If you have to evolve, if a child has to grow it has to be in his mother's care. So if a person has to evolve spiritually you need a mother. And the biggest guru is your mother, whether you are in human form. For the child the guru is the mother – a normal child. And for spirituality you need a guru and Shri Mataji is our mother and our guru. So they will engage you in technique but then in one of Shri Mataji's lectures She says there is no technique. It's just the vibrations. The way you get to know the vibrations correctly.

There is no technique in the sense: This is Shri Mataji what She has told in one of Her pujas. That on an eclipse day, on an eclipse day was a very auspicious day according to the Panjan. In India they have these days which are very auspicious. So had they marked a very auspicious day and the foreign yogis had kept that day as puja. And when they saw that day also had a solar eclipse, some part of that day. So now the yogis got confused and they said: 'Mother, it is written in scriptures that this day is so auspicious in the calendar that if you do a puja on this day it will give the benefit of say doing like one hundred pujas. There are certain days in the Indian calendar when they are so auspicious that you do something it is hundred times. But on the other hand it's a solar eclipse for some time. Five, seven minutes! So 'Mother, should we quit the puja? Because solar eclipse is just a small thing for seven minutes it will go. The day is so auspicious that it will give us the punya for hundred pujas.' So now Mother said: 'See, use your subtle knowledge to settle this. The scriptures are saying the day is very auspicious. You want to know what to do. So go to the subtle side. Go and see the vibrations.' And mother said: 'Now, if you see the vibrations your right side starts getting hot. Know it is not good on solar eclipse to do a puja. And you know within minutes. Otherwise you will concern ten books, you will go to scriptures, you will go to different people and ask them, it's on your own hands you will tell.

And there She says there is no technique in Sahaja Yoga. It is if you can become subtle and use your vibratory awareness that is the only way you will be guided towards the truth. So as She is saying, we need to do these processes like clearing but if in innocence, if in surrender you are doing something in pure surrender to Shri Mataji even if it is wrong, the procedure is not correct, clockwise or anti clockwise, whatever it is, it is going to work out. It is going to work out. The dedication, the love, the innocence to Shri Mataji to talk like a (child)... – this is my personal experience. On the photograph I talk to Shri Mataji as a normal child talks to a mother. Very, very normally and 95 – 97 percent of the things work out and those 3, 4, 5 percent they don't work out I know, it's because for my good. Because as a child you don't know. You ask for certain things which are not good for you. But if you innocently talk to Shri Mataji as if She is your mother and you are just asking Her: 'Mother, this is the problem – this is so and so. This person is asking for so much money. He is my friend, I have to give him but I know he may not return. What should I do?' It will be so nicely this thing that, it will be so nicely settled that you will not have any problem.

Otherwise, so either you are very good in vibrations, your subtle system is very clear and you have a very, very consistent vibratory awareness. But my experience says to have a consistent vibratory awareness all the time is not possible all the time. So the next stage is – the next thing one can do is, you're not very sure on vibratory awareness, you can be like a child talking to mother's photograph and it is very, very effective. Because She has said in one of Her – in one experience as a????

So, there was this – he is still there. There is this yogi in Pune who is very, very young, is now middle-age but he was very young ten years back. He's father was very sick. He certainly got him to the hospital, to Vashi. Then he was choking, almost choking here. (Mrs. Rai) used to look after mainly Sahaja Yoga things and management. I used to look after modern medicine problems and Sahaja Yoga and try and see. So they called me: 'See, this person is so sick. He may die any time and they want to put here and we don't have any medicine here in this place.' But I was attached outside to a modern hospital so I always had that backing with me and I was staying in the centre. So any person who was very sick I would take him to a hospital outside, managing and bring him back. If he needed modern medicine. So this guy started pleading that: 'Please keep my father for one night and taking him for operation tomorrow.' So I said: 'But he might not survive, you know, he is choking.' He had a cancer of the throat and he was choking. He was a lost case almost. There is no more... My surrender is that let me just keep him for. Baba, but he will not survive till morning! So I said: 'A few hours you keep. I, when I – I'll take him. Ok', I said, 'few hours I keep'. So I was on the guard. I was there in the room. I said: 'if something happens I will put him.'

So after one hour he started choking too much, so we moved him out. He went to the army hospital. A big army hospital and a very, very famous surgeon of the country was to operate on him. So they took him to the operation theatre. Now, this guy is a very innocent Sahaja Yogi. Is a young person who is an IT-professional, who goes to his office but very very innocent. So he told this senior army doctor. He gave a photograph of Shri Mataji and he told: 'That kindly keep it in operation theatre'. So he said: 'How, we don't keep this photograph in the operation theatre? This not done.' So he started folding hands and pleading: 'Please give mother's (photograph) while you operate'. So he told one of his assistant: 'I don't know who's photograph he has brought. Just keep it somewhere by this man. I don't know if his father will survive or not?' So why make him angry otherwise, you know.

Just keep it.

So he kept and the operation went on for two, three hours and it was a big operation, surgery, and when they came out he went and says: Doctor, how is my father?' He says: He is quite ok actually but who is this ladies photograph you gave me?' He said: No, no. She is my – She is Mataji.' Your mother?' Yes, yes, my mother.' Then he says: Is She your real mother? Your worldly mother?' No, no, no! She is Shri Mataji and She is my guru.' He (the doctor) took him to his room and he said: Tell me more about Her.' And he is a very modern scientific surgeon who is not in any spirituality or anything. So, Yes sir, what happened? Why are you asking me? I will tell you, but why are you asking me, because you would not keeping the photograph inside the theatre.' He said: No, no. Tell me who She is?' So he said: ,She is Mataji Nirmala Devi. She is this, but why are you asking me?' He said: You see. I had seen your father. We have investigated and there was a 13 centimetre of growth. There was a 13 centimetre cancer was there. From here to here. And when I opened up I could only see three centimetres, I don't know where the rest has gone. So I was totally amazed. What have you done?

So he said I pray to Shri Mataji and She must have done it that. He says: Not only that. You see, when I opened up it is this thing. First of all I could not see the cancer. I could only see three centimetres, where is the 10 centimetres gone, I don't know.' He said: Secondly when I started going beneath the cancer trying to take it out, I couldn't understand all the structures what – you know, they had matted together and I couldn't find any way how to resect through them. And then when I was lost how to do this, because it has got all matted I looked at the photograph and then this photograph guided me how to operate. And I have gone as this lady was telling me how to go and I've operated.' So he said: How is it possible?' So he said: I looked at the photograph and I asked and then the photograph started guiding in the surgeon.' He saw the photograph again and he says: Yes, yes, this is the way', like there was some directions given to him. Go like this! Got like this! Go like this! Deeper! Do this!' So he was very amazed and again he looked at the photo and he put it there, where he could see and the photograph appeared to him that is start – it spoke: Do you think I'm this photograph only? Do you think I'm this photograph only? Do you think I'm a photograph only?

So he got amazed and he says: No, no! He says Not only the cancer is now one tenth what it was. She has guided the operation. She has done the operation and kindly tell me who She is and tell me what you are doing and what is Her process and this.'

So, Her photograph is so powerful that it – even to non Sahaja Yogis you know. And the message out of it is, when we see the photograph – when we see Shri Matajis photograph we have to know that, that this is not only the photograph. This is live Shri Mataji there. They put us in Kesa [vague?] forming for staying [...word uncertain]. Every photograph I am seeing wherever I am going be it sitting to meditate, it is a live photograph. It is a living, it is a... – Shri Matajis power here is living. In the photograph I just feel any time the eye will blink and I know if it blinks then I'll faint so it would thought me. But it feels any moment it will blink, the eye. You see the eyes of my mothers photograph. Even this photograph. Even this photograph. It's absolutely life photograph. Photograph that I'm not been to castle yet. So, photographs of Shri Mataji, specially those photographs which have been prayed on, which people have prayed, have done pujas and prayers and are in vibrated places. My experience is that they are full of energy, they are living photographs.

And this is what that surgeon told. That mother from the photograph told him: ,Do you think I'm just a photograph? This is just a photograph?' Its not just a photograph, its a living – Shri Mataji is there and She guides. So these are some of the things I thought I should tell you.

Mrs. Dr Rai: So, he has another experience I just stopped [? word unclear] him. You know, because when we came to Health Centre as I said we were novice, we didn't have much – in the sense that we have faith in Shri Mataji, because mother ask us to come so we just came. But we didn't have any personal innocence that working with any yogis, any experience. So, very gently you know Shri Mataji took both of us into all the experiences. Both of us are medical doctors but he being the specialist so any medical tradition he use to care of. So there was a patient, you know, he use to vomit after he would take the food. But again the yogi was so dedicated and he just said that: Now I will come to Vashi Health Centre and I'll be cured'. But my husband he would hear this and then he went and he checked on the patient and he advised. I think, I'll ask him to tell you.

Mr. Dr. Rai: Yes, also this, from my room the opposite gallery this patient would vomit in the night at two o'clock and I would get

up and see. He would retch a lot. I told her: 'What is the happening to him? He is not ok.' So I went, I saw him, I said: See, your food is getting stuck in the stomach. The pipe after the stomach is getting blocked. Whatever you eat, two hours later you vomit.' He said: 'No, no! I have shown to the top doctors in UK and in my home place in Indore and all and everybody has done an X-ray and CT scan and they said: Nothing is wrong with you'. Again next night he is vomiting. Food is at 8 to 9 and he is vomiting at 11-12 o'clock in the night. Again I tell him: 'You see, you see a doctor again. This is a medical problem you are having. A structural problem. Your stomach pipe is burst is getting that...

He said: No, no, no. I have come to Vashi not for medical advice but for spiritual treatment. I will take this.' Third night again he is retching. So I said: 'Take my word. You go to your...; make a pledge go to any specialist. You tell him that we have been told this.' So he went to his hometown. They did this X-ray again and the said: 'Yes, you have a blockade here and we'll operate on you and we'll do an emergency operation. It is good that you came, otherwise you could have bursted by now.' He phoned me, he said: No, no. Doctor they are taking me to an emergency operation and what I should do. I came for Sahaja Yoga treatment.' I said: Don't worry. Whether it is Sahaja Yoga treatment or it is homeopathic treatment, or it is Ayurveda treatment, or it is Unani treatment, or it is Chinese treatment – don't worry about the treatment. Everything Shri Mataji is going to work out. So you surrender all the treatments, all whether it is Sahaja Yoga treatment. Any of this treatments including Chinese, Unani, Ayurvedic, Sahaja Yoga – all those things, they are known this rituals or these medicines, or these sugar pills or these modern medicines are not going to cure you. It is you surrender everything to Shri Mataji and that I told him we do it in the centre.

When we are giving Sahaja Yoga treatment we all say: 'Shri Mataji, you cure the patient', and that is how it works. So you surrender and you go. So he surrendered this thing and he said: Mother, you wear that mask and this thing', and when they were operating he felt that Shri Mataji has come with the mask and then they anaesthetised him and he was unconscious and they operated and he went out and he recovered very fast and then he was very happy. So, I lost touch with him. He went to his hometown. He got this thing vision that Shri Mataji is operating on him. Once he had talked then I told him to surrender to Her. After three four month pass he never talk to us. He was hale and hearty doing his job and Sahaja Yoga and then one fine day a letter comes to me and in that letter he had written: Doctor, thank you so much for guiding me properly otherwise my stomach would have be bursted and the doctor was saying you have send me in a proper time an all.' I was just – I said: Ok, that's my job to see a patient and to tell him what to do. Is I'm trained for that, that is my job. If a professional cook cooks a food, you cannot say thank you every day to him because it's his job. He is cooking the food.' So I said: Why is he thanking me so much', you know. It's my job. I thought it was different so then I phoned him. I said: Why are you thanking me so much? There is nothing to thank. I saw you, I send you, this thing.' He says: No, no, no. Actually, I got all right and then I forgot about everything and then I got a dream and Shri Mataji came and in the dream he is shown: Have you thanked that Vashi doctor who send you to the operation? Have you thanked him or still you are waiting?' He said: 'That is why I have written and sent this letter.' These are the ways of Shri Mataji. In this way it is not that I'm pride to say that I have done something great.

What She showed me was that I was always confused. Sahaja Yoga – modern medicine. Sahaja Yoga – modern medicine. Now, people come here for Sahaja Yoga treatment, at time they have to give them modern medicine, because there is an emergency. What to do? Mother, am I going against? So with these experiences I was told that sometime emergency time you need modern medicine and it is in no way against Sahaja Yoga. So, because we were the guiding people there, we have to tell what is right, what is wrong, whether you should continue with Sahaja Yoga or go with modern medicine. So these experiences now they think that you sent a letter of thanks was a confirmation to me, that that patient I sent for surgical treatment was the right thing. I had not gone against Shri Mataji that we could have continued with that and not sent her. So that letter sent to me was a confirmation that I did the right thing, you know.

So, slowly we learnt and then at other times I had the privilege to talk to Her and I ask: 'Mother, this is a dilemma. Whether to do this, Sahaja Yoga, or to do only use Ayurvedic with Sahaja Yoga or to use modern.' She told me: see, modern medicine and Sahaja Yoga they are not fighting with each other. They are in parallel to each other.'

There are certain diseases like left sided diseases. If you have a left side disease like depression, like – all this left sided problems: schizophrenia, depression, mental problems – Sahaja Yoga is very good, because modern medicine has no answer to them. There is no answer to them. See, this psychosomatic diseases, that psyche, your psyche, when it causes diseases. So

there is nothing in modern medicine to cure your psyche, except to give you some drugs to sleep. That is all. But She said for right sided, for right sided. Supposing you are going and you fall and you have a fracture or you have an attack suddenly. She says then you should take the help of modern medicine because everyone's Kundalini is not that strong that immediately it can go to that place and clear your chakra and all and your life is at risk in minutes. Take modern medicine. They have developed more concrete right side problems. So if you have those particular things take to them. So She said: 'They are not fighting each other. They are not in opposition. They are like parallel to each other and each should take help of the other.' So that is how you know we started using modern medicine when it was needed and we would tell people who would become little more fanatic that know at time you need this. But for psychosomatic things and to deep cleansing yourself so that even you don't have right sided problems, you do Sahaja Yoga. So we have some papers here which you can see (note: for writing down questions).

(45:58) Mrs. Dr Rai: Before going to these questions I would just try to cover the major issues that we have. That left side as we known, it gives us anything that is, like if you have a drop in your

blood pressure which is got hypotension. So anything that goes down. Which gives you anaemia, hypotension, anaemia, hypothyroid, so anything – or even cancer. These are all left sided issues.

And the right sided issues, because it is the sun channel, so we have everything that is going up. You have hypertension, high blood pressure, you have diabetes, you may have a heart attack. Myocardial infarction, so anything when the sun channel is overactive it gives more heat in the body and causes 'hyper' – it goes 'hyper'. So in a critical, speed, insomnia, so all these are right sided issues.

And the clearance technique basically the left side we know, it is the – we do the three candle clearance. When we meditate we put our left hand to Shri Mataji, right hand on the mother earth to balance the left side. And the three candle or when it is a very strong catch then we do the camphor clearance. So those other clear and the shoebeat is to work out any badhas that are there, so that is also a left side, the shoebeat techniques is also effective. We use lemon and chilly's, we do the lemon-chilly treatment, the matka clearance it is also a left side. It has done for seven nights. Here in the west we do not get a clay pot. In India we get a clay pot which is called the matka in which we put seven lemons, seven chilly's, vibrated kumkum and vibrated water. So here we can do it in a paper bag, you vibrate and – we have to first raise our Kundalini, take a bandhan, keep our left hand to Shri Mataji, right hand you keep on the lemon and chilly's and to vibrate it and we read Shri Mataji Nirmala Devis 108 names. So we read mothers 108 names and then we pray to Her to vibrate the lemon and chilly's so that it helps to clear out all the left side imbalances in our subtle system.

