

This lady said, "Mother, all the way I have called you from there. I came only for his sake." These Indians are very attached to sons and things. "So you must give him, You must do it."

I said, "But how? You give it. You are a realized soul. Why don't you say that he's realized?"

She said, "How can I say? He is not giving any vibrations. He is not a realized soul. How can I give a false certificate?"

So I said, "If he doesn't get it, he doesn't get it. He may be your son. He may be anything. What can I do about it? It has to work it out. The problem is of his seeking."

She said, "He is a very good man, he's a very dharmic person, he doesn't do anything wrong."

I said, "It makes no difference. You must have the seeking within you. Even a person may have done mistakes, may have done anything. But if he is a seeker, if he is a true seeker, he will get his realization. There are many people in India who never drink, never smoke, eat vegetarian food, they put their eyes on the ground. There are many like that. But if they do not seek God and they are just satisfied with these virtues, they are only at this point which is what you call is the Void, is the centre of it where dharma is there, balance. They are just balancing. Still they are balancing."

They have to rise. And how will they rise above? They will only rise if they are seeking. And once you seek you become your own master. You all have become. Only thing is you just have to desire it. But that desiring you cannot pump into anybody. You cannot force into anybody. It has to come from within, within yourself. If my saying that can create that desire, I think whatever I said has some meaning, at least some effect. And that would be the best that I could expect."

I wanted to talk to you about the centres but today I don't think I will be able to cover. But tomorrow at Panorama City I will again speak about all these centres that are within you and how you are built in. Gradually we are moving towards that and today they wanted me to talk about the Spirit. So I have talked to you and you also asked me question yesterday: What is the Spirit? So tomorrow and day after tomorrow these are only two days and now in this place, Los Angeles which means something great – Los Angeles – and let's see now when the angels get awakened and get to it.

Tomorrow I will tell you all about the chakras and day after tomorrow how to clean. Luckily we might get a place here somewhere. We are trying to find out a place for a centre. And if we can

really manage to get someplace for a centre, we would like to start a centre and we will inform you about it where you can, after getting realization, learn the divine technique by which you become the guru. You can give realization to others. And you can grow by giving to others.

You cannot grow if you keep it to yourself. It's the question of collectivity. If you just sit at home

– "Mother, we do your puja, we worship you, we take vibrations from you" – nothing happens. You do not grow. You have to give. Otherwise you stagnate. People grow only when they give. Sahaja yoga today is for giving and not for preserving yourself. That time is finished. You have to become a complete capitalist in the sense that you know all your powers and you have to be a complete communist that you distribute it. You cannot enjoy, you cannot grow unless and until you give. So such a combination it is and artificially we are doing politically these things.

Artificially it is. But inside when you become that collective being all these artificial things find their meaning.

May God bless you all. You can ask Me some questions. And then we'll go for our realization.

Sahaja yogi: She would like to know a little more about supraconscious and the subconscious.

Shri Mataji- Collective subconscious is on the left hand side. You can see from the character of a person who is a left-sided person, who is emotional. He is not aggressive. He takes aggressions upon himself but he is sly. He can be mischievous. He can be very cunning. He will work it out in such a way that people will not know how he works out the things. That's a left-sided person. And he might be sort of a..... (Shri Mataji speaks off mic to a Sahaja yogi)

The supraconscious is the other side of it. It is the right side of a person. It's the right side where she or he aggresses the other person and he doesn't feel any harm from it.

When you go to the collective subconscious on the left hand side the entities from the left side who are sly, who are busy bodies, who want to show off, can enter into you, can possess you.

They make your body pain – you get pain here, you get pain there. You get all kinds of things like accidents. Even cancer is caused by that. Epilepsy and all mental troubles like madness, lunacies, schizophrenia and all those confusions that you get out of these possessions, they take place from the collective subconscious.

Some of these horrible people who are working on you, these techniques of mesmerism of different types, most of them push you onto the left side. Some people put you on the right side. Some of them who just make you overactive for a while. You become very speedy and another personality comes on you. You start becoming extremely active and you start seeing things as if you are riding a very fast horse. You become very successful also for the time being. But then you are tired because one horse is carrying two personalities. It could be ten personalities. You get tired. By the time it is over 3 to 4 years you start shaking, rattling, you get troubles from the nervous system and it could be very serious for people.

Now the collective subconscious people as they enter into you – even alcohol can take you down there to collective subconscious and so many drugs also take you, but not LSD. LSD takes you to the right side. But so many drugs can take you to the left side and if you are driven too much into it then you get possessed and you get confused. Right side movement in the supraconscious gives you illusions, hallucinations like LSD does, and if you go further with it –

For example, there were a lot of supraconscious people in South America. I went to Colombia and they used to use, and even now you are getting them imported from Peru, this stuff they call ambrosia. It's a kind of LSD of very fine quality. They used to take that and they had a special type of thing in which they used to grind it and take it. By doing that they went into their ego, projected their ego to such an extent that they could see things on the right hand side. They could see the gods.

The most amazing thing I saw was that they had the condor as the emblem of their navy – condor. So I asked them how do you have a condor as your emblem because navy has nothing to do with a condor, it's a very big eagle?

They said, "Our old people tell us that an Indian god," means from Bharat, from India, "an Indian god called Vishnu came on a condor." Can you believe it? They get all this knowledge, dowsing business they get. They get knowledge about the moon, the stars and the galaxies. They knew about Cyrus and these things which are material things. Prophesies and all these things can happen to them which looks like Truth, which is Truth but the superficial level on the right hand side.

The left side people can work out in a very subtle way. I will give you another example how these left-sided people work out. It's very surprising how they know things. They can read your mind and they are very much concerned with each other.

There was one gentleman who wanted to bring his friend for his treatment who was suffering from some sort of a possession. And he went to receive him at the station and he couldn't get him there. So he went to the post office to telephone and the postmaster himself was sitting there and he said, "Why are you going to Mother? She is doing very important work. Why do you want to trouble her?"

He was shocked. "How did you know all this?"

He said, "This gentleman requires a lot of help. So I will tell you how to help him. There is a Ganesha's temple at such and such place. You go there and just take one coconut and give it in that temple and this fellow will be alright." So he went with one coconut. He gave the coconut there. This fellow felt little better because he had a possession by which he used to get drowsy. He used to sleep too much and he used to feel very funny. So when this was cured a second thing that happened to him is that he started drinking. And drinking like hell. So they went again to the temple. He said this time you'd better give sawa tola of gold to that temple. And the fellow got addicted to that and this Sahaja yogi also went down. When he came I said, "Where did you go?"

"Oh, I went to that temple, Mother, just a Shri Ganesha's temple. I didn't want to trouble You."

Very subtle. I said, "Really?" It was a wrong thing to go and this fellow died of [UNCLEAR] heart. Can you imagine? They are so clever, so cunning. And they know so much. You go to these gurus. Beforehand, they will know who you are. The ESP business. All these things work out though left side. There I can write a book on this left side and right side.

Better thing is to read Gregoire's book. He has written something about it. There's no end to it. But best thing for this to know is to really experience them and see what sort of people they are and how they behave under the influence of these things and how they talk. They talk the same way, behave the same way. It's very interesting.

Sahaja yogi: Any further questions?

Seeker: You mention not only about determining what a problem is with another person but also how to help correct that problem. Could you explain that?

Shri Mataji: That I will cover in the last lecture. Because that's quite a big thing – how to correct others, how to give realization. We will keep it all in the workshop we can call it, the last day in Panorama City.

Seeker: Is your house in Mount Abu in India?

Shri Mataji: It's true. She recognized. You can find the answer. Saptashringi. It's correct. She knows. I have houses all over, my child.

See the vibrations.

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Shri Mataji: Can you recognize the face?

Sahaja yogi- Most of us have been there.

Shri Mataji: And the fragrance also you get of gugul. That's the beauty of Indians. They know quite a lot. Easy for them to recognize me. They know all these things. While here, people will like some charismatic person who comes and makes you just blunt. "Oh, he is charismatic." I don't know what appeals to people. I just can't understand. There is a guru who is only 5 feet 4 inches I tell you. An ugly looking person, absolutely ugly from every angle. And I have at least seen 10 ladies who came and told me that they are in love with him. He is only 65 years of age. And young ladies just falling in love with him. I just can't understand how can they be falling in love with him. "They are just in love with him, Mother."

I said, "Alright, go and love him." Stupid people, I tell you. With all this intelligence how can you be like that – stupid. To be mesmerized like this I mean imagine a guru falling in love with the disciples. Can there be greater absurdity than that? I just can't

understand. Like these nuns marrying Christ. I mean this is really blasphemous. What do you think of Christ? He is innocence, He is purity. What business have they got to marry? They better marry some human beings. All sorts of things are going on in the name of God, I tell you. I just can't understand how can you judge God that way? You must have some sense of purity, of holiness, of auspiciousness. But we are so mixed up.

Seeker: Are you going to continue here? I heard you say tomorrow night...

Shri Mataji- I will be in Panorama City. You are all welcome there and for two days we are doing programs there. But I hope next year I will definitely come here. And we'll have better organization and a better way of putting up things next year. But we are going to start 3 centres. At least two. One in this area or Beverly Hills area. There's one gentleman who has offered a place for a centre. And we have some people who have come from England who would like to

start in Los Angeles. And one centre we can start in Cerritos because we have somebody, the son of one of our trustees, who is staying in Cerritos also. One day in a week we can have it there.

Just now we will start only two centres. And you people should look after it. There's no question of money or anything but you have to go there, attend to it and grow. They will have my tapes and you have all the arrangements for you to receive all the information and knowledge. Also we have got a magazine from India. Have you got it? We have a magazine from India which is also circulated. One magazine from Australia which is also going along. That's how we all get connected with each other.

The people from England would be visiting. They are very good. They are very well off now. They know such a lot about Sahaja yoga. There are about 300 - 350 tapes of my lectures in England which they would like to bring here. They have 21 here which we can copy. You can take the tapes with you. Also you can copy them or you can give the tape and tape it. Only whatever is needed for the tape you have to pay. In Sahaja yoga we don't believe in exploiting anyone. Neither the Sahaja yogis should exploit the other people. Like you see the people will ask for free. They say that give us this thing. Even the tapes free and all that. Because we are not collecting any money. So if you want to have a tape just give a tape to them for taping or what you can do is to pay for the tape itself, see whatever is needed so that there is no pressure on the person who is running the centre here. I should be a mutual understanding between you people.

Somebody gave money yesterday. I was told that we don't take money from anyone so that should be returned to that person.. Only the Sahaja yogis themselves can collect money.

Supposing this hall is to be done. Now it's all partly my own money and partly from the Sahaja yogis in London. They have paid for it. But later on when I come, let Americans pay for a hall like this. And I can come here. You have to pay for the hall, not for me. That's how it works out everywhere so that I do not have the headache of money. So you manage everything. Wherever you say, I will come and I will give lectures and I will give realization, but as far as money is concerned I am hopeless. I don't understand.

Sahaja yogi: Any other questions?

Put your hands towards me. Take your shoes off, first of all. Please try to listen. If you don't want to do these things you can go away because we don't want to break our heads with people who are obstinate. You have to be more open-minded like a scientist.

Shri Mataji speaks to a seeker: You are going to Russia? I've given realization to many people in Russia. I can give you their addresses if you are going there. There's no difference between Russians and Americans. They have the same Kundalini. You'll find they are just the same, just like Americans. Why they are fighting I don't know. Same about China. They have the same Kundalini, same everything except their faces are different. It's most surprising, China –

I must tell you a good story about China and Russia. It's very interesting that Sita had two twin sons called Luv and Kush. And

Rama had sort of a centre in the wilderness because people criticized her staying with Ravana, whatever it is. So these two boys didn't accept his kingdom – Ayodhya – and they went across India. One of them went to Caucasus, another went to China.

This Caucasus fellow went actually to Russia because he established his kingdom there and that's why it is called 'Slav' from Luv. His name was Luv. And the other brother who went to China is Kushan. His name is Kushan. Now imagine these two brothers are fighting. What should I feel about them? There is nothing to fight. This fighting is all nonsense. And that all these problems can be solved if they get realization. That's the only way. If you become universally conscious everybody is just the same. There's no difference at all. Fighting for what? All this will end I am sure. It will happen. But you first become the proper foundation. You have to be a good foundation, a solid foundation. Then one can work it out.

Sahaja yogi: Before you go home tonight, we are going to pass around some notepaper. Please write your name, address and telephone number so that we can keep in touch with you and tell you what precisely is happening. We don't yet have definite arrangements about the place where we will be meeting but we probably will be able to announce within the next couple of days. We dearly want to keep in touch with you so be so kind as to give us your contact information and the people who are staying here to develop Sahaja yoga and help you to grow will be able to at least contact you and advise you of the meetings and bring you together.

Shri Mataji: These two days at least you make it convenient to come. That is important because I am here only for two days and gradually you will learn how to grow yourself. That I will tell you day after tomorrow.

How are you feeling now? Better? Put your hands like this. Both the feet on the ground. In these three days only how many people feel so much better? So you can imagine how much you are going to grow. The problem lies with the people who are a very adamant type. I don't know what to do with them. You can't help them.

Please close your eyes. Don't watch others. Just keep your eyes shut because you have been watching others all your life. Now you'd better have it yourself. When you close your eyes, you just leave your attention absolutely free. Do not focus it at any point and if you cannot help it, you can put your attention on top of your head but not anywhere else. The best thing is to leave it absolutely open.

Now put your right hand on your heart and ask the question, "Mother, am I the Spirit? Ask it three times. Do not pay attention there. Keep your attention here.

Put your right hand down below, on the stomach, on the left hand side. Ask the question, "Mother, am I my own Spirit?"

Put your left hand towards me and ask a question again, "Mother, are these vibrations from the Holy Spirit?"

The only thing I have to say is, "Mother, I am not guilty." Please repeat that: "Mother, I am not guilty."

Put both your hands towards me and say, "Mother, please give me my realization." Both your hands towards me and you have to ask for it. Just like the Namaz, you pray to God. In the same way you should say, "Mother, please give me my realization."

Do not concentrate it anywhere else.

You have to ask it from your heart. You have to have the desire. If you don't have the desire it won't work out.

Please put both your hands towards me and see if you are getting cool breeze in your hands.

Do not concentrate or exert yourself or put any pressures on the centre of your eyes, nothing of the kind.

Let the Sahaja yogis see if they have got the vibrations or not.

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An Ocean Of Illusion

Public Program

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Yesterday I told you that we have within us two very important powers. The first power is the one by which we desire, called as "iccha shakti" in Sanskrit language and another power which is called as the "kriya shakti," the power of action. These two are really gross powers which are expressed outside as Left and Right sympathetic nervous system. The central path is called the "Sushumna Nadi," the channel of our ascent. This channel represents our evolution through the ages. We can say that this channel is responsible for giving us our evolution from amoeba to this stage as a human being, and all the centers that you see there – one, two, three, four, five, six and seven – all of them are the milestones in our evolution. These subtle centers are placed there and we are made up of this beautiful instrument. We are not aware of it of course and we are not aware also that we can't see them because they are subtle centers and we cannot see with our naked eyes. We can only see the manifestation of these centers outside as gross plexuses. Today, as I told you yesterday, I will be dealing with each center one by one and I will tell you what these centers represent within us.

The very first center is the center of our innocence. Before creating us, before creating this universe, innocence was created. Innocence is the most powerful power on this earth. Innocence is Love, innocence is God and innocence is the only thing that really keeps us going in this horrible world in which we are born. This innocence we find in the matter. Matter is innocent. If you hit the matter it will hit you. If you don't hit it, it is all right. You can change the form of the matter. Say, for example, this hall won't trouble you. If you are here it will give you shade. If you want you can use it for disturbing others or for destroying others. The way you want to use it you can use it because it doesn't say anything to us.

At this center is the carbon element which started doing within us. We can say the carbon is in the center of the whole system of elements because it is a tetravalent element. As you know it has got four valencies and when carbon came in this existence, then only life would be produced and this center is thus the center where we became really tetravalent – means we became an element by which we could become human beings. We could become the living things. The living things started when carbon came into existence. So this center is very important because this center represents that stage of human evolution where we became living human beings. Before this we were dead people, we were just like these stones and things that you see around.

After that you have the second center of our seeking. When an animal came into being he started seeking. First he started seeking the food. For example the unicellular animals like amoeba just seek food. They do not seek anything else but food and that is the beginning of our seeking. So the first, grossest seeking was food, where we started seeking something for our growth, for our nutrition. The second seeking started when some of the animals felt that they were too big for their sizes. They couldn't move around and they found it impossible to do something about it. Even before these animals were made, the fishes themselves were surrounded by land and one of the fishes had to come up, the future that was going to happen. In these chaotic conditions and confusions, we started seeking more and more, and the real seeking is that of beyond. Of course we must say that the play of the seeking is not only human. There is also God's play. It is God who wants you to seek. It is God who wants you to get your realization. You are the epitome of his creation. Human beings are the height that he has created. Do you see how beautifully He has created in thousands of years from amoeba or, say, from a hydrogen atom you have become like this? There must be some purpose, some reason why God has made you like this. It's not just a wasteful, purposeless activity of God. But what is the purpose of God? Why did he do it? Nobody thinks about it. Scientists, of course, they being honest, say we cannot find out so forget about it. Whatever they cannot find out and reason out they just don't discuss. So one has to see whether there is some reason or not, or is there any purpose in our life, or are we to come on this Earth just to die like any other animal and have no gains in our human awareness?

This question has been arising into the minds of thousands of people and at this time as you know the market was full with the idea that we have to seek. So the market got flooded with all kinds of people who wanted to market it. There are marketeers for everything. You want something? You will find marketeers just coming around and that's how it happened and they took advantage of the simplicity and of the naïvety of the people and they misused them and misled them. They could not understand how God can be organized by these people, whether they were the contractors of God or how could they talk of God, what was the sign and symptom of a person who comes to you and says that I am God and you should receive these things from me. What we believe in was the superficial appearances. Like a person has 58 Rolls Royces. He must be a great man, not a saint. The saint doesn't have any Rolls Royces. We could not see that. For us it was very much great that he lives in a big mansion. Not the saint. The Saint doesn't want mansions. He can live on the street. For him it does not matter whether it's a mansion or a street, makes no difference to him. This is the simple thing that they did not know about a saint and they got impressed by all these things, by media and the way they put up the show and circus that they can. This is the saddest part of the whole story and that's how our seeking was misled.

Today I would like to say about this chakra especially that is what we call the "Nabhi Chakra," is the central path of our evolution where you start your seeking and you crossover to the other side. Now surrounding this you will find there is the ocean of illusion and this ocean of illusion was governed by a deity, by a special powerful personality whom we call as "Dattatreya," is the Primordial Master and he incarnated on this Earth many a times. At the time of Christ, and even before that, he incarnated as, say, Abraham, Moses, Socrates, Lao Tze. Later on he incarnated as Mohammad Sahab, then the same great principle incarnated as Nanaka, then the same principle at the last incarnated as Sainath of Shirdi. So the same great principle of this Primordial Master has incarnated because without a master, how will you be taken away from this illusion? How are you going to be exposed to that reality which you do not feel? What has to happen to you is that you have to become more sensitive, more open, awakened and enlightened to feel that all-pervading power around you.

These masters came again and again and I told you that you must look after your "Dharma." Dharma doesn't mean any religion that is being established in the names of these people because human beings know how to make a pickle out of everyone. They are great experts. All of them in essence are one and the same. But like flowers on the same tree can be taken away from time to time and when they become ugly and they become completely spoilt then people can claim this is my flower, this is my flower. Everybody has become a contractor of this thing. Actually these people belong to the whole universe, they are universal beings and they came on this earth to give us a sustenance within us. Dharma means a sustenance, this quality that is human. For example, gold has a quality that it is untarnishable. Carbon has a quality that it is tetravalent. In the same way, human beings have ten valencies or, we can say, they have a quality of having these ten specialities in them so that they can be called as human beings. All these ten specialities are represented by the ten incarnations of this Primordial Spirit on this Earth. There are many other Spirits who came who are followers or, we can say, incarnations of this great power which we call as the Primordial Master. Such a Primordial Master is needed no doubt but such a Primordial Master has to have certain qualities. If they are missing, how is he going to be our master? A guru means a person who has got that weight in him, weight of virtues, of qualities, of righteousness, of holiness. A person who is not righteous, who is a parasite, who leads a bad life cannot be your guru. Not only that but what is a guru's speciality is that he makes you meet God, he connects you to God. He doesn't connect you to all kinds of funny things that these gurus are doing nowadays.

On this point I have to tell you how the false people work it out and how the reality works out. Now if you see on the right hand side of this lies the power of your kriya shakti, as your "action power." Now what they do is they tell you that you start doing some sort of a jumping, standing on your head or they may say that take out your tongue. This is the worst. There was a guru here – now he doesn't do that, he is dead – but he asked people to cut the tongue at the base and put the tongue back and do some sort of a trick, I don't know what he called it, a... "khechari." All these nonsensical things people started doing, to push your eyes down like that, to stand on your head, stand on one leg and do all kinds of these tricks. You cannot go to God. This is not the way you can get to God. It's sahaja, It's spontaneous. It's a process that is living. It cannot work out by these tricks that people tell you. Remember it will only work out if there is a spontaneous happening of Kundalini awakening which is the Holy Mother you have got. She is the auspicious Mother, She is the Holy Mother. She is not unholy and you cannot use it for any

unholy purpose.

We have lost the meaning of the word holy. We have lost the meaning of the word auspiciousness. We do not know what righteousness is in these modern times. These words sound so hollow and so funny. But you will be amazed that this exists within us whether you like it or not. If we do not get the blessings of holiness, you cannot raise the Kundalini. Kundalini is a spontaneous thing, is just like a seed that sprouts in the Mother Earth. In the same way when the warmth of holiness and auspiciousness is faced by a person, then only the Kundalini is going to rise.

So any guru who comes and tells you that I give you a realization, you stand on your head. You tell him, "You better go on standing till you get your realization." Then there are many other things they'll tell you. They say that you will start flying. Now we have to understand all these nonsensical things. Why do we want to fly in the air? You are already flying a bit too much. Just now I was coming in the sky, I saw so many aeroplanes that I thought a day may come when you have to find some sort of a method of arranging the crossing of these aeroplanes and how the traffic has to be arranged even there. Now all such ideas that we are going to fly or somebody says that we become a person who leaves the body and goes up and sees from there, or somebody who sees the colors or who sees the auras.

All these things seeing you can do otherwise. It is not a seeing that is important. Saying that this is the Truth – there are many who say this is the Truth. You have to become the Truth. The second thing you have to know today is that by seeing something you do not become. If you see something – suppose if you are coming by this road. We saw this church. But when we came in we don't see it now. When we crossed the mountain we never saw it. When we were away from it then we saw it. So seeing something is not receiving that, is not to be. To be means in your awareness, in your central nervous system you must feel that you have become the Spirit.

Yesterday I told you about the Spirit and what are the blessings of the Spirit and how you get it. But if your dharma is not all right – Supposing you have moved too much to the right side. Even a person who is a very busy man, he is running the rat race, he has no time for God, he has no time for his Spirit, he is running very fast. You run fast and jump into the place where you have to go. You have to be in the center. Not taking extreme action can take you to your real path. If you take a car for example – In your practical life you always try to keep everything in the center in the sense your car cannot run on one-sided wheels. It has to have both the wheels. On a chair you cannot sit if it has only two legs on one side. Our center of gravity acts in the center. In our normal life we keep to the center. We cannot walk with one side like this. We have to put both the legs on the ground and walk on both the legs. In the same way if you try to act on one side, you can create a terrible imbalance.

Especially in dharma it happens and that's why I am telling you today that any extreme behavior on dharma is not needed. There is no need to go on madly calling, "God, oh God, come along." People are saying mantras now. Any sort of mantra they take. There is one guru who charges three hundred pounds and the mantra he gives is a Hindi word called as "thinga." When you show like this [Shri Mataji shows her right-hand thumb] that is it. So many people are doing it, paying 300 pounds. You tell any Indian and he will just laugh. How can it be? "Inga" in Marathi language means the tail of a scorpion. Now the mantra cannot be given like that. It's a wrong idea that you give some mantra to somebody. Every center has a different mantra. Every center has got a problem and when the Kundalini rises you know. When you come, for example, to the center of Shri Krishna, you have to take the name of Shri Krishna. If you come to the center of the gurus, of the Adiguru, of the sat guru, then you have to take the names of satgurus. Satguru means the one who is the real guru, the one who is the real master. Then you have to take their names.

But if you are taking the name of some one person... for example, we can take the name of Rama. Where is the center of Rama? You can see there that the center of Rama is on the right side of the Heart center. Now if you take the name of Rama and you have no problems, you will get into problems. It's easier to get into the problems because Shri Rama is a deity. You cannot just take his name without any protocol. There is no rhyme and reason... for example, if I take the name of, say, the Governor of this place and just go before his house and start shouting his name, they will arrest me. In the same way if you take the name of Rama without having any protocol, without having any understanding, first of all, this center will be ruined [pointing towards her throat] because you will be taking the names, means you are using your voice unnecessarily and also the right side Heart Center will be caught and all such people will suffer physically from asthma absolutely. If you have asthma trouble then you can find out

that you are suffering from this Rama center. Maybe there is something wrong with your father, or maybe something wrong with your fatherhood, or maybe that you are missing your father, or that your father has died, or something is wrong with that. Asthma can be cured only by taking Rama's name. But if you have asthma then the name has to be taken by a realized soul, by a person who is empowered, who has the protocol, who can talk to Shri Rama in the sense who is connected. Any Dick, Tom and Harry cannot take his name. There is a protocol about it.

In the same way gurus names we cannot take without protocol. We must have the protocol. Anybody who is all the time saying guru, guru, guru, guru is not paying full attention to it, neither is he respecting. I have seen people who go against the teachings of a guru. For example, we can say that all the gurus have taught one thing that you have to look after your awareness. Awareness is in that area, awareness is nourished by liver. Whatever they have taught they have tried to see that your liver should be all right and all the gurus have been against alcoholism. You take Moses, you take Abraham, you take Nanaka, you take Mohammad Sahab, all of them are more worried about the liver than for anything else. Somebody asked me, "Why didn't Christ decry wine?" He did not support it either, but he had some other job to be done so he didn't talk about it. But he never drank wine. The wine in those days didn't mean fermented wine as you have. People never used to smoke also in those days. At the time of, say, Mohammad Sahab there was no smoking, so he never prohibited any smoking. But he said no narcotics, no anything that goes against awareness should be taken. So they said, "Oh, then there is nothing wrong with smoking." Then he took his birth. The same principle took his birth as Guru Nanaka and Guru Nanaka then said no smoking and no drinking. Why? Because they were worried about the awareness of a person. If your awareness is not all right what's the use of giving you your realization? You are already not aware of it. Now drugs, same thing. If you take to drugs or anything like that, you go down in your awareness. If you take some drugs you may go to the right side and you might see colors and things. But that's hallucination. You go to the other side you may feel, oh, you are dying and you may go into the subconscious and the collective subconscious or you may go on to the collective supra conscious on the right-hand side. But to go up you have to keep in the center. You have to be alert and your awareness should be normal.

To keep it normal, to keep it in balance, these people prescribe that you should not try to do anything that is too much. Extremes should be avoided. But the result of that was just the opposite. All the fanatics were born out of these teachings which were meant not to have any fanaticism. Actually if somebody is a fanatic he develops diseases of the stomach. The other day we had a gentleman from Iran. He is a doctor there and he had cancer. He came to know about me and he came to see me in London. I asked him, "Do you believe that Mohammad Sahab is the only one who can save the world?" He said yes. "Then I think He should have saved it." No but I think He is the only one who can say He was the last one. I said, "Maybe He might have thought I am the last, but He must have been, the way you are behaving, he must have taken his birth again." He could not keep it at that stage perhaps. I said, "Can you believe that he came back as Guru Nanak?" He said, "I can't believe it." I said, "He was the same principle." "I can't believe it." I said, "Then I can't help you. If you are a fanatic, I can't help you. It cannot be cured." He went home and he had terrible times and his wife was wise enough. She said, "Islam has not helped you so far. You have been such a big Muslim, you have been doing Namaz and all that. Still your cancer cannot be cured. So why not listen to Mother. If she says so give up." So he came down to me and he said, "All right, I agree that it was Nanaka who came on this earth," and you will be amazed that he is cured. He is cured of that trouble.

All these fundamentalist and fanatics. We are aware of it now. Americans had a good look at them recently, They had a nice shock from a man called Mr. Khomeini. But if you go and ask him he'll say, "Oh, I am just from God. I am connected with God. And it is He who gave me these orders and it is through His orders I worked out." Because they are so blind with the fanaticism that they don't want to see and this kind of fanaticism, if it crawls into you, you will also not see. For example even Christian fundamentalists are the same or the Hindu fundamentalist are the same. I don't find anything different in them. If you want to ask, say, a Christian about a Jew, you will know about the Jews, but if you go to the Jews, they'll say Christians are the worst of all and if you go to the Muslims, they will say the Jews they are the worst, they are the cursed people. All of them think they are the best, the chosen ones and the rest of them are going to be doomed. I must tell you that all fanatics are going to be doomed. One and all and I think in that domain of hell they may agree with each other but it may be too late for them to understand that God has not created as any fanatics. He has not. You are part and parcel of one being. Supposing this finger says I am all right or this finger says I am all right, it is going to trouble the whole body. It's such a nonsense that it is better to cut it out than to keep it there. Malignancy that works in us is the same that you are your own. "What's wrong? I am on my own." Any cell that become like

that is really malignant because it has no relationship with the whole. It has no relationship with the coordination and the cooperation of the whole thing. It is on its own. "What's wrong?" The wrong is that you are getting out of circulation and very soon you will land up in a place which is called as hell. And then you will ask, "Oh, I never knew you are all connected with each other. You are all part and parcel of one collective being which you have to just feel it and understand that you become that. Till this [microphone] is connected to the mains this doesn't work out. Once it is connected to the mains it works out. In the same way unless and until you are connected to the mains you cannot know that you are a collective being. Before [UNCLEAR that, when they formed these] big organizations, you are all brothers and sisters and just after a month of that formation you find that people are cutting each other's throats. Why? Because they are not really brothers and sisters. They have not felt it. When you become then you just can't help it. Like people may say that, Mother, you help so many people, you do so much for them. Why do you cure them? I said, "Whom do I cure? Who is the other? If this finger is paining I have to rub it and get it all right. It is part and parcel of me. If there is not the other then you just help the other person because he is part and parcel of you. If somebody is getting drowned and you are trying to save that person, you are doing it because something in you is right. You are not doing it because you are trying to help the person because there is something in you is dying and you want to save that person. This collectivity you can only feel if you are first of all in balance. The people who go off their balances are very difficult to get their realization. This is one side of the movement in dharma also when they seek God, when they seek their realization, they go to the other side of it.

Now people can't believe that for this you cannot put in any effort. No action is needed. Now look at the trees. Look at the flowers. How spontaneously they become fruits. Look at the trees, how they turn the leaves towards the sun, how they get their chlorophyll established in them, how it happens so spontaneously, how they understand. That we think by doing some sort of an effort we are going to become something higher is an absolutely absurd idea. As it is you did nothing to become human beings. You did nothing whatsoever. You became a human being effortlessly and if you have to go further it has to be effortless. Everything vital is always effortless. If you have to breathe and for breathing if you have to go to libraries and go to some guru and pay him some money, how many will survive? It is so vital that it has to happen. The only difference in this evolution and the evolutions so far we have had is this, that you being free, you are going to feel it in your awareness. Before this you never felt it in your awareness. Only at this time you are going to feel it in your awareness, that you have become the other person, that a cocoon has become the butterfly, that an egg has become a bird. You can feel it within yourself this happening, you can absolutely monitor it within yourself and you are aware of it that this has happened to me. This is a blessing placed within you since long and that's why it is sahaja, means born with you.

But today this Sahaja Yoga has become a maha yoga, it has become a great yoga because one can work it out en masse for many people can get realization. Just like a blossom time, many, many flowers can become fruits. At this time when it is such an important time, this is the time of judgement that has started. How will you judge yourself? How will God judge you? Is He going to put you on, say, some sort of a weight lifting or to one of the human tricks that we play to judge a person's abilities? No, the Kundalini is going to rise, first of all. When the Kundalini rises you start getting that awareness on your fingers, you start feeling the all pervading power on your fingers because these are the centers of your subtle being which get awakened. You start feeling it, and by that feeling you get that vibratory awareness by which you get the discrimination and you know what's wrong with you and you know what's wrong with others. So you judge yourself, you improve yourself, you know the method how to improve yourself, you feel better and better and then once you are all right you judge yourself. There is no need for God to judge but God within you, your own Spirit, judges you. When the Kundalini rises She touches the fontanel bone area where She pierces through you. You can feel first sometimes the throbbing and then the cool breeze starts coming in. There is the Spirit. The seat of the Spirit, though He resides in the Heart of the human beings, the seat of the Spirit is on top of your head and when it touches that you start getting this discrimination and you start understanding. Now if I tell you don't do this, that's why these ten commandments are that don't do this, don't do that. But human beings are such if you tell them don't do it, they'll do it, a hundred times. There's something wrong with them. The brain is sometimes upside down, I think. If you tell them please don't do it, even to a child, if you tell him don't put your hand in the candle, still he will burn it. He is so ego oriented that he must learn by burning his hand. He must learn everything through experience. Till he is nicely bashed he won't listen.

So the best thing I thought was to give the realization. Once you have the realization, once your car has started, you will know where is the problem. If you tell somebody this is the problem he may hit you back. If you tell somebody, "You have too much

ego," he will come and box you completely. You can be crucified which is what happened to Christ. It is not easy to deal with human beings. They are so much just like a big snake sitting down there. You tell them something and it just comes on you. If you mesmerize them, if you pamper their ego, "Oh you are great people, only pass on your money to me and you will be yogis, you will be siddhas, so you don't mind, its all right, very simple. You give some money to Mataji Nirmala Devi." "All right. she has all the money. Doesn't matter. We have the siddhas, we are the siddhas." "My name is Fallana Anand, Thikana Anand, Dhonga Anand." All these names you will wear. Then the clothes you will wear and walk with a great pride, "Oh, we are the yogis." Absolutely stupid. You are not but you believe in it, because there is nothing involved, you don't have to grow, very simple.

It is not so. You are seekers and you will be seekers till you have found it. Its better that you find it and accept it. Because I said don't do it, don't go there, you are doing it. All right, so the Mother's style is different. All right, so first of all, awaken everybody. We had one doctor, Rustom Veera and he is a very good doctor who got his realization. After that I told him that now you won't drink and he really forgot about drinking completely. I never told him before. "You drink? All right, come along, doesn't matter. Whatever you do, come along." He said, "Mother, I never felt like drinking." But once after some time he went to Germany and he told me that he used to like some sort of a wine and he said that now let us see what happens. Because he was very fond of it, he went to drink that and he got a terrible pain in the stomach and he vomited out and the whole thing was smelling like a rotten cork and he said, "as if a cork was coming out of my mouth, I felt so horrible and after that I said I've had it." And his health improved and his money improved because he was not wasting any more money on these nonsensical things. He had nice musical gadgets in his house and he started improving his life in every way. He started looking so beautiful and so nice.

Now the thing is if I tell you don't drink, all the pub people will come and hit me hard. But I don't say that. It just works out because once you have found out the nectar of the beauty of yourself you do not it. You drink because you are bored, you smoke because you are bored of yourself. You just get bored. If you are imprisoned, why should you be so unhappy? You are just facing yourself. It's the best thing that can happen to the person is to be imprisoned because you are just watching yourself and Self is the most beautiful thing. But people are unhappy because they cannot face themselves. They want to run away. For five minutes also people won't sit down together and talk to each other. They must call you for a cocktail or there should be a television going on or there should be some book two people must be reading. They cannot talk for five minutes. There's no rapport.

But after realization you feel so relaxed and so happy with yourself. You enjoy yourself so much that you forget about these things. Now we have people here, some of them have been druggists and chemists completely, alcoholics and all sorts of things and just it has worked out so well that they have now become people who are so beautiful. They have got this nectar of their Spirit and they are giving it.

The imbalances on the left-hand side, on the religious side, because yesterday I told you about the physical side and the emotional side, but today I am telling you about the religious side, what we do, that we believe in going to spirits, of all the spirits, to the planchettes and this and that. You have got witchcraft, you have all types of nonsensical things going. For what do you do it? They said that you see my father died and I loved him very much and wanted to meet him now. "Let him die. Poor thing has died now, spared of you. Let him have his freedom. Why are you torturing his soul?" "Oh, I wanted to talk to him," and then what you get is asthma. As a result of that your father suffers because he must die now, he has to be in another world and you have to face it because now you are living. You are in the present. Why do you want to call people who have now gone and finished? But once you start doing all these things then mesmerism starts, the ESP starts, all this nonsense starts and you become slaves to this and these things can be so dangerous. English language is such a funny language that you have got for spirit even if you have to say the alcohol is spirit even the spirit that is dead is a spirit and your Spirit that is in your Heart which is the Atma is also Spirit and the Holy Ghost is also a Spirit. So I don't know which spirit you are worshipping, I am talking of the Spirit that is the Atma, the Spirit within your Heart. And we go to all kinds of these spirits morning till evening, going towards the left side.

Now you will be amazed the result of this physically is – physically, leave alone other things – multiple sclerosis is one of them. Recently I cured a patient of multiple sclerosis. He has been to one of these gurus who is very popular in this country. He has got multiple sclerosis now. Another thing that you get is blood cancer. Most of the cancers come from that side and all these things can happen to you if you indulge into the left side. Now it has been proved by doctors also that there are some sort of proteins which attack us from the area which is unknown, which is built within us since our creation, means our left side, the collective

conscious side. It has been accepted but, of course, they call it unknown because they are not seers, they are not the people who have reached that stage to see that these spirits are coming from the left side. I actually see them do it and attacking them and getting out of them and they are there within us. Any time they can erupt and trigger anything like cancer on the physical level, then you can develop epilepsy, you can develop schizophrenia, you can develop all kinds of these mental problems, lunacy. All these problems comes to you from the left side.

From the right side movement you can become extremely arrogant. You can become absolutely useless for any talking or discussion. You lack all the sense of proportion and you can become even Hitler. Hitler is one of the symbols of this development of the right side. Those who push you into your egos and pamper you too much, be very careful about them because they are pushing you into the right, in your dharma also, in your ascent, in your seeking, and the ones which are giving you on the left-hand side are also doing the same.

Now the simple thing is that people who are money-minded themselves have a problem. Always money-minded people are – I don't know what to call them – they are absolutely stuck up people because money-mindedness comes to us because we value money more than anything else. Money is not the source of joy by any chance. Even those who have lots of money, if you go and see them, they are the most miserable people. On the contrary, a man who hasn't got so much money, who has no problems, he is happy. For example, supposing I own this machine. What happens to me – I am worried about it, about cleansing it, about its insurance, I don't know what is the income tax, all these things come with it. If I don't own it, it is owned by, say, Mr.Hugo, the headache is gone. To possess something means a headache.

Today I wanted to have some money cashed. It was such an experience of such a developed country like yours and in Los Angeles I was amazed. We couldn't get money anywhere. We only needed two thousand dollars. I had to pay cash money to people and they said we don't have so much money. They told us to go to the main bank and it was as if we went to the mint. From 9:30 till about one o'clock we couldn't get the money. They made me sign this, sign that, sign this. I said, "What's happening? You people are supposed to be affluent people. There is no trust, there are people standing with a pistol somewhere. What is happening I don't understand when you have so much money. How could you have so much?" But in India no problem. I was in a place called Nilambar. I told Warren, "I am not going. You take my passport and give them this thing that I have signed." Not only that, they sent money, they heard I was here, they came from the bank to take my darshan and to get their realization. People trust in poor countries, they just trust. Here you come, you have to have visa and this thing. In India if you come nobody will be bothered. You have to trust. If riches means mistrust... ?

In London people won't open their houses. Even a rat does not enter their house. Morning till evening, the wives do not, but the husbands, poor things, are cleaning. I've seen them cleaning all the knobs, cleaning the garden, all these things. I have not seen anybody enter their house. Only the husband and wife come, all frightened, looking at each other, holding their purses like this. It's most surprising. You are people belonging to a free country. From where did you get these people around? In India there's no question. We walk with all our ornaments. Nobody does that to us. One lady was killed when she was wearing lots of ornaments. Early in the morning, she was going by a train all alone in first class. She was going for a wedding and some man killed her and took all the ornaments. It was too much of a temptation. And the place was that and the time was that. Oh, God, there was the whole of the university went into strike for that. Such a commotion had risen. I said in London every third day there is a mugging going on. This is nothing. In London it's so common and now I am told that here I can't get money even in the bank. I have to go for three hours just to get an ordinary two thousand dollars. Can you believe it? And is that the sign of freedom? Is that the sign of affluence?

What is happening is that people are insecure because of this money mounting. They live with their money. If there is no money what is the matter? It doesn't matter. It is not so important. But the way people are after money all the time counting every pie, they lose this chance. Their Vishuddhis go out but worst of all their Nabhi Chakra goes out. You get a Left Nabhi problem. Such people may get also blood cancers and such people have such a terrific speediness and such fraticness. If they see money somewhere they go absolutely mad as if money is like a some sort of a spirit or ghost they have seen. Any talk of money they just jump onto it. It's too much. I just can't understand such personalities. They are most abnormal, absurd people. How are they human beings if money can rule you? Then you are slaves of money. You talk of independence and freedom. Where is your

freedom? The money is ruling you here. That's what happens in your seeking.

When you come to a money-minded person, he will say, "You can pay money to me and you can purchase God." You feel very happy. "Ah, very good idea. We can purchase God also." Can you purchase God? That's how these people take advantage of that ego. You think that we have money and we can purchase God. Christ has said that a rich man cannot enter into the Kingdom of God. Even a camel can pass through the hole of a needle, but a rich man cannot enter into the Kingdom of God because he is stuck up. He is completely entranced with this money thing. Now when they start that this is all junk and this is all nonsense, we should get out of it.

So what do you do? You say give up these things, let us start another counter culture. But you are not out of it. Just it is a make believe. You are not out of it. You think that you have done it but you have not done it. How you will get out of it is only through your awakening of this center where there is a deity who is the Father, who is the preserver aspect of God, who exists in that area. Unless and until you believe that there is a preserver who looks after us, the God Almighty looks after us, you are not going to get out of it.

After realization, supposing you are a poor person. If you have problems of money you will be surprised your material side improves, it improves so much. But how? Krishna has said, "Yoga kshema vahamyaham." When you get the yoga you get the well being. When you get the union with God – that this is the center of Lakshmi, the center of the Goddess of wealth, of well being – if She is awakened in you, you get your money. But the money is not the way Mr. Ford has got, no, not that money. It is the Lakshmi. Lakshmi is a very beautiful symbol of a balanced, moneyed man. In Her one hand, first of all, She is a lady. She is a lady standing on a lotus. Can you imagine how light She must be. Here if a rich man walks you see he must have a special honking thing. If he sits here he must show that he is a very rich man. He walks with a big gait and he must have a big car to show off that he is a very big man. But here She just stands on a lotus. She is so simple and She has four hands. On two hands She has got the lotus. Lotus means She has warmth, She has Love, the pink color, and inside the lotus is such a soft bed and the bed is used by a very thorny insect whom we call as a beetle. It's a very thorny black thing that is used for sleeping. So the person who has money has to be warm like a lotus and anybody who comes to his house he must be welcomed the way the lotus welcomes and puts him on this beautiful soft couch. Even a person like a gnat, if he comes, She must offer. This as a sign.

Here if a guest comes in, had it. A guest, as soon as he sees the face of a person when he enters, he just runs away. He can't bear it because to them it means expense. Any guest coming in is an expense. But the amount of joy one can get in giving something to another is not there. So generosity is the only way to overcome your greed for money. If you earn money better give it. If you earn two, give three. If you buy something, buy it for giving. If you start doing like that you will get over this money-mindedness which is such a mire into which so many people have embedded. Actually the poor are better, If you go to a poor man's house he will offer you a lot of milk, he will be happy that you have come to his house. Whatever things he has he will offer you. But if you go to a rich man's house he will be really frightened that one guest has come in his house when he can afford to look after thousands. He cannot bear it. So generosity is the only solution for people who are money-minded.

On the contrary your generosity will flow to people who do not deserve it like these horrible gurus. You see that they have got keeps, they have got big cars, they have built big mansions. They are parasites and you are flowing money on to them because your ego is there. We have cults in India where they have competitions. They take out the god's photograph outside. The one who is going to give 500 pounds, say for example, sits on the horse. The one who gives 1000 pounds will sit on the elephant. Like that they go on with the god and that's how they go on in that community. I have seen they also auction it. "Now the one on the horse, how much, how much, how much, 500 pounds." It's like that, they are selling God and it's a very regular thing. You have to go and we call it calling, calling for that, how much money you are going to pay. Is this the way to receive God and to understand him? This is all right for money-minded people. They will go into the mire of money and finish there. God is Love. He is not money. He doesn't understand money and godly people don't. I am absolutely hopeless, I don't understand this, I don't know how to sign a check, I don't know anything. I only know Kundalini, but if you ask me about the money part I am so hopelessly bad that you will be amazed. I am just like a rustic person who has never known ABCs of anything as far as money is concerned because I don't understand why to worry about it so much. What is the great need to count every time, to measure every time, to find out every time? There's no need. Such a headache, such a worry, such a problem. Use whatever you get, you just live with it. Why to

worry about all these small things and to go about wasting your life for this nonsensical thing like material things. These we can create. Just if you hit it in them it will all be created. Human beings have already created. What is so great about them?

Now you have to take to the living course, the living power within you by which you create living work. After realization you will be amazed. If you give vibrations to the wheat or to any such things, to flowers, you get such big flowers. We have tried this in an agricultural university and they have found out when you give vibrations to the wheat it can increase five times more in its growth. They have seen an Indian cow, if she is given vibrated water to drink, she can give quite a lot of milk. Not so much as we can say an Australian cow, but Australian cows milk is not a good thing. It's too much on the right hand side. But she will give so much more than what she normally gives. You do not become too much. You become a Lakshmi-pati which means you get so much money that you can receive people, you can invite them, you are cosy and you live in a house which is beautiful.

She has another hand which is just giving. If you earn you must give. Otherwise the whole thing stagnates. I have known people who have gathered newspapers since 50 years. They have got tubes of toothpaste gathered since they have been born. All sorts of things we gather here thinking that you see all kinds of mad people who go on collecting things and you have to actually get the municipal people to take it away after paying them big money to clear out this nonsense of the garbage these people have created in the house. So this is how you should allow things to flow from your house. Let it go, give it, give it and give it. When you give then new things come in. I have been giving only in my lifetime. You will be amazed, I go on giving and giving and giving, but still my house and my everything is so filled I don't know what to do. Every time I get a chance I give so that I do not hurt anybody and I give them. But I find the whole house is filling up. You give somebody one flower, they'll send 10 flowers. What to do? I can't understand the people who preserve they'll decay and become so old sitting down counting everything while I have seen this is the most healthy way of living in this world. Just give, just give. Do not worry. Anybody ask anything, likes to order? Have it. It's such a beautiful thing, such a great thing, such a joy.

Suddenly you meet somebody. The other day I met a lady in a party. She said, "Do you remember? You gave me this?" I said, "Which one?" She said, "This one. I am wearing a pearl. I had come to your house when I was married. You gave me this pearl." I said, "Really? I don't remember." "Oh, I wore it today just to show you." I felt so happy. Just what a little thing like pearl necklace I had given her. But what a thing to remember all her life. She met me after 20 years. That time she was pregnant and today she had a son. I was so amazed to see this beautiful thing happening. She wore it all the time, and she wore it the day she was to meet me. She knew I was coming to the party. What a great feeling. You cannot purchase it with thousands of these pearl necklaces can be thrown on this little beautiful event in my life that I felt this lady how she had cared for a little thing like that. All these things are for expressing your love and if you understand the value of love, you can get rid of it.

Now the other hand of the Goddess is like this [Shri Mataji shows her right hand palm]. This means a person who has money must give ashraya. Ashraya means he must give a protection to people. He must have some people who are in their protection. Like in India people say that you have a servant system, but of course I do not say that in India servants are treated, I mean, my servant has a better bedroom than I have because my husband has one bedroom and naturally I have a small one because I share his bedroom and he has a bigger one and he lives better than me in many ways but he is a person who can do all this work. Now I have to do Kundalini work. If I start sweeping and swabbing in the house, if my husband has to sweep and swab, whose going to look after his office? Here the thing is, even the president must go on and sweep and swab otherwise he is not all right. I don't understand. If you have people who are dependent upon you, I mean, your children should work for you. In the same way there are servants. If they work for you, what is wrong? In England I have seen old people die. There is nobody to look after them. One month they are lying in the rooms, there's nobody to pick their bodies because they cannot have somebody to help and the young people are sitting outside and taking ganjas. A shameful thing it is. There are old children who might be taking ganja somewhere and their father is dying here. Why can't these people go and work and help their parents and look after them. If they are old they are suppose to clean, sweep and swab. Even the eighty year old people must drive their cars, they must take them to the thing. It's not good. You are not just to them.

So you must have people in ashraya if you have money. You should have people to do some work for you. But everybody wants to do every work by themselves. For example now, the stitching of a blouse. We have a tailor. We have had him for about 20-30 years. Since my daughters were married he is tailoring my blouses. Now he is a poor man. How much does he take? At the most,

say, about 2 dollars or 1 dollar for this thing. Let him have it. He can only do that much work? Let him do that work. He is an expert in it now. I have no time to do my sewing so you will say, "Why should you waste your time on that? Why should you waste your money on that?" But I can't stitch the way he does it. Let him do it. What's wrong? Here we have killed all our art, all our aesthetics by doing everything yourself. You cannot do everything yourself. Now paper, if you have to apply paper you must do yourself. Why don't you share your money with somebody else? Why do you want to do everything yourself?

The same thing has happened to our cooking. People eat nothing but fodder here sometimes the way they cut everything, just eat all that. It's a good excuse to say that we are eating all the vitamins but that's too hard for human digestion. It's not good. You never cook in the house because the wife must work, the husband must work, they all must go to the office, they all should work, the wife has no time, the husband has no time, no time for the children. The wife has to cook in the house. If she has spare time, all right, she should work also, she has to look after the children. There is nothing wrong in that work, that's a very noble work. The idea I sometimes say those people who have done good work in their previous lives are the mothers today. They are having a nice time. I look at my husband, I say how much he works hard. Now as a mother, I do work for my Sahaja Yoga but otherwise I have a comfortable life. So why must you all do all the work? You must have some people for your ashraya, you must give them some money, share your money with others, protect them. This is one of the things that we have to understand about this deity which is called as a Lakshmi and She resides in our stomach. This is very important to understand that if you want to have the blessings of the Divine you should be a balanced person. You have to awaken the Lakshmi principle within you and that Lakshmi resides in this kind of balancing where you understand that Love is the determining factor of all our monetary behavior, monetary exchanges and rapport. There is no other way we can judge it and that's the main basic thing which we are missing today in the modern times.

Now the Kundalini's awakening takes place and awakens this center. When this is awakened then you go higher into the center which is higher we can say called as the center of the Heart. But between these two is a center that is moving round and round, is a center of our activity which is the center of Swadishthana. I had told you about this yesterday that how by activating the Swadishthana Chakra too much we develop imbalances within us. We develop diseases like diabetes, like kidney and spleen and also uterus trouble in women because there are imbalances.

After this center, which is the center of our activity, when we have gone beyond this center then we go to this center which is called as the Center of Heart. This is a very important center in human beings, is governed by the deity of Jagadamba, meaning the Mother of the universe. This center is acting on our sternum in our childhood. We develop our antibodies in our sternum when this center starts acting and these antibodies later on spread in the whole body and start defending us against all kinds of diseases, against all kinds of attacks on us and these doctors know about it, they know there are antibodies, but they cannot say how they are created and how they are within us. When we are attacked from outside by anything, what happens is that you start getting a palpitation because these people are informed through the sternum bone that the attack is coming and this palpitation suggests that there is an emergency and antibodies must fight it. Now the women who are insecure like that develop breast cancer and all these diseases can be very dangerous in people who have insecurities and who hide themselves and who do not tell about insecurities. They can develop these diseases and ultimately they can be in terrible trouble.

Today I am sorry I won't be able to cover all the centers because it's already quite late and we have this hall only till 10:30. So we have to do the actualization of the experience of getting the realization and we have to work it out. So that is the main thing and whatever was possible I have told you the theory behind the awakening of the Kundalini up to these centers and if possible tomorrow I will try to do the other two centers.

Now should we have the experience? I think it would be better if everyone moves forward. You just put your both the hands towards me. Better thing would be to take out your shoes because the Mother Earth has to take the problem inside it, it would be a good idea. Now I have to request you that you might get your realization today but the Kundalini is just made out of many threads and one of the threads comes up to open your Sahasrara in this point [Shri Mataji pointing towards fontanel bone area] and then this is raised [UNCLEAR] now but that's not the end of it. You have to make more space for greater threads to go in to establish yourself in Sahaja Yoga. Now to do that you have to come to a center where this collective happening can take place. Of course tomorrow we are going to have this program here but after that I am going away and he has agreed to stay here and it

is going to work it out from [UNCLEAR]. They want to establish some sort of a center here in Los Angeles where you people can go every week say in a weekend or something and develop your powers, your own powers, and master it so that you start giving realization to others. You all can do it. In the beginning what happens is that, like anything, any light which you enlightened is rather difficult. You have to look after any seed that has sprouted. The seedling is a sensitive, gentle thing you have to look after. But then when it grows, it becomes like a tree and you can give realization to many. Now we have been here, as he himself has been with me only for 18 months, and imagine how many people he has given realization to, you can't count it, in Australia. Each person who is here, who is in your [UNCLEAR] there is no need to get any sanction or anything. You can start off. It's very simple as long as you are settled down. You can start out in your own house, isn't it? Anywhere has started off a Sahaja Yoga center so one has to first of all grow and settle into it. So it's not that today you are going to get it. In the last moment you may lose it tomorrow for the time being but once it is established, you will never lose it. It is always there.

[Shri Mataji conducts the self realization exercise]

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Vishuddhi & Agnya

Public Program

Reorganized Church of Jesus Christ, Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Yesterday we talked about the center which is called as the Nabhi Chakra, the one that manifests the solar plexus in a gross way, and how the incarnations of the primordial masters, the principle of the primordial masters, the Adi Guru, are guiding it.

Also one has to know that if somebody is your guru then that guru cannot live like a parasite on your money. That's one simple principle one has to know. You cannot pay for the knowledge, for the realization, or for the maintenance of your guru. You can't do it, no guru will accept it, even you won't. If I tell you that you can stay in my house free, of course you won't. Any person who has self respect won't accept such a situation. This parasitic living comes because such people are extremely sly and of a very low level, not to be called as gurus.

We are enamored more by their outward show of the worldly possessions they have, the worldly things they try to show off. Anyone, even the Pope, is like that. Even our Shankaracharyas (heads of monasteries) in India are like that. There are many gurus who are like that. They all do all these things, collect the money, collect all this wealth and try to show off. I feel quite surprised that while Christ wore the crown of thorns, these people are wearing thorns of diamonds upon their heads. How can they do it? It is something one can't understand. They should really feel hurt to do such a thing, but they think they are the contractors of God, of Christ and everyone and they can do what they like.

This system started long ago and for us it becomes sort of a practice that we take it for granted if somebody says that you have to pay for your realization, you have to pay for your spiritual practices. We think it's absolutely normal. You may pay, at the most, for this hall, you may pay for the petrol, but you can't pay for God's Love, you cannot pay for the knowledge of God.

So this is what one has to realize that these days, especially in Los Angeles as the name is like the Lost Angels are residing here and they are so much lost, more because of the invasion from these fake people in this country. If I criticise them they don't like it and they say why do you want to criticize? I said should I garland them for spoiling everyone's Kundalini and spoiling all their chances for their realization? I will always criticise them very openly even by name if it comes to that. I have to point it out to you people because you are seekers of Truth and they have no business to mislead you. If they want to make money, there are other ways, they can become smugglers, they can do all kinds of things. They have no business to spoil the Kundalini of the people or to ruin them.

But I think they have a deeper intention and that is they want to create the anti-Christ regime here. They want to create the regime of Satan. That's why they are trying to destroy the saints because if the saints are destroyed then they'll be much better off. They are only after the saints and not after the people who are not interested in God. Those who are not interested in God are never hampered by them or never troubled by them.

Such a double-wedged attack, and one has to be very careful with these people, and should understand that you all can become your own guru. Actually there is the Spirit of the Primordial Master within you and that Spirit resides in the region that was shown to you yesterday. We call it as the Void, or you can say, the gap or the Ocean of Illusion and this is to be maintained, as I told you yesterday, by the Ten Commandments which were told to us.

Now we go to another center which is the center of Heart. The Heart Center is actually behind the sternum bone and I tried to tell you yesterday that till the age of twelve years the sternum bone creates antibodies and spreads them in the whole body to fight

and combat any foreign invasion, even of the dead spirits, of the invasion of the false and fake people. Now the deity behind it, as I told you, is the Mother of the universe.

Now we go to the higher center here which is called as the center of Vishuddhi. You must know that in the image of this world, America is placed at this center. Canada and America, North America and South America are all this center and this is the center where man became a human being in the sense that a man from the animal stage who was living like an ordinary animal, man became a human being in the sense that he raised his head and started walking straight.

Then this center started going. This is the center of responsibility. When he took the responsibility upon himself, like America itself always takes the responsibility of doing good to everyone. At least they talk that we all have to have liberty, facility and all these ideas are coming from this great country of yours. They have to proclaim these big ideas and they feel that they are responsible to permeate these ideas into the whole world and they have to take a stand to keep this going.

It is true that you have to do it, but they must first discover their own nature. Unless and until they have discovered their own nature they are going to be always in a great confusion and not only that but in a sense of insecurity because they don't know whether they are strong enough or not, whether they have any powers or not.

Now this Vishuddhi Chakra, this center which is the center of responsibility, is very important from many points of view, the greatest of all is that it is governed by the Saturn. You have been to the Saturn and you have seen that there is a big ring around it, and because of this ring it is protected. The same way Saturn is represented here on this Earth in America and it has a tremendous ring around it which is to be discovered. Unless and until we discover that ring and enlighten it we will be always insecure. Actually if the Americans get their enlightenment this ring can come to their help. Already I think that ring is already active, we are feeling the effects of that and already on the problems of the land sliding down and all that is nothing but this ring is acting around and it is trying to warn people to be on the righteous path.

We have lost the sense of righteousness completely. One cannot talk about righteousness in these modern times. Righteous means you must pay your tax at the most, or slightly it could be you can't kill your mother. Maybe that? I don't know. What righteousness people understand in modern times is not righteousness. Righteousness is a thing in which we rise towards God in our purity and in our holiness, in our morality, we have self esteem, we respect ourselves and all these things are already taught to us.

Specially Christ has said that "You say thou shall not commit adultery. I say thou shall not have adulterous eyes." To that extent He went and we are the Christian nation, we who are told not to have adulterous eyes, but we cannot keep our eyes steady even for one minute. This is what we have done to ourselves, to our morality. We are not conscious of it and when we do not have our morality, if we do not have our chastity, what do you have to defend? You cannot defend yourself with nitrogen bomb and hydrogen bomb, with anything you cannot defend. You can only defend if you have your own personality, own self respect, own idea of saving your private life in a sacred manner. There is no idea of sacredness, there is no idea of holiness, there is no idea of cleansing. This has to work out.

This is the time when a human being raised his neck and a new system started growing in him which is not in animals – the ego and superego which are the byproduct of these two powers, which is the left side, the power of desire and the right side, the power of action – the two systems started growing within us and when these two systems went and met at the top of our head it became calcified and we developed our "I"-ness. We became Mr. X, Mr. Y and Mr. Z.

Once this happens you get the idea that you are independent, you are free. Thus you got your independence. But independence and freedom doesn't mean license, it doesn't mean also that you are on your own. If you think you are on your own you are absolutely lost, to yourself and others. You are malignant. If you think you can live all alone, you are a malignant cell in the whole and it's a very dangerous sign when we accept the situation that we say that we are on our own – "What's wrong in this?" and "What's wrong with that?"

All our behavior has to relate to the whole. Even Roosevelt, such a president you had, said, "Poverty anywhere is a threat to prosperity everywhere." He could see this point at least at the level of poverty. Of course you've had great people like Abraham Lincoln who gave you such great ideas. He was a realized soul who talked of great things. I don't know even now if Americans can understand him, but after realization you'll understand that he was the man who gave you a very great foundation and you should not try to dig them out.

For the sense of responsibility grows in the human being, He starts growing as an egg, as a closed cocoon. The cocoon is formed by the ego and superego and you become Mr. X, Mr. Y and Mr. Z. This freedom was given to human beings to develop, to grow like in the egg, the bird grows into that state, into that maturity like a bird.

But in human beings it is a different thing. Imagine a human egg can just crawl into anything, it can go into any problems it wants, it can go into any extremes. You tell them that you'd better do some exercise, then they'll go so mad that three hours in the morning and three hours at night they'll be just running. If you tell them anything, even in Sahaja Yoga I've seen, they cannot understand that there is no need to be extremists and this extreme character within us comes to us because your attention is outside and not inside and it has happened to us because of this new phenomena that came into being when you raised your head.

Through the parallelogram of forces [UNCLEAR] the power that came into us got reflected and the attention went outside and not inside. That's how our attention is outside and whatever we know we know through the outside. Inside we cannot take our attention. If I say please pay attention to yourself, you cannot. If you want to make believe you can say, "Yes, my attention is inside," that's not the point. There are people who can even to that extent they go that they believe that yes, yes, we are inside, we are one with God, we are connected with God, we are twice born. All sorts of certificates they will have but their attention is outside, not inside.

So you live on the left or the right, which means you live in the past or the future, you cannot be in the center that is in the present. To get that attention inside this happening of Kundalini awakening takes place and the Kundalini raises. Supposing something happens at the back there. What will happen? Your attention will be attracted. So that's why this happening of the Kundalini awakening takes place. The Kundalini rises and you get that attention attracted inside by which your attention gets enlightened and when that attention gets pushed through you reach that state where the seat of your Spirit, the Atma, is there and you get your enlightenment. Of course the Spirit sits in your Heart, but the seat of the Spirit, the capital of your Spirit is on top of your head.

Now to get over Vishuddhi we have done every sort of extreme things and surprisingly we always do things which are just against our basic nature. For example, England is the Heart of the universe. So it is lethargic. To make an Englishman to get up in the morning, even at 10:00, means moving an elephant. The greatest sin for you is to wake up an Englishman at 10:00 in the morning according to the lethargic England. Of course they were overactive, they have now been vanishing, but they were overactive and as a result of that now we have absolutely lethargic English people. They eat a lot like gluttons. They sleep a lot. Even in my programs some sahaja yogis who have come they just want to sleep. It's most surprising. They are so lethargic you can't imagine what sort of people they have become. I have now thousands of them as sahaja yogis, but it happens like that.

We can say that Europe is the liver of the universe. When you say that, it's drinking. Europeans drink morning till evening. If you ask for a glass of water they will give you a little bit of distilled water. But for them only beer you can drink. Imagine that the liver is drunk. You can't talk to them after 1:00, they are not there. They are in the pub or they are lost somewhere.

America is the Vishuddhi Chakra. Or I would say India. India is the Kundalini, the power which has to be awakened, and they are sleeping. Indians are not bothered about getting awakened, they are not bothered about God. What they are bothered about is how to get more money. They are developed, they are not bothered about getting awakened, there is no seeking. If you tell somebody in India that you have to seek God they'll say, "What? Are we primitive?" They cannot understand that you have to seek beyond. For them it is primitive behavior to seek God. They are modern, they like plastics, they like nylons. The early thirties of

America could be: if you go to somebody's house they will show you a very great thing that they have and you will discover that it is nothing but one of the plastic [UNCLEAR sofa tea sets which are blown into]. This is the temperament of Indians who are living in the saintly land of India, which is the yoga bhoomi, which is the country where the yoga resides in every particle of that country, where people are more than aware. If you talk to anybody and he is westernized, then God save you. If they are westernized they are absolutely finished people, you just can't talk to them, they are neither here nor there. They don't understand God, they have no seeking, nothing. They live only to earn money, earn more, earn more, earn more.

Now we have this great country America. As I said, it's the Vishuddhi. America smokes the best. The amount of smoking that goes on here, God must have seen the chimney being placed here. The whole country is smoking morning till evening like mad. First of all, they have an idea that you should be very thin. I don't know from where they got this idea, but you should be so thin that they'll take coffee, coffee, coffee morning till evening. Just now I discovered this also. All of them will take nothing but coffee warning that, "You will put on weight. You will put on weight." They will not take sugar. Sugar is very important for attention. Then they will become thin, then they'll become really terrible, hot-tempered, volcanic. You can't talk to them. Then they'll have a cigarette with them. They have to overcome that temperament. You can't talk to an American unless and until you smoke with him. Even if you don't smoke you have to smoke. Since I have come here I have a cold in my throat. They just can't understand any of the power of the person. If they have to talk to someone, they can't say good morning, they will offer a cigarette. It's so surprising that the way people have taken to smoking so madly that one can't understand. How can they? In India is a place where they produce so much of tobacco but they don't smoke. On top of that, they are [UNCLEAR to crown it]. They have other special smoking stuff which I have never seen them, they are grown in India. I have seen some president's wife was smoking that, somebody great, some governor's son was smoking. Nobody has any consciousness about it and to them these things are like ganja and whatever they call them. I've never seen what sort of things they have. In India only the servants class do it and that, too, of very low types and they are treated just like lepers, they are kept outside. Nobody has anything to do, nobody marries them, of course. They live like lepers. They must get into it by mistake or bad company sometime. But it's not at all a common practice for any educated or enlightened person or anyone who has any brains in the head to do it. But even the villagers don't do it. Only some people who are, I don't know how, but I don't know of any Indian who smokes ganja so far. I have servants, my husband's family has got servants, my daughter's family have got so many servants. I don't know of one person who smokes ganja in India and here you find every person...

An American lady came to see me, a wife of a very big man and she said, "Oh, I really love England." I said, "What is there to love in England?" "Oh, there are beautiful pubs. We don't get such beautiful pubs in America, and there is a pub where a man died and all the cob webs are there and I went and you could actually feel the cob webs." Imagine, such a filth, and the man died and was there for four months nobody discovered it and they carried the body out and still you feel the haunting. Just think of it. And that's how she liked and she enjoyed it very much and she said, "Oh, it's nice, the place is filled with smoke and you feel very happy there. Now these are the people who belong to this great country which is the Vishuddhi of the world, which is responsible for the whole world and smoking and I am also at the end of this program, I've got a bad throat because so much of smoking everywhere. You go to a shop you, better have a smoke. Otherwise, I don't know. I have a very sensitive throat, maybe."

Now what happens that when we start understanding our responsibility, we start doing things, going into it and trying to look after it. We think we are doing it, we think this is our job, we are doing it. We have made this big hall, we think we have done a big thing, we have made this chair, we have done a big thing. But look at it. It's all dead. From dead to dead, what have we done? Once you get used to a chair you can't sit on the ground. Once you go on changing the matter it sits on your head. Gradually you become a slave of the matter. I am happy you are realizing that all these things have given us enslavement. But when you say that this is all junk and this is enslavement and we are not for material growth and then where you are denying that also, you go to another extreme and that extreme is even worse. Like people when they see their ego is too much they go to alcoholism. If they feel depressed then they have these autosuggestions, they go to these therapies, they say, "Oh, you must not think like that. You treat yourself with autosuggestions." One extreme to another extreme, you wobble just like a pendulum from here to there. There is no movement upward. We just go to the collective subconscious on the left-hand side and to the collective supraconscious on the right hand side. That's what we are doing and we are all getting possessed by that. We are nowhere there. We are lost. If you have read too much, you have read it. There is such a confusion in this world. Whatever is printed is not sense, is not scripture. Whatever is printed in the books cannot be scripture so you must understand it. But how are we to know?

There is no discrimination. "I like it." Which is this? "I love it. I want it."

This I is nothing but Mr. Ego, is not your Spirit. When the Spirit starts asserting itself, when the Spirit starts manifesting itself through your central nervous system you start feeling it as cool vibrations, as the cool breeze of the Holy Ghost, you start felling it around you, it exists. You start feeling it for things which are good and which are bad. They may even give you blisters. You should awaken a little bit instead of going into these plunges headlong, breaking your necks, breaking all your backbones. When I see people they are all finished, already possessed. Doesn't matter. Whatever has happened has happened because everything has to be forgiven, it's all in naïve seeking in the earnest desire to seek. If these mistakes are made they are to be forgiven and you have to have your self realization, no doubt about it.

So this is the Vishuddhi Chakra and Krishna at this time came and so Lord Krishna is the king or the deity on this center. It is He who taught us that why are you getting involved into things? It's a leela, it's a fun. The whole thing is a fun. Why do you take it seriously? But even if I tell you, you are not going to believe it and it is not going to happen to you. Some people believe that Krishna said that do whatever you like, do your karmas and put all these karmas at the lotus feet of the God. Then everything is all right. But you cannot do it. He was a diplomat, He was an incarnation of divine diplomacy and He played this thing and told you that you do your karmas and put it at the lotus feet of God. Many people believe in that. It doesn't happen. It's an absurd condition. That's how the diplomacy works out always, put out an absurd condition. I wonder if your diplomats know this trick. Give them absurd conditions and they go round and round and then come back and say, "Oh, we are silly." It's like that.

You cannot do it. As long as there is ego in you, you cannot do it. You feel that you have done it but cannot do it. You have to become that. When you become that, means when you become the Spirit, what you say, "It is going." "It is coming." "It is." You've become a third person. Like the sun, the sun gives you the light. It doesn't know it is giving the light. It is just flowing, it is just its nature, it's akarma, it goes into non-action. But when we start saying, "I am doing this, I am doing that, but I am putting at the lotus feet of God." We must know we are cheating ourselves. It's not possible. You cannot do it.

So it has to happen to you. At the very outset, Krishna said that you become the knowledge, means you become such a personality that you can feel the all-pervading power around you. This is the Knowledge all of them have talked about. Not like some people say that I am the knowledge, I've got the knowledge. If you ask them what knowledge you have got, they just say, "I've got the knowledge." Now what is the knowledge? They can't say what knowledge they've got. They've all become knowledge without saying what is the knowledge. The knowledge is to feel the all-pervading power, is the Ruh, is the power that is surrounding us, to know through that power the absolute Truth. This has to happen to you. You cannot just have a false certificate saying that I am a Christian, I am a Muslim, or I am a Hindu. Unless and until you become realized, unless and until you become really actualized, your second birth...

Even in the Islamic, they said you have to become the peace. Mohammed Sahab, who is nowhere away from the Truth, he [UNCLEAR] because He was an incarnation of the Primordial Master. Everybody has used everyone of these people for their own nonsensical purpose and created all these problems. You all have to come back to your Spirit, the Ruh, and when we understand that we have to become, we start self-certifying. That's a very wrong idea. Become means to your awareness something has to happen. In your human awareness you know so many things. Like you know this is yellow color. An animal doesn't know. You know it is clean or dirty. An animal does not know. In the same way in your awareness something has to happen, your awareness has to become more sensitive by which you can feel the all-pervading power, the Ruh, is what these people were trying to tell you, to keep a balance and don't go to extremes. But you have gone to extremes and this will happen only when human beings realize that it's a happening, it's an actualization, it is not brainwashing, it is not just talking about it.

Now we come to Krishna's, this thing, I cannot tell you about Gita, the whole thing, whatever He said, that He said that when you do worship of God it should be ananya. Now this word is very tricky, ananya. I don't know how many Sanskrit scholars know the word. Ananya means when there is not the other, when you have become one with God. Then you are connected with Him. But this word very few people really know. They write books after books, criticism after criticism and they don't know what they are talking about. He clearly said that you cannot worship God unless and until you have become one with God. Even Mohammed Sahab, when He taught you how to do Namaz [ritual prayer], He was teaching you how to raise your Kundalini. But it all failed because He couldn't talk to these people. They were after His life, they were about to murder Him, horrible ways, horrible,

haunting. Human beings never recognized the reality, never recognized any person who came real. Now supposing if I was a fake person the hall would be filled and also the outside would have been filled, because a fake person takes all the care how to appeal to your superficial things. But to a real person you will always deny, but no more now. Once you get your realization, you cannot deny it any more. That's why Christ has said that anything against Me I tolerate, but nothing against the Holy Ghost, because then you will know what the Holy Ghost is and you will be able to judge it.

Now we come to Raja Yoga which was very much here and has ruined so many people here. Raja Yoga is also a spontaneous thing that happens within yourself. Krishna has described that when the Kundalini rises the bandhas take place, means that all these chakras have got in between are these granthis [knots] and they go into a situation in which they hold the Kundalini not to fall off. How it happens is described in the Gita. If there's a car which is not running, which has not started, no use in twisting and turning its wheels or its machine parts. It's like that you are doing. Next the car starts and the whole thing starts working automatically. You don't have to do it. But here they cut their tongue, push it back. They say the kechari must be done. When the Kundalini rises the tongue is really pulled inside automatically. You don't have to do it. But people will cut their tongues, put it back and say this is it. Some people will put their tongue upwards towards their palate. All sorts of techniques. You stand with your stomach going in, your back coming out, breaking all your back bones, standing on your head. What is all this? It's like making your car move by moving a few knobs here and there. You actually break the car but you think you are moving because the car is going into a gorge or something. By the movement you might think that you are progressing but you're not. By the time you discover that, you're absolutely ruined, it is too late.

So this is a spontaneous happening that should take place and when it happens then you realize that you do [not?] know anything. The responsibility is not yours. It's a leela [Divine play], it's a fun. You just start feel it flowing from you and you say that it is going. Like a flute. You see the flute being played and you watch the one who is playing the flute and you just enjoy. People say it's a flute being played but actually there is an artist behind it who is playing the flute and you are just enjoying that. It becomes that beautiful witness state which you start seeing the whole thing as a drama, as a play and the play is over and you are no more Napoleon or somebody like that, the character, but you just start laughing, "Oh, it's just a play." So the whole thing becomes a fun.

One of the most important centers is Agnya Chakra, is the center where Christ resides. As I told you before that Christ is the embodiment of innocence. He is innocent. He never had a body which had Earth element in it and that's why His body could be resurrected. But He came on this Earth to prove what Krishna had said, that this eternal life cannot be killed, it cannot be broken, it cannot be destroyed. That's why Christ came on this Earth with a special message that it cannot be killed. Resurrection is His message.

This crossing you see here of the optic chiasma is spaced like this and it is on top of each other that they pass and it's so close that when your ego and superego develop as human beings to become realized, the Kundalini has to pass through that cross which is absolutely tight. They had to create a special deity which could go through it and that is why He came on this Earth and He died and He went through it to create that passage for us. So He said that I am the gate, and the Kingdom of God is beyond that, is the limbic area within us. This was His message and that's how He came on this Earth. When He passes through that, through His power of forgiveness, He sucks in the ego and superego. Thus He makes us completely relaxed, we become thoughtlessly aware and the whole thing comes down like that and there's an opening created by His awakening. So it was said that He is to be born again. That means the Kundalini must be awakened, that He should be awakened there so that He sucks in. He's the actualization, it's a happening, it's a living happening of a living God, so that it is sucked in. Once it is sucked in then the Kundalini rises above this and you get your realization.

In the Bible there is a quotation about it that "I will appear before you like tongues of flames." Ask a priest what does that mean? You see the tongues of flames [pointing to chart], you can see them. All these things are mentioned, even in Koran, there are many words they do not understand. If they are realized, if they become peace, then they will realize.

Now this actualization has to take place. Instead of that they went to India, they never gave this information that Christ has come. It is already described in Korana thousands of years back and Mahavishnu is to come, this great incarnation is going to

come and He is going to forgive all our sins. This information was never given. So people are still carrying on washing their sins now, still cleansing them. Their karmas are there, they have karma boghas and these gurus have taken full advantage of that and they are telling you that you have got your karma boghas, you have to pay for it, after all how are you going to get rid of it? If you pay them money you should say, "Why should we retain you? You have to go through all the karma boghas and suffer. Then why are you there?"