This is not we keep after it is vibrated, we keep the bag under the head end of our bed and you have to open the lid, if it is some – the clay pot, you open the lid for seven nights and if its a paper bag again you can open it for seven nights and on the morning of the eight (day) you have to dispose it off. If you are using the clay pot, we do not use it on the new moon night, that is called amavasya' in Hindi. So that night you should not open it because the negativity is very strong. So on new moon do not – if it comes in between the seven nights, so do not open it on the night of the new moon. So that is one issue Gregoire asked Shri Mataji that whether we can use it on the new moon night or not because She has said that on new moon night we have to pray to Shri Shiva and full moon night we have to pray to Shri Sita Rama. So those two the nights are the nights when people use it for negative workouts also. So She said: 'Don't open it on the new moon night.' New moon night She has specified that don't open it, so also has a precaution we do not open it on the full moon night also. Those two nights.

So the left side clearance is done like that and the right side we know, we make the foot soak and we meditate, we keep our right hand towards Her photograph and the left hand towards the sky to balance the right channel. We can use ice pack on the right Swadishthana, on the liver and on the right agnya. So during pregnancy we do not use the ice pack on the liver, but we can put it on the right agnya and the back agnya. So during pregnancy we do not use the ice pack directly on the liver. We can use it on the right agnya and the back agnya.

These are the basic things and – the diseases that come, so if is right sided the mooladhara chakra is there, then it leads to constipation. If there it is too much heat on the right side of the mooladhara chakra it leads to constipation. So we can make foot

soak, we can keep the right hand towards Shri Matajis photograph, left hand towards the mother earth and we can do the Shri Kartikeya mantra. So that helps to clear the right side on the mooladhara. Shri Kartikeya! So at deity of right mooladhara Shri Kartikeya and also make the prayers. So when the right side is overactive not to do too much of mantras but you can do the prayers, so that helps. So developing bhakti, singing songs, doing puja to Shri Mataji, so that will help to balance the overactive right side.

And then if the Swadishthana chakra is overactive we get the kidneys affected, so diabetes is a condition which is quite rampant all over the world. So the diabetes is there when the right Swadishthana – it has a combination catch of the right Swadishthana, the left nabhi and the agnya chakra. So these three main chakras need to be worked out. And then if there is acidity problem we work on the nabhi chakra. So these are the main... – and if it is a left sided issue then as I said if it is, like you have the hyperthyroid so we work on the left vishuddhi. If it is a cancer we work on the left side and if it is a throat cancer so you do the left side clearance, the matka and the three candle clearance. And always when we make the three candle clearance, of course here in the west it is quite cold, but Shri Mataji does ask us that to keep the window open so that the negativity can go out. If it is possible have the window a little bit open so that the negativity can go out.

So we keep two candles on the altar. When you meditate you keep it one on the back side of the left Swadishthana and when you are working with the candle on your chakras so you will find that the candle that is kept in front of Shri Matajis altar goes pop, pop, pop', so that negativity is working it out. So She says that keep the window open so that it can go out. So with that take this questions.

A Yogi said: Left side'.

Mrs. Dr. Rai: So as I said left side catches, left nabhi, left vishuddhi, we do this with the candle and you know the left vishuddhi – too much of ego, because the ego and the superego they both suck into the vishuddhi chakra. So if we have too much of superego it sucks into the right vishuddhi and you will get blood pressure. If there is too much of ego then it comes into that of vishuddhi and you may get a thyroid. So we have to see that like – on vibrations we are not equipped to decipher. Have your vibrations checked by somebody who can check it out. So when there is a left vishuddhi also try to work on the right agnya by putting some ice on the right agnya. So when there is a left vishuddhi catch also consequently work on your ego by putting ice pack. If there is any ego then right balloon reflat.

It is you know, once Shri Mataji told us Sahaja Yoga is 'sukshma', it is very subtle and it is very deep. She said it is very deep and it is very subtle. So you know, we have to learn to maneuver it, but again there is a very simple solution, because when we are working out and it does not work out, in the sense that the catch is there and it is not going. So a very simple prayer is: 'Shri Mataji, I'm feeling this catch on my subtle system. So whether it is mine or whether it is coming from the collective, you please clear it.' And it just works out. So very simple you know, because we try to work it out so much; we are doing candle, we are doing shoe beating, we are doing everything and it is not working out. And you just make a very simple prayer: Mother, I'm feeling this catch on my subtle system. So whether it is mine, it is coming from the collective, I don't know from where it is coming, or from the outside world.'

You know, like when there was this 9/11 what do you say incident or there was a tsunami, we would feel the catches again because we do not know what it is. But we felt like, o.k. now I think some position has come to me, I'm feeling the mooladhara catch I got and it is not going away. And next day you open the newspapers and you see the tsunami, you know. So, then slowly we learned that o.k. when you are feeling something on your subtle system it does not mean that everything is yours. So now mother has made us the instruments like we are like the radars, we can catch, you know. The radar can catch the vibrations. So your subtle system becomes capable of catching of whatever wrong is going to happen. Then we start to pray: 'Shri Mataji! Mother, I'm feeling this, whatever it is, whatever negative attack, whether it is coming from some terrorist, (...) antisocial element whatever negative is going to happen, You please stop it. You destroy whatever this negative and so with our prayers She has made us... – She said that you have to pray to the Devi, so we have to pray.

If we are able to become something, we have to pray to Her to help the community. It is not just, now we are not just restricted to

ourselves. We are globally. We have to see that we are able to preserve this beautiful shristi, the world, the creation of Shri Mataji. She has made us strong instruments to be able to globally preserve and carry on with Her work of spreading the divine love. So if we are able to become anything, if we pray it works.

Mr. Dr. Rai: So there are lot of ways and I think, there are lot of common things. We let her go through it and meanwhile I'll tell you a small incident with happened with Shri Mataji in Pratishtan. And there is something to do with the formals that's why I want you to tell you here that Shri Matai once called us to Pratishtan and said that: Ok, I will tell you about diseases. How they are happening in the body and so She made us stay there for 20 days in Pratishtan. And each day I will go in the night and She would sit on a table. I would sit down and write and she (Mrs. Rai) would just sitting between me and Her. Night from 11 to one or two o'clock. So one day She was dictating the things and She said – She was telling me how the right side gets heated and the Swadishthan gets heated, and the heat comes on the pancreas and causes diabetes. Then it comes on the liver causes overactive liver, then it comes on the vishuddhi, it causes blood pressure. So, all things She was explaining. And then I was writing and just smiling and writing. I was very young. I was not too much believing in Sahaja Yoga. I was... – but since my father was quite into this and She said: 'Send your son here.' So I just went with her. We had recently married and since She had fixed the marriage and it got done so we went.

I was just smiling and writing something. She said: 'Do you think I'm an old lady, grandmother, telling you some stories and you are writing it?' So I said: No, no, no. I know mother, you are a great guru and...' But do you recognise Me?' I said: 'Mother, I recognise You as a great saint and you are a global person and this...', I started speaking like that, but I got little afraid. She says: 'Do you think I'm a grandmother telling you stories?' So I said: No, no, mother, you are a great person.' She says: 'But you should recognise Me!' So, I said: Mother, I should recognise You, but then for that recognition You have to give me some experience.' No, I have giving you lot of experiences.' So I said: Yes, but they were like this... – so, I want something solid experience.' (everyone is laughing). So She saying: 'What do you mean solid experiences?' So I telling: 'Mother, the kind of experiences You give to Your western Sahaja Yogis, the foreigners.' So She says: 'What experience I have given them?' Mother, I meet them. You send me on the train tour around India so there were about 200 foreigners, I met lot of them. And they have great experiences.' She says: 'What experiences?' I said: Mother, somewhere in the west You were on the stage. Now this lady was telling me that she went on the stage and she gave You flowers and as she looked in Your eyes she saw the whole universe evolving in Your eyes.' She is laughing, She is laughing (and said amazed): 'Oh, she saw the universe in My eyes?' Yes, inside!' I said: I talk to another Yogi from west and he said, the first time Mother doing some programs in Caxton Hall or somewhere he told me: 'And I just entered that hall and I saw those great clouds like thing coming to me and hitting me here. Then hummm my Kundalini went and tschhh... – it went to the ceiling.'

So She is laughing: 'Ohh, so it went to the ceiling?' I said: Yes, yes!' These are the experiences I said they have.' 'So, hm!' So She says... I said: Give me some unmistakable experience so that then recognition will go very...' She says: A [... word incomprehensible] miracle or something.' So She says: 'So many miracles happens in your life, but you take them as coincidence.' I said: Mother, not very great miracles. They have not happened because...' No, they have happen but you think it is a chance.' I said: Ok Mother, but not like the foreigners You give me', you know. She says: No, no. I give it to you also. I give it to the foreigners also. Problem with you people are that before you come to Sahaja Yoga you have gone to hundreds of this false gurus. Because in India everyone goes to gurus and they go to spiritual persons, everyone parents are going. So they say you have gone to hundreds of them. So when you come to Me you had minus 50. But one thing with the foreigners are that they may be not spiritual, but they are not going to false gurus most of them and they are not going go tantriks. They are not doing some occult practices. So they come to Me, they are at zero. So from zero when they get the experience you go there. But form minus 50 the first 50 experiences you just to come to zero. (Everyone is laughing).

So I said: Yes Mother, they are very dedicated people I saw on the train. 20 days I was on the train tour from New Delhi, Jaipur, Jodhpur and all this, Gujarat, Dwarka temple to Pratishtan and then to Ganapatipule. So She had send me and She had instructed me: Go and see how dedicated and deep the foreigners are. Be with them and you'll learn.' So I said: Mother please! So give me some experience like this, you know.' So She says: Ok, but you take everything as chance.' And it was night 01:30 and then what She did was, She was telling me and I was just writing and also recording on a tape recorder nowadays you don't get. I was that one with two cassettes, two small rolls in that. So I was recording it. And She looked on that side. I was sitting here. She looked

that side on the ceiling and I was just telling Her: Mother, give me some experience, some thing unmistakable. So then my problem of recognition doesn't occur again, you know. Then I recognise You!

She is looking at that side and suddenly She turns Her face and you know, just puts Her eyes in my eyes like this and sees. One, I think two seconds, three seconds the eyes starts increasing in size, the face starts, you know. Becoming bright and She were like this, you know. She were like this. Then She says: No, no, no, ok, ok, ok. Take the water!' There was some water like... (laughing from the audience) and then starts looking the other side and then She looks at me, She is normal and She says: It is late night. You have taken the water and you go and sleep.'

So Shri Mataji gives you the experience according to your preparation. How much you can take, you know? Maybe She was trying to give Her Darshan or some glimpse of a Devi but I was not prepared because whether I was that kind of a material nor I was dedicated nor I... But I was requesting Her again and again that give me some undoubting, unmistakable, and I cited all the foreigners experiences. So that is one thing that She gives you at what level you are and then when you increase your level then the experiences also thing... And second thing good about is that you people are not going to so many gurus. In India it is a trend that everyone goes to a guru. And that is why we get blocked, blocked, blocked.

The first time when father took me to Shri Mataji. She just saw me and She says: 'So, he is you son. What does he do?' He says: 'He is a doctor'. So She says: 'Just come, sit here.' I sat there and She says: 'How many people are sitting inside your – this place?' So I said: 'What? How many people sitting inside?' So I said: 'This is this'. She called me and She put her whole foot in my – this thing, from my tummy to this and started pressing inside. So I took both my hands at the back. You know, like this. And I was like this – and it was four minutes, five minutes, ten minutes and I said: 'How long can I, you know, tolerate Mothers pushing... – what is happening baba? And I am you know, with a tie and a coat and all a modern medicine doctor was gone, first of all I'm sitting on the ground. Then somebody... So, I said: 'What is happening?' My father is saying: 'No, no, no! Wait, it is very auspicious. Mother is treating you.' I said (little stressed): 'But I cant hold that long!' So She is telling my father: 'See, how many of them are sitting there? How many of them?'

So, then... Because my father was going before so many times. So, this is the problem with the people in India and this thing. That we have so many of these tantrics. Because my father before coming to Sahaja Yoga he was a seeker. He was a seeker, so he used to go to any spiritual person. A guru use to come, you know. The so called gurus. So they use to come to our house and they were nicely fed. My mother would make ten dishes for them and my father would insist make some so and so person has come, very great saint from Rishikesh, from you know, Himalayas has come and we were also touching their feet and everything. So, in due course there was this thing. So the whole thing your Kundalini goes fifty down, you know. It goes minus 50.

So Mother says to bring it to zero takes a lot of effort and sometimes he has to make personal effort for that. It may not be. So that is why She send me on a train tour to see how great and dedicated the foreign yogis are. And that is why the first sentence I told you that I have come and learn here from people not to tell anything but just to learn. That in spite of having any experiences, in spite of not knowing any shastras, in spite of not knowing any puranas, in spite of not knowing any Ganesha, or Shiva or any of this. How you have picked it up, its real amazement for us. You can have some questions.

(70:06)

Mrs. Dr. Rai: So there is a question for about anxiety attacks and depression.

It is both. Anxiety is coming from overactive, you know. It is a ego. Your Agnya Chakra is working it out, is overactive and depression it is a left side issue. So, working on the left side and for the Agnya working on the Agnya as well as too much of thinking also will lead to this condition. So both the left and the right side need's to be worked upon. The things as I have said, the Matka, the candle treatment, the shoebeating. You can also do paper-burning. All these will help the depression. And the matka, that is the clay pot, the lemon and chilly treatment. Just be careful and do not do it not on a new moon night. This will help you and you can also look through the candle flame to Shri Matajis Kumkum. So don't meditate with your eyes closed, because you may go into too many thought processes and the Kundalini will not rise. So to clear the Agnya look through the candle flame on Shri Matajis Kumkum, Mothers Bindi and slowly as the thoughts lessen then you can close your eyes and

meditate. And the right Agnya, you use ice for the right Agnya because too many thoughts are there, so the right Agnya you can use the ice pack and you can do: Om Ham Ksham'. Om Ham Ksham' will help to clear the Agnya Chakra.

Then question of hypertension in Sahaja Yoga. So hypertension it is a right sided issue. So we have to relax and that will help us to clear the right side. So it is coming from the right Vishuddhi. So we need to clear the right channel, we use the foot-soak technique and ice on the right Swadishthana.

So once you know this right side – too much of right side one again experience that I had with Shri Mataji was I had pain in my right knee. And I had gone to the doctors and they said: 'Ok, you have developed osteoarthritis.' And I was in a condition where I could not sit on the ground you know. And Shri Mataji came to India and She was in Mumbai. She was staying in a hotel. And they ask me to be in service of Shri Mataji. The Mumbai leader ask me to be in Shri Matajis service. I said: 'But I could not sit on the floor, you know. How will I bow down to Shri Mataji? It is very difficult.' But they said: 'No, no. There is nobody else. You have to be in Her service.' I said ok and then I went and it worked out that I could make Pranams to Her. In Health Centre all the yoginis I see who have been there they know that we use to have the early morning meditation at 8 o'clock. At 8 a.m. in the morning we use to have the morning meditation. So whenever I was in Shri Matajis service at 8 a.m. She would call me. You know, it was... the 8 a.m. Slot time was... – She had fixed it for me. So when in Sakar Swarupa whenever I was in Her service at 8 a.m. She use to make it a point that She would call me. So at the same meeting I was in front of Her and I bowed down and took pranams to Her and She ask me: 'How is it going?' So I said: Mother, everything is fine but I have this right knee pain and the doctor said that it is osteoarthritis.' So She said: 'Its the liver!' But I said: 'Shri Mataji, I don't think'. Then She said: 'Then what it is?' If you do not think then what it is?' I said ok. The internal dialogue is going on all the time. When you are so think, that you are in charge of some work of Sahaja Yoga, you think that you have to do your organising so the internal dialogue is going on.

And then She said: 'Ok, keep your right hand towards Me', so She made me keep my right hand towards Her and She said: 'Keep the left hand', so I thought, I put it on the liver. She said: 'More down', and then She said: 'More down!' So I very distinctly remember my left Nabhi finger, left hand, it touched the right Swadishthana and as it touched I can not describe you the flow of vibrations that I felt in my right hand. It was like the Ganges flowing. And a blast of cool breeze was flowing from my right hand. And I just say: 'Mother it is flowing!' And I should not have said it, because as I said it, it stopped. But you know, She has given very deep experiences at different, different occasions and also get when She said: 'You meditate like this. Keep your right hand towards Me or towards My photograph and the left hand on the right Swadishthana. So all the issues of the right side – that is how I have meditated in that manner for I think for one and a half year or so. And it went then also, whenever the right side goes up I feel the pain in the knee and if I sit in the foot-soak water and clear it and then meditate, so my knee pain goes away.