That time the problem came that people did not want to accept him. He belonged to them, he was a Jew Himself. People did not want to accept Him. They have so many ideas which I can't understand: how could they deny Him? But it's very good for them to deny because that's the way people always live. They always deny a person if he is born in that particular community. There is a saying in Hindi language that the man who is outside is the great incarnation and in the house, if he's an incarnation, he's just an ordinary person. But for these the Jews had to pay through the nose. They would not accept because Christ has suffered for you so why should you suffer? These Christians are also suffering, I don't know why. There is no need for you to suffer, He has done all the suffering for you. You have to just awaken Him and you get the blessings of that. But here they are suffering, everybody is suffering on account of that. All the Christians who believe that they are suffering they should know that you have made so many people suffer that it is better that you stop thinking like that and accept Christ in the true sense of the word. There is nothing to suffer. For the Jews also started suffering, they are suffering and they had a nice licking now. If they want to suffer more they can go ahead. We can get another Hitler to do that job. Because they wanted to deny Christ they wanted to suffer and this is what we should understand that it is not a mental activity by which you get your realization, but by accepting what these people have said. Christ said that He came to open the door and that He came on this Earth to suffer for us and to ask for forgiveness for our stupidity, our mistakes and we have to accept that in toto. Absolutely and completely we have to accept Him. If we accept that then you don't suffer. Just wait for that moment when this happening takes place and then you are there. What is there to suffer? All the time people want to suffer. They have some method or another to suffer. They make some demonstration of their suffering. This is how we deny God, God Almighty, who has created this beautiful Earth for us, who has made it so beautifully like this, who is just about to invite us to His Kingdom. This is the way you are treating Him? This is the way we are behaving towards Him? This is our gratitude for Him with our all unrighteous life? We want to believe that we are suffering, we are guilty people. What are you guilty about? Like in France I went. They said, "Oh, Mother, don't tell them that you are a happy person, they won't like it. They think you are ignorant if you say you are a happy person." I said, "Who are suffering, these French? Are they suffering, Les Miserable?" I said, "Look at these, drunkards, prostitutes on the street." All the women have become prostitutes, all their culture is becoming prostitution. They are saying they are suffering? This is how you deny God and then we cannot blame Him if He has to come as a wrathful God to destroy us. It is high time you realize that God has made you in His complete glory and in complete image. He has made you so beautiful. Accept your beauty. This body is the temple of God. It is to be looked after, not to be starved, not to be tortured. This mind is the flower of God which is to be prepared to receive His blessings and your Heart is the one where His great Spirit resides which you have to touch through your Kundalini awakening and you have to become the universal being, that has to happen to you. It's all promised and why are you making your progress towards hell? You have to just wait. This all has to happen to you and you are going to get this realization. Just now we'll try that.

Now the last chakra is... In this short time, sorry, it's such a big subject. I can't handle the whole subject. But what I'm saying is that the last chakra is very important because in that center we have all the seven centers. We start from here. For example, this is the Agnya Chakra. Haan, by the way, Agnya Chakra, in the map of the world, is nowhere else but in Israel and also in Russia. Russia because they are anti-God, China because they are anti-God. Russia and China are two sides of the Agnya Chakra. They are anti-God. It is there, imagine, that they who are the ones who have to represent the essence of God are against God. So you can imagine what is the situation of the world when I come and see this. I'm really surprised that how people are really getting against their very nature into which they are born.

The last of all is this center of your integration where everything is integrated. If you see the auras of a person, there are five auras around us. On the right-hand side, of course, you get auras because of the five elements which are on the right-hand side. One of these auras is of the emotions. You get those auras around us, the five forms that we are, are pushed one on to another. When you are disintegrated you get those auras shown, but when you are integrated, when you are realized, then you do not see any aura. Even in the photograph, you will never see an aura. If you are disintegrated, then only you see those auras around you. If you are drunk you can see the auras disturbed. You may find all kinds of things in the aura. But if you are integrated, if you are a

realized soul, you'll see how you are, you don't see any auras. For example if you have taken LSD, you may not see me, you might just see light out of me. Supposing you have taken some other stuff which is absolutely left-sided. You may see my past. [UNCLEAR your power is] useless. You must see me as I am. You have to be in the present.

Now the first center of Agnya which is here (pointing to her bindi), then the Vishuddhi which is of the collectivity. This is the center of the collectivity of the witness, this one, the Vishuddhi Chakra is of the American continent (points at her hairline), and then is the Heart Chakra here (puts hand on Sahasrara, the seat of the Heart), then is the Nabhi (touches further back), then here at the back (moving hand around) is the Swadishthana and in the center is the Mooladhara. This is how we can cure people because everything comes within us from these centers. Our diseases, our troubles, our emotional problems, all our physical problems, our material problems, all of them come from these centers and when these centers are out of order we get all these problems. If you can put the Kundalini through She awakens all these deities by which we get filled up and the power of the all pervading power, that Love of God, goes on flowing all the time and we are no more in wanting and that is the time we are not vulnerable to any of these attacks that are around us. Not only that, once we get it, we get the power of giving realization to another person.

Today is the last day in Los Angeles. I must say that the response was not bad at all. I was very happy because in the beginning what's the use of having big crowds? You have to have real special people who are in the foundation, is a very good idea because you can prepare them. We have an idea that one of the persons who has come all the way from Australia and his wife, is Dr. Reeves. You must thank him, to come all the way from Australia to help me establish this in this country. That an Australian should come all the way is very remarkable. While Australia is the Mooladhara, is the first center. So they have to come here as they are the first center there. Now they have come all the way here to help us out. He is going to stay here I hope for about 8 - 10 days and here with Dr. Worlikar. He'll give you the address. You all should go to him and get yourself corrected, get a full idea about Sahaja Yoga and establish yourselves. You all can start a center of your own but at least you should meet every week in one place. Sunday evening Doctor has agreed to have a program in his house. You can listen to my tapes and you can understand about meditation, how to give realization to others and how to make them their own gurus because you become a guru now. Of course I need not say that you cannot charge money for this. So we all can do it, you can all become very powerful people like Warren himself came to India. He was there with me for about two months and after that he became such a big guru, that he has now got seven centers established in seven cities of Australia. So you can imagine what one can do if you get your realization and settle with it. All of you are capable of it. Each one of you is capable. You only have to work it out within these 7 - 8 days when we start it.

As we are now going to San Francisco, he'll be back here by the 20th and I hope you arrange it with Dr. Worlikar, find out his place and once it is done, then we can start having these centers in other places. There he will tell you how to protect yourself, how to raise your Kundalini, how to cleanse yourself, what are the things to be done as far as you are concerned. He will also tell you how to work out the collectivity, how to give realization to others. Even today, supposing you do not get your realization, it doesn't matter. It can be managed later on, maybe that you might get it afterwards. But how to do it, how to establish it, all these things he will tell you and gradually so many secrets that we normally don't tell to people when they first come in. This is how one light which is enlightened is going to enlighten another light and Sahaja Yoga is going to work out. I hope next time when I come we will have a much bigger exposure when you people will be ready to help me. You will be the people who will know how to do it. Treat it as something important. It's not one of the guru shopping things of come here... If you have come here please excuse me. You do not waste my time, but if you get your realization you must work it out. If you cannot work it out, it's no use working it further. By doing this you will get rid of your problems, of course, no doubt. Physical, emotional, mental – everything you will get rid of. But your attention should be on the collective working. If you start working collectively the power is your own because God doesn't want to give you power. Nobody wants to have a light which doesn't give light. Why to repair a light which doesn't give light? So you have to decide that you will be giving light to others. Once you decide that, it will work very fast and all your problems will be solved which looks so simple and superficial.

I would request you that you go into it, talk to him and get your addresses and all that. After realization you work it out. I hope you'll make it convenient.

Thank you very much. May God bless.

Have you any questions because I am going away now?

Seeker: Why was evil and suffering created?

Shri Mataji: Evil was created by human beings. God did not create it. When you started growing you had freedom. In your freedom you've created evil forces. You wanted to have evil. You are always attracted towards even an evil tongue. You wanted evil in you much more than you wanted me because you have to become. There is a place somebody who would be very happy as long as you give some money to the person as long as you take. And the person says, all right, I'll take you to heaven. You will believe such a man because very easy, convenient just pay the money in the slot and you are there, very good idea. Because of ignorance of human beings they created you, but you can get rid of it. Then the this evil starts controlling other people who are trying to rise above. Yes, it does. It tries to attack and that's the evil force. If you are not strong it can attack you. It attacks and you take to it. I don't know why human beings take to evil. I can't understand. Even if I tell them after realization I think people go to it. They are so much enamored by evil they can't see what it is. You have come from this matter and matter attracts you, the deadening quality attracts you. I was told that there are some bhoots here that are working out your evolution downward. You want to learn from animals, you want to learn from fishes, you want to become like animals. What can help you because you are free. God cannot get over your freedom. He has granted it to you. You have to respect it. But you must respect also. Freedom doesn't mean license, and if you do not respect your freedom, you can go ahead with it. What can you do? He has given you freedom. Once granted you cannot take it back.

Seeker: Does Kundalini combat the evil or what affect does it have on evil.

Shri Mataji: Eventually it becomes light and darkness over. When you are enlightened darkness doesn't come, it's not there. You develop your discretion. Evil runs away. If evil comes to know that there is an enlightened person going, it won't come into you, absolutely.

There were three people who got realization in a village and they had such a work that they had to return home at about twelve o'clock in the night, every night through a forest on a motorbike and the people who got possessed in that area, they started talking about it. They said that tell these people that, at least, don't come to the forest, as it is, we are there, we are [UNCLEAR] people, we are settled down there. Why do they want to come to the forest? You'd be surprised, they started talking about it. They are frightened of it and they disappear, they do nothing when there is light. But we have to accept the light and not the darkness.

Seeker: In meditation, I know it's important to still the mind, but how...

Shri Mataji: You cannot do it. It happens. This is the basic thing I am telling you that you cannot meditate, you get into meditation. It just happens. When the Kundalini rises, when She pierces thru this center of Agnya, She sucks in your ego and superego and you jump into the awareness which is called as thoughtless awareness, called as nirvichar samadhi which is enlightened thoughtless awareness. Enlightened. Even if that, you can cure people. You may not be able to give realization, but you can cure people.

But that's not important. What you have to do is just get out. So you have to be in meditation. You cannot do it. It's a living process. Those people who say that you meditate, they can only cure by going to the left or the right by which you might get possessed. You might start jumping in your feet, you might get some troubles. That's what will happen. Actually you feel it on top of your head. Just it is a happening, it's a cool breeze coming out of your head. Even the pulsation of the Kundalini in some people you can feel. You can see the pulsation and the rising. If you have a stethoscope you can feel the rising of the Kundalini. There's a cool breeze starts coming out from here because Kundalini is part and parcel of the whole. Of that whole you can feel the pulsating power and you start feeling that Ruh on top of your head and you start feeling it around your fingers. This you cannot do. You can jump, you can dress up, you can change your dresses and move about, you can shave your heads, you can

cut your tongues, cut your nose and do what you like, but you cannot make your Kundalini rise. That's the living process, like a seed sprouting. You cannot take out the primule from the seed, just pull it out, "Come along, come along. Now I am meditating standing on my head." As soon as you put it to the Mother Earth it works. It's built in. It's there. It's all done. Only thing is at the time when all these great incarnations came they could not talk about it. I was surprised to read the Bible of Levi that somebody was going to come and tell you all the multiple things about [UNCLEAR everything I do for you]. It's very clearly said by him. It's prophesied.

Seeker: When you get your realization what is the effect on your own religion?

Shri Mataji: Your own religion is a myth. Because you are born in a Christian family you think you are a Christian. If you are born in a Muslim family you are a Muslim. What happens after you get your realization you really become. Say you are a Muslim. You become a real Muslim. Then only you start feeling the Namaz, then you feel that the vibrations have come in. Before that it's all acrobatics. You try all these things, nothing happens. You pray, pray to God, you even break your knees. Nothing will happen.

There was a gentleman who was a Muslim in India. He said, "I was seeking God. First I was bending to God, praying to Him. All my [UNCLEAR] went off. Then I went to these places and I said, 'Now, God I cannot find.'" So he went to another religion and they were singing songs of God, Hare Rama, Hare Krishna to one temple we have got there. He said, "I got so sick with that. Nothing happened." Then he went to Christianity where he went and he did all the sorts of things that Christians do. He said, "I never felt [UNCLEAR]." But when he found God he has the meaning because religion without the light of your Spirit is no religion, it's blindness, it's fanaticism. That's what they're finding. It's like a dead flower. All these flowers are living flowers on the Tree of Life. Mohammed Sahab is a Living Flower. He is not anybody's property. Neither is Moses anybody's property. They're universal beings. These people are taking a contract out of them. What right have they got to take contracts. On the contrary Mohammed Sahab is [UNCLEAR who is angry]. It is Moses who is angry, it is Christ who is angry with these people. What they have to do is to become the Spirit and then they will know where Mohammed resides, where Moses resides, where Christ resides. They are integration and everything is to be seen. So stupid they are.

The other day somebody said that they don't believe in the immaculate conception of Christ because it is not possible. What is not possible for God? He can do anything He likes. Then why in the old testament it is written that a girl will give birth, a girl, will give birth to the Messiah. Now if it is prophesied a girl so they said that it is written a girl, not a virgin. Now in those days they didn't have 80-year-old virgins or girls. I think they didn't have girls. Nowadays they will call anybody "She's my girl."

In those days girl meant a virgin. Think logically. If you say that a girl is going to give a birth to the Messiah, that means one thing is definite that a man is not going to give birth, is he? When they are saying that a girl is going to give birth, a woman is always going to give, so girl means something specific, something unusual and that means that a virgin is going to give. But they would not accept.

They want to judge God by their mental activity. Unless and until you are a realized soul you cannot judge them. You have nothing to say to them at all. Will He like any God which is the embodiment of Compassion and Love, will He like the way people are killing in the name of God. Is the God who is the ocean of Love, will He like the way people are behaving towards each other? It's so contradictory. It's contracting with God. If you want to ask about a Jew, ask a Muslim. If you want to know about the Muslims go and ask a Jew. They both think they are the wisest going around. Then if you want to ask about the Christians go and ask a Hindu and if you want to ask about the Hindus ask another sect, the Jains. If you want to know about the Jains there are Buddhists to tell about them. How is it if it is the Truth they should be all one? And the result of it is that the young people are giving up God now. People are selling churches in England. The fundamentalists are going to ruin completely the existence of religion.

There was a boy from Algeria who came to us and he told that we are all becoming communists now, young people. The boys who have studied very well, who are graduates and who are architects and doctors and all that, they are all becoming communists. I said, "Why?" He said that because these are all fundamentalists coming in and the way they behave they are stupid. You don't want to believe in them. So we have become communists. They want to deny God. I said, "No, there is God."

And when he wants realization he said all of them, 500 of them, changed. And they said what is there in communism? That's all another mental activity. It's not the Truth. God exists but you must prove. Unless and until you prove God, your religion has no meaning. Nobody's going to believe it. After some time you find it's all finished, or they will finish themselves by fighting, quarreling and arguing. It's not a mental activity. Religion is something within yourself which is to be enlightened. You really become that when you get enlightenment.

Seeker: When the Kundalini begins to rise do you ever feel it as a pain on top of the head as if somebody is pressing with their thumb hard?

Shri Mataji: Not that way. You may not. But actually with some people it could be the Kundalini pressing it out, to come out. But normally She doesn't rise like that. She rises when you are absolutely ready for it. She comes up and goes down if you are not ready. She doesn't stay there. This is not the way it would happen. Actually you would be surprised that those who are getting the experience of Kundalini don't feel so much pain than the people who are helping them. It's like a person who is getting drowned doesn't feel so much of pain as the people who are saving them.

Because you are not connecting your conscious before realization now the other side so they can feel that the Kundalini, poor thing, it's stuck up there. They can feel it, not you. You don't feel anything. Actually the person who was giving you realization suffered more than you. It's a fact. You are perfectly all right. Nothing happened to you. It's like a person all dirty and filthy. He's used to it. He doesn't feel the filth. The others feel it.

Supposing there is a cancer patient he comes to you and you start helping him out with raising his Kundalini. Such heat will come out that you may have to run away outside with the door open and the whole room will get heated up but the fellow wont feel anything. It's like a person, all dirty and filthy - used to it. He doesn't feel the filth, the others feel it.

A seeker asks about getting the experience of self realization and it is agreed to go ahead with it at that time.

1981-1017, Seekers are the Highest Creation

View [online](#).

17 October 1981

Seekers Are The Highest Creation

Public Program

Heartwood Community Center, Santa Cruz (United States)

Talk Language: English | Transcript (English) – Draft

1981-1017 Public Program Day One, Seekers are the Highest Creation, Santa Cruz, CA (USA)

(Introduction by Gregoire)

I am very fortunate and I am very happy that I could come to Santa Cruz. I can see what I am facing is the ocean of Love, the seekers of Love, the people who are seeking the Truth.

Gregoire has told you all these things because he is very earnest, he is very concerned, he knows you are seekers and that's why he has told you in these words, so don't be frightened. There is nothing to be frightened about anything. You are seekers and you are a special category. In the eyes of God, seekers are the highest creation that He has created. You are the highest of all. To Him it does not matter who are rich, who are in power, who are leading a life of so-called success. It does not matter to Him at all, He does not understand that, He does not know that.

Christ has said that these people if they want gold, let them have. They'll have bars of gold and live with it. But "if they seek Me, if they love Me," then these people who are seekers today are going to enter into the Kingdom of God and He will eat with them. They will sit at the same table.

You are respected because you are seekers. You are loved because you are seekers. And you have survived despite all the attacks on you. These are all attacks. You are naïve, you are simple, you were innocent at that time when attacks came in.

Now gradually you are discovering that it was an attack. Everything that you did was just to put you down. And one person who was negative of that kind would come forward and assert and use all the negative forces to push you down.

To me you are my children. To me I don't think what you have done because you didn't meet me that time. I take the load upon myself. I did come to San Jose last time. They said that there are lots of seekers settling down in Santa Cruz. I wanted to come and see you here that time only, but the experience I had of the people who were there, I thought, "They are not just now seeking God, but they are sort of seeking ego or superego, they are seeking into a new style of life and a new style of understanding, because they have found out that material life is of no value, it's not going to give them joy."

At that time, when I said that, and you are thinking of these things, how can you pay for it? Nobody could understand these things. It was very difficult to talk to them – that it is spontaneous, it is your own right, that you have to get it. You have been seeking for ages now, not only in this life time. You have been saints in many lives and now you are born here to seek it. It's so simple as that. It has to happen, that's your nature, that's what you are. You try anything else, you won't be satisfied 'till you have found out the Truth.

But that time nobody would listen to me. It was a very funny situation and I ultimately decided that let them find out for themselves to begin with. When they will find it out, they have to reach the right conclusion. Because there is one problem in the seeking, that you have to seek in your own freedom, in your own glory of your own choice. Because if you are to be liberated, it has to be a free choice. If a person is not free, say, he is enticed or he is hypnotised or he is overpowered by others, he has no freedom at all of any kind. Such a person is useless to enter into the Kingdom of God. If you have to become the King, then you

have to have that basic freedom in yourself intact.

But freedom doesn't mean ego by any chance. If you think: "I like it, I love it, I do it," that's not the Spirit. You are not seekers of ego, I must tell you very frankly, you are not. You are seekers of Truth, of Love, of Joy. For ages you've been seeking that. Joy is the result when you get to that position where you become your Spirit, your Atma. You should be in Joy, not talking about it, but enjoying it. And that has to happen to you. It's a happening for which you have built in for ages.

Today, in general, I will tell you what you are really and what you have to expect. Nobody has told you about it. They said, "All right, you'll come to us into a new age." "All right," people said. "Let's go and join!" Somebody says that you'll get this. You joined.

William Blake is one of the greatest prophets of the modern times. For you Western people, he said that "The men of God," that means you people. You are people of God. You are not of this gross level. If people don't understand you that does not mean that I don't understand. I know you, what you are. I know what it is, I can feel it. He said, "Men of God will become prophets, and these prophets will have powers to make others prophets." This is what we have to expect within ourselves.

So you have to become the prophet and you have to make others prophet. Now this is the point you should judge: Have you become the prophet? What is a prophet? Prophet is a person who can feel the all-pervading power around.

Now I said there is all-pervading power of Love. Oh you also sing the song, they say, "Yes, there is all-pervading power." Many people also feel that they are feeling it, but it's not true. We have to be honest to ourselves because we are seekers, we should not cheat ourselves because this is ego that makes you cheat. This intelligence is the worst thing. Gregoire himself told me one day, "I find my intelligence is trying to cheat me." Very intelligently.

So one has to be very careful to understand that you have to become that. If you play around with your ego, your superego, your conditionings or mesmerism or hypnosis, and your ideas about having a kind of life, you are the loser. All that could be a great barrier to be the Spirit, which is a different thing altogether, is beyond this.

So when you become the Spirit, what happens to you, what should you expect? Of course it's true that this all-pervading power is there. If I say there are lots of plays going on here, there is a music going on here, you won't believe. If I bring the television and say, "Now, this is the one which is going to show you." You will say, "Oh." I mean, you know it. But in India, if I take it to a village who has never seen a television, they'll say, "This box? How can it do it?" But you put it to the mains and fantastic things can happen. It catches all that.

In the same way, when you become that, when you get a little breakthrough, it's just the plugging to the mains. You are all ready for that. And the fantastic thing happens. First you start feeling it all around. Now don't jump into ego. That's not the end of it. You first start feeling it. Then you start understanding that your centres are on your fingertips. It means that you are the master of that. Then I'm here just to decode it, to tell you, that this is what this finger means. You verify it. It is so much surprising when people verify it.

There was a gentleman in London. I had seven hippies in London and I worked on them for four years, English people are a little difficult to crack. But after four years they really got their realization in a proper way and after that now we have thousands of people who are realized in England. Because once they find something, then they get to it. They're not the people who are shifty. Somehow they have that much wisdom, that balance in them. They understand that if you have found a little water in a place, then go on digging there alone to have the well. They don't leave that and go to another place and dig well and dig well and dig well. They can know where to stop. So these people were very skeptical in the beginning. One of them got Realization and he said, "Mother, it is all pervading, it has got telecommunication and everything. What about my Father who has not telephoned to me and who always writes to me and has not written to me? He's in Scotland."

I said, "You trunk call him just now." I said, "You feel it. Just put your hands like that."

And he said, "I am getting a burning here."

I said: "That means he must be down with very bad bronchitis. These are the centers of your father and this is the finger which denotes this center. You telephone to him and find out." He telephoned to him and the mother said exactly the same centers, that he's down with very bad bronchitis.

This could be a cock and bull story. The way Gregoire was telling you, he was trying to establish my credibility to you, because it is such an apologetic condition in which I have come. It's a very funny situation, I know that. The other day I went to see a very influential Indian man. Of course, he knows me, because of my husband maybe. He knows that a person of that status may not come to this level of cheating others, whatever it is. But still he told me that he can't understand how people are taking to these horrible gurus and how these gurus came and cheated me also and I helped them.

In Sahaja Yoga, it's a spontaneous happening, a living happening. You are a living being and the force of God is also living. Just like a fruit comes out of a flower, just like this living process takes place, you become your Spirit. We never think this thing is around us, every day we see. This is worked out by this all pervading Power. We can't do even with one flower. We cannot transform even one flower into a fruit. We take it for granted. We never know that all such living things are done.

Now look at it. There is a little bird, which lays the egg. For what? The eggs are kept in the nest. The all pervading Power works it out in such a way that the eggs grow and the bird hatches them and from these eggs comes out a bird. We have seen caterpillars turning into butterflies. We never think how it happens. We just take it for granted. We enjoy their colors. We never see how this transformation has taken place and this transmutation has taken place. In Sanskrit language a realized soul is called as dwijaha, is the one who is born twice. Of course, this is also another problem. Last time I said you are to be born actually again. It is a living process. The Kundalini has to move throughout the centers and you have to feel the actualization of your Realization, meaning that you must feel the cool breeze coming out of your fontanelle bone area. Realization you have to feel. It's an actualization, not a vague belief, I told them hundred times. And they were taping me. Some people told me, "Mother, don't allow them to tape."

I said, "Let them tape! What's the matter? I am not running any enterprise."

They said, "No, they will use it for some purpose."

I said, "Let them use it. For what purpose they are going to use I don't understand." I don't understand these human laws. I am very bad at it. And human beings I am also worse. These people met me the other day in Sydney after so many years. They have branded themselves as born again. And they just self-certified that we are born again. I said, "But how?"

"But we are born again."

"But what is the proof that you are born again, my children? How do you believe you are born again? There must be some proof of it."

"Oh, we are born again. Finished." Now, you cannot self-certify yourself. If you do that, it is Ego. Understand that. If you are born again, you should be able to feel the centers of other people, you should be able to feel your own centers, you should be able to judge yourself and cure yourself and you could cure others. Not only that, but you can raise their Kundalini and give them Realization. This is the minimum of minimums to them. I mean an egg, if it is chanting, "I am a bird," does it become? It's an egg and an egg is an egg. If it says, "Oh, I am a bird." It can't fly. It has to really fly.

Some of the nursery rhymes are Humpty Dumpty sat on the wall. That's what they are. They believe that they are great people. They sat on the wall and when they fell down, all the King's horses and all the King's men could not put them together again. This is a make believe, that we are born again. But it's of no use to you. You are Seekers. You are nothing but Seekers of Spirit. Accept

that situation, first of all. Accept your Self. These false certificates are not going to help you, by any chance. Again I go away, you find another Guru, get after him, get after another, get after another one. Some of them just end up into a lunatic Asylum. I don't know what to do with them.

When this happens to you, physically you feel all right. I mean cancers can only be cured through your Kundalini awakening. I've been saying this for the last ten years. I've also cured cancer automatically of people as a by product. All diseases get cured. That is the minimum of minimum that should happen to you. After all, Realization is not some sort of a cheap thing you can buy in the market like a take away food. It is your Spirit, which is an eternal Being, which you achieve. You achieve your absolute value. You become that though it happens so spontaneously, so easily that you can't believe. Now you have no self esteem. You can't believe it that you have really got it in the beginning. People just don't believe it. It is impossible. And when they don't believe it, they don't want to practice it any further. It's so surprising. First you have to get the sprouting of Kundalini and then you have to allow it to grow and once you grow into it, then you are like a tree.

As Gregoire says it's true. He was here in Santa Cruz, went to Berkeley, there he met a very good Sahaja Yogi from India and just came down to London. That time I saw him and I said, "Look at this Seeker coming down." I went to receive him at the station and I was surprised – he was so frantic, he was so upset and I was surprised that the centers... I know what he was. He is a Seeker, I know that. That had such love, and such feeling. I said, "Look at this my child. Where is he lost? What has happened to you?"

Now, we have to know what we are, what we have to achieve and where we are to go. That's an important thing. As I have told you, you must know what you have to achieve, what you get. In a very gross way I've told you. Actually, it's so dynamic, it is so fantastic that if I tell you any more stories of it, you'd say it's really a cock and bull story. But there is God. He's there, no doubt and He is dynamic and He is all powerful and that He is all Love and that He loves you so much that he wants you to enjoy His Kingdom. It's true, no doubt about it. I am here to prove everything to you, not to talk and give sermons and all that, but to prove it to you. And his Powers are so fantastic, at every level how they work out is amazing. You have to just become. Becoming is the main thing.

Now, as far as I am concerned, I am Your Mother. You have every right on me. I shouldn't say I am your guru because I am only here to connect you to your Self and you become your own guru. Once you are connected to the mains you become your own guru.

You know this Warren Reeves, Dr. Warren Reeves. He came to me and I had to stick on to him because he was all the time running away. He has been to so many gurus who pampered his ego --"Oh, you are a great seeker," "You are already a realized soul." All these things are sticking onto his head and it was very difficult to get him together. And also I do not work in the city. I actually work in the villages of India where really thousands of people have got realization. We have seen six thousand people get their Self realization at a time. But Indians are wise people and they are the people who do not indulge into extremes. In their seeking also they are wise and they know what to expect. So, it's easy for me to work out. They are innocent people still not exposed to the material things that you have. Though you've denied it, but you can't help it. Your brain is modern. You may try to look like primitive people. The brain is modern. What can you do? Think, think, think, think, think. Just by changing your brain, you do not become that. This is the point we should know.

So, it's easy there to work it out and in the Indian villages you don't even get sometimes a car to move out. You have to go in a bullock cart and there is no bathroom, you have to go to the river. It's all right for a change or holiday, but when you have to be with me three months like that, it was too much for him. But still he managed and now you will be amazed, he has established seven centers in seven cities in Australia. If you ask him how many people he has given realization, he will say, "I don't remember."

So, one light which has been enlightened, can enlighten another light. But the first light has to be an enlightened light. Once you say that you are enlightened, everybody's ego starts coming up. It's very common with the Western people. Every time I went to some place they said, "Why you of all the things, Mother?"

I said, "It's all right. You come along, It's a good idea. I would like to retire." I said, "My husband would pay a man who can do my job. It's a thankless job to work for days and nights together and he will be very happy to do that for you."

This problem of becoming is not yours, is mine for the time being. When you become that, then it is yours. Once I know how to swim I can save you. If I do not know how to swim how can I make you swim? When you learn how to swim you can also save other people. It's very simple. But even if you say it is saving, people get frightened. No, it's becoming. It's what you are. To get to that is the point.

I would like to tell you what we are and what is going to happen to us when we become realized souls. It's a gross manifestation of the powers I told you. When you became human beings you got your awareness in a different way than the animals have, because for the animals, for example, they do not understand the beauty of this room. They won't. They don't understand anything that is filthy or dirty, they have no smell power. Somehow they've managed. They can live under any circumstances without smelling anything.

We don't have to learn anything from animals. We are on top of all the creation and we have to assume our position. Once you have assumed your position, you become that and once you become that, then you will be surprised to see how fantastic you are. That is the discovery you have to have. Within ourselves I think all of you got this unique discovery so it's easy for you to see what I'm about to say. You will be amazed this lecture which I gave about ten years back in India to begin with after there have been many lectures. But if you have this is a good idea. You can go home and see for yourself. But you also have a little pamphlet. On the back side is the complete picture of the Kundalini.

Now, this is the God, the Primordial Being, who has made you in His own image. But still there's the reflector, the human being, which is not complete. Within us lies this subtle mechanism, which is called the tantra. This is the real tantra, holy tantra, is an auspicious thing, which gives us righteousness. You see, when we think of the tantras, they are the worst of all. They do all kinds of violence, they teach all kinds of nonsensical things. I mean they indulge into any kind of sex. They use your women, they use your money, they do all kinds of things.

This is the holy mechanism, this is the pure mechanism, is the purity, is completely pure Love, is not biased. This mechanism exists within you and expresses itself outside in the gross also to a great extent. It expresses itself, on the left-hand side, as the power of your Desire (iccha shakti). This expresses itself within us as our emotions, as our psyche. Gregoire has rightly said that Freud was quite half-baked because he knew only one part of the human being and that, too, was very little of the psyche. Because all the scientists see things from outside in. If you see a tree from outside, if there is something wrong with the leaf, you try to treat the leaf. But how to treat the whole tree is through the roots.

So you go to the roots of your being and these are the roots. One side of it is the Power of Desire and it works out after the first center. I'll be telling you tomorrow morning about these centers. The another power is the power of action, this yellow color. It enacts your Desire. This gives you your future. You enter into your future by your planning, by your thinking, for working out. The left side gives you your past. It goes on accumulating on the left-hand side and the deeper you move on the left-hand side there is the collective subconscious. First the subconscious and then the collective subconscious. Now this is very important to know that when we indulge too much into the left subconscious, that is a very dangerous situation, as well as if you move into your right-hand side is the supra conscious and then to the collective supraconscious, is also a very dangerous situation.

Moving into the left and the right is the easy thing for human beings to do because if you want to do something, if you try to do something about it and if you are not spontaneous, what happens? Your sympathetic nervous system, which is governed by this subtle energy, goes into action and you either move into the left side or into the right side. For example, if you want to run, as these days many people are just running, (You can run once in a while, but all the time running – what is the need? Human beings are delicate things. The way we go headlong into everything like a bull in a china shop is not necessary. The way you ruin yourself also, because you think this body is your own, do what you like. You must respect your body. This is the Temple of God.)

So, when you start overdoing something on the left or the right side, say some people are crying, weeping, singing praise of death and all that, so have it. Some people say we must suffer. Alright, then you suffer, have Hitler on top of your head. If you want more, you can have them, any number. There are already so many coming to make you suffer. There is no need for you to suffer. Somebody has suffered for you, once and for all. You are just ready to enter into the Kingdom of God. If you try to go too much on the left-hand side or too much on the right-hand side, you feel that you have gone into a new world. You have not. For example, take a simple thing like LSD. When you take LSD, you move to the right side. You start seeing the eyes and all that. Actually, you put your Ego to the right-hand side and you start seeing that and once you see that you do not become anything, you just see it. Seeing it is not becoming, you have to become. And once you start seeing it, you think you have become a higher personality. It's absolutely wrong. You are under the control of something else. You are not yourself.

The last word on the collective supraconscious was Hitler. He got lost completely. He was using tantrikas, these horrible people, and he was using all that knowledge, so called, how to use these forces. The forces come to you through dead spirits who are very powerful in their lifetime, and those who are not, give up that idea of domination and they are on this earth still all around. The left-sided people are the people who indulge into other kind of things like-alcohols and ganjas and all these things, by which you become sort of all the time crying, weeping, this, that. In that you see your past. Is a good idea in a way, but a bad idea also in a way, because you are in the present, not in your past. Past does not exist any more, it's finished now. What exists is the present. Either you are in the future or in the past and when you go too much into it you get identified and you think this is what is the Truth, which is not. I have to tell you that it is not.

What is the Truth is your Spirit. Your evolutionary process has to trigger it and that's how you become. By becoming that what happens to you? You don't start jumping like mad. No, it's not. Anybody can jump. Is it difficult to jump? Some people who said that we went for a flying course. They paid 3000 Pounds to fly. What is the need? You don't want to become birds or frogs, do you? And they were nothing but frogs jumping. In my presence they were jumping like that. I didn't know how to control. And they paid 3000 pounds for this. The other day in a plane I had somebody from that kind of a thing was sitting and he was all the time doing like this because I was sitting behind him. I said, "I think I better get out from there and go out the back."

You are not in your own control. You have to be your own master. Now you must know this, that you should be able to control yourself is the main point. Like in a car, there are these two powers. One is the brake and the other is the accelerator. First, you don't know how to drive. You are sitting and first you are going into a ditch, then sometimes you are getting out trying to balance it, then you know how to drive. When do you know? When you know. If you ask me, "Mother, when do we know how to drive?" When we know. It is an amazingly simple thing. So, now you have managed both these. First, you've made accident and have done all mistakes, doesn't matter. As long as you learn how to drive, finished. First you have a driving license, then you start arranging these two things to keep yourself into balance. You come into balance, still you are not the master of the car, but you are master as far as the mechanism is concerned.

So, there is a master who is sitting, of the car and of you. In the beginning you should be master of your body, master of everything. Then, what happens, that you become the master of the car as well. First you balance yourself in such a way that you know how to master your body, your mind and everything. And then you become that by which you can master other people also.

But mastery does not mean domination. It's Love. It's a wrong idea that a master is a person who dominates. It comes from where I don't know. Master is the one who loves, who really does. He may just sometimes tell you don't do this because it's wrong, the whole bad things happening, he may tell you. But he is a comforter. Comforter, because you have felt no Love in your life. The real Love you have not felt. You want some place where you can get that Love. He is a comforter, is the left side. In our Sahaja Yoga language we call the Comforter as Mahakali. She is the Holy Ghost. From that Comforter other aspects come up. The second aspect is what you call the Councilor, The one who tells you what is what, decodes everything, tells you how to manage, how to go ahead. Like an instructor and you verify that. The second one in our Sahaja Yoga is called Mahasaraswati and the third one is the Redeemer, the one who gives you moksha, through the Sushumna nadi, is called as Mahalaxmi. These are the three powers which exist within us. The first manifests the left sympathetic, the second one manifests the right sympathetic and the third one gives you the parasympathetic which controls these two centers, which coordinates, cooperates and refills. But it is still a limited amount of energy.

Some people tell me that they went to a person and felt the energy. What sort of an energy were you feeling? Very much like shaking and all that. No, that's not good. If you are not possessed you should not shake before a person. On the contrary you start feeling the cool breeze in the hands. You feel completely relaxed. How do you know? What happens through Sahaja Yoga is the way, is very good. You should see for yourself. Get three people – one from a lunatic asylum, certified mad; get another one who is not realized; get the third one who is realized. They sit down. Now you ask them to put their hands towards you. Now the person who is lunatic will be doing like this. Now if there a cancer patient, he will be emitting tremendous heat, so much so that you don't need a heater, even in London in December or January. But supposing that person is just a normal, balanced person, is in the center. He starts feeling the cool breeze and the realized soul starts feeling the whole thing coming on.

This is what you have to judge with people when they come. You should know what happens to them. If you are seeking reality, you must know that you have to face yourself as you are today. You need not try to hide anything, because there is nothing to be hidden from your mother. I don't care whatever you have done. I just don't bother. It's not necessary. The first mantra in Sahaja Yoga to be said is that Mother, I am not guilty. You have to say that 16 times in your heart. This is the first mantra of Sahaja Yoga, because in yourself whole things have crawled up into a diffidence in life. Even the Ego sometimes gets hurt. When you do mistakes or anything, it gets hurt and when it gets hurt you get diffident, and it gets built up within you. When you say, "Mother, I am not guilty," your self-esteem is established. First day you'd better establish your self-esteem. Within you lies this power of Kundalini. I was very happy to know that people have reached the conclusion that it is the Kundalini awakening which is going to do the job. It is a very good conclusion you have reached. But any Dick, Tom and Harry cannot do it, one should know that. Saying it is a sprouting, it's a living process. Now, logically you should approach the subject. You are all very intelligent people, I can see that. Living things, like sprouting the seed. If you want to sprout a seed, can you pull it out? Or if you stand on your head, will it happen?

They are such sweet things. "Hello. Alright now, sit down for a while."

They are realized souls. They are born realized. So many children are born realized and if you are not realized [UNCLEAR parents] you are going to harm them. You have to know what are they. They know me better than you people do and they are going to come up. Wait for ten years before. They are going to create that great, beautiful mansion of Love for you.

So, this Kundalini is the power within us. What power is this? This is the power of Primordial Desire within us to be one with the Divine, to be united with the Divine and this is the Yoga. All the rest of it is not. As you are, you are to be connected with the Divine, is the Yoga. If that is so, this desire is not yet manifested. So, it is called as a sleeping Kundalini and only the person who has that warmth of the Mother Earth can do it, as simple as that. Everyone who thinks that Kundalini is to be awakened must know it is a spontaneous, living happening, just like a sprouting of a seed. You cannot just pull it out. It cannot be done by any effort. It's spontaneous. If it is evolutionary, logically we can find out that we did nothing to become human beings from amoeba stage. We didn't cut our tails to become human beings, did we? We didn't do anything. It has happened so spontaneously. But where is the change in us, let's see again logically. Not rationally, but logically. Rationality could be quite mad. Logically you should understand, what is the difference we have got is in our awareness. Something has to happen in awareness, not in a way that you just start jumping or taking out your clothes and doing nonsensical things. It's very easy. In the bathroom everybody does it. What's so great? But just understand. You can see with your naked eye the pulsation of the Kundalini. If you are a first class instrument, it just happens. Like a jet it goes. It's a jet Kundalini in the jet age. It has to happen to all of you.

Why some people said you have to do so much and you have to do like this and you have to do that and you have to cleanse yourself and then only you'll get realization. Why is it so simple today? The reason is the time has come. In the beginning of a tree's life one or two flowers come in, but now the blossom time has come, so many seekers I see before me, just like flowers about to become the fruits. There were never so much seekers before. Whatever you can say against the modern times this is the outcome of that. Without this chaos there would have been not so many. This is the time that he predicted that many saints will be born at this time. [UNCLEAR] imagine thousands of years back it was written. When this Kali Yuga, this modern time, the one who created the Kali, he was caught up by somebody and he said, "Nala, what do mean by torturing me and my wife like this.

I am going to kill you.

The Kali said, "Alright, you can kill me, but you have to find out one thing about me. You must know what I am and what I represent."

"What are you? Just tell me."

He said: "When the modern times will come," we call it as Kali Yuga, "at this time, these saints who are seeking God in the hills and dales and in the Himalayas will be born as ordinary householders and they are going to receive the blessings. It's already promised." If so, that happening has to take place. But as soon as people came to know that people are seeking, the market got jammed. and you got into the trap. It's a very subtle method of making money out of you. Now, I think, most of them are getting a little worried, because all their advertising and all that is a little bit fading and they don't know how to find out new methods of advertising to get 'round you. These people are not interested in Indian villages. They are interested in Los Angeles or in Santa Cruz where they can extract money. It is an enterprise. You cannot sell God, can you? You cannot organize it. Some lady paid \$4000 very recently and I heard somebody told me that she went there, she danced, she took out her clothes, became mad and came back. You pay to go to lunatic asylum or what?

But it helps you to go there because there's a fashion on. Everybody is going, "Oh, I've been there to that Guru." It's so maddening. You must understand, you are the new forms of the old ways. In olden days, people who could donate for a church were regarded as very religious. Even now, I think, some of the Jews, they have a diamond-jeweled bible and if they can tithe there they show it nicely that they have got one. All these false ideas of God you'd better give up, because you are not followers, you are seekers. Let them go on with that nonsense. But you are seekers, so you take to the Truth and you become that.

I think today, it's quite a lot for you. I would like you to ask me some questions, but sensible questions and don't be aggressive with me. I am very clever. As they told him, "She's a masterpiece of camouflage." It's true, I am, so be careful. If you have any real questions ask me. If you are not a true seeker and you are just trying to show off, you are cheating yourself. Don't try to show off. "I read this book." "I read that book." "This happened." "What do you think of this Guru?" Don't bring me to controversies. It's unnecessary. If they were of any value, you would have been a realized soul. I can make out from you who was your Guru the way they have ruined your Kundalini. Some of the Kundalinis are so ruined. I see them just like wounded snakes, tossing their heads like this. It is so bloody. You don't know how much they've corrupted you.

Don't ask me about these cruel people. If I start blasting them, you'll be amazed how they are. I love you very much, but I don't love them. I am wrathful, very angry with them, because they are devils, satanic. If they wanted money, they could have smuggled. They could have done something like that, but they should not have ruined your Kundalini. They had no business to do it. They will go to hell, no doubt, but they'll be carrying so many with them, they know that. They are trying to overpower. They are Anti-Christ. They think they can win over God. Let them know that God's Powers are so powerful that they can all be destroyed like this in one stroke. The only thing why they are not destroyed is because today they are in your brains. Krishna has said, "Whenever there is the fall of Dharma, fall of your values, your virtues, whenever the saints suffer, I come on this Earth to save the Saints and kill the devils." But the devils have gone into the Saints now. It's a problem, a dilemma for me. What to do. These devils have come into your brains. They are to be taken out, first of all.

Just wait for me to finish. Do not stick on to one question. If you stick on, you'll miss the whole point. By questioning, you will not get Realization. It's not a mental activity. It's triggering beyond the mental activity. This lecture is useless if you do not get your Realization. In the beginning of the Vedas it was written that if you do not get the knowledge... Knowledge doesn't mean going mad. It doesn't mean hypnosis. But if you do not feel the all pervading Power, then these Vedas are useless. In the same way my lecture and all mental activities are useless if you do not get your Realization. That's the main thing you must have. May God bless you.

Now, ask me a question.

Seeker: What is the best approach we can take to go to Laxmi?

Shri Mataji: I will tell you tomorrow about Laxmi, where she is settled down. That's what we are going to do, all the Goddess, not one. All in one bundle. Now what do you say to that? Alright, good idea.

Seeker: Asks about how to deal with her worries.

Alright, doesn't matter. We are going to work it out. Don't worry about your personal things. It's all going to work out en masse.

Dr. Warren: She is asking whether you said to say, "Mother, I am not guilty".

Shri Mataji: Yes, yes, please, within yourself. Very important.

What is it?

Dr. Warren: She is liking it!

Shri Mataji: Good, good. May God bless you. Don't feel guilty at all. Otherwise I would not come here. The ones who have harmed you are guilty.

Seeker: What is your capacity and our capacity to hate the devils. Most religions preached that we should not be angry.

Shri Mataji: You should not be angry, but with Devils? You run away from them. Let me handle them. You just don't worry about them. It's my job.

First of all you love yourself, have self-esteem, know that you are the temple of God, Then you love by becoming realized, you become collectively conscious. Again the word becoming. Then you start feeling the other within yourself. Who is the other? I am not helping you, you are part and parcel of my being. If I am helping my finger, am I helping you? Then we see about the rest of the thing. You don't worry about them.

Seeker: Many of the people who come to my clinic have activated their Kundalini too early and I'm wondering how to help them.

Shri Mataji: They do not activate their Kundalini, they do not. All these things are just to activate the sympathetic and it's very dangerous. You can get blisters, you can get all kinds of problems. You can get cancer also. I get so many people like that. I'll make you the masters. It's Love. It cannot harm. It's your Mother. That's the only Mother you have and you are the only child. How can your Kundalini trouble you? She is just waiting for the moment to give you realization. She loves you the most of all. And you cannot activate it, it just spontaneously rises. I was myself amazed to read some books on Kundalini. I said these people don't know what Kundalini is. They're liars. They are cheats writing such big books about Kundalini without knowing a word, without having any authority. You have to have Divine Authority, isn't it? You cannot get it in a Theological college or any place you go to. Its a Divine Authority you must have.

Seeker: Should we love our enemies as well?

Shri Mataji: First of all you love yourself and your friends. Then we can talk of enemies. You have to know who are your enemies. Actually, you don't know who are your enemies. First, we have to develop that discretion power. By your vibrations you will know who is who, because once you are connected with the mains, you start feeling it. You can ask any question whichever is an absolute question. You can ask is there God? You will start feeling a cool breeze coming in. Like a computer, you become connected with the mains and you answer all these questions. You develop your discretion and you will know who are yours and who are not yours. Before that you don't know, you are so mixed up.

Actually there are very few enemies that you have, very few.

Should we now have it? You've got that door open there. Just get one of the doors open for some of the enemies to fly out.

Dr. Warren: If anyone has their shoes on, take them off and simply put your hands out towards Mataji as if asking for it. Be humble about it. Be open-minded. If you've got a lot of questions...

Shri Mataji: Sit comfortably. There is nothing to put yourself to stay. Your neck should be bending neither forward nor backward. There is no effort to be put in. Just sit comfortably. Kundalini will rise by itself and you'll get your Realization. You don't have to do anything. Just don't put your concentration onto one point. Some people have a habit of concentrating here, concentrating there. All those people who have done this concentration business or, what is that the another one, putting the tongue back? (kechari mudra). Whatever you have done, all such people should put their attention here (top of head). There is the door, not here. That's all. But rest of the people just keep your attention absolutely loose.

Now, close your eyes. Keep your eyes closed, because Kundalini has to pass through Agnya chakra and if your eyes are not closed, she won't rise. Put your hands towards me just like this. All of you, please put your hands, because in the hands you have those centers. I would request you to take out if there is anything heavy in your necks. Please, take off. It is better. Also, if there is anything heavy or tight on your waist. You can loosen your belt a little bit.

Just put your hands towards me. Close your eyes.

Please, put your right hand on your heart, because Spirit resides in our heart. Sit very comfortably without any strain on your back. That is very important.

First of all, you have to ask in your heart, "Mother, am I the Spirit?" Not dead spirit but Atma.

I am requesting you to say I am not guilty. "Mother, I am not guilty." Say before saying anything else. Say at least 8 times."Mother, I am not guilty". That is very important, because of [UNCLEAR] you have committed many mistakes and all you can do is to feel guilty. But it is no use feeling guilty at all.

[Shri Mataji continues with the Self realization exercise.]

1981-1018, The basics of the left-sided problem

View [online](#).

18 October 1981

The Basics Of The Left-sided Problem

Public Program

Heartwood Community Center, Santa Cruz (United States)

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Last night I was really very happy to meet you all and I was thinking how I could reach you so spontaneously. It was a great thing to cherish the moments of meeting you. I went into your beings, to your problems yesterday. Gregoire said that you all have got mostly the left-sided problem, not so much the right side. It means that ego is not so much there as your left-sided problem and the left-sided problem comes to you because of certain mistakes you have committed in your seeking. It doesn't matter, it can be worked out.

The basics of the left-sided problem comes because I think you didn't get the love of your parents also in your childhood. One of the biggest problems is that of the mother's problem, that you didn't feel that security when you were a child, to begin with. It's a mother's side. Left side is the mother's side. Another thing could be that when you went into the society they tried to create diffidence in you by their own norms and ideas about life. Their idea of success is very different from the idea of a seeker. Because for a seeker the only success he can have is when he has found out the Truth. That's what he is seeking. And if one child is born who is a seeker in a family who doesn't know what seeking is – they are just seeking money or something else like that which is very superficial and nonsensical for a seeker – the diffidence grows in him gradually in the subconscious and he starts thinking that are we mad or is there something wrong with us or are we something strange people? What's happening to us? How is it that we are so much different from the rest of the people who are madly doing other things and so much involved and we don't find the fun in that?

So, the left side starts accumulating that diffidence within yourself. Then you find some friends who are with you or find people who talk the same language, that they are seekers and they have to seek something. But another diffidence starts afterwards when you become a group. This whole thing becomes known to people who are selling in the market, who are just trying to mobilize their money into new channels where they can make some money. So these people when they come to know about such a group, which is still uncertain, does not know where to go, what to do. It's a very vulnerable society because there is nothing established. If they realize that these people are wasting their time, the other people who are doing other seeking like money and all those things, they understand that but they cannot also understand what they should do.

So, it's a very risky type of a life they lead. And in that risk the first hit comes when they give up their parents. Because of the parent's attitude towards them, they have to give up. And the parents in America, I was surprised, are really not at all kind to their children. They have only rights, they have no duties, I feel. I mean it's just the other way round in India. Here they have no duties for their children. They are rich people, they don't look after your needs, nothing.

The other day somebody told me a story that if the son is having a party or something and he is enjoying himself with his friends, then if he puts the music little loud, the mother in the other house would ring up the police and ask them to arrest this fellow. I can't imagine in India. On the contrary if the mother knows that the boys are going to have a party she will go all out to prepare something nice for them and how to make them happy and she would disappear from there so that their age group should enjoy themselves. This is a very common practice in India.

So many such things have crawled up because of, I think, war. Because of war your parents got disturbed and they got upset. Let's also give them some praise about it. So they were all very frantic and disturbed and their nerves were broken. Let's take it

like that. Then the material advancement, so called, through your industrial development came through. All right.

That also puts such a pressure on them. I mean if somebody has a TV, you must have TV. If you don't have a TV, then you are a gone case. If he has some plastics, you must have some plastics. They have some nylons; you must have some nylons. You see, the competition was in accumulating these things all the time. And the machines they were trying to create more and more of this nonsense because they are hungry things, you know. So, they were consuming all of the Mother's Earth and converting it into all these nonsensical things, which now is a big mountain. And it is a big problem for you, how to dispose them off. And the people in the households were trying to compete with others in this kind of a nonsensical pursuit. You see, the whole thing was a chaos for you.

Because you are born with a different, different awareness within you. Because you are awakened to a fact that material things are not going to give you joy. And this is what was difficult for you to convince your elders. And the elders also got into the funny ideas of Freud, I should say. And all the people started writing books about nonsensical things – how to treat your children and how to behave towards them. It's something absurd! I can't believe it's shocking when I hear.

I mean there was a girl in Switzerland, she told me that, "My child" who was only one and a half month or something like that, "died in his bedroom". I said, "In his bedroom? I can't understand. What is that?"

They said, "We don't make our children sleep with us." I mean I can't understand. Just I can't understand, how can you leave them? You can't sleep if your children are not with you. You just can't sleep. You are so worried. And this is something, you see, from the very childhood. If you are left in another room, you feel, I mean you must be frightened. Anyway, I don't know what must be happening to you. I mean when I give you Realization, I am even worried about you, "Now what is going to happen to these children who have got Realization?" I have to leave somebody here to look after you, to consolidate it, to manage it, to make you grow. Otherwise, you might be frightened. It's really, it is so. With this, one feels very much disturbed and whom to blame? You see, you cannot blame anyone. The whole thing, we can say, was to be like this. So, accept it as it is. But it has harmed you on the left-hand side.

So, to begin with, in your psyche, I would say the problem started right from the time you were born. Now you took your birth with your choice. You decided to be born to these parents. You thought them to be sane people. Maybe you're mistaken. And then, you took your birth in this great country, which has also some greatness about it, no doubt, which I will tell you now, what is the greatness of this country is, why you were born in this country.

And then thirdly, that you had to live with your own nature, you could not take to the nature of other people. And the difference between the two, the gap was so great that you just couldn't manage it you see, and you have to get out of it. And once you are out of your home, you are absolutely vulnerable to these people who are attacking you. Because you are not yet matured enough to face them. You are quite young and you are suddenly attacked, your innocence is attacked.

Then now, you should not do this to your children. That is very important. But now the children are going to be very powerful people. Now look at the matured ones sitting here, just like great grand old mothers, you see. They are watching the things. When I went back, these two boys, one without a shirt and one with a shirt were standing there. I said, "What you are doing here?" They said, "We are looking after all the crooks who are trying to go inside [Shri Mataji is laughing] and we are protecting you from them."

These two little things, one was only so big [showing the size]. Still, they have put all their toys there to fight. All the crooks that are going in and they are all standing there, both of them.

So it's like that. These great children are to be born, no doubt, but in between is your generation which is a very important generation for me because you are the foundation of that great kingdom, the Kingdom of God. So you are also very important. The first thing you have to do is to say, "Mother, I am not guilty." Do not take anything upon yourselves. You don't blame yourself for anything, first thing.

Secondly is that the left side gives you a kind of a diffidence which is such a vicious circle. Or maybe because of diffidence you do not get your realization. Even if you get your realization, you go a little bit coming, a little bit going all the time and you get

more diffident. Then the vicious circle starts. The diffidence again stops you from feeling the vibrations. You start blaming yourself and hating yourself and again it goes in a very bad vicious circle.

So the first and the foremost thing for all of you is to have complete confidence in your faith, that you have to seek something beyond. This is the first faith you should have, that you should have to seek something beyond and whatever you were doing in this may be mistaken. Doesn't matter. But your aims were perfect and your aims were correct.

The second thing you have to know in yourself is that you are not all these things, like the worldly things you see, but you are the Spirit. Believe that you are. Do not have diffidence because you have failed so far. It doesn't matter. Whatever has happened, ultimately if you find it, you find it. So second thing you have to know is that you are the Spirit.

Yesterday I was gradually strengthening your left side of which you are not aware. Perhaps you think that you are very egoistical. Some people think like that and that this is the ego. But mostly whatever ego you had is also finished because of the way they were bumping at it, it is hurting and it may become a guilt within you. "Oh, I should not have done this, I should not have done that, I should not have..." No use worrying about these things. No use going back onto it. Because of the left side, which is a very important side in Sahaja Yoga, is affected and it starts right from the Swadishthana [Mooladhara?] Chakra. As I told you that I am going to tell you about your Chakras but more relating to the left side. Left side, as Gregoire has written a book entitled "Advent" in which he describes it as the sin against the Mother and the right side, he says, the sin against the Father. Not the mother who has given you the birth, but the Shakti, the primordial Mother. the power of God's Love. Sin against Her is the left side and the sin against the Father is the right side.

Countries which are developing now like India are trying to develop into your style. They are going to have plastics and nylons and everything. Then they will take to drugs, then they will become hippies and then this will happen and then I'll have to give them realization. Before going all this circle they are not going to listen to me. They don't want to short circuit it. So let them go ahead with it. They are now developing. All these countries that are developing should come and see you and meet you and know what development has given you. This kind of material... you are understanding it so well, but they will not. If you tell them they can't believe.

You will be surprised when I go to India I have to take nylon saris for them. Though we get very beautiful silks in India, they don't think there's much about it. They think why don't you bring some nylons for them? But they don't understand and this is the thing I told you, that Kundalini is in India but they are not awakened. You people have realized the value of matter. You people have realized that matter doesn't give you the joy. You have to go beyond it, specially nylons and plastics. At least this much you understand. But you go to any sophisticated Indian family they will give food in stainless steel. Though they may have brass they think that stainless steel is great. All the rich people will take out their stainless steel even if they have silver.

So, this is the state in which they are, while you have reached that state where you do realize the aesthetics of the matter. So you have, on the right side, achieved quite a lot and you should be confident on that style at least that you understand the worthlessness of all these man-made things. That's something so great to achieve that you want to have something that is God made. Once you come to that point you should also know that if you have to have realization it cannot be man-made, it has to be God-made.

Now the left side is important here so I will talk about left side. But you should not feel hurt about it because I have to point out to you to understand the mistakes and the things which should not be repeated. But the right side mistakes are committed as I told you in the people who are developing. So I will mention you to do that part what happens to the right side when we commit mistakes on the right side.

What we do is we don't believe that there is God who is your Father. You forget that there is a Father above you and He is the one who is going to look after you. So you don't have to worry so much about earning money by any crooked method or by any means without any values to earn money. To be worried about money, to be worried about your well being is absurd. Krishna has said, "Yogakshema vahamyaham." He said if you get to your yoga then you get your kshema, which means your well being. The

other day somebody asked me, "What is the way to Lakshmi?" Is first is to get to your yoga. Why didn't he say kshema yoga? He said, "Yoga-kshema vahamyaham." First you get united with your Divine force and then your wellbeing is looked after. Even if I tell you the stories of that you won't believe to what extent it looks after your kshema also. You don't become Mr. Ford because that's madness. You become a person who is provided for, who is looked after and who never feels the dearth that there is no money with you. That's what kshema is in which your health improves, material things improve, everything improves once you have got yoga which is promised by Shri Krishna six thousand years back. I'm not saying something new. It was said about six thousand years back.

So you become a realized soul. By becoming a realized soul you realize that your Father, God Almighty, is the richest man in the whole world. He has everything. From where does it come? It comes from Him. Riches that we think are riches are not really riches. The one He gives you, the one He provides you are miraculous.

I will give you one example for this: In London we didn't have any place for the boys to live in and girls to live in. They wanted to form an ashram. There was a lady who bought a place because she had sold her place. She bought a dilapidated place in Lambeth Vale (Chelsham Road). You will be surprised that William Blake has said, because I laid the foundations there, and he said, "The foundations will be laid in Lambeth Vale." He said that England is going to become Jerusalem. Imagine, this William Blake and his prophecies. I stayed first in Surrey Hills. He has written that the first beacons will be lit in Surrey Hills. Can you believe this man, how good he was in prophesying? Whatever it is, this ashram could only provide rooms for very few boys and girls and a big problem for them. So they said, "Mother, we have to have some more places to live in and what are we to do?"

I said, "You pray for it. Just ask."

And a boy came with an idea that we should form a co-op. They were not willing to form a co-op. They said, "Mother, it takes 10 years to get a nice place in co-op. It's useless."

I said, "If you say so. Just go ahead." So they formed a co-op. Can you believe within one month's time they got a huge building, a hotel with 15 large bedrooms and big halls and all that for them to stay, paying only 70 pounds per week for the whole building. There were beds and linen and cutlery and crockery and everything that you could think of, where about 25 people can easily live. We had 16 marriages on the Krishna Ashtami day. And all these newly married couples stayed in that hotel very nicely, paying nothing, because you don't have to pay there. But these boys, what they paid, I don't know what they did among themselves. But this is the kshema. And such a beautiful atmosphere in that place. Everybody enjoying the pure knowledge and the pure love.

Now we are on the left-hand side and when I will discuss about the chakras I'll be dealing, pertaining more to the left side and not to the right side, which is the side of material wellbeing and also how you get your physical wellbeing through this.

As you see here, the first chakra is very important. Because you see the connection is established in the left-hand side and it is a very important center, is the center of your innocence. The first thing God created on this earth was innocence and this innocence is embodied in a deity whom we call as Shri Ganesha. This deity was created a long time back, much before anything started on this earth, the alpha and the omega you can call it, and He incarnated on this earth as Lord Jesus Christ. I was told that I have to be careful because there are many people who just don't believe in Jesus Christ. This is a very big conditioning of people because they are born in families who don't want to believe in Christ. Whether you like it or not He exists. He not only exists but He is the only one who can really give us the path from here.

So the first one is the center of our innocence. And this center of innocence was kept there at a position where it manifests in the gross, our pelvic plexus, which looks after the excretion of the body. As there are four, we can say, petals of this subtle center, in the same way there are four sub-plexuses for the pelvic plexus. I don't know how many have done medicine here. But the pelvic plexus has got four excretory sub-plexuses. One of them is responsible for sex.

The idea of sex that has come to us is from people like Mr. Freud. Now look at his life, what sort of a life he led. He had bad relations with his own mother. He is a perverted fellow. Secondly, look at his sense. In his own life you should see the light of a

person. Then secondly that he had cancer for years together and he died with cancer. So, physically he was nonsensical, mentally he was a pervert. You must see the person whom you try to follow. It's so logical. Now you see his life as it is. He taught you, "If you try to condition yourself about sex and if you marry someone and you're married to one person and then you are attached, it's a conditioning of the society." But he was half baked. Because you are not only your left side. If you say, "What's wrong if I do this? What's wrong if I do that?" if you go on like this, then you forget the other side which is the ego side. Then the ego side develops, and then you can become a mad person. Then your sex can be a problem.

Today the sex of modern people is such a problem. We should face it. Perhaps you do not know that what a percentage of American young people are impotent today. The more you become impotent a vicious circle is created and to you sex becomes so important that you think you have to become just a sex point. No more a human being but a sex point. All the time you talk of sex, sex, sex, sex. What is the need? It is such a simple thing. Every animal knows, everyone knows. Nobody is given education about it. In India we never talk about it and we are producing much more children than you are producing here.

There's also another reason why we produce more children. The load has to be on us because children don't want to be born here. The conditions are so bad, in England two children are killed. Can you believe it? It's allowed. Two children are killed every week by parents. I can't think of one parent in India who will do that and we have poverty and we have everything. But no mother can kill her own child. Even if she has 12 children, she wouldn't mind. Mind is not the thing, she loves them. She can't afford to lose even one child out of them. It is another extreme we have. Like we can even sell our country for our children's sake. We are to that limit. But I must say that children would like to be born in India, not here. So we are carrying the load upon ourselves.

But, the main thing is our sex ideas are really being conditioned by this so-called deconditioner. When they say do not condition yourself, actually they de-condition you, they think, but they are conditioning you much more by saying, "Do this, do that." Sex, you don't have to run away from that. You don't have to get out from that. Not at all. But sane ideas must be developed about sex and you have to lead a very good married life. Married life is the blessing of the Goddess on you. It is Gruhalaxmi. The way you treat your women, the women treat you... It's a reaction. The men treated them so shabbily and now the women are becoming mad here. How can you live without men? It's impossible. If you think you can live without men, you are sadly mistaken. It's a wrong idea, you cannot. And men can't live without women. Now you might say there are people – I was amazed also, another amazing thing that I heard was that 65% people in California are homosexuals. It's something shocking because it's perversion. Now why it happens?

I had a boy in New York who came to me who was like a boy, he had mustaches and everything, but was talking like a woman. I said, "What's wrong with this fellow?"

At first I didn't understand and then they told me, "Mother, he is something like that, it is this, that and that."

But actually he was possessed by a woman. I removed that possession and he said, "Now I look and feel like a man," and he started walking in a different way altogether. He changed his gait and everything. It was just a possession of a woman on him.

So he was behaving like a woman and he was seeking the company of a man instead of a woman, which he should seek. That's the normal thing to do and he became abnormal. Now when they became abnormal nobody is there to protect it, nobody is going to tell them that this is abnormal. This is nothing that you should say, "This is sin, this is illegal." Nobody is going to listen to that. If you tell human beings this is wrong they will sit on your head. They will never do it. Never tell them this is wrong. Tell them, "This is right, go ahead with it," and they'll suffer and they'll come back. This is the way our modern society is working towards. "You want homosexuality? permitted. You want killing? permitted. Whatever you want you do it." They have a feeling behind them that once you allow them to do what they like, either they'll be finished completely, once and for all, headache is gone, or once they realize, they will come back to normalcy. I think this must be the basics for everybody not going into it and finding out that 65% of people are suffering from such an absurd thing which is not at all joy giving. It's never joy giving. It's just ego pampering. Because some women told me, "Mother, these men are so dominating and they are so horrid and that's why we should not have anything to do with them. And they try to push us here and there and they try to harass us so we have nothing to do with them. We'll have ladies together."

I said, "That's not the way. You should know how to handle them." They are very sweet, extremely sweet. They are like children. But you have to be a real mother to understand them. They are so sweet you can't imagine. They are extremely sweet and good people.

Same about men, I would say, that the way they see the women are sort of dominating them and all that. There are ways of handling the women of that kind also. You can manage that. You have forgotten the sweet methods of romance.

The romance depends on the wig you wear. If a woman is wearing a particular type of a wig that man falls in love. She changes the wig the love is finished. These kind of artificial ideas if you have about your relationship with each other – if it is the hair you like, if it is the eyes you like and all that – it will not last.

But the feeling that we belong to each other and we have to love each other, then you don't see these defects in each other. You don't find these problems. Not at all. You need not be with your husband all the time but you enjoy the separation and then you enjoy also the meeting. It's not that if you are away from him then you are both... Not at all. It's really a sweet thing that happens to you and can happen to all of you when you are realized. Once you are realized, you come to such a normal position that the whole thing normalizes because that's an absolute point. That's the thing that takes away all your imbalances, all your problems and you really know what is love, what is enjoyment.

This Gregoire is the one who came here, did all kinds of nonsensical things here. Today he was telling me the other day that, "Mother, you are the master of fitting all the pieces together into a very nice integrated manner." And it's true but it is the Spirit in you that does that. It just brings back everything that's all looking so ugly and so disintegrated into one beautiful form. And all the romances that you have heard of, now he has such a romance for his wife. He is so romantic that nobody can believe that he's a modern man. A modern man is not supposed to be romantic about his wife. He can be romantic about anybody else's wife, but not his own.

This is the absurdity of our ideas about love. Why not enjoy your own things instead of enjoying somebody else's things. In India, supposing you get an Indian, he may be a thug. He may come to your house and run away with your things. But if you get a western man in the house, he will run away with your wife only. You don't know what he will do. He will talk very sweetly and run away with your wife and he will think, "Oh, I have done such a great thing. She loves me." And he is not bothered as to the whole system of the family is finished.

We had one boy, a journalist who was 26 years old and his friend was 24 years old and he invited the friend to his house. His mother was 48 years old and she ran away with the friend. And four children were left behind and the father didn't know what to do. She had a divorce and she got the house divided. The children are thrown to places. I mean this is absurd. How can you do it? And she came to me, "Oh, I'm in love with him, Mother."

I said, "This little boy, who is younger to your son. How can you be in love? You must be mad to believe in such a thing." And the fellow was interested in her money, perhaps, maybe. I don't know what he was interested. But they were in love, supposed to be in love. I don't know what sort of a love is this one. See how can you be in love with your great grand children. This is so absurd these eighty-year-old people trying to copy with you. Going in a pub and dancing like you with their shaking hands and everything shaking and collapsing next moment. What is there to compete with these young children? You are grown up, you are matured, you are sensible, you are sane. Enjoy that. It's a funny thing. In this modernity we have gone very much away from reality. That's why we are away from joy and enjoyment.

Sex is to be used for its right purpose and to be used at its right point, which means at the Mooladhara. Christ said one thing. He said, it is written, "Thou shall not commit adultery. I say, Thou shall not have adulterous eyes." Because He knew this would happen and He is placed at that point where He controls the eyes. Nowadays we have started doing sex with our eyes, this flirting business. What do you get out of it? Looking at this girl. Looking at that girl. What are you getting? Your eyes are ruined.

Your attention is ruined. You're finished and fagged out. And by the time you have seen 20 girls you will sit down and say, "Haah. This is the best way to age." And then you go to beauty clinics and try to look younger. What is the need to look at these girls like this? They are all your sisters. Have purity in your heart. There is no need to waste your attention so much. For an Indian we would be looking at the things and you will be looking at the women or the men. You finish your choice at a point. You finish it and enjoy it.

Even in guru shopping you do the same thing. You have come to me now, I have told you the truth. But tomorrow another guru comes in and "Let's go and have a look." If you have that kind of a frivolous idea about yourself, Sahaja Yoga is not going to work out in you. You have to settle down with it. You have to work it out. Your Spirit is to be completely uncovered and is to be brought into complete consciousness of yours. You should really become the master. Unless and until you are the master you should not give in and don't go to these people just to look at them because you spoil your attention.

So doing sex with your thinking leads you to impotency. If you have to eat food with your mouth and you start eating with your nose, the mouth will be finished because it is frozen and the nose will be finished too and you won't be eating either. Whatever things have to do, whatever ways you should allow that organ to work out that thing. So that's why the spontaneity in sex is lost. You think about it, plan about it. How can you plan? I just can't understand. You plan about everything that is so spontaneous and that's why there is such a problem. And people talk here as if sex is something out of the blue. It is just there, it exists and you don't have to learn about it. It is all there. And to talk about it also is not necessary. It is your own private and sacred thing between you and your wife. That's all. Nothing beyond, nothing before. It's a very sacred thing. The more sacred it is the more you enjoy it. I have known people in India who are 90 years of age and still very potent.

One gentleman came to tell me that "Mother, my wife has died and I am still ... I don't know."

I said, "It's all right." I told him, "How do you manage?"

He said, "In her separation I live." That's how they live. And they manage themselves. While here the people at a very young age just become exhausted and finished.

So we have to understand that in Sahaja Yoga, you try. It will work out. Also gradually your attention will be stationed. You will be very much in the center and you will develop your innocence in such a beautiful manner. You will get back your innocence itself. Can you believe? Completely you become so innocent and so simple that you are amazed at yourself. Your innocence is there as far as money is concerned, no doubt. Still you are intact on that point.

On that point Indians are not. You are innocent as far as material things are concerned. For example you don't mind giving all the money to these horrible gurus as long you get your realization. But there I think innocence is not stupidity. How can you give money for your realization? It's a simple thing. You must understand that you cannot pay money for your realization. Anybody who says, "Now I have got vibrations." Some people go to someone and feel heated up. Then they want to feel heated up more and more and more. This heat is coming from that man and is going to increase your heat all the time and it is going to increase and increase and your chakras are going to be ruined completely by this man. It has to be reduced. It has to come to the cooling point and you must feel the cooling point. If you cannot feel the cooling point then you must know that this man is absolutely wrong. Heat is not the sign of cleansing. When you are feeling heat here, for example, it is because the cleansing is taking place. Once the cleansing is over the cool breeze must flow in and you must feel the cool breeze.

Some people might feel absolutely cold, just like frozen. That's also not a good sign. That means you are left-sided. Some of you may feel that kind of a thing. Feeling the cold is not the point. It is the feeling of the cool breeze, is a breeze-like feeling that you get. From my photograph also you will get. That's the way you have to judge yourself. You judge yourself, establish yourself, keep your chakras clean and you will be amazed how you become a master of the whole art. You will be able to give realization, each one of you, to thousands of people.

So now in the second chakra when we come is the chakra of your seeking. And we call that as the second chakra, because the

third chakra comes out of it. It is the chakra in which you seek. It starts from the very beginning when you were a human being you did not realize that you came to this stage in thousands and thousands of years. First of all, as any animal, what you do is to seek God in food. The whole thing is at Nabhi level where you are just seeking the food, how to nourish yourselves, how to look after yourselves. The second seeking starts later on. Some of the animals start becoming more alert by understanding that you have to be more intelligent. So they start seeking in power. They want to have power over other animals and try to overcome them so that they can eat them, so they seek in power. Then the seeking goes even subtler and subtler, that they started seeking in money, as human beings starts seeking in money, in possessions and things. Animals don't have possessions, thank God, because possessions means headache. You have to have insurance, you have to have this, you have to have that. So the human beings start getting the possessions and all these things and they start going into this seeking. But the last and the foremost seeking is of the very evolved, is the seeking of the Spirit, the seeking of God. This is the real thing that should happen to us. When you are at that point of maturity then this happening takes place.

Now the other center that comes out of that one... Actually it's not shown here but it comes out of that, is the center that is called as Swadishthana, is the center by which you think. You organize for the future. You work out your action through it. What we do is nothing but think, think, think. Planning is such a curse that we don't do anything about it. We just plan and keep it in the book. We think we have planned it, it's done already. It's not so. Now this thinking gives a realm of future into which we enter in. When we start thinking, we do not know how we imbalance ourselves.

In this area (Void) resides the principle of the Primordial Masters, as Gregoire has told you. Now, when you start thinking, this center – the yellow-colored center – transforms the fat from your stomach for the use of your brain. Now people are so much against fat these days that it would be really dangerous to talk for it. From where are you to get the replacement of your brain cells, tell me, if you are not going to consume any fat? As it is your livers are out so whatever fat you take, you can take any amount of fat, you will not have any weight, try, because that fat is the reserve for your brain which thinks all the time. Do you know that this brain is made of fat cells? In Sanskrit it's called as the medh. And the whole thing is called medhi, even the brain. Even your nerves are made of the fat cells. Now when you don't take it, any form of fat whatsoever – I'm told that lots of butter is lying here wasted. I don't say that you eat the mountain of it. What I'm saying is if you don't take at all any form of fat, then what you do is to make your body starve for the fat that is needed for the brain and for your nerves. If you don't take fat in the body you will be a nervous person. What is the supplement for your nerves? What are you going to supply?

That's why you find, mostly, to make it out a westerner or an Indian is very easy. You make them stand before any calamity. The Indian will be silently watching. The other will be acting very disturbed. The reason is your nerves do not have any sustenance in them. That's lost because you just don't take any fat. Take a little bit. I'm not saying the mountains. If I say something, you may jump into the mountain of fat. That's not the point. But just to avoid fat completely is a wrong idea. It creates an imbalance. This poor center has to do double job. Not only it has to supply the fat to the brain, it also has to look after your liver on the right-hand side. When it moves to the left-hand side your pancreas, your spleen, your kidneys and uterus. All these things this poor thing has to do.

Now if you are thinking, thinking, thinking all the time then it is trying to find out how it can get all those fat globules from everywhere to supply them to the brain and if it does not get that then it is a dangerous thing. But even if it gets it, then it is creating a problem for the other organs which it has to look after. That's how people get diabetes. You don't get diabetes because you eat sugar. It's a wrong idea altogether. I don't know why the doctors have started this kind of a thing. For example, in India people take sugar at least half a kilo of sugar per day, in the villages. They eat more sugar than they eat rice. Take it from me. But nobody has diabetes. Why? Because they don't think.

Whatever sugar they take is used for their liver. If you do not give your liver any sugar, now ask anyone, how the liver acts. Liver is the one that takes out all your poison. Now this poison is to be taken out of the liver by water. Now if you take the water and drink on top of that, what happens that the hydrogen becomes heavier. I mean there's H₃ added to it and the whole system of H₂O which has to be neutral becomes like this and you can't receive any heat into it. So the whole heat which is the poison, accumulates in the liver, you get all kinds of liver problems. Practically most of the western people have liver problems. But they don't know it, till they discover it. Till they are absolutely on the verge of something very fatal, they do not discover about liver.

Now this hydrogen which pulls it down, becomes like an arrow, doesn't receive anything from the liver, the heat and such a person never gets any temperature. Even cancer acts the same way. In cancer also, the H goes down very much though it's a left sided problem, which I'll tell you. But same thing happens that the heat of the body cannot be taken out by water. So the water becomes a heavy water, you can say. But after realization, the hydrogen goes up like that and you receive all the heat and people who have bad liver feel terrible heat on the right hand side.

Now you have to take carbohydrates to neutralize that heat. If you don't like sugar, eat rice – I mean if there is some sort of a thing on your head. This also is an enterprise, I must tell you. These food stores are also another enterprise which is very subtle. As you had other enterprises of gurus, then you had of holidays. Some idea must have come. Then these singers, musicians, the four of them? Beatles. You know the one who created them, his uncle has told me the story, how he did it. It was all maneuvering which makes people mad and that madness is still on. You see people go on into that. It's all auto-suggestion and all those things they work it out, they're psychologists. And they know how to maneuver people and how to dominate. They work it out on your weaknesses, like you do not know about food.