So we know the thigh is the right Swadishthana and knee is the nabhi chakra. So the pressure of the Swadishthana chakra falls on the knees that is how we think when we are [...] with knee problems, knee issues. So if it is the right side, it is the right Swadishthana, if it is the left side, it is the left Swadishthana. So if you work on the Swadishthana chakras you will find that your nabhi problems are also getting solved. So that how it is interlinked, you know. So we worked also – and also we have to make the prayers with the heart. Just not lip service. 'Shri Mataji, I'm not the doer. I'm not the enjoyer. Verily You are the doer. You are the enjoyer. Please take there of God my monetary, family issues. And we find the knees are completely light. Whether we are doing our individual works or we going to our individual worldly issues or doing Sahaja Yoga works, we have to repeatedly make these prayers: 'Shri Mataji, I do nothing. Verily You are the doer! You are the enjoyer!'

You know it is – it is become not an individual responsibility of all of the Sahaja Yogis. Just the other day we were you know, this Whats app' just we receive Shri Matajis messages or on emails, so in one of Her puja talks she has said that: 'If one finger is not all right then the whole body cannot improve.' So, only curing one finger is not going to cure the body. We have to cure the whole body, so all of us have to improve. Only then collectively we can grow. So it is individually all of us will have to work out so that our quality. Now the spreading work is happening all over the world. There is lot of Sahaja Yoga spreading. Now we have to also grow in our quality, improve our quality so that we all can grow faster and our quality is also improving.

Mr. Dr Rai: So one or two treatments Shri Mataji has told personally, because we want to tell that. We don't know when we are going to come again or not. So the idea is – why I told this personal experiences also. I wanted to go to the collective. Even if one

individual gets benefitted or solidifies its faith by this incidence or this things then it is something useful that, because those Yogis who have joined later in Sahaja Yoga maybe 2000 or... – Shri Mataji was not – that time is has grown so much that She was not talking to each one personally. When we saw Shri Mataji that was late eighties and then it occurred that time because of my father actually She would have not bothered about people like us. But it was because of my father I was driving him. He was doing the first researches and Mother wanted some doctor to do scientific research, so once I ask my Mother: Shri Mataji, why you want to do scientific research?’ She says: No, no, no. We need no one to prove Sahaja Yoga. We don’t have to prove Sahaja Yoga. It is a science of God. It does not to be proven. But man’s head is upside down. Till a doctor tell or a scientific research tell he doesn’t agree. For that reason I need you people to do some work. Otherwise this is Gods science, it doesn’t need any proof or any stamp of any scientist or doctor.’

So that is why She wanted ok, to convince these people who are quite mental in it. So he use to go and I use to drive him. He couldn’t drive at that age so I use to drive him to Shri Mataji’s place and that how I started also, you know, accompanying him and... – so certain treatments She told me and for some people, not myself also, but I overheard them and She has told something personal I want to tell now. That one thing She told for sinusitis. If you have this sinus. If you have common cold again and again then you have sinus problems. So in the western world the doctors will always tell you: ‘you have chronic sinusitis.’ You have this cough, cold and pain here. So She told that take an onion and this onion on a pan and heat it up. And put this heated onion – it should be heat which is bearable to your face, heated onion, put it on the sinuses here, that is just access it to the nose area, put it there, then peel by peel take it off. The onion heated, then take out one peel. Inside it is still hot then put it, then peel another one. So then you can do it at least for twenty, twenty five minutes, gives slow heat to your sinuses where all this phlegm in the sinuses melts out and come out.

And second thing She told me, this is one about sinusitis. The second thing She told me that was a personal thing. I was very young but was getting miss beats. My heart would beat like this and suddenly it would turn like this and one beat would miss. And that was very frightening to me and as a doctor I got all the medical tests with my senior doctors and they said: Nothing, nothing, you can’t do anything.’ but I used to get frightened in the night what is happening. So, once I ask Shri Mataji why I get this. So She says: Why you should get it?’ I said: I don’t know.’ So She said: Ok, ok. You just put your hands towards Me, one hand’, and She said, one hand you keep on your right heart. On the right heart and pray to Me, that: ‘Shri Mataji, all my ancestors who have left. If they’re in any way attached to me, then you pray to Me that, all my ancestors who have still any attachment to me, wherever they are, you tell them that, your ancestors, that, please have detachment from me, please have no attachment to me. I’m very fine. I’m in protection of Shri Mataji. Wherever you are, in whichever world you are, you also go in the protection of Shri Mataji and take your realisation.’

So She says: ‘This is because of some attachment of your ancestor, maybe grandfather or great grandfather or whatever. There’s some attachment left and they are in some Lokas, these souls, and still not got birth and still they are in some way attached to you. That is why they pinch your heart, it comes... – and She ask me how it feels. I say: The heart is beating as if somebody has pinched it and suddenly it turns like this and then again it starts. So She says: This is that attachment. So you pray that all my ancestors: I’m very fine in the protection of Shri Mataji. I have had my realisation. Wherever you are, you also go and pray to Shri Mataji to give you salvation.’ And two, three times I did and then just forgot. She told me to do it in front of Her, I did it, and She told me: Do it in the house two, three times.’ One or two times I did without any faith and I thought ‘Ok.’ And six months, one year passed and suddenly I realised this is not happening now. Then I thought, ok, what I did. Ok, but I couldn’t find any reason because there was no change in my lifestyle in this one year. One year later I realised that this has gone and then it occurred to me: Oh Shri Mataji has told this. I did it in front of Her and then I did it once or twice in the house and that really go out.’ So any seminar we are going I just tell because it might help somebody who has these problems or even later on. Then sometimes the attachment of ancestors cause this miss beats.

Mrs. Dr. Rai: So hypertension as I said it is a right sided thing. Mother has said that: ‘If you are relaxed your blood pressure will go down’, and we need to work on the right side. Next is a question about pain in the left hand, the elbow joint. So the elbow joint and the knees are as I said are the Nabhi Chakras. So if it is the left side, then we work on the left hand, then we work on the left Nabhi. If it is the right side we work on the right Nabhi. If the left side as I said: candle treatment, matka, or if it is... –

There is also one question: Left Nabhi plus right side. When we have both the left and the right, we do not use camphor. We use candle. Candle is a gentle but a deep cleansing technique. Three candle clearance is a very – it is a deep, it goes deep. The candle has to be thick so that the light goes. It is not the heat but it is the light which is working it out, so we are using the light element and not the heat element. So, camphor it not only gives light but it is also heating. So, if we have a combination of the right side as well as left a Nabhi, need left side catch then we always advice don't use camphor', but do the three candle clearance. And that helps us to clear the left side as well as the right side. And when we have this left and right catch also the string burning is another technique which helps.

When both the left and the right side catches are there, string burning. So we do the seven knots, the string burning. We take a string and we put the seven knots and as we tying knots we take the mantras of the left side. Starting from the Mooladhara, Shri Ganesha, Shri Nirmala Vidya, Shri Gruha Lakshmi, Shri Shiva Parvati, Shri Vishnumaya, Shri Mahavira and at last Shri Mahakali Bhairava. So we tie the seven knots, taking the mantras and then we do the mantra of Shri Shuddha Iccha. Om Twameva Sakshat Shri Shuddha Iccha. Shuddha Iccha means pure desire'.

Mother, it is my pure desire that whatever left side catch I have, You please burn it away through the fire element. And then we take it to the disposal area and you have to burn it. You first put it in a mustard oil, not too much of mustard oil because if you put it too much of mustard oil then it suddenly catches fire. A little bit of mustard oil, dip it in the mustard oil and then take it into the disposal area and looking at the flame you have to burn it and you will find that the left side gets burned out very well.

So the left side clearance technique, the shoe-beating, the paper burning: we write whatever – when we are doing any of these technique we do not writes the names of any Gods or Goddesses. We just write the problems. So you write your name, you write your ego, superego or if you have body pains, the Badha that is giving you body pains. So whatever it is you write the Badha giving so and so, causing so and so issue. And then...

Whether the chakra name nor the deity name is written. And then continuous you do seven rounds that is the seven Bandhans and then always write, what you say, write it on a long paper. So we write it on one [...] paper and if the paper is big you can hold the paper and then burning. So when we are burning either we do the string burning or the paper burning. You just hold it and looking at the flame, you just say Shudda Iccha mantra and say: Mother, it is my pure desire, that whatever this is, You work it right out. So please help me to feel my own Kundalini'. Feeling mother Kundalini it slowly comes but few technique which may help you is:

Keep your right hand towards Shri Matajis photograph and keep your left hand on mother Kundalini. Keep your left hand on mother Kundalini and do the mantra of Shri Gauri Ganesh. So Shri Gauri Ganesh, so you can take the mantra of She and the beeja-mantra of the Kundalini is Shri Reem. You can do the mantra: Om twameva sakshat, Shri Reem sakshat. So to activate the Kundalini we can do the mantra so: Shri Gauri Ganesh, Shri Reem sakshat. Om twameva sakshat Shri Gauri Ganesh sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha. And: Om twameva sakshat Shri Reem sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha. And that will help you. You will be able to feel the rising of mother Kundalini.

Another incident. Once I ask Shri Mataji this question of feeling Kundalini and feeling vibrations. So we were staying in New Delhi, in India. So when we are staying in Delhi I use to feel my Kundalini you know quite nicely about my Sahasrara and then when I came to the Health Centre I would not feel my Kundalini. I felt it is gone someway down. It is been sucked in. Then I asked Shri Mataji. I said: 'Mother, before I use to feel my Kundalini quite strong up. Now I do not feel my Kundalini.' Then She said: 'Now you have come in the collective consciousness state.' So initially when we get initiated into Sahaja Yoga we are just individually growing. Like we are growing individually, so you are just feeling your own vibrations. And once you get the collective consciousness then what happens you feel like if you are lost. You may feel like 'oh, my state has gone down'. It is not like that, now you have become collectively conscious. And then She said also: 'Your chakras are weak.' She gave an example. Like there is a flowing river and there are villages side by side. So if the chakras are not so strong enough it is like the villages. If the stream of water is flowing the villages draw the water towards themselves. So the water that goes above is less. Similarly when the chakras are weak and need to be replenished, so the draw the Kundalini down. The Kundalini goes up the chakras. They need the

nourishment, they will draw the Kundalini towards themselves. So I said then: ,Shri Mataji, but what do we do?’ She said: Keep meditating’.

So you will grow strong as you meditate. You have to constantly, you know, keep raising your Kundalini, you can meditate, you will find it strong and then again you will feel: Oh, it is gone, again it is come down.’ So, it is the chakras which pull the Kundalini down. So you have to do constantly. So, you don’t... – this is like a Sadhana. Sadhana means it is like a – like how music you practice, you know. You mean Sahaja Yoga it is a prayer. So you have to practice it with dedication. It is not just one time and ,oh, I’ve received my realisation’ and then it is I’m ... forever. It is not like that. You have to look after it. You have to nourish it. You have to keep correcting it. So it is continuous dedicated and dedication has to be continuous and the effort has to be continuous. And in between She gives us the godly sounds like this deep experiences. So when you feel that ok, I’m very tired’, then again She always helps us. So it is a deep thing.

Mr. Dr. Rai: So there is a question now that I don’t feel vibrations specially in one hand and between I was feeling. Sometimes I do feel. I have this thyroid small knot.’

So I have this what Shri Mataji Herself had said about this vibrations I have written it here. So no vibrations in my hand and what Shri Mataji says that you have to massage the Vishuddhi Chakra with hands. With olive oil. You can massage, it is a Vishuddhi problem, so you massage with olive oil. You have to do this massage before the meditation and then you can do hand-soak. But don’t do hand-soak one by one, because one hand you put in the water the other hand has to be towards Shri Mataji. So hand-soak has to be done one by one not both hands together and one hand towards Shri Mataji. Supposing it is the left hand then you can put left hand in water and right hand towards Shri Mataji. And then She says that you can say Shri Ganesha Atharva Sheersha and also the Mantra of Allah ho Akbar will help you. The fingers in the hand you can say the mantra Allah ho Akbar and Shri Ganesha Atharva Sheersha and this Vishuddhi will then cure both your vibrations will become better and your thyroid problem will also get better. Because sometimes the vibrations are flowing, they are flowing but you are not feeling them. You are not feeling them because maybe you have been a... – your Vishuddhi spoiled by smoking or by other things and maybe it is still not corrected so the Kundalini may have risen and the vibrations has been there but you may not feel them on the hands. So correcting the Vishuddhi Chakra will help.

Mrs. Dr. Rai: So, problem of the eye sight to be treated. So for the eyes we have Shri Matajis hands photograph. Looking through the candle flame on mothers hands photograph helps to clear – helps us with the eyes. The mantra if you read, when we read the Devi Kavach we have the names of deities that control different organs of our body. So for the eyes: Shri Shankini Devi. So we can take the mantra of Shri Shankini. Om Twameva Sakshat, Shri Shankini Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah. And clearing Vishuddhi and the Back Agnya. So Back Agnya it could be the right side, right Swadishthana pressure or the left Swadishthana. For the Back Agnya Shri Mahaganesha, Shri Maha Bhairava and Shri Hiranya Garbha. So then the right side gets corrected in that manner and Vishuddhi you can do the Allah hu Akbar’, and you can keep your hand on the Vishuddhi Chakra, do the Ganesha Atharva Sheersha. Massage with the ghee-camphor your wrist and the Vishuddhi, massage with ghee-camphor and then you cover the Vishuddhi area so that the ghee goes inside. Using also the ghee-camphor in the nose also. So all those will help to clear the Vishuddhi Chakras.

And during pregnancy for woman health and babies health, so during pregnancy mother has said that we should read good books. So you can read all mythological books. And the precautions that we have to take is not to be too much right sided. So afternoon nap is one thing that She always recommends. Nap means when if you don’t sleep put up your legs a little bit in the afternoon. If not, you can do your normal work. There is no issue of only precautions that you take this, you don’t work directly on any new person giving realisation or working on anybody. You just work on yourself because of somebody has any other some severely catch you may then too catch. So then we don’t work on others. And when you’re sitting for the Havan don’t sit directly in front of the fire. So if you are sitting for the Havan just be a little behind. And we don’t eat heating things like papaya. So those are the things, precautions you need to take read good books, take light walk, do normal work and don’t fear. Because if we fear, then as I said, my personal experience that babies left side becomes weakened. So we should not fear. We can keep our right hand on the centre heart and do Ma Jagadamba’, read Shri Ganesha Atharva Sheersha to strengthen our left channel.

So Ganesha Atharva Sheersha is like Ram Bal (? name unclear) it is to cure for everything for the left side you can do Shri Ganesha Atharva Sheersha. And for right side Shri Hanumana Chalisa. And the centre heart, for that Devi Kavach and Shri Durga Kavach really helps.

Mr. Dr. Rai: So there is one question about varicose veins. So varicose veins, you know there are torturous veins which come on the legs here at the back. Too much of standing can cause it so don't stand too much. Second you can put ice on this varicose veins. They help, and oil which is not heated. Oil massages will help. And fourth you can lie on the bed and with the legs you can cycle. You can do a cycling motion with the legs. So this is what Shri Mataji has told. All these three things that put ice on the varicose veins, cycle while lying on the bed and a...

Mrs. Dr. Rai: So, cycling means that we lie on the bed and without holding the knees we just do the paddling of the feet for varicose veins. So those are thick and tortuous veins and then we put the olive oil in fridge and when it is cold we do a light massage without putting much pressure. And we just do the paddling so that helps in a... – we have seen cases who have improved in the sense that completely the tortuous veins have disappeared. So we had the opportunity to see one of these cases.

There is a question about: How can you help my husband vibrationally to calm him? He feels very stressed and this affects his health heartbeats, left Vishuddhi, left shoulder and all.