Some of the health foods I ate, it was not for human beings, it was for buffalos, I felt. Really. Some of the foods were so hard and so harsh. I got such a pain in my stomach. I said, "This is not for human beings, this is for buffalos." You are not buffalos, you are human beings. You have to eat food which is digestible to your stomach. Of course that doesn't mean you should use this white bread which makes your intestine sluggish. But you should not eat all the fodder, of such hard things like everything you cut because you want to preserve the vitamins. You will cut everything and eat everything like that. Japanese are the worst on this. There is nothing that they don't eat. I mean you can't eat the food the way they eat. First thing they served me on a very special banquet, where the princess was there and all that, was a shell with all these moss around it. For us Indians as it is, a little fussy about these things and my daughter said, "What is in there?"

They said, "live thing." We were all frightened. What is "live". They said oyster or something which is live inside. And they poked it and it started doing like that and, oh, God, how do you eat it? And the Japanese just twisted it out and ate it off. And they eat everything wrong.

There was a boy who was eating peanuts. We asked him, "What are you eating?

He said. "I am eating these frogs." He was just peeling them up and eating them nicely. Can you imagine? This is the way they eat their food which is not meant for the human body. You have to cook, but your women are so busy with liberation, they don't cook. You should learn to cook, to handle your husbands. If you know how to cook, it's very simple.

In our Sahaja Yoga center, we teach them how to cook, because if you know cooking you are the master. You see, men are really so simple. I cook very well. I'm an excellent cook I should say. But a gentleman came to see me, he was a German and he told me that there was one chairman of a car company, and he told me, "If you want to eat the best chicken, ask Mrs. Srivastava to cook" – that's my another name – "and she is an excellent cook." I was surprised to have this reputation all over that I cook so well chicken. And he came all the way and he brought the chicken with him. And he came all the way to cook with me and to eat it and he was a very big man also himself and I was amazed that he came just to learn how to cook the chicken. He said, "My wife doesn't know how to cook." Just imagine how helpless he was.

All men are helpless as far as food is concerned. If you give them good food... but they may say, "Oh, we can eat whatever we like." But it's not so. If you know their taste and things and if you know how to handle them, it's very easy to handle them.

Somebody told me Indian men are very great cowards. I said, "Why?"

"Because they don't know how to cook. That's why they don't divorce." It's not that. They are very wise. What's the use of changing every day a wife. One wife knows all about your habits, she knows how to cook for you. she knows everything. It's a good idea we carry on very well as companions. Every time if you change, God knows, she may come as a shrew, she may come as anything. You may lose your head with somebody, another may break your hand and another may break your leg. It's better to

know one and handle her for this lifetime. Next time at least you don't face that type. It's a very simple and wise way of living together, to understand that in one lifetime only, if you live with one person you develop that love, that attention, that understanding because human beings basically are very good. If you live with somebody for two days, you will just see the superficial things of that person. That may not be good. So to get to the depth of a person, it's necessary you live with that person with a loving care, you see that person and you will discover how beautiful that person is. He is so beautiful sometimes that you are surprised at it.

The other day I had to go for something to a hospital. I never go to a hospital, but something happened and the doctor said after my life, "You must do this, you must do that," and my husband couldn't see that, he was so upset. He had never seen me like that. So he went back to his office, he put his head like this and he was sitting there, didn't do any work or anything. When he came back, I was angry with him. I said, "What do you mean by not being here? I was here and there were other people and..." But actually I knew what he was doing. So I told him, "I know you ran away, you coward. You couldn't stand here."

He said, "It's true. You know, I couldn't see it."

And then his secretary told me. "He was horrid. He wouldn't talk to me, he wouldn't allow me to do anything." That's what happened. So, to understand a man... It's such a great thing to love. I don't know if you realize that. It's such a great thing to love, to give. It's much greater than to have. Giving, I don't know if you've tried or not. All my life, I have done nothing but giving and I think I feel so happy about it. The real source of happiness lies in giving only, not in taking from anywhere. It's such a great thing to give and you'll be amazed that you'll have no dearth of anything. That is what one has to understand. But to think about what things I should preserve, what things I should give. What is there to think? If somebody likes, have it. Doesn't matter. It works out.

Now, the second center, is also of the Lakshmi center, because, you asked me how to get the Lakshmi. Now this is the center of Lakshmi, because Lakshmi is the deity of this center and the deity who is the male side of it, is the one who is the kinetic side. The power is the potential side and the kinetic side is the male side. Laskhmi is the power of Narayana. Narayana is the deity whom you call as Vishnu. That's why Vishnu only incarnates because He comes for our seeking and to give us our higher awareness. Always the aspects of Vishnu incarnates and that's how we have been evolving one after another. For example, when Noah's ark was built, it was Vishnu who came in the form of a dolphin fish and saved that Noah's ark. And that's how we were saved. Then it came in a tortoise form to make the fishes come to the shore and start crawling on the Mother Earth. Like that, a leader is always born and that leader is the aspect of God, is the incarnation.

Now, many will say, "We don't believe in it." So many are like that. "We don't believe it. We believe in this and we believe in this." How can you say that? First of all know that you say this because you are conditioned for something. You have a fixation. When you say, "I believe in it" or you say, "I don't believe in it," you have not reached your absolute awareness, have you? How can we judge? You cannot judge. You have to become that. Once you become that, just your put hands and ask the question, "Was Vishnu an incarnation? Was it the aspect of incarnation that gives us our realization?" You'll start getting more breeze and more breeze and then you'll know that it is so. But this fact about Vishnu, that He exists, you will only know after your realization. When you raise the Kundalini and if the Kundalini stops at this point of Nabhi, then you have to take His name. If you don't take His name, it won't rise.

That's why the mantra is a very big science. To know first of all how the Kundalini is moving. You can say the mantra is like... To give it a very gross example, it's like a toll that you pay at every point. So, when you go up to a gate, now you have to pass through that. Then you pay a toll. But somebody gives you a mantra. Before realization, it has no meaning. Because you have not started moving ahead. If your car has not started moving as yet, how can you pay the toll? To whom are you paying the toll? You're just paying the toll to the guru, who is nonsensical .You have to go to that point where your Kundalini has stopped which you can see yourself and feel it. And then at that point, you have to raise the Kundalini higher by saying that particular mantra. Then at a higher level and at higher level. How the mantra is to be said there is a science. This all can become yours in no time at all. Within one month's time you all will be experts of Sahaja Yoga.

When I went to Australia, I was hardly there for a month I think, and within 15 days, these people from television and all that

came to see me and they said, "Are your disciples all scholars?"

I said, "Not at all. Who told you that?"

"Oh, they know so much."

I said, "Because they have become knowledge now." You start learning from others when you start giving Kundalini awakening and all that. You start learning what's happening, where is it going, how is it working out, how to maneuver. Unless and until you start driving the car, how will you become the master of the car? In the same way, you have to know everything, working it out and not thinking about it. Then people start analyzing, "How can this be? How can that be?" It's not analysis. It's actual working. The thing flows from your hands and you're amazed, "Oh, God, the Kundalini is rising." Yes, you can see it's come up. You can give realization. Those who got realization yesterday, today they can give realization. What do you say to that? You are that fantastic. But know that you should not be shifty people. They say that Americans are very shifty people. Be careful of this character. So everybody has a sign. Like that, you have a sign that you are shifty. While English are hard nuts. So, be careful. Do not be shifty. Settle down on your own Spirit. Work it out. Learn about it and fix it up.

I'm happy to see Michael has come all the way from Los Angeles. I was sorry I couldn't ring you. The other day I was feeling very sorry. And to see you here I was so heartened and so happy that you have come here to work it out. This is how it should be.

There is so much to be said about every center. And you know that I've given at least 500 lectures in London alone. And there are tapes of my lectures. These are available. We don't make any profits as usual, but you must also not exploit us by taking the free tapes. You should pay for the tape itself. Buy some tapes from these people. We'll send you, you can copy it and give it to others the way you want to spread it. You can do it. There is no restriction on anything, but one thing is definite that you should not sell it at a profit. As I do not sell it for profit, you also don't sell it for profit. There is no exploitation of the disciple and no exploitation of the poor Guru who is standing before you.

So we go up to another center which is very important within us. Is the center... I don't think I'll be able to finish it today, the whole thing, but at this point I'll stop and tonight I'll talk about these two other centers and the Spirit.

So, this center is the center of Heart. Here the Jagadamba, the Mother of the Universe resides, the one who is alone. She is alone. She does not have any male deity with her. She is the Mother. And She looks after the people who are struggling in this ocean of illusion. She is the one who is the protector. She incarnates. It's said that She has incarnated 1000 times but she has incarnated many a time. This Jagadamba is the one who resides there at that point. When you were a child, say about 12 years of age, She creates the antibodies in the sternum bone. And these antibodies spread into the whole body and protect you from the outer problems. Now, those people who have the problem of this, especially in ladies, comes from insecurities in life. If you're insecure, then you get the palpitation and such women at the extreme can develop breast cancer. If you can re-establish this, breast cancer can be cured in no time.

Now the other centers which are important, this is of the Father and the Mother on both the sides. Now the Father, is on the right-hand side, is the one by Shri Rama. Shri Rama and Sita who came on this earth. They are not standing in the center, so you can see very clearly that they are not worried about the evolution part of it. But they came on this earth to establish the right conduct of a person especially in the political and the economic field of life. How to be an ideal, a philosopher or you can say a benevolent king? He tried to establish the symbol of that, Shri Rama, and those people who suffer from father's problem – supposing the father has died very early – they have this problem. And the symptoms of that is you get asthma. If you have any problem of the father – if your father has died early or if your father is torturing you or if you have no respect for your father or if you are a bad father – the fatherhood itself, when it is challenged, you get these breathing problems and asthma develops. It could be with the combination of that right side heart and also Vishuddhi, but mostly it is the right side heart.

Now, the left-hand side is the Mother's thing is the Parvati, is the wife of Sadashiva, who resides there in Her form as the Mother, Annapoorna, or She is the one who is the giver of food. When She is in you, you find that if you cook for two people it will last for

as many as who want to eat that. It's like that. This is the deity that comes when it is awakened. It works out.

This Swadishthan Chakra is governed by Bhramadeva and Saraswati. Those who are students, for them it is essential to get this, because they are the Gods and Goddesses of your arts like music, dancing and all those things. Also, they give you the power of truth, in the sense that, if you have a good Swadishthana, then if you say something it comes out true. Your vani, your tongue, your voice, your tongues that you speak becomes the truth, is the power of this one. With the Lakshmi tattwa as I told you, you get your affluence. Wherever you go, you bring affluence. You go to any house people get affluence. You touch anything people become better off. All the problems go out and if you have problems on this, whatever you may try, you'll never get rich. It will always be a problem and you'll have losses and things like that.

Now the left-side Nabhi is the center which you catch very often because of drugs. I must warn you that left-side Nabhi gives you also a problem with money, always with money. Because if you have got left side problem, the Lakshmi just disappears. If you go more on to the left-hand side it is even worse. So alcoholism and all these things take you to a state where you start losing money and you can become very much poor with that. The right-side Nabhi is the one that gives you liver problems and gives you a very dominating nature, maybe, or a temperament by which you get very much angry. Left-side Nabhi has another very serious problem where your spleen gets affected. For example, people who are a very jerky type, they are having their food and then they are running to work. This can happen to the people who are right-sided also, because they are very speedy people. They are working and then they want to eat the food and at the same time think about something. They will attend to many things at the same time and this spleen has to look after all the emergencies and has to supply the blood cells.

Because of this kind of a frantic temperament of a person, what happens is the spleen becomes frantic and then the serious disease like blood cancer comes in. Moreover this is nothing, because there is an anti-Christ who has come in this country and settled down here. He is a regular 666 who gives you also blood cancer. So, it's a very serious thing and all these things only take place when you are not aware of it. It can be cured by your Kundalini awakening. That's the only way you can cure, Sahaja Yoga. There is no other way out. But you have to first of all know how to manage your Kundalini, how to raise it. But the first thing you have to do is to give up some of the fixations you have. Because it's a new venue you are entering into. And like any scientist you should keep yourself absolutely open and see for yourself and know for yourself that you have to understand everything in such a way that it should be logical. It should be logical and through your vibratory awareness, not by your thinking. First you have to understand it and logically you'll see it is true. So, it is you who judge yourself. It is you who understand everything. It is you who grow. And it is you the one who grows sees also things.

So I give it to you, all these things to happen to you, within your own wisdom and in your own freedom. All these things should be done. But just now I won't say, "Don't do this and don't do that." You'll just give up just like that. Because once you find your Spirit you are never bored. You have no time. You are enjoying yourself so much. You have no time for anything. Even for smoking you forget. That's how I am a very tricky person. I said no use telling them, "Don't do." Otherwise they will never come to my programs. Let them come and then I'll manage. Then you'll start really saving money on these nonsensical things, nonsensical habits that you've got. You want to get rid of them. It just works out.

So for the time being I think today it's alright. But in the evening time, I'll tell you all the rest of it. We are lucky to have here two persons who are here to stay –she was in London and Michael was with me – who are deciding to stay in Santa Cruz. It is she who brought me here. It is she who gave all these ideas. I mean it is now her responsibility to see that you all are put onto the right path and that without challenging your ego, she should do it, because it can be dangerous also. Because she is one of you and so you may not like it – her telling you something. So don't mind. You'll become like her also. Don't feel that there is something aggressive about her. That is very important. Because with me it's alright, because first of all I am a Mother and also I am something different. But for her you will think she is just like you. So doesn't matter. You'll become like her. And you can also give Realization to many. Thank you very much. May God bless you.

So, any questions? I'll answer them.

Seeker: When you were talking about the second chakra, the one that is green there?

Shri Mataji: No. The one that is yellow color, which gives us the path of ascent. That it goes round. It's like a lotus. Have you seen a lotus stem which has got a stalk? The stalk is in the third chakra. It comes out of there. And it goes round all over, supplies everywhere. It can bend down. So this is the Chakra which is a flexible one, Swadishthan. Which is actually the Star, Star of David. It's the one which Moses and all these things they have built it up. This crossing of this represents the crossing of Moses, the sea that He crossed. All that is represented here because it's the Sea of Illusion you cross. It's the work of Moses Himself.

Seeker: Will You explain the difference between self-consciousness and self-realization?

Shri Mataji: I don't know what is self-consciousness. But self-realization and self-knowledge is the same. But self-consciousness, what I learnt with my own Indian English, I would say is that you are very conscious of yourself. That you are very particular about your body and you are... There is another word for that in English language. Is that vanity? Something. That's different. Self knowledge – atma boddha – knowledge of the Self.

Seeker: Last night I went home – I was here last night– [UNCLEAR] and I went to bed to go to sleep. It was terrifying.

Shri Mataji: Why? What happened?

Seeker: Well, I was having nightmares.

Shri Mataji: The first day you may have. Because there are spirits around. They will try to dissuade you.

Seeker: What came was an image of my mother and she was killing herself.

Shri Mataji: Your mother?

Seeker: Yeah.

Shri Mataji: It can be anything. Sometimes when you sleep... you must have had first of all a very deep sleep. That's one thing that happens. But when you come out of that sleep sometimes you pass through your subconscious area in the beginning. And the impression that you have awakening in your sushupti, that means in your deeper sleep, are not there. But you just remember what you've seen in your present subconscious mind and you touch that. But afterwards you get rid of it. No problem. It happens.

Seeker: Also you said last night about drinking and when people become alcoholic, are they possessed by negative forces?

Shri Mataji: They could be very much because they go to the left side. If you drink, you go to the left side. You are in a vulnerable state, then, because you enter into an area which is unknown to you, which is the collective subconscious. And people can attack you, It is possible. Like Michael himself could tell you after realization, he started seeing them, the way they were there. He could see them. And then he could fight them better because if you become something else then you can fight them better. Otherwise they are in you till you become mad. You don't know they are there.

Seeker: Also, is that passed down from mother to child?

Shri Mataji: Very much, no doubt. You share them even from your friends sometimes. That's what people don't know when they deal with other psyches and things like that, they don't know that there is a way of protecting yourself from this. You have to protect. It's very subtle. They are just like diseases. They spread and they can attack you. They can get into you. It's very simple. It happens. Like I said, he and his wife, they just announced their marriage. And she had been to some clairvoyances and all that. They were all in her. She didn't know. She got her realization alright. The day the marriage was announced, they couldn't bear it. That happiness of his wife, so they all came back on her. She got so possessed; she started looking like a mad, talking like a

mad. It was a big problem. They had to come to London to get it all right. ...

Yes, they are there. You can fight it out. It's not difficult. We know the method of doing it. So just don't worry. It will be all right.

Shri Mataji: Now this gentleman, what have you to say?

Seeker: Yesterday you talked about how your body is a temple of God and I'm noticing that you are drinking Coca Cola. What is that you like about it?

Shri Mataji: It's perfectly all right with me. I can even take poison, no problem. You don't compare yourself with me, all right? I have to take poison also. I have to do all these things. So don't compare yourself with me. But this Coca Cola is not so bad as people talk. I can tell you. It used to be very bad. Before what they were making about 2 years back, I couldn't take that. But there is nothing wrong with it. Also I feel that maybe there is some sort of an enmity that is very popular. Maybe people are trying to say something. But nothing goes wrong with me when I take it. If it was poison, I would know it's poison. But there's nothing so wrong with it. Because I don't know whatever they give me, I drink, I don't mind. But of course not the alcohol. Even if I take alcohol, nothing will happen to me. But I would not take it because I don't need it at all. I'm already in the Spirits. I don't need it. But now, I would take it. I don't think there is wrong in this Coca Cola. It used to be bad once upon a time. I never liked it. But now I don't mind because, it's something they added in it has been removed.

Dr. Warren: Too expensive to put cocaine in it now.

Shri Mataji: Now I don't think they put cocaine. Oh, they must be putting cocaine..."

Dr. Warren: They used to.

Shri Mataji: Haan... now this is it . Alright. So there's nothing wrong with it... That's it. Now how many questions?

Seeker: How is it best to cook the seeds of delusion or will the Kundalini take care of it on its own?

Shri Mataji: Of course. First the light comes in, then the darkness goes out. You'll be amazed.

Now what is it, Michael, you were asking so many questions before. You can come home and ask me now. What is it?

Seeker: Do you manifest yourself in dreams?

Shri Mataji: I don't know what I should be saying. So many things I cannot confess them to you. I'm sorry. It has to be done. What to do? There's some way of communicating. Your television wouldn't take me on.

Seeker: This is the first time I've been introduced to Kundalini, chakras, this vocabulary. Is there any...

Shri Mataji: Yes, we have books. You can see that...

Seeker: Not only that but is there another in Christians or [UNCLEAR] ?

Shri Mataji: In the Bible? Yes it is. The Bible is a very concise form of conveying the information. I believe mysterious. It was kept mysterious because whatever Christ said you crucified Him for that even. He was not even given any chance to talk. So He has said it. But as He said, "I will appear before you like tongues of flames." Some people say that Christ has said that you'll see that in your ascent, you'll find, it's all there. Now you'll find that everything that He said is helpful. Even His Mataji used, the Lord's prayer is used for opening this center.

Seeker: Coming out of place of isolation and wanting to participate more in this society, to learn from people and spread my energy and give, I'm becoming caught up in the desire and need to work and make money and do whatever people are doing and it's pulling me further and further away from myself. I can see this happen and at the same time I feel really oppressed and yet caught in the need to do this because this is what is done on this planet...

Shri Mataji: Of course, I'm saying the same thing. Why should you isolate? You are the part and parcel of the whole. There is no need to isolate from the society. Only the communists would isolate. You have to fight in the society itself. You know I'm a married woman, I've got my grandchildren, I've got my husband. On the other side I'm very busy, extremely busy. This time I went from New York because my husband was having a very big reception and I shook hands with 680 people standing in the doorway. Then I was back again in New York doing my work. So I am hugging my babies by shaking hands.

Seeker: I find it to be exhausting to...

Shri Mataji: Before realization it is, not after. Because before realization you are not [UNCLEAR]. After realization your Spirit is the one that puts all your needs, of your vitality, and everything. We'll tell you how to feed that. You'll never be exhausted. It's an inexhaustible force that is done in you.

Seeker: In your path, how does realization happen? Are you a shaktipat? Do you transmit energy?

Shri Mataji: If you ask these questions, I'll have to tell you something. I do not know if I should tell you. Because you can. One has to learn that whatever people try to tell they were murdered and killed and also crucified. But I am doing something great, must be. Must be something about me also. Better you discover yourself because if I tell you then you may shun me and it could be quite different. But let me appear before you as you are. It's better that we are congenial with each other and understand each other at the same level.

Seeker: Do you do it at the end of the program?

Shri Mataji: Yes, yes, but don't call it by any name otherwise it could be compared to other things. Like people have started doing Shaktipat. Any Dick, Tom and Harry is doing that.

Seeker: My energy has changed completely since last night. I just got really light and weightless and it's almost as if my body has disappeared entirely, almost the ability to be invisible and when I was being attacked I couldn't feel it into my body the way I would feel it before.

Dr. Warren: She has been describing her experience since realization last night, that she feels very light and she feels that any attack she could be shunning off...

Shri Mataji: We will tell you how to avoid any more problems. How to get out of your house completely protected and how to put your attention on your Spirit because that will give you dynamic powers. You don't have to become reclusive. We are not going to become frightened of anyone.

Seeker: I've been hitch-hiking around the country since 1969 being a self-made sadhu. I feel like I don't belong to the nations and I feel like a prisoner here. I would like to know if there is anywhere on the face of this Earth that people can live in freedom from the nations. We do not choose to live the way that society lives.

Shri Mataji: My child, I believe you, that you feel that way because of certain things which are innate within you, no doubt. I understand that point very well. But you'll be amazed when you will see that in this society only they are going to create a new society. How can you leave your brothers and sisters? If I tell you, all right, you come along. We'll have some place in India for all of you to come down and stay there. But who is going to look after the people here?

In London we have good Sahaja Yogis and Tracy would have been very happy to be there. But I told her, "What about the people in Santa Cruz?" You'll be amazed, They'll be all saints. The same people you'll find them doing it. You'll just discover it. Tonight I'll tell you about America, how great is. If I was not aware of its greatness I would not have come to this country. Why should I come?

Seeker: How best to continue with your teachings if we can't come tonight?

Shri Mataji: Better to be here if possible. This is something which has to be practiced in everyday life with your friends and things. It's something which grows within us. It's not any teaching as such. It is the growth that takes place.

Seeker: Right now in this country we have very powerful men who have in their hands the ability to destroy the whole planet through nuclear warfare. It's as if they are deluded by demons. I would like to know what is the role of yogi teacher in representing the yoga of light to these people.

Shri Mataji: As I told you yesterday, leave that to me. I have dealt with all of them. I know how to deal with them.

Seeker: I have heard that great yogis from the past have incarnated in America.

Shri Mataji: Yes, it's true, young children. One is guarding outside. Your daughter again, the one who was sitting on your lap. Tremendous, isn't she? Like a grown up lady looking at everyone. Yesterday those two girls who walked in, there's one coming in now. Very great people are born now. You should become a father of one of them if you want to.

Seeker: I will.

Shri Mataji: Good idea. We have to have a good married life, first of all. They won't be married to people who don't have a good married life. So the second stage would be to marry you all.

Seeker: The man in my life and I would like for us to be able to dream together, to find each other in our dreams and have our dream together. How can we do this?

Shri Mataji: Why are you not together in reality? That's it, the dream itself. Reality looks like a dream, you know? It's so beautiful. Best thing is to be in reality, everything in reality, in present, everyone. Every moment of life is dynamic. We don't live in the present. We live in the past or in the future. Just enjoy what you have. But I cannot just say that. It's a happening. I cannot just say that you be in the present. It won't work out. It's a brainwashing thing. No, it has to happen.

Seeker: What is the best way to work with parents who are concerned about us and are interfering into our lives – how to handle them?

Shri Mataji: I'll tell you how to spread the magic of love. There is a way of putting a magic band of love. It's very simple. We can work it out. If they are devils they will forget it but if they are human beings they'll come around.

Seeker: How can we tell if they are demons or not?

Shri Mataji: When you get the discrimination power in your hands, you start feeling the vibrations and demonic people give you blisters on your hands, not only heat but actual blisters. If you see their eyes, the pupils of a demon's eyes just disappear like a cat's eyes. They look very powerful in their eyes, sort of hypnotic, but if you look at them their eyes will disappear. Sometimes if you touch them they will faint.

Seeker: I want to continue hearing about the second coming of Jesus and bible prophecy and how accurate that is because you mentioned the antichrist. I have this definite feeling that something very heavy is going to happen and a lot of people feel that it is going to be like heaven on Earth but there will be massive destruction first and maybe Jesus will be only a mental hallucination and will not really return but I have this sense that something...

Shri Mataji: It's correct. It's going to happen. But don't ask for it just now. Let us work it out. Let's save as many as we can. It's going to happen, has to happen, the last working out. Then nobody's going to tell you, comfort you, redeem, nothing. We are just going to enter the Kingdom of God and we will lock our doors and be happy. So don't worry about the destruction. The rest of it, whatever is to be destroyed will be destroyed. But that's not you by any chance.

Seeker: I've been taught that in my spiritual life there is a difference in your handedness, left or right, and how we think. In your teachings does that have any bearing.

Shri Mataji: No, not at all. But the left-handed, right-handed and central path things are there but human beings are made up of permutations and combinations of these three gunas. But this left-handedness of the physical side has nothing to do with that.

Seeker: When you talk of left and right side I assume you talk of the opposite brain hemispheres.

Shri Mataji: Yes, you see the ego and super egos. Absolutely, nobody is left-handed or right-handed, but by our habits and methods we go more to the left or to the right. Our style is that we go to these extremes and that's how we are.

Seeker: When you say to the left side you are talking about the right brain?

Shri Mataji: Yes, of course, the right brain. But it is actually placed more on the back side. From here it starts [right side of head], more on the back side. The right-sided one, though it is placed here it is placed like that [front to left].

Seeker: Several places in the bible Jesus referred to a return and I don't know if the scriptures are explicit in calling it the second coming but on the Mount of Olives He told the disciples that many shall come in His name, claim to be Him and many will be deceived. Brother will turn against brother and nation against nation. You will hear of wars and rumors of wars, there will be famines, pestilence and earthquakes in diverse places. Seeing that you are not troubled by these but they must need to be. [He goes on with quotes from the New Testament about something cataclysmic and the return of the Son of Man who will come with great powers].

Shri Mataji: They are called as the Eleven Rudras, the eleven powers of destruction which I will tell you tomorrow, where they are placed within us.

Seeker: How do you distinguish between that which may be a true prophet and that which is false prophecy that comes from things which look good but inherently are not good.? I want to refer to and, I hope, nonjudgmentally, what I've been told by the disciples of Sun Myung Moon, disciples of guru Maharaji and by followers of Love Israel. I've been told that their master is the return of Christ and the bible tells me that if a man comes to you and says go into the desert for Christ is there or out of the mountains then don't believe it because it is not true...

Shri Mataji: Can I tell you now that what you are telling me I understand, that it is true, that they all are saying the same thing? They have to say the same thing. The false people have to be exactly like the person who is a real person. The problem is how to make it out who is true and who is not. You were not here yesterday? No, that's the reason. I have to repeat it now. I told at the very outset how to make it out.

First of all, you go to anyone for any God's work, you must know that you cannot pay for it. Because such a person will talk of righteousness, of holiness, of sacredness. [UNCLEAR and he has to have wisdom.] First is the money [UNCLEAR] But have you

got problems. Say, for example, he said about this guru Maharaji person. Horrible. I wouldn't call him that. I call him Raktabija (a demon). Now this fellow, if his disciple is there, you see from this disciple. For example, if he says that he's got something then you tell him, "Can you say what's the matter with my chakras?" Ask him, "Can you say what's the matter with your own chakras?" Now these people know. They will tell you where it is. They can raise the Kundalini, they can show you the raising of the Kundalini. With the naked eyes you can see the raising of the Kundalini. Not in all, of course. If you are [UNCLEAR] it doesn't happen. But if there is an obstruction they can see. You can feel here on top of your head the proof. Actually. You don't just jump or do anything, but you see the cool breeze coming out. It's the cool breeze of the Holy Ghost you are to feel after getting that. You cannot be forced, it is you who have to find it out. You have to do it.

Then when it has happened to you, ask the question. Everything can be found out by asking the question, "Is there God?" You'll get a cool breeze in your hand, quite a lot of it if you are a realized soul. But if you say, "Is this gentleman a realized soul?" You will get heat, or your vibrations will [UNCLEAR be cut] or amazingly you might even get blisters. Your awareness becomes empowered with that discrimination because of this cool breeze of the Holy Ghost flowing through you. You start feeling the all-pervading power all around you which you do not feel before. So when these people start talking to you, you should know what you have got yourself. This is the main thing: What have you got?

Now as she said, we will teach her how to give realization. Today you'll be giving realization to people. Those who have felt the cool breeze yesterday can give realization today. Can you believe it?

Seeker: I hear a lot of people talking about self realization and about spiritual terminology and I still see a lot of fear and I am wondering if you could talk about how people can confront their fears and maybe let go of them.

Shri Mataji: First of all, I'm not talking. I'm going to make you get it. That is the point. It's not talking. Lets do it now. If you want me to talk all the time by asking questions...

Seeker: Is there a specific way I can protect my daughter when we are around...

Shri Mataji: Yeah, we'll teach you all that.

Can we make it short? Better have it.

Seeker: Talking makes people think.

Shri Mataji: Ha ha ha ha. He has said it. You'd better not talk. Thinking, thinking, you won't get it. You've been thinking, talking, arguing – everything you have done so far. Now better get to it and get over your fears and everything.

[Shri Mataji starts giving self realization]

It is the direct experience that's innate, not the thinking. What he said is true. Thinking makes you even worse. Thinking is not the thing. Now, put your hands towards me, just like this. Sit in a way where you are comfortable. (As it is I will say it again. Take it out please. Little bit that heavy thing.)

Dr. Warren: Any heavy necklaces or anything.

Shri Mataji: And these rudrakshas [type of beads often used for treatment of various diseases] are meant for people who have got high blood pressure, not for people who have got low blood pressure. Everything has its own place.

Now, close your eyes please, and put both the hands towards me.

Close your eyes, just close your eyes and don't shake your body. Keep it steady. You have to keep it steady.

Steady, steadiness is the main point. Now your attention is just loosened, loosen your attention. Do not fix it on any point whatsoever. But if you can't help it, then you can put your attention on the top of your head but not anywhere else. Do not fix it anywhere. Keep it loose. It will just work out.

Put your right hand on your heart, and ask the question, "Mother, am I the Spirit?" Just ask the question.

Now put your right hand at the base of your stomach on the left hand side. Is the Swadishthana Chakra on the left hand side. Just on the left hand side, it is very important. Now ask the question, "Mother, am I the pure knowledge?" Or, "Make me the pure knowledge." Just say, "Mother, make me the pure knowledge." You are. First of all have confidence that you are that. You just awaken into that.

Now go a little higher on the stomach above the portion of the spleen. Do you know that? Higher, nearer, the ribs, more on the ribs. Not absolutely, a little lower than the ribs. Press hard. Left hand towards me and right hand. Just here, here. Now close your eyes, close your eyes. Close your eyes, and here, "Mother, make me my own guru." Your own guru. Your own master. "Make me my own guru." Press your right hand, a little deep, but don't stop your breathing. Breathe normally as much as... This you have to say 10 times. From your heart. "Make me my own guru." That really gives you the discrimination.

Now raise it higher. Put it at your heart level. Left hand should be towards me as if you are asking for something. Just like this. Now at the heart point just say, "Mother, am I the Spirit?" Please, ask me, "Mother, am I the Spirit?" Just ask. Most of you will get cool breeze at this point. 10 times again. (So many are getting it.)

Dr Warren: It's very cool, very cool.

Shri Mataji: Good. Just ask, "Mother, am I the Spirit?" 10 times. (Good?)

Without feeling guilty, again. I should say, first of all, say, "I am not guilty." It's better. Put your right hand, higher, on the neck, on the left hand side. On the neck. This is the left Vishuddhi. Now just say, "Mother, I am not guilty." Say it again 16 times because you people have really a very bad Vishuddhi. I was clearing yesterday till 2 o'clock in the night, your left Vishuddhi. What is there to feel guilty, my children? What have you done? Have you killed somebody? Why are you so guilty? Go on saying it, "Mother, I am not guilty at all." Your confidence is not there. Unnecessarily you are getting a... (Left side, left side) Just you're not to feel guilty at all. If you're feeling guilty you are punishing yourself for nothing at all. Why are you punishing yourself? Just say, "Mother, I'm not guilty." Put your right hand here. Close your eyes properly. Put it down here. See there must be a kind of a lump of your so-called guilt. It's all mythical. It's a very, very big myth you are carrying on and feeling sorry and suffering. What is there to suffer? You just say, "Mother, I do not suffer and I have no guilt of any kind. I am very confident, I'm a seeker and I am going to enter into the Kingdom of God." (Better?) [UNCLEAR] I don't know how many years you have been doing that. Don't be guilty about anything. Whatever you have done, it is nothing. I am talking about the ocean of love, the ocean of forgiveness, the ocean of compassion. And what is your guilt? Not even a speck. Ahh. Better now.

Now, you can put both the hands towards me. And now say, "Mother, I forgive everyone." Actually, Lord's Prayer is the best for this. If you all know the Lord's Prayer you can say it inside and it will work out faster. Will you say that? Let's see.

Seekers: Our Father, which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on Earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory forever and ever. Amen.

Shri Mataji: Again. [Lord's Prayer is recited twice more.]

Now, ask for your realization. You have to ask. I cannot just give you without your asking. As I said, freedom is the most

important. You have to ask. Put your both hands towards me and say, "Mother, please give us our realization." Or, "Could you give me my realization?" You have to ask for it. Seven times for seven chakras. Just ask for your realization. It is your right to have it. It is your right to ask.....

1981-1018, Krishna, Christ

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18 October 1981

Krishna, Christ

Public Program

Heartwood Community Center, Santa Cruz (United States)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2 (evening). Santa Cruz (USA), 18 October 1981.

I am very happy to see that so many of you did feel the realization and you felt the Spirit. And that's why today I am going to tell you about the Spirit as well as about the two other chakras which we have left out.

The center that is called as Vishuddhi Chakra is placed at a point where your neck joins the thoracic body. You'll be amazed that in the Universe, America represents this center. We developed this center within ourselves when the human beings in their evolution raised their head up. That time, these two powers that I showed you yesterday, the power of action and the power of desire, these two cross each other. And it started developing a kind of an institution, like a balloon we can say, as a by-product of using these two powers. By your action you developed your ego, by your conditioning you developed your super-ego. These two institutions met at the point here on top of your head, at the fontanel bone area, when you grew up to twelve years of age. Actually, that is the main time, a very important time in human development. It starts very early though, that the fontanel bone area which is very soft in a child, starts getting calcified. Now, by this as I told you, you became an egg or a separate entity, or we could say as one Mister X and Y and Z, and you developed your own independent existence. Now the importance of this center is that, because of this center, we have taken the responsibility upon ourselves. You know that America is known for taking responsibility of the whole world. At least they talk. They are responsible for the peace of the world, they are responsible for the fraternity of the world, for the collectivity of the world. Your presidents have even said that poverty anywhere is a threat to prosperity everywhere. Of course some of them have been great people like Abraham Lincoln who was a realized soul and he gave those great ideas of responsibility to the whole.

This center is governed by the deity of Shri Krishna and His power is Radha. Ra means energy and Dha is the one who sustains it. She is the sustainer of the energy but the energy that is in the central channel, which is the energy called as Mahalaxmi. This power of evolution has made us human beings. We were amoeba, from there we started rising gradually till we became human beings. This evolutionary process was there because we had that sustenance just like a seed and the seed started sprouting. Ultimately you became a human being. Still there is one more stage where you have to go, which is to be connected to the mains. As soon as you are connected to the mains you change your position. The transformation takes place and then gradually transmutation for a short time. When the transmutation is complete then you feel that now you have become the Spirit.

On the left-hand side of the center lies the Left Vishuddhi center as we call it. The Left Vishuddhi Center represents our sisterly relationships with others. It's a very sublime relationship of a sister. Krishna had shown that in His own lifetime that He had a sister who was lost very early in life and She became the lightning. The lightning when it appears in the sky you should know that the power of Vishnumaya (Her name is Vishnumaya) is now showing its wrath. She's a virgin and Her power is tremendous – thunderbolt as they call it.

The right-hand side is another center which we call as the Right Vishuddhi. That was when Krishna was the king. First He was just a shepherd boy and then He became a king. When He became the king he opened that awareness within us from where he spoke about Gita. Krishna is the one who is the primordial king. From Vishnu state he evolved into the complete sixteen petals and becomes Shri Krishna which is the complete form of evolution. We call it as Sampurna. There are sixteen subplexes in this center which manifest outside sixteen subplexes of the gross plexus which medically we call it as cervical plexus. Cervical plexus looks after your ear, nose, throat, your appearance, your face, eyes, eyebrows and also your tongue. This is a very

important center. You can see all these things are represented in this country. That's why I say you belong to a very great country of responsibility, even in Spirituality. Even in Spirituality you become part and parcel of the primordial being. You have to become because it is He who is represented in this country.

Now the body of this center is made out of the Saturn. The Saturn rules this. Now you've been to Saturn and you've found out that there is a ring around Saturn which we know already there is a ring, but you did not know. It is said that Shri Krishna has a disc in His hand which surrounds Him. So this country has this ring around it. It's a very powerful ring and that's why you feel that certain portions of your country are going down because it can react against you. If you go too much against your righteousness, against your self respect, it may try to harm you, no doubt. But if you are awakened, if you get awakened, there cannot be any fear of any country invading this one. Nobody can invade because this ring is protecting you. Anybody who tries to invade this country will be harmed much worse. You know what happened. You had one bomb and the whole of Hiroshima was destroyed.

One has to understand that if the human beings here are not righteous, if they commit sins morning 'till evening and invite all the anti-christs of the world to settle down here, you'll have to face the calamities and the wrath of God. The same God, what we call the same deity, Shri Krishna, has the power called as the Saunhara Shakti by which He kills. He is the embodiment of the Saunhara Shakti also. Those who say I am Krishna and all that, ask them: Can they lift a mountain? They have to lift a mountain. Just put them down there. You've got lots of mountains. This is representative of how we have lifted our mountain up, is represented here. This is important to understand because every Dick, Tom and Harry will come here and tell you that I'm doing the same type of work, I'm awakening the Kundalini, I'm doing shakti path. All kinds of nonsense they will talk. Tell them to raise it. Let them show you. If you find it pulsating at the base and rising and coming out the cool breeze, then only believe it. But most probably they will be fake. In your presence if you are a realized soul they would be shaking. Even if you don't tell me that you've been to a guru, I know where you've been because you can see it, the way these Spirits that they have put into you, the way they have completely mesmerized you, I can see that. You can't even face me when this has happened. Some of you are aware of it, some of you are not. If you are aware of it then you feel how can you come to me.

You should know I am here. I'm your Mother. Whatever you have done, whatever has happened is all forgiven. You are My children and you all have to get your realization. I'll work day in and day out, every drop of My blood, on you so that you'll be cleansed and that you will achieve your realization. But don't try to take liberties with Me. Don't try to be very smart. I know there were two - three people who were sitting here this morning, who were some sort of spies. Be careful about them. Christ has said, "I don't mind hot or cold." Meaning if they are cold, they're over; if they are hot, we can cure them. "But in between, I'll pick them out of My mouth," He said. Be careful about the speech because they are the murmuring souls and they will come round and tell you stories and things and stop your evolution, so be careful. Don't miss this chance and achieve your realization, understand it fully and master it.

Whatever I tell you, you need not believe, but you should not deny and see for yourself that every word is true or not. But you should not deny and as a scientist you must try to understand it, try to grasp it and see for yourself. If there is God, if all the scriptures are true, if there is all-pervading power, you should try to feel the truth. I am here to prove all of them all these incarnations, their relationships, their positions, and their relationships with you as well. Shri Krishna is something one cannot describe in one lecture leave alone in a short time and Gita also cannot be described in such a short time. But there are My lectures you can get where I've spoken about Gita, how He was the incarnation of diplomacy and how He has tried to convince you about peace. We have got some tapes which you can get from these people and understand what He was like.

Now we come to Christ. Christ is placed in the optic chiasma where the nerves cross each other. There's the center where Christ resides. What we know of Christ through Bible is very little because He was not even allowed to live for three and a half years in that horrible place where people tried all sorts of things to kill Him and He was ultimately crucified. There are lots of controversies about Christ and lots of things are said about Him. The worst thing that has happened is that He was denied by the Jews at that time. They have denied Him because it always happens.

Supposing I was born in your community here, you would have denied me completely. I was born in a community in India which is a small minority I should say. Though my family was a royal family in that community and my father was a member of

parliament, my brother was a very influential man in parliament and my husband is also very influential, still that particular community will never accept me. I've got disciples who are Muslim, Christians, every sort, but that particular community doesn't want to accept me because, first of all, they have no faith in themselves. They think how can anybody of this eminence or this quality be born in our community. Secondly I think they are jealous. Perhaps? I don't know what to say. We can say that at the time of Christ the same thing happened. For nothing at all they deny it. They accepted a thief but not Him.

Now they are saying that He was a saint. We accept it. Then can a saint tell you a lie? If you accept Him as a saint He can't tell you lies. He Himself said that I am the Son of God. When He said that we cannot challenge Him there, but even if we challenge Him, on what points do we challenge Him? The first challenge [UNCLEAR] is all mental activity. Let us face it up, it's absolutely mental. When Christ was born to a virgin, it was all decided a long time back that He was to be born to a virgin. It's very simple. You can understand I gave you realization, your second birth, just like that. Yours is also immaculate birth isn't it? In the same way Christ would be born to a virgin and it was prophesized that the Mataya [gift of God?], the one that was going to lead you to the right path was going to be born to a girl – to a girl. They say that it was written to a girl and not to a virgin. See how absurd it is. Nowadays even an 80-year-old woman who has had seven - eight marriages is called as a girl. I've seen many people say my girl is coming, an 80-year-old lady coming in, and this is my girl, meet my girl. This is all modern language. In those days, even today in India [kunya] means a virgin, that means a girl. Only one word for both the things. But apart from that we should logically understand this point that if it is said that a child is going to be born to a virgin it's a prophecy. Prophecy is something important. After all a child is going to be born to a woman. It's not going to be born to a man. So what is so great to prophesize? This is a logical point, that it is going to be born to a girl which means to a virgin which is something extraordinary.

On this point they want to reject Him, but it's wrong because by rejecting Him they said we are the people who are the chosen ones first, and secondly they said we suffer. As Christ Himself was a Jew, it hurt Me, it really pains me, I really hurt. I weep to see how by one mistake, by accepting sufferings how the Jews have suffered. Now they should give it up. I say that Christ was born for us and He suffered for us. We don't have to suffer any more. If they could accept this much and give up their ego, they will get rid of their sufferings completely. Nobody has to suffer. This idea of suffering I don't know from where it has come. Even the Christians, nonsensical people, say that you must suffer. Do they mean to say that Christ spared some sufferings for you people? Has He not suffered sufficiently that you have to make up for that?

On the contrary He said that you should be born again. He said that you awaken Me within yourself. That was so simple to understand but none of these Christian institutions who tried to organize him understood the essence of His teachings. That meant that when the Kundalini rises and She touches that point of Christ, He is awakened. When the deity is awakened, the ego and superego are sucked in and when they are both sucked in, a space is created where you enter into and the Kundalini opens out.

But His crucifixion itself was another symbolic way of proving something that Krishna said before Him. He said, [first in Sanskrit language] "The Spirit cannot be killed, it cannot be destroyed. It's an eternal thing." Just to prove that Christ was born on this Earth and His crossing of these two nadis is such a difficult thing that to go through it Christ had to die and to be resurrected. To prove it also that the Spirit that was Christ cannot die and that's why a very special type of an incarnation was created that was Christ.

Christ is described in Indian scriptures just as Mahavishnu. I wish you people could read the right type of things instead of reading these horrible gurus who tell you that you jump like mad or you take out your clothes and do all that kinds of nonsense. If you believe these people you can never reach to God. People have gone mad, they have come to me with madness. This is not the way. Let Christ be awakened within you through the Kundalini awakening. Taking out your [clothes] how much does it take? Wearing a colored cloth of any kind, how much does it take? With two rupees in India you can color your clothes.

There was a great Poet Nanaka who wrote that if by shaving your heads and coloring your clothes, if you can go to God then a sheep goes through that process twice a year... He has lashed these people. They have no righteousness, they have no sense of chastity and he said that these people will go to hell and the so-called disciples who are enticed by them will also go there, no doubt about it. Christ has said to this extent that thou shall not have adulterous eyes and here people are trying to put the sex

onto Kundalini, your own Holy Mother. Those who have no sense of holiness and righteousness should not talk of God. God is righteousness and holiness, auspiciousness and purity and not this sex. If the sex becomes everything all the dogs and cats should go to heaven first of all. This is what one should understand. Do not mislead yourself. You have to have your innocence. Those people who are enticed by these ideas are no good for Sahaja Yoga. We find it impossible to give them realization. It's so difficult. They may argue with me, they may not like me but I cannot help it. But they have to come to this point to understand that sex does not take you to God. You see the sex point is below the Kundalini. It's the innocence that doesn't feel it.

One of them was teaching like this in India. He made a woman nude and she was very frightened by that and he tried to touch her private parts. He cannot smell flowers but he doesn't mind smelling the private parts. Filthy. He can smell the butter but he can't smell the flowers. Actually 50% of the names of God in the Indian language, and if you see the Goddess, is nothing but that she is fond of flowers, she is fond of this flower, that flower. I can't live without flowers and I don't know from where he has come that he cannot bear to smell a flower. Use your brains. A person who goes to church or goes to see any holy person takes flowers to them. Do you take gutter water there? This man was misbehaving towards a woman and I was very angry and went and saw him. I said, "What do you mean behaving like this toward someone who was a chaste woman?"

He said, "I am Shri Krishna."

I said, "Really?" What sort of a Shri Krishna with a bald head, I couldn't understand that. I said, "All right, if you are Shri Krishna, how do you justify it?"

He said, "Because when Shri Krishna as a little child of four years..."

A four-years-old child, just think of it, the one who was guarding outside style. That kind of an innocent thing He was, when the gopis were taking their bath, they had taken out their clothes and had put them on the trees. He hid them and He was just playing with them like a child. He was just a child of four years. But when Krishna became the king of Dwarika, that time there's a story of Draupadi, His sister, who was tortured by a man called Duryodhana who wanted to make Her nude and he wanted to take out the sari from her shoulder. When he pulled Her sari, She was holding on to it like this [Mataji puts her sari between her teeth]. It's a very beautiful description. [Shri Mataji speaks in Sanskrit]. It is said that when She thought that the sari is pulled now, She said shna. There is a very beautiful poem on that. When that word went, then what happened [Shri Mataji speaks in Sanskrit]. It is said that when these things happened a great sound came in Dwarika and He came on His Garuda [speaks in Sanskrit] to save the chastity of His sister.

Chastity of a woman is her font, even of men. Men don't believe, in these western countries, that their chastity is important. But that's your font, that's really your power. If you have no sense of chastity you are a powerless person. Anybody can attack you. You people are naïve. You do not know what are the ideas the people of India have about chastity. We are a poor country, we have problems, but only the chastity of women has saved that country so far. Even your country will be finished if you do not take to your chastities and understand the value of your chastity and of your innocence.

The main thing about Christ is that His name was Jesus Christ. Jesus comes from the word Jesu. There was the foster mother of Christ, the foster mother of Krishna who was born as Yeshoda. The name Jesu comes from that Jeshoda. In Indian languages, a short form of Yeshoda is Jeshu or Yesu. We even call Christ Yesu. In many European countries they call Him Jesu. This Yeshoda was the foster mother and Christ itself comes from the word Krishna. Krishna means the one who has done the sowing of the seed. And Radha Herself is Mahalaxmi and She was born as the Mother of Christ.

So when Christ talked of the Father, Mahavishnu, He talked of Shri Krishna. In this book as I told you if you read it, Mahavishnu's description, you'll find that Christ was specially created and Krishna told Him that you will be the Adhara, You will be the support of the whole world, that you'll be placed higher than Me. And those who will try to give even one offering, You will automatically get part of it. Like that He was placed at a very high position above all the others because He's the one that, unless you cross that point, you cannot enter into the kingdom of God. Whenever Christ talked He put His hand like this [pointing upwards] and He said that He is My Father. This [index] finger stands, as you know, for Vishuddhi Chakra which is America. That's why you see

here Krishna consciousness. Of course there is nowhere near the Krishna consciousness, but they say of Krishna consciousness. I told them they have to become the Krishna consciousness. But they won't listen to me. The trouble is nobody wants to listen. Whatever wrong they are doing they want to do it. So go ahead.

Once one of them asked me, "How do you go to hell?"

I said, "Take two running jumps and you will be there." It's easier to go to hell but to go to heaven you have to really get out of your fixations and your problems. So this Krishna consciousness is like this, that by saying Krishna's name morning 'till evening you just spoil this chakra. You may end up with throat trouble. You may even end up with throat cancer. I have treated someone with throat cancer who went deaf. You can get into violence and all kinds of problems with the throat if you go on just taking His name. You must know that we cannot take anybody's name without any authority. Any mantra taken without authority is a dead mantra. It's like putting something dead into your throat because, first of all, you are saying mantra by your throat and whatever center – say, you are taking Rama's heart mantra, which is on the Right Heart as I've told – you'll get asthma as well as a bad throat. It's absolutely so.

You can see for yourself. You can see that it can be done and that whatever I am saying, you can make it out that this has happened to people and this works out. Those people who believe that this is the true path we are going into whatever way they are facing and progressing they can go ahead and end up there. But one should know that you have to get some power within yourself. Most of them have nothing but to take out their clothes or [UNCLEAR kill] somebody. Is that a power? Or some people have a power to jump. Is that a power by any chance? They paid 3,000 pounds for flying. Put their guru on this Leaning Tower of Pisa and throw him from there and see if he can fly. Why not try these things that your guru has done themselves. Make your guru naked first of all. Let him dance. This spoils your chakras this kind of a madness. It spoils your first chakra to begin with, and then the Nabhi Chakra when you start saying "whoo whoo" and all that. You will know that very well how it spoils you. Once you are enticed you just don't want to think about it. Already, thank God, they are passing through a difficult phase. Most of them are sick, they cannot get out of their beds. Even people who are preaching Sikhism. Imagine, where was Nanaka? Think, the man who was nothing but purity, who was a Primordial Master on this Earth. They have brought sex to Him? Can you imagine such absurdities? Why don't you all read what they have to say? Why do you read the books given by these gurus to you? Why don't you go to original things?

Even Hatha Yoga, why don't you read Pathangeli Yog Sastra. The way you are doing Hatha Yoga is another madness because Pathangeli Yog Sastra is eight angas, ashtangas [eight-limbed yoga]. It was done at the time a thousand years back when we had chatunga sastra, when we had four kinds of periods in our life, when the children went to the forest to study with a teacher, when the university was like a family and they were given the name as a gotra. The university was called as a gotra and one could not marry in the gotra. Even today, if my gotra is Shandilya, I cannot marry a man belonging to that, which means you are brothers and sisters till thousands of years. Thousands of years back. I have taken them, some of the sahaja yogis, to the place where Shandilya was there at the time of Pranadatta he lived. Thousands of years have passed and even today, we cannot marry a man of the same university. Think of the universities we have today. Such a celibacy existed in those days where Hatha Yoga was practiced of Ashtanga. The first thing is Ishwara Pranita is to establish your God, is realization. Then these [UNCLEAR guyamas] that are pertaining to your different chakras. For example, if you are catching on a particular chakra, there is a kind of a particular type of one of the exercises that you have to do to put it right, if there is a physical problem of that. But not everything. It's like taking the whole medicine box into your stomach without any discrimination. That's not a good thing. If you do Hatha Yoga, you can get a catch on the Left Heart very badly. It's a very wrong thing. Without understanding, without going through the science of mantras and without understanding the science of exercises can you imagine out of Ashtanga, one is yamini yamas, out of that, after yin yama, one is niyama which is, I don't know how many parts of that is the exercise, and how much also that is so scientific which one has to understand.

You should not do anything because somebody tells you. Once your Kundalini rises you yourself will know. You will say, "Mother, it's here, it is not moving further. Then there is an exercise for it. Do that exercise. It will rise. Now the mantras also, I would say that at the stage where we cross here [points to forehead], the Lord's Prayer is the mantra. None of them know about Christ. Even if the Christians had known it would have saved lots of problems for Indians because they were expecting somebody who

would be placed at Agnya Chakra (this was called as Baudha Vitara, not Budha Vitara) who would suck in our ego and superego. By Him only you'll be forgiven for all of our sins and blasphemies. He has said it and that by His awakening only our ego will be sucked in. They knew about it, they were waiting for it. Why the missionaries who went from here did all the nonsensical things in the name of Christ. They would put a loaf in a well and say now this is the meat of the cow and you have all become Christians, finished. But this kind of a nonsense they did and they brought poor people of India to Christianity. This is the thing by which they created such a problem that even now... Sahaja Yoga is, of course, telling them that Mahavishnu is there, He has arrived. He was Christ. But otherwise they were thinking they have to still go through their karma yogas and karma bogas and they have to still suffer and still that savior has not been born because they could not believe a savior who comes to you in the form of a loaf. This is thanks to your terrible missionaries who went down there and did this kind of a nonsense to Indians.

Now I would say that to understand Christ, also, is not easy, but the only thing is to awaken Him within ourselves. People in the church will say that I'll baptize you. One should say, so artificial. You bring your child, I'll baptize her. How can you? No Kundalini rising, nothing, putting your hand there. You baptize anyone like that? You have to raise the Kundalini. When you raise the Kundalini, then only you baptize. Those who've got realization are baptized today in the real sense of the word. It's a happening, it's a living God Christ has talked. All the time He said there's a living God and not these dead people who just bring the child and christen the child and the child becomes Christian. It's a living thing that should happen to us and the living thing is that you feel the cool breeze coming out of your head. That's the living thing you should ask for. That is what you are and that is how you become the Spirit.

I'll tell you about the Seventh Chakra in short because the Seventh Chakra is the chakra which has 1000 petals. When you cut the brain in a transverse section you can see it's like the petals of a lotus. It says in the bible "I will appear before you like tongues of flames." Of course all the chakras look like tongues of flames – very silent, very beautiful, very soothing. But seeing is not the point. Being is the point. If you see them it's no good. You have to become and becoming is that you feel the whole thing coming out of your head and these have the light but you need not see them. There's no need to see the auras. Only when you are disintegrated you see the auras but when you are integrated you never see the auras. It's being experimented. People who take drinks and all that, their auras go like that shape. But if you take a photograph of a realized soul, there will be no aura around it. But if you are disintegrated, for example, if you are taking LSD, you might see an aura around me, around everyone. That's not good. That means you are not there, you are in the supraconscious area where you are seeing the elements that are surrounding.

Once you are integrated by your realization, all these seven chakras get integrated. In Sanskrit there is a very good word for integration is samadra. Adra means the hole in the needle. So all the needles have the hole and the thread goes through that. So all the chakras get integrated when you get your realization but actually this area has got all the chakras. Now I will show you where they are. This is the Agnya as I told you [points to dot on her forehead]. This is the window of the Agnya Chakra but inside the brain it is. Then you've got the Vishuddhi Chakra here [points to above Agnya near the hairline] which becomes as the primordial being, here at the Virat, Then is the Heart Chakra [fingers on top of head, either side of Sahasrara], then is the Nabhi Chakra [fingers behind Sahasrara]. If there is a bad Nabhi you can feel the pressure here. At the back, here is the whole of the Swadishthana and here, at this point is the Mooladhara Chakra [between Left and Right Swadishthana]. Now, you'll be amazed when you get diabetes, why should you have your eyes weakened? What is the reason? The reason is when you get diabetes, your Swadishthana Chakra becomes weak. As I showed you there that you get diabetes down below by the Swadishthana's exertion. It presses on the center of the Mooladhara which controls your eyes, eyes in the sense that the power to the eyes, the light to the eyes. Once it starts oppressing it you start losing your eyes, though the eyes are opened, even if you are possessed. If you are possessed the same thing will happen to you. You will have your eyes but there will be no light. You can't see. All these things can be cured through Sahaja Yoga. The methods are very simple which you can learn yourself, you can cure others, you can become the masters.

Now about the Spirit. As I told you, the Spirit resides in your Heart. It is the reflection of the aspect of God which we call as God Almighty or Sadashiva because God is one. To one person I'm one. But I'm a wife, I'm a grandmother, I'm your mother. I'm doing so many things that are aspects of God and God has got, firstly, the aspect of Love by which He creates the powers of His Love called as the Primordial Mother or the Adishakti. It is the same aspect as represented in you as the Kundalini. You'll be amazed that even the Greeks knew about it because they called this bone as Sacrum. It means they knew that it was a sacred power

there. Even Athena, Atha in Sanskrit means primordial and if you see the photograph of Athena, (Her statue I've been to. I was so surprised, in Greece, that they all speak Sanskrit) and She had this snake in Her hand representing the energy. When we [say of the snake] it's the energy, not the devil or anything but an energy that moves like this and She has a snake and all the chakras in Her hand and She is standing like that. That is Athena. It's very interesting, that place, the Delphi and all that, so much revealing and the Delphi, they said is the Nabhi, is the navel of the whole universe which is true also. Lots of things I saw there which I have talked in a tape which you can see for yourself.

Now, this Spirit is the aspect of God which is a witness, the God that witnesses the play of His Love. The first of all is the state were we call as Parabrahma where everything is just silent and sleeping. When we are sleeping nothing exists for us. In the same way the whole thing like Parabrahma, the abstract, sleeps. Then it comes to its awakened state. Then it gets the desire to create out of Love. This power of His love spreads around Him, accumulates and forms another entity called as the Holy Ghost or you can say the Parashakti or you can call it also as the Primordial Mother. She is the Holy Ghost. Now, when the break takes place there is a sound and this sound is the logos as you call it, the Spirit that is that sound which is the divine integrated sound, not one sound, and that one is called as the Omkara which is the child, the child of this couple and that's how you get the Son of God.

The Spirit in us is that Son of God within us which is a part of God Almighty's reflection within us, which is the child in our heart, is the Spirit. It is the abstract form of that power which is all-pervading. Now, this is a combining thing. It has both the things. You can see that because it is from the combination of these a child is born. So on one side it is the reflection of the God Almighty; on the other side it is the connection with the all pervading power which is the power of His Love. So it is connected on both the sides. So this Spirit resides in your Heart, is alert all the time and knows all about you. In Gita He is called as KshetraGnya – the knower of the field. He knows all about you and He knows what you are doing. It just is a witness, it doesn't involve into the play of what you are doing. It's just watching the whole drama as long as it wants to. Otherwise when it is now fed up or does not want to enjoy anymore it just disappears. When it disappears you do not exist anymore.

This Spirit has got the nature of Sat-Chit-Ananda. Sat means that when you become the Spirit you become the Truth. Now, what is the Truth? Truth is this all pervading power. You start feeling it. You start feeling the Truth. Now this Truth is absolute, you get connected with it. Your attention gets enlightened and whatever you know through your attention – by paying attention to it, means through your vibratory awareness – is the Truth. You put ten children together and asks them to feel one person who is facing Me. They will all put up the same finger (Shri Mataji holds up her index finger). That means something is wrong with his throat. Because you become the subject. It is not subjective, but you become the subject. You start feeling. Everybody feels the same. Now you have seen these people who have come to help Me from Australia and Switzerland and England and all these places. When you come to Me they say the same thing about a person. He is catching on this, he is catching on that, everybody catches on the same.

This all pervading power is a complete organization of delivering Truth to you. You ask any questions to it. Whether it is true or not you will know on your vibratory awareness. Of course, in the beginning, you have to develop the sensitivity. Once you are sensitive to it you can find out the Truth. So the 'Sat' part means the brain gets enlightened. Your central nervous system gets enlightened. That means the Spirit gives light into the central nervous system and you start feeling it flowing. First time it comes to your consciousness. Whatever people may tell you, that this is the way we give self-realization and all that, just don't believe it. You must know that you should have the sensitivity of feeling that Spirit and that Truth which is common to all of you. It cannot be denied.

Truth is only one. It cannot be hundreds. Once you realize, all of them talk the same. There is no difference. But the problem is human beings know how to make a pickle out of everyone. That's the speciality of human beings.

Anybody who came on this earth who was a realized soul said the same thing. There is no difference whatsoever. But everybody started fighting about it. Like the real flowers appear on the tree. When they are living they are beautiful, fragrant and they know each other. There is no difference between them. But somebody will take out one, another will take out another. They'll say: 'This is mine, this is mine,' then they are dead, then they'll say, "This is it." When Christ lived nobody recognized Him. They crucified Him. Even His disciples, 'till He got His Resurrection, then, "What's the use?" Nobody recognized Him. All the great people when they came here, nobody recognized Him. Christ has said, "Whatever you have done to Me, it will be forgiven, but not to the Holy

Ghost. Because the Holy Ghost has to give you your realization and when you get your realization you have to recognize it." After realization you have to recognize. If you do not recognize He says it won't be forgiven.

A very great understanding is needed to understand what is today such a precarious time. The last judgement has started. So many great people are taking birth. So many crooks are taking birth to harm you. Its happening. How will you judge yourself? How will you judge? Are you going to put on a balance? Your Kundalini is going to be awakened. You yourself will judge, not necessary for anybody to judge. Today only one of the Sahaja yoginis says, "Mother, I'm catching on the Right Heart." Yesterday somebody was telling me, "Mother, take out these bhoots from my Agnya." Agnya means ego. They can feel it, they can see it and they judge it, because they are out of it. The Spirit gives you the Truth and you like it because the vibrations flow. You feel so peaceful and so happy and so joyous and you can feel others. When the vibrations are not there, you feel, "What's wrong with it?" You should put it right and when you know the method how to do it, you want to do it and you want to be that. The joy of the Spirit, though really felt in a big way, comes later on but it starts trickling in. People give up all kinds of habits automatically. I don't tell them. They just give up. The will power is so great that whatever you want you can give up. There is no problem with it. So many people who used to take drugs and were "druggists" and "chemists," I use to call them, when they came to me, some of them came in a coma. They just came up without any difficulty. Because if you discover your Spirit you just do it. A transformation has to take place within you. If that doesn't happen, it is no religion, it is no God, it has nothing to do with your Kundalini. And when it takes, you become so empowered that nothing can dominate you. No habit can dominate you, no guru can dominate you, no ideas and fixations and all these smaller thing will dominate. But you become so powerful that you start emitting light to others and people can see that light in you, that confidence in you.

Now the chitta. Chitta means attention. Your attention becomes enlightened. You put your attention to anything and you can feel it. You can find out about anyone you want. Your president you can find out where he is catching. You can even correct him sitting down here quite a lot. But he has to ask for realization. All these people have to ask for realization, though you can little bit sort of mold them. But your attention becomes very different because your priorities change. You are not interested in your brothers and sisters only. You are interested in everyone. If you find your brothers and sisters are not interested in God in the real way you just give up. You don't bother your heads. Then you find out people who are really interested, work on them and give them. So your attention itself becomes [enlightened]. This attention has got all telecommunication and everything. Now, somehow the great miracles people have seen by becoming realized are so great that again it is not proper at this time to tell them. But I would say that once you get realized you don't get into accidents. If one person is realized in a car even if there is an accident due to other people you don't get hurt at all.

There was one gentleman called Rajesh Shah who is the one who came to Berkeley University who met Gregoire and that's how he started taking an interest in the eastern people. He had given up everything but he his friends one day told him that lets drive and why don't you smoke. So he had taken a smoke in his hand and as he had taken it there was an accident. He was driving. It was a very bad accident and everybody was saved but only this finger was hurt (Shri Mataji shows the right index finger). This finger was hurt, that's all. So many miracles happen. Once in India there was a drought. In Bombay there was not a single drop of water and Rajesh was so much worried and he telephoned to me, "Mother, there is no water. Why are you angry? What has happened? There is no water at all."

I said, "All right, you will have water, doesn't matter. You want to have rain, you will have it." And that night it rained so heavily from where God alone knows. I mean everything can work out because all the angels are with you, all the Chiranjivis [great souls] are with you, all the elements are with you. Even you can find out from the candle. If you work on the candle you will find some of you it will get like a sort of pulsation in it. Sometimes you will find a lot of black soot will come out. So much soot that the whole wall may become black. That's the black coming out of you. Don't be afraid, let it come out. Sometimes it will be going to tension. You will see even this little candle can burn lots of negativity from you people. The water element helps you, every element helps you. The whole stage of this creation is made for you. But you should have your self-esteem and not your ego. Then it works out. Everything is for you and it has to work out.

Then is the joy which Gregoire has told you, that you get the last, because he thinks that first we start verifying it, which chakra is catching, we want to work for others, how to give realization, how to do all those things and then when you go deeper into it, the

joy becomes established.

The first stage is that you become thoughtlessly aware, is nirvichara samadhi, and then beyond that you become doubtlessly aware. In that state you can do lots of things. You'll have greater powers and in all these powers is the power of Love. That's one power we have never used so far. All the countries have paid attention to the power of hatred only. This is the power of Love, of pure Love. Not that you embrace others too much and go mad. It's something that emits, it just flows, it works out. It takes you to the proper side and it's very energy giving, life giving. But the best of all that happens in the beginning is that your physical health improves immensely. It gets rid of most of your diseases except that a very few of them I've seen don't get cured. Sometimes I've seen so many miracles happening that I'm amazed at myself the way things work out. I went to Koala Lumpur and we had about a thousand people there. They all came and were sitting in the garden of Mr. Dulah who is the speaker of the assembly there. He is a Muslim and he said so many have come and at least 50% are sick people. I said, "All right, you sit on the ground," I just asked the Mother Earth, She is my Mother, and I asked Her, "Please suck their problems, it's too much." One boy had polio. I used to think polio may not be cured it's so much advanced. But this boy was brought and put on the ground and suddenly he got up and walked off and I started looking. Where has he gone? It has happened. If you like you write to him, you can send a letter to Mr. Dulah and find out from him. So many people like that have got it. But it's not important because I'm not curing here, I'm not healing. It just happens automatically. It's a byproduct of Kundalini awakening. I'm not interested either in healing people just for healings sake because you can understand that if this light does not work out you are not going to repair it. You are only going to repair those lights which are going to give light to others. So it's important that you must decide that you will give light to others when you become light. That is very important for all of you, for your family, for your children. It's for everyone to have. That's why it works out more collectively. I hope you'll start a good center here. I know all of you are going to come to it. Keep your minds open and your fixations must be given up.

I'll tell you how things work out in the wrong way sometimes, how we are fixed into it. We had some ladies with us suddenly. They came from New York, some of them came from here with ideas that they have about women and we had some boys who were running up and down and I told them that they must cook food and give it to them. They should eat first and you can eat later, and they felt insulted about it. If you eat later it doesn't mean in any way that you are inferior. On the contrary you are very matured, you are very motherly and may not be able to do that way, but anybody would do it. So simple to us that if the men have come, they are tired, let them have the food, look after them. That's the job of a woman in the household. She's in the house, she's in charge of the house so let her do it. But they felt hurt about it. All these ideas come from a sense of insecurity. You should not have any sense of insecurity. There is nothing low in serving others. There is nothing low in being humble. Humility is a sign of enrichment. You see the trees when they're laden with fruit, they come down to the Mother Earth to thank Her. The person who is humble is very near to God. To have these fixed ideas about things, just forget them. Just become your Spirit. It's a new avenue into which you have to jump, which you have to accept as the transmutation must take place properly.

One thing I have to warn again is that the thinking will start. After this people will start discussing about it. It's better to keep silent for some days and do not think too much because whatever ideas you've got are conditioned or egoistical. So the best thing is that it is not discussed so much as it is to be achieved. Seven days you should try hard to achieve that state. If you have achieved that state then it will be so easy for you to do all the things I have told you of giving realization, giving peace to people, giving them collective consciousness because you've become collectively conscious. I hope that in this short time I am with you I've been able to explain lots of things and we'll send you all the tapes which we have got here and I'm sure you'll avail the opportunity of listening to them. Also the technique which is called as the Shuddha Vidya, is the pure knowledge. We call it Nirmala Vidya. My name is that. It is to be told how to protect yourself, how to give realization, how to decode what is happening to you, how to get rid of the attacks, everything. It will be gradually also exposed to you how to go deeper and deeper.

But at the very outset, we don't tell everything because I feel that every time people don't accept Truth so easily. Gradually it will be told to you step by step. So take it easy, Just now get your realization. Get your Spirit flowing and then you will know more. It's a mystery. After all, I'm a mystery isn't it? I must be a mystery because this thing nobody has done so far. So many people haven't got realization. Now I've definitely given realization to thousands of people, no doubt, so there must be something mysterious about me also. All these things is for you to discover. But first of all you must have eyes to bear it. You must have power to get it. Human beings can't bear anything. They can't bear money and they can't bear power. So first of all you must bear

it, balance it properly and slowly all these things will be coming to you. May God bless you.

Instead of understanding me you try to understand yourself also, first of all, and then me. Are there any questions?

Seeker: You talked of using lemons. What about the peppers?

Shri Mataji: Both of them are very good. You just try them. You'll be amazed how the peppers work out. 7 for the left side, 7 for the right side.

Seeker: I get a pain in my left side after I've been doing Kundalini yoga and how do I get rid of that?

Shri Mataji: That is very difficult but we'll work it out. You'll have to give up that so-called Kundalini yoga. You just can't do it. It's a living thing, it has to happen. Kundalini awakening is spontaneous. If you have done that then you have to neutralize it. You have to take out of your mind that you can do it. Once you are connected then you can work it out but if you are not connected you cannot just do it.

Seeker: I have some confusion about and lack of control over spontaneity and controlling and manipulating situations.

Shri Mataji: You leave it to me. I can see that things have happened but it's all right. It can be worked out. I heard that there was a lecture here: How to use drugs intelligently. First they told you to do it diligently. Means they did it. In the same way if you do Sahaja Yoga diligently, you won't have to apply diligence any more, it just becomes diligence.

Dr. Warren: Please keep your questions to the lecture and not get involved in abstruse ideas. Just keep your attention pure because otherwise it will harm your vibrations.

Shri Mataji: Yes, very true. Also if you ask too many questions, this is not good because you are thinking.

Seeker: You talked about dropping ideas and beliefs and at the same time seem to replace that with some ideas and beliefs such as chastity and [UNCLEAR] of women and I wonder...

Shri Mataji: No, I don't say that you serve me completely. I didn't say that, but that you listen to me, that's all. But when it happens to you, you are self realized, that you've entered into it. Because if you have no chastity, then you'll catch on your Left Mooladhara. All the people I've met in the West have this problem. It doesn't matter. It's nothing to feel guilty about. It's done. Doesn't matter. But you'll catch on the left Mooladhara. So I don't have to tell you, but whatever I'm telling you, you'll find out yourself. But not to feel guilty. There are mantras and there's help for you. Whatever you have done, finished. Forget it.

Seeker: Why with the Divine Mother and God so beautiful, why is there so much false teaching and why is the path so tricky?

Shri Mataji: It's a very good question and while there is beauty and all that, but there are human beings and in their freedom show no [responses]. You never kept your wisdom intact. It's very simple to see. Whatever I've said is so simple, you accepted it when I said, "By dancing you cannot go to God," you understood it. By changing your clothes you cannot go. There are still people who believe it. They would not change even the nonsensical thing they are carrying [around their neck]. This is the problem with human beings is that you have all the freedom and God cannot take away your freedom because in your freedom only you can enter into the Kingdom of God which is the final liberation. If you are possessed you cannot do it. To all these gurus you cannot ask these questions at all. They sit on the temple floor, you pay the money here and then you go and bow to them. But I'm happy you ask me questions because that shows you are free. You are happy to be free. You have to be free. It's all right. It doesn't matter. [UNCLEAR] with all this background, then you see the light and enjoy it more. Every cloud has a silver lining about it, so something good will happen.

Seeker: Is there a difference if one is left-handed or right-handed and the way that one does these things?

Dr. Warren: That question was asked today. She wants to know about a person who is left-handed and if there is a difference?

Shri Mataji: No, no. It's a question of habit forming and it's very superficial. Sahaja Yoga is a very deep thing. It acts on your Kundalini. All these superficial things like what clothes you wear is not important, but later on you start wearing a dress which is sensible, decent. You start but you don't become a dandy and a show-off. You just wear a nice dress and that's all.

Seeker: What is it when you feel a heat or a strong energy coming through your palms. Is that not good?

Shri Mataji: No, it's not very good but it's not bad either because it's cleansing. But in the palm you should not because I'm in your palm. You can ask the question, "Mother, are you in my palm?" I am here in the seventh center [points to Sahasrara] and that's the seventh center here [points to center of her palm]. [Shri Mataji points to all the other chakras in her hand]. Are you all right now? Ask the question, "Mother, are you in the seventh center?" This time I am because I am before you. This is the time that the seventh center is to be broken.

Dr. Warren: You may feel it as cool in the palm of your hand.

Shri Mataji: You just get realization with that. It's very simple. The whole thing opens out. That's the Truth. You can open your eyes and ask the question. Asking question is the best thing. Keep your eyes open. This gentleman who is wearing goggles can open his eyes. Just take out and open your eyes.

Seeker: I feel a lot of cold air in my palms. My fingers are getting cold though.

Shri Mataji: Now you ask the question: "Mother, are you in all the centers?"

Seeker: Mother, are you in all the centers?

Shri Mataji: Ask twice.

Seeker: Mother are you in all the centers?

Shri Mataji: Answer it..... You got it? Very simple. That's why Christ has said that it's very simple but the ego is the worst thing and [UNCLEAR] lifestyle is a barrier. You have been seeking someone, asking for it. There is nothing to feel egoistical. I don't know many things really. Many things I don't know. I don't know how to drive. I don't even know how to go to a bank. I don't understand bank, I don't understand money, I don't understand many things. You know many more things than me. But I don't feel bad, do I? I know one thing and that's how to love you, That's all. Why should you feel ego? Why do you worry worshipping God? So simple as that. All right?

We feel very sad leaving you. Tomorrow I will be going. I hope I will be back with you again and meet you all here. But you try to grow yourself. You have to grow properly to turn the tide, not to get angry. Whatever are the ideas I've told you, you yourself will feel on your chakras. You connect your chakras. Try to understand why chakras are catching, why is this happening. You've got it now.

Those of you who have not felt the cool breeze, how many there are? [Shri Mataji helps individuals with their vibrations. Those not feeling vibrations are told to ask the question, "Mother, are you the Holy Ghost?"]

1981-1020, America is the Vishuddhi chakra

View [online](#).

20 October 1981

America Is The Vishuddhi Chakra

Public Program

East West Center, New York (United States)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: All my apologies for the delay. But we got lost on the way. And your New York has lots of staircases without any [UNCLEAR]. I do not know how far he has been able to tell you about the Kundalini. By the way, looks like Sat-Chit-Anand and everything. Gregoire already has written a book called "The Advent" which is very knowledgeable also.

It is hard to believe for many people that God has made us. He has made us in His love, in His desire to give us the greatest that is possible. Human life. He is a father who loves you more than any father can love. I mean the source of that love, that you find in anyone is that God Almighty. And He has not created you just for a [UNCLEAR/whim]. Just to be unhappy or [UNCLEAR].

The whole universe was created to create you and you are the epitome of that. The whole being was created with such care, gentleness – you never even felt how you became human being from amoeba. He did not even let you know how beautifully it was done, how subtly. It is all within you. Only in our freedom, we went a little bit wrong. Does not matter. Even this, Christ has said, "All will be forgiven. Everyone will be forgiven". And that is what it is.

We do not have to build up any guilt within ourselves. There is no need to quarrel about how to get it. Because He is more anxious about it than anybody else. He is the one who wants you to get your realisation. And you are a fantastic instrument for Him.

Now, we think in our freedom we have been able to produce lots of thinking, enterprises we should say – we have gone into it through our thinking. Which is practically nothing, I feel sometimes. Because you are not aware of that all-pervading power which is the source of all the powers that we have. Which thinks, which co-ordinates, which co-operates and works out everything that is going on. The whole Universe. Every atom pulsates, every human being is nourished by it.

This fruit now that you eat has come out of a flower. And this flower has come out of a tree. And this tree has come out of a seed. How do all these things happen? These living processes - every day we consume so many things like that. And we do not even think of how these things are happening. You see, these living things here – you pour some a little water and some greenery comes out of that water. We never even think about these things. We take it for granted. And this is all done by the all-pervading power of the love of God, which nourishes, which has made us a human being.