So here the modern world it is a stressful world. Too much of anxiety, so what I would advice is: Keep your foot-soak tub ready and when if he gets angry see that he makes foot-soak regularly.

Mr. Dr. Rai: This is what my wife does for me. It is very practical and handy, you know? (laughter). See, we're people tried to avoid foot-soaking, you know. Avoid technique. They would say I have meditated, it is enough, you know, and good, you know. Thoughtlessness is main thing and so we have done it. Because you are feeling little lethargic to get the water, the tub, the salt and then to throw it back and so on. So what my wife has devised a method the she will put it, you know. And so when the tub is running so you feel: Oh, wife has done so much, so let me at least do the foot- soak.' So if you do the foot-soak it is really helping you because mother once said that: Is not only your heat is going ... – When you are a realised soul and you are walking, specially in western world, there are lot of this souls which are hanging around and they want to get realisation or to get a rebirth to get realisation. What they do is, that they cling to your feet, they will cling to your feet while walking. You wouldn't know. So mother says that everyone should try to foot-soak before you go to sleep. Not that it soothes you and it takes away the heat and negativity, specially from the right side that is the thing. But also all day long whatever – if any of these things have clung to you, you can release it in water.

Mrs. Dr. Rai: There is a question of bones arthrosis. It means as I said working on the Swadishthana Chakra by relieving the pressure on the Swadishthana Chakras. But is something that needs to be treated, that bones arthrosis needs to be treated medically also. It is a left side issue, so we do the left side treatment. There is pain in the bones then you do the hot fomentation but medically you need to take the catching tablets and whatever your doctor prescribes. You need to take a medical treatment also. But the bony conditions, there are two conditions. One is osteoarthritis (...) because of too much heat in the body. And there is rheumatoid arthritis. So if it is osteoarthritis then it is heat in the body. Don't give heat. If it is rheumatoid arthritis then you have to give heat. So there are two different conditions regarding the arthritis's and it is concerned. So it depends if you have too much heat in the body, then don't give heat, but if it is less then we have to do the hot fomentation. So with this osteoarthritis, in this we do not give the heat.

Mr. Dr. Rai: There is a question about autistic children and there are some – Christina from Italy she has asked: Have you written any book to us. So I would tell you again that is my ambition and that is my desire to do that. I just wanted to revise my fathers book 'Medical science enlightened', that he wrote 1994 and Shri Mataji was very happy. And that is now out of print and – so I wanted to revise again, since you have asked the question I will tell you that when the time comes we will doing it because it is not in my hands. And I had ask Shri Mataji in 2003 that I would like to revise my fathers book with the same format but I had

some new work done. So Shri Mataji looked at me and said, again the same thing, She said: ,That's a very deep work. It's a very deep work. It's not that easy. So I said: Yes mother, it is a very deep work and all the work has done under Your guidance directly. Still it is my wish to revise it. To put a new addition.' So She said: Yes, but remember it is a very subtle and deep work. It is a very deep thing and yes, a doctor should do that.' And now thirteen years have passed and I have not been able to do it. Because and that's why I'm saying that it is very good you have ask because my ambition is from 2003 till 2016 I have not been able to do. I have put this question directly to Her Holiness and first response Shri Mataji is very deep and second She said: Yes, doctors should do that', and if I am the doctor to do then when your good wishes and much of blessings we will try do and put everything at one place so that people can – you know, do it. But it is only when She desires we'll be able to do that.

Somebody says: Can we do Bandhans for this for you?

Mr. Dr. Rai: Mother will take care. Mother will take care, yes. Mrs. Dr. Rai: When the right time comes. Mr. Dr. Rai: If we are capable to do that. The time will be capable to do that and She thinks that is the right thing to do She will get it.

Mrs. Dr. Rai: So, autism it is a Badha and it is again to be treated by lemon and chilly but in autism it is not only in the left side but also in the right side because children are also hyperactive– so you have to work as the child's symptoms are. If the child is overactive then make the child do foot- soak. It is a test for the parents I can say, specially mother. Autism -but we have also had coming from the social society they help the autistic children. So you must take some help even from the social workers because managing an autistic child by himself or herself is quite a task. Sahaja Yoga point of view we work with lemon and chillies. If the child is hyperactive making foot-soak. We have found that the autistic children do countdown. So been able to help few autistic children in this manner with the lemon and chillies and the foot-soaks. So I do know a few parents and children who have been helped by – of autism by Sahaja Yoga.

(Question about abortion) So abortion you know, like mother has said it is a question how to avoid abortion. So Shri Mataji has said you know, if it is not right it will not happen. In the sense there is something not right it will not happen but again it is overactive right side. In cases of infertility when the right side is overactive then infertility will be the result. You need to nourish your left channel. Keep your left hand to Shri Mataji and keep the right hand on the uterus area and you may keep it on the Swadishthana area and do Ganesha Atharva Sheersha and do Nirmal Vidya Mantra and just raise your left channel because as your left channel gets strengthen then it is the babies growth is coming from the left side. She has given an example that we pat – when we put the baby to sleep and we pat. So it is basically you are patting on the Swadishthana Chakra from where all the growth is happening. The centre heart as She has said, the antibodies are Ganas, the antibodies, so centre heart has to be strong and the Swadishthana Chakra, when usually you know? When we pat the baby to sleep. We pat. So from then the growth happens. You give vibrations to your Swadishthana Chakra and just see that your right Swadishthana Chakra is cool. Just see that you're not too overactive using that.

So problem of going into thoughtless awareness. As I said going into thoughtless awareness this keeping right hand to Shri Matajis photograph and left hand on the right Swadishthana and you can do the mantras of Shri Himalaya, Shri Chandra Ma, Shri Nirvichara Sakshat. So the mantra to Shri Nirvichara Sakshat helps us to going into thoughtless awareness. So cooling happens by using the mantras of Shri Himalaya, Shri Chandra Ma. The other mantras are Shri Chitta Devata and Shri Chitta Shakti. Chit is attention. So we do the mantras of Shri Chitta Devata and Shri Chitta Shakti. And Shri Nirvichara Sakshat is very helpful. If you do Lords Prayer then also your Agnya Chakra gets cleared. These are the things that help us with the thoughtless awareness.

Mr. Dr. Rai: (1:50:54) So this Nirvichara I actually had I don't know – because Shri Mataji once was telling and She use the mantras Shri Nirvichar Swamini Sakshat. Shri Nirvichar Swamini Sakshat. So once I was just asking Her: Mother, what is this world? We are born, we create a family then we die and what more we have to see? We have to see our parents now will go, then slowly the friends will go then the relatives will go.' This I was talking to Her twenty years back you know. So She looked at me. She says: ,What's wrong with you?' I said: ,Now what is this world', you know. ,Now we are this, some years later this we will go?' So She said: Come here, come here! Put the Agnya, you know, like this and She says: Ok, take the mantra of Om Twameva Sakshat Shri Nirvichara Swamini Sakshat.' So She said: Don't think so much baba. You have to become thoughtless and this...' So I remember but, in all the mantra books it is written Nirvichar Sakshat' but this is personally She was telling me and She use

this phrase 'Nirvichar Swamini' means She has described thoughtlessness the deity of thoughtlessness is Nirvichar Swamini' means some deity who is sitting on the... – for your thoughtless awareness. So you can take that and if you are getting some thoughts which are too much then it helps you to clear your attention.

Mrs. Dr. Rai: There are few questions at different, different skin conditions rosacea and herpes. So all this things, the skin diseases get cleared when we clear our left Nabhi. For the skin issue clearing the left Nabhi helps to clear the skin problems. So you can keep a candle in front and keep your left Nabhi finger to the candle and you can keep your right hand on the left Nabhi or you can put it on the mother earth. So you meditate and you will find that the skin issues will go down. If you have itchy skin then it is the right, it is the liver. So if you have itching then it is the heat in the liver which is giving you itching. But all other skin diseases it is the left Nabhi. So you keep a candle and keep your Nabhi finger to the candle and put your right hand on the left Nabhi or you can put it on the mother earth. So with that the skin problems will get solved. So hypothyroid it is said it is left Vishuddhi.

There is another question of rumbling in the stomach. So it is a Nabhi issue. So if you do foot-soak and clear the Nabhi the rumbling in the stomach is going away. And then weakness, dryness due to old age so how to cope with it, loss of memory, injuries and pain in the chest ?? she is gone out. I'll answer that to her, (but) she is gone...

Mr. Dr Rai: Yea, that lady has I think just left but basically you have to... – what I feel is after a certain age devote your life to do something for other people, you know. The moment you try to do things for other people your own problems will start getting solved. Your attention goes away from your own problems to other people. So do something. Everyone should do, but specially in old age you start giving it to other people you know. Is will be trying to give pamphlets for Sahaja Yoga today and give some realisation to do. Even some social work. I'll give some money for some poor person or for some orphan children. The moment you shift your attention to other the kind of satisfaction you will get and your own bodily problems will be less, this thing. So we are not taking this in order actually. We are trying to see what is common here – doing it.

Mrs. Dr. Rai: So white flakes on the skin which chakra is the problem, as I said it is the Nabhi Chakra. So this is – you have to clear the right Nabhi. White flakes on the skin – clear the right side. It is the Nabhi Chakra, the liver is there.

Then there is a question from, I think a doctor or a person working in a hospital for neurological diseases. How can we use Sahaj techniques to help patients and how to purify our left Nabhi catches to get peaceful and how can we cure our right Vishuddhi pure and use mostly the sweet speech?

So left Nabhi as I said the candle helps clear the left Nabhi. And the right Vishuddhi and pure speech – the heat is coming basically from the right Swadishthana it ascends up. So cooling the right side will help to clear the Vishuddhi Chakra also and all the things that we say for the Vishuddhi help. Shri Radha Krishna, Shri Vitthala Rukmini mantras are there. And the simple prayer that Shri Mataji... – what do you say: Please give sweetness in my voice as that of Lord Krishna.' It is a simple prayer and very helpful. Whatever comes from your heart, Shri Mataji works it out. So to get a pure speech, to get a sweet speech we make prayers and it really helps.

Mr. Dr. Rai: Also She says sometimes that – She has said this many times that see positive in others. This is human tendency to criticise anybody specially if anybody is ascending in his social position or he is got more money or he's name is in the newspaper ore something. So we start criticising because we start comparing. So She says: 'Don't compare!' like there are trees. One tree is short, one tree is long, one tree is very big and voluminous. So all are standing. They are not fighting with each other, each has his own position, each has his own uniqueness. So each human being is unique. You have your own qualities and for an other yogi, She says: 'Never criticise a yogi!' You see good things in other person and try to absorb the good things. If you have seen some bad things, forget it. Leave it to Shri Mataji. So the moment you will stop criticising, I know is a human nature, the moment is how we can stop criticising is, that we start seeing the good qualities. Even the worst of the person will have some good quality that we should see. That is what She has said.

Mrs. Dr. Rai: There are two or three other questions. One is about pain-treating. So on the Nabhi Chakra you pray to Shri Mataji to

make you feel satisfied. So keep left hand to Shri Mataji, right hand to the Nabhi Chakra and a – centre Nabhi and you pray to mother to make you feel satisfied. So that will help you to stop this and there is another question about cancer.

So cancer as I said, it is a left side issue. We have to do all the left side clearance plus also clear the Ekadasha Rudras. So the Ekadasha Rudras are on the forehead. We can take the eleven names of Ekadasha Rudra. And to do the Ekadasha Rudra we move our hand in this manner. So you can also move a candle while doing the eleven names of the Ekadasha. Don't cross the Agnya Chakra. Start from the left side. So when both, the right and the left Swadishthanas are overactive, then we find that the Ekadasha Rudras are overactive and in cancer that is there. So we can do the eleven names of Ekadasha Rudra. Also clear your void by taking the ten guru names. The ten guru names on the void and the Ekadasha Rudras. And cancer – it is Shri Vishnu is the deity who helps in our ascent. So foot-soak and clearing technique – Shri Lakshmi Narayana mantra. The Lakshmi Narayana mantra on the Nabhi helps to clear the cancer. So that is another mantra that is helpful and whichever part is affected. Like as I said, if it is throat then you have to clear the Vishuddhi chakra. If it is stomach area then clear the Nabhi Chakra. So which ever part is affected then that Chakra we work out on. And about the spreading how to help?

Mr. Dr. Rai: Then about diabetes also because diabetes is a very common disease, as She has said. And mother has said, I have mothers – this thing here with me. The cause for diabetes is overthinking. That is the gist. If you say one line, one word, it is overthinking. Not only overthinking, over-planning. So that means right Swadishthana is the thing and She says when right becomes too much it drains the left side. So left Nabhi catch with the right Swadishthana and too much thinking, then Agnya. So all this you have to clear. Eyes start getting weak because Swadishthana is surrounding the Agnya Chakra at your back Agnya. So it is the Agnya it is surrounded by the Swadishthana Chakra so if the Swadishthana is blocked or overactive it push pressures or it constricts the Agnya Chakra. And so eyes start getting weak and you get this problems at vision ... – So diabetes is common. So it is right Swadishthana, then your left Nabhi, then your Agnya Chakra. All of this have to be done.

Mrs. Dr. Rai: There is a question about hashimotos thyroid syndrome. So this is an autoimmune disease. On any autoimmune disease we have to work on centre heart. So strengthen the centre heart, the ... – our immunity becomes strong and oppose as it is a thyroid it is affected so we also work on the left Vishuddhi.

Mr. Dr. Rai: So I'm working in a neurological disease hospital. How can I use sahaj techniques to help patients? What I do sometimes is that I just see the patients, I see the modern medicine patients there, so I just see and do my clinics and OPD (note: out-patients-department). And then I just tell: 'Are you stressed?' So they say: 'Yes the stress is there.' So it tries some things like visualisation, meditation. So says: 'Why don't you try some meditation?' Yes, yes. I try some Ram Deva meditation or some Brahma Kumari meditation.' No, no, no! We have done lot of scientific work on Sahaja Yoga. Why don't you do try, I do myself? I find it very useful.' Then he will ask: 'Doctor, you do yourself?' 'Yes, I do' and so 'where can I...?' 'Ok, we can...' – either you can take to your own and give realisation or you can call on a particular day these patients and sometimes I collect this patients and I send them to her because now she is working outside in the same hospital where I go. So then – we can just tell them as a matter of fact. If you tell patients too much spiritual things at that time they are not taking it. So you can say 'you are very stressed?', and everyone in this world is stressed, you see. They'll say: 'I'm stressed!' They do this is very nice and we will tell you and so many diseases get cured. So as somebody is a doctor who has written. If you are working in a hospital then if you say that you yourself doing it then they will follow it.

Mrs. Dr. Rai: We have covered most of the questions. One question a thing. I'm diagnosed with skin tumor and I'm waiting to be called for an operation and I don't really... – the vibrations do going for the operation. So what do I do? I can't argue with the doctors.

So you know like – checking vibrations there are certain issues like sometimes you feel good vibrations sometimes you don't. Vibrations a – sometimes like – we have mother has said, you know, like Shri Mataji has ask us to go somewhere and then... – She has given an example and then the yogis have not gone. They said: 'Mother we checked vibrations. We didn't feel vibrations so we didn't go.' So Shri Mataji said: 'That is why I ask you to go. Because the vibrations were not good over there and you were supposed to go there.' So you know this seems about vibrations sometimes we do get mislead, we are not able to decipher because somehow our own a... – what you say desire, our own thinking gets in the way and we are not able to really get to feel

what is right and what is wrong.

So like cancer is a condition wherein which can be treated you know. So if there is a tumor and you are trying to work it out through Sahaja Yoga ways. It could be a long process. Shri Mataji has clearly said that if it cancer is in an initial stage then Sahaja Yoga will help. But if it is in an advanced stage then for your Kundalini to work it out completely it may take a long time. Or it may or may not be effective. So that is why we advise that if it is something which is operable and can be operated upon, so remove the tumour and then simultaneously do you work out the Sahaja Yoga method of all this things of the left side clearance and all these. So in that way if not your whole attention is just on curing, on getting the disease cured and Sahaja Yoga is basically for our spiritual ascent.