While in our thoughts we write big, big books, lots of dogmas are created. Out of religion, we have created so many problems. So many problems. Because it is artificial. It has nothing to with reality. It is all artificially created. And the whole dogmas – they write theses, they fight, they do this, they do that – what is the use? Just get to the Reality, the source, and find out what is it?

Why should we cheat ourselves any longer? Why should we be dishonest to ourselves and others? There is no use. And these fixations that we develop within ourselves – that this is the truth, this is the truth, this is the truth, better give it up. To find out the reality and there you are amazed, that this was all wrong. This you should have not done at all. It is such garbage, you have created. For nothing at all. It is to be thrown away.

But human beings do not understand and realise that this lifespan is very short. There is very little time left for us, as it is. And we have to really get to the crux. If you have any humanity in you, do not mislead other people. And do not mislead yourself. You have done it enough now. There is no time for you to suppress anyone and to oppress anyone, and to mislead. But get to it.

Because it is there, it is there. Just waiting for you to manifest.

It is just a split of a second I will need, and you will need also, afterwards to give realisation. You do not have to worry, "I am of a certain race or creed". I do not understand why there is anything like a race, or a creed or a caste. God never created. Never. He had to create different types of people. I mean, naturally, if you see everything is regimented, just like bolts and nut – how could we live as human beings? We had to have different types of faces, features, different types of dresses to look nice and beautiful and interesting.

That is how He created this world. He never created America and India and all these things. It is all created by you, human beings. And these are all problems created by you. Not by Him. Not by Him by any chance.

And then you can also get angry with Him by saying that why has He created this poverty? He does not understand money at all, how can He create poverty? A man who does not understand money at all cannot create poverty or riches or anything; this is your myth. It is your idea of possession and this and that. Everything is possessed by God, you cannot possess anything.

When you die, everything you leave here. Everything is your idea, you must possess this, possess that – you cannot even carry a particle of dust when you die. What thing we can carry is nothing else but this enlightened awareness. If you are a realised soul, you will be born again as a realised soul. And you will have the power to decide whether to be born or not, where to be born, what is to be done. You have a purpose. You have the purpose of life and you are sure, you are confident and you are born with it.

And this is what we have to look into ourselves and see for ourselves, what have we got? What have we achieved in life? It is with this understanding if you see – sometimes people feel dejected, depressed, unhappy. But I feel there is no need for that also. There is no need to be dejected, depressed or nervous. Because there is a very little film in between. A very little breakthrough that is needed.

You are just about to get it and if you are honest about it, and if you are thinking of it from that angle and you are not selfish, self-centred about it – it is the easiest thing to do. Because it is inside you; just a seed has to sprout. A seed is sprouted without any difficulty. It is so simple as Gregoire has told you; it is a fact. You can see for yourself. The pulsation of the Kundalini you can say, the rising of the Kundalini you can say, the breaking of it.

But the trouble, from my experience now of going through America, is that people are seeking, no doubt. But they are seeking either their ego or superego. Then it is not seeking at all. If you are seeking your ego like, "I believe in this and believe in this", you are seeking your ego. What you believe, you believe just because of your ego. What is the concrete proof of "I believe in this", what is the concrete proof of that?

What do you believe in? You believe in capitalism; see the effects of that. You believe in freedom; all right, see the effects of freedom. You believe in communism – see the effects of communism. You believe in fanaticism also, see the effects of fanaticism. Everything today we are seeking it starkly before us. When you people fight with Me, "we are Hindus, we are Christians", look at the comedy. Everyone who says that is a Khomeini, in a way.

Everything is the same. It is just because you see your reflection, you call it a name. But it is you who is reflected there. When you start professing any religion, "I believe in that", from where did you get the belief? What is your proof? Somebody says our proof is the Bible. I say, "How do you say Bible is your proof? Moreover, how do you say the Bible is authentic?".

Let us take it. Any Hindu can say, "How are we to believe the Bible is authentic?". Isn't it? Any rational person will say that. And Hindus they will say, "How is it your Gita is everything authentic?". Anybody can ask you questions. How can you follow anything saying this is the truth? If that was the truth, why are the Christians in such a mess? Why the Hindus are in another mess? Why the Muslims are in another mess?

So what is your authority? They will say ours is Christ. Somebody else will say ours is Rama. But where are they? What is their

proof? I mean if you come to challenge it, you can challenge all of them. But when it happens then [UNCLEAR]. Then you can ask, "Is Bible the truth?". And then you start seeing the Bible in a very different way. In a very different understanding.

Before realisation, you see the Bible in a very closed manner. Because it is all ego. "I believe". It is "I". It is actually the ego. "I". But when you become the Spirit then you see it in a very different way. Then you will be amazed, that all of these scriptures are saying the same thing. Only these fighting cock have taken these truth flowers from the living tree and are saying, "This is mine, this is mine". It is so ugly. The whole thing is so ugly. The beauty has become ugly.

I have to say that within you is love. It is such a sublime thing within us. Why should we not get to it? Why should we refuse? Only because we have committed somewhere, we have paid somewhere for a membership. It is such a great thing and all these things are so frivolous. They have no value. Nothing. But people start paying for it. They pay for it. I mean, they sell everything. I do not know how you can conceive such a stupid, foolish idea – that you can sell God's love.

They have been selling that – for thousands of years. In India, you will find they were doing that in the temples. Then everybody followed them. Even today they are doing that everywhere. Everybody, they have to preach, then they must earn. If you have to preach, why should you earn from that? What are you preaching? What are you preaching? It is nothing but artificial. What is there to preach? You said, "Don't do this and don't do that". What is the use of all this?

First of all, if you give them their Spirit, they know what to do. They judge themselves. If the awareness is enlightened, you see for yourself. You know what is wrong. You correct yourself. You judge yourself. The judgement starts with yourself. It is left for yourself to judge and understand and improve yourself. God has made you your own guru.

You do not need any guru, you do not need any preacher, you do not need any priest, you do not need any church. Like any temple, nothing. Temple is yourself. You do not need any organisation. Just that you start feeling yourself and becoming yourself when you understand what you are. Now, this understanding is not rational as Gregoire must have told you. It is not a rational understanding but an absolute understanding.

As all of us have seen, this colour is white. In the same way, you start feeling yourself. Everybody will say the same thing. If you put your hand out and say what is the matter with this gentleman, everybody will say the same thing. Everyone feels in the same way, in the fingers, in the hands, in the body; everyone will feel the same way. It is so simple. It is so simple that even a child can do that.

When children put their fingers in their palms, you should know they are actually showing your centres. There are so many children I have seen who are born realised in this great country of yours. I am sure Gregoire must have said about Vishuddhi chakra, you did not?

Gregoire: No Mother, I did not. I stopped at Heart.

Shri Mataji: You stopped at Heart. So you left Vishuddhi to Me. Vishuddhi is your America. America is the Vishuddhi chakra. Is the chakra where human beings have raised their heads. When they have raised their heads, they have taken responsibility. You know Americans are responsible for the whole world. At least they talk like that. I mean for the peace of the world, the fraternity of the world, they are responsible for everything.

And they want to take responsibility for it. They suffer for this. Create problems out of that. You know that. But unless and until you awaken the deity that is there, it is of no use. Saturn is the star that rules that chakra. Now you have been to Saturn also. They did not know there is a ring around Saturn, but we knew about it. Because it is the deity, Shri Krishna's. The Primordial Being is the Virata. He is such a great thing, the whole collectivity exists in that centre. Is the centre of collectivity.

That is why you talk of collectivity. You have collected people from all over the whole. I cannot make out an American now. If somebody says, "I am an American", I do not know what sort of features he will have, what sort of face he has, what language he

may be speaking. We just cannot say, everybody is an American from all over the world. All over the world. Even from India, the people who have come – I mean, I used to think it was an old, traditional country.

But the children are speaking in your English, just like your style. They talk the same way, they behave the same way. I mean you cannot make out what is American, what Indian, it is all collective. The whole world is represented. Now, this is an important centre of sixteen sub-plexuses, which gives you the face, the eyes and ears, nose, throat and is a very important centre. But wherever you go you find, whatever you represent, you are just the opposite.

Something very surprising. Supposing you are representing truth, you are the most dishonest person. Otherwise, you cannot represent the truth. Like, we can say, India is the Kundalini. Maharashtra is where the Kundalini lies. Actually, the shape is like that like the sacrum. Two big mountains like on two sides and one big mountain like that. And it is all like that sacrum bone where the Kundalini rests. But there is no awakening. There is no awakening.

Europe is the liver and people there are drinking. I mean, imagine, it is drunk. The liver is drunk. England is the heart. And it is lethargic. It does not pulsate. Never believed. You know you have to go on poking them, again one ripple will come, then it will settle back. Then we come to America which is the throat and they are smoking. All the time.

At this time, I come here to see now, to work out this whole being with all its problems. That is Agyna. So you can imagine what must be the pride. And this is the problem not only they smoke ordinary tobacco and all that, but all kinds of things they smoke. I mean, I do not know, if they could burn this pillar then they would even like to do that. Wherever they could lay their hands on, they could burn that and use it like a smoke. I mean, something I just do not understand how they got to it.

Because even tobacco is a [UNCLEAR]. It is an insecticide. Not meant for humans. Even God never knew that human beings could be so stupid. It was an insecticide to be used for insects. It was used in India for thousands of years for killing the insects. Nobody knew about it. Till Muhammad Saheb's time, nobody knew about it. Nobody knew and tobacco we have got for years together. He never knew that is why he never said that you do not smoke. So Muslims think that they must smoke otherwise they are no more be Muslims. And then he came back again as Nanaka and he saw everybody was smoking. That part was missing in those books so he said now you do not smoke.

Now in modern times if I have to say, I would say do not smoke at all or anything. Do not have any smoke anywhere near you. Because I do not know what to stop now, what to say. Which thing do you not smoke? I have seen people smoke anything in the name of smoking. So this is another thing which is anti-American, is to smoke. It is against your nationalistic Spirit. Anybody who smokes must know you are doing the greatest anti-American activity.

And the punishment for that is that you develop cancer. No doubt, the cancer is there. That is why it was prohibited by so many people who came at the time when people had just started smoking. Now, this cancer business has also not stopped people. They cannot think that they can stop it. The only thing that can stop all these things is your enlightenment.

Once you are enlightened your Spirit gives you so much joy, that you are no more bored. You are so much bored that you do not know what to do. I have seen people breaking their necks because they are bored stiff. They feel imprisoned within themselves. This imprisonment is finished. You become free like a bird.

Like in an egg one feels, you feel before realisation. And after your realisation, you are like a bird and you enjoy your life. You no more smoke. I do not say, "Don't smoke", just now. Because when I said that, fifty per cent of the people left in one of the meetings. I said, "No, no, I did not say that. Come back. Come back". Because it is absolutely blasphemous to say, "Don't drink", so I do not say that either. You will just not do it, because you really get drunk with the joy of the Spirit, "Sat-Chit-Anand".

So this is the Vishuddhi chakra which Gregoire has not touched and that is what you stand for. And one can give a big lecture only on Vishuddhi chakra; it is a very great thing. I think I spoke about it before also, in one of the congregations. I am sure you have a tape of that.

Now we come to a very important centre, that of Agyna chakra. This one is the centre of optic chiasma, this beautiful centre lies. Now those who are thugs and those who are just trying to invade it – they see an eye there and say that you must have a third eye and all those things. See, this third eye exists. But when you become the third eye you do not see it. Do we see our own eyes? A simple question. Do we see our own eyes? Unless and until we face the mirror, we do not see our own eyes. Because we see through it. We are our own eyes; we do not see. And if you see a third eye that means at least you are not a third eye. You are seeing, maybe yours, maybe somebody else's.

If it is your own, you do not see. And this is what it is. That the third eye which resides in the Agyna chakra is in the optic chiasma. And this one is adorned by Jesus Christ, our Lord, who came on this earth to create a special passage in this area. You can see that these two things cross over like that. And this crossing is so much close together. And when the ego and superego develops, when you are independent. The two, ego and superego are developed when you try to do something on your own, that there is no space in between, it is all left.

And only a thing which is above, above this material and so-called ethereal and every sort of body, which can pass through had to be born on this earth. And that which can pass through is the all-pervading power. And that is why the embodiment of the Spirit, of the all-pervading power, which is also the reflection of God within us, had to be born in human form.

Another thing that Shri Krishna has said is, this Spirit does not die. Now spirit also means in the English language, a dead body. It also means alcohol. I do not know what else it means. But I mean the Atma. The Spirit that is you does not die.

To prove that, the Spirit of the Divine Power itself took birth on this earth as our Lord Jesus Christ. And His resurrection did that passing through that passage in the Primordial Being, creating us a passage to go. And he resides within it. He resides there.

When the Kundalini rises, she awakens that Spirit there. And once the Spirit is awakened, it sucks the ego and superego from both the sides and creates also a passage here. And the Kundalini passes through this limbic area, which is actually, as they say, is the domain of God. The Kingdom of God. And expands it and opens it through which the Kundalini passes through the fontanelle bone area and you start feeling the cool breeze of the Kundalini or you can say of the Spirit.

Because the Spirit has got its seat here but it resides there. When the Kundalini ignites the seat, you start feeling the cool breeze coming on your head. If you put it here you will not feel it. But if you put it little higher you will start feeling the cool breeze of the Holy Ghost.

Because it is the Spirit, or you can say the lamp or the wick which is being enlightened. That light comes out and you see the light here as the cool breeze. This is the first thing that happens to you. Then gradually the Kundalini starts opening more and more and you start improving on it and growing in it.

Before your connection, there is no technique. For example, until it has become a seat, nothing can be done. Anything that you do is artificial. But once the seed is sprouted, then it starts coming out, it starts growing and you know the technique how to make it. And the technique of that is to be known and is called the divine technique. Know and harness this power that is within you.

This thing should happen to so many of you. But there are very few who want it. As I said, the seeking is more in ego and something [UNCLEAR/stupid]. For example, somebody is jumping on the seat, people say, "Oh, something is happening to us. Our Kundalini is awakened". It is out of their power to do it. They are not in that power. They are just jumping. They cannot control. They are not master of themselves.

But they think, "Our Kundalini has awakened". Because here the superego, here somebody has possessed them and they like to think this is another awareness. It is not awareness. Actually, it is somebody else who is making them jump. Or if, somebody writing something poetically and all that, he thinks he has got some other awareness. That also is ego.

Some people start seeing things, like seeing some sort of auras, this, they think it is another awareness. It is also ego awareness. If it is projected more, you start seeing it. If it is through some medicine, like say drugs – if you start seeing something that cannot be God's awareness. One should understand this. Or if you take say, some drugs by which you start feeling drowsy, sleepy and you feel absolutely depressed, that also cannot be God's awareness.

So the things that are not under our power cannot be God's awareness. Because when you get to God's awareness you become your own mind.

The Kundalini awakening you cannot do. It happens by itself. The pulsation of the Kundalini and the rising of the Kundalini. So you differentiate between the two.

First of all when it is ego awareness, then what happens? You think you are doing it. For example, somebody is writing some books, or somebody is seeing something, then he thinks he is doing it. But he knows he is not a master. He knows in his heart of hearts he is not doing it. It is just doing it through his ego, artificially.

Another one is superego where you have no control over anything. Something like jumping, taking off your clothes, becoming frantic, shouting, screaming, that everybody gets. So the things that you can do or achieve is not what the Divine can achieve. For example, you cannot pulsate this bone like a heart. You cannot pass the pulsation on your back. You cannot feel the pulsation on your fontanelle bone area, and you cannot get cool breeze from your head. You cannot feel cool breeze all around.

Now, this is just the physical side of it. Absolutely gross physical side. But then, with this vibratory awareness, you can control your system. You can control all bodily problems. You can cure cancer and other diseases which are incurable. You can, with your hand, raise the Kundalini of others and give realisation. Now, this is not possible. This is not possible.

You can emotionally improve people; mad people can improve. Most of your physical, mental, emotional problems can be cured. Even spiritual problems can be cured. Like you have been to a wrong guru, or you have been a fanatic; all improve. It is not possible unless a tremendous transformation, a tremendous transformation must have taken place. Otherwise, you cannot become like that.

Then the transmutation is the problem, for which you have to put in a little bit effort and it works. A very little effort and you can throw away these fixations and all that. As I said, the butterfly when it comes out of the cocoon requires a little effort and willpower to know and assume it is a butterfly. And try to throw away all that. It is that simple is Self-realisation.

You Americans deserve much more. Much more, and many more. But still, there are so many who are lost. And I am sure next time when I come, we are able to do it in a big way. Because I have got some people who are in charge and who are very much worried as to what is happening to their youngsters. They are really surprised at how these horrible people have come enticed their young people and how they are being ruined.

And somehow I have been able to convince them and they are very happy that I have come in May. I wish I could stay here longer but I have some programs and I have to go to other places. So, in the beginning, you are a few people who have got realisation; you should get, all of you. Practise it and develop it, because we have to have a few people for functioning.

Supposing tomorrow, fifty thousand people come to Me, then who is going to look after them? So we need people who are experts, who can give realisation to others and who are ready. So in a way, it is nice that in My first trip, I did not have to manage many people. Though in Houston we have got lots of them and in Santa Cruz we have got lots of them. And everywhere we have quite a lot. And in New York also we have some of you.

So in the same ratio I feel, we will be having the flood coming down. Does not matter. We will have to go, I think, the first time I

will be going to Los Angeles. That is the place where they want to do it. And then after that, I will be going to Houston and other places. And then after that, I will come down to New York in the end. And I am sure by that time you will really develop yourself and you will be masters of this art, and you will be experts.

Now the greatest problem of the Vishuddhi chakra, of this America, is that they are really gipsy-like. Because they have come from outside. This country is not theirs. So the temperament you see is gipsy-like. Because they have come from some other country. So every year they change their houses. I don't know every six months they change their cars, every month they change their wife.

So it is very difficult today to get your hands on anyone like that. Now thing is, I must say you must come to some things strictly; that is the centre. Even if you change your houses does not matter. You will have a connection with the centre. Now we have got centres in every place we went to. You should find out from us where the centres are.

We must understand that the greatest defect that you get from this kind of shiftiness is that you always gather wrong people around. If you get water in one place, then you go on digging there and you get the well. But if you find little water there and then you go to another place. You might get a worm there, from there you go you will get something else. So wherever you go, find a little bit, go on digging deep.

Because such a temperament does not give you the depth, it gives you expanse but not the depth and the height. So it is important we should understand the character with which we are built. If you did not have this character you would have been very much more saved.

Because you started first say, with tobacco. Then tobacco, you have to shift from there. Even if you had only gone to tobacco, you would have had only one type of problem. But here what I find, everybody has every type of problem. So, there is no problem – you name it and it is here. You name it and it is here.

The reason I found out is they are very shifty. And they have tried out everything under the sun. Everything. And whatever they have tried has harmed them. It is a very serious thing. And I feel really sorry because you are saints born here. Is why all

You are saints. You have no self-esteem. You cannot waste yourself like this. You must have your self-esteem. You are saints. And this is the country specially chosen for you in modern times to be born because the collectivity resides here.

Now this ring that we have around Saturn is the Sudarshan chakra that we have in the hands of Shri Krishna. Is the most powerful weapon in the whole world. It has the "samhar shakti" means the power to kill anyone. But you are not aware.

If Shri Krishna's deity is awakened here, means if you get the awakened people here if you get realised – no country can come, no country can touch this country. You cannot imagine what powers you have. Because if you do not use it, it starts working against you. And that is why all your shores are being corrupted. That is why you see the shores are just getting destroyed. And if you go ahead with this kind of a thing, then there could be terrible things that could happen to this great country.

So one has to be aware. This work of collectivity has to grow very fast. And everybody who had defied it and denied it will be having problems. So one has to understand that to go deep down into it, one has to come out of that shifty nature. And become responsible. Because responsibility is the thing that is denoted by this [UNCLEAR/petal/chakra]. And there are sixteen sub-plexuses, so how important is this centre you can understand and how one has to work it out.

Only you have to awaken yourselves, first to your responsibility as Americans in spirituality. You have a tremendous responsibility. While you have this responsibility, you gave away to thuggery and gave away to all kinds of nonsense that have settled down. Because you were not aware of it. If you were aware of it, you would have thought of it, you would have chosen it properly and you would have done it.

I came here nine years back and I told people by name, the people who are going to ruin this country. By name. And you are the ones who invited them, gave them money. The other day I met a girl, she was crying. She said - she took the name of one of the gurus, whom she brought herself. And she said, "I am guilty of that Mother, I am guilty". And he used that woman, he did all kinds of things to her. And she is crying, "Those who went to him now don't listen to me". This is what happens.

So you have a special responsibility; you owe it to the whole world. No use being responsible for political and economic things, be responsible for spiritual things. Because that once you get, you get everything else.

Krishna had said, "Yoga-kshema-vahamyam". When you get your union with God, when you become one with Him, he looks after your well-being. Not before that. He did not say that, "Kshema-yoga". He says, "Yoga-kshema".

Well-being is kshema. Complete well-being. Physical, mental, emotional, material, every sort of well-being comes to you. Then you really become a capitalist and then you become a communist because you have to share your capital with others; you cannot enjoy it.

Like Me. I have been travelling and travelling, day in and day out. Doing this beautiful job. That has been so much encouraging, so much joyous to so many people. Blossoming into flowers. And also to see so many buds have gone to the wasteland. It is very, very sad. With all these mixed feelings now going back to London. And I may not be able to meet you anymore but I leave it to you to take it up as a responsibility.

And don't be frivolous. You have to keep your connection to the centre we have. Armand has very sweetly offered his place. We send you all My tapes and everything that is possible and all the books, everything. All the help.

Some people from London will also come here. We have got here Steve and his wife. Steve, not yet his wife, we can say his fiancée. All of them are here. We have got Christine from London who came down here to settle down. She is here and she is going to look after. And there are so many others who are going to help you.

So we have also got Doctor Modi who got his realisation. There are people from upstate New York who have come down for this program. In the same way, you should feel responsible. We need not import now, anymore Sahaja Yogis. On the contrary, let us create more Sahaja Yogis here so we can export them to various countries. And when this export will start from America, real people, then only the spirituality of America will change.

Because you people give everything to them. For example, jeans and all that, have gone from this country. Everything goes from this country. All nonsensical. Now let us do something sensible also. Send some sense to them, send some wisdom to them. We have got great people like Abraham Lincoln and all these sensible people in this country, such saintly people. Let us send some sense to them, some living sense, some living wisdom of God.

May God Bless You. May God Bless You. [Applause].

Now if you have any questions, please ask Me.

Sahaja Yogi: I would like to ask.

Shri Mataji: Yes? Yes, Barbara?

Barbara: I would like to ask if the arrival of the [UNCLEAR] is proof of the whole evolution of all things and our realisation is the microcosm. If realisation is the proof of evolution and certain beings reach that point where they are realised, what happens after death? Do they remain realised, do they help other beings come forth? How does that work? After realised beings die how do they help the world after that?

Shri Mataji: Now your question is just suitable to the futuristic society. They always live in the future. While an Indian will come and ask Me, "What was I in my last birth?". What I am saying – we have to live in the present. All right?

I can give you a big lecture on after death. But just now we have to live and not to die. All right? So just now do not think what happens after death. You just don't worry. That is not so important. Just now it is difficult to live; very easy to die. You want to see? We can jump into the sea and find out. All right?

I would say don't be futuristic. Be in the present. See what happens in the present when you get realisation. All right? I do not want to put your attention to futuristic ideas. We are very futuristic. I mean, the Americans are terribly futuristic. So much so that I do not know how they live, Myself.

The other day somebody told Me that a gentleman has taken up a new job and he is doing very well there. I said, "What is he doing?". He said, "In charge of funerals". I said, "Funeral?". He said, "You can plan out your flowers. You can plan out your dress". I said, "But who sees that? I mean, what is it for?". He said, "You see, it can be planned out. We plan it. You see, we plan out everything, we select everything". And when they die in an air crash what happens?

So these plans never work out. You see, actually, God disposes of all your plans. Always. So never plan out everything. The thing is, you should live in the present. All right?

Like, now we have to go somewhere. Even our Sahaja Yogis do sometimes. They will sit down for one hour – "you go there and you go there". And "you meet me there and you meet me there". It will go on like that until they get puzzled. And ultimately where do we meet? They come along. I said, "You got a ticket, he has got a ticket, you go there". "And then?". I said, "You all have got vibrations. You will meet". And they all meet. But if they decide, I will go there and you go there, so one will be standing here and one will be down there where they will never meet.

After realisation, you do not have to think of the future. The future takes its own course as it wants. And the past is finished. All right? The future is so beautiful that you are amazed by how you meet with it. Everything has meaning.

Now, today I was late. All right? Why was I late? First of all, I had to go that way. I had to go vibrating that way. I was not well. Then I had to come here late because the time has to come for you to get your realisation also.

Everything is planned out so well, it works out so well. Those who were useless people are gone away. They would have troubled Me here, asking funny questions so I was happy. They are just gone away. Those who were serious people, those who were deep are staying. So it happens. It also helps a lot. And also Gregoire had a chance to speak. He is also trained in talking and speaking to you and you came to know him. And he was not here last time when we were in New York. So many good things have happened.

And I was present for what I had to say. I made you laugh, quite a lot. So don't be futuristic. This is not necessary to say will happen to you or when you will die. All right? Yes, please?

Seeker: What is Your opinion about – Kundalini can be raised by pranayama or mudra or all these other techniques?

Shri Mataji: I must say that [UNCLEAR/can tell] it is all garbage. You see, everybody can talk about God, talk about Kundalini. Because who is going to challenge them? But what happens to them? Today it was only, the day before yesterday. No, no yesterday night isn't it? Yesterday night we were at Santa Cruz. Was it? The day before yesterday, we were at Santa Cruz.

And a man who was looking like a bird chicken, absolutely like a bird [UNCLEAR/come to eat chicken], came to Me and said, "My Kundalini is up". I said, "Really?". I was worried about him, how many diseases this fellow must be having. Then he [UNCLEAR]

act like this. Absolutely like a bird, chicken. All over the body, black, red patches like that, horrible body – if children see him they will cry for ages.

He came to Me, he sat like this. Went on, he did like that. I said, "No, no, no, no what are you doing?". He said, "I have got all these mudras by which I am doing". I said, "You better go and sit in the water for ten hours every day". He is [UNCLEAR] and he has got cancer; I did not know how to tell him that. It is not only garbage but eating the garbage.

That is My opinion as far as I am concerned. But if you want to see the results, we can call the gentleman.

Seeker: Mataji, I have been having – I feel really wonderful by the way. I have only two questions, I may be the first one. I still have these doubts and I find myself saying these names. I don't want to say them. I do not want to have these doubts and the feelings from saying these names are negative things. And I do what Christine says with it, you know, the beating with the shoe and I do that to protect me. Because I do not want to have them. [UNCLEAR/Mestrome], I don't want to say them here. It is not me.

Shri Mataji: All right. It does not matter. It happens with everyone. Now how many days you have had these. For days together. Now you have met Me, how many days back? You got your realisation. You are only one month old. Not even one month. How many days old are you?

Seeker: I am thirty-seven. Days? Many, many.

Shri Mataji: No, no, not that. When you were reborn.

Seeker: Oh, less than, I don't know.

Shri Mataji: You are still a baby. All right? So you require a little more time, that's what. Have some patience with yourself. You see, patience is required because of the way we have spoilt ourselves. You have to have patience including with yourself. But you are much better. You are much better since I last you. If you ask Me, I would say you are at least seventy per cent better.

Seeker: I feel much better.

Sahaja Yogi: Sorry may I? If you ask a question now, please ask questions which are in the interest of the group. If you have any personal questions we can take it up with you later on. Okay?

Seeker: I have just another one. I see since I was [UNCLEAR] a friend of mine came. Because I wanted to share how good this is. But I do not know how to talk about it. Because people say, you know, I say I have had such a wonderful thing. They get, they say you are crazy or something. I wanted to tell them the right way. I even raised someone's Kundalini, myself, in a park by a stream. And she was feeling it, it was great. Then she went back, she was seeing a clairvoyant – she got confused.

Shri Mataji: That is very common. They call Me also crazy. So what does it matter? Keep it, as long as you know you are not, you should not worry. Gradually they will understand. See, they think I am also crazy when I say I can raise your Kundalini. They think I must stand on My head to raise your Kundalini.

What to do? You cannot do according to what they want. But it is all right. Does not matter. As long as you are sure of yourself, go ahead and build up yourself and become that. All right? You just do not take certificates from others anymore. Now you take it from your own vibrations. You have to take a stand when you are standing alright.

Seeker: My observation is, is it correct that breathing becomes very much regular, everything improves?

Shri Mataji: Very much so. You see, breathing itself is a prana shakti of right-hand side as Gregoire must have told you. You get balanced. Everything gets balanced. Today only there was a phone call from someone whose father was a governor of Kashmir.

I could not contact him, otherwise, he would have come here. This boy, he is working here now. And his father had asthma for twenty-five years.

They were, before coming to London, we knew them very well, you see. My husband was just like him. I should say he was the senior, one of the senior persons, very elderly and we were young when we were married. Very kind to us and he said, "You never come to Kashmir. So before going to London, you come and see us". And we went there. I never knew he had asthma actually.

And he came to see Me, walking. He came to the guest house and I was very surprised why the Governor was walking. He said, "I have not come to see Mrs Srivastava, I have come to see a saint". That is why he was without shoes, you know. And he sat down there. And he said, "Today I have come to see you for asking one thing that I have got asthma for twenty-five years". And I cured it. And it was cured just by raising his Kundalini.

But the thing with Indian human beings is this, you see, from childhood they are screwed up (Mother is saying in a good way, good conditionings). From childhood, they are screwed up. That you must keep your attention in the centre. Everybody will ask, "Where is your attention?" to the children. "Where is your attention?"

See the freedom is not a licence in India. Still with our social life, as it is. So you are all the time saying, where is your attention? So even people of that age group, they get their realisation just like that. They get their cancer cured just like that. Because the attention has not gone too much into some sort of a thing.

Here, it is a license. Because there is nobody to check you that your attention should be in the centre. So "chitta nirodha". It is not the control of the attention. It is the alertness of the attention. Where is it going? It works out there very fast, very. Thousands of people get realisation there, in the villages. Of course, the city is westernised, they are getting to your plastics and nylons. They are developing. Till they get rid of the plastics and nylons, they will have to come through the whole circus and they will come to it.

But by that time your attention gets harmed because you have gone into that, gone into that. But still the whole thing, I must say despite everything, in such a short time you feel it. We cured a multiple sclerosis in two sittings only in general. Multiple sclerosis, can you imagine?

I mean, they are all Americans and they lived the same way. They have made the same mistakes that any common American would do. But [UNCLEAR].

Seeker: Your own enlightenment, did it come on suddenly or was it a gradual process?

Shri Mataji: Me?

Seeker: Your own enlightenment, was it a sudden realisation of the truth or was it a gradual process?

Shri Mataji: See, I am a big mystery, all right? And I think it is better you find out about it. Because I have to become a little tactful. If you tell about yourself, you are in for trouble. So it is better if you find out about Me, through your vibratory awareness. It will be a better idea. But as far as I am concerned, I think I was never enlightened. I knew all this, for ages. It is for you to find out about Me. I am like a bubble. It is a big camouflage, which you will discover very soon about Me.

But it is better that you discover Me, instead of Me telling you I am this and this. I do not want to claim anything whatsoever.

But I must be something, isn't it?

Any other question, please? How are you?

Seeker: Good.

Shri Mataji: Good. I can see that. Are you all right?

Seeker: Yes.

Shri Mataji: Good, good. How are you, Christine?

Oh, the gentleman from Boston, he came all the way. He came up to Santa Cruz. And he improved and he is going back. He told Me that he would like to meet you there. But I told him he would be there because he would be coming to see Me, he would be there with Me. So he said, "All right then. I will go on".

He is going to work it out because he really follows Me and he is very good.

Christine: Oh, good.

Shri Mataji: He is very good.

Christine: Oh, great.

Shri Mataji: I have some nice photographs for you. Yes, is there any question.

Seeker: The effects on the nervous system, when the Kundalini is raised, would be?

Shri Mataji: Enlightenment. It is so tremendous, I tell you. See, the nerves are just like a wick inside. And when it is enlightened, how you find this is giving light. This is one. But not – now it is enlightened light. You will see that if a person who has got some sort of a problem, even with the movement of My fingers it will start moving. Even if it is far away. Because it reacts. It reacts to vibration.

So, when you are realised, your nerves can emit it. You can feel it. Your nerves can feel it. So your nerves are enlightened. They can feel it. Not only that, if you think of something, but your nerves can also emit that thought, that enlightened thought, which is effective.

It is a tremendous thing. I mean to explain it is difficult. But the whole thing happens in such a big way, that you see for yourself.

Seeker: The question was when the Kundalini is raised and the nerve system is affected, the parasympathetic system which you spoke of would begin functioning more perfectly.

Shri Mataji: Absolutely.

Seeker: Would then hormones be secreted that would create a balance?

Shri Mataji: Perfectly, in a balance. You see what happens is all the imbalances get [UNCLEAR]. First of all, in balance. And you start looking much younger, feeling much younger. I mean, I am now about to be sixty years of age. And how much travelling I am doing. Anybody who thinks they have to get this lady travelling like this. But I do not feel tired.

Seeker: This, I found out to be enlightened and I have only been enlightened a few days. That even though I don't sleep, I can draw on the energy of the Kundalini.

Shri Mataji: I know, and it comes from the top also. The grace, the grace comes and fills you. It is very energy-giving. And not only physical, even moral kind.

You see, you can stand up to any kind of thing. You see, if you see Christ's life, He stood up against things like –Mary Magdalene, you see she was a prostitute. And a prostitute has nothing to do with Christ. I mean, He is a saint. And both the things are absolutely [UNCLEAR]. But when people started stoning, He stood up and He said, "All right, now you stone – anyone of you who has not sinned". Now, only a person of that character, that enlightenment and that strength can say this.

You develop that moral strength. See, you enjoy your virtues. You appreciate others' virtues. And you stand up to anything for your virtues. Absolutely. It is a tremendous thing, I tell you. For your righteousness, you can go through anything. Anything. You do not mind as long as your righteousness is intact. It is a beautiful thing that happens.

I mean, I would say about Gregoire's father. In the beginning, he was a little, not, very apprehensive about Sahaja Yoga. And some lady told Me who was a realised soul and who was working with him before and all that. And she suddenly met him. Now she is married to a very big doctor or something. And they met in a restaurant and they were talking to each other. And this lady was just keeping quiet. And the doctor started saying, "Oh, I don't want my children to go to anyone. These Indians are, they are having cults and this and that. One should not allow the children to go to that". He was talking you see, without knowing about it.

You see, she just kept quiet. So Gregoire's father said, "No sir, I would say there I disagree. I am not a Sahaja Yogi and I do not know much about it. But I would say let the children go there. If I was there, I would be a better man. I have committed so many mistakes because I was not there. By going to Sahaja Yoga my children have become extremely important. Extremely honest. Extremely straightforward. I am surprised.

And they love each other. There is no quarrelling amongst themselves, they respect elders and such a beautiful thing has been done. And they have become so effective. They have got good jobs and they are doing so well and so responsible and well-respected. I mean, I never knew that. I was a Catholic all my life and I did all kinds of wrong things. I used to go to church. I used to confess but I was just there. And the same thing can be said about all religions. I mean, he was a Catholic but anybody would be a Hindu – there was nothing in me. I was carrying on – women, drinking".

That is very true. But after Sahaja Yoga, you become very straightforward. You lead such a sweet life. And the married life and children, everything is so beautifully managed. And the way he says, "My children could enjoy their wives, enjoy their family life – I could not enjoy. I was disintegrated".

That is true. He could see, though he is not a Sahaja Yogi. My husband he himself always says that, "This is the only way we can [UNCLEAR/see] the whole world". Always he says that. Though he is not yet realised and you are realised.

Seeker: You can see the logic, Mother. Some people are not realised. But they can see the logic of Sahaja Yoga. But their ego stands in the way.

Shri Mataji: Ego. And also, they think, let others do it then we will do it. In a way, it is good my husband and my daughters are not realised. Because then people would say it is an enterprise. He respects it, he gives me money to travel, and he has really been very generous, he is very kind to Me. And he understands the value.

I am happy he is not a Sahaja Yogi in a way, because there is no connection between him and Me as far as this Yoga is concerned. So that nobody can say there is a family affair going on. It is better. From a [UNCLEAR/station] point of view also it is better.

Sahaja Yoga stands on its own legs. Not because I am somebody's wife or somebody's mother or somebody's sister. No. And then they themselves [UNCLEAR/may follow].

My own brother, he may become the Chief Minister of Maharashtra. He is a very influential man, very influential. So somebody asked him that, "What do you think about your spirituality?". He said, "You see, as far as I am concerned, She is our sister. And She is a very high soul from Her childhood. I know that She is doing the greatest work that anybody can do. But how many people are going to take to Her, I do not know. The more people take it, the better".

Everything he said. But so far, they themselves are not there, so much. I mean, he got his realisation, all right. But not so much dedicated as you people are. You see, they will be – it is better they are out. Because these family relations can create problems also. We can start manipulating some of them. It is better they are (out), I am very happy. No, they respect Me and they know that this is the way to do it.

Seeker: Should we have the experience?

Shri Mataji: Now, should we? Good.

Sahaja Yogi: Please take out your shoes.

Shri Mataji (to someone): I was thinking, day after tomorrow morning. I could come to your place, morning.

Sahaja Yogi: Yes.

Shri Mataji: Will that be all right for you all?

Sahaja Yogi: Who is here for the first time? Could you come up here?

Shri Mataji: Day after tomorrow morning you won't be free?

Sahaja Yogi: Thursday.

Shri Mataji: Because I am going in the evening time and tomorrow there are some people. Or, if you – I have to go somewhere at six o'clock tomorrow evening. I mean, it will be too much. But the day after tomorrow morning will be nice. And then I will come, I will have some lunch with you.

Last time I could not have anything. You had cooked it so well. Should I cook for you? I am a really good cook. Really, I cook very well.

All right? I am dying to meet your children. They are so great. They are all born realised.

Gregoire: Just put your hands like this towards Mother, with your palms upwards.

Shri Mataji: Close your eyes. The lights are too sharp. Can you put off these two? The lights are too sharp. You will know which one to put off? Armand? [UNCLEAR]. Oh, thank you very much. That is better.

Now, one has to put the right hand on the heart. Right hand inside, inside. It is better. No, with the blouse it is all right. But if you are wearing a coat or something hard.

Now you have to say, "Mother, I am the Spirit". Last time I asked you to ask the question, now say it. Now you say, "Mother, I am the Spirit". Now put the right hand on the left-hand side.

Now just say, "Mother I am the Spirit".

Seekers: Mother, I am the Spirit.

Shri Mataji: Again. With full Spirit.

Seekers: Mother, I am the Spirit.

Shri Mataji: Again, please.

Seekers: Mother, I am the Spirit.

Shri Mataji: Good. Now put your right hand down, up to – very low. Below the stomach. Very low. Which we call as the left Swadishthana.

Now you say, "Mother, I am the pure knowledge".

Seekers: Mother, I am the pure knowledge.

Shri Mataji: Again.

Seekers: Mother, I am the pure knowledge.

Shri Mataji: Again.

Seekers: Mother, I am pure knowledge.

Shri Mataji: You can say, "Mother, I am the divine knowledge".

Seekers: Mother, I am divine knowledge.

Shri Mataji: Press your stomach there. There is a chakra there, left Swadishthana, which you are catching, all of you.

Seekers: Mother, I am divine knowledge.

Shri Mataji: Again.

Seekers: Mother, I am divine knowledge.

Shri Mataji: Now put your same hand little above, below the ribs. On the left side, below the ribs. Say, "Mother, I am my own guru".

Seekers: Mother, I am my own guru.

Shri Mataji: Again.

Seekers: Mother, I am my own guru.

Shri Mataji: Again.

Seekers: Mother, I am my own guru.

Shri Mataji: Now put your right hand on the left shoulder near the neck and press it there. Say "Mother, I am not guilty".

Seekers: Mother I am not guilty.

Shri Mataji: Again. Say it eight times.

[Seekers repeat as Shri Mataji asks them to say "Mother, I am not guilty" again, for eight times].

Shri Mataji: Now you put your right hand towards Me and you say, "I forgive everyone".

Seekers: Mother, I forgive everyone.

[Seekers repeat "Mother, I forgive everyone" as Shri Mataji asks them to repeat].

Shri Mataji: From your heart, you should say, "Mother, I forgive everyone".

Seekers: Mother, I forgive everyone.

[Seekers repeat "Mother, I forgive everyone"].

Shri Mataji: Now, say that "Mother, I have no fear".

[Seekers repeat "Mother, I have no fear", two to three times as Shri Mataji asks them to repeat again].

Shri Mataji: Now you can put your right hand on your heart and say it without feeling guilty, without feeling guilty, without feeling guilty, "If I have made any mistake, please forgive me".

Seekers: Without feeling guilty, if I have made any mistake, please forgive me.

[Seekers repeat "Mother, if I have made any mistake, please forgive me", two to three times as Shri Mataji asks them to repeat].

Shri Mataji: Now, put both your hands like this and say, "Mother, please make me my own guru".

Seekers: Mother, please make me my own guru.

[Seekers repeat "Mother, please make me my own guru", two to three times as Shri Mataji asks them to repeat].

Shri Mataji: Now, Mother, please give me my realization.

Seekers: Mother, please give me my realisation.

[Seekers repeat "Mother, please give me my realisation", five to six times as Shri Mataji asks them to repeat].

Shri Mataji: Are you getting the cool breeze?

Now don't worry. Don't worry. Now put your left hand on your liver. Left, left. Right hand towards Me. Those who are not feeling put your left hand on your liver. The liver is on this side.

Now don't think. Just don't think. Just watch Me. Don't think. Just don't think.

[Mother is looking at the seekers through the candle].

Now don't think. You have to forgive. Go on forgiving. "I forgive, I forgive, I forgive".

Seekers: I forgive, I forgive, I forgive.

[Mother continues to work on the seekers through the candle].

Shri Mataji: All right? See now. There? Are you feeling also? Are you feeling now?

Forgive, forgive. I forgive everyone.

Seeker: I forgive everyone. I forgive everyone. I forgive everyone.

Shri Mataji: Now are you feeling?

[Mother continues to work on the seekers through the candle].

Shri Mataji: Close your eyes.

(To someone in Marathi): Please have a look at them.

Shri Mataji: Are you feeling the cool breeze there? Here? David, see him.

(Again, to someone in Marathi): Please have a look at them.

Shri Mataji: Just watch Me. Are you all right? Just see them. The gentleman there. What happened to that minister? He has not come today?

Sahaja Yogi: He was here yesterday. We met him there.

Shri Mataji: All right. I hope he will make it convenient to come the day after tomorrow. I would love to meet him.

Who is not feeling the cool breeze? Still not? Can you see? Raise your hand, those who are not feeling? Are you feeling? All right. Come and see here.

Seeker: I feel it in a very strange place. The cool breeze is going up and down my leg.

Shri Mataji: You are feeling the cool breeze in the leg. And not in the hand?

Seeker: Up and down in my leg.

Shri Mataji: In the hand?

Seeker: Flashes of it in the hand.

Shri Mataji: Just don't think. Just don't think. You are thinking too much. Now watch it. Just don't think. Just don't think. Same with you. Better now?

That is your mother. Don't think. And forgive. If any thought comes, you should say, "I forgive". All right?

You can put your hand, like this.

[Mother is guiding Sahaja Yogis and seekers].

Actually, they are to be put left to the right. Left to the right. One hand towards Me put left to the right. See now. See.

No, no you are all right. I am just telling these people. Left to the right.

No like this, left to the right. Put one hand towards me, left hand towards Me and with right hand do it. No, you are all right.

You are all right? Come and do it with them. You can help them also.

This lady also you can work it out. Hugo, you tell them.

Now this one hasn't got it.

[Sahaja Yogis and seekers continue to work. Seekers are feeling some vibrations and Sahaja Yogis are helping them].

Seeker: I feel heat up here.

Shri Mataji: Heat? You have liver.

Seeker: Actually it is cooler now on top of the head.

Shri Mataji: Cooler. See now, now see. You see, you have a liver problem. So it comes up and goes until it is cured. All right?

[Seeker is saying how he sometimes feels the cool breeze on and off, and when he goes to work].

Shri Mataji: Yes, it comes on and off in the beginning. Like a seedling, you are here now. And then it will be [UNCLEAR/stationary/stationed here]. That is what I am telling. Develop that depth and patience is a must. You must have patience. And work it out. All right?

You all must have patience. How are you? You are all right? Work it out on others. How is this gentleman?

Seeker: I am all right.

Shri Mataji: You got the cool breeze?

Seeker: Pardon?

Shri Mataji: Cool breeze, did you feel?

Seeker: I went to Charan Singh. And I wanted some spiritual setting so I came here. But I did not go through all that.

Shri Mataji: What is he saying?

Sahaja Yogi: Charan Singh is a Sikh. Mother knows him very well. He comes from Charan Singh. And I told him it is difficult to help you if you want to...

Shri Mataji: Really?

Sahaja Yogi: He doesn't want to anyway. He says he didn't do anything that you said. That is correct, isn't it?

Seeker: Yes, you know, I mean, out of respect. I didn't want to...

Shri Mataji: What is he saying?

Seeker: I hope I have not upset you. Or you are upset?

Sahaja Yogi: No, nobody is upset. But to be perfectly transparent, we feel unfortunate that your guru is of no help to you. That is all.

Seeker: Oh no, he is of great help.

Sahaja Yogi: Ok. Then...

Shri Mataji: All right. You do not know what is happening to others. Can you help others? What is the use of having a guru when you cannot help others – you have learnt nothing. Now, these people know what problem he has. They are trying to help him out.

They know what the problem is, they know how to raise the Kundalini, they know how to give realisation. They know his problem, what is to be done. They know themselves, they are gurus. Themselves. While you have a guru just for a stand. That is all. You do not have anything for yourself. Knowledge of any kind.

What is the use of having a guru from whom you have got nothing? Is a simple thing, logical. Try to understand. All right? You have to become your own guru.

Why do you want to depend on anybody? It is as simple as that. How many people can you help? Last time Warren came here, has helped at least a thousand people in Sydney. Thousand people. You know in and out. You know about yourself and you know about others.

This Charan Singh business, I must say it gives heart trouble. People die of heart, most of them. I have known so many who have come to Me. I am sorry to say but [UNCLEAR]. If he was a good guru, I would have said so. He himself has had heart problems. Three heart attacks he has had. And nowadays he cannot speak. He has appointed another fellow. He sits on the seventh floor. Nobody can talk to him. There are big boxes kept there for the service.

All this is wrong. There is a big show going on there. What can you do about it? You have to know yourself. You are a seeker. You are not seeking a guru. You are seeking yourself. You have been a seeker all your lives, not today. And this way if you go on, it will be of no use. You have to become, yourself.

You have to know yourself. And somebody who came from him had a heart. I said, "Now what is your guru doing?". He said, "He said these are your 'karmabhogas' (fruits of karma). And you must endure your karmas". I said, "Then why is he there? Why is he telling you that?".

What about Christ? He died and created a space which takes our karmas by sucking our egos and superegos. They don't know that Christ died for us. What about awakening Him? Face it up. Do not be in darkness. All those who go to gurus should know what have they got themselves. The gurus have got the money. They have got the Chryslers and the Rolls Royces. What have you got?

You have no powers. You have nothing. And you are a saint. You are not a seeker of a guru. You are a seeker of yourself and Self-knowledge.

They all die of heart. I have known so many of them. So many of them. One was in New York. He was just very upset. He had problems, money problems, this that. And they indulge in smuggling. Can you imagine? His disciples indulge in smuggling. They were caught up in Jakarta. They came to Me. I said, "Where is your guru?". "He has gone to Switzerland". That is Mr Charan Singh Badri.

And this lady we had; her name is Chandra. And her husband was going to him. And he died on the plane when he was coming. He was boarding the plane, he died in the plane, he was coming to London to meet, can you believe it? Young, very young. He had young children. So many young people died.

It is like the Pope, standing there and giving you a certificate. God will say, "I do not know him. They will be calling me twice, thrice. And I won't recognize". It's like that. Some people think the church will take them, some people think they – you better go there. You better face it. Do not depend on anyone. You cannot achieve it; it is not that others can take you. It is you who has to go. You have to achieve yourself, all right?

He thought you were a seeker. You have been seeking. Does not matter. You better find out for yourself. You don't know anything. See this Herman met me only a month back. He knows so many things. He has given realization to so many people. He's got a Vishuddhi?

Sahaja Yogi: Yes.

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Shri Mataji: Let him ask the question, "Mother, am I part and parcel of the whole?". Ask him to go for that.

[Seeker and Sahaja Yogi are working on Vishuddhi].

Shri Mataji: Now, he does not do anything. Just reading books and spending money, just like that. Nothing more. It is so easy. He does not do any work. He says you should become a vegetarian. This is another madness. But why vegetarian? For what? Guru Nanak was not a vegetarian. I am not going to save chickens. Or am I going to give realisation to chickens and frogs?

All attention on wrong things. When they become weak, you see, you people are used to non-veg food. To make you weak is to make you vegetarian. That hits you hard. Mesmerises. There are big, big boxes kept. Big, big boxes for money. People don't see that, they don't see. They are mesmerised.

[A Sahaja Yogi is working on a seeker].

Shri Mataji: Keep your eyes open. It is broken. I can feel it. People have started? Put him left to the right. What work do you do?

Seeker: [UNCLEAR/teach children]. In education.

Shri Mataji: Teacher? All right. Can you ask one question? Gregoire? He is a teacher. Let him ask the question.

(To someone in Marathi): What is happening? Are you getting the vibrations?

Seeker: Yes.

Shri Mataji: Let him, he is a teacher. It will just be like this.

You have to feel the all-pervading power. This is Self-knowledge. Why do you need a guru?

Gregoire: Just ask Shri Mataji, "Mother, are you the Primordial Mother?".

Shri Mataji: The spiritual teacher of all the gurus.

Seeker: Mother, are you the Primordial Mother?

Shri Mataji: The spiritual teacher.

Seeker: Mother, are you the Primordial teacher?

[Seeker repeats the question].

Sahaja Yogi: With your heart.

[Seeker repeats the question].

Shri Mataji: See on his head.

Sahaja Yogi: Can you feel on your hands?

Shri Mataji: Ten times?

[Gregoire asks the seeker if he is feeling the cool breeze and if he is feeling peaceful inside].

Seeker: Very peaceful.

Gregoire: You see Mother, he is a smoker. So he does not feel in the hand. But he feels very much peaceful inside.

Shri Mataji: Smoker? You just feel it on your head. Left hand. He is a smoker that is why?

Feeling all right? Are you feeling the heat? Or the cool breeze?

Seeker: I feel some warmth coming inside.

Shri Mataji: Let it come out. This is what you should feel. What is the use of breathing? Think about it. What upsets me is that you are a seeker, and you are a seeker of ages. And that you are going to be lost. Now, what should a mother feel? Everybody felt the cool breeze, you did not feel it. Better now, better.

Gregoire: He has some left Nabhi also.

Shri Mataji: It is all right. Better.

Gregoire (to seeker): Mother, are these vibrations coming from the Holy Spirit?

Seeker: Mother, are these vibrations coming from the Holy Spirit?

Mother, are these vibrations coming from the Holy Spirit?

Shri Mataji: Good. See, you can feel it, yourself.

Moreover, these people give a name. Some sort of a name. It is a name to be worshipped. And for that, you pay them thousands. And names are, have no meaning. Like anybody's name – Rama, Krishna anybody's name they give. Now, what is there to give a name? Anybody can give.

Even they give names like "thinga, inga", all those things. Any name they give. Now you start taking the name. Now you start taking the name. Go on taking the name, taking the name. Now you are not connected to God. And you have no idea of the science of the name.

You see, on these seven – now he has got the Vishuddhi chakra. So he has to say about collectivity. Now that is what he has to say what he is catching on. Works out that way.

You have been to some guru, have you been to some guru before?

Seeker: No, I just came back from Mexico.

Shri Mataji: Mexico. Mexico is the thing.

Gregoire: They do a lot of dark work over there.

Shri Mataji: Better now, you are better.

Seeker: I feel the cool breeze.

Shri Mataji: See, we are just putting this to Mexico and you are working it out. Mexico.

Gregoire: See, they do a lot of black magic out there.

Shri Mataji: See you are feeling it. You are feeling it. It is there. Now see for yourself.

Mexico is the place where people develop all kinds of diseases because there is black magic there. Now they have brought it here also. Now Los Angeles also, they have got witchcraft. Openly. They say witchcraft.

Feeling already? You will start feeling inside yourself. It is already there. You will start feeling inside yourself.

[UNCLEAR/Sahaja Yogi may be commenting on false gurus].

Shri Mataji: They are very difficult, Charan Singh. They are one of the most difficult even if they are so [UNCLEAR/mature]. You see, he manages them very well.

[UNCLEAR comments from someone].

Shri Mataji: What's that?

Sahaja Yogi: He asked about Ouspensky who was a disciple of Gurdjieff. So you told me, Gurdjieff was realized but Ouspensky I don't know.

Shri Mataji: Gurdjieff. Gurdjieff. But even if he was realised, you see his followers made a mess of it. Christ! He was Himself the Spirit and His disciples now, the Christians – God Save Us.

Everybody can make a mess. Now, this fellow Charan Singh talks of Nanaka. Nanaka was the Primordial Master. See now, Mohammed was Primordial Master, see the Muslims. Khomeini talks of Shia; it is Fatimabai or what's his name was [UNCLEAR]. They were all incarnations. On your left Nabhi. Look at him, what he is, this horrible fellow Khomeini.

They have all made a mess, very nicely. You see, they think they are the contractors. At least Mexicans who are doing black magic are honest that they are doing black magic. These are doing black magic in the name of God. They are devils, they are devils, satanic. Believe Me, they are satanic.

[UNCLEAR/Sahaja Yogis talking about Carlos Castenada].

Shri Mataji: What is it?

Sahaja Yogi: Carlos Castenada. It's OK Mother. It is already [UNCLEAR/out]. He followed [UNCLEAR].

Shri Mataji: You see it happens with them. They go into all these tricks. If you are not a realised soul then you want to try some tricks to show that you are something great. That is the trouble. And in doing that they do not realise that they are cheating God. They are cheating themselves. You see because they are nothing. They are nothing. Some of them are ministers and some of them are devils, born again devils.

Sahaja Yogi (to someone): You shouldn't be afraid because no one is going to hurt you.

Seeker: Mother, is there any way to tell the difference?

Shri Mataji: Any way to?

Seeker: Tell the difference.

Shri Mataji: To?

Seeker: Tell the difference.

Shri Mataji: Of course, it is. You see, this is a new awareness. And you can find out from it. You ask about anyone. If you take the name of his guru, which I don't want to, your vibrations will be hot and you will burn. You will burn here. Your finger will burn here. If you take the name of the fellow. But better not to take, you will lose your vibration.

Seeker: Mother, I have a [UNCLEAR/white witch token?] which my ex-girlfriend gave me. I did its vibrations and said, "Should I get rid of it?". Vibrations said no. So I kept. Because I felt that would be the gift of someone I love. And it was OK.

Shri Mataji: Everything. You are only developing, you see, you are still not sensitive enough. That I say you need to develop a little.

You see, this transition is very important, this transmutation part. Here you have to have patience with yourself, you have to work it out, then you become. The lady behind you is very good now.

Seeker: The book helps Mother.

Shri Mataji: Which one? The Advent?

Seeker: Practice. After I read The Advent.

Shri Mataji: You took The Advent?

Seeker: I practised identifying all these.

Sahaja Yogini: She has come from Boston.

Shri Mataji: I know, I know.

Seeker: Christina has helped me and Steve has helped me to read the vibrations.

Shri Mataji: What happened to the other Boston people? Did you talk to them? And what happened to the people from Philadelphia who were to come?

Sahaja Yogini: We wrote to them. We wrote to them, Mother. [UNCLEAR].

Shri Mataji: Maybe it is a weekend, they were thinking they will be all right. I cannot wait any longer. I have to go. But next time I come we will work it out. But be careful, because they are working and things like that.

Seeker (to someone): Does meditation help? If we meditate?

Shri Mataji (to seekers): Are you all right? Are you all right?

Seeker: Shri Mataji, I felt the cool breeze right away. But when I ask the question, a cool breeze comes over my whole body.

Shri Mataji: Great.

Seeker: If the vibrations get too intense Mother, what can you do?

Shri Mataji: Beg pardon?

Seeker: If the vibrations become too intense.

Shri Mataji: You give. You give to trees, you give to everyone.

Sahaja Yogi: Those who have come for the first time today, please, before leaving. Hermann here has pictures of Mataji.

Shri Mataji: And his address. Herman, you better give your address on the thing.

Sahaja Yogi: The coefficient of emitting vibrations. So this will help you at the support of your meditation, sending forth the vibration. The second thing which would be helpful to you is a leaflet in which the basics of Sahaja Yoga are explained. It is also explained how to meditate with the picture. What I was telling you was, if you follow these instructions it would be helpful. The

leaflet is fifty cents.

Shri Mataji: Are you all right? Have you felt the cool breeze? Have you felt the cool breeze? Good, good. Great now. Good now.

[UNCLEAR/many side conversations as the program is ending. End of recording].

1981-1027, Diwali Letter

View [online](#).

27 October 1981

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

H.H. SHRI MATAJI NIRMALA DEVI, Diwali Letter, London (UK), October 27th, 1981

Dear Sahaja Yogis, My Dear Children,

May this Diwali light the lamp of love within all of you. You yourselves are like those lamps whose glow spreads far and wide, and this glow cannot be diminished by trying to cover it up.

In fact, trying to conceal them makes these lamps even more powerful. This is the inherent wealth of these lamps. But sometimes negativity causes these lamps to shake and waver.

What is the reason for these lamps to shake and waver? All of you please think about this. Don't you possess a kavach (protection) to keep you from shaking and wavering?

Have you forgotten your Mother's love, and is that why you shake and waver?

My love will always protect you in the same manner in which a glass covering provides protection to a lamp.

But the glass has to be kept clean. In what words can I explain this to you? Will I have to say like Shri Krishna said -"Give up all other duties and surrender only to me," or like Jesus Christ said, "I am the path and I am the entrance."

What I want to tell you is that "I am your final aim". But will you all accept this? Will this message of mine enter your hearts?

Sometimes whatever I say is distorted and twisted. But the truth is the truth. You cannot change the truth. If you try to change the truth you will remain ignorant and backward. This is the reason for my unhappiness.

Diwali is the day for pure aspirations. Please welcome the entire universe.

Many lamps have been lit and these lamps have to be protected. Pour the oil of love into these lamps, make the Kundalini the wick and your inner Atma the flame and let the glow of this flame raise the Kundalini of others.

The flame of the Kundalini will glow even much more and the small flame within you will become huge. This huge flame will never die.

Then you will receive the pure protection of my love. This love is limitless and unending.

I will always look after you.

My love will always shower you with infinite blessings.

Ever yours,

Loving Mother,

Nirmala

1981-1027, Diwali Puja Talk: Lakshmi Principle

View [online](#).

27 October 1981

Lakshmi Principle

Diwali Puja

Bramham Gardens Hotel, London (England)

Talk Language: English | Transcript (English) - Reviewed

Diwali Talk, Lakshmi Principle

(Shri Mataji holds a baby in Her lap) You are very happy (Mother laughs) What's that? What is happening to you? You are very happy. All the joy. Really. All are catching here, all they (baby is sucking left Vishuddhi finger). Left Vishuddhi. Ah, all right, take him. Have they come?

(Asks about some people if they have come) and we have to wait for Gavin also. (...)

Come along. Hallo. How is Magda? He's come? Good, good. May God bless you. You are all looking so nice, eh? Both of you really looking very nice. Not very cold outside, is it? No. since I've come I think the temperature has come up. It was very cold, was there? (...)

Very happy. You can take him now. Better come. Better come. How are you, all of you? Happy? Magda?

Yogini: Very happy to be here, Mother.

America was difficult, not so simple, I knew that. But we've done it, I mean we've got centres now in New York, got centres in – what's that place, is ... Santa Cruz, then one, maybe in Santa Monica we might get one, and one in Los Angeles, one in... Maybe Vancouver, I don't know, maybe they are about to have it one there, eh?. Like that. The only place we didn't do was San Francisco.

Oh this sari, looking so nice. This is all the spring colours are there, this sari.

[Shri Mataji talks with yogis about saris and people who have not yet arrived]

And Houston of course, Houston was such a big success. For the first meeting there were 45 people. (...) Santa Cruz we had lots of people. Next time I think we will do much better because I met a man who is very, very influential person, extremely influential. See he knows all the Congress men, this thing, that thing, and he is an Indian.

They said if this man does something then something will happen. I met him and he was very nice, and he said that you should have come earlier and you should have let me know of the complete program and I would have put You on all the medias and everything, I'll work it out. He said that next time when You come give me at least one month, two month notice and I'll put You up. Because to go to these media it's very difficult, you have to pay a lot of money just to get into it.

[Shri Mataji welcomes more yogis arriving]

Are you recording? Turn around then...

[Shri Mataji talks to yogis about going to India]

So anybody trying to come? Are there any plans? In England? Not good news eh?

France people are different, but from England, those who are coming. [To some yogi] Why don't you come? Yes you should, I say, would be a good idea. Would be good idea for you. What about you Katherine?

Alright. Marcus, what do you think? You should try, would be good idea. All left sided people (laughs) it's a good idea. What do you think about – Felicity? Where is she? You have no money? You can go to Australia?

[Yogini says she is working and will go to Australia]

You see, going to Australia will be no for you. I mean, India is a place where one should go. Australia is another Western country. Try.

Specially when you go through those villages it is very pure land, people are very pure there. Isn't it, don't you think so?

It helps a lot. Very simple people, and meeting them, you see, many problems can get solved. And what about you? You'll try? [Shri Mataji asks more yogis]

Yes, I think you can manage. It's an experience, I said. you feel the atmosphere, here people are so competing, we are simple people living, simple lives, not competing, they don't think so much, you see. Their style is very slow-paced, and you have to keep pace with them.

[interruption in the video]

...

and after we stayed there only for three days, we didn't want to stay there. We ran out. Kalutara is a good place we went. But this time we'll have another route, some other places we can go to. Raulbai has gone to Baloda and she wants you all to go to Baloda also. Instead of going by plane, why don't you go by train from Bombay to Delhi? So you can do many other places on the way.

You can go to Baloda, you can go to Amarabad or something. Is always good, because we leave your vibrations in all these places. You can also go by bus if you want to. You can have two buses hired and it takes about two days to get to Delhi, two days. Two or three days at the most. But I mean, you'll vibrate those places, you'll go around, would be good idea.

Good, good, very good, very good, very good (laughter). [A child is massaging a lady's forehead. "She's treating all her Agnya and Sahasrara. She takes out like that also you know, like this... that's how they do it". Then She takes a baby in Her lap.]

Should we start now?

But today I want to tell you about the celebration of this night called as the Lakshmi puja, is the day when they worship Lakshmi. So one has to understand that Lakshmi represents the power by which we evolve. Is the power by we are redeemed, redeeming power; by which we improve from baser self to higher self.

To begin with, you see, is the Lakshmi form. First is the Lakshmi form. Now this Lakshmi came out of the great churning called as Amrut Manthan [churning of the ocean that gave ambrosia], for which I'll give you another lecture some other time. But this Lakshmi that came out of the churning represents our seeking into our own wellbeing.

So, first of all we have basic seeking like food; in the animal stage we seek food. And, with that seeking only we developed into sometimes very cunning animals, sometimes very ferocious animals, and sometimes very timid animals because they could not

find food so they had to hide; and sly animals.

So, the food was the beginning, I should say, of this Lakshmi tattwa. But when She becomes actually the Lakshmi, then She has a form that suggests that the Spirit of Lakshmi is for the total well-being of human beings, total well-being. Now, totality is different from partly because in evolution, you see, you grow partly till you reach a stage where you really achieve your total well-being. And now, you know that without Realisation your wellbeing has no meaning.

So, She has arisen out of the sea, so She is Miriam, you can call Her. She is Marie, She is Marie. That's why Christ's Mother's name was Mary because She came out of the sea. People, I don't know if they think about it - why She was called Mary of all the things. Why this name Mary? Now, this power which came out of the sea, because the whole thing, the seeking started in the sea first of all, as you know.

It had to be in the sea because first the animals were born in the sea only. Becomes, when She comes out of the sea, becomes a Raja Lakshmi and a Gruha Lakshmi.

Raja Lakshmi is the one where collectively, collectively you enjoy your wellbeing, collectively, on the right hand side, you can say. Like, we have some places which are for public usage here, public wellbeing. And, Gruha Lakshmi is the one which is for the individual, individual wellbeing.

So, we have the essence of Lakshmi and then we have, when we evolved, we started having our homes, houses, our own family, our own private life, our this thing. So, we had Gruha Lakshmi. And then we started having collective, like we can say the Queen represents here Raja Lakshmi. The Queen represents here the Raja Lakshmi of England. She is a symbol of that. Our Queen here is the symbol of that Raja Lakshmi. You know, the word "Raj" means the kingdom or you can say the royal, royal side of the – regality. So, when the Lakshmi is a regal Lakshmi, She is for collectivity. So, the Queen doesn't live for herself, she lives for all the collective being. In the same way, this Raja Lakshmi is the One that is for all of us. For example, this place we got here is through the blessings of Raja Lakshmi. She gave us.

Her power gave us this place to live because you are all Sahaja Yogis. You are the epitome of the evolution, you are highest people in the evolution, you are the ones who are looked after by God, you are the most important people. It's true! And you must be provided for. You should have no problem of money, you should have no problem of housing, you should have no problem of anything.

So, it is She, the Raja Lakshmi who gives you all these things. Then you have your wife as Gruha Lakshmi. So we have to have a wife as Gruha Lakshmi. These two things one should understand very, very clearly because we confuse them. Wife is the Gruha Lakshmi, is the one, she is the goddess of the household. Now she has to be the goddess also, I mean she just doesn't become goddess just by becoming. You have to become again. You have to become the Goddess. And, the Goddess of the Gruha Lakshmi is, we can say, that the deity of the Gruha – of the house - is a Gruha Lakshmi.

Now, this deity must become one with the housewife. Then the blessings of the Lakshmi essence is of well-being comes to you. If she is not the Goddess, you will always suffer.

You will always have problems; you will always have all kinds of untold miseries. It is Her blessings which brings you solace, peace and redemption - redemption is the word - of anything. So, that's why the left Nabhi is very important as we know and that is always bad in the West.

So, I would say that the whole society is responsible for spoiling that because housewife is not respected. First of all, we should blame our society. Our housewives are not respected. Housewife is the one who is a dedicated wife even placed higher than Yatis. Yatis are the highest evolved you can say, Avadhutas, are the highest evolved seers. And, a dedicated wife has got more powers than even a Yati, it is said so.

And, even Krishna was little worried about that. Everybody had to worry! So, the dedicated wife, you see, the Gruha Lakshmi, is such an important thing because she is the essence of this well-being which is peace.

I think I have so far never talked to you about peace. And, peace is only achieved through the Gruha Lakshmi, through your proper adjustment of your spleen I should say. Because spleen is the giver of the blood cells, all right?

It creates the nutrition for the whole body. If there is no peace in that area within us the whole system can go out, because that's the nourishing centre within us, that's the nourishing centre. And that centre which nourishes also peace, you see, the peace. You must have heard this "Ya Devi, sarva bhuteshu shanti rupena samstitha", the Goddess that is the Shanti which is present in every human being as peace. So this peace is only possible if the housewives realise their importance, bear it upon themselves, are forgiving and are redeeming the family life. They have to redeem the family life, and where this gets spoilt the whole system goes out. See, America I went, I found all of them have got left Nabhi, all right, and they are very violent, very violent, extremely violent.

And what I felt that in the beginning the society neglected the housewives. The institution of housewife which is the Goddess. And now the women cannot forgive them. Because the women cannot forgive them, you see, it has become a big struggle there. The children have become violent. I mean, if the housewives are not all right, there will be always violence.

I'll give you the example in India. We have in the north and the south two types of system. Because in the north the Muslims ruled and they had the system of keeping the women in the purdah system and all those, and lot of prostitution and all those ideas came through those horrible nawabs who ruled in the north. In the south, it was the other way round because they kept to the dharma and all those things and they wouldn't accept this kind of a nonsensical ideas. They looked after their women. Even the people of the north sometimes say that the, I mean, the south people are very sort of henpecked, whatever you say, say Maharashtra downward.

Now, because of that there's so much of difference in the law and order system in that same country. For example, in Maharashtra if you are going by bus in the night anytime, two o'clock, you have seen nobody plunders you, nobody is bothered. The bus is going through. You can live here, stay here, nobody steals anything. The servants in Maharashtra are so good. They will never touch your things. I mean, you can leave the keys with them. They will do all your house up and they will never touch anything, your money, anything they cannot touch. They will never touch.

Same about, say, any funds or anything like, we can say our Sahaja Yoga funds, never a problem in Maharashtra. The Puja funds and all that – all these things they understand.

But the main thing is the housewife in Maharashtra is an important thing, very important. So, in the house she is the lady and the lord is outside. Whatever she says, goes. But when it is the other way round, everything goes upside down. It can never be blissful.

But that doesn't mean that the women should also say outside as well as inside. I mean, the women should not interfere with the husband's work in the office, should not dominate there like so many these women, like Chiang Kai-Shek's wife did and all these people did. That's not necessary. She should be a support, but in the house, she is the one who should be respected. She must be respected in the household otherwise there cannot be auspiciousness; there cannot be peace. And, peace is the gift of Gruha Lakshmi. Now, some people may say, "It's all right. They are not having a good time. The wife is bad but she's got money." Money is not Lakshmi. This confusion must be absolutely removed from your mind.

The last time, I explained to you what Lakshmi is. But you can go through again that tape if you want to. But I'll tell you first in short.

That Lakshmi has got four hands and She stands on a lotus. And, She is a body with a, which is, I mean, not a slim type of a body,

but She has a substantial body. But She stands on a lotus. Means, wherever She lives, you see, She doesn't show Her presence by staying. She is so, so beautiful that She adjusts Herself even on a lotus. She doesn't exert Her weight like cheap women do. Anywhere they go, they'll say, "Oh, I don't like this and I like that. And, I would like to have this. And, I would like to sleep in a place like this. And, I like this type of thing." So, the first quality of a woman with the Lakshmi is adjustment. No one feels her.

When she is there, nobody feels. Only thing they can feel her fragrance like a lotus.

I mean, that's the sign of a woman who adjusts herself. She is not bothered about her own life, but she is bothered about others.

Now, we had a very funny incident. We had a lady from Germany and I told them that, "It's better that the girls should wait till the boys have their food, look after them and then the girls can have their food you see. It's better." And, she felt insulted.

On the contrary, it is invariably done in India, invariably. That the woman will always wait till the husband finishes the food, because she can look after him better. I mean, it's a privilege. It's more matured that you can look after your husband; that you can look after your children. It's your job; you are responsible for it. You are the lady of the house, you are supposed to do it.

Like, Hema told Me that here nobody asks you for food or anything. Everybody is eating whatever they want to eat. They go and eat anytime they want. They will eat anytime and they go on eating and eating and eating. Nobody asks that, "You come and have food or drink."

That's done in India. So, she said, "I waited for a day. Nobody asked me. Then, I said I better take something for myself."

So, the ladies have to take up upon themselves that they invite people, ask them to eat, and cook for them specialties. You see, this is the job of a woman. She has to develop these qualities, the womanly qualities of feeding men, looking after them when they come to their house. She should not make faces and try to show "This is my private house. Nobody come in the house." She should be the one who's welcome more than the husband should. She should be! She should be the one who people should feel closer to, like the brothers and sisters of the husband, all relations. She should be the one who should give that feeling of security, of peace and of welcoming. It is her job. Then she becomes the Lakshmi.

So, the wellbeing is not only that you have money. So, what happens with that, to the well being part of it?

That, She has in one hand; hand is like this.

That means that with one hand it should flow, remember, it should go. She must give, she must give, she must give. And she should not demand at all. Others should say that "You must have this."

For example, I'll say that for the last, I think, four years C.P is trying to buy one solitaire ring for Me because I gave away all My diamonds to My daughters. Try, try ... cannot do it, just try, just try, he won't realise it, no, not this time, next time, this time, that time, I'm just...

Because, you see, I know He wants to buy. That's sufficient for Me. Isn't it? So, I'm postponing it, that, "It's all right, we'll do it. Now you have to have a house." Like this.

So, the demanding, you see, that "Give me this" - there's no need. Let the men start seeing that, "Oh, She doesn't have it. She should have it." It is they who should do it and the women should never demand. It's a sign of bad manners actually according to Sahaja Yoga. You should never demand for anything.

You should have forbearance; you should be able to bear it. Not with a sort of a big martyrdom, "Oh, I'm bearing up and all that." No. But with the understanding that you are grown up and you are matured and you are supposed to bear.

Now, the responsibility on men also is there that when she is giving they should allow her to give, you see. But I find it's the other way round here. It's that the women are not so generous as the men are. It's the other way round in India. Women are, you see, if they find somebody has come to their house, they secretly go and cook something and pass it on, they let their husband not see. They feel that satisfaction of Annapurna. You see, the feeding – that feeling of feeding your own child. That feeding somebody else who has come, you see, from the backdoor[unclear].

Very sweet it is, very sweet you see! It is something they, I think, they are brought up that way (...). So, it's such a nice thing that you can feed somehow. Or, if somebody is coming then they know what that person eats. So, they will cook it very sweetly and keep it and then when the person comes in they'll put forward, it should be given. So, the man has to hide his money because the wife will be giving away. It's the other way round.

But when the woman starts becoming selfish and self-centred and worried about money and all that, then it's a wrong thing. She should not be extravagant about herself. Like, going to some place, buying something expensive for yourself, then going somewhere and buying something expensive for yourself. But doing for your husband, doing for your children, doing for others and automatically they do it. They are anxious to do it. Just start thinking on those lines. But now for men, they must also understand that they have to have that too.

You see, this ego-oriented society is very stilted one. If you just say, "All right, do what you please. You'll have this money, you spend this money." Then the men you see, they can just take it for granted, ego-oriented you see, they can just take you for granted and say, "All right, then don't give her anything."

So, when the mutual understanding is not there, when there is an imbalance then these things come up. But in Sahaja Yoga we should understand. You have to look after your wife, her needs, everything. You have to give her due respect. You are never to insult her in the presence of others. It's absolutely forbidden. But the women also should know how to respect their husband, not to be provocative and use all their cunning against their husband. You see, I have seen people sit down and plan out how they will insult their husband, use what means.

This is absurd, you have to love your husband. You have to really love him and forgive him like you would forgive your own child in the same way. But the husband also... it's a very mutual thing. I cannot just tell something to the women and not to the men. It's absolutely essential that men must respect their women as Goddesses – as Goddesses. But women have to behave like Goddesses. They behave like street women then a competition starts. The man behaves like a street man and the woman behaves like a street woman. Then they behave like Soho people and then they behave like... I mean, it goes on – competition.

But if you have to synthesise, is to bring to the balance, then both of you must decide that you can only enjoy if you have proper balances among yourselves.

One person goes one way, another person goes that way. There's no end to it. There's no end to it and the chariot will never move forward, you see. Both the wheels have to be balanced realising that without this wheel the other cannot exist. So, this is as important as the other. But they will say that, "I am important." No. "She is important if I have to exist." Or, she has to say, "He is important because I have to exist." It's such a mutual thing. So to get to Gruha Lakshmi point I must say that the woman should behave like a Gruha Lakshmi, with her dignity. I mean, it is really indignant even to ask something.

Why? What is to ask? It's all your own whenever you want you just get it. Try to develop that glory within you. And, the men respect their women as, really as Gruha Lakshmis - is very good. Respect them, look after them and know that the deities, once they are identified with your wife, you will have no problems.

Now, on the other hand She has one hand of protection. Then the Lakshmi gives protection. Always gives protection to everyone, even against the husband. Even against the husband, She protects. Say, for example I'll say, My own sister-in-law was such a Lakshmi like that, we have My own sister-in-law was like that.

And, if My brother was little... because they were much older than us, you see, if he was hard on us. So, she used to come out with the protection. She said, "No, how can you say that to them?" So sweet she was, you can't imagine. And, then the brother, I mean, My own brother, you see. She would say that, "No you can't do this to your sister."

Same thing with Me. My own sister-in-law was more attached to Me than to My husband for the same reason because I would always protect her against even the husband. Though he is her brother, I mean, naturally they are very close to each other, naturally. But you should protect their interest to that extent. Then protect your servants, protect those who come to your house. That is her duty. If she does it, she can do it very well.

Now, I will give you one of the examples in My own lifetime. I was in Delhi and that time this trouble had started of what you call the partition. And, many people ran helter-skelter. And, once I was just sitting outside My father's house, I was knitting. Because Kalpana was to be born and I was knitting outside.

And, a lady came to Me and she said, "We are refugees, we have no place to go. And, will You be able to give me some place in Your house?"

I said, "All right." It was a huge house of My father. I said, "It is such a big house. And, we have a room which is outside which you can use and also, you can have a kitchen there and a bathroom. You can stay there."

She said, "We have a friend and my husband. Can we stay here?"

I said, "All right." So, we arranged for their stay there. And, it so happened that people in My family didn't like it very much. Especially My brother, you see, My husband told him that, "I wouldn't like this lady to be here. God knows, what sort of a lady she is." And, My brother said, "Now, if She has said it, if my sister has said it, I can't say anything; but She is the one who has to decide about this house. So, it is Her job to decide. So, I can't say anything." So, they all kept quiet about it. And, they stayed over.

And, this man, her husband's friend, was a Muslim. And, there was a big riot in Delhi. Very big riot! And, so many Hindus, you see, like these Jansanghis and fundamentalists – they had formed a horrible group which was killing many Muslims also.

So, from the servants and all that they must have known that there is a Muslim staying in this house, you see. So, they came to My house, about five, six of them with clubs and this and that. So, these people got frightened.

So, I told this Muslim, I said, "You go and hide in My room. I'll go and face them." Went outside. So, they said, "We've heard that there is a Muslim in Your house."

I said, "No, there isn't." Because that's not their right to know. So, I said, "There isn't any Muslim in this house." They said, "We'll have to go and search." I said, "You cannot. If you have to go, you have to kill Me and then go." Now, they saw My big Tika and all that. I said, "You cannot get inside the house. If you have to go, I'll stand here. You cannot go in My house at all. You cannot enter." So, they left. They knew there was a Muslim otherwise I would not protest so much. But because I was protecting they could not say anything, just went away and the fellow was safe. Then this lady became a very big, well known actress in India. She did lots of things I mean. I mean the whole thing then changed.

But what I'm saying that a housewife has to protect. The Lakshmi has to protect. The man who has money must protect.

See, they must have people in his ashraya, means in his protection, like servants you can have. Servant's families.

Some people treat their servants very badly and they are very, very, very... they ill-treat and that's not the way a Gruha Lakshmi needs to be. Or, anybody, say some students are staying in the house, or some children are staying, some say you have some

people in the house, like lodgers you can say. Or, Sahaja Yogis now staying say with people who are to be looked after, with women. They have to protect them always from others. That is the job of a Lakshmi. The mother has to protect her children. Whatever may be the wrong with the children but she has to protect her children against all the rest of the people.

Of course, not in wrong things. I mean, she should not tell, I mean... always, I have to tell the other side of it because you might say that "My child has gone and beaten somebody else."

So that's not good, that is not protection. What I'm saying if the children are under any peril or any trouble, it is the Lakshmi who has to protect. This is a job of the Gruha Lakshmi.

Right side is the Raja Lakshmi. The Raja Lakshmi is the, we can say, the queen of a place.

Now here the queen and king is one. But what I'm saying where the king and the queen are two different. Then the queen of the thing has to have that dignity. Thank God, our Queen is quite a Raja Lakshmi. I must say I am very happy with her. She has that dignity and she has that sense and she is a sweet lady. And, she is really a good person. Thank God! You have a good lady. And, this Diana also is another realised soul who is coming now. Will be another blessing for you!

So, it is her well-being, you see, her I should say the essence of well-being permeates that peace, that happiness, and that's a good thing.

If supposing a man is a president is there and his wife is a very funny woman like this Kennedy's wife was. There can never be peace. Neither in the society nor... because wherever she'll go, she'll create a problem, you see. She'll go to a society, she being the first lady everybody will try to follow her. You see, here also, you know that when Queen Elisabeth had some sort of a problem on her neck, she had some sort of a patch or something. So, she started using a collar. And, everybody had that Elisabethan collar, you see, all this thing like whatever problems, say, Victoria had and she made a dress, others had to wear the same types of dress.

So, all the collective patterns and fashions and all those things come through this first lady. So, the first lady is the Raja Lakshmi. And, one has to respect that Raja Lakshmi as the woman, is the queen. Now, for example, this country is already cursed because seven queens were killed in this country. I mean, already cursed I must say. It's a horrid thing. I mean, how did people allow any one king to be doing that! Seven of them is too much, is already a curse then. So this kind of a thing is - we can go to a point with these things. At the most you can arrest, all right, at the most. I mean these are not of course, good women. I was telling you about those who are like that.

For example Mao's wife, they thought was not so good and all that. But one should not humiliate because if you humiliate them then you are humiliating that principle of Raja Lakshmi.

And then to put them in prison and then to kill them like this, and wash their dirty linens on the street. Means, there is no dignity at all about it, you see. One has to keep the dignity, the serenity of a Raja Lakshmi. And, that Raja Lakshmi is very important for England because we are missing in Raja Lakshmi now-a-days. And, that Raja Lakshmi comes through the activity of the people. And, if you are inactive, Raja Lakshmi will go down.

So, we come to the point that we have to be active. We have to be active producing more wealth. You see, not like taking out the wealth from here, putting to something else but we should produce more wealth.

Now, how do you produce more wealth, we should see that. By changing forms, by anything we should get to it that we should produce more wealth.

For example, if Sahaja Yogis think that, "All right, I'm not going to work and I'm going to sit at home and I'm just going to be, say, sort of a dish washer." That's not the way. Sahaja Yogis have not only to work, but to work according to their deserving. Apart

from that, they should improve. Like you see somebody, "Oh I'm all right, I can paint a little bit but if it is comes to something better painting then I think I'll have to get somebody else."

That means at least you don't know even painting. You have to, in activity, you must know that you must perfect that profession. All the Sahaja Yogis must have a profession which is perfected. It's not like this that "I'm, I'm just a waster." All right, accepted the situation, "I'm a waster, sitting like a waster and doing no activity."

Only, then the problems like the ones we had come up that you start earning money out of women, or do sort of useless things like swindling and telling stories, taking out money.

So wasters are not allowed in Sahaja Yoga. Anybody who tries to be a waster will be thrown out.

Never justify your inefficiency, inadequacy or incompetence. You have to be first class, competent people in every respect.

There should be no diffidence in you. If there is diffidence you are no good for Sahaja Yoga. So, not that you should get after the money but Raja Lakshmi. Means, there should be complete activity of your complete manifestation of all your qualities.

Try to improve, try to improve. That doesn't mean you run a rat race, like a mad cap, nothing of Sahaja Yoga. Not that. It doesn't mean that. I have to warn you there. But you should not be just a waster, you see, that you don't have to pounce here and like a beggar you are moving about. This is not proper.

Try to improve your conditions, try to improve your techniques, try to improve your competence and understanding of the whole subject.

Whatever you take up, take up this or that. Get into it and work it out, sort it out. You should become... you can do it with Sahaja Yoga.

This is one of the big problems we have of Sahaja Yogis, do you know this? One of the biggest problems! Because nobody is impressed by you, nobody is impressed. They think some loonies have gathered around Me. Nobody is impressed. Everybody looks like a confused personality, you see, walking like this.

They think that Mother must have mesmerised them and they are all moving like a wave to this and that.

So, today on a Diwali day we have to say that we will become more competent, experts in whatever we are doing. We have to be! We have to be people with impressions.

Now, what impresses people in this world? Only two things. Either... in the beginning, in superficiality, only two things can impress in superficiality. Because firstly they are superficial. When they will see us they'll see our first impression. First, they will see what are you. I mean, if you look like a drunkard nobody is going to follow you. If you are look like a hippie, nobody is going to follow you. Nobody has any faith in hippies, I must tell you very frankly, anymore.

It's an individual system – it works on... You cannot be leaders. If you have to be leaders you are not to be hippies at all. Which hippie has been a leader so far you tell Me?

Of course, this, now this thing is dying out. This thing is dying out. We should think about it seriously. Now this hippism was just a craze, it's dying out. Then another craze came in, dying out. That another craze! We are not crazy people. We should know our goal, how we have.

We have to impress people. Now, only we can impress them superficially because in the beginning people just see superficial side. So, the first thing is that we should be such that we should have competence.

We should say, for example, if you have to make speech, you should know how to make speeches.

Now, people when they speak either they cannot impress or they go on like mad, they put down their heads and say something. That's not the way. You must practice it.

Go to the sea, go anywhere in the open say loudly. You can go, say for example, to this Hyde Park [laughter] and say loudly what you have to say. Say it loud, practice it. Say how you say.

Practice it. Overcome your defects. Do not enjoy your defects, it's not the way. Now, no more time left for that kind of a thing. Because you see there's no impression of people on others. They are not impressed by you.

You see with Me whatever is impressed is all right. But you have to become the gurus, you have to become the leaders. And, the impression should be on people that you are people who are smart at it, you know the job, you know how to speak, how to present Sahaja Yoga and do it in a way that's congenial, loving, affectionate and not like a volcanic stuff also.

Sometimes, you see, people get very volcanic with others. That also. With complete poise and self-control. Self-control.

This is only achieved through self-discipline. You must discipline yourself and do not waste yourself; must have self-esteem.

This is one of the biggest lacking in Sahaja Yoga today. There's no impression on people. And, this is what one has to do in your dressing up, how you talk to people, how you behave - that's very important in the outside.

But inside if there's all the time you harp upon it, "Oh, I can't do it. This is not for me. This much I can do." Then you have not been kind to yourself and to anyone else. So, come up to it. I would say everybody must come up to it. Now, forget those days of taking to drugs and sitting down. Whom are you going to impress with the drugs, tell Me? The another thing that impresses people is hypocrisy which we cannot take. If you are a hypocrite, you see, wear a bhagwa dress, have a chilam in the hand and go round and you say, "Oh ah, I'm chosen by God." Go on sing that way. That you can't do.

So, the whole thing is: both the things, the Nabhis are for our well-being which is manifested outside as well.

I mean, it's all right we should have a good hotel to live in. All right, given! Have you got the eliteness of living in a hotel?

Let's see. Just put a question to yourself. You asked for a hotel, you've got a hotel, all right. Have you got that eliteness or how are you behaving? Just think of it.

In this hotel, supposing somebody has to live, for example, XYZ. He will have a particular type of eliteness. Isn't it? Even sometimes I find the bags you carry are so dirty, filthy, dented, holes in it. Somebody might think that somebody is running away from this hotel, something is taking away. The rags and things should be given up and thrown away. Now, I hope there is one word like throw - which is not used. I'm sitting down I've never come up to see anything.

But the throw part of it is less. Throw away all nonsensical things like rags and other things which you think is very good looking but is not. Please throw it away.

See, for example, some of sweaters and blankets and things that people carry are horrible. Color should be smart. The...everything should be smart. You should not look a ragged person. I mean, how are you in Raja Lakshmi state? One has to see the Raja Lakshmi standing.

You see, there is no need to show that we are beggars. That's only good for the people who are hypocrites. Not for us. You see,

beggars are normally not beggars, they are hypocrites. So, they beg. They earn money.

In India, you will be surprised some of the beggars have got huge, big buildings on Marine Drive. They own it and still their profession is begging. So, they are not really beggars, they are hypocrites, you see. They make money like that.

So, why should we be dressed up like that? Moreover, if you dress up like that, the other side will follow and that is the bhoot that will sit on you because they want bhootish people to look at. You see, they won't sit on a person who is properly dressed, who has got properly done his hair and who is taking bath and all that. They like filth, they like dirt, they like dirty smell and if you have all these things in you they will be just on top of your head, walking with you wherever you go. They like such things. You see like you put something filthy you'll find all the flies come down there. You see, simple thing. Anything you put filthy there will be all the worms getting inside that. It's like that. So, the way you are, that's how it works out.

So, for your Raja Lakshmi, for your Gruha Lakshmi it is important that you should have self-control in your behavior how you talk. When you talk if you talk like a cheap person or like a person who is dosed with something then nobody is going to be impressed. How you behave is very important. How you sit, how you talk.

The other day Nima, you see, they asked Nima to speak and Nima said, I've never spoken and she was quite nervous. But Gregoire said, "You should tell us about our defect."

And she said really something very sensible. She said that "I have so many defects and we, Indians, all have defects but what I find about you people is that, that before Mother when you behave the protocol is missing. You take it for granted. It's all right, She is Mahamaya and all that, but there also", what she said that "for us She is just like a setting we had that this is the Goddess. The tradition of Goddess is there. And, we found Her like a diamond, we put Her in the setting. So, it's just done. We have no problem. But sometimes, I find the way people walk before Her, just like horses. The way they talk and all those things are surprising. Their behavior is surprising. I can't understand how you can do it when you know She is the Goddess. Of course, She is!"

So, in that case, I would say once this Raja Lakshmi business comes up, then you will understand the respect, because once you respect yourself you start respecting others also. And that you are all saints, you have to respect each other in the same way. You should really call each other... I mean, if it is in Hindi language, I would say, you should call "thou". Because we say it to elder people like that, "Please be seated. Please be..."

With great respect talk to each other.

It will impress others. Instead of that, in the program you find somebody slapping each other, holding each other's hair and shouting. What will they think? What saints, from where these new type of saints have come?

Saints have to respect each other. They come to your house, offer them some nice seat to sit down. You must see how the saints respect the saints. That respect should be there among yourselves, the oneness, the understanding. Without respect you cannot have any rapport. And, to have a rapport, there should be equal level of understanding that, "As I want respect, others must be respected."

You should be respectful and to be respected.

Both things should be done. This is the Lakshmi's thing is. And today now the light, the light is there. Light is a very important thing. From the very beginning, you see, when a man discovered the fire, the fire was used in the Gruha Lakshmi state where the food was cooked and the fire cooked the food, and was used. You see the warmth of the Mother, you see, was shown through that hearth that she used in the house to warm up her children, to give them food and all that. That stage. Then it became in a, say, in any collective thing, it is expressed as lights, you see. If you have to celebrate say your Republic Day or your Independence Day we put the lights on, or we have fireworks, you see. To express ourselves that way is in the Raja Lakshmi.

Now the Mahalakshmi. Mahalakshmi is the evolutionary state. In the evolutionary state, when the evolutionary state starts, then the Mahalakshmi starts asserting Herself and that comes when your well-being is established fully. I mean, if you are still worried as to how to get a cup of tea for yourself, you cannot get to Mahalakshmi state.

So, once that is little bit established and you feel that peace within yourself and that dignity, then the Mahalakshmi's power starts acting on you. And the Mahalakshmi power is that it really makes you the light. You have now become the light. Don't have to have any lights. You are the light. When you go anywhere, when people see you they take guidance from you. They use you as a torch which guides them. They will come and consult you and ask you how to do it. It is you who are the light.

So, this is what it is. One has to know that Mahalakshmi tattwa is represented here as the light. And, you see these lights when enlightened, even a small light, how it reacts and how it shows. And now, you have become the light, you see. Even this light can do it. You see, I put My hand to it and it recognises and knows that because it is now enlightened. It is put before the Photograph, it's enlightened. It works that way. Now what about you? You are the light now; you are the Diwali of God.

Diwali means the, the rows of lights. So, you are going to make this beautiful mansion of God full of Diwali light. You have entered into the kingdom of God and you have to enlighten it. So you are the decoration of God on one side, you are the glory of God and also, on the other side you are the guide, guidelines – you are like the torches, you can say, you are like the, what you call them, which are used by ships those...

Yogis: Lighthouse.

Lighthouses? You have to become lighthouses. So that people see you, you stand out, a light see. Like that you have to be. And, for that you have to have self-discipline. Put your will power. Put it. Will power! Put it down. How can I not do it?

Now, in this place I'm going to start within say two-three days after this Diwali, a morning session. Say, about, we can start about five o'clock every morning or five-thirty every morning. You have to have your bath before coming here. Say, five-thirty or five o'clock? Will that be all right? Your Mother gets up at four-thirty whatever may happen. You have to change your habits. You have to!

Get up in the morning. You know, by getting up in the morning you finish off so much of work because in the night what do you do? Lay, gossip, waste your time! But if you say that, "Tonight let me sleep late and tomorrow I'll get up early." You'll never. First get up early and then you will sleep early. The other way round! You see, you have to see your mind how it works.

So, get up in the morning, have your bath then sit down for meditation. It's quite a warm room. Have your nice hot bath; sit down for your meditation for about an hour or so. Meditate. You will feel so nice, after sometime you cannot sleep after four-thirty.

Now, look at My system. I mean, whether I am in America or whether I am in India, and when I get up at four-thirty. How do I manage? I've no watch, nothing like that. I just get up at four-thirty. I've tuned Myself to the sun. You are tuned more to the moon. I have tuned Myself to the sun.

When the sun comes at this angle I have to get up because that is the time vibrations have to flow. All over the world, at four-thirty in the morning all the vibrations, the best time, flow in the purest form.

That's why all the seers, get up very early in the morning, have their baths and sit down for meditation. It's too much I know, especially for English men but you have to train up yourself. You will do it; you will like it if you do it like a festival. See today is a festival day, let us get up and have a nice bath and have a nice soap, you see, perfumed one and nice things. You will enjoy, you see. Bath should be a ritual. But should not be all the time because I see Reg is sitting there quite happy. [laughter]

Like Indians also, they bathe too much. That is not necessary. Too much not, but once. And, then if you sit at home for about an hour or so the house is lighted.

I could get this place lighted in the morning, you come here, you will be amazed that if you develop this habit you can do such a lot. Because in the evening you are tired and you cannot do many things and you are absolutely fagged out, you see, so you will sleep early.

And this is English saying: "Early to bed and early to rise". Not Indian, is it? [laughter]

And, that's what we have to do. And, you will be amazed you'll do thousand and one things, thousand and one things if you get up early in the morning. So, we are going to try that after Diwali. I'm going to announce those who can try with Me can do it. And, I used to sleep sometimes at two o'clock, two-thirty, mostly at two. And, get up at four-thirty, finish My bath. Everybody was still sleeping and I didn't want to disturb them. Then, at about eight o'clock I would say, "Now will you please get up?"

While Gregoire you see, the day he had to leave, was saying, "Oh, it's already two o'clock. There are only three hours."

I said, "Gregoire, you better sleep now. Worrying about it you won't sleep. So, better sleep." "How will I wake up? What will happen?"

At five o'clock, I just said, "Now." I got up four-thirty. Five o'clock, "Five o'clock."

And, they all got up. Ask him. And, it's very easy to do it, you see. It's very easy. You need not keep like Me till two o'clock. Then but if I keep awake then in the daytime I sleep for an hour or so. I make up. But then you will feel sleepy, go off to sleep. In the night, it's a waste of time to keep awake. It's really waste!

What do you see these dirty pictures in the TV? After nine o'clock, is there anything worth seeing? Nine-thirty, ten at the most! Then all filth is there. You'll feel healthier, you'll be much better off.

Harry has improved very much with this kind of thing. And, morning time you don't think much, you really meditate. It's a very good thing. So just I'm giving one thing for your understanding that let us work it out something or towards self-discipline. Very important.

See, the ego doesn't allow you to have a discipline. It'll say, "Oh, What's wrong?" That's the way we have to put our ego down.

And self-discipline will give you really, I tell you, self-control. Self-control is very important. And, that self-control is only possible if you really know how to develop it, inculcate it and become yourself.

It's a beautiful analogy given in Katha, Katha Upanishad that, you see, the body is like a chariot. It says body is like a chariot and the charioteer is the buddhi and the Spirit is the master. The charioteer is the buddhi, is the intellect. Buddhi is better word than intellect is, you see. I mean, you can call the wisdom, wisdom. Now, the senses are like the horse. Senses are like the horses. They are running here or there, hither-thither and all that, you see.

And, the controlling of it, the reins are in the hand of the buddhi; in the person who is handling is the charioteer, is the wisdom or the intellect within us. The intellect has to control the senses and the reins are to be controlled. Now, when you allow these senses to go wherever it likes, you see, and you do not control it, then you are neither here nor there.

You'll say, "I know, I know, I know."

What part knows, what part goes wrong, where are you? And, then why are you doing it?

"I know I should have been. I know it's very bad. I know."

Why? If you know, it should be your knowledge; it should be your complete being of that kind. If you know it's done. Knowledge should be one with your behavior. I mean, I know this is white. All right. Then I treat it like white or do I treat it like black? If I know this is the fire, I don't put My hand there. I say, "I know it is fire; do I put hand there?"

So, to control our sense organs, we have to have our buddhi, our mind, quite intact and put in the hands of the Self where "I" doesn't do it. That "I do it; I, I" – all that. Spirit doesn't like it.

You have to have a very disciplined mind which should improve your methods of everything – of talking, doing things. I mean, you must improve. All the time, you have to improve. If you reconcile with yourself then it's finished; then the whole thing is settled down. So, that's how you progress and you grow better and better with it.

And, today's day is a very great day for us because the saints are celebrating Diwali. I'm celebrating My Diwali enlightening light in your hearts that you enjoy your own joy and your own beauty; that you are now the Spirit. Enjoy it. That you are there. Now, you are in the kingdom of God. No doubt.

I mean, even if you don't do anything anymore, you will be all right there. But you should not take it for granted. You have to come forward because your Mother needs your help. You have to stand up. You have to rise. You have to come up. You have to become the leaders of tomorrow. So, you have to work it out. And, not just be talkers and thinking big and saying big, big things and even if I ask you to wash a spoon you cannot do it. What's the use?

So, you are tomorrow's citizens. You are the ones who are going to impress people. I expect you to have an understanding about what you have to achieve, but don't sit down and plan because planning means you will never do it. You will sit down, plan, "Tomorrow morning I'll get up in the morning, I'll do my meditation." Write it down in a book and three days you will never get up because you have already written it down; you have planned it. [laughter] You have planned it. The planning is done, why should you do it actually? It's done; you have done it; in the diary it's all there. That's what planning is.

Planning is you sit down, "All right, so what should we do?"

Sit down... this... then this... then this... [more laughter]

Nothing happens. What happened? Everything in the planning! Who is going to revise it and see it is done? And, that's how mentally we have a satisfaction.

"Oh we've done it, you see, all of us sat together, we had a big committee meeting. We You all talked, talked, talked.

We decided this, Mother. We have decided on this and decided this."

What have you achieved? Nothing! How is it? What have you decided? Achieve! That is what it is. That's not planning. So, you do not plan, but just get up tomorrow morning. All right? Try that. Do not plan because planning is the one that fixes you up not to do a thing and that has led to this kind of a chaos in this country and everywhere else. Just a plan. Plan for what?

Now, is there any question?

We have to have now collective understanding also that we have to do some programming: every Saturday, Sunday I should be free after the Saturday, Sunday if not, we can have it during week days. After the 24th, I'll be quite free. But even before that, you see, we can have it on Saturday, Sundays.

Now, there are two Saturday, Sundays in-between. You can plan something if you want Me to go somewhere, you want to have a meeting anywhere or here or if people want to meet Me, we can do it.

But we cannot get Caxton Hall on Saturday, Sundays. I cannot go on week days. So, get some hall where I can go there. Some school hall or something on a Saturday, we all can meet.

There are two Saturdays we can use or Sunday, anything that you want to.

A school hall will be all right on a Sunday, Gavin. And, you can advertise in the papers about it. Now, this, for example, I'm going on the 20th.

So, there are two Sundays now where we can meet. All right? And when I go and I come back then also we can meet on week days. Then, I can meet on week days.

But before that I can meet, meet you on any Saturday or Sunday, there are hardly two Saturdays-Sundays. To arrange it there or if you want we can meet in Chelsham Road, in the ashram. Anyway. So, any problem, anything you can tell Me. Now again we are having a puja in any case, on this Sunday. Thirtieth. Friday. Thirtieth. Friday. Alright.

So next Sunday you can have a meeting if you want to. On the next Sunday you can have a meeting.

Now, what about Brighton? How are they? What meeting are they having today? They are having a regular program?

Yogini: Yes, Mother. We are having programs on Tuesdays and Thursdays and now we started Fridays at...

Shri Mataji: Where? In the house or in the?

Yogini: No, we have a public meeting every Tuesday in Brighton Hall and we also started another public meeting on Fridays and we have a meeting at a house on Thursday.

Shri Mataji: I would suggest that public meetings, whatever you people have, should be on a Saturday and a Sunday. Would be better if you can get a hall. Because, you see, week days, we have programs here.

Isn't it? For the time being it's all right because Saturday, Sundays now we'll be having, these two Saturday, Sundays but normally. You know, Friday is a puja now. If you have a meeting you should consult people here also, because then they would like to come for the puja. Now, this Friday, you all should come for the puja. All right? We can have some music.

Yogi: What time will You have the puja on Friday?

Shri Mataji: Puja we should start say about... about... It has to be evening time. So, whatever time suits you people. But after that, I mean, you have to have some music or something we can have.

After that. Seven is alright, because all of you will be working. We can even have it on Saturday if you like. So whatever it suits you. Does it suit people? Friday? Or it will be tiring? (laughter) Put your left to the right. I see always. Put your left to the right, so you won't be tired. Because you think too much, see? That's why. Put left to the right, 108 times. All the time tired. Left to the right. Good for your heart, good for all these things. Good, see, is much better. Agnya. Now I would like to see your dear husband tomorrow, if you can come and see Me. Is he here? Could we?

[Shri Mataji talks to sahaja yogis and says She would like to see them the following morning, and anybody who would like to see

Her should come the following morning. Then She asks some people how they are and how they feel, gives advice to a yogini to put right to left and not to think by watching Her].

Good. Now inform all the people in Cambridge, everywhere, you see, and then what we can do is to, I can stay over and next day already I go Saturday so that people stay over there, and I can talk to them Saturday. So if any personal problems are there I can solve it out. Or else, if you have the puja on Saturday evening it should be better idea (hindi) Let us have it on Saturday evening. Thirty-first? Is it?

Yogi: Halloween.

Shri Mataji: Eh?

Yogi: Halloween.

Shri Mataji: Hallo...?

Yogi: Halloween, Mother, it's a festival... (laughter)

Shri Mataji: Eh?

Yogi. Halloween is the abbreviation of the term Hallow's eve, because November 1st is supposed to be All Saints' Day. November 1st, so the last day of October is Hallows' eve, it's called Halloween. It's supposed to be the night when all demons and witches fly through the sky ...it's like that Mother...

(Shri Mataji pulls a shocked then an amused face)

Shri Mataji: Then we should do it on a Sunday day! (laughter)

Yogis: They tour as dress up as ghosts, spirits, witches and carry lanterns.

Shri Mataji: Very bad.

Yogi: It's supposed to be the night when the spirits, the dead come out.

Shri Mataji: Then the fourteenth...then we should have it on a Sunday day, let us have it on the Sunday, Sunday. I would not like to do that day.

Yogi: Sunday is reputed to be All Saints' Day Mother, the day of all the Saints, November 1st.

Shri Mataji: Yes. Good. That's a good day. We can have All Saints' Day plus Diwali day. Saints' day, it's good! So we'll have it on Sunday. So Sunday we can have the puja, I mean, we have to have puja then in the morning and, we can have morning puja and then I can stay over and in the evening we can light the lights and all that, and have some fireworks and things.

Yogi: Fireworks?

Shri Mataji: Hm. We can have some music. The whole of Sunday we can spend together. There. Alright? Keep it Sunday. Sunday I'll be there. Sunday.

Yogi: What time is the puja, Mother?

Shri Mataji: Then Sunday should be about, we should start at 10, you see? Because we have sufficient time then. Ten o'clock, would that be alright? For all of you? What time will you get up Sunday?

Yogis: Four thirty, Mother!

(Shri Mataji laughs)

It's so simple, you know, I don't know why people find it so difficult. It is just matter of self-discipline, just matter. I know everybody has this problem.

Even Indians now, young people have this problem. They are taking it from you people. They are becoming now more westernised and they can't get up early.

But even you see, My husband, he cannot sleep after 6. We are brought up like that, our generation was brought up like that. A lot of self-discipline, because we were born at the time when we needed our independence, you see, so we had to become like military people, you know, we had to really look after (?) things. We are very well disciplined that way.

So it's a good day. Sunday we'll have it on Saints' day. Alright? And this day with all these witches and all that it should be finished, it's all nonsense, they are not to be taken too easily.

It must have come from since long I'm sure, in this country, where people were indulging into nonsensical things, see they were barbaric people.

Barbaric people always go to these things, you see. They must have done it and still that is continuing.

Yogi: Halloween has come because of All Saints' Day. Spirits are frightened because of the next day.

Shri Mataji: See it's like Naraka Chaturdashi we have. That is the day all the devils are put in the Naraka. Only yesterday was that day.

(laughter)

Yogi: This is a tough week for bhoots, Mother.

(laughter, Mother laughs)

Shri Mataji: But that's why Diwali. That's why the light. That's why you have to have light, you see? After the 14th day, then the 15th day they celebrate Diwali. That is the darkest night.

Yogi: Which night is that, Mother?

Shri Mataji: That is tonight, that is the darkest night. And then tomorrow is the day that is the first day, see? It is celebrated as the New Year. For many people. Not in Maharashtra they celebrate from My own dynasty, that they do.

But in the North they celebrate first day tomorrow. And the second day is the Brothers' Day, when brothers and sisters tie the... that we can do also in the Puja. The brothers and sisters they tie the thing.

Where is your husband, he has not come?

Yogini: He's not well, Mother.

Shri Mataji: What's the matter?

[Back problems]

Shri Mataji: When did this happen? When did this happen?

Yogini: The day before yesterday.

Shri Mataji: I know why. Now tell him not to use his hands too much.

Yogini: He was trying to shut a window.

Shri Mataji: Tell him that I came to know about it and I knew it was going to happen that way. Alright? Tell him not to use his hands.

So, can I take your leave now?

Today's happy. Happy Diwali to you.

Yogis: Jai Shri Mataji.

[Shri Mataji asks somebody how he/she is and tells them: "Put right to the left, put right to the left". Then She discusses with Gavin problems of organisation of journey to India.

Then She talks to a lady in Hindi and says: "Women should not become horses". Then a card is given to Her with a present]

Shri Mataji: Thank you very much. Lakshmi and Ganesha. Good.

Yogi: Happy Diwali. From everybody.

Shri Mataji: What's that? Sweet! What is it? (Reads name of shop) What is that? Something expensive? (Pulls angry face. Laughter)

Too much. This is too much.

Yogi: This is from all of us.

Shri Mataji: This is too much.

Yogi: No, Mother.

Shri Mataji: Is it for Lakshmi?

Yogi: Yes.

Shri Mataji: Too much.

Yogis: Bolo Shri Nirmala Shakti Mataji Shri Nirmala Devi ki! Jai!

Shri Mataji: I would like to wear this now. Can you take it out? [...] This is a big halwa. May God bless you. [...]

[Shri Mataji puts on the necklace] Good. Thank you. It's all right, eh? Thank you.

Yogis: Very beautiful.

Shri Mataji: Thank you very much. We shouldn't do all this, you see, otherwise I'll be considered as other gurus.

[A yogini brings flowers]

Shri Mataji: Thank you very much. Thank you. Now, these flowers must be put, you have to put them somewhere. Thank you very much, thank you. Very kind of you. But why go to ... they are very expensive people.

Yogis. It's just the vibrations. It has very good vibrations.

Shri Mataji: I know. I have so many things, I have never worn a chain all My life. It was a good idea. Now you have really chained Me. (laughter) Chained with your love.

Yogi: And you chained our hearts.

[Shri Mataji laughs]

[End of video]

1981-1029, Practical session, Talk on Prana and Mana

View [online](#).

29 October 1981

Talk to Sahaja Yogis

Bramham Gardens Hotel, London (England)

Talk Language: English | Transcript (English) – Draft

Practical session with Sahaja yogis, Bramham Court Ashram, 23 Bramham Gardens, London, UK, 29th October 1981.

Shri Mataji: All right? Good, good. How are you? How is the Baby?

YOGINI: It feels good.

SHRTI MATAJI: [Shri Mataji laughs] Hmm. Yeah. How to keep the [INDIST.]. Hallo! We give a Bandhan. Really I have forgotten. What was that about? Hmm? [to the Baby:] No, no, no, nolu, nolu, hoho. Hoho, oh ho. [all laugh] Oh. Oh. Haha. Haha. [all laugh] Aha. Haa? Aha, haa ...

BABY: Hm. [all laugh]

Shri Mataji: He like it. [Baby breezes loudly]

Yesterday's picture upset Me so much, I couldn't sleep the whole night. Horrifying - in one city there are three thousand children on the list who are battered and out of which every week six are killed. Can you imagine? Six are killed every week – I mean shame-full it is, I tell you. I used to think in the whole of England. It is only in one city. In Birmingham I think it was. Three-thousand children on the list and every week six are killed.

Yogi: Now what use to work for the NSPCC Mother? The national, that is the national society for the prevention of cruelty to children.

Shri Mataji: Ah, where?

Yogi: And my wife used to work for them and

Shri Mataji: Where was that?

YOGINI: In London but it [INDIST.] country.

Shri Mataji: Ah?

YOGINI: [INDIST.] here to London [INDIST.]

Shri Mataji: In London it is a?

Yogi: Yes.

Shri Mataji: It's hor- ...

YOGINI: [INDIST.]

Shri Mataji: ... just imagine!

Yogi: There branch is all over the country, Mother, and they cannot called, and they were on one point a million pounds in that because they cannot call with all the children they have to care for.

Shri Mataji: Yes, and they showed some children, it's such a mess I tell you. Why I just couldn't sleep last night, the whole night I couldn't sleep.

ANOTHER Yogi: Some of the cases, Mother, which is horrifying. Children who have been taken by their mothers and there was a picture of one child who had been burned with the bars with an electric fire. The mother had taken the child and done this to it. Others were they had boiling water pulled on them. One child who had a father who had taken a cigarette on the child, had marks all over its body. This – I mean – and that is not rare, I cannot say that is ...

Shri Mataji: Where I told you, how can they do it? What sort of parents these are? They are off their heads completely. Completely off their heads I tell you. One there was one girl, she battered the boy so much and then the boy was recovered and all that - so sweetly came back to her, loved her and kissed her – you know – he had forgiven here completely, such a sweet thing and how can they do it? I just can't understand.

Yogi: When one hears about it, Mother. Nay. You look at small children who are cracking, I mean these children are cracked.

Shri Mataji: So small as that!

ANOTHER Yogi: Now children like this, children weeks old even, Children smaller than Greg, yeah as nice as ...

Shri Mataji: Where have they done that?

Yogi: [breezes loudly]

Shri Mataji: But why do they do it?

Yogi: Not feeding them, starving them in cases where the children have been starved.

Shri Mataji: But why, why do they, what do they say, what is the reason?

YOGINI: They don't know the reason, they say it's emotional things but they don't, [INDIST.] like the husband told her [INDIST.].

Yogi: If the husband is left, you know, the woman left to call the children and quiet often is that point [INDIST.]

Shri Mataji: But in one case yesterday the husband he was looking like a rakshasa, I tell you. And it was the husband who was beating the child. And he was put in jail and came out and another child was to be born and they said the wife cannot stay with it. So he said, why not I have seen people breaking the ribs of the children and they are still there. And why me of all the thing? Horrible! It's real hell I tell you.

Yogi: And they get away with the mother in many, many cases. Ah there is one parent -

Shri Mataji: This is the maximum here I believe. In America they don't have this much. I don't know how they - ...

Yogi: They have it, but ... I mean the scale how much is going on in this country is ... sort of a crime.

Shri Mataji: What happened to people, are their hearts frozen?

Yogi: It's because, in most cases resent of the child, the parents might resent the child, so they hate them at the end. The child is vulnerable, you know, people who have hate-feelings in them, they have a small child, who is defenseless and they take it out on the child. This is

[Baby breezes loudly]

SHRI MATAJI: Oh God. Oh God, [INDIST.SOUNDS LIKE: what is it?]. I couldn't sleep the whole night, I just couldn't bare it, but I don't know. I used to think two children in the whole week in England was too much for Me, but it's in one place? And in one place!

[Baby breezes loudly and makes a little noise]

[to the Baby:] Better. You get enough, you are pet enough. You are pet enough. Isn't it? You are pet enough. Ah, aha, ah. How much better? Hm. Hm.

[Baby breezes loudly and makes a little noise]

He is holding his head.

Yogi: Hm. He is, he is trying to sit up [INDIST.].

Shri Mataji: Hm. [baby breezes] He is all right now. He is all right. I have cooled him down on the head. I have cooled him down.

[Baby breezes loudly and makes a little noise]

This is on the increase, that's the main point.

[Baby makes some noise]

Must be possessed I think this people! They have no heart.

Yogi: So I just can't understand how someone can do it. I mean, looking at my son, my daughter – I don't understand the matter how angry I feel, when I could be made very angry, I could see a wrong somewhere, I mean many times I felt hate, but I mean how can you take out on tiny children. [Baby breezes loudly] I did not understand [Shri Mataji laughs to the baby] how anger you feel, you know the child, the children -....

Shri Mataji: I mean, you see, I feel more, I agree with this people the way they are behaving than anything else. How can children be born here? Just [INDIST.SOUNDS LIKE: think it!] What a place it is.

[Baby breezes loudly] [to the baby:] It's all right. Now better? All right? How much is that? Gail, if you go and ask that boy, that while cleaning My room, please open the window, because you see hermetical I felt for three days. [Shri Mataji laughs] You are better. You still off? Who is the [INDIST.]? Really? [all laugh]

YOGINI: Come on Greg.

Yogi: Yeahh!

Shri Mataji: It's all right now, have it.

Yogi: Ah! Ah!

ANOTHER Yogi: Mister [INDIST.] just come back from shopping.

Shri Mataji: Oh I see.

Yogi: And then ah –

Shri Mataji: [to the baby:] Hello! Hello! [Shri Mataji laughs] Now, lalalalala there. Not there. Not there. Not there. You are all right.

Now the dilatation of the people have taken place ... it's all right ...

[to the baby:] Yes! Yes! What has happened now, are you all right? Are you all right? You want to come now? Now come, you want to come to Me, ah? First you were crying, now you want to come to Me. You felt very cool and nice? Did you? [Shri Mataji laughs] How are you? All right? [Shri Mataji laughs] Now you are laughing, now you are laughing, now knowing, otherwise he didn't know before. Ha? What was it? You want to come to Me? [Shri Mataji laughs] Trying to come to Me? All right? How many children have I to carry now in a program? [all laugh] Like jail- [INDIST.] she goes on crying till I take her. And now - oohhhh. [all laugh] So, let's – ah – I want to have something practical. You'll have it. Please sit down. I didn't? [Yogis laugh, Shri Mataji too]

[to a Baby:] Hello! Hello!

It's better now. A little caught up on the left, I don't know why. Left side. Ah, you don't go to any psychologist or anyone, nothing like that, never? You don't go near ... the tradition is not then, may seem [INDIST.] but it is tradition and if you, if you had the tradition – like We have in India – to their fitted just like [Shri Mataji snaps], that's what happens. Once they get their realization they know it is realization, like you must say it that day, isn't it? He said, it's like a setting we have got, We just find the diamond that is setted there. That's the thing We see there and ego comes up and the rigid because they can't accept Me as anything, but as Christians you can talk to them that Christ has said, I'll send you a Comforter and a Councilor and a Redeemer. You should say these are the three qualities Mother has. She is a Comforter and She is also a Councilor and She is a Redeemer. She has redeemed so many people. And these three qualities are nothing but Mahakali, Mahasaraswati and Mahalakshmis – they are the three qualities. So He said it in His own style and that's how We interpreted in our own style but this is what it is. And if that is so, then why to reject? I mean, Christ has said that, nothing against Her will be tolerated.

Yogi: Seems to be like You mentioned recently, some people will come and then they might have a stomach-pain or they might have a problem and they, and they come and You make them well again and they go away and then the next year they come back and they say, Mother we don't believe, but make us well. It is it people are coming to You ... [Shri Mataji laughs] ... for a little while ... Do you made to feel happy? And ... but you know well ... thanks! ... and close your mind again [Shri Mataji laughs a lot].

Shri Mataji: That's typically western you know?

Yogi: Yes. People go away and they think about it. They shouldn't stay in it and enjoying it, they go away, they think about it.

Shri Mataji: What can you think? You see, they didn't get well by thinking. What we should do, give them a big Mantra is: Don't think! Don't think! Don't think!

[Yogis laugh]

Yogi: Like the children.

Shri Mataji: I think that would be a good idea. You see, so many people have come – I tell you – and so many have got their realization, but how many have stayed is the point. Actually, in Sahaja Yoga it is easy to get realization, no doubt – but to maintain it and to rise is not so simple as you think it and We have to work it out. Ah though Kundalini helps you a lot, but still you have to work it out. In the Vedas you should see these people are called as, human beings are called as Pashus. Pashus means the ones which are under bondage. Actually the animals name is the same – Pashus. So they are under bondage of their problems like temper, lust, greed, hatred ... They are under the bondage of all these things, under the bondage of their senses. Now when they are realized, then their eyes open. That's called as [INDIST.], their eyes are open. Now so they get a new category of people, you see now they start feeling the collective. That's called as samaschty. So the individual which is bound is opened out, but after that – you see – that's not the only Shakti, the power on which one can live. You have to develop other powers which are under line and the power underlying us is to get over this first bondage is and that getting over is also sort of manifest, it is many fold. When you start getting over it, you don't realize how many powers you have got. You have got the power to enter into the body of another person, otherwise how do you know, what another person has got? You see your Aura can enter into another personality and can feel another personality, the vibrations of that person – imagine! You have a power to enter it, otherwise how can you find out anyone. Now think of a person who is not realized – can you find out what's wrong with him? But we take it for granted, we don't realize it it's such a big power you have got. A Siddhi - to enter into the body of another person by which you can feel that person, you can know about that person, you can raise the Kundalini, you can give Realization. Imagine! All these Siddhis, you got all Siddhis in one shot. And people used to work so hard for it and do it. Now if you are made to work very hard for it, then maybe you may realize the value of that. You see but there is no time. Like – ah - he was telling Me – David Brawl – that if you put a big photograph somewhere it could be cheap Mother, but if You consider it and We asked people, put your hands towards, see if the cool breeze is coming? I said, but what it is? There will be no identification with ah, with Me and then that's not going to work out. See, they have to know that I have done it and they have to identify. This is the condition.

[the baby breezes] Better now? Feeling better?

So now how many are there coming from that area?

Yogi: There are four, there are four of us who regularly come to meetings – with myself.

Shri Mataji: But there you can have a program.

Yogi: We are going to, Mother and

Shri Mataji: Where is this park, where resides this, this

Yogi: Queens-park. It's North-London, it's few miles from Hampstead.

Shri Mataji: Away?

Yogi: Yes. It's between here and Hampstead.

Shri Mataji: Between here and Hampstead?

Yogi: Hmm, north of London.

Shri Mataji: Is it?

Yogi: Hm.

Shri Mataji: Ah!

Yogi: It's west of Hampstead.

Shri Mataji: It's a – say these region to expecting a religion – how can you expect Rajneesh to be there? Now We have Christ.

Yogi: Because this, they are really – I don't know else, the west as a whole seems to be very mentally orientated, very mentally orientated.

Shri Mataji: I [INDIST.SOUNDS LIKE: may] not. Yesterday only there was another BBC-Program about what is the death of a man and all that. He said, one side is definitely mechanical in a man, but another is something like morality. You see, We didn't say it so, We couldn't explain everything, so he said that there is something like morality. Now, what We can do is to, Philip, what should I tell you the practical side, the meditation. All right? Let's see what this meditation is, what We have to do on a meditation.

The first thing we have got is the left side – you see – is the Mana-Shakti, is the power of your emotions. All right? Now, emotions are connected with your right side, also - prana. Say for example if you are emotionally disturbed, just now we got disturbed, so our shva, our breathing also increased and we felt the whole body was sort of, say reacting and the, we were feeling the reaction of the Prana, right side also. That it was trying to express itself. Like we started the tears, is the water-element and all that came in and the whole emotion was so much pouring out and with that our Prana was also involved.

Say for example if you are frightened, if you are frightened – [aside: {INDIST.}, it's all right] – if you are frightened too much then what happens? [aside: this is all right] If you are frightened than also you get your breathing very fast – isn't it? So it is connected. [aside: Yes, come in, come in!] So it is connected. If you are frightened it is connected – with your Prana, in your breathing and your whole system is connected with your emotions, physical system. If you cry too much, or if you weep too much, or if you are a sad person - that shows on your face, your Vishuddhi-Chakra also shows, and not only Anahata but also Vishuddhi. Then also your Agnya goes out. So all the Chakras reflect the left side in such a way that physical manifestation is also there. So it proofs that both are very much connected.

So to, if you have to, somehow or other, dissolve these two sides within us, the left and the right side – because if you do not dissolve it you are left half way here – so you have to dissolve these two things. And to dissolve these, what should we do? What can we do – in meditation?

[aside:] Can you suggest?

Say we have got Prana and Mana. Now Prana represents the right side and the Mana-Shakti is the left side. All right? These two have to be dissolved – in the air, means dissolved. Now how do we do it? To dissolve these two things, they are connected with each other. After realization, not. So before meditation We give ourselves a balance, all right? Which side is more resided left at the time. Supposing you are emotionally – at that time – disturbed, then you put your right to the left. If you are that time disturbed on the left side – ah, I mean disturbed in that sense that if a left side is frozen, then you raise your left side and give yourself a balance before meditation.

Now let us see, which side is less, first of all. Put your hands like that. Are you all right? Getting cool breeze? Getting it? [INDIST.SOUNDS LIKE: May this side not.] All right. Better? Are you getting in this side? Now – something moving? Cool breeze is coming now? Is there a cool breeze? Is it? There is cool breeze in your hand? Are you feeling it? All right.

So once you have given yourself a balance then the best thing is to pay attention to your emotions, to Manas-Shakti. Watch them. You can enlighten your emotions by thinking of your Mother. All right, just enlighten them. Just She will solve the problem. Whatever are the problems in the Mana, all right? So once you get connected with those emotions and you start looking at them in your meditation you will see these emotions are rising within you and if you try to put these emotions on your Mother, as put at

the Lotus-Feet of your Mother, they will start also dissolving those emotions and they'll become sort of – ah - expanded. Expanded, you see.

You will extend that in such a way that, you will feel you are in control, these emotions. You are in control of them and by that controlling those emotions your emotions – which are expanded, enlightened – are powerful. And these emotions, when you feel that way, then the cause of those emotions can be solved. For example just now you got emotionally stirred up because I talked about – say – these children. Naturally, anybody would be. Now when you are stirred up with that you put that problem and those feelings that are rising in you, that those waves of feelings that are coming at the Lotus-Feet of your Mother.

So they get touched, say by that power you can say. Then these emotions become enlightened and when these emotions become enlightened they have a power to solve the problem. Do you see the point? As if they had reached the shore where they got the light and this problem can be solved. Because now you are not in an individual self, you are in the expanse, you are in the samashti and because you have entered into that position, that's why you have got these powers of entering to another person's body, to see the vibrations of another person, to raise the Kundalini. Otherwise you could not have done it.

So for you it is very easy to [INDIST.SOUNDS LIKE: weep] because I am also sitting here in Person. So easy to put these emotions just there so that they get enlightened and your wish is fulfilled, because emotions are nothing but wishes. These are unfulfilled wishes. Now how they do it otherwise is also this way that you take up these emotions and put them, so that is, these emotions are actually - the left side, as I said, is the desire.

So the desire is taken, any desire, and is put in the Prana. Now how do you put it on the Prana? That you control your Prana – that's why they do Prana-yamas, you see? Like you sit down now, very comfortably, now you have a desire, you put your attention to that. Attention is very important – you see? Now this attention is to be put onto the Prana, so the emotions are there and then bring those emotions and put them into your attention, means they are now, you are aware of them.

Now what you do is to watch your breathing. See now, try to reduce your breathing, reduce it. In the sense that you have breathed out, wait for a while, then breath in - for a long time. Then you breathe out. So in one minute your breezing will be less than normal. All right? Try that. Breathe in – now with the emotions, keep the attention on the emotions – you see? – so that the connection is established.

Hmm. Better? You see the Kundalini rises? Now when you are breathing you find that there is a space in-between, which you just leave it vacant. Breathe in! Now leave it vacant. Now breathe out. Now leave it vacant. Breathe in. Keep it there. Then leave it. Keep out-side. Now breathe in. Now start breathing in such a way that you stop your breathing. Your attention should be on the heart, or could be on the emotions.

It's better? Keep the breathing inside for a while, then bring it out, then outside for a while. Then again, then you'll find that for a while you will not breathe. Hmm. You see, you settle down. The layer takes place between your Prana and your Mana. Both the Shaktis become one. Now at this stage when you are silent, now you think of your intellect – it's lost. Now just think of it, it's lost, it's no more there. So what is happening, actually that this layer – the attention goes into the intellect and enlightens the intellect.

Aha, now see, the thought is not there – try to find your intellect within yourself! Now see! See, where is my intellect? Try to find it! It's not there, it's not working. Again try it! It is working, but it has become the samashti, has become the collective now. Ha! See now! Did you follow that? There is no thought. This exercise will give you this thoughtless awareness, establishes in you the thoughtless awareness. There is no thought. So the second lesson – all right?

May God bless you!

Hmm. Yesterday I told you about the physical side – is how to physically achieve the balance by doing all these movements and all that and there is also raising your Kundalini like that and how to put certain chakras in places. Like first of all the Mooladhara, which is very important, Mooladhara Chakra - for that the exercise, as I told you, has to be with both the feet ... Can We try that

again? Just to put both the feet together ... Now I tried to pull it towards yourself. No, no – with this, now, holding it, yes, towards yourself and push the thing down ... Yes ... [Shri Mataji laughs, the Yogis too] Now, the other way round, the other way round you can do it, is to push it downward and pull your – with the hands – you push it down. Yes now, push it up – the, the heels – yes, now, push it towards yourself, again, again. Now put it down on the sides.

[Yogis laugh]

It is stiff, I must say. All right, again. Now I tell you one, you may try another thing for this – is to put your, one foot across and one foot like this, that's it. Push it, ha ... now it's better, that way ... now push it up. It is this one, upward, just push it how much you can, push that down ... yes ... push one down and one push up, it is better ... now the other one you do the same way ... push that down at the center, ha ... now push that up ... with one hand you can push that up, with one hand you can push that down ... would be a better idea ... now like this, like this, like this ... just try, now ah ... hold it from the sides, hold it from the sides, like he is holding ... no, no, that ha-, that, put it down, your hand, yes. Now hold it this foot with the left hand, with the left hand, it doesn't go that side, [Shri Mataji laughs] it's [Shri Mataji laughs] like the way he is sitting ... all right, it's all right. Now push it, push it down, this one and push that up, push that up and push this down. Now the other one you try, now the other one you try, again.

Hmm. Can you? No, no, no – that one down now. Which one was, yes, correct, correct. Now this is the other way - ha. Just push that one down, as much as you can. Push this down. Now you will see it will little bit opened out. Now see yourself, is it opening out? Now put it, put it down again. See, is it better now for sitting. Better? Now see now, is it better? Like it! [Yogis laugh] It's better now.

Yogi: Now [INDIST.] here.

Shri Mataji: Sorry. Yeah. You see, gradually it will work out, gradually it will work out for you people, because you are not used to it, not, so at this age also it's rather difficult, but it will work out, gradually that - ... You sit like that! From now, if she sits like this, you see, from the very childhood, than she can never sit like that.

Yogi: Jane?

Shri Mataji: Can you sit like that?

Yogi: Does you understand?

Shri Mataji: Let's see. Let's see. If – can see?

Yogi: Shri Mataji is sitting before you ...

Shri Mataji: Ah?

Yogi: ... so be like [INDIST.] go meditating.

Shri Mataji: Ha good, you can do it, you are good, excellent, she is good. Ah, that's better.

Yogi: They are very subtle, Mother.

Shri Mataji: They are subtle, but you see, that's how you grow up and then when you do not, you give up this habit, as you start sitting on a chair, then you give up the habit and then the chair becomes, you see, ...

Yogi: But the way she was sitting, I cannot sit. Only she was sitting [INDIST.] like that and she sits right [INDIST.SOUNDS LIKE: like that on the floor] ...

Shri Mataji: Yes

Yogi: ... and she has legs out there. [Shri Mataji laughs] It's just [breathes loudly] It's really strange [INDIST.] legs.

Shri Mataji: Children are very subtle. Now then, this is one thing I told you how to improve your Mooladhara yesterday – all right? Now the second thing was about the Swadishthana, you have to hold both the legs together, like this. Try to push it together. So, now, push it like that. Hold the hands and just turn, just try to take out the heat of [Shri Mataji laughs] ... turn it ... [Shri Mataji laughs more, then the Yogis laugh loudly] He is tall, is he? See that! [Shri Mataji laughs] Now, is all right, now you turn on, on the water like this here. The tall people are [Shri Mataji laughs] rather difficult.

ANOTHER Yogi: Like the thin ones legs, Mother.

Shri Mataji: Yes, now see, that's how, now you'll see, your Swadishthana will improve. Hmm, just more. You see? Now let us see, now put your hands towards Me, that's it. You see? It improves. Swadishthana improves like that.

Then I told yesterday about, how to raise the Kundalini of others with a light in your hand. Now you don't have lights today, but you can take some lights. There are some lights, you can take from that, some candles, all of you. You can get some plates, but the doors are closed now. You can get it from upstairs, also get Me a glass of water.

YOGINI: [INDIST.SOUNDS LIKE: Mother, we have provided some water, but this is not chilled.]

Shri Mataji: Here! All right. Thank you, thank you very much. [Shri Mataji eats something] Hmm.

Yogi: [INDIST.SOUNDS LIKE: Is it a good idea ...]

Shri Mataji: You like that?

ANOTHER Yogi: [INDIST.SOUNDS LIKE: I just can't ...]

ANOTHER Yogi: Is it a [INDIST.] decision to like this position not?

Shri Mataji: Is she bringing some plates?

Yogi: Is it a good idea to sit in the lotus-position, Mother?

Shri Mataji: Hmm?

Yogi: Is it a good idea to sit in the lotus, lotus position? [INDIST.]

Shri Mataji: I don't know, I don't want, it's too much, sometimes. For meditation you shouldn't do it. For exercise is all right, but not for meditation. In meditation: sahaj-asana. Sahaj-asana is when both the legs are absolutely spread out as much as you can. Very much like that, very comfortable. It should be a comfortable position. That is the [INDIST.].

Yogi: Mother, we have to go.

Shri Mataji: Hmm. You have to go now?

Yogi: Yes, Mother.

Shri Mataji: All right ...I must say, ...

Yogi: We have to go now.

Shri Mataji: ... what – ah – David [INDIST.SOUNDS LIKE: Browled] told Me that if you go to these People, TM-People they take three years to make you into a teacher and they make a real showman-ship out of that, a real showman-ship.

BABY: Papey!

Shri Mataji: Bye Bye! Bye Bye! So don't worry, it will work out, we'll have to train you up to have a real Guru-style and behavior.

Yogi: Yes. We have a meeting in Queens-Park ...

Shri Mataji: Ha?

Yogi: ... coming soon. We have a meeting pretty soon. The Hampstead-meeting, is it the twelfth?

YOGINI: But we can't have the hall in Hampstead next Thursday, so I projected they had one in Queens-Park next Thursday.

Yogi: So is it ...

Shri Mataji: All right.

Yogi: ... the following is out there.

YOGINI: The twelfth.

Yogi: The twelfth.

YOGINI: The twelfth. Oh it's twelfth – sorry.

Yogi: So what the meeting, the Hampstead-meeting is moving to Queens-Park for one evening.

Shri Mataji: Oh they are good. But you must advertise and must make some hand-bills. These people will go ...

Yogi: Yes.

Shri Mataji: Na?

Yogi: Yes.

Shri Mataji: That's on Thursday-when?

Yogi: That's Thursday the twelfth, Mother.

Shri Mataji: Twelfth – I can't see Thursday.

Yogi: Two weeks from tonight, two weeks from tonight.

Shri Mataji: I wouldn't be there. In two weeks I won't be there. Next week I will be ...

[GAP]

... so seekers. One type is only for them-selves, they are seeking, you see, as long as they get their realization. But some have this Guru-Principle in them, they do it for the whole, you see? But most of them are at that level, we have got it now, it's all right. But even for yours sake you have to come to the meetings. Everybody cannot be thought all these things, you see, but they have to come to the meetings, even for their own sake I am saying, even for sickness. They are cured, but they can be again very sick or something else. So even for sickness they have to come, to the meetings they have to come. But the people who will work out from the angle of being use-full to others will be less in number. This all-pervading Power itself is the one that is in a principle is the collective compassion and if you are not that, then you have not achieved much. You have to do for others, if you are doing only for yourself then it's of no use.

Did you take the candle now? How are you? With a candle? All right? Better now.

[GAP]

And this is all because of this Hippy-Business I tell you. All these drugs, it's a horrible thing, it's a very bad thing, one has to work it out. First of all it makes you extremely lazy I say and insensitive. Insensitivity is the first thing. You see, you can be very, very dirty, filthy – you won't feel it. Others feel it, but you don't. Hippies in India are so obnoxious, the Indians are frightened.

I heard two of them, they came when I was in Bombay, no, in Delhi, first time. Now they are lost, I don't know where they have gone. One of them was [INDIST.SOUNDS LIKE: Archie] from Sweden or something, I don't know. And they were smelling so bad, absolutely smelling! They don't wash their hands, they have no sense of cleanliness, nothing. And for anyone to live with a person like that it's absolutely [INDIST.], they are just like primitive people. Even primitive one are much more clean. They can't go to that limit.

And when it becomes a group, then God save others! I mean they don't want to see this, when they are Hippies they don't want to see it. Till they come to Sahaja Yog' they will not even be able to know that it is so. You agree with Me? It's a very funny cult I tell you. And they all group together and they justify each other - I mean from one extreme to another extreme. [INDIST.SOUNDS LIKE: Over-meticulousness, over-, over-cleanliness.] over-this thing and [INDIST.].

Yogi: Superiority is also ...

Shri Mataji: Ah?

Yogi: Superiority as well. It's a kind of Ego, I think.

Shri Mataji: Hm? They think so, they think our whole mind is in the spirit, we are not material things, they think. I mean it's all connected. Look at the nature, how clean it is. How cl-, who cleanses it? You go in any forest, any place, it's all very, very clean. Who looks after that, who washes it? And these, this is so unnatural, absolutely unnatural behavior to live like animals, worse than animals it is. They don't take their bath – ah – it's all there.

[aside:] But there

They will have lots of psychological problems, I tell you. Because if you take abnormally something, thinking which is a good thing, you develop such terrible problems psychological. It's a ego-stuff, it's a ego-stuff I think. I went to this Santa Cruz and the way people were there some of them – horrifying! One fellow came, he took out most of his clothes and he was smelling like

that, his mouth was smelling, his body was smelling – just like a tiger I should say. Tiger is better, just I can't understand, he is a human being, educated fellow.

And We went to have lunch with some persons, it was before Santa Cruz, we went that – do you remember? – that place We went to, for lunch I was sitting on a, on a bench – you see - and the whole thing was so stinking, because somebody has set there. We had to change the urge. How -, one must get rid of it, one must develop sensitivity to it.

Untidiness – I can't understand, look at God, God is so tidy. He has made His Nose, His Eyes, everything so nicely, isn't it? And they are not spiritual. I can tell you, [INDIST.SOUNDS LIKE: this way is also with stomach], because I have seen now Hippies, they can be very, very materialistic. They are very worried about their belongings, they are very miserly, they can live on others money, they'll rob their -, they can do anything, because they have no self-respect.

So I mean one should also see the bad things of this cult. The good thing is there, because they are not aggressive, maybe like the other side is, but there another side is horrifying. Like two types of devil, right sided I call as [INDIST.] you see and the left sided as rakshasas. And they can become rakshasas! And they can do any kind of [INDIST.] thing, any kind of [INDIST.] thing. Some of them are indulging into horrible things in India, horrible things.

Rajneesh has got all that lost, that kind. Gutters, absolutely gutters – as the worms in the gutters don't feel anything dirty they don't feel. You see rajneesh has this thing now, he has got the film, you won't be eat, able to eat your food for three days. Everything done on mass-level! You see, when I am saying all that it is coming up.

Now another thing is, they dress up also like that, in rags. They dress up in rags, you see, like beggars on the street and their clothes will be absolutely what you can call them dirty, anti-clean, I don't know what to call, what color. And this is just laziness, simple laziness I tell you. And they wear something angora because they don't want to exert at all. Lazy lumps! But the bhuts are there of the same style and they catch hold of it. I would say all the hippies must throw away all their clothes, most of them which are like that, it will help. It will definitely help.

You have many like this?

YOGINI: [INDIST.]

Shri Mataji: Throw them away! Just throw them away! Please don't keep them. Try to select clothes which are more clean-looking – all right? You can have only three or four, need not have many – throw away the rest of them! I mean the whole tendency is towards that, they think they look like saints, while wearing this nonsense, they are just like beggars in India. Our Indian beggars dress up the same way. I can understand, because they want to beg – so they wear such clothes that excites pity, you see, so very dirty clothes, they'll wear some kinds of rags, they'll have thorn clothes – but here the very well educated go in for that, for what?

Also, may be, that they want to show that – you see – they are very humble people, maybe that. Or to excite the pity of others It's a masochist this style of behavior. They just to excite, everybody should feel, oh what a poor thing. The whole behavior is like that, they are too intelligent and they work it out, I tell you. I was amazed, hair never combed, never properly done, little lices in their hair, horrible! And big beard I mean, do you think God likes such people. This is a miss-understanding, these people.

Prophets, which Prophet was like this, I don't know. I have not known of any Prophet who looked horrible like this. And I don't know, which one they are saying. The very best thing is all of them should use oil. That's the best thing. Let them start using oil. Oil the body, oil the head – oil! Then these bhoots will run away. That Santa Cruz-crowd was -, We had a, We had a gentleman, a Sikh-gentleman with Us, who was extremely upset, you know, that why should Mother come to this crowds. He said, I should not put My Foot down there, this one, you remember? He was very upset, it's all [INDIST.] and they should not have brought Me there.

And very ill-mannered, extremely jerky type and there is no fines about it, there is no – I mean - sophistication. I don't say it

should be artificial, but we are human beings, we cannot be like animals, you see, the way the animals like it. When they slap, they rememb-, they were, remind Me of a bear. Have you seen a bear slapping? [Yogis laugh] And when they, it just comes, [Yogis laugh] stands before you, can you do like that? Finished! [Shri Mataji laughs] Turned down! No mental activity! When they clap also they [Shri Mataji claps] go on like this, you see? Just like [Yogis laugh] a monkey, just like a monkey, [Shri Mataji claps all the time] you know, looking at one side. They don't know what they are doing.

It's idiotic I tell you. [Shri Mataji laughs] Every way! I mean they are seekers, that's why they are important, but how can seekers go about like this in a group and all these mad people must understand, they'll become lunatics, really. They are in for it, because all the lunatics will jump on them. I have seen certain lunatics with those pants, you know, baggy pants, exactly like hippies. If you put a hippy and a lunatic you won't be able to [INDIST.] [Yogis laugh] I mean there is no difference at all, in any way!

That's what's happening in Santa Cruz, you know? One lunatic came in, he looked like a hippy [Yogis laugh] and now see, how he was, I said now, you are not getting realization, I am sorry, it doesn't matter, it works on. He said, no, it's has to work out now. And we didn't know he was wearing a wig, you see? Took out the wig and there was a big bald head below that. He said, you better give me now. But We some or another tried to get rid of him and he went at the back of it. And then the [INDIST.SOUNDS LIKE: goat] was standing there, there was some sort of a dog, I don't know what happened and he just hit [INDIST.] [Shri Mataji snaps with the fingers] Went into that!

He was a mad man, he was absolutely mad, but among all the hippies he was lost, We couldn't make out that he was mad. He came from a lunatic asylum, from a mental hospital and We could not – they said if you tell him, he went to the police, what is there, they'll put him in the mental home. Because they all hippies looked the same, how are We to make out, who is mad, who is not? And another one took out all his clothe and sitting in such a funny manner, I didn't know how to look at him.

All strange people, you know? I mean you are seekers, you must have self-esteem. But they don't take their bath, imagine, they don't take their bath! God cannot like people who do not take their bath. It's a simple thing I must tell you. Even, nobody will like, you tell Me Jeremy, supposing somebody is smelling, will they like it? You see. Only rajneesh may....

So one should pay attention to ones own being. After all, if you have to go to God, I mean, supposing you have to go to the temple, the women will wear their best Saris, as you have to present yourself to God, to show that gratitude, that we are so happy, that you have given us this world. But if you go like this, like beggars, what does it mean? What does that mean? That there is no sense of gratitude in your heart....

And they'll wear all their ornaments, if they have to go to the temple, they'll take their silver out, put everything, decorate all the offerings in that silver Thali like that and carry it It looks so beautiful, going to a temple. A woman going to a Temple in India is so beautiful. She takes out all her things, combs her hair nicely and [INDIST.SOUNDS LIKE: goes]. The best Sari you should wear. We do in the church, I mean, most of the ladies and men go there just to see the clothes only. [Yogis laugh]

Yogi: And the bhoots.

Shri Mataji: I [INDIST.].

Yogi: And the bhoots Mother.

Shri Mataji: And the?

Yogi: And the bhoots.

Shri Mataji: And the bhoots. That's what it is. But at least, thanks God, people will wear proper dresses. Otherwise if the hippies go to the church, I think the bhoots will run away. [Yogis laugh] It's a very funny cult! I mean, I want to condemn it out and out, absolutely! The cult is wrong, all the Sahaja Yogis who are coming from that, just throw it away. Like as We say Catholicism or

any kind of – ah – fanaticism is wrong, in the same way this fanaticism of hippy-ism is absolutely wrong. Is going to destroy you all completely and is good for nothing.

Felicity is another person who is gone into this nonsense. Worst is Jane, worst is Jane. The person who was really come out of it, among girls, is Maureen. Really come out of it! Even the dress and all that. Pamela, see Pamela, look at her! You don't know when she is sane, when she is insane. It's true. Untidiness - is the sign, untidiness is the sign of a person who is untidy inside. It's very nice to say, we are spiritual – the spirit is so clean. It doesn't require anything, I mean even if I don't take bath for three month you won't have any smell, know that, but I enjoy bathing. Every flower bathes in the dews, the dew that drops in, waits for it.

You understand now? It's very abnormal, it's very abnormal, it's a horrible thing, is – I mean it's like doing TM. There you pay for it to get a bhoot. And in this you just become a bhoot without paying. That's the only difference. I mean if children see you, the hippies, in their real way, they would run away. But I didn't say all these things before, but I didn't want to frighten people, because they get angry if You say that. It's a fact, I tell you. But why are you not to [INDIST.SOUNDS LIKE: assume] that, I don't understand, what is again?

I mean you have to be thank-full to God – or not? How the flowers come out in their better, best dress, the whole nature comes out in such a beautiful way, even if they have ripped up all their flower-, their, their leaves during autumn, still they look so beautiful. Even when it is so great, it is so nice.

This hippies look just like walking devils, I tell you, sometimes. Like the dead bodies have come out of their, walking, ohohoo, like that. Horrible! Better tell people in Brighton, all right? It's important. As sooner they take to proper dresses, the better it would be. Otherwise the bhoots won't leave. Bhoots are just standing around, you see, who have got it. First of all take drugs, dress up like a bhoot - is it? – become lazy. Only thing you have to put "welcome bhoots!" [Shri Mataji laughs, Yogis too] Otherwise you are that, absolutely! That bode is not there, otherwise everything signifies to that. So you all must take up a vow, that you not become dress up like bhoots, we dress up properly and live properly.

I don't know what has harmed more then what, I can't say that Gurus have harmed you more or this Hippy-ism has harmed you more, or ...because it's so mixed up, I will say. Psychologically that Felicity has the problem. Look at this [INDIST.SOUNDS LIKE: Anna]! She is a eternal problem, eternal problem, what shall I do with her, you all tell Me. Today again a letter has come from Don.

Yogi: She has the solution in her hands, Mother.

Shri Mataji: Hmm?

Yogi: She has the solution in her hands, Mother.

Shri Mataji: But that's what, they are insensitive, not? Here she came, she used all her methods to create a pity for herself, I achieve. And they have no privacy of any kind. See, she discusses everything about her husband, with everyone, it was too much. And then these peoples were frightened back, you know, especially, another reason sympathizing with her and Steve came and told Me, Mother that – you know – she is insane, is going to commit suicide ... [Shri Mataji laughs] ... and she is going to, she, she doesn't want to stay in the upper part of the building because she may commit suicide.

Actually Hippies like to stay in a, just like a snake you see, inside some sort of a thing. I said, really? Now you better tell her, that is on the fifth floor and when you look about to commit suicide, let us know. They'll all watch you falling down. If you want to see, have your fall down, but to inform us, before you drop down, because we don't want to be involved with any police-case. They don't want, they don't mind getting into police or anything. Anything is all right, you see, getting there, doing a great revolutionary work by smuggling these drugs into the country. And when I told this Pat, I asked Pat, what is happening so long. [Shri Mataji laughs] She said, Mother I told her, you better jump, Mother has said. She said, ah? [Shri Mataji laughs] I couldn't tell her. [Shri Mataji laughs] [INDIST.], Mother said so, She says, Mother said, you better jump, would be a good idea and We want to see that. [Yogis laugh] She never jumped, never, not even once. [Yogis laugh]

And this fellow was, then, he was about to get her troubles, Pat, helping around, one case. Then she got after Don, and they are not sympathies, he, he, he thought that, poor Lady we must help. When they came to see Me, I said, Don I would like her to die, no doubt. I saw him in the meeting, I saw him very sick. I said I have to go and see some Ladies in the Hotel. They have come from India, just take Me in the car. I sat in the car and such heat coming out from his body. I said [Shri Mataji snaps], what have you been doing? Thin down, absolutely! He said, I am been looking after Anna. I was so angry with him! Now she wants to come back again to [INDIST.].

Yogi: She has been in [INDIST.SOUNDS LIKE: Fullment], through about.

Shri Mataji: Ah?

Yogi: She has been in Fullment for a time, Fullment mental hospital.

Shri Mataji: That's the place for her. [a Yogini laughs] She should be there. But how is she out?

Yogi: She is out now.

ANOTHER Yogi: Yes, she is back in home.

Shri Mataji: She is back?

Yogi: [INDIST.], yeah.

Shri Mataji: She will be back now and she has got now a house given by the council.

Yogi: Yeah.

Shri Mataji: She should settle down there. So she says that I'll go to hell if I do not do Sahaja Yoga. She should do Sahaja Yoga, but not to come to [INDIST.]. I don't want others to suffer on account of her. Somebody has to tell Don that they should keep away from her and let her stay in her council-house. Say, Mother tells her. And she really play games about you. She makes the whole thing look so difficult. I mean she is a seeker, this is the worst part, to see the seeker. And has been a seeker for ages, I mean, that's why I love her so much. I went to a place to cure her and everything but this bhoot comes into her and she again wants to do the same thing. It's hard to save her, if she doesn't want to get rid of the bhoot, then

Has you got the keys?

YOGINI: No, not yet Mother, [INDIST.].

Shri Mataji: Hmm.

YOGINI: Just you see mother.

Shri Mataji: Hmm.

Yogi: Is there an exercise that we can do for Vishuddhi?

Shri Mataji: Hmm?

Yogi: Is there an exercise that we can do for Vishuddhi?

Shri Mataji: Right side?

Yogi: No, Vishuddhi.

Shri Mataji: Which both?

Yogi: Well, both, yeah.

Shri Mataji: Just yesterday I told that, exercise is one of them is to raise your Kundalini up. And lying with your head, you put both the hands straight, as much as you can. Let's see. No, not like that. Move it ... Hmm ... now go straight, straight, straight ... put both the hands here, hmm, there, and now do it, ha. See, they are not straight hands. Put them straight, ha. Now, now ... can't do it. It's better now!? Just put it straight. Better now. You are doing better. Now still it's [INDIST.SOUNDS LIKE: stout], hands are [INDIST.]. Hmm, now see ... see your vibration. It should be better.

Yogi: [INDIST.SOUNDS LIKE: I can't say].

Shri Mataji: Another one is to lock your hands behind, like this. Yes ... put it down ... head. It's good, it's very good, it's all right. Push your hand a, head back, Anna, in the center. You have thinned down, have you got liver?

YOGINI: [INDIST.SOUNDS LIKE: Fasting for three days.]

Shri Mataji: Hmm. Get some sugar. You very much thinned down. What are you worried about? Ah? Do you worry about something?

YOGINI: Not really.

Shri Mataji: Ah?

YOGINI: Not really.

Shri Mataji: Your brother is better now? He too has the same Hippy-problem, is it?

YOGINI: Yes. It's true.

Shri Mataji: That's it. Now such an [INDIST.SOUNDS LIKE: intended] fellow, it's wasted. Now are you better now?

YOGINI: Yes.

Shri Mataji: Hmm? Ah, better? It's much better, the sun has also come up. You see? It has been nice enough for since I have been here. They are saying tomorrow it will rain, I said, [INDIST.SOUNDS LIKE: I can't see]. [Yogis laugh]
Has he come?

YOGINI: Yes.

Shri Mataji: Hmm?

YOGINI: Yes Mother, he has just come.

Shri Mataji: He has got the key?

YOGINI: Yes.

Shri Mataji: Just call him in one minute.

YOGINI: Yes.

Yogi: Rajendra!

Shri Mataji: And now finish it off. [Yogis laugh] When the women do it, and it looks nice, beautiful and they know how to do it delicately. It is a job of the women. That's why the men here are not marrying, you know? They don't need the women any more. Look at the woman is there just to fix her breakfast, to do everything for her, make her tea, fix her breakfast, take her clothes for the laundry, I think iron it, I don't know. [Yoginis laugh] Next thing they will, they will be wearing a tie. [Yogis laugh] Going too much, I mean it's should not be that. The woman must be kept as a woman, that doesn't mean she is dominated, in anywhere, that's her job.

What's the job of a woman is [INDIST.SOUNDS LIKE: to do it] you should be proud. I mean, you are supposed to be house-proud women once upon a time, I don't know this word came from England only. House-proud. It's gone or what? Nowadays men are house-proud. But I can't understand cutting the grass outside men can do it. But I can't understand, why should they wash the utensils, they should never do that. Now what do they do women here, I don't know what do they do? If they find anything untidy, now how can you bear it, for any woman? Right side, you see. She wants to see things [INDIST.] everywhere.

Actually these movements are make you really unisex, you can't make out man and a woman and there is no differentiation at all. The beauty is lost. It's minimum of minimum, these differentiation should be, there a man should be a man and a woman should be a woman, minimum of minimum. [Shri Mataji laughs] What is so difficult? And then the bhuts come on to a man of a woman and on a woman of a man and they get all these perversions.

Better now? [INDIST.SOUNDS LIKE: If he] was saying he may like to go. You are saying that parents have been very nice and they found a shop for you. All the lady-like things go away, horrible. And those rags and things within, just throw them away, really! And they are never washed! They are so dirty!

Yogi: Is this unisex they ...

Shri Mataji: Ah?

Yogi: Is this unisex things/selling [??], Mother? Is that unisex thing, Mother?

Shri Mataji: Unisex?

Yogi: Hmm. This fashion is on the Kings-Road where they have all these shops, than this bus goes up Kings-Road, you see ...

Shri Mataji: You see, the shops I can't blame for excessive demand, demand, then come out for everything, you see, if you say Ladies-Dresses for man, all right. You'll have that. [Yogis laugh, Shri Mataji too]

Anything you want! You see, Shop-Keepers you can't blame, because all the shop-keepers are there because of the demand, you see, whatever demand is there -.

1981-1101, Diwali Puja: Powers of the Gruha Lakshmi

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1 November 1981

Powers Of The Gruha Lakshmi

Diwali Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Diwali Puja. Chelsham Road Ashram, London (UK) - November 1, 1981.

Today I told you about the importance of Lakshmi principle within us and the three processes through which we pass. First is the Gruhalakshmi. Actually, this is celebrated mostly on the thirteenth day of the moon, where they say that the housewife has to be given some present. And the best thing she can have is a some sort of an utensil. So people give her some utensils, actually it's a very mutual thing, because if you give an utensil, she is supposed to cook for you. It's a very sweet way of suggesting that you cook something for us.