Mr. Dr. Rai: So one thing more. Has be told in that earlier patient experience. See, whether it is operation, whether it is Sahaja Yoga, whether it is homeopathy, allopathy, unani (note: ancient Greek medicine), acupuncture, any pressure, any thing. Mother is going to work out so don't worry. Just surrender to mother. If your doctor says operate, go. The operation will not accurate it is not good for you. So don't think what is good what is even your vibrations. If you are not certain what I say just speak to the photograph. Just tell Shri Mataji: I surrender my problem to You. The medical doctor is saying to come to the operation. I'm going to him. I'm not going to the medical doctor. I'm going to You. You will be the medical doctor here. When You decide if operation is good, You operate, if it is not good send me back. So you surrender it to Shri Mataji. It will not happen if operation is not good for you. The doctor is going to send you back. So the best thing, you know – the easiest thing is to be innocent and surrender. That is what I have seen has worked for many people. And that is what I have counselled many people and have helped them. And all of them, most of them, you know, who were plus – minus they surrendered and as I told you they gave the experience that mother has come with a mask somebody said. Somebody is operation theatre photograph mother and the doctor to operate. So all these things are there that occur only if as a innocent child if you are going to surrender to mother it will work. Because to be master of the technique I think it will take many ages, many births. Because Sahaja Yoga is such a deep science. I don't think in one life one can master it.

Mrs. Dr. Rai: There is another experience of a yogini that is coming to my mind. The lady had breast cancer, you know. Her brother is a doctor. And this lady a... – like a... – she didn't want to take the medical treatment. So she went to the doctor. The doctor gave her one course of chemo or radiotherapy and then after taking one cycle she didn't go back to the doctor. Then it happened that the growth again grew back. So she telephoned to the doctor that she wanted to come and visit the doctor. So the doctor was annoyed and said: What is this? Once you come, once you do not come. So this is not the way it is done.' So she did not know what to do. So she sat in front of Shri Matajis photograph and she was meditating. And while she was meditating in meditation she got the name of one doctor in Pune. The she got up from the meditation and she telephoned her husband and she said: 'In meditation Shri Mataji gave me the name of so and so doctor. I'm supposed to go to this doctor. So how to find this doctor? So her son, an ID graduate he was sleeping in the other room. He heard his mother speaking to his father on the telephone and then they checked a website. He put the name on the computer and there he got the address of the doctor and the doctor's clinic was just near by to their home. They went to the doctor and then the doctor said: Ok, you don't need this. I will just do a small operation for you and you will be fine. But how did you come to me?' So she said: 'Actually while I was meditating I got your name.' And Shri Mataji gave her everything. That this doctor is from Rahuri. So she asked the doctor: Are you from Rahuri?' Rahuri is where mother's grandparents lived. So he said: 'How do you know?' She said: 'I got it in meditation.' Then Shri Mataji send and she had this small operation and then she was cured of her sickness. So in this way Shri Mataji herself sends us to doctors, you know. In meditation this lady got the name of the doctor she was supposed to go. And then what happened, you know?

This lady, she said that she wanted to inform me, tell me this experience, but she said that: 'If doctor Rai calls me here then I will tell her this experience. So I did not ring her up but the telephone call went from health centre. And she thought that I had called up and she rung me up. 'Doctor, did you ring me up?' I said: No, I didn't!' There was some other doctor who rung her up, for some other purpose. And she thought that it was I who rung her up and then she said: 'So see, I have had this experience and mother wanted me to share this experience with you. So I got a telephone call form health centre and I thought it is you who had called up. So Shri Mataji, as you know, in this course of thirteen years gave us so many beautiful experiences and so many yogis have shared their experiences. So it just... – because, you know, as modern doctors now I am working in a medical school and the

doctors who are there, She has given me an opportunity thirteen years She kept me at health centre and I got to have this personal experience of Sahaja Yoga working it out and now I'm involved in the research projects of Sahaja Yoga. As I went there to this medical school the vice chancellor of university he ask me to do research on the meditation that you do. So he put me to the research aspect of Sahaja Yoga joined us at medical administrator. But he reputed me to be on the research aspect. So I'm teaching medical students and I get an opportunity to give realisation to new seekers. So mother is working it out and we have had very good results in there, results that we are going on. My professor, he is my co- guide Now I'm in this scientific aspect of Sahaja Yoga.

Mr. Dr. Rai: So I think most of the questions are there have been covered. Applause... (some words incomprehensible) you will try, we can answer by mail or she can answer by this thing. It has been wonderful experience coming to Cabella. We have been thinking for so many years but it couldn't happen, you know. Because it was hot when I use to be there. Sometimes in Delhi when they were thinking of buying the castle I use to overhear 1991 I think, that Shri Mataji is planning to buy something here in Italy and we use to think why Shri Mataji is going so far and is buying something there and then we heard a castle. You are very afraid of castles, you know. We hear I mean stories. In stories from England and all that, these are all, you know... – castles and some frightful stories, you know, frightening stories about castles. But then Shri Mataji is Shri Mataji. She bought it and now it is become the world centre for spreading Sahaja Yoga and today only I was reading a 'whats app' message where Shri Mataji says that: 'If your Kundalini awakened and if you are not giving realisation or not doing Sahaj work the thing will go down.' So some of us including myself think – sometimes think we only do meditation and it is ok. She may do the treatment, he may give the realisation, he may do this. But I can only mean by my meditating and looking after my vibrations that it is good. So She was saying that – today only morning I was reading that the Kundalini is a divine force. If you are not using it, it says: 'why should I be there with this person. He is just not using. So why be awakened and why be there?', and so it goes down. So that is a message for every Sahaja Yogi to try and use it. That was Shri Mataji's lecture only, that if you can't find a human to give it, give it to plants, give it to trees. But use the vibrations, give it to somebody, otherwise the whole thing goes down. So I think, I want to thank you peoples for such a patient listening, such good experience to give it so many foreigners. See, I'm not saying it for making you happy or saying it.

Because I told you, 1994 when Shri Mataji send me to train tour, She told me: 'Go with the train tour!' I said: 'What will I do in that train tour to all this cities? I have seen most of them naturally. Go with the foreigners and see how dedicated they are to Me and learn from them!' So that was 1994 and 2016 it give both of us an opportunity to be with you and this not for worlds sake but we always, both of us talk for foreigners dedication, the way you have done it. Yesterday only is your Mr. [...] was telling how a handful of foreigners brought that hangar down from Shri Matajis castle to this place and this hanger fixing by a few Sahaja Yogis. I mean it's amazing to know, in that rain, in that mud, in that snow, they have done this and so we wish you all the best. And we wish Cabella all the best and we wish the world foundation and Cabella's school reopens very soon which it will. And our good wishes and sahaj love to all of you. Thank you very much!

2020-1018, Medical Seminar, hosted by Sahaja Doctors

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18 October 2020

(Location Unknown)

Nine Nights of Navaratri

Medical Seminar, hosted by Sahaja Doctors, 18.10.2020

(06:05) Welcome through Vaibhav (Moderator): I'm right now sitting at the centre in Athens, Greece. We welcome you all on behalf of the hosting countries. By Mother's grace we have here very experienced sahaj doctors. Their names are Dr. Bandekar who is currently in France, Dr. Mehra is in India and Dr. Nayana comes from Australia. And also Dr. Sujata, unfortunately she could not join today but she has helped us a lot to gather those questions and put them in categories. During this workshop a lot of questions were collected. More than 200 questions we have summarized and categorized into different categories. Since there are so many questions we are not able to answer questions live during the session. We believe that your questions are most probably all covered in those categories. If you can just take the pain and write them down – you might get answers to all your questions. Basically we will start this session with a short meditation led by Dr. Bandekar and then one by one we'll start answering your questions. Jay Shri Mataji. Thank you for joining.

(08:38 - 23:00) Dr. Dipali Bandekar leads a short meditation

(23:45) Cause and cures for respiratory problems:

Sinusitis

Migraines

Cough

Bronchial Asthma

Throat pain

throat infection and tonsil problems

Treatment for lungs in Child:

Dr. Bandekar: All those are Vishuddhi problems. Your Vishuddhi should be absolutely pure, then you can feel the vibrations in your hands, because in the Vishuddhi Chakra resides Shri Krishna and Shri Krishna is an evolutionary form of Shri Vishnu. Shri Vishnu resides in the Nabhi chakra and all the problems arising from the Nabhi are due to our food intake.

First is the sinusitis. Sinusitis means that sometimes we eat too much dry foods. Dry food is not good for our health actually. It creates heat in our body and you know the cause of the problem in the peritoneum comes from our Hamsa, because it is dry and creates this problem. We have to put ghee-camphor in the nose and use onion treatments.

You have to put onion slices on a pan and heat it, then you can put it on your sinus. It is a good sinus treatment. Give heat of onions on your sinus and you will feel you get relieved.

(27:00) Migraines: Migraines belong to the right-sided problems.

For that you have to put icepack on your liver and on the right Swadishthana. Point your left hand towards the sky and say Hanumana-Chalisa. It will help.

(27:20) Cough and Bronchial Asthma: Because of insecurity. You should not feel insecure because Shri Mataji is there in our centre heart with all the weapons and hands to give us protection. And when we feel insecurity within us, that affects your lungs and you have Bronchial Asthma. So you have to put your right hand on centre heart and read the Devi Kavach as well as you have to put right hand on your left heart and take Shri Ramas Names. Some times you can recite Ram Kavach also.

(28:25) Throat pain, throat infection and tonsil problems: You know sometimes you eat hot and immediately cold or cold and immediately hot. You should not do this, because of that you have throat problems. For throat problems you have to put both your Vishuddhi fingers in the ears, watch towards the sky and say 16 times 'Allah ho akbar'. Then take hot water, put some butter in it, add a little of himalaya-salt and drink it, that will sooth your throat. This is a good treatment for throat infection. We should inhale camphor and Ajwain Dhuni also.

(29:41) Then tonsils problems, same thing. If you eat ice cream and immediately something hot, then you have tonsil problems. Tonsils are the guards of our body and you should not do this. If you eat ice cream you can drink water at room temperature, not hot.

(30:13) Treatment for lungs in Child: Actually, when the mother feels insecure during pregnancy the child feels this insecurity of the mother and develops due to it lung problems. So, mother has to put her right hand on the right heart of the child and say Ram Kavach. Then this problem will go away.

(31:30) Questions related with eyes, ears, jaw:

Cataract

Tinnitus

how to make stronger the jaw after surgery:

Dr. Neyana: Jay Shri Mataji. Happy Navaratri. Now some questions come together in this category regarding the eyes, ears and jaw. Like the question regarding cataract. It affect the eyes. Two problems where the teeth are becoming dead cannot be cured in Sahaja Yoga. With cataract it similarly, if it is matured we cannot do anything except opting for surgery. But to prevent cataract you have to be very careful with your eyes. For that Shri Mataji has suggested a very simple remedi. That is we should to wash our eyes with rose water. We can vibrate honey in front of Shri Mataji and then use it like Kajal. When we put the honey (in the eyes) our eyes begin to water. After that you have to wash them with this vibrated rose water. To wash our face, to wash our eyes actually helps to clear our eyes and it will definitely help our eyesight, like short sightedness or any other problems like redness of eyes and so on. Every problem of the eyes might be improved through this eye-washing. So, if we keep practising this every day then we might avoid getting cataract. Sahaja Yoga will definitely help to clear our eyes with the simple method of using rose water.

(34:15) If suppose there is some eye problem like we can't see than the simple method is to use Shri Matajis photograph to clear our eyesight. We know we have Shri Mataji's hand-photograph in blue sari, that is very good for the treatment of eyes. What we have to do is to keep Shri Matajis hand-photograph in front of that photograph on the altar and light a lamp. We have to sit in a little distance of it, look at the lamp and then at Shri Mataji's photograph. While looking at the lamp or Shri Mataji's photograph we can recite Shri Ganesha Atharva Sheersha.

We can also clear the Back-Agnya for the eyes. We can take a candle in a container and we have to make an Arti with this on the Back-Agnya (Dr. Neyana makes with her right hand Bandhans over the back part of the head) we can take Ganesha Atharva Sheersha or Bija-Mantras from mantra-book for the Maha-Ganesha Bija-Mantra - 'Om swaha' – all those, Mantras we can take on the Back-Agnya. We can take the morning sunrise on our Back-Agnya to clear our eyes. We have to - Shri Mataji said that we have to keep our eyes so pure that whatever is not good according to Sahaja Yoga try to avoid. Like in the Television we can see many things which are not actually appropriate. We have to avoid it. When we avoid this automatically our kids, our children will learn from us. Lots of exposure to the mobile-phones is also affecting our eyes, try to avoid that.

(36:42) Now ear problems. There are so many. One is tinnitus that means noise in the ear. Depending on which ear is affected. Supposing it is the right ear, we have to keep left hand on the right Vishuddhi. Then we can recite 'Shri Vithala Rukmini' mantra sixteen times. If it is left ear, is buzzing or make some noise we have to keep our right hand on our left Vishuddhi and we take 'Shri Vishnumaya' mantra sixteen times. We can say 'Allah ho akbar' sixteen times to clear our Vishuddhi which also clears the ears. It's because of this dryness in ear we might get this tinnitus problem. For that, one drop of oil daily in the ear will help. Oil, not the ghee, but we can use coconut oil, fresh one glove of garlic, in it we heat it up and this garlic oil we can put one drop every day. That will help.

(38:23) And the third one is the stronger jaw after surgery. When there is a surgery there is an injury so due to it many things get damaged in the cells. And we know Shri Ganesha is very helpful for those things. We can recite Shri Ganesha Atharva Seersha, keeping hand on the jaw wherever there is a stitch and pray to Shri Mataji: 'Please heal this area with the help of Shri Ganesha's power. For this also, for the jaw we have to be careful. We should not over-use it, or use it too little. Means we are not talking, sometimes we are more talking. So we have to be very careful about this area also. And all those ears, eyes and jaw are coming under Vishuddhi. And when we clear our Hamsa with putting ghee-camphor all this area (Dr. Neyana shows with her finger the whole visual field) gets covered. So, make a habit to put ghee-kamphor in the nose.

(40:10) Problems related with liver and right side:

Fatty Liver

Jaundice

Gall bladder stones

Is calcium efficient in cooling right side and right Mooladhara?

Liver cirrhosis.

Difference in hot liver and sluggish liver and how to cure it?

Dr. Mehra: [difficult to understand because of poor sound and echoes]. Jay Shri Mataji. This problem of the liver is a right-side problem. When the liver is affected both the Swadishthan and the Nabhi are affected too. Right Swadishthan and right Nabhi. All these five questions, they are pertaining to the liver only. I will take one by one.

(40:55) Fatty liver: Is when we take too much carbohydrates our liver is affected For this Mother has recommended to eat chick peas or you should take more protein than taking carbohydrates. And along with that you can make a liver diet. That I will tell you collectively.

(41:43) Jaundice is due to right Nabhi and right Swadishthan. It is all due to liver problems, loss of weight, tiredness, means the liver does not metabolize. And for this Mother has recommended liver diet. You have to take 'Liv 52', Kokum, cane-juice, coconut water, reddish leave water and vegetables.

(42:25) Next is gall bladder stones. Due to cholesterol bile forms stones in gall bladder. It's a right-side problem and you can use the mantra 'Mukteshwari'. Mother 'Om twameva sakshat, Shri Mukteshwari sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi namo namha. Please take care of my gall bladder and my liver.

(43:14) Next is: Is calcium efficient in cooling right side and right Mooladhara? Yes! It is cooling liver and right Mooladhara.

(43:26) Liver cirrhosis: This is also due to building up fat in liver. It can be due to excessive alcohol drinking, weight loss, abdominal pain it can also lead to liver failure. So, liver diet can improve it. The liver is the most important organ for the attention. It gives us joy and this joy shows also on the face.

(44:26) Next is: Difference in hot liver and sluggish liver. Hot liver is a right side problem because we take too much protein, then the liver become hot. Put your left hand on liver and right hand to our Mothers photograph we can pray to Mother: 'Mother, please cool down my liver.' Sluggish liver, this again is a fatty liver problem. Clear your liver by taking sugar.

Sugar is good of the liver. Black kokum, ginger. You can take ginger. Ginger is very good, as well as cooling, sweetened radish water, candy sugar, rice, barley and brown bread. Prohibited food is butter, ghee, ice cream, as well as all sorts of nuts, greasy food, hot and spicy food, tea and coffee and acid fruits. Jay Shri Mataji

(47:20) Dr. Bandekar speaks about questions regarding pains in different parts of body:

Whole body joint pain

Back pain. Knee pain

chronic lower back pain

cervical pain

Arthritis

Aching legs

Rheumatoid arthritis.

(48:59) Whole body pain: The body pains, when you use too much carbohydrates in your diet, because gas formation takes place in your body and that leads to body pains. Wherever you have pain you have to do a massage with mustard-seed oil simultaneously kerosene. So, kerosene and mustard-seed oil in equal quantity you have to mix it, vibrate it in front of Shri Mataji and then you can use it for massage. Give massage wherever you have and you will get relieve. Again I have to tell you that: Don't eat the food which grows under the earth, like potatoes and sweet potatoes. Avoid the potatoes.

Then third one: Wherever you have pain, you just put your right hand there and the left hand towards Shri Mataji and Shri Ganesha Atharva Sheersha and Shula harini sakshat mantra. Shula means the pain. Shula harini sakshat mantra, with this you kill the pain. After that Shri Ganesha Atharva Sheersha to kill the pain in different regions.

(51:30) If you have back pain, lower back pain, put both your hands on the lower back and say the mantra 'Shri Mataji, you are sakshat Shri Bhagavati. Please look after my lower back.

And put both your hands on lower back and say the mantra: 'Om twameva sakshat, Shri Bhagavati sakshat, Shri Adi Shakti

Mataji, Shri Nirmala Devi namo namaha.' Six times. As well as you have put your hands on the lower back, watch towards the sky and say 'Shri Brahmadeva Saraswati' mantra six times because this problem (comes) from Swadishthana. Swadishthana has six petals so we have to say six times 'Bhagavati sakshat' mantra and 'Brahmadeva Saraswati sakshat' mantra.

(52:25) Cervical pain: Cervical pain it comes actually from the Vishuddhi. You have to clear your Vishuddhi. You massage your cervical and put ghee/ camphor mixture in your nostrils. If you have a camphor allergy you can use Ayurveda medicine. You will get it in pharmacy – Arno oil. It's called Arno oil. Ar panjyria arghan oil. This is good for cervical pain.

(53:31) Then knee pain: Knees relate to Nabhi and Nabhi and Swadishthana includes the Bhavasagara. So, you have to clear your void in foot soak with reciting Adi Guru Dattatreya's names. And give hot and cold fermentation. First you have to put ice on your knee and then immediately after hot water. Then this hot and cold fermentation will help you for your knees.

(54:30) Rheumatoid arthritis: If you suffer of rheumatoid arthritis you can also put ice on your right Swadishthana and take the names of Adi Guru Dattatreya for the void as well you have to take lemon juice. Take one cup of water, add the juice of two lemons in it and drink that. After breakfast, after lunch and after dinner you have to drink that lemon water. With some salt maybe, if you can't eat very sour you can mix honey on it. So, this treatment was actually recommended by Shri Mataji. Now we will go to next category.

(55:51) Questions regarding allergies and intolerance:

Allergies

food intolerance

Seasonal Allergies

Insect bite allergies

Allergies to antibiotic medicine.

(56:00) Dr. Neyana: Jay Shri Mataji. in this category there are so many questions regarding to allergies. Different allergies. Shri Mataji explained that those allergies are coming from the liver. In case of food-allergies it has also to do with the liver. The liver cannot digest or assimilate the food properly and that's why we feel this problem. The reason starts from childhood already at the time of pregnancy. When the mother is having this hot liver problem, during pregnancy, one can call it "liverish", then generally it transfers to the child and gets to the ... [? sound interference]. At the time of pregnancy we have to take care about our diet so that we can prevent all the allergies which may affect the children. For this we have to vibrate the food and find out which food actually not good for us and we have to take care of it. The best way to get rid of those allergies is to clear our void. In the foot soak we have to take 108 names of Shri Adi Guru Dattatreya and it will definitely help. But it takes quite some time to clear the ... [? sound interference].

(58:31) Now the seasonal allergies, that means the pollen allergies or ... [? sound interference] like that. The pollen allergies are creating fever or asthma and for that we can take Shri Rama Kavach on the right heart. We put ghee-camphor if it is a pollen-allergy. We have to keep our hamsa clear. We have to keep our lungs clear with Shri Ramas mantra or Shri Ramas 108 names or Shri Rama Kavach. We have to recite it during foot soak. All allergies are coming from the Nabhi so this clearance is always done with the Jala-Tattwa,

5

that is the water element. We are taking the help of water element. Recite Adi Guru Dattatreya's 108 names during foot soak. The Shri Rama Kavach should also be recited during foot soak.

(59:45) What can also create allergies are insect bites. For that we have to put ice cubes on the area of the insect bite. It will soothe temporary but again the most important thing is to keep the left channel clear that will help to keep the toxins, which are creating the allergy, at bay. Of course, we have to clear our void at the same time. Again it is the left channel and void clearance that counts. For antibiotics again we need a clear and strong void. Actually, the centre heart is also playing a role, because it produces the antibodies to our whole body. That means if we are having some fear or insecurities during the taking of antibiotic than the side-effects are worse. Instead of helping they create extra problems. Shri Mataji says: "Take antibiotics only if there is an absolute need, otherwise better avoid them." Alone the name "antibiotics", "anti" itself implies that it is against, the body, "biotics" means body. So, it is against the body, try to avoid it and if there are some allergies or problems, intolerances, we have to clear the void, the centre heart and the left channel. Jay Shri Mataji

(1:05:04) Questions regarding mental disorders:

Panic attacks

anxiety

stress and anger

schizophrenia

high functioning autistic spectrum disorder:

Dr. Mehra: Panic attacks: Is a question about panic attacks. [problems with the mic] Questions regarding mental disorders. First the panic attacks and then stress and anger, schizophrenia, high functioning autistic spectrum disorder. I will take one by one.

Panic attack is due to right side problem, due to anxiety, stress and anger. In this case we have to clear our right side with the help of foot soak, Shri Hanumana Chalisa and Shri Mahasaraswati, Hanumana Mantra - then raise left to right.

Then anxiety: That is due to right Swadishthan – too much thinking. That can also be treated with foot soak, Shri Hanuman Chalisa and put left to right.

Stress and anger: There again, you have to clear your right Swadishthan and pray to Mother: 'Please take away all my excessive heat and anger, clear your Agnya chakra with a candle. You can say Ganesha Atharva Sheersha if you are hot-blooded and then you can connect with Sahasrara. Anger also comes when your Ekadesha Rudra catches. Please clear your Ekadesha Rudra. Take the eleven names of Ekadesha Rudra. That will make you thoughtless.

(1:07:09) Next is schizophrenia: Is the result of some possession. It's a left side problem. It's due to following a fake tantric guru. Then sometimes you can go mad also. In this case you clear your left side with three candle treatment. And thinking too much, constant thinking can lead to epilepsy. By epilepsy due to drug-addiction Shri Mataji recommended left hand to altar and keep right hand to fire.

(1:08:05) Next is high functioning autistic spectrum disorder: This is also a right-side problem. You can clear your right side, use your ice pack and take foot soak two to three times. That will clear you.

6

(1:09:55) Questions regarding related autoimmune and nervous system problems:

Auto immune problems

shaking of hands

thyroid problems

how to improve loss of memory and energy due to Parkinsons

Fibromyalgia

Hashimoto Hypothyroidism.

Dr. Bandekar: Jay Shri Mataji. Next category is autoimmune and nervous system problems. Auto immune problems means shaking of hands, then thyroid problems. It is beyond our control. We can not control our senses because those are neurology problems. Those neurologic problems are there and because of that shaking hands or Parkinson sets in. Thyroid problems induce loss of memory and loss energy due to Parkinson. Then fibromyalgia and Hashimoto, both come under the heading of thyroidism.

(1:10:58) All those are symptoms of autoimmune Diseases. For that you have to do meditation nicely to reach thoughtless awareness. You should not think in meditation. Meditation means thoughtlessness. You have to become thoughtless. You can cure yourself with your food, you have to eat more proteins just like almonds, pistachios – but you have to soak them in water (over) night and after peeling you can eat them. Then oil massage. I just recommend that mustard oil and kerosin have to be mixed together for massage.

Then sometimes our body could also be shaking due to following false gurus. You have to clear your mooladhara also. For Mooladhara there is Ganesha and on back Agnya there is Mahaganesha. That's why you have to pray to Ganesha, you meditate on your mooladhara as well as Agnya, back agnya. Back Agnya you have to take Mahaganesha, beeja mantra on back Agnya, also use candle and rays of the rising sun on back Agnya.

(1:13:18) Then thyroid problem. Left thyroid there it is a hypothyroidism and right thyro is a hyperthyroidism. So, hyperthyroidism is a right-side problem and hypothyroidism is a left side problem. To treat that you have to take Vishnumayas names on left vishuddhi as well as you massage your left vishuddhi and don't feel guilty. Just pray to Shri Mataji: 'Shri Mataji, I surrender all my guilt at your divine lotus-feet. Take out all the guilt within me and enlighten my left vishuddhi. And don't become emotionally disturbed. If you have hyperthyroidism, then you should not react. Try to control your anger. You should not react because reaction creates hyperthyroidism. You can use ice -bags and massage also your right vishuddhi. I think this autoimmune is covered. Now next category.

(1:15:15) Questions regarding related physical deformities:

Causes and cures for scoliosis

Hiatus Hernia.

Dr. Mehra: Questions regarding related physical deformities: Causes and cures for scoliosis. In this case your spine is disturbed. It's a right-side problem. When your spine is ...

[ambiguous] affected. You can clear your void and right heart. With both hands on Swadishthan say Ganesha Atharva Seersha. Clear your Vishuddhi and Agnya and Ekadesha Rudra. This is the problem with most of the ladies who are approaching menopause, there the hormones are disturbed and several problems start. You can massage your spine with kerosene oil. You

can mix with mustard oil vibrate it and massage it well.

7

(1:16:46) Next is Hiatus Hernia. Hiatus Hernia, it affects the stomach. When part of your stomach pushes up to the diaphragm muscles. Part of your stomach pushes into your chest cavity and causes acidity. You feel acidity. This is controlled by liver diet, because it is basically a liver problem. Due to liver this thing happens. Clear your void, nabhi, taking the mantra Kuleshwari sakshat and Kalaratri sakshat. If it is not cured then your intestine is also affected. So, it is better take the mantra of Shri Kuleshwari, do foot soak and say Kalaratri mantra. You can use ice pack on your liver also and don't eat spicy food as told in liver diet. You should take liver diet that will cure you. Next category.

(1:18:30) Questions related to skin and dandruff problems:

Melasma

Itchy dry Skin

Hair Fall. Hereditary Dandruff

Lichen planus and lichen planopilaris

Dots on the skin.

Dr. Bandekar: Skin and dandruff problems. Itching skin. So, this problem is also a right-side problem. If you are thinking too much, if you are under lots of stress then you have those itching problems.

Melasma, then hair fall, dots on skin, hereditary dandruff, itching, dry skin, hair fall. You have to put oil on your skin. You massage the oil into your scalp only with the tips of your fingers. And you have to use almond oil or coconut oil. Coconut oil is good. You should apply oil before you wash your head and thrice in a week at least you should massage oil on your full body. Also ghee will help you if you use it for massage. Give massage to your full body before taking a bath and you will realize that your itching is reducing, but don't massage ghee on your scalp, because that will make your hair fall. If you have dandruff and hair fall just take coconut oil, put some drops of lemon in it and camphor. And give massage to your scalp. You should have this massage two or three times in a week, not every day, preferably on Saturday night treat yourself with coconut oil massage, add lemon and camphor and massage it in only with your fingertips. Don't rub your scalp. You can also soak some methi seeds in curd (Yoghurt) and apply to your head. After one and a half hour you can wash your head. It will be also good for dandruff. Put also use ice packs on your liver, right Swadishthana and right Agnya. It will help you to cool down your stress and the hair falling will stop. Dandruff will go away and your skin problem also and don't eat more dry fruit. Eating too much dry foods might also create these problems.. Next category.

(1:23:17) Questions regarding related small Children problems and vaccination:

Any particular suggestions or treatments can be done for small children

Any particular suggestions from Shri Mataji regarding vaccinations.

Dr. Neyana: Jay Shri Mataji. It all falls under the heading of small children's problems. Children are not having any problems. They have due to the parents who have to care at their own parents' state. Whatever is in their attention reflects on the children. If the mother is not in a balanced state, getting angry, getting panicky, automatically that heat which is created from the mother, her child might be hyperactive or show some signs of misbehaviour. That all comes from the parents, specially the mothers, so the mother has to be careful, keeping balanced, do regular meditation, do foot soak. Don't avoid the foot soaking because that foot

soaking is very important, this foot soaking is actually helping to keep the child right. Take the child to all possible programs of Sahaja Yoga, collective centres. Collective programs help to keep the Mother in a balanced state, from which the child benefits automatically. Still there are some problems with children, for example Asthma, eczemas, diarrhoea and constipation in childhood. For that we can take care with keeping the hand on the part of the child's body which is affected, and the mother has to recite the mantras like Ganesha Atharva Sheersha or Devi Kavach or Rama Kavach.

The application of coconut oil is very soothing, Shri Mataji recommends also the Kailash Jeevan for eczemas or some rashes, like nappy rash for instance. The Kailash Jeevan is very cooling. Apply immediately at the onset of eczema.

(1:26:20) For the vaccination there are so many controversies, but I would like to read what Shri Mataji said about it. So, we have to use our discretion and ask our vibrations.

Childrens vaccination: Shri Mataji said that we have to vaccinate our children against everything, because the diseases are negativities and children must be protected against them. So, all the children who had not been vaccinated immediately went for vaccination. That is one experience we shared. Vaccination helps to strengthen them against negativity. If you feel that the child has been a little bit affected on vibrations by the vaccination you can work on their left Swadishthan with the candle.

This is the thing and one another thing – but in Sahaja Yoga it is not symptomatic. It is not from outside to be treated but from the inside, in the sense that when the Kundalini rises She passes through the centres specially, through the heart centre. Centre heart is the centre which create antibodies up to the age of twelve years. Then those antibodies are distributed over the whole body. Whenever you are afraid or when there is a problem there is an attack from outside, then this sternum bone starts pulsating and it's a remote control and conveys the danger to these antibodies but then you challenge the antibodies all the time. That means that when we are vaccinating then we are challenging the antibodies, due to that the antibodies get tired and the whole system gets affected. Now instead of that you must nourish the antibodies, that's what is done through Sahaja Yoga. They can become very strong and active. So many antibodies get out of order, but with Sahaja Yoga they are not only nourished but they also live very long and they have greater power to fight the attacks. In both those systems there is no talk of spirit at all. It doesn't deal only with your physical side. Physical is not everything. I have met people who are very healthy people. They have come to me, saying that: 'Mother, we want peace.' Shri Mataji Nirmala Devi. This is, you can see this reference. 12.02.1992. We give this in our information.

(1:30:52) So the next part vaccination for the childhood – vaccination – Shri Mataji said we have to give and if there are some allergies due to vaccination you have to clear perhaps Swadishthana with candle, so that we can prevent further problems of the vaccination, but She recommends Vaccination in the childhood, as for adults we have to see the vibrations, we have to use our discretion, because due to meditating our antibodies get more powerful. So lets have faith in ourselves, because being in balance acts like a vaccination. Nowadays with this Corona- Virus we have to be very strong, we have to keep our centre heart strong and we have to have this faith that my Kundalini is awakened. Kundalini is my mother and takes care of my whole system, so nothing will affect us. This is the part of discretion we have to use as a Yogi. Jay Shri Mataji. Next please.

(1:32:38) Questions related breast and ladies:

Breast lump

Breast cancer

Papilloma Virus

Hot flushes during menopause

Vitamin D deficiency

Polycystic Ovaries.