Then the fourteenth day is very important, because that is the day the Goddess as a power, as a power, because it was Kartikeya who killed Narakasura, the devil. And he was one of the worst of all, could not be killed. So, Shiva and Parvati were married for this special purpose to produce this powerful Shaktiputra, means the son of the Shakti, known as Kartikeya. And He was just born to kill this horrible devil, called as Narakasura. And He killed. That is the day, fourteenth day. It is something like Halloween, that day. Because that is the day they opened the gates of hell and put all the devils into hell. And that's why that day one has to rest in the morning time as long as possible. So, that let all the devils be put in nicely because some of them might be hanging around still. It's better to allow them to get out. I mean in the realm that you are you do not feel much their existence. But if you were in the realm of subconscious area or collective subconscious, people see even some of the spirits and also can feel their existence, they see the black spots and all that. So, that day is very dangerous.

But because Narakasura was killed, people celebrated; that celebration is expressed next day, which that day is the day of Diwali, they say. That is the day they also worship Lakshmi, because they think that, that's the day Lakshmi was born on this earth from the sea as I told you last time.

Then the day of the New Year comes in afterwards, because in India in the north, that's the time people finish their crops and they found that day was very good to celebrate the New Year. And, that is actually more, sort of, we can say is a social thing in India, we need not use that, what ever suits us. You can have your own New Year. Because in the south, say in Maharashtra they have another New Year, as I told you where Shalivahana in his dynasty started another calendar and they celebrate that.

So, all these things are nothing is rigid about anything, one must know. Nothing is rigid. Rigidity comes from ignorance. It's all for you, for your joy and happiness. The whole festival system is for your happiness and not for the happiness of the time or date. It's for you, so it should be adjustable according to your needs and understanding. And also according to your national way you live. They should be no addiction to any particular type of culture, a particular type of ideas. It's all for you. All these festivals are for you, not for gods. They don't have these festivals. It's only for you people these festivals are there. And when you celebrate them, that's only for your joy and your happiness. And that's how you should celebrate in a way that gives you the greatest amount of happiness. And the festivals, all the festivals of the world must be celebrated. The more you are festive, the happier it is. Why miss the chance, you see. So as Sahaja Yogis you can celebrate, you can't put yourselves in [UNCLEAR: sounds like John "yawn" or "lawn"].

So, as a Sahaja Yogi, you don't belong to any particular caste or community anymore now, you belong to universal caste. Once you start belonging to the universal thing, then you can celebrate all the festivals of all the religions. And have the best of it. All the year out, you can celebrate all the festivals. Know about them, the more you know, the better it is. And have all kinds of

sweets, whatever you use, whatever type you use, in whatever areas and countries and cultures. And that's how we have to be more festive.

Now the last day is very important, is a very universal day I should say, called as Bhaiya Duja [Hindi; Bhau bij in Marathi], this day, or they call it also in Marathi Vao Dijum, different names. The brothers and sisters day. Now the brothers' and sisters' relationship has to be very, very strong. And the purity of that relationship is to be maintained. It is not necessary that you should be born as brothers and sisters, not necessary. But you are born, because if you are realized souls you are born as brothers and sisters. So that purity must be maintained in the society of Sahaja Yoga. Very important, that we should try to develop this situation that brothers and sisters are something very pure. Their relationships are very pure. And they should not be at all challenged. It is so much so that even if you call somebody your brother, he is your brother and the more you develop this relationship, the better your left Vishuddhi will be. Because left Vishuddhi is the relationship with God as a brother or with a Goddess as a sister.

So, Shri Krishna's sister, as you know was born to Nand and Shri Krishna himself was born in a prison. So there was an exchange that took place. They had to replace Her in His place. And then when Kamsa, the uncle of Krishna, tried to kill that girl, She went into the sky and like a lightning She said that "Your killer is still living in Gokul, is still there." So this lightning that we see, is representative of that power, which we call as Vishnumaya, is the sister's. If your sisterly feelings towards women are good and strong, your left Vishuddhi will be very good.

It has many other qualities. For example, a person who has a very good Left Vishuddhi, is a very confident person. Not only that, but whatever he says comes out true. Even by mistake, he says something, it comes true. It's a very powerful center Left Vishuddhi is. Such a person, whenever he speaks to, say, criticize something or to cut down something or to be against something, then it has the power to crash all that he doesn't want. See like, you can say Christ, His Left Vishuddhi is expressed through His relationship with Mary Magdalene. When He stood up and said that "Those who have not committed any sin can stone her," so this is His power. The sin of the people just crashed them completely; they were finished, because the sin was there. And the sin was of Left Vishuddhi. There was no purity. And when there is no purity, the person who is so pure says such a thing, all these people lost their powers; they couldn't even stone.

Now this sister of His was born later on as Draupadi and that to very near the place we have been to, Vani, you know, where we saw. Gavin do you remember when we were going to Nagpur? Near Vani she was born, that place and there's a very big temple of that. She was called as Draupadi and you know how Shri Krishna tried to save Her chastity. Now people, I have heard, are trying also to say things against Mary Magdalene and against Christ and all kinds of things. This is the sign of the decadence of our brains and of our morality that we cannot see purity in any relationship. We cannot see any purity in any relationship.

So, we as Sahaja Yogis, have to develop more of that. Instead of that what I find that people, specially in the West, try to think whom we are going to marry whom. These relationships are established, is wrong. There is no need to go on organizing marriages and playing these games of romance and all that. If marriage has to take place, it will take place. But don't spoil the atmosphere. There are some people who are just like barbers, who try to organize marriages you see and take a great pride in arranging marriages with this one to that one and that one to that one. Is not a desirable thing; one should not do it. There's no virtue in these things, is to organize marriages all the time. When the marriage time comes, it takes place.

Now at the time of Mohammed Sahib a big question arose, because there were very few men and many, many ladies of all age groups. And they didn't know what to do, how to save these girls because so many men died in the war. So then they asked, "What to do now at this juncture in a position, when such a catastrophe is there and so many women are there, and very, very few men?"

Then He said, "All right, you can marry four or five wives and you can marry in any age group." Because if you have to live with dharma, means marriage, means collective sanction, not without marriage. So, He said, "All right, you can even marry five times, but you must marry, without marriage you cannot live."

And that is why He was particular that every person should be married and should have no relationship without marriage, was sin. Instead of that now Muslims think that it is there right to marry five persons. I mean, when the men are more and women are less. Is a wrong thing. You have to find out the solution. And at that time the relationship between even the sisters and brothers had to delimit, because there was a big problem.

So He said, "All right, the children born of the same parents cannot marry, but cousins could marry," that time.

Now that time is changed, all right, it's not that time. We are not on war, there is nothing happening like that. There is no such problem. So, let us develop now our pure relationship of brothers and sisters. Actually, first time when we had this Diwali function, I asked people to find one sister for yourself. Every gentleman must have one sister, to find out one. And then that is the day, I said, let us start this way that next time when we meet on another day called as Rakhi Purnima, that you tie the rakhi in the hand, the same brothers and sisters.

In India also we did like that and it worked very well. But there the relationships are so strong. Once Dhumal, you see, I think tied it to Raulbai. And now even if I say something to Raulbai, he doesn't like. It exceeded to that extent. It's so sweet you know. And even Dhumal's wife respects Raulbai as an elder sister. It's very sweet. Like that many relationships are established. And next year I think Raulbai became the sister of one of our trustees, who was no more there. And she always carried on all that relationship, and they also, I mean imagine. The whole thing is that, that relationship is so special, so close and so pure.

And such a relationship one should develop with a lady, any woman or any friend you want to have. One should remember that it cannot cross a certain limit, there has to have a maryada. Otherwise they will become brothers and sisters and then they marry, it's not possible. So we have to have the boundaries; that is very important. In Sahaja Yoga we have to have maryadas and boundaries. And one of them is this: that once you call somebody a brother or a sister, is absolutely pure relationship. Little further we'll go with that and that the relationship with a, as I have told you before, that with your, say, husband's younger brothers is just like that they are like your younger brothers, all of them, husband's younger brothers or younger Sahaja yogis than your husbands, are. The other way round is for all the ladies, we can say, all the men, their wives, elder ladies, elder to your wives, are like sisters, elder sisters.

I mean this relationship is so sweet and gives you a certain amount of understanding how much distance is kept with whom, with whom to be free and with whom to have the distance. And this must be maintained with such a beautiful way that this purity is not corrupted. You keep to pure standards.

This is the nourishment of Sahaja Yoga, is the nourishment of your growth, purity. Purity is the most important thing for us, purity in every way. If you are pure, you will not do anything that is fake, that is, we can say, that is not pure.

So first of all, you'll be pure yourself and you'll accept purity, you'll appreciate purity, you will be sustained by purity. Any impurity will not collaborate with you or try to compromise with you. That's why purity is your Mother's name. You know that my name is 'purity'. And this purity is such that it purifies everything, it just purifies. The purity should be such that it should purify, otherwise that purity has no meaning. For example, a soap purifies, all right? But you don't purify the soap. Do you clean the soap? I mean some crazy people might be. I know some people, who even wash the tap and also the water. And that's why, that's why this water, which is the purifier, water is the purifier, water purifies us physically. And also our poisons are driven out of our liver also by water. Water is a very great element in removing all problems. You use water for so many things; you know how it works it out. So, this Lakshmi, which is purification, was born out of water. That's why She was called as Mary, as I told you. And I'm also called as Nira, meaning born out of water.

So one has to understand that today's message is that we inculcate purity. We should not cheat ourselves. It is easy to cheat, but we should inculcate purity within ourselves as a matter of our own achievement, as our own decoration, as our own beauty and not just because it's a laborious thing or it is a very hard thing, not like that. It should be achieved with great pleasure and happiness. How do we like to have a bath or to be clean and to be presentable? In the same way we should try to clean our thoughts. Just by paying attention to them, we can clean them. Thoughts must be made clean. First of all why have thoughts at all? But even if you have, have clean and pure thoughts. Even if you have to have, don't have thoughts full of arrogance,

aggression or of fear.

Some people think that if you have thoughts of fear it's a very good thing; "Oh I'm frightened, I am afraid." It's impurity. Why should you be afraid? That means your left Vishuddhi is catching. There's no need to have any fear of any kind; no need to have any fear of any kind. If you have to have fear that means there's something wrong with you. If you believe that God is above all, you are a realized soul and that God is going to look after you, that He is your father, that He's open His gates to you, what is there to be afraid of? Many people think that way that if you have the fears, you are humble. Humility is different from a frightened person. It's absolutely a different thing, it has nothing to do with humility. So to be humble is different and to be frightened is different. For Sahaja Yogis it is very easy to find out through their vibratory awareness what is fear and what is humility. As humility will give you vibrations and fear will catch all your left side.

So our purification of our mind comes through certain methods of understanding ourselves. First of the understandings one has to have is that we are born in a family, born in a society, born in a so-called religious sect or what. So all these fixations have put into us certain amount of impurities which may give us ego, superego, anything it might give us. So to keep it pure and simple is: take to water element as much as you can. It helps both ways, it helps ego, it helps superego. Take to water element. And that is what Lakshmi is. Lakshmi is the one that gives you the Mahalakshmi Tattwa. From the Lakshmi only the Mahalakshmi's principle comes in. And this is after the purification through the Lakshmi process.

Christ has said, "If you want I can give you gold, gold parts, you can live with it. But those who love Me will only enter into the Kingdom of God. And I will eat with them," means those who are pure only I will eat with them. I will not eat with people, who are impure. He was so, I mean, every, all the incarnations are aware of it, that they have to be with the pure people and they have to help the pure people. But He so clearly said it that if you want Lakshmi, you can have it, that's money. But that's not Mahalakshmi, so from Lakshmi to Mahalakshmi state. You've already got your realization, you do not know how much you have got it already. You are already having the Mahalakshmi principle within you. And what is the Mahalakshmi principle? That's the point.

Can I ask this question?

What is the Mahalakshmi principle within you?

A Sahaja Yogi: It's all for the Spirit.

Shri Mataji: Hum?

A Sahaja Yogi: It's all for the Spirit, Mother.

Shri Mataji: No, no. But you have a power. You have got Mahalakshmi's powers within you, do you know that?

A Sahaja Yogi: Mother? The pleasure it gives you.

Shri Mataji: I beg your pardon?

A Sahaja Yogi: The pleasure it gives you.

Shri Mataji: The pleasure?

A Sahaja Yogi: Yes, the pleasure

Shri Mataji: No, no, no.

A Sahaja Yogi: The pleasure of giving Realization.

Shri Mataji: Go ahead still, a little more, move.

Pleasure is not a power. Pleasure is what you are enjoying. That is, you have a power of Mahalakshmi.

A Sahaja Yogi: Sustaining power?

Shri Mataji: What's it?

A Sahaja Yogi: Sustaining power.

Shri Mataji: That's no power. I mean, power means, you have that power to do something.

Sahaja Yogi: Potential?

One Yogi: The power to spread Sahaja Yoga, Mother.

Shri Mataji: That's rather vague, particular one.

A Sahaja Yogi: Power to give Realization.

Sahaja Yogi: To give Realization to others.

A Sahaja Yogi: To evolve, Mother.

Shri Mataji: But to evolve is your own. Power is what you do to others.

The whole thing I told you just now, is to purify. You have the power to purify. How do you cure people? By purifying them. All right?

Now just think how you purify others, by talking to others you can purify them. By touching others, you can purify them. By looking at them, you can purify them. One person who is a Realized soul, purifies the whole atmosphere. The atmosphere is purified. Since I've come, it has been warm enough. You purify everything. You purify this light, do you notice that? You awaken the light.

Now what other powers you have?

A Sahaja Yogi: To raise Kundalini.

Shri Mataji: Hum?

A Sahaja Yogi: Raise Kundalini.

Shri Mataji: That's awakening. See Kundalini is many powers, is many-folded. You purify yourselves, others and yourselves. Some more powers are there.

Now come along, let's have it. You all have those powers and you are not aware of them, this is the best part of it! I can't [inaudible] it now. Now let's have it.

A Sahaja Yogi: The power to arrange time to suit you, Mother.

Shri Mataji: What's this?

A Sahaja Yogi: Power over time. Arranging time to suit yourself.

Shri Mataji: But, that's not the power of Mahalakshmi. That's another one, I'll tell you, who does that.

A Sahaja Yogi: Balance. [Inaudible]

Shri Mataji: What do you say?

It gives balance between ego and superego.

Shri Mataji: That's true. That is one of them. But that is guru power. That is the guru's power. Balance comes from guru. See Mahalakshmi is water, so now you tell Me.

A Sahaja Yogi: To cleanse

Shri Mataji: That's all done now, one cleansing is done. What else water does?

A Sahaja Yogi: It quenches the thirst.

Shri Mataji: Ha?

Sahaja Yogini: Quenches.

A Sahaja Yogi: Satisfy.

Sahaja Yogini: Satisfaction.

Shri Mataji: Now coming to the heart. [Laughter]

It quenches the thirst, the spiritual thirst. You can quench the spiritual thirst of people, tremendous power it is, because even you doing Realization, done! The seeking is over. All right?

Then another one. Now come along. What other power?

Think of the water. Nourishment.

You nourish. You give spiritual nourishment to people through your power; even if you are standing there, you are nourishing others.

Then it's a solvent, you dissolve their ego, you dissolve their super ego. All these powers are your own now, after Realization. Just think of it. What else?

A Sahaja Yogi: Divinity.

Shri Mataji: That's very vague because divinity is how to relate it with water, people won't understand. So, let us put it the other way round. What is it?

A Sahaja Yogi: To cool down emotions.

Shri Mataji: What?

A Sahaja Yogi: To cool down emotions and conscience.

Shri Mataji: You become a cool down person. Very good! [Laughter]

Very good. You become cool, a cool personality. You have a cooling effect. Very good. What else?

A Sahaja Yogi: You can carry others.

Shri Mataji: Hum?

Sahaja Yogi: You can carry others.

Shri Mataji: With you, you can, very gently and also drown some of them.

[Laughter]

Drown into the love, into the ocean of love, all right? But you can also push them with two running jumps, all right? That also can be done.

It has another very great quality that water permeates into the smallest particle. It goes to the roots, and it sucks through the roots. So, Mahalakshmi power, you just see the roots of a person. You just know where the problem comes from. You jump. Actually, it is the awareness, it is the intelligence, which sucks the truth part of it, which gets enlightened. And you understand that now where is the problem, and you just go near the root when you suck through it, you can be easily sucked through, you permeate.

You see, when you are sitting near a person and you tell Me, "Mother, this is catching at the back, the person doesn't know." You have permeated. Your personality has permeated into that person. He doesn't know. You have permeated into that person and you are feeling the roots, you see where is the problem. The water is flowing into that being. The divine water is flowing into that being and the obstruction is felt through that divine water. And you can say that, "This is catching, that is catching." So, the permeating.

And then another one, is the glistening of the water. So, your skin starts glistening your skin becomes very radiant. And the last of all is the reflection. A person, who sees you, sees his own reflection. He gets frightened. With me, it happens sometimes. And I don't mean anything bad to anyone but people are unnecessarily frightened of Me because they see their reflection. So, when they meet you, they see their reflection, they can be very aggressive because they see their reflection. They can be very hard on you because they see their reflection. And if it is clear-cut water, then you see the depth of the person.

If you are clear-cut sahaja yogi, they feel the depth clean, and they can see through the Spirit shining. These are the qualities of water within us.

The more of that, I would say, especially in my body, the water I have as buffer because it protects the chakras. If I don't have water in the body, then I may have problems. So, it acts as a buffer. Also, it soothes your epidermal cells, you can say. It soothes your linings, you see? If there is no moisture, it will all give dryness and all that. It soothes everyone. And there are other types of powers of water, which we know of that when it comes out of your eyes, it expresses your compassion, your love, your emotions. That is the only thing out of all the elements which expresses emotions, water power, I mean.

Water has other qualities also which many people know as hydrostatics, it has the pressure. It was a pressure and a person who exists like a Sahaja Yogi will definitely put a pressure on others. He will not, he will not aggress but there will be a pressure and pressure. And another person if he receives it, then he gets the advantage of it. But if he does not receive it, then he feels pressurized and he feels a little bit dominated. Your neighbors, your family people, at the beginning will feel, "Oh, there's a pressure" because the body achieves a kind of a weight. And that's how the Guru tattva is formed out of water. And if there is salt in Guru Principle then the weight is even more.

So, today for water, you should really know that water is a very holy thing. And in our pujas also, we use; especially this signifies the Kundalini that means the Kundalini is the water jar the carrier of Aquarius. And this is the age of the Aquarius. So, how important is water! And the water is the carrier of divine love, is the best carrier. And this is the time of Aquarius means the Kundalini is made of divine water.

So, the whole idea of celebrating, today is the Lakshmi's day is to understand that, in us, She has become a Mahalakshmi. And by that we have so many powers of which we are not aware, I mean we do not know also that we are Realized souls. Some of us do not know. And that we have those powers within us that we can permeate into others. We can project our personalities onto others. We can find out what's wrong with them. We can find out about ourselves. We can go into ourselves, we can go into –

our permeation is like water, it's going, it's flowing all the time. And this is a very important thing that we should be aware of our powers that we have achieved.

Then we start respecting ourselves then the Rajalakshmi comes in and then the Gruhalakshmi comes in and everything comes with it when we become aware of what we have achieved of our self-esteem, of our dignity. So, this gives us dignity, Mahalakshmi gives us dignity. And that's how we start understanding the value of human dignity.

We should have also then the idea of human dignity that we cannot insult human dignity. Like people who are nagging others all the time. It's against human dignity. Or all the time asserting themselves about something making everybody's life miserable. It's against human dignity. You have to decorate another's life, you have to make it beautiful, you have to make it enjoyable and happy, make everyone happy, not to nag all the time. And then if you nag that's not a Gruhalakshmi; that is not a Gruhalakshmi. You should not nag, "Do this, do that, stand up, what are you doing, stand this side, go that side." It's all a nonsense. You leave the person to do it; the human dignity is the most important thing. Now respect the human dignity. And that's possible because now you have the Mahalakshmi power. Those who do not have the dignity also will get it from you because you are dignified now.

If you have sense of dignity, you will never insult other's dignity. For small, small things we insult like: "Why did you put the soap here? Why did you do this, why did you do that?" And then, another side could be that others have no dignity so they go on doing things just like animals. Both things are wrong. But one must respect and respect brings the best results I have seen. That's the best results, once you respect and love, then the trust is growing and one should keep the trust. That's how the human dignity grows everywhere. We have to respect every Sahaja Yogi because we are all saints to respect each other, absolutely respect, you are all saints. I don't know if you realize what I am saying. Each one of you is capable of giving Realization to the whole world, each one of you. And if we realize that we must respect ourselves and respect others, you'll not talk frivolously about others, make fun. And specially your Mother, you can't take liberties with Her. That is something one has to know in the West, it's important. It is very important that one has to know about it.

The other day I was correcting somebody. So Hugh said that "You are a very lucky person that Mother is correcting you; you are very lucky that She is correcting you, telling you something, because you are naïve you see, that is why you start taking liberties." First of all you must respect the divinity of your Mother. That's very important. And that gives you the greatest dignity. I am telling you this because unless and until you do that, your growth cannot come up. So that is a very important point and like in India supposing somebody is going to a temple or they come to – now for example, today She has come or somebody has come they will better, they will wear a nice dress. You see, you are going to a temple and all the ornaments they will wear, everything they will wear. That is the day they have to present all their dignity.

So one should not come with disheveled hair or things like that. That is not a good thing because all these things are important, how you respect. You have to be dressed and you have to be presentable because these things - some people say that: "oh I will live on Spirit" you see. "We don't need to be tidy because we live on Spirit. Spirit is the most tidy thing. It tidies everything, you see. It tidies everything. It goes into proper synthesis, proper concord, complete, beautiful music is created. How can a chaotic person be called spiritual man? You cannot, anybody who is chaotic, their house is chaotic, their things chaotic, you must know there is something bhootish in them, absolutely. But you should not be other way round, that you are so particular that you eat others' heads. That's another side. So both things should not be done. And I go on insisting on this point because it is very important for ego-oriented people because they can become anything.

The other day I was going on King's Road and I was surprised what sort of dresses people are wearing and they think that "whatever we wear, we are." That means you must be monkeys, if you wear such dresses and go about. If you believe in that then you should be decent people, there should be decorum about it.

So today we have learnt about Lakshmi grows in to Mahalakshmi but it is not that when you grow into something the rest of it is finished, is not so, that some people think that they become spiritual personality now Lakshmi Tattwa is not there, it's not true. You have to be decent person, properly dressed according to your status in life, the way you live. There should be no, what you

call, hypocrisy about it, no hypocrisy. By doing any nonsensical thing, like some people think becoming a primitive or anything, you will impress others. You will never impress, you see. It's beggar's thing. You see, by doing beggary you will get some beggars bhoot into you. So we are not to be beggars, neither we have to be a sort of dandies, but we are sahaja yogis, dignified people.

We have our own self-esteem and we live with our own dignity, and that's how we should be pure, transparent, honest, within ourselves we should be honest, absolutely honest. Water is so honest with itself. We put anything to the water it will show. Put any color into it, it will show. Put any mud it will show. You have to be so honest, honest to yourself. And the whole thing should work out to be a personality which is very congenial, beautiful, permeating, no doubt but very beautifully enlightened because Mahalakshmi Tattwa itself is enlightenment in our awareness. Such a person cannot be an idiot. If there is an idiot he is not a Sahaja yogi, definitely he is not. An idiotic person cannot be a Sahaja yogi – nitwits, absent-minded, all that has to go away. If you have to be Sahaja yogis you cannot be, "Oh, I know, I know, I know." All that all nonsense is not there, should not be there. The lakshanans [indication, symptom] or what do you call the symptoms or you can say the- [aside] what you can say for lakshanans - it's the way you can make out a Sahaja Yogi, should be like a Lakshmi putra, the signs of Lakshmi, like a king he lives. That doesn't mean that he has every thing to himself, no. That doesn't mean that. King gives with generosity, known by his generosity. King is not known by how much he grabs, does he? He's a king means he gives- giving. Then he should be cool personality, he should not be frozen, he should be cool personality, not hot- tempered. Those who are hot-tempered, I have seen people, you see, they first take to violence. I mean violence is something out of question for Sahaja Yogis, no question. If somebody beat you also you are not to beat him back. We have ways of beating them, but you are not to beat them back. You are not to resist them, but if you are a Sahaja yogi you have no business to be violent to anyone, even with your tongue. Some people are more with the tongue provoking them. You must know that you must correct all these points. It is important because tomorrow, you are going to show to the world what Sahaja Yoga is, not to Me.

So we have to dedicate ourselves to our purification, to our glorification because water glorifies, gives you glory. You are all looking so nice and glistening on the face and I can see the Ganti Rupena Samasthita. He said that "Ya Devi Sarva Butheshu Ganti Rupena," the glistening, the light and that's there I can see you in you all, it has already come. But it should be inside also. And that person who is a realized soul one doesn't have to [vow/bow?] for it. You can just give realization. You don't have to tell anyone people just know the way it is.

So many points we have covered today. I hope you will again listen to them because, see, Mataji's lecture goes from one ear and comes out from the other. And God has way of localizing it. I hope you people will take these tapes and listen to them everyday one by one and also act, not planning in the paper or in the ear. But it should go in the heart. That's how we are all going to mature beautiful children. I'm just counting now again C.P. will be elected for four years. Then I have to go then hardly three years it will pass away and I won't be able to go so much in the U.K. The responsibility, such a lot on new people. I hope we'll celebrate some more Diwalis together.

May God bless you!

Yogi: Mother, may I ask you a question?

Shri Mataji: Yes, yes, please, please.

Yogi: We are often told not to resist violence, and that's all right when someone's being violent to you. What happens when someone's being violent to someone else, what do you do then?

Shri Mataji: What's it?

Yogi: If someone's being violent to someone else, what does one do then? Does one stand by and allow it, or what does one do?

Shri Mataji: Give them a bandhan. We have our ways of combating these things. Give them a bandhan, give them a bandhan like this (ark), raise their Kundalini.

Yogi: Thank you. Though it is no worry for me, it's all right for me (...) but what about a child...

Shri Mataji: Watch the joke.

Yogi: Yes.

Shri Mataji: Alright?

Yogi: Yes, thank you.

Shri Mataji: Let them fight: what can you do? Let them decide among themselves, see?

Other yogi: What about military service in the developed countries, Mother?

Shri Mataji: What (in un tono ironico. Tutti ridono e anche Lei ride). What did he say?

Yogi: He's asking about military service.

Shri Mataji: That stupid thing you have to do (laughs). Because you are born in a stupid country like that (laughs). It was your own stupid decision (general laughter) that you took birth. Such a stupidities you have to do according to your country. In India we also have to do certain stupidities. But is not this kind, but another type. So, if you are born in a stupid country like France, you better do it. Another is Switzerland, has got this... nobody has attacked this Switzerland so far, you see, but still they are having this military thing, because they are robbing people of their money and having those banks, so they have to show they have a military to protect the money.

Yogi: We have an alternative, we can write to the government, and for....

Shri Mataji: No, no, better give them a bandhan, no use writing. Again mental. Beat them with shoes. Your government is changing now.

Yogi: Yes.

Shri Mataji: Much changed.

Yogi: Well...

Shri Mataji: Much better now.

Yogi: Maybe yes.

Shri Mataji: Much more sensible, alright?

Yogi: Alright.

Shri Mataji: Now, pray for other governments. It's all working out. All these stupid things are around, what to do? Have you to go now for military service?

Yogi: Yes, maybe, Mother (...) (Another yogi suggests civil service).

Shri Mataji: I would suggest one thing. See, when, if you have to do military service or anything, it doesn't matter. You are not killing anyone there, is just a mockery. Is like a drama! So no harm. Do your meditation, do everything. There's no seriousness about it, it's all mockery going on. Take some holidays (laughter)! You people take it so seriously: you are not going for war! There will be no war, anymore. Let them do all the mockery.

Any other questions? (Pause)

It has steadied down quite a lot. The water power is rising behind your back.

(Long pause). Now. So now should we have the puja. Now today's puja, you must inculcate your Mahalakshmi Tantra. All those powers must be substantiated, that's why this puja is done. Right? I have already explained to you what is Mahalakshmi Principle is, and all these powers must be arisen in you. Good.

Is this permanent? (maybe the camera)

(...)

There must be Mahalakshmi Stotra somewhere. I can't understand English. (Yogi starts reading) Correct! Then who'll wash today? How many are new people today who have not done the puja? Let's see how many, must be many. Susan, you have not done? You have not done. All right, then come along. I think you all have to come forward. Kumkum (...) with the kumkum. Ram, you keep somebody there, handy, who does all the kumkum.

Ram, I think you can handle the things, you know all that? Keep that handy here, so the one who has to read is different from one who has to do. Now who can do it? (hindi) (...) and Chaya can manage, I think. Yes, I'm sorry.

(Recitation of names)

Shri Mataji: You won't translate?

Gavin: I don't have the translation of these, Mother. This is the obeisance to Mahaganapati and we are taking the names of all the Devas...

Shri Mataji: And then you can read what in English they are (?).

Gavin: Yes, also.

(recitation of names in Sanskrit continues. Shri Mataji tells people to rub Her feet hard).

Gavin: So we make the dedication. On 1st November, in the winter season, in the 20th night of the moon, when the sun is in Scorpio, and the moon is also in Scorpio, we do this puja on behalf of all the sahaja yogis, in this ashram, the first centre of our Mother in London...

Shri Mataji: In the whole world!

Yogi:...The first temple of the living Deity in the whole world.

Shri Mataji: First time.

Yogi: By the Thames river and the Vale of London.

(to a person doing the washing)

Your hands are required, not Mine, alright? Your hands are to be washed now. Now see your vibrations. See, are they better? Better now? Alright. Now you see (...). Better idea.

Gavin: According to all religious scriptures, all of us with all our families pray for well-being, for spiritual well-being, for victory, fearlessness, longevity, health, wealth, for nullification of all baddhas of the sahaja yogis, to be the master of eight siddhis...

Shri Mataji: See, see the master of eight siddhis. Now that I must tell you some time, some other time. Hm.

Gavin:to get peace to all on two legs and on four legs. We pray for help, satisfaction, and for all auspiciousness. For all those who are handicapped. For the emancipation of all people, to get them the highest knowledge. And whatever is our power, whatever is our knowledge, whatever offerings we could get through meditation or by whatever means, of 16 types, we surrender in the puja. Also to the seat of the Mother, to the Aquarius, the conch and the bell, we do puja to all of them.

Shri Mataji: Now see your vibrations. Better.

Gavin: We request all the rivers to cleanse our body. And above all we worship Mahaganapati and request Him to continue this Puja without any hindrance.

(Washing of Feet continues)

Shri Mataji: Take out this water (...) Good, wash it hard.

Yogi: Now we make the invitation. O Goddess, who has all the Sahaj (?) and Purushas in her, who has a thousand eyes, who has a thousand powers, we request You, we invite You very humbly to be present for this occasion of Puja.

Shri Mataji: Good. Now see your vibrations. Alright. So. (...)

(Shri Mataji keeps people coming to wash Her feet, blesses them, works on them and gives advice on their caught up chakras etc.)

Alright? (Laughs) Answer is there. Alright? May God bless you. I was saying that that's how you solve your problems. Ah. Done. Good (laughs) May God bless you. Ah. Come along. Now, are you alright? Put your right hand like this. Right. It's all right. (...) What's the matter with you? They have a problem in the, say, see, it's too much use of their power. We have to make her eyes... we have to know when to say, what to say as well. Alright. May God bless you. Better? Alright.

Shri Mataji: (Her hands are lifted up and open with the palm upwards) And for that both the hands should be out for Mahalakshmi. So that you come in the centre. That's how you ascend also. Is the evolutionary.

(Elements are offered. Butter is put on Her hands)

I hope you are all taking little butter, all of you. After all, see, brain is made out of fat. If you don't have any fat, what will happen to your brain and to your nerves? You see, those who are not eating butter at all is a wrong thing. You need not eat with colour and all that, but you must have butter.

(She shows Her hands smothered with butter) Look at that. (...) heat. Can you believe it? Butter is melting still (...). Can put some

water.

(Honey, milk, sugar are offered on Her hands)

Still the striking of the depth is not there. I sometimes say is like somebody has teeth but they don't have channa to eat. And some people have channa to eat they have no teeth. It's very complicated (laughs). You have the depth, you are seekers, you are just there, but you don't have the faith, you see, you do not have the background of the faith. The kind of faith you have is only if you are mesmerised, they... it's a sensationalisation. If somebody makes you jump where you are sitting, you'll be very happy (laughter) All upsetting things.

Lakshan, there must be a word for lakshan. Lakshan...

Yogi: Distinguishing marks.

Shri Mataji: No, lakshan is the one which is symptom of a disease. But a good thing what is it? It's a sign.

Yogi: Yes, distinguishing sign.

Shri Mataji: Distinguishing sign. Yes, we can say....(yogini says something) The word lakshan means spontaneity, the word lakshan is spontaneity. Is spontaneously you can see that, so the sensitivity has to be there. I went to an Indian shop in New York (?). It's quite some time. And everybody was calling "Mataji, Mataji", the shopkeeper came and touched My feet. So he said: "I can see it from Your face, the light is there. I know You are the Mataji". Just like that he called his brother and he was about to call all the shopkeepers... (laughter). Very easy.

May God bless you.

(Offering of elements continues)

Shri Mataji: Ah, better.

(Bangles are offered. Then a ring is offered): yogi says: "... this is Your crown jewel. This is the symbol of London also.)

Hold the, so that...Open it, open the sari. Hold it that side. Hold the border, that's all. Hold both sides, the border. Just hold it, all of you.

Now will you please read the Mahalakshmi Stotra. Hold it. Bit further. Hold it, hold it properly. Come along, come along, where are the women, come along.

(Sahasrara's mantras are recited as follows:)

Om Twameva Sakshat, Shri Mahalakshmi. Mahasaraswati, Mahakali, Trigunatmika, Kundalini Sakshat, Shri Adi Shakti Sakshat, Shri Bhagavati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namaha.

Om Twameva Sakshat, Shri Kalki Sakshat, Shri Adishakti Sakshat, Shri Bhagavati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namaha.

Om Twameva Sakshat, Shri Kalki Sakshat, Shri Sahasrara Swamini Moksha Dayini Mataji, Shri Nirmala Devi Namoh Namaha.

(Pink sari is put on Mother.) I never had a pink one, see? It was time, because Lakshmi wears a pink. Try.

(...) Shri Mataji: All the Devis you have sent to America. That's very kind. All of them are there. Really.

Yogi & yogini: They are declaring independence from us (laughter), from their mother country.

Shri Mataji: Yeah....

Yogi: How can the Vishuddhi be on its own?

Shri Mataji: No, the worst part of it is, you see, they are helping these Ireland people, that's the worst part. Just imagine. These Ireland people are off their heads, they don't know what they want. And killing people, and violence, everything like that. There should be no violence if they are Catholics. So many innocent people are killed every day. Under any, any name, violence has no place in God's style, you see. Cannot be violent for anything.

(To a yogi) You'll have to make the list of the people who are coming to India.

Gavin: Some people from Houston want to come, Mother.

Shri Mataji: Really? (Yogini decorates Mother's hair with flowers) Now you see how difficult is the task of ladies, you see? You realise.

Gavin: Yes, Mother...

(Later in the puja, to men)

Shri Mataji: Now this will create romantic feelings for your wives, alright? For all of you. The Gruha Lakshmi today, you are worshipping the Gruha Lakshmi. (...)

Two of you can do... two of you can try, and two of you can try. Come along (...). Let's call anyone of the Swiss people (...). Andre, yes, Andre, come along.

Gavin reads: "Mother, You are the comforter who kills everything that is dead in us. Mother, You are the counsellor who gives us our own knowledge. Mother, You are the redeemer who has given us the second birth. Mother, You are the fulfilment of every prophecy and every prayer. Mother, You are the wholesomeness which cleanses every wrong. Mother, You are right discrimination by which we have become enlightened. Mother, You are the integration, by You God's creation has been threaded together. We bow to You who are auspiciousness, we praise You who are love. We give thanks to You who are compassion. We prostrate before You who are all-seeing, all-knowing and all-doing. We are Your children. Let us never be separated from You, whether it be by Your illusions or by our own limitations."

(Mother smiles)

Take off My Feet everything.

(...) it improves also. (...)

Can you take it without flash?

You better be careful there (...).

Come along. So many photographers, see. We have to have an exhibition of photographs.

May God bless you.

(Some yogis go to Mother)

Yogi: Mother, I'm from Scotland.

Yogi: Mother, I'm from Australia. Please destroy the race of Ockers, nasty people in Australia who ignore..., they drink beer and go to the races and elsewhere...

Shri Mataji: Well, what else? Also racism.

Yogi: Racism.

Shri Mataji: And also the curse of gurus ...

Yogi: Mother, please, remove the curse of gurus and racism from my country, Australia. And give this country the blessings of Mahalakshmi.

Shri Mataji: (Does Namaste) May God bless you. (Takes a bandhan) So now for the whole world you can ask that "Remove the curse of the negativity and bless them with the principle of Mahalakshmi".

Yogi: All of us?

Shri Mataji: All of you.

(Sahaja yogis repeat)

Shri Mataji: May God bless you.

So we have to do a lot, all of us have to do it. You are My hands, you are My eyes, you are My ears. You have to do. Whatever you are asking for, you have to do yourself. I can just give you power, but you have to move your hands, you have to move your tongue, you have to do everything.

If you don't move your tongue and if you do not talk to people about it, how can I help it? So this is what you have to do, is to know that whatever you ask for, not only to pray, but also to use your instrument.

May God bless you all.

Now what's all that? (...) (A Mahalakshmi picture is offered)

The Vahana is the elephant. The elephant is vahana, is Her conveyance, is the elephant. Because it is the sign of dignity, of Her majesty. And also is the wisest animal, very wise animal, and very forgiving, extremely generous. That signifies Gaja Lakshmi day. Raja Lakshmi is a belonging, you can say, of the Goddess. Gaja is this.

(Puja continues with Aarti).

1981-1103, You must grow fast

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3 November 1981

Talk to Sahaja Yogis

Bramham Gardens Hotel, London (England)

Talk Language: English | Transcript (English) – VERIFIED

I said certain things that day, [about] how to meditate. That is important: how to meditate. And that day I... did you hear my tape about it? How to meditate?

Marie: I have not translated it to them yet because the tape was running, but I have the tape.

Shri Mataji: All right. Is it hard to translate?

Marie, [French translator]: No, it's not, to say, very hard. It's just, that was a video, you can't just stop it. There are too many things also.

Shri Mataji: But you took the tapes with you?

Marie: Yes, Mother.

Shri Mataji: So, you tell them how to meditate, it's important, you know. And quieten yourself within. That is very important is to first of all quieten yourself, your thoughts. So how through breathing, a Sahaja Yogi can stop his thoughts through controlling the breathing.

Now the thing is, one has to know that now you are Realised souls. This is the thing one has to actually believe into. And if you are that, then there are many things which must change. And the one thing we have to believe, with full confidence, is that we are now transformed. Now translate it to them. Now, if you become aware of it, then you will know that you have got power to transform yourself as well as transform others. So, you must have faith. Now faith doesn't mean blind faith, but faith based on your own experience. Now, once you realise that, whatever you want or think, you can do, that your relationship with the Divine is not imaginary any more, but is actual, and that [the] Divine is dynamic, it understands and it acts, [then] it is much easier to change. Now, this faith is not yet established in many Sahaja Yogis in the West. If this faith could be established by even logical conclusions, then you can start experimenting with yourself, and you will be amazed how much powers you have got. It's a vicious circle: if you do not practise what you have got, you lose it and you become diffident and you then don't practise, and then you become more diffident: then you become just like any other ordinary human being.

So, one should know [that] you have powers; that every negative should be afraid of you. Even your presence can frighten them, because Spirit is insurmountable. That is one thing that people do not know – that you cannot be overcome – because it has its own freedom of its own. If this faith becomes absolutely one with your being, you just become compassion. Then you know how to love others, and respect others, and respect the human dignity. But this happens at a later state, at a higher stage; more [so] in the western society.

Marie: More in the Western?

Shri Mataji: Yes, this happens really very rarely in the Western society. You see, first they want to know how much they can aggress others, or how many people they can impress, or how much they can gain themselves. But one should know that it is a power that is compassion, that is love, that is forgiveness. And that is what one should achieve: how many people you can love and how many people you can bring together, how many things you can give away, how many things you can throw away, how much you have got rid of your fixations and your –what you can say that, your, sort of self-consciousness, you see, how much

you can get rid of your self-consciousness.

All this vanity just drops out, should drop out. Because vanity is the biggest barrier. And you yourself become your own reflection, your own reflector, and you can see clearly what you are in Sahaj Yoga, and what you were, and what you have to be. And then you can ascend with the help of your love for your Mother. And it happens that you can go very fast. And one thing you must remember [is] that you are made into a lamp. So, you don't have to any more seek, just grow your light to give to others. So, in one way you increase your light so that you help yourself, and just to help others. Your growth has no meaning if it cannot help others.

Now for example, if you put the fire on, the fire does not burn itself, it burns others; also, the fire gives light. Now you are the fire, you are the light and you are the controller of fire or the light. You are the one who can become: if you want to be the fire or the light. You have power to become whatever you like. When it is necessary to be fire you have to be fire. When you have to become the light, you have to become the light. But it's better to try to become light first, than [to] become fire. Even the fire that burns is of no use: no one likes it. But if you can become the fire that cooks and nourishes others, digests the food – in the sense that it helps to cook and make the food so much that it becomes digestible. If you become that good, then it is definitely useful. But the fire that burns, you have been: that you must give up. You must become the fire that cooks, because you are changed, and in that change, you have achieved the power to use this fire for cooking food for others.

Everything that you had so far was used for a wrong purpose, for the destructive side, for the negative. Now the same thing, after enlightenment, is for the betterment, for the well-being, for the sweet feelings, nourishing support of others, because it is enlightenment. Like the light illuminates the road and darkness is dispelled, you are no more confused. You know where exactly you have to go, you get discrete. Discretion becomes a part and parcel of your being. So, enlightenment gives you an absolute discretion.

Now, for example, appreciation of art: you start appreciating any art which gives you vibrations. Now in the West the appreciation of art comes that, you see, is a big space is left and a little [paint] somewhere. They cannot understand and appreciate the exuberance of joy of the common folk-people. Everything has to be such that one can write a book on that. Everything that creates thought. On the contrary art is such that it should stop your thought. So, this is what one should understand that when you have certain ideas about art, they come also from your own fixations or your own education. Education, most of it, is ego-pampering which comes from mainly many ego-maniacs: they say, "This is right." They say, "This is right. This is good!" But they do not teach you how to enjoy spontaneously anything. So, the spontaneous appreciation of something, in art, is not what you certify with your ego – or some people think they have a power by which they can certify – but is the sensitivity that makes you enjoy the creation of that art.

Now, for example, in the West, I feel [that] they like most of the art which is really like beggars' art, I would say. For example, I went to buy the ties and the most expensive were just like beggars' ties, you see: worn out, colourless, insipid. And that they said, "Is the most elite!" The trouble is their ego makes them so conscious, that they want to hide their ego. So, they feel shy to express their exuberance or their thankfulness to God. Because if you say you are happy, then you have to thank God for that and they do not want to thank God. So, they want to live like miserable beggars, just to overcome their ego. The sign of health is exuberance. Then in art they start showing gutters and dirty, filthy things – absolutely filth, I mean, any saintly person would vomit. So, they show, if not of beggary, they show- what you call the filth and the dirt. If you go to hell, you will get all this there, directly – all this.

I mean, you can live in the sewers or in the gutter there. It's just the same like the worms in the gutter. Sometimes I feel they are practising for if they have to hell, [Shri Mataji laughs] how to be insensitive, because they will have to face this filth there. And that is why one has to cut off these things. It's like somebody eating the filth and saying, "What's wrong?" But if you ask, "Why do you do it?" So, he can say, "Of course I am going to hell, so I must practice! I may have to eat it all my life." So, such a negative person if you ask, "Why you want to go to hell?" He says "That's the only solution for me, I am waiting for it!" So, gradually, they are becoming, not only animals, but some queer worms – those who have lost the sensitivity against sin. And then, when they will go to hell, they will say, "Why should we go to hell?" But there is no compromise: I must tell you very frankly. There is no

compromise! No grace there, no compassion, but very hard judgement. So we should prepare ourselves in such a way that we should enter into the Kingdom of Heaven and should not be unsettled. We should try to become the will of God and not our own will. Then the joy will be complete. Otherwise, it's an incomplete joy in life, it's just like playing games. But that time we cannot play games, you see, when we are judged.

Not only but you have to get your positions as Sahaja Yogis in the Kingdom of God, but you have to become the instruments, the great instruments of God. So, you are not entering into the Kingdom of God to be some backbenchers or sitting in the corner somewhere, but you have to take positions and you have to do it quick. If you still have desires: "I want this," "I want that," and you weep for that, it won't work out. And if you have still fears, still it will bring you down.

You must change your facing. Now you are facing the public. First you were a part of the public, now you are facing the public. So you have to change your image, outside and inside, otherwise you are neither here nor there. This is the problem with Sahaja Yogis that they do not understand that there is no way you can return back to a position where you can say that, "I am not Realised." But now you are Realised and you will have no excuse. You must grow. You must become what you have been given. Otherwise, you will be thrown away, just like rejected, rejected china (crockery) you have and cannot be sold any more.

So, in Sahaja Yoga there is a tremendous happening that is taking place, as if I have put you in the furnace and I am working out everything that is possible under the sun. And you should come out in really flying colours. But if you do not accept your position, you may fail. It is your freedom which is also enlightened and you can go faster to hell than you could go before. So, it is essential that you calm down and be peaceful and take your position.

Those who are frightened, who are diffident, must change. Those who are aggressive, hot tempered, must change. Ego oriented must change. Superego oriented must change. Come in the centre, not go from one extreme to another extreme. You have to become a universal, universal personality.

Like, I was getting very good tile for the same price as marble. Maybe the marble was not -may not be such an expensive marble. But the tile and the marble had the same price. So, if I buy the tile, some may like, the value of tile maybe liked by, say, French. I mean some French, because they never agree! [Laughter] They must find out faults. But still if there are about ten French [Shri Mataji laughs], two or three may like a particular tile. But marble everybody will like, because it is marble. They will not see the value, but they say, "It is marble." What is the difference? One is spontaneous from God. Whether it is the same value or not, this is all human beings. Anybody who wants to see will not see the value, but will see it is marble. So, whatever is spontaneous, which is natural from God, it has its own intrinsic value. It does not change with different countries, different whims or different periods of time: it is eternal.

So, if you do something spontaneous, it may not be appreciated today, because artists were never appreciated when they lived. But when they died, they were appreciated, after many years. Same about the saints. But now you have so many saints in this world that they can appreciate saints. But are we appreciating each other? Are we understanding that we are all saints, [that] nobody is higher or lower? If the saints cannot appreciate saints, then who else is going to appreciate them?

Because you are saints, you are a creation of spontaneity of your Mother: every one is a piece of art, is so beautiful. We do not actually appreciate ourselves to begin with. We only appreciate a few people, "I like this and I don't like that." But every piece is a source of joy. If you start appreciating each other then I have some hopes that the spontaneity is being appreciated, that human beings have become eternal beings, they have sensitivity for eternal things and not for temporary things. Like the marble has an eternal value, the Spirit has the eternal value. But you should be able to feel that eternity and enjoy that eternity. This is what it is: we are in the eternal life; in the eternal life, you have entered into the eternal life, and only the things that are spontaneous have eternal life, everything else perishes. If you deal with anything with temporary scales, you are not yet a Sahaj Yogi – no doubt about it. So, one has to develop that sensitivity. That doesn't come from your rationality and your so-called education and so-called reasoning, but only through surrendering, through surrendering to spontaneity.

I hope people will break their barriers of ego in the West and enjoy the eternity. Once you start doing that, we will get more and

more Sahaja Yogis. Because those who are coming are not so sensitive and the ones who are there in charge are also not so sensitive. So, every wave that comes in returns back. It doesn't absorb or it is not absorbed. That is how in Sahaja Yoga one has to grow very fast if you have to attract other people. Because spontaneity is the only thing that is the capital we have got. We have no other capital to catch, only this spontaneous love. Other fake people have got money and other superficial things to attract. We have only this. This has to grow.

May God bless you all.

Now if you have any question, you can ask me.

Better now?

Marie: Mother, William wanted to know what the characteristics of Leo are?

Shri Mataji: Leo? Oh, it's wonderful! Leo is a very generous man. He has a heart of lion; it can face difficulties and can be very dignified. You see a lion or a tiger, both are kings of the forest. And in the area where the lions live, tigers can't live. I mean climatically, because tigers like colder areas and the lions like the hot areas.

So, both have the same characteristics of a king. First of all, they will eat when they have to eat, they do not eat like beggars, all the time, being afraid whether they will get it tomorrow or not. Like a beggar will gobble everything you see whenever he gets a chance, because he is not sure about the future. And they will kill the animal, particular animals only, which they have to overpower. For a lion will not eat a rabbit, never. But only the one that he can overpower, for which he has to struggle, which has to earn. And the killed he will eat with dignity. And he is very frugal in his eating and leaves most of the kill for others, and to enjoy, to enjoy, you see, others. And it will leave that spot and go away, and [so] he makes others quite fearless, so that they should not feel embarrassed how to eat in the presence of the king. They are very wonderful animals, both of them. And when a tiger or a lion dies in a forest, everyone weeps. It becomes a silent place, because their king has died. They want that he must eat also and they don't mind if a tiger kills an animal. And he is very fatherly and such is a very good husband. He is not undignified in married life also. He is not like a stupid dog, runs after every bitch. He lives with lioness only. They are very dignified couple and they know the value of their own children and they bring them up as lions.

But a lion, as a human being, could be dangerous also, if he doesn't allow his qualities of lion [to be] humanised. Because a lion has long nails, you see. So, for a human being even he could be little abrupt, you can say, or he may do something that may disturb people or he may hurt without his knowledge. And he may also, sort of assert, pressure, put a nice pressure, or assert, or create jealousies. So, one has to be careful because of his propensity and his personality, he should not make others dwarfs and frightened. In the nature, animals are spontaneous. A lion behaves like a lion, he can't behave like a scorpion or like a snake. But human beings can be everything.

So, if you go to the spontaneity of your own character, then you can develop a personality which is supporting your growth. But if you get enveloped or pulled down, or we can say more circum, you see, engulfed, you can say, engulfed by your own sign, then you cannot become a Sahaja Yogi. Because after Realisation, you are becoming universal and none of your signs really hold you back, but give you a special colour in the whole cosmos. And it never should create any discord, it should give you concord, then it is good. The signs drop out because Spirit is not bound by any signs. No stars, nothing can bound it. So, it may be a person who is a Leo may not progress so much as a person, we would say, Gemini. It depends on your own desire to be the Spirit.

It's like Kartikeya and Ganesha having a bet from their Mother saying that She'll give a price to the person who is going around the Mother Earth, you see. So, who goes first? Who goes around the Mother Earth first? Now Kartikeya has a "vahana" [vehicle] which is, you know, is a very fast-moving bird, that is peacock who can fly. And while poor Ganesha has only the little mouse. So, Ganesha is the one who catches the principle. And he says that: "Nobody is greater than my Mother. So, if I go around my mother only, three times, I'll beat everyone hollow!" So, he went around his Mother only, and while Kartikeya was flying. And when he came back, he found already Ganesha has got the present! So, when you become the essence, you become the reality and then

all unreal things like your signs, everything drops out.

Say, a flower becomes the fragrance: then fragrance is what flower is. But you don't see the flower any more, you just feel the fragrance. So, you have to go to the essence of everything. That is what people don't understand. It's called as tattwa: the principle.

If you become the principle then nothing is as important. Whatever may be your sign. I have seen people with very good sign just go down like that. I have known of some Leos who were very ego oriented, some Aries who were very good at organising and they just went straight down. And some simple people who were not very much great according to their horoscopes have become very great Sahaja Yogis. So don't depend on your signs so much: you can get an ego orientation or depression and both are against Sahaja Yoga.

Shri Mataji: What other question?

Sahaja Yogini: Mother, I'd like to know what do you think about dogs?

Marie: About?

Sahaja Yogini: Dogs. [Laughter]

Marie: She [the Yogini] has a big dog at home.

Shri Mataji: Good, good. Dog is very good. Dog is a disciple and he knows his guru. He knows every bit of his guru. All the deities inside the guru, every mood, everything, and by that knowledge it gains. It knows what pleases the guru, and as soon as the guru comes home, he will express all his joy. He will give up everything and run to receive him – expressing the joy. So many things one has to learn from a dog. They are wonderful things, they are beautiful. You better keep the dog! [Laughter] I had a dog too. It's with my daughter now. When I go to India and when I have to go to my daughter's place, I wear a very ordinary sari, because I know he will come as soon as he hears my voice, he'll come jumping and jump all over me, lick me and also show his anger because I have left him, and eyes will have tears, even he may tear my sari out of anger. And when I am coming and filling my bag with things, it knows [that I am leaving]. Then it goes and sits and sulks and doesn't eat food for eight days when I leave. I mean I go every second year but he's not forgotten even my voice. It's an old dog now, very old. I think for his species he's outlived. His name is Deepak – means the light. He's absolutely white, it's the Spitz style, you know, Spitz from Germany – that kind. But it's a Japanese dog, that dog. But it is big for its own breed, and there are some photographs I think, somewhere.

But dogs have a capacity to learn. I had taught this dog how to do puja. He used to touch my feet, and he would never lick my feet. He would lick my sari, but never my feet. And he knew how to use a WC, can you believe it? All sorts of things he knew. You can teach him so many things. It used to discriminate even the footsteps of every person in the house. And he never liked nudity of any kind. One Yugoslav lady came with a short, not very short, with a frock you see, and the legs showing. And he started barking at her, and she couldn't manage, like that. So, I had to give a towel to cover her legs, while she was talking to me. [Shri Mataji laughs]. And also, some of the villagers in India, wear those "dotis", and if they show their knees, he can't bear it. You must cover below your knees for him. If he had come to France, I am sure he would have gone mad! [Laughter] Even in a painting, if he saw the legs or the arms open, he would bark to the painting. And he would not bear sleeveless, could not bear sleeveless, can you imagine? Sleeveless or this, what you call this translucent sort of dresses people wear, he could not bear. And he was Japanese actually, but he was very particular and very kind to children. So many things they have.

In India, they say, they can have eighteen paws or something – it's the number of paws [claws] – then he is a saint.

Marie: Eighteen what?

Shri Mataji: You see, they have paws, no? So, they have five and something more extra they have [lug]. Like, they have sixteen

normally paws, or something, I don't know exactly. How many paws they have altogether? Here also they have three. You find out. You see they have three additional, so five and three is eight. So, it is sixteen, but if they have eighteen paws then they are saints or something, eighteen nails. Then they are saints and something like that is there, there's some sort of a myth. But my dog had the vibrations and he had such a sense of respect and protocol. And he himself, you know, if anything is given to him with love, he would eat otherwise he would not, he would starve himself! He's the conveyance of the guru "tattva", the principle of the master, guru, the master. So, the disciples are the conveyance of the guru. You have to be able to, to bear my power and transmit them, otherwise my powers are useless.

So, any other questions?

Sahaja Yogi: How to develop self-confidence without developing the ego.

Shri Mataji: What did he say?

Maire: He'd like to know how to develop self-confidence without developing the ego.

Shri Mataji: You see, in Sahaja Yoga you do not rationalise anything and you do not think about it, but you work it out. And the working is so simple that people really don't take to it. Like, the other day I received a letter, yesterday only, I received a letter, from Australia that two people felt that they were getting a heart attack. All right. So, they didn't know what to do. So, they put my shoes on top of their heads. And they got all right. It's a fact! [Shri Mataji is laughing]

So, in Sahaja Yoga whatever is to be done is not to be done mentally, that's one thing people don't realise. Everything we do mentally. But what you have to do is to feel your vibrations on the photograph. You may think you are diffident; you may not be. You may think you have ego; you may not be. So, now you see on the photograph itself. Forget about judging yourself mentally, mentally. Mentally, forget. Now you put your left hand towards the photograph: see if there are vibrations coming in. Then put your right hand towards the photograph: see if the vibrations are coming in. Now if in both the hands the vibrations are the same, you are in the centre. If there is disparity then you adjust it, just by giving a bandhan. As if your body and yourself has become a tool into your hands. Like all this is dead and you are the living master and you know how to screw what, which screw to turn. By all these methods, by Nirmala Vidya, you become the Spirit, and then you don't think.

All these vidyas may look very silly sometimes, like this. [A Sahaja Yogi laughs and Shri Mataji too]. But it helps, definitely it works. It definitely works. And for that reason, you must become experts in Nirmala Vidya. Then you don't become ego or superego, you become the Spirit. All right? May God bless.

It's the science, it's science of Divine laws. It's the science of Divine laws because reality, that living reality is your power. And ego and superego are all myths, are dead things! So, you know how to manage. You become separated from yourself and you know how to: "All right, come along it's ego all right go down. Now you come." Let's say: "Now do it like that. Put it right? All right. It's come out, now done!"

All right? Like she [Marie] is catching on the right Vishuddhi, so she's just putting her hand there and putting it right! [Shri Mataji is laughing]. You don't feel condemned about it. All right? It's all made easy and simple. But it's rather difficult for a very sophisticated intelligent man to become that simple.

Actually, children are very simple. My granddaughter she was hardly two years, and when we went to the airport, she was very busy, like this, like this, like this, you see. And she was doing it very fast [bandhans]. So, my daughter asked her: "What are you doing?" So, she said: "I am tying up this airport!" She is always busy. And as a child of three years, she used to draw the all of Bombay with one pencil in her hand, really, she used to go about three years. So, my daughter said that: "How can you do it with one line?" Then she said: "Only one line passes through all of them!" The essence, you see. She was hardly three years.

Look at this Aniky, little Aniky: she is at my feet as if children are near the chocolate, you see. Look at Olympia: she, all the time, wants to be with me and eat chana because she has a little liver problem. And all the children want to be there to wash my feet,

and then they take out your Agnya problems. You know everybody's Agnya problems Aniky was taking. To them it's all a play, it's a play. Nirmala Vidya is a play for them because they are Spirits. There's nothing so serious. French are unnecessarily so serious. What have they achieved out of their seriousness? Gutters. The filth. Horrid! There's nothing to be serious about. But out of the mud only, the lotus is born. The mud is complete there, that's how this lotus has to come. And Sahaja Yogis in France are going to be like lotuses. They will make the whole place fragrant. I am sure of that. Very important, because that's the hell, I sometimes feel. You all have a double responsibility. But such a beautiful city, such a beautiful country! God has given you everything so beautiful. I don't know how human beings can make a mess out of everything: like bacteria, they can spoil everything. It's like a fermented grape juice.

What's another question? And do you get lotus in France?

Marie: We have things that resemble lotus. They are called "nénuphar", they grow from the water as well.

Shri Mataji: What do you call them? Waterlilies?

Marie: Yes.

Shri Mataji: You must try, you might get lotus. Bring some lotuses from India, some seeds. It's not difficult to grow them.

Marie: How about the temperature?

Shri Mataji: They can grow in very cold weather. Because there is a lake called Manasarovar which is at very high altitude where you get swans, beautiful swans, and lotuses. It maybe, it may grow. So, you have a double responsibility.

Shri Mataji: How are you, Hari?

Hari Jairam: Very well, Mother

Shri Mataji: What did you do there?

Hari Jairam: Well, we stayed ... Warren and I was there for the last week, and we had a few programs. After Warren stayed at the hotel, same hotel that you were in, and then he came and he stayed with Dr. Worlikar. He stayed there for two days. And then we had two meetings there – one on a Thursday and one on Sunday.

Shri Mataji: All right.

Hari Jairam: And mainly Indians, the Indians came, all of them. And Warren made a tape for them.

Shri Mataji: Eh?

Hari Jairam: Warren, he made a tape for them. He described all about the chakras and how to raise the Kundalini, and the doctor wanted to know about the medical side of it. So, he explained everything on the tape. And they have decided to have regular meetings on Thursdays at his home. Plus, the only two Americans interested were Michael, Michael and Roger.

Shri Mataji: And in Santa Cruz?

Hari Jairam: Yeah, well, in Santa Cruz the Indian man, Ravi, and his American wife

Shri Mataji: Indian man?

Hari Jairam: Indian man, Ravi, and his wife was white. She was Danish. We had a meeting there on Thursday. But we tried to get a hall. But he couldn't organise a hall. So, I phoned the old gentleman, the old gentleman who spoke with a hoarse voice and we

could not get a ... he said that before that to get a meeting in a savings place. But we tried there but we couldn't get one. So, the only place we had the meeting was at the Sikh's place, Mr. Singh's place. You know there was a Sikh gentleman.

Shri Mataji: You are saying about what?

Hari Jairam: Santa Cruz

Shri Mataji: No, that Sikh doesn't stay in Santa Cruz.

Hari Jairam: Yeah, but seeing that we couldn't get the place in Santa Monica ...

Shri Mataji: So, you went to Santa Cruz.

Hari Jairam: Yes. No, we went to the Sikh's place. He lived in ...

Shri Mataji: Santa Monica, you are telling.

Hari Jairam: Yeah. Well, we could not get the place in Santa Monica, so the Sikh said we could use his hotel and we had a meeting there and about ten other persons turned up and they were interested.

Shri Mataji: Good. Out of ten, how many were Indians?

Hari Jairam: Well, at that meeting there were about two couples.

Shri Mataji: Indians?

Hari Jairam: Yes.

Shri Mataji: So, the rest of them were six Americans only.

Hari Jairam: Yes.

Shri Mataji: How were they?

Hari Jairam: Well, they weren't very good because they went to a lot of gurus.

Shri Mataji: Ah?

Hari Jairam: There was one gentleman, the man who had the cirrhosis, he was very keen. And Michael and Roger.

Shri Mataji: I think there it will work out – Santa Monica. Other, because you had not place, nothing, all problems.

Hari Jairam: Yes.

Shri Mataji: So, Michael is going to work it out?

Hari Jairam: Well, Michael said that he couldn't get the place to stay and he got very angry, and he said that it was Warren's fault that he left Santa Cruz. Because he had problems with his mum. He went there to stay.

Shri Mataji: Ah?

Hari Jairam: He went to stay with his mother.

Shri Mataji: Who?

Hari Jairam: Michael, when he came back from Santa Cruz he went to stay with his mother.

Shri Mataji: Michael is the one who was with...

Hari Jairam: Yeah, the one who came to Santa Cruz, on his own and then drove with you to San Francisco.

Shri Mataji: Um.

Hari Jairam: Well, he returned and he stayed one night with his mother, and then his mother told him that he has to leave. So, he could not get anywhere to stay. So, he went to stay with another American, and the other American told him that he couldn't stay there, too. So when I phoned him he was very angry and he said it's all Warren's fault that, that he told you, So he's going back to Santa Cruz.

Shri Mataji: Such people! They have no money, they have this, they are...It's alright. So, Santa Monica, who's going to do that?

Hari Jairam: Well, nobody any more. Because on Thursday we had the meeting at the Indian's place and he was not going to ...

Shri Mataji: but what is happening to this, ah, she is going to stay in Santa Cruz? Tracy?

Hari Jairam: Well, I haven't heard from her, Mother, since she left with you.

Shri Mataji: So, Santa Cruz she might be having. Santa Cruz they are having. So, Santa Monica is finished like this?

Hari Jairam: Well, except the Indian man there with the white wife. He'll probably start meetings. But he was saying he cannot allow Americans to go to his home, because he wasn't sure what sort of people they are and they might come to his house and see things, and when he's not there they can come and trouble his wife.

Shri Mataji: Bharkar.

Hari Jairam: Yeah, Bharkar. And then he said that for the Indians, the people who he knows, they can have regular meetings. But unless he knows who the are Americans, they can't come to his home.

Shri Mataji: You see, all hippies. Horrible! And they go to the houses and they eat like gluttons and they take away things. It's true what he says. Look at this Michael. Now, why should he blame anyone if there's no room or something? I mean, Sahaja Yoga is not supposed to give you places. What he said is true, also. So then why doesn't he arrange, Bharkar, some general public place?

Hari Jairam: Yeah. He was talking about having a temple – the place where the Indians, you know, the Indians who are living there they have a meeting hall. So, Mr. Pradhan, Subhash Pradhan, he said that they will try to organise a meeting.

Shri Mataji: But then they won't allow Americans to go there?

Hari Jairam: Yes, it's an open hall. You see, it's a temple in the main building where they have their meetings, and they have small rooms on the side. So, they can hire the small rooms.

Shri Mataji: Then that's all right. In a meeting in Santa Cruz, there were four hundred and fifty hippies facing me and the Indians who were with me got frightened. They are very ego-oriented. And ultimately one of them hit Gregoire.

So, either they are very over formal people, Americans are: they'll wear their dark suits, hundreds of dark suits, you see, yards of them, or they will be absolutely like this. Very dangerous. Very violent.

So, he said he'd manage something, Bharkar?

Hari Jairam: Yes, but he said it depends upon the other Indians.

Shri Mataji: Uh?

Hari Jairam: It depends upon the other Indians. It all depends on Dr. Worlikar now.

Shri Mataji: Doctor?

Hari Jairam: Worlikar, the immunology man. It all depends on him.

Shri Mataji: So, you write to Dr. Bharkar that Mother was asking about it, to take the help of Dr. Worlikar, because he works in Santa Monica. And he has got the addresses, has he?

Hari Jairam: Yes. Well, I left the addresses before. I kept the addresses and I phoned to all the people.

Shri Mataji: But where are the addresses now?

Hari Jairam: Well, I have a photostat copy with me here in London and I left the original with Mr. Singh.

Shri Mataji: So, write to Mr. Singh and to Mr. Worlikar, Dr. Worlikar, and to Bharkar, that they should try to arrange something now. They can have a programme at Singh's place. He won't mind, it's over there.

Hari Jairam: Yes. There was one problem because he lives in the black area where they have lots of muggings. The dangerous area.

1981-1121, At Gregoire's Flat, Before Program

View [online](#).

21 November 1981

Talk to Sahaja Yogis

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1981-11-21 At Gregoire's Flat - Before Program in Rome

Shri Mataji: How is your child?

Yogi: [She?] is doing fine

Shri Mataji [UNCLEAR] It's been a long time since I saw him.

Shri Mataji Hello, I have come to meet you all the way. How are you?

Shri Mataji There is a child, [Annika?], she is about, I think, 3 years or so, 3 and a half and she comes to see me in the [UNCLEAR]. First thing she would come and just fall at my feet and stay there till I have completely, sort of, control her, she is there and after every one hour she was [UNCLEAR]. Surprising, [UNCLEAR] how she understands. She is hardly three and a half years, so surprised. [UNCLEAR]

Shri Mataji How are you?

All right? Yogi: [UNCLEAR]

Shri Mataji How, how are you feeling? Are you better? Yogi: This is Irma's husband who has never met you before.

Shri Mataji Really? Yogi: Yes In Switzerland there are so many, these people I remember. Actually these were very unhappy in the beginning. They thought that it will never [work out?UNCLEAR]. [You have to be somehow?]

Shri Mataji There are seekers all over, we have to [UNCLEAR] and [UNCLEAR] went out to arrange the [UNCLEAR] and we had about 450 or 500 people and they are doing very well.

Yogi: Is it because there was the[UNCLEAR]

Shri Mataji But maybe, now [UNCLEAR], they are going away now, they have started such a [UNCLEAR] Yogi: Did they find the house already?

Shri Mataji They found the house. Yogi: They found the house.

Shri Mataji [UNCLEAR] is there. But the [UNCLEAR] had started the, we have started, new place is there. Yogi: We had first meeting after you left with Warren and it was very good. We only had 10 people but very [UNCLEAR].

Shri Mataji [They are staying?] Yogi: Yes exactly.

Shri Mataji Now they are [UNCLEAR] Yogi: [I suppose yes]

Shri Mataji Is he in trouble?

Warren? With his woman, his wife, went and tried the tricks of being very nice and cool. She has Epilepsy [UNCLEAR] Yogi: She?

Shri Mataji Yes, I used to tell her, you are a media woman, be careful. But she was still not [doing the things they should not be UNCLEAR]. She had an Epileptic[UNCLEAR] and then she had to go to a place, [good thing there is an Ashram, with [Terrance UNCLEAR] involved, both of them were thinking that it may [UNCLEAR]. There was terrible pain in the [heart chakra?]] and then they asked her to go. When I stayed there, I told her to seek her out all the time but she stayed out for a month or two, again she came back to the ashram and [many people started to feel out? [UNCLEAR] and Warren said [I can't UNCLEAR I know the Ashram people are siding UNCLEAR].

Yogi: Ashram people are siding with her now.

Shri Mataji [UNCLEAR] Yogi: Mother now, it's about 6 or 7 o'clock in the night there I think, it's actually night I think there [UNCLEAR].

Shri Mataji He has the number, I will have to talk to Terrance. Yogi: It's 2 o'clock in the morning there Mother, you want to call her?

Shri Mataji [UNCLEAR] morning about 7 o'clock. [Yogis discussing about time differences] Yogi: To whom you want to talk?

Shri Mataji Terrance. [Yogis discussing]

Shri Mataji She started looking like a man, she started developing beard. Yogi: Really?

Shri Mataji Yes.

Her own father [UNCLEAR] is doing very well there. Yogi: Yes?

Shri Mataji Yes. He came to see me [UNCLEAR] not yet, because you see, the man who was working there [he run UNCLEAR] away. Now, I have taken over [UNCLEAR]. Its really very good, I found [those were left sided people UNCLEAR] and they are working with me, they become very much [UNCLEAR]. Yogi: He is so happy to work with you.

Shri Mataji Oh, he is very happy. He says that I [our love has become] so much attentive and I understand people and I [UNCLEAR] want to do business [UNCLEAR]. Yogi: I don't think he could leave you.

Shri Mataji: And also, this Alexander, he has come down there. Alexander from [UNCLEAR]. Yogi: Another thing, in Germany, we thought that it was much better for you to come next year than this year, it would have been too much in the same time.

Shri Mataji You people should start something there. Yogi: Yes we will. We do a meeting in Germany before we come Mother, we organize something because Gregoire is going to be in our flat in March and April with [UNCLEAR] and little child.

Shri Mataji Sahajayogi was troubled, our programmes [UNCLEAR] and all kinds of problems we had because of her and now she is the medium and the medium and the medium. Do you understand them? And once these mediums are working, all these devils start coming into the places and they try to show that she is a very good girl and this and that and nothing was [UNCLEAR]. She is a real medium and [we just get her out from there?]

and I [UNCLEAR] hopes of her improvement. You can put me on the tape and tell all the Sahaja yogis. Now she [UNCLEAR] I told her something is very very seriously wrong with you. [UNCLEAR] and you do all these Sahaja yoga treatment, and she used to do,

she was better, she was improving and again suddenly she would go down. [UNCLEAR] and people could not tolerate, it was so bad. And she gave me [UNCLEAR] such a [UNCLEAR] in [my heart?], that I was about to die, I felt, she was so bad. And Warren knows about it and you have nothing to do with her and that's the only way she can be helped, if she could be helped. Otherwise she will die, maybe soon. If you want to save her also have some [UNCLEAR] for that.

You people don't decide, don't think like that otherwise the whole, whatever you have achieved will go away for a one nonsensical medium there. She is very good at convincing people and talking to people, that's typical of all these mediums. If they were not so, they would not have such a business around. Actually I never asked him to marry her, he wanted to marry, I told him somebody else but he decided to marry her. I said, "Alright but watch her." But I didn't tell him she is a medium. I said him to watch on her. And how her mother behaves you know and how she behaves. She is very sweet to talk to, you feel very nice and all that but inside is nothing but medium. Do you follow that?

it's a very serious thing. And once you get into negativity, you do not realize how terrible it is. It's same happened in Brighton. In Brighton, a fellow came in and everybody has [UNCLEAR] this was that [UNCLEAR] become very smart and this and that and everybody so badly caught up. They wouldn't listen to me, to that extent they were. Who is she to you, after all you never knew her? Because she came to sahaja yoga? And you have nothing to do with her, just tell her you have nothing to do, get her out of there, absolutely. [UNCLEAR] I told very directly, she is a medium. [UNCLEAR] there is nothing to do with you people otherwise [UNCLEAR].

Believe, I think she was about to kill me and she was very very reckless about it. [UNCLEAR] Such a tremendous storage of bhoots, I have never seen before. Every night I had a bad time, I couldn't sleep, I had such a horrible time with her. And she won't leave she is such a leech, I tell you. I don't know how Warren was managing with her. I mean in the beginning it was very soft and I told him you send her away and [UNCLEAR] go there for work. I mean I have all the love for her, I mean, after all she is also my child but she is a medium and she has been to all kinds of these clairvoyant people, all kinds, not one, I asked her, she said "Anybody new came in, I used to go there." I don't think so, I don't think so, I felt in vibrations [UNCLEAR] was all right, were ordinary, this is one on the left because these people are sort of not listening to me. You don't listen to this woman and Mother has [told to get out UNCLEAR] until I come back she has nothing to do. All right, you understand that?

I would not say about anybody, she is one of them as [UNCLEAR] as something incurable. And if you want to help me to cure her also, keep her out, otherwise she will be very effective with you all, you would not know. Warren was great, he helped me a lot, and he was very good, he can get out of his problems in no time, he is very good. And you are so good, you should understand that. How do you know her? You knew Warren for too many years? Who is she? [UNCLEAR] Mira is the one she [UNCLEAR] she herself is a very negative person sometimes, you see. She must be the one, I am sure of it. Tell her to behave herself.

She does act up sometimes, [UNCLEAR] herself and about 25 sahaja yogis lost their vibrations, all of them. I will call her, I will talk to her. Meera, why are you promoting this? You know that everybody was caught up once in Gurgaon. In Gurgaon, you were all caught up, you know that right?supporting her? She is a medium. In, Girgaon, with Sharhad, so much had happened. Now it is happening again with you all. Take her out of there. She doesn't need to come.

Why are you supporting her? She is a medium. But you support her. You understand all this and this has happened once before, 25 people lost their vibrations, can't you see it? Hasn't it happened before? Then why don't you keep it in your mind? This woman is going to kill me. She attacked my heart twice. Throw her out of there. You don't know why I tell her not to do it.

When I told you once not to bring her, why did you bring her in? All of you please, take her out of there. She doesn't care about you all. She is a big bhoot. All your sahaja yoga will be finished, take her out of there. Don't even let her come in, we have nothing to do with her. When people get lost, you don't know it has happened, you will all will lose yourselves. You know all this, you should have told that this is a bhoot. Don't you remember the last event? The whole centre was closed.

You should have told that if Mother has told so, then please don't allow her in. If I did not allow it, why did you let her in? Who is she to you? You didn't even know her from before. All will be lost. Do you understand? Take her out, it will be a big sin if you don't.

It had even happened the second time in [UNCLEAR]. They all are very sweet to talk to, she will die, she had epilepsy, she attacked my heart twice. Warren wouldn't have told, she is his wife, he has softness towards her.

Please remove her, I did not want him to get married to her. He decided it and now he has to suffer. I had told him just wait, don't decide now. I saw her once, she had her teeth coming out, like a demon. You should not talk to her, tell her Mother has told so. [UNCLEAR], there was a letter and it was very hot vibrations and I burnt it immediately, without even looking at it. Warren is a good guy, he is very hard-working, he worked a lot. Maybe he is caught by it all. I think he is fighting his way. [UNCLEAR] Have you all lost your sensitivity?

All will be good, don't worry. Do not sympathize with her and get her out of there. But she calls you right? All will be good, don't worry. Do not sympathize with her and get her out of there. But she calls you right? Cut off all the connections. I think you kundalini is frozen, don't you feel it? [UNCLEAR] This is causing all the troubles you all have. Something terrible will happen, just stop it all.

[UNCLEAR] I will take care of Warren, Sahaja yoga doesn't stop because of one person. Hello [UNCLEAR], you should not try to take any [frantic steps, this thing about Warren also. Warren really worked very hard to help me so much, you don't know Gregoire [UNCLEAR] possibly he might be a little bit caught up because he [UNCLEAR], he will clear out in no time. And you just try to understand that it is very important for Sahaja yoga and there should not be any conflict between you and him, you are his friend. Try to understand. I request you all to respect him. Yes, because you are caught up, you beat yourself with shoes and you don't know how much impact he had on american people, what he achieved. He's done very well. Also this Modi has done somehow I think. You can ask Gregoire what he has to say about Warren.