Dr. Bandekar: The next category is related to breast and ladies problem, that is Breast lumps, Breast cancer, Papilloma Virus. So, breast lumps, breast cancer: The main reason is insecurity. Feeling insecurity within yourself, creates those health-problems. Why are you feeling insecure? Shri Mataji is there in the pulmo Shri Jagadamba, in the pulmo Shri Durga with all the weapons in her hands. So, we should not be afraid of anything. You should never feel insecure. If there is an insecurity and you have this problem so you have to put your right hand there and say Devi Kavach for centre heart and left hand on right heart and say Rama Kavach or Shri Ramas 108 names for right heart. This Devi Kavach and Rama Kavach or Ramas names will help you, but you have to pray to Shri Mataji: 'Shri Mataji, please remove all the fears within me, all the insecurity within me. You are my protection. Please protect me with all your weapons!' And shoebeat this fear within you.

(1:34:23) And papilloma virus: This virus is also a left side problem and sometimes it results due to sexual contact, because this is a contact virus. You have to clear your left side mooladhara and recite four times Ganesha Atharva Sheersha for the mooladhara. Both hands on mother earth take Ganesha's names. And if you are following some tantrika or mantrika that could also create those problems, because your Void gets disturbed. You have to clear your void with Adi Guru Dattatreya's names in foot soak water as well as to take Ajwain-camphor to clean your left channel and Matka treatment.

(1:35:36) Then hot flushes during menopause: Hot flushes during menopause is common, so you have to do foot soak three four times in a day.

Vitamin D deficiency: You can drink D deficiency capsules or tablets and fish will also give you vitamin D. You have to go in the sun. If you take the rays of sun on your body then vitamin D will be produced.

(1:36:33) And polycystic ovaries: This problem arises because of false guru. If you are going to some false gurus or following false gurus even before coming to Sahaja Yoga you have to shoebeat all the problems created in your memory as well as all false gurus. So, write down the names of false gurus and shoebeat them! Even nowadays lots of persons have this void problem. Lots of tantrikas and mantrikas started their damaging activities, reason being, that people became mainly money-minded and followed unfortunately their suggestions of how to prosper. Don't indulge in this false knowledge if you do not want your void disturbed. Don't worship anybody else except Shri Mataji. Only Shri Mataji permitted us to worship the swayambhu. Mother had created them, refrain also from worship any statues. And for this problem PCOD (polycystic ovary-syndrome) and hydroid you have to do Ajwain dhuni for mooladhara. Then this will go away and the size will reduce. And right hand on centre Swadishthana and say Ganesha Atharva Sheersha and pray to Shri Mataji: 'Shri Mataji, I surrender my physical problems at your divine lotus feet. In the form of Shri Dhanavantari, please help me. And Shri Mataji will help you. Shri Mataji explained which diseases cannot be cured with Sahaja Yoga treatments. Try to follow those instructions then you will feel better. Now we will go to the next category.

(1:39:05) Questions regarding causes and cure of some diseases:

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High blood sugar

Anemia

High Blood Pressure

Cure for Diabetes.

Dr. Mehra: Next category Dr Mehra answers questions regarding causes and cure of some diseases. That is high blood sugar, anemia, high blood pressure, cure for diabetes. So, this is all – high blood sugar, first I am referring to high blood sugar. This is due to right Swadishthan and left Nabhi. If you think too much which leads to stress and strain that is why the people get high blood sugar because the fat cells of the body get into the brain and then the thinking goes on about the future which causes stress and strain to the pancreas. Mother has told us to clear your right Swadishthan and left Nabhi. For that 'Hazrat Ali Fatimabai' Mantra is recommended. You should not think too much nor pay too much attention to your habits. Don't fear for anything, it adds to your vulnerability do not feel guilty. You should not feel guilty for anything. All fat cells are used by the brain. 'Hazrat Ali' mantra and 'Fatimabai'. You can also use an ice pack. Clear your Agnya for this. For the Agnya raise left to right. Ice pack on right Swadishthan and right Nabhi and you can also use candle treatment on the left Nabhi.

(1:41:05) Next is anaemia. Anaemia means a loss of fat cell in the blood. It is due to left side problems. When you are very hasty in every thing, that affects your fat blood cells in the body. This is a left side problem. You can clear your left Nabhi and left Vishuddhi. That will clean this spleen problem. It's all due to the spleen. The spleen is affected if you are acting hasty, or if you are always in a hurry, like rushing to the office or any activity you do in a hurry. Don't read newspaper in the morning. Mother has told us to avoid reading newspaper in the morning. Mother told us to take Sabya, an Indian herbal treatment for clearance. It can be soaked over night in water to be consumed in the morning.

(1:42:43) High blood pressure: High blood pressure is also a right-side problem. Right Swadishthan and right Nabhi you have to clear. You can put your left hand on your right Nabhi and right Swadishthan and say Ganesha Atharva Sheersha. You can foot soak and use ice packs. Foot soak two or three times. Raise left to right. This is a right side problem which needs also clearing of your Agnya. When you are thinking too much it will affect your right side. Keep your Agnya clear then you will gradually cool down. If you do left to right it will also affect your right side. I hope that it is clear to you now.

(1:43:35) Cure for diabetes I have already told you. You can cure diabetes by clearing your right Swadishthan and left Nabhi. You can go for liver diet and avoid too much sugar. Avoid using too much dry food. Avoid using too much carbohydrates. And take care of your lifestyle. Diabetes is a problem of the lifestyle. You should be in time, you should take your meal and you sleep earlier and meditate properly. That will keep your stress at a minimum and your health will improve. Thank you. Jay Shri Mataji. Next category.

(1:44:35) Questions related to intestines:

Constipation

Intestinal worms

Irritable bowel

Intestinal Colitis

(1:45:00) Dr. Neyana: The questions related to the intestines covers the constipation,

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intestinal worms, irritable bowel, intestinal colitis. This is all related to the Void. Constipation is right mooladhara. When there is heat it dries up the water and the body becomes dry and heat leads to constipation. For that we have to clear the right mooladhara. Right hand towards Shri Mataji, left hand on mother earth and we can take Ganesha Atharva Seersha, or Shri

Kartikeya mantra four times or we can take Shri Kartikeya's 108 names. So, cool down our right mooladhara. We have to drink lot of water. We have to follow the liver diet if there is a constipation.

(1:46:14) Intestinal worms again are related to this. And now the whole world has adopted the hygiene. And this intestinal worms manifest because of improper hygiene. Unhygienic conditions. About food we have to wash and use clean utensils. Before food we have to wash our hands with soap and water whatever is happening. And nowadays with lock downs we are realising the necessity of proper hygiene and we have to make a habit of practicing them. We are in lock down and due to this corona-epidemic it is vital to start learning personal cleaning habits for avoiding to infect each other. Personal hygiene has to be taken seriously that automatically prevents also getting worms in the intestines. It is very simple when we are taking proper hygiene and proper diet this worms will go away. For this we should drink a lot of water to clear the right mooladhara. After we clear the right mooladhara worms are destroyed.

(1:48:01) Irritable bowel syndrome: if we cannot digest anything and it affects the whole system of our Nabhi we have to strengthen our Nabhi and we have to take the help of our Void. Adi Guru Dattatreya is helping to clear this irritable bowel syndrome. During foot-soak we have to take the 108 names of Shri Adi Guru Dattatreya. If it has become chronic it might take a long time to get cured. For those who have this irritable bowel syndrome or similar bowel symptoms they have to follow up this treatment for three months daily. Taking Adi Guru Dattatreya's names for three months will help.

(1:48:50) Intestinal Colitis. Colitis is the swelling which comes in combination between the left and the right. We have to clear our left channel and at the same time we have to cool down the heat of the mooladhara, for that we have to put both hands on mother earth and take Ganesha Atharva Sheersha. It will clear both the channels and this colitis, the swelling on that area will reduce. Jay Shri Mataji. So, next slide.

(1:49:33) Questions regarding physical exercise:

When and how much physical exercise is recommended during a week

Chronic cystitis

Dr. Mehra: Now we are coming to questions regarding physical exercise. When and how much physical exercise is recommended during a week. In those modern times Hatha Yoga is a set of exercises. You might get problems due to Hatha Yoga. Mother has said that Hatha Yoga is not good for your health. Because when you practise Hatha Yoga the left side gets neglected, leading to dryness and left heart starts catching. Do those exercises only after realisation, because a realized Sahaja Yogi should have his attention on the Sahasrara while doing those exercises in moderation. Mother has given a lecture pertaining to this subject during February 1983, where She said that one can do a little exercise for the Mooladhara, like butterfly, and you can do pranayama slowly for the Swadishthana Chakra, Breathe clearly in and out very slowly – keeping attention on Sahasrara. You should not do very static, hard exercises, that will give you problems. It is all right to do a few exercises and a little pranayama. You can listen to Mother's talk 1983, March 2.

(1:51:41) Then comes the chronic cystitis. It's a chronic digestive problem. Dr. Neyana has already told you ICD this is an irritable bowel syndrome. It is also a digestive left side problem. Clear your Void, Nabhi, Swadishthana. Keeping both hands to mother earth, that will clear it. Jay Shri Mataji. Next category.

(1:52:15) Problems related heart:

Lethargic Heart, diarrhea, dizziness, obsessive thoughts

extra systole at bedtime

Mitral valve prolapse

Stent in the heart: What care needs to be taken in order not to get attached again

Is there any Ayurveda treatment to improve artery blockage and opening of arteries in the heart?

Dr. Neyana: Jay Shri Mataji. This covers all the heart problems. The lethargic heart is called angina where at first the left Vishuddhi get affected and starts the problem with the heart which causes pain in the heart. For lethargic heart clear the left Vishuddhi. Keep the right hand on the left Vishuddhi and recite Shri Vishnumaya mantra sixteen times. Don't feel guilty about anything because we are Sahaja Yogis and we know we are the spirit. When we are spirit we should not feel guilty, the lethargic heart will get better.

Diarrhoea, dizziness, obsessive thoughts

Diarrhoea is because of the left Mooladhara. So, right hand on the Mother Earth and we can take Ganesha Atharva Seersha for diarrhoea. We can see that most of the time this diarrhoea brings us back into a balanced state and all that negativity is flushed of the system in form of diarrhoea. It is a good sign actually but if it goes on to long and we are becoming more tired and weak, that time we have to take Ganesha Atharva Sheersha for left Mooladhara.

Dizziness with it in a combination – it involves the liver and involves Agnya.

Obsessive thoughts are also due to the Angya where it is connected with the Mooladhara Chakra. For this we have to clear the Mooladhara Chakra that is keeping both hands on Mother Earth and taking Ganesha Atharva Sheersha. It will help for the dizziness as well as for the obsessive thoughts. For dizziness we can keep the left hand on the liver and take Ganesha Atharva Sheersha to cool down the liver. It might be because of ear or eye problems or Angya headaches then we also have to clear the Vishuddhi chakra it will help us to cool down and to get rid of this dizziness You can take the 'Allah hu akbar' to clear the Vishuddhi chakra.

(1:55:48) Now this extra systole at bedtime. It is a part of a palpitation of the heart beat when we are feeling insecure. But that insecurity is coming from the right side. Shri Mataji has given the beautiful relationship between the deities how they are interconnected as brothers and sisters. The sister of Shri Shiva is Shri Saraswati. We should take care not to burden this right side, because overloading it is causing extra systoles. We should be sensible and stop right sided activities.

(1:56:56) Mitral valve prolapse again when we are more right sided. The physical part of the heart started showing some symptoms because we are not controlling our right channel – right side.

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(1:57:15) And again the stent in heart that is also because there is a problem on the physical heart because we are using more right side. We have to cool down the right side, we have to reduce tension. It is all – Shri Mataji says that Shri Hanumana has to play tricks when we are to rightsided. Hanumana actually reduce our excessive activities by braking them down. We should actually look inside and try to avoid things which are causing the rightsidedness.

Those are the things that we have to take care of to safeguard the heart. It should show us to introspect and see how far we are running. We have to control ourselves. We have to use our discretion, taking care of the activities of our day to day life and how to slow down the activities - for this we can take the help of the collectivity. What happens in general is that we try to cover everything. We wanted to do every job. This is my job is also, that is also my job and so on. We do not trust any other colleges or friends or other people which are around us. Still it is most important that we come down and try to reach a balanced state, by distributing the volume of work and balance ourselves. This is a physical heart problem which we have to get settled otherwise the Shri Hanuman pull the brake to make the changes in this heart area. We have to take ShriShiva's names on the left heart. We

can say this 'Shivo ham'. Shivas 108 names will help. Hanuman Chalisa, doing foot soak maximum times. Cool down the liver to cool down the right channel. All those treatments for the right side we can do to get this heart problems corrected.

(2:00:09) Is there any Ayurveda for the blockage. Dr. Bandekar might give some appropriate medicine for this. But what I learned that this ginger is very good to dissolve the melt, the block. So if there is a blockage in my practice my doctor is actually recommend this home remedy, that the ginger and the coconut we have to mix together and apply, make a pack on the heart area and the patient gets a good result of this. So, Dr. Bandekar is the right person to talk more about it. So, I request Dr. Bandekar to give some advice for treatment of this blockage.

(2:01:20) Dr. Bandekar: I recommend Himalaya Abona tablets and or if you can get 'Arjunarishta' in the pharmacy. The tree Arjuna represents five elements. It meant flower, fruits and bark as well as roots all those parts of the tree contain Arjunarishta. Arjunarishta is good for heart blockage and artery blockage as well as Himalayan Abona. You can write down this medicine and try it out. Jai Shri Mataji.

(2:02:35) Problems related sleep:

urinating while sleeping

grating teeth while sleeping

frequent micturition problem

Dr. Mehra: Now problems to related sleep. Urinating while sleeping, grating teeth while sleeping and frequent micturition problems. Those are mostly all childrens problems, and even excessive urination is a rightside problem. If there is excessive urination we can clear our right side. Regarding children Dr. Neyana said clearly that if the mother will clear herself the children chakas will automatically get cleared. As far as the the mother goes they should take care of the children and clear their subtle system. Urinating, excessive urinating and urination during sleep is all due to right side problems. Children bedwetting, is due to the bladder. Clear Mooladhara and Swadishthan regularly and it will improve.

(2:03:55) Grating teeth while sleeping. It is a left side problem. Bacterial disease. This is a sleep related moment disorder due to pinworm and tapeworm and (perhaps roundworm?) in your stomach. When the children a infested with this worms then start grating their teeth.

(2:04:20) Frequent micturition problems. Certain neurological diseases, certain neurological collection due to kidney or ureter,bladder problems. Clear Swadishthan and Mooladhara to improve the disorder.If we clear ourselves the children will be automatically cleared in the bargain. It is better for the children if the mothers clear themselves. Thank you. Jai Shri Mataji.

(2:05:12) Nabhi and stomach related problems:

how to cure left nabhi catch

stomach ache

Indigestion

Vomiting

Gas problem in the stomach

Hot center Nabhi

Dr. Bandekar: Nabhi and stomach related problem. How to cure left Nabhi problem? Left Nabhi you have to take candle on left Nabhi as well as left Void with the ten names of Guru, that is the primordial masters residing in the left Void, because left Void pressure goes to the left Nabhi than you get left Nabhi catches. And husband – wife relations will be affecting your left Nabhi. Unsatisfactory marital relation will also affect your nabhi.

(2:06:00) Then stomach ache. If there is a stomach ache then you have to take candle treatment for your left Void as well as reciting Adi Guru Dattatreyas names during footsoak. Very helpful can be, if you swallow ajwain with a cup of hot water, it will relieve the pain.

(2:06:37) Then indigestion. If you have indigestion and also loose motions you have to recite Adi Guru Dattatreyas names as well as candle treatment for your left void and left channel clearing.

(2:07:05) But you also vomit, then it is a right side problem. In this case you have to put ice on your liver and bring down your right channel. Ice on your right Swadishthana, liver and also right Agnya.

(2:07:30) Gases problem in the stomach. Because of having so much carbohydrates gases form which I already told you before. You should reduce your intake of carbohydrates and generally take care of your diet, it should be balanced. Proteins and carbohydrates should be balanced in your diet. In this case you have to use ajwain-camphor treatment for your left Void

(2:08:06) Hot center Nabhi. If there is a hot center Nabhi you have to drink more water, add lemon juice also. Then coconut water and Kokum juice. Lemon juice, Kokum juice and reddish leaves water. You have to boil reddish leaves in water with candy sugar and drink it. This will help you for your hot Nabhi. As

Then take Vishnus names, then names of Lakshmi on center Nabhi.

(2:09:00) Body temperature problems: Too much of sweating in summer and very cold hands and feet in winter.

Dr. Neyana: Jay Shri Mataji. Those are problems with the regulation of the body temperature. When we are doing regular meditation, regular foot it will improve. Shri Mataji recommended not to use water if you are leftsided.' only in extreme cases extreme cases Shri Mataji suggested for a particular person for that treatment. But in general we have to do the regular foot soak whether we are left sided or right sided.

We have to have the morning meditation, which is the compulsory meditation. Shri Mataji said that even a second of meditation once the connection takes place, improves the whole system, so try to go for the morning meditation, don't try to avoid the morning meditation. We have very often excuses for omitting the morning meditation. We can't get up in the morning, we have timing urgent meetings and we slept late that night, so getting up is very hard. Whatever the excuses are, that is actually affecting the whole body system. Let's not get lazy, whenever we get up let's make it a habit to meditate, irrespective of how much time we actually have, five minutes, ten minutes or even one second makes the difference. So, every day we have to make the most of this unique opportunity to get the blessing of Shri Mataji, because every day 24 hours we have to have so many obligations. The foot soaking is again very important. We should never indulge in any excuses as far as meditation and foot soak is concerned, however late it may be. Whenever you get the time stay in the foot soak. One time is generally not enough because the IT people who have to work with their brains and on the computer, need to use more clearing techniques for their catches. Put the ice pack and do your foot soak treatments. The IT people are spending nearly 12 hours outside and is very difficult to find the time to relax and that we use as one of the excuses for not doing the foot soak or the morning meditation.

(2:12:45) But if you get admitted to hospital for degrees of physical ailments you have to forget your job and anything else. We have to spend the time and the money when we are admitted to hospital. We have to swallow antibiotics which might make us miserable and we find ourselves in a real mess. So better, let's use our wisdom to adhere to our morning meditation, which will

save us mostly from such unpleasant experiences. Let us always find time for morning meditation.

Body temperature and problems like diarrhea, constipation, acidity, gases or angina and heart-problems we have already discussed before. Everything is the left and the right you see. We have to balance ourselves, if we don't have enough time for the clearing technics we can simply hold out our hands. Shri Mataji said that the five elements are so sensitive towards us that with the slightest indication on our behalf they will doing their work for us. We have become so gracious, so important for the five elements that when we show our right hand, or put our both hands toward mother earth Mother will understand what to absorb and starts sucking without any aspiration, without any request. It's starting do happen.

(2:14:32) The water element acts similarly, it will suck all the problems in our body, in all the chakras and the channels without even being asked for. Automatically we get that turmoil in us eliminated and reach our balance. There are some recommendations Shri Mataji has given us , for example if the heat comes from the right side we should point the left hand towards the sky. But sometimes the left side is also heated up. We might be aware of this fact, when during the clearing ourselves with mother earth, it does not have the desired effect on our left hand. We are not feeling any vibrations. That time we have to keep our right hand towards the sky and take out the heat from the left channel. If you can do it during food soak it will be just finet, because after balancing we will be having a good meditation.

Or we can do the foot soaking than raise our left hand to clear our (right) channel and after five six minutes we can raise our right hand towards the sky to clear the left channel. And then we can keep both hands toward mother earth and we can spend one or two minutes and go into meditation which will help to balance our body temperature.

(2:16:17) If you sweat a lot in summer and if you suffer of cold hands and feet in the winter, it is also due to imbalance. It comes all under the same heading, we can automatically improve this excessive sweating as well as our cold hands by using all our precautionary measures to regulate our body temperature. If we regularly treat ourselves we get automatically relieved from turmoil and reach a balanced state. Thank you. Jay Shri Mataji. Next slide please.

(2:17:10) Problems related to the left side:

Too much left side

Black Magic (also from family members)

Negativity moving from left side and moving to right side

Suffering from catches that return

Left Swadishthana

Back Agnya

Dr. Bandekar: Problems related to left side. Too much left side. If you are too much left sided then you have to do Matka treatment. Take seven lemons, seven chillies. But in Europe the lemons available are mostly to big in size, so you can buy limes, they are much smaller. So, seven limes, seven chillies, put them in water, add little vibrated Kumkum and pray to Shri Mataji: 'Shri Mataji, what ever negativity is in me, please absorb it in this Matka treatment and give me a balanced state. Then place this Matka close to your head while you are sleeping, after waking place it under the bed, because during the day you should not look into it. Best cover it also. Than again at night before sleeping you put yourself in bandhan and open the matka. After waking again the next morning, take a proper Bandhan and close it again, do this for seven days. At the eight day you have to discard it. You can discard is in public garbage also but for that you have to give Bandhan. It would be ideal to dispose of it in some flowing water, like a river for examble. If there is still too much left side you can take Gayatri mantra. Gayatri mantra is actually right Surya mantra, right sided, so you will get Surya balanced state. If you say Gayatri mantra: 'Om bhu, burvah, swaha...' So that

Gayatri mantra you will get it in the mantra book. You recite it three times on your left channel then it will help you. Matka treatment, Gayatri mantra as well as Ajwain-Kamphor for your left channel with negativity destroying mantra. You can also take Mahakalis names for the left channel, because Mahakali is the killer of demons. She will help you.

(2:20:00) Black magic also from family members. We should not be afraid of black magic because it never affect us if we are in a balanced state. It only affects us when we are imbalanced, then the black magic will affect you. So, you have to shoebeat if you know the person who is doing black magic on you. Write down his or her name in circle and shoebeat that person. All the black magic coming on my spiritual ascent from such and such person. And even Matka treatment also will help you to take out black magic. It has an effect on black magic.

(2:21:00) Then negativity moving from the left side to the right side.

If you feel your negativity is moving from left to right and right to left you have to clear your left channel with fire treatment and then you can immediately do a foot afterwards soak and clear your right channel. But sometimes you keep feeling the Swadishthana negativity and for that you should clear your left Swadishthana. If your Nabhi catches and if you are after clearing your left Nabhi, feel your right Swadishthana again you have to make use of this special candle treatment, by which you draw the number eight with the flame of the candle between the Swadishthana and the Nabhi chakra several times. This will prevent the negativity to keep jumping between those two chakras back and forth and will leave you.

(2:22:09) So suffering from catches that keep returning. Suffering from catches that keep returning means what? I think your attention is very poor. If your attention is poor and if you shift your attention elsewhere, you will feel your catches. You should not divert your attention to any other person but you should place it on your Sahasrara. It happens sometimes that we are quite in good order while leaving home but by the time we enter into the collectiv programs we feel certain catches. It could be the heart or sometimes a headache. In this case it is clearly not from you. You have to pray to Shri Mataji: 'Shri Mataji, when I started from home I felt very fine and now I feel those catches. Could it be that somebody's attention is on me. Could you please take the attention of this person to Your divine lotus feet and free me from this catch.' Then that catch will go away fast, do not burden your attention by blaming yourself for it, because sometimes those catches are not your catches but come from other persons. In such cases always ask Shri Mataji to take the attention from this other person and place it on your lotos feet and you will see you will be relieved of those catches!

(2:24:07) Left Swadishthana. Left Swadishthana is the place of pure desire. Though we have to put our right hand to our left Swadishthana and pray to Shri Mataji: 'Shri Mataji, whatever impurities, like impure desires are within me, please destroy them. Please bless me with pure desire.' And say the mantra: 'Om twameva sakshat, Shri Mahakali Bhadrakali Kalikalaki sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi namoh namaha.' Also recite the negativity destroying mantra: 'Sarva shatru mardini sakshat', then 'sarva badha vinashini' for your left Swadishthana. Use also fire treatment maybe with Ajwain-Camphor or candle, but not during footsoak.

(2:25:19) Back Agnya: Sometimes there is a possession and you feel left Swadishthana and Back Agnya simultaneously in combination. Back Agnya there resides Bhairava and in left Swadishthana we have Mahakali. To Mahakali and Bhairava there is a connection and that's why you get catches in both when there is a possession. Make first a Matka Treatment, then for Back Agnya take 21 names of Bhairava and use the candle. Even at Back Agnya you can take candle treatment with Mahaganesha beeja mantra. Ladies should not spread their hair. If they have long hair they have to pin it up before going out, because through long spreading hair negativity attacks your back Agnya Chakra. So, Back Agnya you shout clear with the fire and with Mahaganesha beeja mantra, then 21 names of Bhairava and expose your Back Agnya to the rising sunrays if possible, as well as a Matka treatment and maybe sometimes three coconut treatments.

Three coconut treatments means one coconut for one day. Pray to Shri Mataji if negativities have blocked your Back Agnya which comes sometimes in form of an epileptical attack due to false gurus. In such a case you have to take Ekadehsa Rudra for your Agnya Chakra as well as put coconut near your head wherever you sleep at night. Prepare the coconut by painting the three eyes of the coconut with Kumkum and then place it in such a way that those red painted eyes are directed towards your head,

preferably towards the Sahasrara while sleeping at night. Put yourself in Bandhan and pray to Shri Mataji: 'Shri Mataji, please absorb all the negativities within me and let them collect in this coconut. On the following morning whenever you get up for the meditation give Bandhan to that coconut, fold it in paper and dispose of it in a public garbage container. Remember, never leave coconuts a long time in the house, because coconuts are experts in retaining badhas. I think we will now take the next chapter.

(2:28:55) Problems related right side:

Right heart – Treatments for clearing

Right Vishuddhi – Treatments for clearing

Right Swadishthan – Deficit of Attention and how to improve the Attention

Dr. Mehra: Problems affecting chakras on the right side. Right heart treatments for clearing. Right Vishuddhi treatments for clearing. Right Swadishthan – Deficit of attention and how to improve the attention. This comes all under the heading of right-side clearance. For right side clearance you have to work on Pingala Nadi, the sun channel you have to recite the Hanuman Chalisa while doing the foot soak. Use cold water, even ice water, if you can take it for your foot soak. Repeat the foot soak after changing the water. You can walk bare foot on the mother earth saying Ganesha Atharva Sheersha. This will clear your right side.

Your right heart will be cleared when you recite the Devi Kavach, Rama Kavach and Hanuman Chalisa while doing your foot soak. Sometimes when right heart is catching you have to clear your centre heart also. You can clear your centre heart as well as Agnya chakra. Agnya chakra you can clear with ice pack and by putting the left hand towards the sky, right hand to our Mothers photograph, or by reciting Ganesha Atharva Sheersha or Hanuman Chalisa while doing the foot soak. Right heart you can place your left hand on your right heart. You can say Shri Ramas names and Ram Kavach. That will clear your right heart. It is all due to right heart when you have got bad relation with your husband. Could also be due to a problem with your father – father and son problem. That is why it is catching. And sometimes the doctor has already told you the asthma problem comes only when your right heart is catching. We have already told you how to clear your right heart and you can clear it the way I have just mentioned above.

(2:31:30) Right Vishuddhi – Treatments for clearing: So, right Vishuddhi is due to emotional aggression. Sometimes you react very abruptly or arrogantly. Those are the reasons when such problems arise. Sometimes you might also feel your right Vishuddhi parallel with a right heart catch. You should be talking sweetly to everybody. Ask Mother; "please grant me the witness state", you can take the mantra of Shri Rukmini Vithala. Sometimes when your right Vishuddhi is catching you might also feel the left Vishuddhi. In that case you clear your left Vishuddhi that will take care of both, because when you are very reactive you feel very also guilty sometimes and then your left Vishuddhi catches equally. You can also clear both your Vishuddhi's, by reciting 'Allah ho akbar', and you can drink this butter / ghee in hot water. That way it will clear your right Vishuddhi.

(2:33:05) Right Swadishthan. Problems with the right Swadishthan is all due to your attention. When your attention is not proper you cannot enjoy this state. It is very important that you cool down your attention You can put ice pack on your right Swadishthan as well as for high blood pressure as I have already told you. So, this treatment you can do. You can take the mantra to 'Hazrat Ali Fatimabai' six times, because it has got six petals. And pray to Mother: 'Please make my attention steady to your lotus feet.' When your attention is steady than you can enjoy this state. So, it is very important. Clear your right side. We have already repeated this two, three times and now it is again a repetition. Thank you. Jay Shri Mataji.

(2:34:20) Questions related vibratory and thoughtless awareness:

I do not feel vibration in my hands

too much of thinking

lack of thoughtless awareness

Dr. Bandekar: Questions related to vibratory and thoughtless awareness. I do not feel vibration in my hands. If you are always reacting your Vishuddhi is bound to catch and if your Vishuddhi catches, then you will not feel vibrations on your hands. In that case you have to clear your Vishuddhi. And we recommend so many treatments for clearing your Vishuddhi.

(2:35:00) Too much of thinking: If you are thinking too much and if you cannot become thoughtless that means you have to increase your dedication to Shri Mataji, surrendering to Shri Mataji. Because Shri Mataji is Adi Shakti. She can do anything. We don't really do anything. Still you think: 'I have to do this, I have to do that, thinking constantly. You think: 'I'm doing everything', no! Don't think any more. You have to practice surrender all the thoughts in your minds and leave them at Her divine lotus feet while praying 'Shri Mataji, here I surrender all the thoughts at your divine lotus feet. I don't want my past memories and I don't want my future planning. All the thoughts I surrender at your divine lotus feet, remember the past is already gone and the future is not in your hands. And you have to pray on Agnya: 'Neti, neti neti!' – like this (2:36:30) put both your hands on right and left Agnya (Dr. Bandekar holds both her hands on the level of her temples and makes massaging movements) and say: 'Neti, neti, neti!' 'Neti, neti' means not like that, not like that, not like that'. So 'neti, neti, neti' you have to say to Shri Mataji on your Agnya and another thing is that you have to shoebeat your thoughts and lack of attention.

Write down your name in a circle, add 'lack of attention' and 'thoughts coming in mind' which are affecting my spiritual ascend. Give Bandhan and shoebeat them. When you believe that Shri Mataji is Adi Shakti then thoughts will subside, stop thinking! Try to surrender every thing at the lotus feet of Shri Mataji because She is the Adi Shakti. Adi Shakti includes all the deities including Herself. Don't think Shri Mataji is a person like us and we are just giving respect to Her - no! Shri Mataji told us: 'Sahaja Yoga is one of my aspects, but you have to surrender to Me'. You have to recognize Shri Mataji in the form of Adi Shakti, the Goddess. Then you will not stop thinking. And if you practice this, then your thoughts will reduce and finally go away. Put ice on liver, right Swadishthana and pray to Shri Mataji for humility: 'Shri Mataji, please make me humble. Here I surrender my ego at your divine lotus feet'. Because of ego you cannot stop your thoughts and because of your reactions you cannot stop your thoughts and you will not get thoughtless awareness in your meditation, because when you sit in front of Shri Mataji with open eyes and even closed eyes you carry on reacting. (Dr. Bandekar moves her right hand in front of her from right to left) It is just like a movie that keeps running up in front of your eyes and stops you from meditating. That's why stop your reactions then you will get thoughtless awareness, ok? Jay Shri Mataji.

(2:39:50) Treatments and protocol related questions:

Treatment for Ekadasha rudra

Any age limit for Matka

Is it okay to have deity picture on altar like Shri Durga and Shri Krishna

Imbalances on left and right due to over activity

how to motivate children to meditate

how to heal and prevent the illness

Sensation of feeling something jumping from one chakra to another while meditating, unable to enter in thoughtless awareness and catches on left and center Agnya

(2:40:00) Dr. Neyana: Treatment for Ekadasha rudra. Ekadesha rudra is coming from the Void. We can take the Edadesha rudra mantra on Void at the same time than on the head (Dr. Neyana shows with her hand).