He was so [impressed UNCLEAR]. The way he articulated, he handled the situation [UNCLEAR], I cannot expect anyone, yes yes, [you respect him now UNCLEAR] maybe sometimes you have depression or something, sometimes you may have, that doesn't mean no, I don't know that. I will ask him but I think this woman is, has anything to do, she is like that. She herself is so unbearable . and she has created an atmosphere [UNCLEAR] make him look like that. [UNCLEAR] Otherwise she is very sweet, tolerable, she is horrible, she gave me absolutely [death? UNCLEAR] No not that, that means you [UNCLEAR] something wrong [UNCLEAR] wrong with you all, impossible. Later I saw it was hot, I put it in fire immediately. Impossible, impossible, that means something wrong with you people, better beat with your shoes and get all right. It happens.

It's so much misleading. Bhoots are such misleading things. It has happened in Brighton, you don't know, they took one month to recover from that. It has happened everywhere, Meera also knows. You start thinking it is right but you beat yourself with shoes. Its a horrible one. [UNCLEAR] Now beat yourself all of you and all have nothing to do with her. Tell her not to touch you people. Otherwise [UNCLEAR] as it is she is a difficult case and I cannot cure her normally but if you keep her out, it may work out, just ask her to be out and tell her not to be so impatient. But this was wrong, bhoots are [UNCLEAR] .

They must have acted on you, you might have invited her. There should be no sympathy for such a person. She was about to kill me, how can you have sympathies for her? Throw her away. Horrible she is. You people don't, maybe you have lost your vibrations and misleading, all right? You just throw her away, she is nothing important. It is all right, doesn't matter. The wife is not so important for Sahaja yoga and every one of you, that is their lookout, that is not yours, that's his private business. You don't worry about his private life.

No because of her, I tell you, because of her, you see, he went with her to Bombay and everybody was caught up and they blamed Warren for that but then I realized that this woman was with him and she was catching everybody in America, catching everybody. [UNCLEAR] said she can't bear this woman, nobody could bear her, those who were sensitive. Those who had started becoming insensitive, started taking her side. No, she is still, still very very very very horrible, do you get that?. Now, will you please stop having anything to do with her? I got her letter and immediately threw it into fire, I don't need it. She has issues, you don't have anything to do with her, you beat yourself with shoes, all of you. you. It will be all right. Sahaja yoga is important than this woman.

OK? [UNCLEAR] I never [UNCLEAR] she was such a horrible bhoot. She had all these things on her, her mother and her used to go every clairvoyant woman, she is not even intelligent. woman, she is not even intelligent. She is not at all, she has never been to a school. How much you talk to her? Just beat her with shoes and [UNCLEAR] not her and beat yourself all of you. You forget her. [UNCLEAR] and tell her not to telephone [UNCLEAR] if you want to save her also otherwise it will collapse [UNCLEAR] and all the time she was coming and troubling [UNCLEAR] he doesn't care for me, [UNCLEAR] . I didn't want to tell her it was wrong [UNCLEAR] but I couldn't bear her, I tell you.

She was about to kill me twice [UNCLEAR]. [UNCLEAR]. All right, all right, may God bless you. And Warren is your friend, he has helped me a lot, he is my son and you are my son, all right? May God bless you.

Shri Mataji [UNCLEAR] there has been a big jealousy [UNCLEAR] about [UNCLEAR]. He is a very special person. [UNCLEAR] Yogi: I mean I have met many sahaja yogis but I have not seen one [who is as good as UNCLEAR]. Working against sahaja yoga, it is very poor [UNCLEAR].

Shri Mataji See, everybody is jealous of him, every Dick, Tom and Harry.

They are good for nothing themselves, they are jealous of him, I know that. Yogi: In New York also he did such a beautiful job and in Portugal too. He was all the time with us.

Shri Mataji And he is very auspicious. He brings [UNCLEAR]. When he came to Switzerland, you know how much love he brought. No doubt. Every Dick, Tom and Harry is jealous of him, you see, anybody who is capable like him should come forward, now Gregoire was there, he never got jealous. Modi was jealous, jealous of [UNCLEAR] If somebody is a leader, you have to accept the leader. Why to bad about it?

[UNCLEAR]

Shri Mataji But nobody should think that whatever they are doing is important than the others, everything is very important, even cooking is important. Looking after sahaja yogis is also important, like Lawrence. [like Lawrence UNCLEAR] Yogi: Everything is improving Mataji.

Shri Mataji See. How is your husband? Yogi: Much better Mataji, much better.

Shri Mataji What about his job? [UNCLEAR] [It is coming I think] After your departure, he had such a lot of [fun UNCLEAR] that he could not do them. So many, yes.

Shri Mataji That's a good [UNCLEAR], he is at home.

Yogi: For him it is very good, because now he said when he is going to town, it had all this petrol smell and all these things, he doesn't drink anymore alcohol and so on. Yes, no, finished.

Shri Mataji [UNCLEAR] very good idea. Yogi: Not yet mother, I think [UNCLEAR] somebody proposed something for him, because his [UNCLEAR] were so good that somebody proposed something for him. [UNCLEAR] good work and then he could stay there for a while and go and look for another place and he could have some income you see and little bit of income and it would be very good. So this problem will be closed for a while. [and our attention UNCLEAR] could be on somebody else and then [UNCLEAR] this worry and then, [UNCLEAR] every month, he has an income and survive. [UNCLEAR] But in general, things are improving. When I said [UNCLEAR], he went with me down with the [UNCLEAR] that's his first time [UNCLEAR]. Yogi: We invited them in [UNCLEAR] Mother, all the whole family and it was a very happy weekend and [UNCLEAR] each other [UNCLEAR] possible because otherwise we are working so [UNCLEAR], we can meet each other [UNCLEAR].

And [UNCLEAR] are in [Basel UNCLEAR?] Yogi: Yes

Shri Mataji That's a job in the bank or ? Yogi: Ya. Mother, you know, who are working in the bank, there are some scandals going on, you see.

Shri Mataji Really? Yogi: Yes, I am a bit naughty because I am telling to my Director [UNCLEAR]. No no no. But it is a [UNCLEAR] interesting job and people there are very nice I mean. For two years.

Shri Mataji [UNCLEAR] is a better place.

Its so natural place I think. [some chat about food]

Shri Mataji [UNCLEAR] So in my own way I told that and all that. [UNCLEAR literally means such a big no?] Then when I was going with [Ruman?], who was driving me down. I told him that be careful about this [UNCLEAR] be more careful because he might land into trouble because he was so caught up. He was talking like this [UNCLEAR] and the attention is [UNCLEAR] Anything can happen. When I went back, [the fellow started UNCLEAR] getting some funny [UNCLEAR] within a month's time and they said it was [cancelled? UNCLEAR]. You can imagine, how things work out.

[some chat about food and program preparations]

Shri Mataji [UNCLEAR] my sari. [UNCLEAR] sari for the puja. [UNCLEAR] Yogi: So what time shall we start the Puja tomorrow Mother?

Shri Mataji In the morning. Yogi: 9 o'clock, 10 o'clock?

Shri Mataji 9:30. Yogi: 9:30. Thank you. [UNCLEAR] [some chat about food and program preparations] Yogi: She is worried about her parents because her mother is in the clinic, father is in big trouble with the [trial UNCLEAR]. Actually she thought of going to Geneva for the weekend but because her father is very [UNCLEAR] she decided to stay.

Shri Mataji: [UNCLEAR] What was the crime about? Yogi: Money. [UNCLEAR] but instead he lost lot of money [UNCLEAR]

Shri Mataji She is very upset? Yogi: Very upset [UNCLEAR]. Her mother is in [UNCLEAR]

Shri Mataji What does your father do? Yogi: My father was a financial advisor. [UNCLEAR] he was really working for 5 years in a [UNCLEAR]

Shri Mataji To whom? Adviser to whom? Yogi: Adviser to [UNCLEAR]. [some chat about yogis' family] Yogi: Her father is working with a television here and he is the one who somehow made possible [interview UNCLEAR] in London.

It didn't work out yet, because we did not get the letter [UNCLEAR] and she [has a mother who is very catholic UNCLEAR] and he is extremely fond of the love of her father and little bit of the mother.

Shri Mataji Her father is all right? Not a fanatic? Yogi: Not a fanatic, no. I don't know if he is a [seeker?], we never talked about it. [some chat about yogis' family] Yogi: The there is Magdeline, she and her husband got realization in Geneva last time when you were there Mother. As a matter of fact, all of us from Geneva, they are coming regularly to the programs, every Tuesdays and every Thursdays.

Shri Mataji Really? Very good.

Yogi: Then there is [UNCLEAR]. He [UNCLEAR] France [UNCLEAR] to Paris and [UNCLEAR]. Then we have [Bianca?]. She is Italian, established in Geneva. Then there is John and [Irma?]. They are a married couple. Magdelino and Alice. She has recently [split?] with her husband. I mean it was her husband who [UNCLEAR].

And [UNCLEAR].

Shri Mataji What are your problems? Yogi: Well, in Geneva, Mother, group has [UNCLEAR] from initially 50-60 people down to about 20 people. But we believe those who come regularly are getting stronger and they are growing very well.

Shri Mataji If you meet, you see, now, in London, practically [UNCLEAR] they have some sort of a [UNCLEAR]. Like on Wednesday, they go and listen to music. Then, they have a Sunday, they have a programme, Puja and programmes in the morning. Then Thursday, they have a programme in [UNCLEAR]. Moreover, every Friday and Wednesday, they arranged programs outside, so practically, every evening they see [themselves?] because that is the greatest enjoyment, you see, together, as sahaja yogi [UNCLEAR] go to any cinemas or anything without, [UNCLEAR] this is the only thing that you enjoy, [UNCLEAR] the comfort of [UNCLEAR] Sahaja yogis.

Yogi: Well Mother, we have, we are luckiest, we meet in Geneva 4 days in a week. Irma and John have made their apartment available for Mondays. We are in a public place in Tuesdays. Wednesday is basically day off and people catch up with sleeping, and on Thursdays, its [UNCLEAR] and on Fridays [UNCLEAR], then on Sundays we go [UNCLEAR]. So, actually 5 days out of 7. Then you don't enjoy any other company, you see. [UNCLEAR] Sahaja yoga is like that. [UNCLEAR] to be happy because [UNCLEAR] Yogi: Which is no more.

Shri Mataji Really? Yogi: No, yeah because it was [UNCLEAR]

Shri Mataji What's wrong?

Yogi: [UNCLEAR]

Shri Mataji Very sad. Yogi: Just unbelievable. [UNCLEAR] Mother's [UNCLEAR] Catholic very catholic. [UNCLEAR]

Shri Mataji so your husband's practising there? Yogi: Yes. [UNCLEAR] in Geneva. [UNCLEAR] [some chat about yogis' family] Yogi: we wanted to something in [UNCLEAR] but the time was too short. [UNCLEAR] Actually mother [Arnold UNCLEAR] has a very good idea. Arnold and Maria, they come from time to time to the programs in [Losan?], in Geneva.

They come to spend the weekend. But they come to the program in Geneva to Losan and also the beginning of next year we will be exchanging and going to Basel and who knows maybe [Misouri?] just to meet with people on the spot, people from Geneva and Losan, group of 5 people will go, take a car and go there.

Shri Mataji Yes, good idea. Because Switzerland is not a very big country, small one and moreover, the driving is so nice there. [UNCLEAR] If you have to do that driving in India, [UNCLEAR] its very interesting to drive around. I would say that its a good idea. [UNCLEAR] You see, first thing is the combination of the [UNCLEAR] will [UNCLEAR]. Then the nourishment of the root will be there. You would meet each other, there sort of [UNCLEAR], joy together [UNCLEAR].

[UNCLEAR] also there are problems like [UNCLEAR], that is the reason you see. You get into new dimensions in life, new ventures I should say. Then these old things, [UNCLEAR] on to you of the ego, start [sipping in between [UNCLEAR]] somewhere. Then you start thinking about, "Is that Oh maybe this person is a bit too much or that person is a bit too much" and things like that, you see. [UNCLEAR] Because where others have committed their mistakes, you see [you are UNCLEAR advantage?] Yogi: Its very, its nice that all this has happened, because I have [UNCLEAR] an article [UNCLEAR] where they [UNCLEAR] speak exactly about this. I found that there is one sahaja yogi who is active and who is responsible and who tries to do something of course, he goes a little

bit on the right side and all the [UNCLEAR] people [UNCLEAR] saying "Oh, what a bad ego he has." That is always the part, it has been against [UNCLEAR], it has been against Modi and it has been against Warren.

Shri Mataji It has also been against [UNCLEAR]. Yogi: That's ok, now we know that this takes place, and we can [UNCLEAR].

Shri Mataji: [UNCLEAR] out of jealousy, this that, [UNCLEAR] Sahaja yoga is nothing like that, you are all one here, whether you are in Switzerland, or in India, everywhere, you are belonging [UNCLEAR]. Actually one those are effective incite the jealousy of people but after coming to sahaja yoga, [UNCLEAR], jealousy must [UNCLEAR] like your own [hand? UNCLEAR] like your own body, like your own part, is so important, so important. You don't get jealous of how beautiful [UNCLEAR]. So we are one person, that's one people, we are all one, there is nothing to be jealous of, to think that you are separate. [UNCLEAR] very common [UNCLEAR], people criticize Sahaja yogi among themselves, criticize, [quite a lot UNCLEAR] and its absolutely negative force that is happening. [We will have somebody end up who does that?], I have I have seen that, always is criticizing, I said,"How can you criticize?" They are part and parcel, they are your own, how can you criticize [UNCLEAR]? How can you criticize?

[UNCLEAR] take the side of other people, [UNCLEAR] Sahaja yoga, I mean, like for example, this woman, instead of taking the side of Warren, she is taking her side, its a sign of negativity. [UNCLEAR] I think we should rest. All right, thank you very much for a nice light, and hope so in the evening [UNCLEAR]. If you have any suggestion as to what I should say first in Rome, just think. Let me know about it, what you would like me to say. [UNCLEAR] If we are going to have four programs, if you have any suggestion, what is the first lecture I should say? Yogi: Mother, if I would suggest something from the experience we had in Geneva, we have heard several, [UNCLEAR] several Catholics [from Italy and from Spain ? UNCLEAR] and they could be comfortable in terms of devotion to the religion and they would go for a while accepting sahaja yoga to a point where they would realize it, actually they have to be against the catholic church to grow any further and stop going to the church. This is a very, very delicate point for them. So, if, for example, they could be secured in a way, that sahaja yoga is a further evolution or it doesn't mean you have to stop it right away.

Shri Mataji: You see all these individuals that have established. Established dharma in them, the balance. See, the thing was, first the balance was [disturbed. But for what? For what the balance? Where do you want to balance?] For your evolution, everything is for your evolution. Without realized souls it was done, [that you are first of all balanced?] But all these people have taken the balance to another limit and there is no balance, its the most imbalanced balance. That means, catholic church was established for [UNCLEAR] but they have [UNCLEAR] that it comes to a point when you understand that they have defeated their own purpose completely.

You have defeated your own purpose, supposing [UNCLEAR proper UNCLEAR is kept] for you to climb it and [UNCLEAR] is going to do for coming down. Then what's the use? Yogi: Some of them sometimes, are afraid to [UNCLEAR], also a point we noticed. [UNCLEAR] to a sect or to a root you see, and they were quite of lot of them were quite [UNCLEAR] but still individualistic or they are afraid to belong to a group, you see.

Shri Mataji In sahaja yoga, gradually, it will happen, you cannot belong [UNCLEAR]. Yogi: But sahaja yoga isn't something which takes them away from anything this life itself. I mean [UNCLEAR] sahajyoga. Shri Mataji, the problem what we have found out here is that [UNCLEAR] who has been with sahaja yoga for 4 months because it would have been for long time enough to establish himself. But just between meeting you and 4 month's time, this is the most volatile period of time when they are confronted with how bad catholic church is, they are going to drop it.

Shri Mataji But you see, I did talk about it [UNCLEAR]?

for years [UNCLEAR]? But you see what happens at the time when they come from catholic church, they have problems coming from the church, and you ask them, [what's the issue ?] Everybody [laughs off like that? UNCLEAR] But you should not laugh you see. If you can show that its all right, then you can manage. We cannot be apologetic. Yogi: The another thing which is very positive, the way you always look is to making it sequence. In saying if you make a general introduction, saying there is the kundalini and the chakras and we will explain in the next three sessions about the chakras and everything so there is a

progression, people will know that there is kind of a sequence, this is a good thing. They may come again, the way you do it. Actually, of course, mother you will know.

Shri Mataji: You see, I talk of Christ, I talk of [UNCLEAR] and I talk of [UNCLEAR]. I mean how can I be against anything like that. The way the church is going is wrong. Yogi: Do you think, if you say that in Roma, it would be too much? Mother, you see, its like this, there are some Italian who were completely catholic, there are some Italians who just despise totally the vatican. I mean, so, what's the use for ?

Shri Mataji I will not boast that subject at all. That's not important, but later on it comes, what to do? Negativity comes, you see, people going to catholic church have problems, we have to correct it. They have to do, after all the catholic church is for you, you are not for catholic church.

If it fails, [UNCLEAR] the purpose, you can have another [UNCLEAR]. That has been happening for a long time. That's why people have started catholic church, they have accepted this and that [UNCLEAR] and now they find out that possibly anywhere you go like this is just [UNCLEAR] all the matter. You see, it is not just the catholic church, all these things, all such organizations are nothing but just fake [UNCLEAR]. Fake things, it is all fake. e [UNCLEAR]. Fake things, it is all fake. The catholic church look more impressive because its spread out and they have really [UNCLEAR] it is a [UNCLEAR] going on, you can see clearly, its nothing, its artificial. They are not connected with God. And you are paying, making all these prayers and [UNCLEAR].

But even with that, so many bad things have [UNCLEAR]. Even if it had remained up to that point, it is all right. But so many bad things have [UNCLEAR]. That's evil. [UNCLEAR] Even I have to say, even it is artificial, [UNCLEAR], anything artificial. [UNCLEAR] and actually people will find out it is artificial. Yogi: Mother, before you leave, may we just all say Mataji's mantra and ask in our heart that the Italian seekers would come.

1981-1124, At Gregoire's Flat

View [online](#).

24 November 1981

Talk to Sahaja Yogis

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1981-11-24 At Gregoire's Flat

[UNCLEAR]

Yogi: Mother, [UNCLEAR] with the Italians.

What are your [UNCLEAR]? Even before realization, I have a feeling that during this whole programme there was certain attitude of respect. Maybe two or three are useless but the group. There was a kind of respect and they say, "Madre" and you know. this kind of right attitude right away.

Yogi: Well, this is the place where the Virgin Mary is most respected in the whole of Christian [UNCLEAR] This is the place where [UNCLEAR] and [UNCLEAR] were.

Shri Mataji They may not [UNCLEAR] the church. Right? There were [UNCLEAR]

Yogi: That was the illusion of the church, much better than the Swiss. They, they have lost their illusions of the church much better than the Swiss.

Shri Mataji: They are [UNCLEAR] better. And nobody objected. Nobody objected.

Yogi: And I was so amazed, they were so enamored by raising the kundalini Mother. Mother, they were so happy to raise the kundalini, it was amazing.

Shri Mataji I would say it was a very good achievement. In India, [UNCLEAR] they know how to respect the Goddess. In India, [UNCLEAR] no once can [UNCLEAR] Mother. [UNCLEAR] to say even. very remarkable.

They [UNCLEAR] that to say something will not [UNCLEAR] In India, [UNCLEAR] listen [UNCLEAR] where [UNCLEAR] No Mother, [UNCLEAR] because their sense of protocol is very clean.

Yogi: Therefore Mother, it is so important for us to go to India because we learn so much from them.

Yogi: Mother, if some people want to come to India, what do I tell them?

Yogi: If some people want to come to India, what do I tell them? What about organization? How

Shri Mataji There have to be [UNCLEAR] three weeks.

Shri Mataji From, we start from Bombay we go to [Vaitarna?] From there we are going to [UNCLEAR] and all those places. So now will be one week. An soon it will be [UNCLEAR]

Yogi: Who should I contact Modi?

Who has information? [UNCLEAR] I am going to [write?UNCLEAR]

Shri Mataji Bombay to Pune only this time we are going to organize. We are not going to [UNCLEAR], only

Shri Mataji 18th, they are all [UNCLEAR] there.

Shri Mataji We are having weekly programs you see.

Yogi: Why will they stay in Bombay?

Shri Mataji Not in Bombay.

Shri Mataji This time they are going to stay near Bombay, there is a place called Vaitarna.

Shri Mataji Its [UNCLEAR] There are some guest houses, [UNCLEAR], so we will privately go there.

Yogi: I think the heart is more opening this [timeframe?] It's more open than in Switzerland, than in UK also.

Shri Mataji: They are simpler people. In UK, people think that they are very clever. I think the ego is not overdeveloped here.

Yogi: It is Mother but something Spiritual, I mean, [UNCLEAR] Portuguese, Spanish are not also not so bad. Ego is not so over developed.

Yogi: I have explained a bit to Ruth [UNCLEAR] came back from the meeting how it was in this Swiss German part of Switzerland. And you came for the third time. Unbelievable.

Shri Mataji So did you [UNCLEAR] word I said?

Yogi: These girls call you Goodbye Mother.

I love you, I mean, nobody [like I know UNCLEAR]

Shri Mataji [UNCLEAR] are the [UNCLEAR]

Yogi: Remember Mr. [UNCLEAR]? I give him my poster like this one to him. [UNCLEAR] the [UNCLEAR] of program down. But meditate [Christian UNCLEAR] fellow.

Shri Mataji All the souls are there, very [UNCLEAR]

Yogi: Mother, it's my prayer that my sister and brother will bring some of Mediterranean Italian art. Let's hope. Sahaja yoga is very good. [UNCLEAR] this is the problem. They don't talk. Just keep quiet, that's all.

But, now the protocol [is going to change UNCLEAR] For me, [UNCLEAR] was such a problem.

Yogi: In India too, Mother, I know, in India. Matai: But in America, to come all the way, to there, to see [UNCLEAR] it was very [bad]? UNCLEAR]

Shri Mataji She said, as soon as you start your lecture they go out, you see.

Shri Mataji You sit here like a Sahaja yogini [UNCLEAR]

Yogi: I remember It was in Pune. Big all. And the newcomers were in the middle and sahaja yogis were around. And so we were facing each other during the meeting. And suddenly, I was just in front of Pamela and [UNCLEAR]

Yogi: I don't know but the wedding at some point I spoke very loud, so that you should not shout. Remember, when there was the sixteen petalled wedding?

And [UNCLEAR] was sitting near her and she started speaking about me. Saying, for who does he think look how he shout?

Yogi: What did she say?

Yogi: That I was gross to shout like this. and things like that, I don't know why she mind.

Shri Mataji She must have been disturbed [UNCLEAR]

Yogi: Sometimes your answers are so sharp Mother. Chile people, really Mother?

Shri Mataji They are from Chile, yes. [UNCLEAR] things started operating. Some Chilean family was there.

And from there, they shifted to [UNCLEAR]

Shri Mataji Today they were telling me about [UNCLEAR] Chile people [UNCLEAR] I know them. [UNCLEAR] They are very innocent people. [UNCLEAR] so many people from Chile. [UNCLEAR] So nobody knows [as to UNCLEAR] how many people were [killed?] [UNCLEAR] people. [UNCLEAR] Actually, [UNCLEAR] wife was to be [UNCLEAR] [UNCLEAR] [UNCLEAR] ladies also came at the [UNCLEAR] China, [UNCLEAR] Bandernaike [UNCLEAR] in Israel. I mean the funny characters.

Yogi: He was quite funny. Even I think. Czechoslovakia [UNCLEAR].

You know Czechoslovakia. [UNCLEAR] 's wife

Shri Mataji Kennedy's wife. [UNCLEAR] 's wife?

Shri Mataji I sent this [UNCLEAR] such a nice big thing. of Shiva and Parvati. You have seen that. in my house. Statue of Shiva and Parvati. of [UNCLEAR] That's what C.P wanted me to give him. I sent it over.

[UNCLEAR] is [coming?] to America next [UNCLEAR] ? But Russian people are very good for realization. [UNCLEAR] Russian people. Very good. Very nice. [UNCLEAR] I went there. With my husband. [UNCLEAR]

Yogi: It is very sad that in the West we identify the Russians with the Government. so [UNCLEAR] Good people, very good people.

[UNCLEAR] simple [UNCLEAR] They have something [UNCLEAR] make in the church. The kind of the freedom you have also

[UNCLEAR] Even in this freedom, there is so much of [UNCLEAR] In our freedom, now, in Switzerland, Such a lot of hierarchy is there. Hierarchy. Isn't it? So much of Hierarchy. some five six families are controlling [the whole show UNCLEAR] you see. Money, this, that. So, actually, man is not to be to understand evil. And most things are [UNCLEAR] The wait has gone just [asking UNCLEAR] for God. You know, worst, was, when I reached there that day A man was crossing at the road.

Another was going [UNCLEAR] And the man was crossing the road as he was a little late or whatever it was. The man in the car said something [UNCLEAR] him Immediately he turned back some words. The man in the car took out his pistol and [UNCLEAR]

Yogi: When? Where? Very violently.

Yogi: You saw that Mother? No, no it was there in the newspaper. Just about two streets away from where I was.

Yogi: And Mother, I tell you, we went to Miami. with Maria and now they cannot go out during the night because they are so many crimes.

And it went up with all of these refugees from South America, you know, now. All the refugees of South America have settled down in this part of the United States. And criminality is so horrible.

Shri Mataji They are very hot-tempered people. The trouble is so. Nobody is safe today. Anybody can [UNCLEAR] this boy Michael who came to us, [UNCLEAR] so fed up. with life. If you have had not met me I would have just committed suicide. I said, What happened?

He said, His first cousin killed his own mother. in the [UNCLEAR] [UNCLEAR] [UNCLEAR]

Yogi: With 18?

Shri Mataji Eighteen, 18.

Shri Mataji So what is the [use UNCLEAR] of having so much freedom? to become like this? abandoned [UNCLEAR], you see, it's going too far. Russians, are you see, they are underdeveloped even. [UNCLEAR] Both views are not good, but to give freedom also, this happens. If you don't give freedom that happens. which [UNCLEAR] to [UNCLEAR] ?

Yogi: But, the Russian will have to come to the stage of America, in order to get the [UNCLEAR] of the seeker.

Shri Mataji They are seeking all right. I talked to [UNCLEAR] They sad, they have got everything. But it's not satisfying. There must be something in [New York?]. There is a direct [UNCLEAR] ? Very surprising, isn't it? In Russia, as she told me. Of course America should come much faster. But the idea we got about Russia, which is not so horrid.

They cannot get realization? I have [UNCLEAR] intimacy from

Yogi: About the things to Florence. Thomas, because he felt so good with us, he want to go Germany today. So tomorrow, there is a ... Thomas could come to Florance but [UNCLEAR] too, so there are too many people and I asked if it would be possible to take 2 cars or is it expensive to hire cars for one day?

Shri Mataji Or what about the, we can go by train? We can go by train and meet at a certain point. [Discussion about cars renting]

Yogi: Ok, I don't want to be negative Mother, but to hire a car on time, because it's a three hour and a half drive. So we have to start early tomorrow morning.

Shri Mataji We can just go by train.

Yogi: So we have to come back tomorrow evening, so all together.

[trains discussion]

Yogi: Yes, but to see Florence with you Mother, it is to see Florence for the first time.

Shri Mataji We can get a bus or something.

Shri Mataji It's a small place or big place?

Yogi: Well, Florence, I think the [UNCLEAR] one can walk really No no, it's a bit too much.

Yogi: There is another solution, it is that we take 2 cars from here.

Yogi: No because someone is [UNCLEAR] that car. [Discussions about cars]

Yogi: It is such a small country but [UNCLEAR] on your attention Mother. But once you should come and see our big mountains Mother.

Shri Mataji Yes I'm sure sometime I will have to come and see.

Shri Mataji That's what I said, if I don't do Florence now I will never do it.

Because, three times I have been here

Yogi: It's such a beautiful place mother.

Yogi: So, let's just do it. So, tomorrow in my car there will be [UNCLEAR], you and then

Yogi: I can take 3 people.

Yogi: You decide Mother because it's a headache.

Shri Mataji How many are coming?

Yogi: Someone will have to go by train and we can meet at some place.

Yogi: Do you know where exactly?

Yogi: Where and When.

Shri Mataji We can meet at the station. [Discussion about where to meet]

Shri Mataji She is saying that here the [Cathedral] ?

[UNCLEAR] is easier. Station is rather complicated.

Shri Mataji What time we will meet there [UNCLEAR]? We meet at the earliest. [UNCLEAR]

Shri Mataji Oh, I can go very early. [UNCLEAR]

Shri Mataji It's just the [UNCLEAR]

Yogi: You are going to say the time Mother.

Shri Mataji 4 o'clock?

Yogi: I mean there can be an accident, can't it?

Shri Mataji What accident?

Yogi: Well, the driver falling asleep.

Shri Mataji: [UNCLEAR] from 4 o'clock on wards [UNCLEAR]

1981-1128, You are the Spirit

View [online](#).

28 November 1981

You Are The Spirit

Public Program

Hampstead Town Hall Centre, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Hampstead Town Hall, London (UK), 28 November 1981.

It is such a pleasure today – and great fortune that here, where William Blake lived, and He sang those songs of the greatness of this country, the future that it has to be, the dreams He saw, have now come to shape, that we are here to celebrate His anniversary. Things go beyond words and you cannot express yourself. Many people do not understand Him because He wrote it, according to them, in abstract language or in the language that He understood. But I am happy that Sahaja Yogis understand Him so well, and the prophesies that He made about England. People used to ridicule, ridicule it. Even today they can't believe that Jerusalem can be built in England.

They cannot believe that people who have been all their lives, for ages together, thought of nothing but materialism, can take to spirituality to this extent that it becomes Jerusalem, and that the whole world comes to pay homage to this Holy Land, that this becomes the Holy Land. Is a fact, He dreamt, He wished it, because He knew the value of this land. This land has been touched by Christ's feet. Since long, people knew about Kundalini. Even if that is lost, for history it remains it and He knew about it, He spoke about it. In His lifetime, maybe, people never understood him – they must have thought that He's really a madman, or something, a fantasy, or some sort of a poet who doesn't understand.

But what He wrote, every word of it, is the truth. Such a great soul should live in Hampstead, itself, is such a blessing, great blessing. Such people, even if they write or not, they leave their mark, their ascent becomes the milestone for the people who live there: the aspirations become different, your priorities become different – the change is so subtle; is to be seen, to be felt, to be understood. And very sensitive people only can be born in such places. Of course, there could be very bad people also, who counteract him, but the sensitivity of the atmosphere attracts such souls to that place who are sensitive.

You can see from His poems that He was absolutely authoritative. He knew the authority, He had the authority. He talked like a man with complete authority. He had no doubt here, has no doubts. He just said, 'This is going to happen,' and, like a great warrior – that He knew that one has to fight the negativity, one has to fight only dark problems. The Spirit has to fight all the time the matter. And that's how He talked, spoke, wrote as a warrior would do, because He started the fight when He was born, hundred years back.

And to Me, He's very great, because He said all these things; He prepared the stage for Sahaja Yoga. Because He wrote all these things, we can say that this was all said. Because human beings are such, unless and until it is said before, they are not going to listen, they'll ask, 'what is the reference for what you are saying?' You have to give reference for everything, you see – whatever is written, according to them, is scripture, it is the last word. Whether the book is published in any trash list, doesn't matter, but it's published already. It's such a great thing He's done, but He's not done it for any material gain, or for any fame, or anything that is superfluous, but He's done it for something that is very eternal. And that is the awakening of human beings.

That is their second birth, that is the knowledge of the Spirit. These words cannot come from a man who's a weakling, who is a doubting fellow, who doesn't know where he stands, who's confused, who is a drunkard or who is an alcoholic, sort of a gone case or a madcap, cannot! And it cannot come from an egoistical man who thinks not end of himself, a man who dominates others, who believes in robbing other countries and going to other countries and rob them, and go to another house and rob them, not from such people. It comes from a person who knows the value, the soil on which he's born, the spiritual value of that land, not the material value.

And He is so subtle, so subtle; every word is so subtle, that it's like a chant, it's like a chant. You are specially blessed because such a great poet was born in this country. And, wherever I go, in My series of lectures, at least in one lecture I always mention Him.

He has gone into great detail, just like Markandeya, another great poet in India, who was born thousands of years back. But to realize that this country is the heart of the universe, and here the Jerusalem is going to be, nobody could have thought hundred years back a thing like that, it's fantastic actually. Even thirty years back, nobody could have understood it, even, I would say, ten years back. People would have thought this man is really mad, to call this as the Holy Land. It is the Holy Land, you can see that – because so many people have got Realization in this country. And you are the ones who circulate it. It is the heart. Whatever the English do, whether right or wrong, it all circulates, though they don't understand their responsibility, because they don't know it is the heart, heart of the universe! If you do wrong, all right: the whole world does that same. People think, that among all the western countries, you are the wisest, that's what they think. I don't know how far they come- [Laughs]. They believe : "it's English, you see." Even Arabs [Laughs]. You say "it is English", they believe. How far it is [INAUDIBLE] and the values that He cherished, the dreams that He saw, and the aspirations He had were so great, that one has to know that there must be something in this land that He has grasped [?], He was not mad, in any way. Nowhere, no poet in any country has written like that. It was given Him the chance, the authority to say it. That means you must circulate. Circulate with the heart, that circulates, scatters, looks after the whole body. And, once it collapses, the whole body collapses. It's not so. The English heart has to become the heart of William Blake, and not the chicken-hearted one, or the aggressive one, or the hatred-filled pockets, or the hateful one. Because the blood flows through you. To realize this, to understand the responsibility of an Englishman is very, very great.

In the heart resides the Spirit. Sahaja Yogis know this, that, till a certain stage, it resides in the heart. So, it's a very, very great position you occupy, so that you people become aware. It's important also that you are the cells, the important cells of the heart. Heart doesn't think, does it? It does not think, it loves. It loves.

When you think you must know you are not Englishmen as described by William Blake, but if you love, you are.

And love doesn't mean personal love, or carnal love, or all kinds of ideas of love, its charity work. It means the love of the Spirit which is awakened within you which just emits love, which just emits. It doesn't think, it just emits; it doesn't think that whether it should give to the black or the white; whether it should give it to the rich or the poor. It just loves. It flows. And that is why one should get Realization in England. Very important. Without Realization, you cannot flow, you cannot give, you will never understand the value of giving, you will never enjoy giving. You will never know the beauty of generosity unless and until you become the cell of the heart. You are the cell of the heart. It's the most important position, as I told you, it's the most vital particle of that heart.

And the one who is the heart has to be like a lion. He roared, actually roars, if you read these things, like a lion He roars. He has to be like a lion. And not to be frightened, like English language is, 'I'm afraid'. It starts with 'I'm afraid', and ends with 'I'm afraid'. What are you afraid of? Every person is afraid of you. What are you afraid of? You have to change your language. You have to speak like Him, Sahaja Yogis have to speak like William Blake. The way He spoke about His great country, about the soil in which He was born, about the people who will be born here, who will be Sahaja Yogis, He has described them so well: that men of God will be born on this soil - men of God, special people, the chosen ones, not those who have branded themselves as "chosen". Most of the "chosen" ones are going towards the hell only.

But the really chosen ones will be born on this soil. And they will become prophets. Not only that, but they'll have a special power to make others prophets. He saw it. At that time, He could see that you all are going to become prophets, and that you all are going to make others prophets. Like one enlightened light enlightens an another. He could see so clearly. What a clear heart He must be having! What a clear vision He must be having, what a clear brain He must be having to receive all this information about today! So you have to become, it's the point, you may be God's people, but you have to become a prophet. Unless and until you are a prophet, what's the use of choosing you also, what's the use of you being born here? You all have to become prophets. And, to become a prophet, Kundalini has to be awakened, you have to be Realized, and you get these special powers to realize others. People can't believe it that, in Sahaja Yoga today, if you get Realization, you can give Realization to others.

When I went to Rome the people had this doubts, I felt, when I said that : 'Next moment you can give Realization to others'. And they just could not believe it, that they can feel the Kundalini, they can give realization – it's too much to believe in it, it's too fantastic.

So, the last day, I said : 'All those who have felt the cool breeze can stand behind the people who have not felt the cool breeze'. They are very nice people, I must say, these people in Rome, because I think they have reached the conclusion of complete frustration with their seeking. So they stood up behind each of one of them. And they were amazed they could raise the

Kundalini; they could give Realization. They said : 'Mother, we got Realization only yesterday', some of them. 'That's all right; you could have done it yesterday, but today you are doing it with Radha [?] [Big laugh] 'You could have done it immediately". But this is what it is: fantastic thing.'

So there is no place for you to have any doubts; don't waste your energy in doubts. You have done that before. Bit too much. Now the time has come for you to get your realization, to get enlightened, to understand. But there are still people who are on the fence, and they are neither this way nor that. And Christ has described them very well. He said, 'I don't mind hot or cold.' I mean, the people who get the cool breeze, of course they are first class. Even those get hot, are all right, because they would like to get rid of their hot. But the half-way I don't like. I'll spit them out of My mouth. The ones who go three steps forward and four steps backwards; such people are really a headache to Sahaja Yoga, I tell you. If they get out, it's much better. Half-hearted people in Sahaja Yoga are of no use, which was told by Christ, long time back, but I don't know if people really realize what they're like. And this is the problem I have faced in this country a bit too much. The maximum in this country, to be very frank. The ego is of a subtle nature, such a subtle nature, in this country - every country has a different type. Like we can say in Spain it is like the bullfighter. In Rome it is the artists; they think they are great artists, [you see ?]- they have a sense of beauty. [Oh,] all sorts of things.

But, in this country, you must know what sort of an ego you people have. Is thinking that, 'Nobody could be better than us. We are the topmost people.' You see, that upper - what do you call it - upper lip? Stiff upper lip. I mean, they themselves laugh at themselves - it's a good idea. But it's true; I have seen it. That stiff upper lip is the point; that doesn't make you to smile, laugh - I mean, even if you certify that you can smile now, they would not. That sort of a thing, this makes you very insensitive. As if the ego comes down from there and settles down on the lip. [It/they ?] cannot - there's no wobbling on the lips, nothing. What - such a terrifying face sometimes. [INAUDIBLE] You find that. It takes nothing to smile, to be congenial. We are all human beings - we are not dogs, that we should bark at each other. That we [should be frowning - I think She corrects Herself here] that we should frown at each other. First thing we have to learn, that we are the heart sense, and that we have to love. Without love, you cannot be called an Englishman, according to Mr William Blake. I don't say anything, because I don't want to be hanged. According to Him. So, first of all, let us know if we can really love ourselves. That's the biggest problem. The first disease He did not know. Perhaps William Blake did not know what I will have to face. I wish He had written all that. The first disease the people have here, apart from the upper lip, is Left Vishuddhi - means guilt. They may be Catholic or not, does not matter. But they have this built-in guilt within themselves for nothing. First of all, you must give up your guilt. I think He did not know - William Blake did not know that people will develop this, because at that time they were not like that?. And this is such a big problem, which I have been facing, since I came to this country. You know, first four years, I was struggling with people who had [INAUDIBLE done different things ?]. And the problem they had that, I said, 'Why do you take drugs? What is there to be living this way for? For what are you living? I should [call you spirits/your Spirit?].' So they take spirits, you see. English language [INAUDIBLE]. You can say it is the Spirit in the heart, you can say the spirit you drink. Or the spirit - that is what we call a bhoot in the Indian language - means a dead one, dead soul, a dead person. So this is the advantage, and that's how they were indulging into spirits. But the problem with them is, it was such a vicious circle that, if you tried to correct them, they would recede into themselves and get into [dilemmas/damage?]. And say that, 'We are good-for-nothing, useless people.' All right. Then I would encourage them, say, 'No, no, you are wonderful people in the universe. You don't worry', [This, that/Praise that?], every sort of a [pamper?]. Then they would become ego oriented; it was impossible. And the story of people who are always described in a mathematics paper - you see, when they give you in the, say, seventh standard, sixth standard, you get a question like this: 'A house was to be built, and in that village one Mr A came to work, he did only 1/16 of the work and he ran away. And another came in, who did only 1/50 of the work, and ran away. And then the third one came, who did only the 1/100 of the work and disappeared. So when will the work be finished? Never! Is the answer. If you have all run away and those who are escapists [Mother says escapists], how can the work be finished with these people who always escape? Simple answer is never. You may calculate it, go on calculating it - your answer is never. Is the [SOUNDS LIKE point?]. If you want to escape the situation, if you want to escape yourself, if you want to escape the present, you will never reach there, where you have to reach. And you are never going to be satisfied with yourself; you are not going to be happy, either. So you have to face it; you have to face it, as it is, and stand up. That's what He said, that, "You bring the arrow to Me, I'll face it." Like a brave man you have to face it, and not to become, 'I'm afraid'. You are not escapers, you are Sufis. Inside, outside, you are [pedigree/very good ?]; you are the Spirit. And, if you are the Spirit, why should you escape yourself - I just can't understand. Just face it, and the Spirit will shine. Just face it with that bravery - face it! And you will be amazed that you are really beautiful. No doubt about it. You have to just see, because you are the Self of the heart. But it won't be

an exaggeration if I say, in the body, everything depends on the heart. If you fail, the responsibility will be yours. You've a very big responsibility - and a very sweet one. Because heart doesn't think, thinking is madness; it loves; it loves and enjoys itself. It's such a sweet work you have to do; for that you start from yourself. First of all, love yourself - which is a very difficult thing for people to love themselves. The hatred starts from within - you hate yourself and then you start hating everyone, and it's very common to say, 'I hate you', second moment, 'I love you'. God knows what they mean. But the main thing is that they do not love themselves. If they start loving themselves, understanding the value of themselves, if they have the proper esteem, the self-esteem, within themselves - that's the time. The time has come, which was prophesized. So, I really pay My all - homage, I should say, if you allow Me, or, I should say all My love to the great Son of this country, William Blake, today. And, as a homage to Him, you all should decide within yourself that you are not going to be soldiers, carrying the swords with the shaky hands, or you're not going to be afraid of the horses on which you have to ride. You have to decide that you have to be brave people. But bravery never means aggression - it never means aggression. And that's why that kind of a bravery can only come into people whose Spirits are awakened. So very happy today, to see these beautiful happenings that He described, coming to reality. I can see that coming down. So many poets have dreamt about their country - every country. But no-one has dreamt like William Blake, where He said positively that this will be [the ?] Jerusalem. Means, the holy land of Jerusalem will have to come down. If the people have that kind of a heart, that kind of a poem, the gods will have to come down. If you have that kind of a reception. All the Divine has to go down. But let us see if we have that heart or not. I hope - there are some new people today; they may not understand many things that I am saying, just like as you do not understand William Blake. But let realization work it out. Have patience - we have to have patience. And do not doubt yourselves. Actually, mostly the doubts are with yourself, not with Me. If you have no doubts, that you are born at a very great times, you will not doubt. It happened in Rome; the people in Italy didn't doubt Me at all, didn't doubt Me at all, not even once. And they saw Me in dreams, before I'd reached there - imagine! So sensitive. They said, 'We knew, Mother. We saw Your photograph, we saw in the dream, we saw Your photograph.' And they told Me how many times they had dreams. I mean, wonderful people, I should say! Some people say that Italians are horrible people. But I somehow or other get the cream, I think. Such wonderful people they were - and they all got realization. In this country, I have struggled for eight years, and the number may be the same. So this is what it is. We have to little bit accelerate - the heart is rather lethargic. But lethargy has to be overcome, and has to be done with love. I'm sure you have had some introductions before, and now all the people who are Sahaja Yogis here are so many in this Hampstead; they have to be really rejoicing today. That what William Blake has said in those days, we've seen happen. Those Sahaja Yogis who are still not up to the mark should also today take a vow that they will go all-out to see that they come up.

May God bless you!

Now, if people have any questions, they can ask them, because there are some new people, I think. Would be a good idea. I [INAUDIBLE] that so many types of people are here, that I don't know how many languages you will have to translate, but later on, you can translate. They're all catching right now. All right. [Doesn't matter ?]. [INAUDIBLE]. People are [from ?] Portugal are here, so what they'll miss you will speak, isn't it? In this lifetime only I have learnt English, and that not so well.

If there are any questions, for five minutes, and then we can have the realization.

You can all put your hands towards Me, like this. I'm sorry, you have to take out your shoes, because of the cold weather, maybe, you don't have any proper things here? Put your hands towards Me, just like that.

Now, the first thing is, that you all are going to get your realization - not to get frustrated, in no way, and you are not to do anything, just keep quiet, close your eyes, and put your hands towards Me. That's all. Simple as that. You are not to do anything - no effort at all. Just leave it. And it will work out, I'm sure, so don't worry about it. Please keep your eyes shut. That's important. Because, when the Kundalini rises above this Agnya chakra, it dilates the pupil before it pierces [through ?]. So, it's better that you keep your eyes shut. It will help you.

You will feel a cool breeze in your hand. Now, there's no autosuggestion, or anything - if you don't feel it, you don't feel it. If you feel it, OK. That is the breeze of the Holy Ghost. You can ask the question, 'Is this the breeze of the Holy Ghost?', and you'll get it. Cold wind of the Holy Ghost in this cold weather. Can you feel it? Close your eyes, it's better, because very subtle, it's a subtle

thing. And we live on a gross plane. So it's a subtle thing; best is to keep your eyes shut, so that you can feel it better. And pay attention to your fingertips, where you'll feel it.

Stretch the hands a little bit. Stretch them a little bit - not much. So keep comfortable. You may ask a question, in your heart, 'Whatever Mother is saying about William Blake, is it true?' That's a simple question [to ask/for now]. Put the fingers towards Me; don't push them towards yourself. Towards Me; stretch, stretch your fingers. Just ask the question, simple question. Now put your right hand on your heart, and ask the question, 'Mother, am I the Spirit?' Ask inside; ask three times. Please ask three times. 'Mother, am I the Spirit?'

Now put the same hand down below, on the stomach, on the left side, and say, 'Mother, am I my own Guru? Am I my own Master?' Ask it.

Now put the hand much higher, towards the neck, on the left side, and say, 'Mother, I'm not guilty.' Say it thrice. Say it thrice, please, all of you, 'Mother, I'm not guilty at all.'

Now, put your hand on your head. On the fontanel bone area. And now say, 'Mother, please give me my Realization.' Because it is your freedom to ask for it. If you don't ask for it, I cannot force on you. I cannot force. Your freedom is to be respected. Just say 'Mother, please give me my Realization.' On top of your head, here, on the fontanel bone area, where the children have a very, very soft bone. Just ask, 'Mother, please give me my Self-Realization.' It's your own, but you have to ask; nobody can force it on you. Say it thrice. Now, lift your hand up there, and see if there's a cool breeze coming out. Or a hot - maybe some people who are new might get hot, little bit.

So, put both the hands towards Me, and see if the cool breeze is coming out. Even the new people. Keep your eyes shut. Don't think about it; don't think. By thinking you are not going to get it.

May God bless you!

All right? Vishuddhi. Don't feel guilty, please don't - at first I said that you are not to feel guilty. Now you better say it eight times.

(LONG SILENCE)

Ah, better. All right, are you feeling the cool breeze? Good, enjoy yourself. Are you? Are you feeling the cool breeze in the hands?

Those who are feeling the cool breeze can open their eyes, slowly, but do not think. You can watch Me without thinking. Otherwise, better is to keep them closed. If you can slowly open them. You just watch Me without thinking.

1981-1129, Marriages and Talk, Marriage is meant to give joy

View [online](#).

29 November 1981

Wedding

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

"Marriage is meant to give joy". Hampstead, Temple of all Faiths (UK), 29 November 1981.

Marriage is an auspicious occasion, is the most auspicious occasion in the life of human beings. It is auspicious, that's why its joy giving and the vibrations flow with that auspiciousness all over the world. The joy of Sahaja Yogis today in England, London should spread all over the world.

Marriage is meant to give joy, is meant to give cheerfulness, happiness and all the blissful things that we can think of achieving through our combination with two human beings, we can say. It's a very close and private relationship which has to be respected. It is not to be in any way dishonored or indiscreetly squandered away. Those who cannot respect their partners in life will never be respected anywhere else. Those who ill-treat or in any way try to spoil the image of their partners are harming themselves.

Try to understand each other, decorate each other, not correction, but decorating. Like an ornament, when added to a personality decorates that person, in the same way, try to decorate another person. So the decorum and decency of life comes from this auspicious relationship. That must be maintained. Marriage is the bondage that keeps the society in its own beautiful bondage of Mother's grace.

Give up all your old ideas, all your so-called modern methods by which we have ruined our married lives. If you cannot enjoy your own wife or your own husband, there's nothing in this world you can enjoy, because the relationship is the most intimate and very sacred. So you have to forget that you live independently, now you live as one person, one personality, supporting energy, complimenting each other in complete concord. This creates that peace which we are talking about.

If the marriages are not successful of two persons, how do we expect the whole nation to live happily? Think of it. At this level, the seeds of peace are sown. So we have to be sensible people, that's the main part of marriage is: how far we are sensible about it. It's easy to get into tantrums, get into tempers, to get into some sort of an indecent, indiscreet habit. But the person who is sensible never crosses a certain limit of that decency. Once you cross it, it is very easy to cross again. That's what today when we read about Rama is that He is a maryada purushottam. Maryada is the boundary in which one has to remain. A woman has to remain in her boundary and a man has to remain in his boundary.

Now to think that the woman is dominated by man or man is dominated by woman comes from a kind of a complex and this complex must be given up. You are complimentary to each other. You decorate each other. Never talk ill of your husbands and never talk ill of your wives. This is the key of having an exclusive married life. If you start talking of each other to others, that exclusiveness, that trust is finished. So you have to trust each other. The trust in God, children imbibe when they start learning from their parents how they trust each other. So you are the nest where the tomorrow's great children are to be born, to be established and to grow as great saints.

So it is such a great occasion that nine marriages have taken place. Nine is a very auspicious number for Me. There are nine planets, there are Nava Durgas. Nava Durgas are there. Nava Durgas are the nine forms of Durga. Nine forms of Mother. And that is something so great today has happened. It's a very good day and all of you should understand the value of Sahaja Yoga marriages. You have to create a model marriage for all the English, for all the Americans, Europeans and also Indians. Because Indians learn from you all these things. If you have model marriages, they will go in for model marriages also. So it is important

for people who live in England to understand the depth of this occasion and the esteem of what you mean to the whole universe and to the peace.

The enjoyment is your own, is exclusive. But in Sahaja Yoga, it is so collective, you could see that. It is so collective, you have so many brothers and sisters and we are all enjoying the joy of you couples who have joined together as husband and wife. So one has to understand that marriage should not make you narrow minded or selfish or in any way cut off from others. All relationships are beautiful in their own forms. Like you have brothers and sisters, you have mothers and fathers, you've got Sahaja Yoga and you have got the children. All in their own form should be given what they deserve, what they have to have, what the right thing is to be done.

Marriage gives you now a lever to be dharmic, to be moral. This teaches you how to respect the chastity of others and your own chastity. We have to teach ourselves. You know how much damage has been already done by having bad marriages, divorces. We have to teach ourselves, we have to bear up a little bit, we have to educate, re-educate and improve ourselves and not to say that "I am such and such, what can I do?"

You have to bring glory to the system of marriages because it is the system established by God Almighty, is not established by human beings, is a wrong idea. It is established by God Almighty to have an auspicious occasion where such an auspicious thing is taken, the sacredness of this is to be maintained and has to be done in such a way it is a very decent relationship. All the culture, all the beauty of gracious living flows through happy married life. Not vulgar, not showing, not cheap, but a dignified, enjoyable, cheerful, welcoming, giving companionship.

I am sure you all realize the importance of it and I am sure you all must have prepared yourself for this occasion. And I would like to see among all of you, who really shows the complete acceptance of your partners as part and parcel of your being and the graciousness with which you handle them. I bless you all. You are all saints and saints have married here. All the angels and all celestial beings must be singing praise of you. So be careful and assume, assume your positions as in Hindi language, we say biraji, to assume that position in your full esteem and glory.

We all are with you all the time to help you to sustain your relationships. All of us must see that we sustain their relations, make them feel the sweetness of married life. All the teasing, and all that should add up to their relationship and the whole enjoyment of their companionship should flow to us as the ripples flow towards the shores and again are repelled back into the ocean, in the same way, it should be such a give-and-take and such a beautiful thing. For that, the key of married life is purity.

Purity is the only way you can keep your married life absolutely all right. Whatever has happened in the past, just forget it. Now starts the new life. After this, don't hide anything from your wife or from your husband. Everything must be told, it should be straightforward life, absolutely a straightforward life, extremely pure. And this purity, everyday practiced will be seen very soon in life, that marriages always elevate a person. But purity is the key of married life. And I hope you will remember those words. Try to keep your mind pure. Do not suspect your wives, nor deceive, vice versa.

Keep a very straightforward relationship and learn how to be that way, your children will learn from you and there's no time taken now for the whole world to be transformed, once we learn this trust. Not in money alone, but in every way, a trust, a complete trust. As you trust yourself, you must trust the other, who is not other anymore. So those who have been married before, those who are married, who are going to get married, and those who are married today, for all of them, I bless you with a very deep enjoyment of this understanding, the joy of your purity, the beauty should flow all your lives, eternally.

May God bless you all.

1981-1207, House Warming Puja

View [online](#).

7 December 1981

Devi Puja

Brompton Square House, London (England)

Talk Language: English | Transcript (English) - Reviewed

[Shri Mataji after Her arrival holds a statue of Shri Ganesha: "May God bless you. For the Portuguese. All right?".]

So today is a day of celebrating a very different type of thing, is the House of your Mother, which is called as the Mooladhara itself, no doubt. And it's the Gauri, you see, who has to enter and stay there till you get your realisation.

To come to England itself was really very well chased up and exciting, because this is the heart, where I had to come and work it out.

And at this stage, when we see so many of you who are the cells, cells of this heart, who are awakened, who are so united, who know each other, who understand each other, work together, pump the blood of love, it's really the most happiness-giving, you can say joy-giving, are the greatest fulfilment of My desire.

I see you here working like small children, playing about, joyous, happy, giggling. Helping each other, learning how to be one with each other - I really feel the blessings of God have come down on this earth.

You know that heart is the most important organ in the personality of the universe. And the human beings have to become aware of that point, who live here. That we have to live together, work together.

If in the heart, even if there is one muscle who tries to stand out it can create immediately instant death. Instant death.

So all of you who are awakened have a very, very special, very, very special responsibility.

Now, I have noticed there are two types of people, as we know that. Left-sided and right-sided. And a third type which are the combination of both. And then a fourth type who are in the center. We have to belong to the fourth type.

And here, one sees how on the physical level we combine both the things. One side is too much organizing and too much of thinking. The another side is lethargic, laziness, all these things are there. The net result of both is that you cannot produce any results.

If you plan too much, if you think too much, you end up with it you are so fagged out to do anything. And the left-sided never get up to do it (laughter, Shri Mataji laughs).

So ultimate result is that you achieve nothing. Even on the physical, the material, the mundane type day-to-day life.

So, when you are in the center you witness, you start witnessing. When you steady yourself in the center. Because some people are such that they start on the left, go to the right, they become so ego-oriented that it's impossible to deal with them. But if you stay in the center, that's the fourth side, is staying in the center.

Turya is the fourth dimension. If you could stay on that, then you become a witness.

And that's the point where you start sucking the joy of every moment. Every moment, of every doing, of every work, of every

friendship, of every relationship, of every understanding.

You will see some people who will be here will develop tremendous respect and friendship with others. Because they'll discover lot of qualities, lot of talents, lot of beauties in other people.

There's no other way we can find out. I think this is the greatest way one could provide, is to work together and to understand each other, appreciate each other's work.

And this will help us again to work out Sahaja Yoga together. It was like a festival throughout I felt about the whole place here. I felt so blessed with so many children, helping Me here.

The work doing is not so important as yourself steadyng in the center. That's the main point. It's not what work you do, what work you furnish, that's not so important. It's the steadiness within you, with which you do the job or whatever you do. It's the enjoyment of sharing with each other is the main point, is a training, it's a training here.

I hope we'll have another chance again some time, maybe in India when we build our ashrams. Or maybe in England when we build our ashram here, I hope so.

Then we'll have again the same opportunity to work together for joy's sake. Not for anything else, just for joy, for your steadiness. To be steady in the center. To put the attention in the center. Without steadyng it you cannot ascend. Everybody seems to have gained, I felt when I saw them, they are much better now.

So we have to give up our misidentifications with our previous styles of life, previous types of living, previous types of executing any work, and we have to understand that we are not to plan. This house is built for Me. I'm the power behind the whole universe, so you don't have to plan, you just start off.

But once you start planning then you depend on yourselves, which is a very limited thing.

You just start planning and you are left behind. You just get to it.

When you start thinking of any problems and all that, then you are lagging behind.

Just start off and everything will come forward, you'll find everything, it will be all there just before you, before your eyes.

Like the other day they said we don't find a wood we need very much of a particular thickness. And they were trying to sort of reduce the thickness by rubbing it with some very, very harsh type of noisy stuff, which nobody could bear. So, I just said, "What, what kind of a thing you want? See ahead of you."

And just in front of them was lying that same type of wood that they wanted. Just ahead of them. It was just there. You see how it's happening? What's working out? It's the Hanumana who works out many things for you. It is the Gauri who is to be adorned. And it's the duty of Hanumana to help you out. He plays tricks with you. Always, you see, He is the one who makes you think, He makes you plan, He makes you everything and then topples you down. You see, that is His style, always. And He has made this with, made [unclear word] with so many people like that. Is that He made them think, plan, plan, plan, plan, and ultimately they find all plans fail.

So, if you are too organized, you'll never enjoy. You have to enjoy each other's company, you have to enjoy all the little, little things there are. If there is everything perfect, or absolutely sort of a machine-like, when you go on tick-tick-tick-finished, there's no enjoyment.

You have to lose your way somewhere. You have to find something out. You have to go about, you have to ask someone. Like

making mistakes also is important.

Sometimes if you make mistakes - like somebody makes mistakes by putting the thing in an angular way, say, a decoration in an angular way, and it turned out to be a very beautiful thing, you see. So making mistakes is also good. This is what I'm trying to show to all of you. By mistake also, if you are driven to some place you might find something great.

So, our time is never wasted. Wherever we are, we are. We are never lost. We are never lost for anything. Time stops for you. So once, you see, you understand that we are not to worry about these things, which the people worry.

We are not to worry about things for which people just give their lives.

We are here for joy. And joy will come to us, whatever it is. So we should seek joy, happiness, friendship and this is a very, very good opportunity.

Luckily the builder ran away (Laughter), I was very happy. I wanted to have this opportunity, some opportunity where all of us could get together and work together and have some nice time together. It was really very enjoyable.

I enjoyed it thoroughly and I hope we'll have more chances to do that. But the more you are in collectivity and in the blessing state, the better it would be. Always in your other lives, other things also. Because you are realized souls. You are saints, you are different people from others.

You have the help of the Gods, all the angels are helping you, everybody is helping you.

But when you depend too much on your understanding, on your planning, then you go off.

Then you cannot, then you can never enjoy the planning of God, the help of God, the complete drama.

You suddenly find, oh God, it's there, all done for you. How beautifully it is done, how things working out. It's very interesting.

This house is a very, very old, old, old, old house, you see. And even if such an old house can be made so beautiful, what about human beings? They can all become very beautiful, glorified and very active in Sahaja Yoga.

Very active. The whole thing is the experiencing of the joy of recreating something that He is already doing.

Whatever God has created, human beings as such, it's all in a mess. I feel human beings are in a mess. And they are to be recreated, they are to be improved, they are to be worked out.

For that, who is going to work it? It's you. You are the ones who have to do it. I can create houses, houses, after that way I can create universes, as you know that. But I have to use you. You are the channels, without you I just can't do it. And that's why you have to be very, very alert. Very alert and attentive as to how you go about.

Now, today is the first days for the house-warming ceremony. And another is the birth of Christ. I won't be here, I'll be in India.

We celebrate in India the birth of Christ actually. It should be more celebrated here than in India, but somehow or other you always have snowy Christmas. Which was not there, at the time of Christ when He was born, there was no snow, you see. But in England, it's a special blessing that you have snowy Christmas. And this time I hope you'll enjoy all of you a nice Christmas of great warmth and love among yourselves.

And Christ came on this earth with a very, very great message for all of us.

And He has done so much, you can see that without His awakening you cannot get realization.

You have to pass through Him, He has made this place. To create the Agnya chakra in that beautiful way and to keep it alive and to give enlightenment is a very difficult thing.

It's a very funny plug into which you have placed Him. Because of the modern kind of life people become against Christ.

It develops your ego and it goes against Christ.

If you develop your superego, of course it goes against Christ. So both the things, ego or superego, both the things are to be looked after by one person. Both contrasting things are to be looked after by one person. It's too much. And these both things, those both problems we have.

So, then, when we are born, when we are born on this earth, we are born in innocence. Which is also so rare because of the way we live, the way the fashion is, you can say, the way the ideas are.

But you all have to be against it, absolutely against it. Collectively, if you oppose these ideas, you'll stand for Christ. You must write to all the churches, all the people. What have you done? What have you done to our people, where is the morality behind it? There is no morality, people are so immoral. How can they become saintly?

This is not the way, to just have just church buildings and run the Soho land for the church.

Church is owning the Soho land.

Can you imagine? All these things you must oppose and you should say, "We'd like to know why, why should you, when Christ has judged, 'Thou shalt not have adulterous eyes.' What about the chastity part of it? When are you going to look after it?" All the Christian nations are just the opposite of Christ's principles. And so you all have to prepare yourselves, talk about it.

So there should be no more silence. There should be no more silence. Public opinion is a very, very big thing in the modern times. That's a very, very big thing you have got and silence is to be abhorred.

Absolutely. Because people who are doing wrong have a conspiracy of silence. They conspire, and then they keep silent: "All right, doesn't matter."

Democracy, as far as Chile is concerned, all right. But as far as Argentina is concerned will be this way. It's like that. You see, they keep a silent mouth. Whatever is not bad for us is good, that's how. And then, "don't say anything, don't say anything."

Sahaja Yogis have to be extremely bold and extremely outspoken and they have to say that this is all wrong, absurd. It is not for us.

Not that they are uncomfortable, but it's are against life, against Christ, against our emancipation, and this has to be given up.

And today you must vow that now as your house is settled down, your backbone is strengthened, you have to take a vow that you will stand for Christ. And for His great morals, and for the great things He said, that we have to be.

And we have to tell people, "What are you doing? This is wrong. You cannot do it."

They are more vocal when it comes to something degrading, like drinking. If you don't drink they'll say, "Why don't you drink?" They will force you. "Why don't you drink? You must drink, you must have this."

But when it comes to morality, nobody dares anything. We don't discuss religion, very good. This is the silent conspiracy.

We don't discuss religion, because if we discuss we are not religious.

So people have to speak about it. All of you have to speak. Then only your left Vishuddhi will be all right.

Now the only guilt that will be working in the Sahaja Yogis will be that for Sahaja Yoga we are not doing anything.

You must speak. You must talk about it. You must give realization. Move your hands, move your legs. You have to walk across for God's work, even if you have to beg you have to do that. This is God's work. And one has to do that, God's work, with all dedication, with all surrendering and with all love and enjoyment.

So, may God bless you all.

I'm very happy. C.P. is very much thankful to you and he also wants to say a few words to you. He might come after the puja. He said, "I would like to address to them."

He's so surprised and he said, "These are really transformed people, I can see they are transformed. They are not normal human beings..." (Laughter)

So it's nice to get a certificate from a person who has not seen. Then he said, "I see now, I have seen them before." Specially he saw Marcus long time back and today, Marcus, he says, "He is so different, everybody seems to be so much changed and so much different that I'm amazed how human beings can be transformed."

He says it's visible from their faces how they are happy with each other, how they are satisfied, how they are kind to each other and all that.

He was very much surprised how they are so friendly and how they are so generous and all that. He was really surprised. And how they laugh and enjoy, he was really surprised. He told Me that. At least ten times he has told Me, "That really surprises me how you could transform these people into such beautiful things."

So it's really a big certificate I think from him (laughter), because he normally doesn't give certificates like that.

So I was really very much enamoured, and just to make your Mother very happy, he's bought two saris for me (laughter) today, which you will see later on, he has bought two gold things for Me, just to glorify the Mother of so many children.

May God bless you.

It's something I've thought of The Three Wise Men brought presents for Christ's Mother.

You see in the same way I felt today, the way he brought saris for Me and gold for Me and all that. Not for anything of his personal but is the way he saw that Sahaja Yoga has worked out. Really surprised.

So may God bless you.

This is her magic ...band (She plays with a child)

Should we have now – so accordingly we should have only Ganesha Puja because is a Bhoomi Puja is what - Ganesha to be

established.

And it has double process, because it's the puja of Christ and puja of Ganesha. Just look at this, how sweet it is. So it's made by some Indians and it's very good, you know. It is made by hand, you see, that's what is wrong, I found out.

It's all made by hand. Because if it is not made by hand you'll find those joints, you see, somewhere, there are no joints in that.

So, they have made, of course, two different things, but then they have tried to - molds, these are molds, and then they have put it together.

And this is for your ceramic.

All right, so should we have the puja now of Shri Ganesha.

Now. Where is my purse?

He's got two things for me, they'll be happy, like this [Shri Mataji shows a necklace]. And this one, even better, I don't know. From Uruguay he got it, I think. Or from Peru.

[Aside conversation] All right. I've discovered some great artists also, among you today. One of them is Dawn, I never knew she is a very great artist and she has done some very good work on daisies, I was surprised.

Beautiful. Then we have got Rosie, is another artist. And Linda is another person who is very good at painting. So many things I have discovered. Then Danny, you see, he has a name which means dynamic (laughter), he is another very responsible person.

Chris is a great person. I mean, one better than the other, you can't imagine.

The other day I wanted to – (Shri Mataji gets interrupted by a little girl and She bends towards her) Yes, Madam? Alright. Anything, you see, anything that they did, was so remarkable, even the skirting. And everything they did with such precision, this thing. Then I was surprised that Finn and John are such good tilers, and they did paperwork too. I was really amazed. Really amazed.

Pat and Norman have done all these works. I had said this is a factory for you, it's a factory work, factory work you have done.

And everyone, you see, was doing such good work.

The greatest is Ferguson, because he did all the plastering, all the plastering. And Gavin came and behaved as the guru [unsure], and then Alan... (laughter).

Ian was there, his brother came from France. And I mean, I can't, I mean, in one lecture I can't tell you how much I have seen it.

So I'm saying for all of you, those who have worked very hard here, very, very hard, with such good work, such sensible things, and such nice, loving things that's really surprising, how it has worked out.

And [...] was there, with his practical side of carpenter, and really remarkable to see he's so responsible, he's properly working it out.

(Aside) What's it?

Now Coolie is coming to do some gardening work that I saw him doing there. And he has to combine with other people and work

it out. And work it out so that you should develop friendship. That's the main point. Deep friendship. Not a few, but all of you should be friends, there should be love among yourselves. And then know we have done so much work. And the most thing was, thing that surprised Me was Kay, the way she got, I mean, in a family way, she is sitting down and doing all the cleaning and all that, so sweetly, all the time she comes here. Graham took to it, and Ruth came in, and her husband Chris he was here, and then these two from Portugal, they came – I mean, it's so, it's so beautiful you can't imagine.

Everybody has been so nice and so good. (Shri Mataji bends towards the little girl) And this lady has been the best of all, you see, ... our Melody. (Unsure) (Laughter).

You take one now, Ganesha's, come along, eat all that. Watch the – how photographic is a laddoo? (Laughter. Shri Mataji picks up the little girl with the laddoo on Her lap to have a picture taken).

They are saying that they ask you, children, you see, they play, they say – "Hello Mister, how do you do?". They say: "Just like a laddoo one bites too". (She kisses and puts down the little girl) (Laughter)

Another silent worker is Joga Singh also, who has done such a lot of cleansing, you know, and he made his dedicated work. It's really worth seeing the way he is dedicated. Very silent, and he is doing the worst work, is to clean the house. It's very sweet of him, really, to do that way. Very good, and it has done good to him, also.

It's very surprising how Phil joined it with such understanding, everything. It's very sweet of him. And we have got Cathy, and Cathy also comes down and she helps you, quite a lot.

And Felicity, she is trying to do something, smoothing out things and everyone is working it out. There are people who have done so much work. And then Malcolm is doing nice paintings, I can see that there's a nice painting on top.

And Ann has done some papering. She's very good at papering, I was surprised, you know, she's very good. And who helped you, first of all, yesterday?

Yogini: Phil, Mother.

Shri Mataji: Eh?

Yogini: Phil.

Shri Mataji: Phil first, and then?

Yogini: Alan.

Shri Mataji: Alan. Phil and Alan, they helped her to put the paper, which is a very, very very sort of a tricky stuff.

And then the energy was brought in by Ray from Brighton (laughter), and our great mister Yugoslav has done my, you see, for my room he has done the – what you call – the loft, you see. That's very interesting he has done it. And also she painted – what's her name, Janet – she painted the roof of my room, was interesting.

And David has taken out all the nails, you see. This is all Sahaj Yog, nails to be taken out, imagine, nails, horrible things. We have taken out so many nails like that, you see, when I was here all these things have happened.

And I am seeing [...] has, I am told, has done some patching up. You see, this is how we live.

We have to patch up, we have to take out the nails sometimes, you see, you have to paint, you have to encourage, you have to

glorify, you have to do all these things, so much is there. And everybody has worked so much here! Marcus has put some of these, and Danny has put... I mean, there's... I tell you, one by one everybody has done...

Chris has done the bases, what you call, the bases of this, and Marsha has come to encourage. I mean, quite say all of them have come and the way even people from Hampstead came down to help us in their special dresses... (Shri Mataji laughs, laughter). And it was nice to see them in those raggy dresses, you see, because that's what it is, we don't see people in that dress normally. So it's very very good, very good, I tell you, really. I enjoyed myself.

And Rajendra and Najir, both of them came, Rajendra with his backbone trouble he came, you see. He was also working it out. I mean, it was all that, then we have Kay and Patricia.

You see, Patricia for a change was rhythmically taking out the paper, you see, I could see the musicians working on this rhythm (laughter).

Such a new style, you see. And the one who did our pillaring is from Australia, the great Hugo he did the pillaring – he put pillars, you see, to support, show that they support, support is needed. That's another thing.

And then Susan came in, David, all these people they helped us so much.

With I mean, I don't know how many names I should take for everyone, and even people from Cambridge came down just to help me here, everybody helped me. And people from Brighton – I can say in general, all right? I need not take everybody's name now, because we are so many that even if I take your hundred names, you see - you take my hundred names it is one person's hundred names, is equal to the hundred names of hundred people, isn't it? (Shri Mataji laughs, laughter). And that's what it is.

And everybody should feel that I remember you all, even I have to thank David Prole because he made us buy this house. (Laughter, Shri Mataji laughs)

All kinds of nice things have happened and we have so many people over here. Maria, you also came here... I saw you. But the best ones, Jack and Jill, where are they? Are they here? Both of them came, David and - Jack and Jill are there - David and his wife Hesta both of them came in a dress, looked like Jack and Jill, where are they, you see (laughter).

And Maureen came one day, she did some good job, and – I mean, it was really good with her, Athena was here and they did some work. And everybody has put something in down here, and John Watkinson I must say was very good at putting up these roof things, he has done.

And this is done by Nick, half, but he is finishing this (laughter). There has been very very nice room for everyone. Don, you also came one day, isn't it? Don and his precious wife, she's called Roxana, she came. All of them came down here, every day, and somehow I have seen one by one, working out.

Good. And the little girl from, what's her name? Alyssa, Alyssa, who came all the way from Bristol. All was very interesting. And I think you people also came from... Chile people came down, there's no end to it, and here is the one great thing, he also worked very hard.

All of them have, have done so much, so much. And I'm very happy about it.

Regis was there too. Regis has done the basement, and I think I have taken everybody's name. (Laughter) Anybody's name I've not taken, please raise your hand. (Laughter, Shri Mataji laughs) Maybe, you see, I may have missed one or two persons here and there.

And Datta was giving us a good chorus all the time (laughter), and Anais came in and she was at my feet most of the time. And

then we had Bumble, Bumble did all the colouring training, she did all the training, you know.

And she also came and we had some bananas together, all right? (Laughter, Shri Mataji laughs). And you came in Hampstead (unsure), otherwise all of them were here, and this thing.

And the way Pat, you see, Pat has very much changed now, he is a very different person, I must say. I was very happy, he's so changed.

He's become now very sweet, you see, because his organizing way has gone away, and his wife also came to help us here, Yugoslav style, and – no, I mean, Polish. She was very very good, I should say, the whole thing. Jeremy was sweet to draw out a very nice fireplace. And I mean, everybody helped us.

Now, Alan, who was the real architect behind the whole thing, I don't know if he's here, but he was of such a help! You can tell him that "Mother remembered you very much, and...". All these people, they have arranged. He also helped us so much, all of you are really remarkable, all those who have helped, that have been nice, actually you have helped yourself.

And Harry was very sweet and he was doing lot of cleaning, what sometimes he did get into problems (laughter, Shri Mataji laughs). But he laughed at it and enjoyed it, he didn't feel bad. You see, that's how you have to make mistakes, I think, not to feel bad about it (...).

It's very interesting to see how things work out, and how it is just good.

(Shri Mataji speaks to a little girl) And you never came! She did, she did come, she did come for a while. And now one – she said this she wants? Laddoo? No. Now come along, finish this. No.

Thank God, thank God! (Laughter, Shri Mataji kisses the child) Sit down, sit down, sit down. Sit down, sit down, sit down.

Laddoo, thank you. It should be done. Now I was thinking about, you see, she's already done. Done here and here. All right (laughter). She's done her work, you see? (Laughter). We can have a small puja of Ganesha. But is a thing of festivity. Not to feel bad about anything, not to feel unhappy, but to feel happy.

Deep down people have hurt egos, some have ego, some have more super-ego. This is an occasion to feel happy, for everything that is there.

And not to feel bad, or not to feel unhappy.

Some people might be feeling because I have not taken their names, maybe, or I do not know what it is, but I have a feeling that there is a little ripple of that somewhere.

So just take away (...), just take away – it's all, all that is there, I know all of you very well.

And only the understanding comes through vibrations, how much I love you. Only through vibrations. And it was really to feel how you are receiving my vibrations. That's the main point is.

Who did the skirting? He. He did the skirting.

Very well, I must say, beautifully he did, for my room.

And what did you do? You were doing something, I saw you doing something.

Yogi: Supervisor. (Laughter)

Shri Mataji: Eh? What did he say?

Yogi: Supervisor. (Laughter)

Shri Mataji: Supervisor! (Laughter) Nick. Nick was supervisor, he says. (Laughter). Supervisor the great, you see, he was.

Bala also came to help us, with his aeronautical knowledge everywhere. Who else is there that have been? Practically everybody is done.

He was there, she was there, and she's done...

(A child cries. Shri Mataji: "Now what is it? What do you want? ... Sit down. Eat this laddoo, come along. Come along... See how I am doing.)

Now, should we have the puja? All right?

Just you can move forward a little, I think it's there. Now should we read the second piece, you see? Please read this.

Now, wash my feet. Come along, wash my feet, come along. Sit down. Sit down there. You have to wash my feet. Is it warm enough? Warm, isn't it?

Yogi: It's warm, yes.

Shri Mataji: (One yogi coughs) That's the typical Vishuddhi. They have made of this a real puja hall. As soon as the puja is over, Dawn, you have to get the food there. And you must thank this man also (laughter, Shri Mataji laughs).

And go and get the food in here. Food and also get the servants too from there. But actually Shrivastava will come first, and when he goes back then the servants will come because there's nobody in the house then, in the whole house they were sent. So C.P. will come here. When C.P. goes back, then you can get the food.

All right.

Wash it, come along, let the children wash.

[Conversation aside with yogis about washing of Feet: "See these people, come along. You see, these three people... You have done once in there, isn't it, you have done it once. Because they are going away now... Come along"] The Ganesha you can keep it for a while this side. It's there, Gavin can... You can, because you occupy very little space, you can push it...

[Puja continues with the recitation of mantras and the washing of Feet. Shri Mataji: "Let him read... All right. Now you should read the Ganesha's. You can get a towel. Where is a towel? Have you washed? You wash".]

Gavin: "Let our ears hear that which is true. Let our eyes see that which is pure. Let our beings praise that which is Divine. And let those who listen hear not my voice but the wisdom of God. Let us worship with the same song, the same strength and the same knowledge. And let our meditation enlighten and enrich. Let there be amongst us compassion and peace".

Shri Mataji: See, compassion and peace. The peace comes out of love, out of understanding. Peace is a very important word today. Peace.

See now, for the Goddess it is said: "Ya Devi Sarva Bhuteshu Shanti Rupena Samsthita", is the Goddess who resides within us as the peace within. The peace within is the Goddess. That is the power of the Goddess. (42.40)

All right.

Gavin: "Now, the prayer. Salutation Shri Ganesh, sakshat Shri Jesus, sakshat Shri Nirmala Devi namoh namaha.

It is You who is the beginning of all the beginnings. It is You who is the doer of all deeds which have been done, are being done and will be done. It is You who supports all things that are supported".

Shri Mataji: So I should have said that I must thank Nirmala Devi also, for doing everything. (Laughter). All right. Because I am beyond Myself (laughter, Shri Mataji laughs).

All right? Little more than that.

Can you? Now stand... Can you move it? You may take out this. Who will carry this water?

Will be there, better. This water should be sprinkled all over the house, you see. And some you can take it if you want, to Portugal. Will be a good idea. See how much balancing is needed for water. Same is the attention! Same is the attention. You have to be in the center.

Now hard, press it, rub it very hard. Very hard. Ah, better, see? Now Gavin, you read, you don't do all the things here.

Gavin: "It is You who protects all things that are protected. It is You who is the complete, all-pervading Spirit. God's Divine energy. Think clearly brain. Speak only the truth. Let Your presence in us speak. Let your presence...".

Shri Mataji: Presence in us, in you, should speak.

Gavin: "In us listen; let Your presence in us bless".

Shri Mataji: You bless others. By your presence, but in that is the presence of your Mother.

Gavin: "Let Your presence in us protect; Let Your presence, in us, Your disciples, be The Disciple".

Shri Mataji: You have to be a disciple. A disciple has to obey, and not to argue. If you argue then you are no more a disciple. Disciple temperament is there. See, it's not to argue, but to obey, obedience. Because if you know that it is for your good alone, you should just obey and not to argue. If you argue or pester, then it is not a discipleship correct. You must keep the thing Prasanna, means pleased. Now, read.

Gavin: "You are all literature, and You are the ability to understand the literature; You are the Divine combination of complete Truth, complete Happiness and complete Energy; And You are more; You are all knowledge and You are the use to which the knowledge is put. You exist until the end of all things and after the end of all things You are. You create the end of all things and after the end of all things You remain indifferent. You are the earth, and You are the water; You are the fire and You are the air, and You are the space above the air. You are the Gunas and You are beyond the Gunas...".

Shri Mataji: And a miracle took place, you see? Linda lit a flame, you see, of fire. Quite far away, about five feet away from me. And the fire just came and went round me. And she got frightened, thinking that Mother, She is burning. Nothing happened. It went round, then went back. It wants to get purified, fire knows people that are divine, how can I be burnt?

Gavin: "You are the body and You are beyond the body. You are the essence of time and You are beyond time. You and only You exist at the Muladhara chakra. You are the Spirit and You are beyond the Spirit. All those who would join God, meditate upon You. You are Brahman, Vishnu, Rudra. You are Indra, Agni, Vayu. You are the Sun at noon, You are the full moon. Through all these, and more, You are the all-pervading energy of innocence and wisdom".

Shri Mataji: Innocence and wisdom, go hand in hand, you see? When you are not innocent, you are not wise. You have seen the example of that, of many people coming down here. They have lost their innocence, and they have no attention properly made.

Gavin: "You are the divine servant who stoops to wash the feet of saints".

Shri Mataji: See the humility, see the humility. Just how to make the thing all right it goes to any limit. Any limit, just to make you all right. To wash the feet of the disciples, imagine, the humility. Then how much you should have humility?

Gavin: "You are the tiny core of all things without which the larger have no purpose.

You are the key to the libraries of all the scriptures, without which the Truth is hidden; You are the full stop which completes the sentence, and without which the sentence loses its meaning; You are the Crescent Moon; You are the Stars; and You are beyond the Stars; All things, from tiny dot to Universe, is You.

You are in the future and beyond the future; You are in all forms; You are where the sounds combine; You are the silence between the sounds; You are the rhythm of all music and all prayers; This is the knowledge of Nirmal Ganesh, and You, Nirmal Ganesh, are the master of that Knowledge, and all Knowledge.

You are the God and You are the Goddess.

Om Gam Nirmal Ganapataye.

To Your powers, Ganesha, let all surrender; Let the left side of memory and the right side of action surrender to You and let Your enlightenment prevail.

[A small child is crying during washing of Feet. Shri Mataji: Just take her. All right. What happened? Take her. Can you take her, like that? Back...]

Your first tooth You have, and four hands; one holding a rope, the second a goad, the third is raised in blessing and the fourth offers sustenance. Your banner is that of a humble mouse. You have long ears and are clothed in red; Red decorates You and You are worshipped with red flowers.

You have compassion for those who love You, and it is for those who love You that You come to this Earth. [Video interruption]

Om Gam Nirmal Jesusye.

To Your powers, Aum Jesus, let all surrender; Let the left side of memory and the right side of action surrender to You and let Your enlightenment prevail. You are the Word that was the beginning; You are the Word that will be the ending.

You are He who was born of a Virgin, and died on the cross... [Video interruption]

(Shri Mataji is given a sort of a necklace to wear) This is from my mother's house. From my father's house... (inaudible).

Yogini: Beautiful.

Shri Mataji: Yes. This is my wedding's gift. This from Ganesha you give.

Gavin (Reads from Chapter 5 of Devi Mahatmyam): "The Rishi said: Of yore Indras' (sovereignty) over the three worlds and his share of the sacrifices were taken away by the asuras Shumbha and Nishumbha by force of their pride and strength. The two, themselves, took over likewise, the offices of the sun, the moon, Kubera, Yama, and Varuna".

Shri Mataji: Gavin, you come this side, so somebody can give ... things.

Gavin: "They themselves exercised Vayu's authority and Agni's duty. Deprived of their lordships and sovereignties, the devas were defeated. Deprived of their functions and expelled by these two great asuras, all the devas thought of the invincible Devi.

'She had granted us the boon, "Whenever in calamities you think of me, that very moment I will put an end to all your worst calamities." Resolving thus, the devas went to Himavat, lord of the mountains, and there extolled the Devi, who is the illusive power of Vishnu.

The devas said: 'Salutation to the Devi, to the Mahadevi. Salutation always to her who is ever auspicious. Salutation to her who is the primordial cause and the sustaining power. With attention, we have made obeisance to her.

'Salutation to her who is terrible, to her who is eternal. Salutation to Gauri, the supporter (of the Universe). Salutation always to Her who is of the form of the moon and its moon-light and happiness itself. We bow to Her who is welfare; we make salutations to her who is prosperity and success. Salutation to the consort of Shiva who is herself the good fortune as well as the misfortune of kings.

Salutation always to Durga who takes one across difficulties, who is essence, who is the author of everything; who is the knowledge of discrimination and who is blue-black as also smoke-like in complexion.

We prostrate before Her who is at once most gentle and most terrible; we salute Her again and again. Salutation to Her who is the support of the world. Salutation to the Devi who is of the form of volition.

Salutations again and again to the Devi who in all beings is called Vishnumaya".

Shri Mataji: Very important, left Vishuddhi. Vishnumaya.

Gavin: "Salutations again and again to the Devi who in all beings is termed as consciousness. Salutations again and again to the Devi who abides in all beings in the form of intelligence".

Shri Mataji: Intelligence is little... Intelligence, actually it means the Subuddhi, you see, means the one that's the real, sharp, pure intelligence. You got the pure intelligence, the better it is.

Gavin: "Salutations to the Devi who abides in all beings in the form of sleep.

Salutations again and again to the Devi who abides in all beings in the form of hunger. Salutations again and again to the Devi who abides in all beings in the form of reflection. Salutations again and again to the Devi who abides in all beings in the form of power. Salutations again and again to the Devi who abides in all beings in the form of thirst. Salutations to the Devi who abides in all beings in the form of forgiveness.

Salutations to the Devi who abides in all beings in the form of genus;

Salutations to the Devi who abides in all beings in the form of modesty.

Shri Mataji: So one has to be modest, you see. Those who are not modest, those who use harsh words, who are hot-tempered, who try to show-off, and talk in a very sharp way, are not near this.

You have to talk in a sweet, modest way. Modesty is not - is a sign of your proper breeding. If you are ill-bred, then you do not know how to talk modestly. And that means, the blame comes to your Mother.

There was somebody who talked very sharply the other day, in a sharper way, and tried to show off in this place. And there were some people who had come, outsiders, they saw it and they were surprised. That is true.

You have to be extremely modest.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of peace; Salutations again and again to the Devi who abides in all beings in the form of faith".

Shri Mataji: Faith. You see, what gives you faith also, what makes you believe things: it's that power.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of loveliness".

Shri Mataji: You have to be a lovely person and not a crooked person, not uncouth, but a lovely person.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of good fortune".

Shri Mataji: And that's how the good fortune comes to you.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of activity; Salutations again and again to the Devi who abides in all beings in the form of memory; Salutations again and again to the Devi who abides in all beings in the form of compassion".

Shri Mataji: Memory, now, memory – people talk: "I think I know, I think I...".

It is a "I think". That's not the way.

Memory is: "You know". This is it, that's how. You should test your memory, you see, like that, "Yes, I know this is it".

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of contentment".

Shri Mataji: Contentment.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of mother".

Shri Mataji: That's what I said, contentment.

It's not discontented. That you, this is not there so you are unhappy, that is not there so you are... unhappy. That is not – the way you should decide is you should never be unhappy.

Everything is all right. All right, it might have been this, it might have been that. Contented with whatever you have, to be

contented. That's how you are using the power, otherwise you are not using it.

Gavin: "Salutations again and again to the Devi who abides in all beings in the form of error".

Shri Mataji: (She laughs, laughter) That's a good one. I told you, if you don't make errors, you won't reach the right place. You won't learn, and you won't reach. Error – it is little bit error here and there you find it there, you see.

Gavin: Salutations to the all-pervading Devi who constantly presides over the senses of all beings and (governs) all the elements; salutations again and again to Her who, pervading this entire world, abides in the form of consciousness. Invoked of yore by the devas for the sake of their desired object, and adored by the lord of the devas...".

Shri Mataji: But you are the devas, all right? So you have to invoke those powers.

Gavin: "And adored by the lord of the devas every day, may She, the Ishwari, the source of all good, accomplish for us all auspicious things and put an end to our calamities! And who is now again, reverenced by us, devas, tormented by arrogant asuras....".

Shri Mataji: And those who are arrogant, or argumentative, are really asuras in a way.

Gavin: "Called to mind by us obeisant with devotion, destroy that very moment all our calamities. The rishi said: O Prince, while the devas were thus engaged in praises and (other acts of adoration), Parvati came there to bathe in the waters of the Ganga.

She, the lovely-browed, asked those devas, 'Who is praised by you here?

And an auspicious Goddess, sprung forth from her physical sheath, gave the reply: 'This hymn is addressed to me by the assembled devas set at naught by the asura Shumbha and routed in battle by Nishumbha. Because that Ambika came out of Parvati's physical sheath (Kosha), she is glorified as Kaushiki in all worlds.

Shri Mataji: Kaushiki. See, because the Vedas – Kaku, you see, with her - she gives illusions to you. That's why Kaushiki. Is the kosha, from the kosha, she came out.

[Puja continues. Shri Mataji is offered a comb]

So marble it is, isn't it? It's a marble colour. It's beautiful. [Combing] Sometimes it goes to the left and sometimes to the right. (...)

A big mirror also you bring. He got two, but that one was even bigger, so I said one is all right. This is the mirror he got for me [a very large one, Shri Mataji laughs]. That's a beautiful mirror, but too big [Shri Mataji laughs]. The roses have come from Pedro.

All the time these are also sending something for your puja. Isn't it? [...]

Mirror also. It's here... [Shri Mataji makes Her Bindu, aside conversation]

(Shri Mataji puts on kajal) It's a real special one! (Laughter, Shri Mataji laughs) Look at the tears. All these are specially - you know, what is kajal made of is carbon, and carbon you know is Ganesha. (She points at Her eyes where kajal is put) So it worked. It's a very very subtle thing. (1.09.05)

This time I will bring all the missing silver from India. Good.

(1.11.33) Now put left to the right. Let's see.

Now raise your Kundalini. Raise your Kundalini (...).

You may come forward, too far away for him to take photographs, you see.

[Aside conversation. Shri Mataji is wrapped in a pink sari]

Tissue (1.14.56). That one you might find in Diwalis.

They give saris to the Goddess and She is completely covered in it, you can only see the saris and not Her face (laughter). This one's for the Christmas, all right?

I think the Three wise Men who came, one of them must have been an Indian. (Laughter). (Shri Mataji looks at the sari around Her and comments:) This is Gauri Devi and Gauri's style. All the chakras you can see.

Very beautiful.

(A further decorated cloth is wrapped around Shri Mataji and put on top of the pink sari. An Indian yogini says something.)

Shri Mataji: She said that, "You must put the expensive one on top". So I said, "The one that is given by disciples is the highest of all, isn't it?"

Real Gauri. If you see a Gauri anywhere... you see nothing but saris, you know.

(A little girl crowns Shri Mataji with little crowns made of Christmas decorations)

What about you? It needs to be tied, it needs to be tied. Now, what about Chris? All right.

(Also another small child puts a decoration on Shri Mataji's head, applause)

These are the little, sweet, innocent angels, you see?

(The decoration is then replaced by a sahaja yogini with a large crown)

Big one! (Laughter)

(The crown is white, with large red hearts on it)

Gavin: Mother, You are the Queen of Hearts. (Laughter)

Shri Mataji: Look at that. Really this size, you know? That's how in those days women used to put something to keep their head covered, you know? Head was always covered in those days.

Different style now this.

Really. Even your Pope doesn't have these things! (Laughter) (The crown is further decorated) Can you believe it?

First you have your aarti, and then you can do the rest of the thing. Good vibrations.

[Aarti follows – then video interruption. After the puja:]

Yogi: Mother, which song would You like?

Shri Mataji: Eh?

Yogi: Which carol would You like? Which carol would You like us to sing?

Shri Mataji: Oh, any!

Yogi: Any.

[“Silent Night” is sung.]

Shri Mataji: Beautiful. You can have one more?

Yogi: “Angels from the realms of glory”! Yes! It’s the last one on the sheet.

Shri Mataji: (After the song) Thank you very much. Beautiful. You have one more to sing? (Laughter) All right, one more. Something to be happy, something to be laughing (unsure). All right. [“Gloria in Excelsis Deo” is sung]

Shri Mataji: Beautiful. Thank you very much. Now, I think now we can divide in two halves because Mr. Shrivastava wants to speak to the people who have worked in this house. And those who go down can start their food and the rest of them will join. All right? (...) We can do like this, is to move out the people who have worked, he wants to talk to them... (instructions follow).

Sir C.P.: Dear Brothers and sisters, Dear Sahaja Yogis, Sahaja Yognis, Dear friends. It’s very difficult to speak before a gathering like this.

But all I can say is I am very, I regard myself as a very greatly privileged to be a part of this marvellous family that I see here. You know I am serving, myself, the United Nations system, and the United Nations system is based on idealism. On the belief that all human beings are one family. But that is the basis, that is the philosophy, that is the foundation, and we have to make that work.

We, those who are privileged to serve that system, have to work in such a way that this philosophy is realized. But that is one thing, the plane of the United Nations. It’s a very, very hard, long way.

But what I have found myself is that, in the world of today, the problems that we face are not problems of material well-being.

Science, technology, evolution, they have all brought within our reach the resources which Mother Earth makes available and all of us can be happy.

All of us can be reasonably well-off.

And yet we are not. Is it because technology has not advanced? Is it because our knowledge of science is inadequate?

No, there is only one major element. And that major element is the human element.

It is the human being, human being at his best that can make this world a happy place for all of us. In other words, if mankind has to live and has to survive - you know we are living in a dangerous world, in a nuclear age - if mankind has to survive, then we can survive only on the principle of love. On the basis that there is a great human evolution, spiritual evolution.

The spiritual evolution does not mean that you get away from materialism. It means that the perspectives are right. That the prime importance is given to the Spirit. It is spiritual evolution which alone can make people feel that they are one, that they are part of a family.

Now the message that you are giving to the world, that is a message which the world needs.

It needs a new Messiah, someone who will tell the world that we are all one.

But if we are all one in reality, we must be not from just our lips but from our hearts.

We must sincerely believe that we are one, and if that message can get across, then alone human beings will survive and mankind will be at peace within itself and will be happy.

And when I see this family, my idealism gets greatly strengthened. Because in you I see a wonderful gathering of people. From all parts of the world, speaking different languages, professing different religions. And yet being together as if for ever and ever you have been together. As if you belong to one family.

The way I have seen you all, for example, here in this house or anywhere else, working together as if it is a festivity, it's not work (laughter and applause). No matter what the problems, facilities none, implements very few (laughter). But with marvellous spirit.

It is that spirit which is within you, which fills me with emotion, with sentiment, with feelings of admiration. And I feel there is still hope for mankind. What you are doing is a practical demonstration of human nature, when it is developed, when it is at its best.

You know there have been philosophers, all kinds in this world. Philosophers often have said, human nature is essentially nasty and brutish and short.

This was [Jack Hobbes?]

I don't agree with that at all. You may look at something and propound a philosophy, but your understanding of it may be totally wrong.

There are others who have held that human nature must be seen at its best if you want to know what human nature is. And I'm not trying to please you, but honestly when I see you and your faces, enlightened, kind, noble, I feel really elated.

And it is this which fills me with strength. It gives me strength, because in my own work, which is at another level, at a much lower level, you are at a very high level (Laughter), but I get strength from that. But there are ever so many frustrations in workaday life. But when I come to you, I'm near you, I feel that there is hope for mankind and we all can look forward to a better future.

Now, this Lady has been with me for many, many years (Laughter). We got married decades ago. And She has been a source of great strength for me as a wife, but I know in what affection and in what respect you hold Her. And this relationship again is a fantastic relationship.

I can assure you that She has always felt for everyone. Everyone, not just now.

We have had, for example, relations in our family. My own daughters and the children of others living with us. She always thought, in reality, all of them to be precisely the same.

And today, She probably belongs to me 0.1%, She belongs 99.9% to all of you (laughter).

But I am happy about this because I want to see this kind of relationship develop, become a reality. Where all of us can say mine and thine and ours together. And this is the way you are.

What can I say to you on this occasion? I want to express only my genuine joy, admiration and a prayer.

That the Almighty may strengthen this spark of Divinity in you.

That you may be the forbearers of a new message for mankind. You know, messages for mankind, they don't begin with millions.

They always begin with a few, but a growing number. And your strength of will, your determination, will ... a new beginning.
(Unsure)

You do not know what perilous days we are passing through. That's on one side, but there is on the other side another movement which, to my way of thinking, is the movement that the world needs today.

So may I end my words, by expressing my very sincere gratitude. Not only for what you are doing, but much more for the new message that you are building. As a citizen of the world, I pray that your efforts may succeed, may have glorious success.

Please remain strengthened, firm in your belief.

The work you are doing is what the world needs. And in a spirit of humility which I see around you, idealism, joy, mutual love.

Please carry on, and regard me as a part of that. Small part of that endeavour.

And thank you again for giving me this wonderful opportunity to be with you all this evening. I am delighted that in this humble abode we are all together and we are making a beginning, with joy, with this wonderful togetherness.

And I'm too full now of emotion to be able to say more.

May God bless you all. A Merry Christmas, A Happy New Year to all of you.

Thank you very much.

Shri Mataji: Actually they all want to thank you very much for looking after their Mother so well. Isn't it?

Yogis: Yes, yes, yes.

Shri Mataji: Can you all say thank you to him, that's all.

Yogis: Thank you, thank you, thank you.

Yogini: We also thank you for allowing us to take so much of Her time.

C.P.: She belongs to you 99,9% (Laughter).

Yogi: Three cheers for Mr. Shrivastava: Hip Hip Hurray!

Shri Mataji: Secondly, they want to congratulate you for your election, a unanimous election, and the appreciation of so many different nations of your work. (...)

And thirdly they want to congratulate you for this house (laughter).

C.P.: I say this part of the congratulations go that side.

Shri Mataji: Congratulations to all of us. (Laughter) Thank you for the sweets also that you brought for us. And the dinner. (...)

So, should we now... I think the ladies should go down to organize for food and you should also go.

... They appreciated it very much. Both of them are beautiful, isn't it? ...

It was very well. Very beautiful, very beautiful.

They are such things.

Keep the door open, for the people who need to go.

[Gifts are offered to Shri Mataji] (A Blake painting) It's all right! Everybody should see.

Agnya. How could he see, you see? Somebody watching this himself can know that he was a great, he was a very high soul.

Good, that was very good.

(To the elderly gentleman who presumably has offered the gift) Thank you. It's all gone.

(1.52.39) You have to cover your head too. (Inaudible words) Thank you. May God bless you. I'm happy, you look so peaceful now. Whole peace is here (Shri Mataji massages his forehead), whole peace is here, in this part, in the Agnya. Enjoy it, enjoy your own peace.

You can't get joy from anybody else, you have to get it from yourself.

Like that, they can see (William Blake's painting).

I couldn't see: everybody had something to eat?

[End of video]

1981-1212, Conversation in Shri Mataji's house

View [online](#).

12 December 1981

Conversation

Brompton Square House, London (England)

Talk Language: English | Transcript (English) – Draft

Shri Mataji's house in Brompton Square, London (UK), 1981

Shri Mataji: I think these people might have taken it....Ask them

Yogi: I have asked them Mother, I just asked them.....And he say No...I cant physically get hold of them searching it

Shri Mataji:....must be somewhere

Yogi: ..You said you saw it in the morning in the..Y1: Yes in the Mother's room...Y2: Grazyna was tidying up...she could have put it in Plastic bag also

Shri Mataji: if its in My room..

Yogi: Is Grazyna there?

Shri Mataji: May be something like here

Yogi: See I can get it

Yogi: Grazyna!

Shri Mataji: Fergy!

Fergy: Yes, Mother

Shri Mataji: Chop it off now

Fergy: There is no material now

Shri Mataji: No but chopping off

Fergy: Noone needs chopping off

Shri Mataji: No material? What do you want?

Fergy: We need some light lights

Shri Mataji: Alright as soon as it comes here

Shri Mataji: where is it?

Fergy: Ah Nick ! Nick and Verana are....

Shri Mataji:..inaudible

Fergy: They are downstairs

Shri Mataji:....if you want to do something up there..

Yogi: we have to know exactly where the door is

Shri Mataji: The door is here

Yogi: Let me just push it in one inch..Hold the frame

Yogi:...We don't have any frame

Shri Mataji: This frame is there. You have frame. Frame is there. This will hold. It will hold the... here..

Shri Mataji: We have another one. Not this one. We have another one. Very simple one. That's just for show there.. doesn't hold it..Just for the show because the actual one is very simple. Then it should be left a little space on top also for the beating to be

Yogi: Do you want "beating" on the top...Shri Mataji: You have? Yogi: No we have just mirror going against the ceiling on the top it has to be on the other

Shri Mataji: it has to be there if you are putting... so you have got the building... I'll show you

Yogis singing: la-la-lalalalalala Gloooooooooooria

Song: Mother and child

Shri Mataji: Shoes taken out..Are you all well? Better?

Yogi: satisfied Mother

Shri Mataji: what are you feeling now?

Yogi: Just nabhi... left and right nabhi

Shri Mataji: it will go away..Ha..How are you? Yogi: Well Mother Shri Mataji: How are you? Yogi: Got Pain here Mother Shri Mataji: How are you? Alright? How are you?

Yogis stand with hands open

""

Shri Mataji: Eating all the bhoots

Shri Mataji: Nani !... that paper...one of the „ somewhere

Yogi: weren't there some rolls left there? I thought there were some left downstairs?

Shri Mataji: Forget it. We get it by Monday. If you show him he can get it on Mondaytelephone to them

Yogi: we just want cutlery

Shri Mataji: they don't have not anymore in the stock

Yogi: oh really?

Shri Mataji: put up... in the heart, in the heart

Shri Mataji: Where?

Yogi: Where does he reside?

Mother showing the stomach M : in the stomach

Shri Mataji: That is the bhur buva swaha..takes away all your.. swallows everything

Yogi: swaha?

Shri Mataji: Swa- HA

Yogi: what does it mean Mother?

Shri Mataji: Swaha Bhur buva swaha is the essence of agni swaha

Yogi: essence of agni?

Shri Mataji: swaha means swallowing power or the burning power..all that burns..swaha..

Yogi: that's why we are doing this..swaha?

Shri Mataji: Bhur means this Mother Earth then buva . buva is all that is created all this universe that is created. Swaha is power to burn – all that is burning which burns down. It's in the stomach. This Power for..

Yogi: So its an aspect of Lord Vishnu?

Shri Mataji: Vishnu's aspect.. Rama's brother Lakshmana.. Yogi: Agni? Shri Mataji: yes it's the one and he is the one who actually is like a serpent in the stomach he stays always where Vishnu resides that's his brother Sheesha. he was Arjuna

In his next life as Vishnu he was Arjuna. Sheesha is the snake representing the Agni the stomach you see. You any problems you get that kind of pain you know that's..

Shri Mataji: Better now? Better? Little on this side

Shri Mataji: MM ...put this.. virus

This one. Not them you can see all of these sitting there photographing

Shri Mataji: its all going to be a historical report whatever you say

You must come forward. Some of you are hanging there come forward. Come along..we are taking your tapes how you call them – the pictures Yogi: videos Shri Mataji: videos, come along Yogi: We have free lunch tonight Shri Mataji: just come that side everybody is waiting for an invitation. Come along. Left behind. Yes. Quite nice

Shri Mataji: I did not understand why you people take too much soup but now coming here I know it is so cold that you want to have something hot all the time

These two come along this side. Better. Left . Here

Shri Mataji: for a while now.. How many lots you have brought?

Yogi: Er three Mother

Shri Mataji: So we have to get wall out.. I don't know how many

Yogi: what about all those Crakes Mother

Shri Mataji: they have to be brought also but I ... to do the rest of it..there must be some more.

Yogi: more furniture upstairs Mother, more crakes suitcases there

Shri Mataji: that's all? Boxes?

Yogi: downstairs. There is a lot of furniture

Shri Mataji: there is a lots of them downstairs

Yogi: a large table, a very large table

Shri Mataji: table for the dining...Yogi: settees Shri Mataji: sittings?

Shri Mataji: you see tomorrow when he has put the tape at work then we can get furniture move furniture from mom gardens... but at Linda's place we have sent some furniture

Shri Mataji: Now your hearts will be badged and how chiselling will be done. We are doing the chiselling you see. When you are chiselling something I am chiselling there something else

Shri Mataji: So Don't say that if we have to take out the paper plaster you have to take out... to take too this is nothing but conditioning not only victorian but this conditioning of ages. that's only victorian that's what? 100 years at the most..old conditioning there, all your forefathers they have left lots of things and all that kinds of problems you have developed because you came to this country, some of you lived in this country – all sorts of things.. and your hearts get broken very easily so I have to make a solid fiber glass heart

..Laughter,,,

... arrange it should be nicely skirted so there is no harm so that nobody gets hurt it's all building up and what is the essence of it – that you should be able to enjoy – to be able to enjoy yourself, your own building, your own house, yourself, if you do not enjoy, what is the use of building your house, isn't it? you can not enjoy your own house. I don't know if it will be alright upstairs.

Shri Mataji: I am going away.. on the 20th I have to leave so may be next weekend we will never each other – this is the last weekend and I will be back in Australia

Yogi: Maureen is asking when will you go to France?

Shri Mataji: futuristic...Yogi: to arrange things before leaving...Shri Mataji: Is it that won't be that much? I'll be going in May. I think.. May. In May I'm going all Europe. America we should keep it in September? Not earlier - may be end of May. To be on the safe side – nobody wants you in august anywhere.

So May June July, may be September, October I should go to Wisden October we should keep

In May I should work in London I should say, by that time I am sure you... going to be important year 82 ... I have to see what the English sahaja yogis are going to do now. It is written down so that you will be chiselled out here so that you can go across everywhere to do sahaja yoga. That's written by ... Blake – I am not saying that...is something that will go like that I think ah? you have to chop out you see and see just like we are tidying the whole house just in the same way comes from first floor to second – go on tidying up – and everywhere in the country you can go – talk about it, say things – you have to now start talking – the silence is not going to help you at all. Till little children grow up better they already have started talking – like Olympia will go out and say – pthhhetha. The way she was behaving coming to Me that day..Every time you said something she was like that (Mother is bending her head) happened the most similar last time..all the time: alsotatatata and then little this girl Aniki – I feel for her very much – she stood up there: somebody came and touched my feet, she said : "she is not at all alright, not alright".

Till they grow up, we have to prepare the ground for them and for everybody else. Basics are to be alright, that's important otherwise you have to again open it and again correcting it so you get so fed up and if you have to read all the things you don't like it isn't it? So at least wherever you are you hold on to it like a peg being put there, don't fall back If you fall back then again I find it difficult to raise you. Now most of you have gained a lot I must say from all over... Denis should have come today I wanted to see him the only person who is left out, Wendy might come on Tuesday she seems to be better....and another is David Backster. He could come and see me before I leave – it would be a good idea – another one who has turned out to be a medium.

Journalists poor things they must be already mediums already. Yesterday they were telling about some journalist who went to Omeni – a lady and she completely embarrassed him, he said that why are you wearing such a dress? Or something to her... she was wearing a long cape so she said if you don't like it I take it out. She took it out it was said so embarrassing – he ran away you are brahmachari... it was too much for her and I am told she went to Gaddaffi. Why? he was horrible...she went there and the photograph she was even afraid to take the photograph... she made lots of fun of him she must be herself a funny woman if you do all that.

So those who are coming to India – I don't know how many are there going from London

Yogi: about 20

Shri Mataji: 20 from London?

Yogi: from England

Shri Mataji: England. But from Switzerland?

Yogi: may be Tierry, yes, Tierry may come

Shri Mataji: Of god ! Not him! Oh...Indians get after his life, he wont like it, who else?

Yogi: somebody called Janvier, jeanaville and ari –matier might come

Shri Mataji: he is coming for a short time

Yogi: Martin

Shri Mataji: and these three teachers who came elderly ladies

Yogi: they are coming

Shri Mataji: they were great when they came to Rome and they said our lives are completely changed... they have come directly, but what time will they reach here

Yogi: see everybody should come on the same flight from paris. They are all told to come for that flight

Shri Mataji: and from Paris?

Yogi: from Paris its Marie, Anique, Alexander, Natalie, William and Dominique also

Dominique you know from Paris?

Shri Mataji: yes I know

Yogi: Benua may be coming, Robbert and somebody called Madeline

Shri Mataji: and did they give you the letter from that fellow whose child what's the name?

Yogi: oh yes

Shri Mataji: he is very interested in Sahaja Yoga. Now this Ubal. When is she going now?

Yogi: they are going back to Australia after Christmas

Shri Mataji: oh I see

Yogi: she may get posted he is may be going to come to London

Shri Mataji: that's good. So how many are coming from America also?

Yogi: at the present we have not got anyone left

Shri Mataji: But Michael?

Yogi: I could not get through him on the phone to trace him, I will try again tonight

Shri Mataji: really? Why not I have given him the letter

Yogi: there is no telephone line. He does not have telephone

Shri Mataji: why not send him a telegram? Did you read the letter, the second one?

Yogi: he is very keen on going to India

Shri Mataji: you should say we have reserved the seat or something, alright? Ask Inesh to reserve a seat

Shri Mataji: better? So who else?

Shri Mataji: Please stop the...

Now I am going away who is going to cleanse? Now you have to cleanse yourself.. all of you

Look you see he is sitting here. Can you see better? He's there

Now put your right hand towards that. Its fire isn't it? Holiness of this fire he was the brother of Brahma... and one of the greatest yogis you can think, he had to go with Rama for 14 years. 14 years he went to jungle with him because he was said to forest exile and there he had no wife, for 14 years he was without a wife. Rama had a wife he had no wife. The wife was left behind and one of the sisters of Ravana - Rakshasa- she came to entice him. He got so angry with her for that that he cut her nose... I think you

are a very beautiful woman you'd better go and wash the feet of my wife. And so powerful he was, so powerful and he could never bear a single word said to Rama against Me...He was getting to big tempers for that. See how it is lit. He is happy now is burning

One of the things you can see how things can be sure that fire which is a purifying force it's a purifier, purifies everything, if gold has something wrong it goes burning it anything that is wrong he burns it. In Sahaja yoga we use fire also. This is Lakshmana is the Sheesha. The story about him is like this: his daughter when he was with Vishnu Sheesha's daughter was called as Sunucha and she was taken away by a Rakshasa called as Neguna (he was a son of Ravana) and he was very unhappy about it and this Neguna married this girl...funny situation, so Lakshamana wanted to get back his daughter to save her

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25 December 1981

You Have To Be Peaceful

Christmas Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Christmas puja. Chelsham Road Ashram, London (UK), 25 December 1981.

[TAPE BEGINS WITH CHRISTMAS CAROLS SUNG BY THE YOGIS]

I wanted to be with you people on a Christmas day, but it never happened before. It has so chanced that I have to be here with you today and on the New Year. Something good has to happen I hope next year, some good luck has to come.

Christ's work was very unique. The whole thing was a very unique thing, was planned in such a manner that He was to be born in a place which was very humble, very humble place. Because He came to teach us humility. The word 'teaching' in English language means telling about it, talking about it. But when I say 'teach' I mean create, to activate this humility.

Actually, He came on this earth first of all to create a space within us, at the Agnya chakra, by removing the hurdles of the ego, hurdles of the ego. He had to talk of humility that time, because Romans were ruling and they were very arrogant, very crude, uncouth, underdeveloped, we should say, not at all evolved. Like, you can say some of the animals, which came into being and were thrown out of the evolutionary process later on because they were useless, too aggressive or too big for their size or some sort of a thing like that.

In the same way, Romans were. If you see their body, even now, painted sometimes, you'll find that it was not like a human body, it was like some animals you see, the muscles and all that was very grotesque. There was no softness, no roundishness, on their faces. So, this ego of Romans affected everyone whom they ruled because when you have somebody as an ideal before you, and always people see who dominates them, and then such a person becomes their ideal. So you start imbibing that kind of a character within yourself.

You see, somebody who is condescending, you also become suddenly condescending. You see somebody who is very egoistical and tries to show off, you also put up air. You can see this everyday happening, that a boss comes in who is a very, very airy person, everybody in the office is like that. And that's how Romans affected the people in those days by creating their own ideals, people thought they are the ideals, they are the best, because they had produced results according to them. They were so powerful, they thought this was the power. And that's why they followed their methods, many people who were not even Romans.

The another humbler group was affected because they were hurt, their ego was hurt. So, they became equally violent in the sense that they were so touchy that you could not say anything to them, they would just come and bark on you, frightened people. This kind of character is very dangerous also, because that gives you some sort of very bad diseases: can give you leprosy, people develop leprosy with that kind of character, if you develop a barking temperament of a nature by which you just jump at people. Nerves become absolutely sort of shattered by it, and the leprosy is the disease of the nerves.

Those people who always keep themselves under such strain and jump at every person who comes along are very dangerously placed as far as their nerves are concerned. And then a horrible type of virus you know that which creates leprosy attacks these nerves, can attack because they are very vulnerable, these kind of people who jump on the others. That's why there was so much leprosy, in that small little place there were so many lepers, because their nerves were shattered.

In those circumstances Christ was born. But He was not only born just for Romans or for anyone, but He was born for the whole world. Because ego had started growing in human beings at that time and had developed quite a lot as far as the Romans were concerned. And that demarcated the way human beings were going on. So they had to be controlled first of all, and Christ had to come at a time where a balance between ego and superego was to be established.

So, the first thing that was said about Christ throughout in all these music and songs you have heard now is that 'Peace on Earth.' He came to create peace on earth. That's only possible when you are in balance, first of all, secondly when you are Realized. Both things should be there. If only you get your Realization and there is no balance in you, there cannot be peace. But peace never means in any way, is a personality that recedes back, runs away from situations, escapist, who does not want to face the reality - never means that.

Christ is pictured very differently from what He was. He was the strongest personality you could think of, and the healthiest man you could think of. And He would not stand any nonsense, nobody could take liberties with Him. But He would not Himself take liberties with others, of course no question. Extremely compassionate, extremely kind, but very powerful. This is the balance. So, He came on this earth to create peace within our minds. On this earth there is no peace, why? What's wrong? It's only the human beings are not peaceful. When this peace will be settled within yourself?

Who is violent? Human beings are violent to each other. Ego developed subtler ways and subtler ways. Then, provocative ways started coming up also from the superego, sly methods from the superego. The conflict started. And at that time, to overcome that conflict, the best thing was to create a space in Agnya, in the center, in thoughtless awareness. That's how Christ had to come on this earth.

The birth is very, very symbolic. Because He's nothing but Chaitanya, He's nothing but the Word as you call it, Logos – I don't know what all words you have got in language, the Shabda, as they call it, is the Omkara – He was to be born in this way, because He had no body, and the subtlest of subtle He had to be. Because the work was very subtle, Sukshma, that's why He was born like that. It's very poetic to see Him lying down in a manger, for people, that look at this: the King of Heaven should...

[Shri Mataji: It's all right. Now she does that to understand. (Shri Mataji drinks a cup of tea. To the little girl who wants again something:) Don't go near that.]

So, the story of His birth was very interesting tale. It was very symbolic [unclear] that He came in a humble place, because people were so proud of their money, so arrogant because of their power that they had. Even today all the Christian nations are like that. Surprisingly, Christian nations should be so arrogant and so power-drunk and think no end of themselves because they are affluent. Think of the Christian nations being very poor, do you think they would have had racial problem? They don't have racial problems with Arabs. Not at all [laughter]. As simple as that. No problem with Arabs. They have no race, Arabs have no race, they have money, money race. Those people who hanker after money are only bowing down to money. They have no respect for anything else but for money. Those who have money and think of money are another lot which is going to go out of the circulation of evolution. They are going out already.

The second lot is the one which was like Romans. They had a fall, they were all finished because they were power-drunk. They drank away, their civilization completely finished off and they are out. You've seen Portugal, you'll be amazed, it's happening there. The ego of Portuguese was so great, you can't believe that that country is a desolate country, there's nothing now, big-big, huge big buildings, which you see and you know they must have been rich once upon a time. And there's nothing left with them except for their antique shops which are never open. [Laughter]

This kind of a ego is again revived and that revival came up, imagine, in the name of Christ. Imagine! They purchased people to be converted as Christians. They gave them money, is all money, money propositions, money enterprise going on. Jews the same, then the Christians the same.

He was born in a manger. For a little child to be put in a manger by the Mahalakshmi, it's too much. See how symbolic it is, Mahalakshmi, was not Lakshmi, but Mahalakshmi to put the child in the manger. No place. We have at least Chelsham Road [laughter], Warwick Road, Bramham Gardens, Brompton Square. But the child was born and was put in the manger, the humblest thing in this world is a manger. The humblest of all, a crib, the Highest is put in the manger.

So, what do we do? We think we should also sleep in a manger, we'll become like Christ. There are people who believe in such nonsensical things. They think that, you see if they have all the money, they drink and do all kinds of things, you see - I met one man one day, he was all drunk lying near a church. He was saying: "I'm Christ, I'm Christ." He must have had got this idea that he's lying there because he's very humble. This kind of ridiculous caricature of the whole beautiful symbol is followed everywhere.

So the arrogant and the egoistical might say that: "Why, if He was the King, why was He born in the manger? Why was He kept in the manger?". Everybody will have their own concept. Even there are people in India, who are stupid people, not wise, who say that He must have done lots of bad karmas to be born like that. Because to them, karmas give you more money, I mean, God is not so unintelligent.

If you do good karmas you become men of God, you become seekers. You get the blessings of God by your good karmas, you'll become religious people, not moneyed people who can go to pubs and waste their lives. This is the idea they have got that by doing good karmas you become rich, and become even worse for next life. Some people may believe like that. But He never did any karmas. He was in akarma Himself, so no question of His punishment and all that, because just a drama, but very symbolic it is.

Now see, a little child put in the manger, no comfort. Can there be any comfort in a manger? Think like that. All the Christian nations are after their comforts. Aren't we? What we think is not comfortable, it should be comfortable. Christians should never seek comfort, that is one of the messages of Christ's birth. If they seek comfort then they are away from Christ, because He was born in a manger. No comfort was provided for Him. But that doesn't mean that you should assume some sort of a funny habitation, it doesn't mean that also, I mean I have to tell the other side of it, you see. Copying Him is not the way, is not the way by copying Him that you will become Christ, but by imbibing His qualities within you.

I've known people who live in a pigsty, but once they get to a better life they want everything else. So imbibing the quality of humility and adjustment. Humility and adjustment. Anywhere you are put, anytime. Very particular about time. If somebody has to come at ten o'clock, and if he has to do a job, if it is [that] he's delayed by five minutes, he starts breaking all the heavens, just can't bear it, he can't bear it, five minutes he has to wait. And if he has to wait ten minutes, he's out for a pub, finished. He cannot be pacifying himself unless and until he takes a drink. This is the situation of a volcanic human mind.

So the peace has to come. How? If you seek comfort you'll become lazy lumps. You'll sleep off, you'll be lotus-eaters. But if you not seek comfort, then peace will come. Because for our own comfort, for our selfish comfort of this body we torture everybody else.

The other day only I was telling that only in the Western countries it is so, not in India. If somebody's sleeping even till twelve o'clock you cannot wake up that person, is a irreligious act. I mean in India anybody who sleeps after six o'clock he'll feel ashamed of himself to be sleeping that time. He'll be apologetic the whole day and he'll say that, "Oh, God, I'm sorry I slept." It's regarded as sinful to sleep so late as six o'clock in the morning. I mean, any country like that.

So, comfort has no end. There's no end to it. Comfort crawls upon you, what is comfort? Let us see, very simple. In Christ's symbolic life, its very deep significance is this: that comfort is nothing but the matter overpowering the Spirit. Do you see that point? If you are sitting on a chair, then you can't sit on the ground. If you are sitting on a sofa set you can't sit on a chair. If you are sitting on a velvet, then you cannot sit you know on an ordinary thing. Is the matter always overpowering the Spirit and He

was the Spirit, what does it matter to Him? Whether straw or anything?

It is insurmountable, nothing can displease the Spirit of these material things, I mean the matter otherwise will take over. That is the thing is one has to understand, that He was the Spirit and if you have to become the Spirit, first of all, try to give up your comforts, lash your bodies a little bit, I'm sorry on a Christmas day I have to say that, because He was also lashed that way. If you see on the day He was born, for a mother to put the child in a crib that was a manger is too much of a sacrifice. How much you want to do for your children, you see, dress them up properly, do this, do that. But the child was to be put in a manger, was put in a manger, just for you people to learn that comfort crawls on the Spirit.

We always seek the comfort. This one thing is the message to all of us. If you seek your room, "I must have a bathroom attached to that." Again comfort. "What about my wife, where is she going to sleep?" She'll sleep as others are sleeping. And you'll sleep as others are sleeping. Nobody is going to die of that be sure, I can assure you. Sahaj Yoga is very hard thing that way you see, very few people die once they come to Sahaj Yoga [Laughter]. Some of them should. [Big laughter]. But they don't. [Big laughter]. They continue, they go on giving Realization, they go on doing everything, still they continue. Escape all the accidents, escape all the problems and they continue.

But this is a short time which must be used. It's a very, very concrete thing I wanted to tell you today. It's nice to talk of Christ's birth, be happy about it, sing songs, go into a mood like that, but really I tell you, it's a very symbolic case for all of us to know that He slept in a manger.

And the another symbolism is that, what did we offer Him? What did this world offer Him at that time? The another symbolism is that they offered Him a manger. Are we going to do the same to our Mother? This is one thing one has to know. Manger is, after all, is all right, it doesn't catches anything, it has no left Nabhi, right Nabhi, nothing [Laughter]. It doesn't have all these problems. There are no thorns, there's no Agnya, there's nobody screwing up into Your stomach, suddenly feel, "Oh God, don't want to see".

So, you are the thistles in that manger which have to be soft to give comfort to Christ. You have to become so soft and so sweet, so clean and pure, because a new babe is going to be put in the manger. You are the kushas (grass) with the thistles. And for a yogi the kushasana (seat made of grass) is the one - he sits on the kusha only. So, He was a yogi, He came on the kusha, all right. But now, what about you? To receive Him in the manger, this is the manger. The Mother is preparing the manger to make the child feel very happy and comforted.

The thistles: adamance, obstinacy, harshness, ugliness: all must be curbed down. It's very symbolic, it's very symbolic I must say His birth; why, why, one should think, why was He born like that? People might give any amount of interpretations, but I know because I've done it. I'm trying to soften you, I'm trying to mold you, sometimes I have to be harsh with you. Sometimes I have to be angry with you, sometimes I have to tell you off. Just now there are some who are catching so much on the Void, that My stomach is screwing up. It's all right with Me, cause I'm supposed to be that, I'm so fortunate that I have to face all that.

But what about Christ within us? You are not going to be happy with yourself, with your being, with your Spirit, unless and until you create a manger of very soft thistles. You yourself you are not going to enjoy. You think that by justifying your egos, by justifying your arrogance, by justifying all that you are doing to each other - some people are busy making money out of Sahaj Yoga, some people are busy deceiving others, some are telling lies, some are creating problems, some are beating wives and some wives are provoking husbands, what is all this going on?

We are creating a beautiful manger for Christ, to create the peace on earth. We have to be peaceful! To be peaceful one has to be humble, this is the message of Christ, humble. If you become humble, peace will come. Humble is a good word, I don't know if it explains what it means. Humble means: "Not asking for your own comfort, but comfort of others". When others are before you, that is humility. It's not: "Thank you very much." You kill somebody and then tell to the dead person: "I'm sorry I killed you" - finished. In English language is over [laughter]. Once you have said: "I'm sorry," finished. "Yes, I know," and the another is "I know."

"Why did you do it?" "I know". Finished. If he knows, then it's all right. Then there's no punishment. No. You don't know, you are all the Spirit, so beautiful. You are to be chiseled out, all right, that's My job. You are to be cleaned out, that's My job, all right. Kundalini awakening is My job, agreed, but maintenance is yours. On the contrary sometimes I feel, because I do all this, the maintenance is poor, very, very poor.

Like in India I see some people try to help us, by giving us money, you see. We didn't earn the money ourselves, you see, somebody donated money and they built some wells, all are dilapidated and finished, free gift, nobody wants to look after it. It's human nature. If you don't work hard for your maintenance, and just leave it to Mother, "Oh, She will cure us, let us continue what we want to do, She's coming after all, She's going to look after us", we'll lag behind. That's why My presence can be sometimes in a way not so fruitful. My presence in England is good up to a point, and afterwards it should not be there for some time.

I love you very much, you know that, very much. I - England is My heart, and I have to be here, and this Christmas I wanted to celebrate with you and the New Year with you just out of My own desire. But I have to make you understand that you have to work harder and harder to keep yourself clean. Get rid of your problems, come up, do not say that, "Yes, it is like this Mother." All the time you are reporting to Me, "Still Mother I'm catching, see now this is happening," as if it's a boastful thing to say. "I will get all right, I have to be all right, now Mother has gone, let Me show Her when I come back".

When I once went to Bombay, Raulbai did not come to see Me for seven days and she was in Bombay, she had arrived to see Me. So I asked them, "What's the matter, is she keeping all right, is she all right? Then why didn't she come to see Me?" I was thinking what's the matter with her. She came to see Me after seven days. She said, "Mother, I'm sorry I didn't come to see You because I was caught up this time, I wanted to cleanse myself before showing My face to You."

So, cleansing is to be done, maintenance is to be done, raising of the Kundalini, collectivity, collectivity: look after each other, you have to only support Sahaj Yogis and not others, outsiders, they are outsiders, they are not us, we are Sahaj Yogis, and those who try to support others are no more Sahaj Yogis, they get out of Sahaj Yoga would be better for us.

Whatever we are, we are among ourselves. Outsiders are outsiders, we have to love each other, we have to respect each other as saints. Nobody has to say anything harsh things to each other. No. Be kind, loving, affectionate. Curb down your tongues, be humble. Humility, humility is the thing one has to be. Write it down with big words, be humble, be humble, be humble. And when you become humble, such peace will reign, and you will feel so nice, being humble, there's nothing wrong. Christ has gone to this extent to say that somebody slaps on this face you turn the other. Be humble. With Romans there was no other way out. There was no other way out.

Also, He preached humility, throughout He preached humility. You be humble to each other, that's all. You need not be humble to others, because no one can now torture the saints, is over, that situation is over, but you be humble to each other. Humble in your demands of life.

That doesn't mean that you should become people [Aside: Just keep it there.] Just that you become people of a strange characters, you see, that doesn't mean that, should be decent, with decorum, as Christ was when He was born. But you should be humble. Try to mould your bodies, make them lighter in the sense that you can sit anywhere, you can move anywhere, you can lie everywhere - you are all young people, adjust yourself. If somebody has one room you should say, "All right, doesn't matter, I can live in the corridor, don't worry." But they will be first jumping, I've seen that, to the room which has the attached bath. How many of you have rooms with attached baths, let's see? Raise the hands, living in the ashram. Better give up. Better give up. See now? Better give up. All of you give up your rooms and stay in rooms which are shared. Now it's all right for you not to share because you are husband and wife, but need not ask for attached bath.

Comforts are to be given up for others, not for you. You should make others comfortable, not yourself. Sometimes I'm surprised at human beings how they allow others to eat anything, the way they are self-centered is something surprising. But after Sahaj

Yoga you change! You enjoy giving comfort to others, saying comforting words to others, sweet things to others, you enjoy that!

Christ was given the crib of a manger and He came to comfort you, to give you peace and He came as a Saviour, can you imagine the contrast? You are the saviours of the whole universe now, as He was Saviour. But, you cannot be selfish, you cannot be comfortable. You have to be like Christ, He used to live wherever He liked: He lived in forest, He lived anywhere. Just working hard for people, He would never even have His food sometimes. He lived under all circumstances, under all conditions; He never asked for any comfort, nothing. He was a carpenter, He never even used a glove. Here you must have gloves. You must have socks, you must have shoes, you must have a shaving this, He never shaved even, that doesn't mean you grow your beard. [Laughter] But He was a very clean person. He lived with the minimum of minimum, that's what one has to do, is to reduce things.

You know, I have everything that one can think of, but I can live with the minimum of minimum, I can live with two saris, and sometimes with one. You should be able to live with minimum of minimum, that's the point is. And that is what one has to learn from His life is that we are the saviours today, and Saviour lived just like a humble person, very elite in His behavior, very dignified, He was not behaving like a beggar going, "heh, heh, heh," like that.

Some of them, you are like that also, you see, you go about like this, when you talk, like this you go about [Shri Mataji mimes a beggar] that's not the way! With dignity, with your magnificence, with your gravity, move about. Actually those who are really great, those who are the real emperors, do not need anything. Ah, what can dominate them, tell Me? If you are the emperor of this world, if you know you are the queen of this world, what is more important, what comfort can dominate?

What material thing can charm such a person? Because that person is above, that's badshah, that's the king, that's the real sign of a king, king of heaven, not of England, or of any place, but of heaven. And that's what you are, you are the citizens of that kingdom, to you these things should be absolutely useless.

The beauty of the matter should be seen, not the possession of it. Beauty is the comfort, not what you feel in the body, like having comfortable things. Beauty is so comforting, people do not know how comforting is the beauty. And that I'm sure while we are celebrating His birth today, we glorify Him, by accepting a kind of a martyr Spirit, a Spirit in which you are dedicated, in which you do not demand anything, but you give. You do not ask for anything, but you give.

Even today, I received letter from people saying that, "Please, I want a job, can you help Me, will You bring?". All sort of things like that. [Shri Mataji laughs]. It can be any sort of a nonsense. Of course, I mean, one can have all that kind of thing, but ask for one and that is the Spirit. And once you ask for that, nothing higher to what you have asked for [unclear]. Then you don't want anything else, the enjoyment is complete.

So, to celebrate His birthday and to rejoice in that, is to rejoice in our adequacies. If you are adequate you do not hanker after your inadequacies, don't you? If you are complete, if you are full, if you are satisfied you do not hanker, do you? So enjoy your adequacies, your completeness, your fullness, and your complete satisfaction, enjoy that.

Ultimately, all these things lead to some sort of a satisfaction. Of course, I don't know if you get any satisfaction out of that, but the real satisfaction that is within you is the Spirit, you enjoy that. This is for yourself, and for others you are a comforter to others. It's not that anybody who talks to you will come and complain to Me: "Mother, he has bitten me. I had a meeting with another scorpion, he bit me [laughter]. I touched somebody and he hit me."

Comfort. You are a thing of comfort to others, believe Me, you are. Comfort others. So those who comfort others do not bother about their comfort. The shepherds, simple people, in this cold, imagine they were outside, and they saw the vision of the angel. It can only be seen by people who are humble, who are leading a humble life, He appeared to them and the other was, vision, to the Wise.

So, only the humble people and the wise people - wisdom, common sense and wisdom. Those who are not wise can never

understand, can never understand, those who are intelligent and intellectuals are not wise people at all, they are stupid, you know that they are stupid people. Wisdom. So the three wise men and the shepherd is another great symbolism, those who will understand Sahaja Yoga - simple people, shepherds. And another are the wise. Only the wise can understand the star. So many must have seen the star. Wise men from the East. It's true. Eastern people are much more wiser than other people, no doubt about it. But why? Let's see why they are wiser. Eastern are wiser, up to a point.

In your body, there is East and West if you see. East is left side and West is right side. Eastern are the left sided, nearer the heart. But not the Eastern most are Japanese, horrible people, Japanese, horrible, then the - all these people who are selling you these drugs and all that, they are worst of all. But those who know and are left-sided, the combination of knowledge and love, knowledge and compassion. If there is no love, if there is no compassion, I mean, you just can't talk to that person. He's like a stick! I mean, in a dried stick what vibrations can I give, you just tell Me? A dried stick, straightforward dried stick, you see. What vibrations I can give to a dried stick? There should be some sort of a greenery in it, isn't it? Little bit at least. If it is too much of water also it is spoiled, can be rotten. But if it is a dry stick straightforward, you know what I mean, dry sticks are - then how can you give vibrations to such a person? You cannot. You cannot raise such a person.

So, first thing is love, and wisdom comes through love. Wisdom doesn't come through intelligence, it comes through love. When you love someone, you get the light of wisdom. By thinking you can never become wise, you can become stupid, absolutely stupid, but by loving you can become very wise. Then I see Sahaj Yogis suddenly say some things extremely wise, something great, suddenly they say something that's so sweet and so nice, I said: "That's it, the heart has opened out". The fragrance of wisdom comes from the heart and that is symbolic now, that three of them came, and they were who?

Brahma, Vishnu, Mahesha. They came to see Christ – Brahma, Vishnu, Mahesha. See the vibrations. Because They only can recognize, not ordinary people, Romans, no. So They came. So, we have to be humble and we have to be wise. Wisdom is such a, such a diamond, it has so many facets that I cannot describe to you in a short time, one day I'll talk about wisdom. But it's all common sense, so sweet, so beautiful, where to say what, how to change the subject, where to assert more, where to handle a situation in a strong way, is to, where to be a gentleman and where to be uncouth, where to shout at people and where to be quiet and humble and sweet. All such a judgment you see, is all that is wisdom, you see. Is a center of gravity, and to achieve that you have to give up your extreme behavior. Obstinacy is the first thing that should be given up, for all wisdom, obstinacy.

To have a son like Christ was such a great boon, I mean, so confident You know, feel, "adhara", the complete rapport is there, no problem of any kind, to have a son like Him, completely obedient, absolutely 100% obedience and humility and understanding of Your Being. No problems. You are all My sons too, and made after Him, after the same pattern as I made Ganesha. I'm proud of you, you are My children, come up to it, and you have an example already created for you. Before you is Christ, you see Him, what a support it was! And He never had any complaints of any kind, no upset, He would never be upset, no question! He would never tell Me, "I'm upset," never, this word doesn't exist in the dictionary of wise. You are never - how can you be upset, when you are set once for all? This word must go from the dictionary of many Sahaj Yogis who use it, problems and upset. You solve the problem, give the solutions. No problems, only solutions.

That's the way a son should be to a mother, that she can depend on him, absolutely, no problems there, nothing, I mean, you have a son born like Christ, what is there to worry about anything? Even the one word He said: "Behold the Mother", is a mantra, is the greatest mantra that I use. When your attention is here and there, I just say that mantra to you, as a command it is! And so humble, so humble: "Behold". "Behold" doesn't mean look, no, it's a very humble way of addressing, 'behold,' it's something glorious, something great, behold it, accept it, understand. It was such a mutual understanding of support and love that should exist between us. No secretiveness, no formalities, no exclusiveness. No exclusiveness, all enjoyments must be together.

Now all your ideas of having separate enjoyments must be given up for a change. Holiday is when you are in the company of your, no more holidays, Sahaj Yogis. All these things must be given up. This is all against Christ's behavior. He never had a holiday, never. This is holidaying. Holiday comes from the word holy day. Every day that is spent, every minute that is spent in the company of Christ is a holy day.

So, they must have brought it down, Christ to Spirit and Spirit to spirits and spirits to other things. I'm sure. I mean, that way, human beings are very great at deriving at right points, you see, and jumping into ditches directly. So they must have done it so sweetly, beautifully, that's what it is wisdom, wisdom, all the time, wisdom. Wise man is never cunning, never sharp. Is something I cannot describe also. And who is the wisest of all is Shri Ganesha, who is the embodiment of wisdom. Ask Him for wisdom. He gives you the wisdom to do anything, ask Him for wisdom.

Today, I just think of how many Christmas I must have passed, I've never talked about Christ so much, with that intimacy. Such a relationship, such a relationship of, so near and so far - because He knew who I was. That awe, that respect, that humility, is hard to find in any disciple, even in a disciple, in your own son! Is so close, but complete understanding. That oneness has to be developed. Gradually we are all developing it, I know, but these are the days of speed and we have to speed up a little more in the right direction.

So now, as desired by you, we have a white Christmas outside [Shri Mataji smiles; laughter. Some yogis say: "Jai Shri Mataji"]. Then as you have desired that "Wash me and I shall be whiter than snow" is been blessed, think of all the nice things we have done together and that we are going together to do it later on: that's how you solve your past and future problem. And Christ came on this Earth to expand your present.

So, Christ who is the present Christ, today, who is born in you, is to be looked after. He's not the Christ of the Bible, but the Christ of your heart, which is born within you is to be looked after. Bible is so symbolic that it will take years and years for people to understand it, it's too symbolic for them. But at least you can understand it, but other human beings cannot understand. So, one has to only understand through your own Spirit, that is the Christ born within you, which must be looked after. Put Him in a very soft heart, if you have thistles, He's a collective being. If you affect the collectivity, then He's affected. Look after Him.

So they say Merry Christmas is enjoyment for joy.

Out of peace comes the joy, light of joy, happiness. I wish peace for the whole world, for the whole nations, to understand to give up all the strivings, all the false battles, for money and for power, all wrong ideas that they are different from each other, and come under the banner of Sahaja Yoga and enter into the Kingdom of God, where they are invited with all respect and love.

I wish peace to all of them, to all the countries, all the human beings, in their families, in their hearts, with their children. With all of them, let there be peace, let their heart emit peace, their tongues speak with peace, their eyes see nothing but peace. All this has to change, tremendous change has to take place, the whole universe has to take a different turn. All that is hatred, hateful, ugly, has to vanish, and the peace has to prevail. It is not the peace of the dead but peace of the living, that has to come, of the wise [unsure].

I bless all of you to be the channels of that peace, to be beautiful channels of that peace, to be glorious channels of that peace, to be great children of your Mother, who is so proud of you.

May God bless you.

There's a mantra for the Goddess: "Ya Devi sarva bhuteshu, shanti rupena samsthita". "Oh! Goddess who resides into all this creation created, all that is created, as peace". So, you have to seek peace that is your Mother. We all say that mantra. Gavin, you say it, "Ya Devi sarva bhuteshu shanti rupena samsthita, namastasye, namastasye, namastasye, namoh namaha". You say it once and then they should say it thrice. It's a prayer.

Gavin with Sahaja Yogis: "Ya Devi sarva bhuteshu, shanti rupena samsthita, namastasye, namastasye, namastasye, namoh namaha." [Three times] [Shri Mataji does 'namaste'].

And then, another one is: "kshama rupena samsthita". This is the mantra because the peace can come only through humility and

forgiveness: "kshama". That's why Christ is kshama. You say that for Christ.

Sahaja Yogis: "Ya Devi sarva bhuteshu, kshama rupena samsthita, namastasye, namastasye, namastasye, namoh namaha." [Three times].

[Shri Mataji puts Her right Agnya finger on Her bindi]

Despite that, Agnyas are catching. Now can you take out Agnya? Those who are feeling hurt, please give up your Agnyas now. You need to take your finger here, for Agnya, you see? Here. [Shri Mataji points to Her bindi].

It's good for the Jews.

[A Yogi puts his Agnya finger on Shri Mataji's Agnya and She holds on to the finger for a while].

Hmm. Better?

So now all this is too much for Christmas, at the most you can wash My hands and this and that, you can sing something and you can have little puja, that's all.

For Me the puja is over, if you can get a... you could just wash My hands [and that's it? Not clearly audible]. [Shri Mataji takes off Her watch].

Now. All these presents are to be opened near the tree or something, this is the tree, tree of life. Present. Is giver of everything, giver of all the gifts, is this tree of life, is the Kundalini, so symbolic, you see? So symbolic.

The egg of Easter, this tree of, I mean it's so symbolic. I wish your Kundalinis were as beautiful as that tree. [Yogis laugh].

Giver of all the gifts. Is called as Kalpataru, in Sanskrit.

Alright, so, we can do that washing ...

Gavin: Just getting water.

Shri Mataji: Of the hands.

Sahaja Yogi: He's just bringing the water.

Shri Mataji: Is there a towel, or...?

[Shri Mataji puts the towel on Her lap].

[Video interruption. Puja continues with the washing of Hands].

Shri Mataji: ... way, isn't it? I mean, if you tell somebody "Don't put your fingers there", they won't listen. But once it is burnt, then they know, wisdom comes in, through experience. But now [they don't have?] innate. [Unclear]

[Aside to Gavin] Yes, just wash first of all. [Hands are washed]

Look at that. [Shri Mataji looks and puts Her hand into the water used to wash Her Hands] Hm. Ganges.

River Thames has behaved so far, so far.

I hope so, she behaves even when I go away.

Should we put it somewhere? [Yogi: Put it in that...] She was very furious, you know? Very furious she was. She is a standing danger. I must say. For the sinful, be careful.

All the polish of the house and everything like that [She laughs]. Today I was polishing symbolically. [She laughs] Ah, now. First of all we'll wash and then we'll do it, all right? All right. Bring it, the... no, I think I'll have now the ghee.

Should take this quite a lot, keep it with them and take it at least seven days, as a medicine. This is very good. For all those who have Void problems, specially for [voiders?].

Linda, I'll have time now, once this is over then you can come and see Me, and then we'll discuss about other things, all right?

Now, what should we do?

Gavin: He's just getting ghee now. It's been warmed.

Shri Mataji: You don't have anything for Aarti and all that, I'll bring this time when I go there. If I save some money [She laughs]. Yes.

You know, the letter was not shown to Modi [She laughs, Gavin laughs]. Letter you give up [She laughs].

This is ghee?

Yogini: Yes, Mother.

Shri Mataji: This is ghee! So much!

Out of proportion it is, I mean. [Laughter] It's too much softening [laughter]. All right, give Me little bit now, some. Just a wee bit. As it is you all have liver, so you don't need ghee. [Ghee is poured on Shri Mataji's hands]

It's all right. Now pour some water. Good for cleaning the nose of all the people who have sinus... [She laughs, inaudible words] the ghee, but not for eating, eh?

Now. Little bit now of another thing, whatever it is [Yoghurt is offered on Her Hands.] Put the whole thing.

Again some water. Now. Milk has to be more. Madhu, madhu, you get madhu first, madhu means... Milk will be more than this. [Honey is poured onto Her hands] Yes.

Gavin: Shall I put milk next?

Shri Mataji: Yes, milk, then. And more milk than...

Gavin: ...sugar.

Shri Mataji: Yes.

Milk. Need for more milk, I think. More. Here. Yes, it's all right.

[Sugar is poured] Not too much sugar.

Not to feel guilty, for Heaven's sake. Not to feel guilty at all, left - left [She raises left index finger] Vishuddhi catching.

Don't think! In My presence you are not supposed to think at all. Just don't think. Don't feel guilty. [She raises left index finger] Catching, still.

[Aside] Good, thank you.

[Video interruption. Then Shri Mataji is holding a small girl in Her lap. Yogis laugh. Shri Mataji cuddling the child]

Yogi: She's posing!

Shri Mataji: She's posing! [Shri Mataji laughs] Look at her. Wrapped up in the sari. Fitting in great, herself [unclear].

Gavin: Just matches her eyes.

Shri Mataji: Eh?

Gavin: The sari just matches her eyes.

Shri Mataji: You see? Just see [indistinct words]. It's a dignified thing, you know, sari is very dignified. Now. All right. [The small child gets off Her lap].

Very nice people. Very sensible.

Gavin, in your list you must put this also. If you tell this list to Me, there, who is coming gives you. Who are coming to India out of you? Here? Now, those who are coming should get this list of a few things that you need, essential ones.

I don't find that thing with which you used to give Me water, is it here or not? With the spoon and all that.

Gavin: I must check it with Marcus afterwards.

Shri Mataji: Marcus?

Marcus: Yes, Mother.

Shri Mataji: You've got that spoon and...

Marcus: Yes, Mother.

Shri Mataji: That you have got.

Marcus: Yes.

Shri Mataji: All right [speaks aside in a low voice. Sounds like: there's the spoon]. This one is very good because it is not hard wood.

[After the decoration of the Devi, Shri Mataji sits with Her left hand upward and Her right hand raised in blessing]

Yogi: Christmas... [indistinct].

Shri Mataji: Now, just put some red on my hand. Red [Kumkum? Unclear]

[1:55:47 Video interruption]

Shri Mataji: I will.

Gavin: Oh, Mother, You are the Counsellor who was promised by Christ.

Shri Mataji: I am.

Gavin: You make us become our own knowledge.

Oh, Mother, You are the Redeemer, who was promised by Christ. You have given us our second birth.

Oh, Mother, You are the fulfilment of every prophecy and every prayer.

Oh, Mother, You are the wholesomeness, by which all wrongs are cleansed.

Oh, Mother, You are the right discrimination, by which we have received enlightenment.

Oh, Mother, You are the integration, by You God's whole creation has been threaded together.

We bow to You who are auspiciousness.

We praise You who are Love.

We give thanks to You who are compassion.

We prostrate before You who are all-knowing, all-seeing and all-forgiving.

We are Your children.

Let us never be separated from You, whether by Your illusion, or by our own limitations. Give us strength of Spirit.

And to the world give peace.

Aum.

Sahaja Yogis: Amen.

Shri Mataji: Let your life be fragrant by My blessings, by My love, by My concern, and the pride that I have for you all.

May God bless you.

[Video interruption. Then a yogini presents her song to Shri Mataji.]

Yogini: ... and it's called "Mother God".

Shri Mataji: Who?

Yogini: It's called "Mother God".

Shri Mataji: "Mother God".

Yogini: "Mother God".

[Yogini sings.]

Shri Mataji: Oh. [Applause]. Sang [you?] with such a heart. Everybody was, everybody's heart was singing with you. Thank you very much. May God bless you.

These songs should be recorded and should be sent to India. They would be very happy, you see, to have these songs. Very beautiful. Who wrote it?

Yogini: Hugo wrote it, Mother.

Shri Mataji: Eh?

Yogini: Hugo wrote it.

Shri Mataji: Hugo.

Yogini: Hugo did that.

Shri Mataji: Congratulations. Give him a hand.

[Applause of Shri Mataji and yogis]

Beautiful. Integration is so important, you see. Somebody has to write, somebody has to compose, somebody has to sing and somebody has to listen.

[Laughter]

[End of video]

1981-1226, Warm Tributes to Sir C.P. on his 3rd election as the Secretary General of IMCO

View [online](#).

26 December 1981

(Location Unknown)

Warm Tributes to Sir C.P. on his 3rd election as the Secretary General of IMCO (from Nirmala Yoga, Issue 3 , Pages 15-17)

Dear Members of the Universal Sahajyoga family,

I am very greatly honored and very overwhelmingly touched by the most generous observations which have been made about me and about my work.....whatever I can do to deserve the love and affection that you have chosen to shower upon me. You have

mentioned that I have been sacrificing in order that my wife who is Mataji to you would be able to devote her time for Sahaj yoga. What I want to inform you is; it is not a sacrifice, it's a great privilege. When we got married, and that was more than a third of a century ago (34 years ago) we had our family, a little family, and we agreed among ourselves that our first duty would be to bring up our two daughters. We also agreed that once the daughters got married, SHE would be free to devote her time as much as possible to the service of humanity. While our children were growing up—SHE gave all her time and devotion to them to bring them up and SHE gave me tremendous support. Without HER support, it would

have been impossible for me to apply myself for the responsibility which the Govt, of the country entrusted to me. I am deeply grateful to HER. But today what I want to state is that I am not grateful to HER but I am very proud of HER. And why am I proud of HER ? I am proud because, at a time when the world is afflicted everywhere, whether you are in the East or in the West, whether you are in the North or in the South, every where you find a certain feeling of unrest, of unhappiness or a little frustration and people all over the world are wanting to know, "how can we all members of this universal world community live together in happiness and in

peace." This is the question before every thinking individual in the world today. And there must be some answer to that, because after all we have to live together, and answer really is that all of us whether we be long to one country or another, we are members of one great universal family. After all, if we just remember, that the whole of uni verse that we know of there is only one planet on which there is life, such as we have and that, we are the most fortunate persons to be those created by the Almighty to be the best of creations, that itself is a very great privilege and the least that we should somehow do is to live together as brothers and sisters genuinely, not merely thro' lips but thro' hearts and it is most important for us. To come to that stage. I have a feeling that the world is now ready for a new revolution. There was the industrial revolution in the 19th century which brought economic prosperity to many parts of the world, thus bringing prosperity to other parts. But that is not enough. For human beings material prosperity is important, but it is not the ultimate aim. There is much more in a human being than a mere desire for material well being—the spiritual part. It is only through spiritual attainment, through spiritual satisfaction that genuine happiness can be attained, and there must be some SPARK which has to light and the source of the SPARK is before you. THIS LADY. So when I say I am not sacrificing at all, in deed I am feeling to be a part of you, feeling to be a part of this great endeavour, and I am proud of HER and the work SHE is doing.

I might tell you something more. Very recently I had a unique experience. SHE is a very busy person and if I may say so with out being immodest, I am also very busy with my work, but one evening SHE invited me very kindly to a function like this in London. There I saw another family a Sahajyoga family, Sahajyogis and Yognis. What a wonderful expression they had, what a feeling of internal peace and calm they had, what feelings of togetherness they had. That gave me a very deep impression, a feeling that, that family had been transformed from desperate individuals coming from different parts of the country into a family mended together, knitted together with one purpose, viz., realising that we are members of one family. They all wanted to assist each other to help each other to grow together and to develop spiritually. Now, this is a marvellous task. I think the world needs this

more than anything else. This country needs this much more than anything else. It is the transformation, it is the uplifting of the individual from within, which is most important. If that uplifting does not come, you will have conflicts, you will not have the kind of homogeneity or goodwill, which is so essential for all of us to be able to live together in peace. So, SHE is giving you spiritual guidance and I have no doubt that I am one of those thousands and thousands who admire HER, respect HER, and my fullest support is available to HER in every way for the work that SHE is doing. But, I think, support is not the right word because SHE does not need support from anybody; but you see you must forgive me because I have a dichotomy. It is very difficult for me to forget that I am HER husband, so please do forgive the expression that I have used but, it was in my capacity as a consort and I want you to know that the work she is doing is to my way of thinking very very important for humanity. In fact, I feel that if is only by uplifting men & women everywhere throughout the world, that we can really become worthy of the Almighty God who has created us all. Now, in IMCO, the Organisation that I am privileged to serve, I am very grateful for the kind words about my re-election. It was most gratifying. Perhaps you know that this was unanimous. I mention this only for one reason, viz that you would hear that there are many issues that divide the world. On very few issues the Govts, of the World agree. Now, if they agreed upon re-election, whether it was Soviet Union, United States, United Kingdom, or Developing Countries or China or Pakistan, well, they agreed to uphold a certain principle and in some way perhaps the message of Sahaja Yoga was being given to them through me coming from HER. And the message that I always give to the member countries of the Organisation is: " We are not divided into groups. I do not believe in groupism. I do not believe in confrontation, I do not believe that by fighting, the world can get along. I do not believe that the developing world can develop by fighting the developed world. I believe, and I believe very sincerely & genuinely, that all of us can get together only by way of togetherness, by co-operation and this is the message that I give continuously.'1 Now this is only one aspect of Sahaj Yoga, only an aspect, but this is the message that I give to the organisation that I am privileged to serve and I am most gratified & delighted that the governments as they are represented in this Maritime Organisation of the United Nations System, accept that philosophy and they accept that by working together the people of the world engaged in Maritime activity can make progress, which would be satisfactory from the point of view of everybody and if they re-elected me unanimously, honour me greatly and my country but to my way of thinking they honoured the principle which is to guide the whole of United Nations system. So, in some way there has been action and interaction between Sahaja Yoga on one side and United Nations activity on the other. I have only a small responsibility in the United Nations system but to the extent that I can, it is my duty and it has been my endeavour always to serve the World Community in a far more elevated sphere— the spiritual sphere. Now to friends who have come from abroad, as an Indian I would like to extend a very hearty and a very warm welcome. I feel very greatly honoured & privileged that you should be here at this time that you should spend your new Year Day in our country and I want to take this opportunity to wish you the very very best for 1981 and the best that I can do is to say let Sahaja Yoga which is universal, grow and grow & develop and really lift up the word to a new level of awareness, new level of human relationship based on love, affection, & realisation that human beings are born for great purposes, they are not born merely to live a routine life but the purposes are spiritual-much highly elevated. For your success, for your happiness and your well being I will pray and with these few words I want to thank you once again for the very very kind words in which all speakers referred me today and I may also thank HER for all that SHE is doing for me by supporting me really. THANK YOU VERY MUCH. (Laughter & claps)

1981-1231, New Year's Eve

View [online](#).

31 December 1981

New Year Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

New Year's Eve. Chelsham Road Ashram, London (UK), 31 December 1981.

So the New Year is coming, '82', expected to be a very dynamic year for Sahaja Yoga and Sahaja Yogis. Everything new becomes stale and never becomes new again, so whatever has gone has gone - 'let bygones, be bygones' [forget the past]. There have been very sweet memories sometimes, sometimes rather unhappy also but, on the whole, we are growing, all of us are realizing, coming up. We've done a good job of building up ourselves into a new way. New Sahaja Yogis have come up, I think, now, who have got rid of their lethargy and their petty-mindedness, their jealousies, their slyness, their slumber and narrow-mindedness. All these things have to be buried in the past. They are of no use to us. It's a load we carry for nothing at all.

Today, it happens that I read a very nice letter which was lying with Me which I didn't read, which was sent by Gregoire to Warren. It really touched my heart. He was concerned about the jealousies that people suffer and the way he said there that this jealousy is the most sticky stuff and most ugly thing and it comes up as something as a challenge to your love, challenge to your understanding or something like that, and then he started explaining it. This explanation is all rational. In Sahaja Yoga there is nothing like jealousy. It doesn't exist. It doesn't exist in the Kingdom of God, something called 'jealousy' because all are part and parcel of one Person. So, one person becomes important, another less important - it's only for the time being. For example, when you are smelling a flower, naturally the nose is more active than the eyes but when you are seeing the flower then the eyes are more active. So, it is not necessary that, at this moment, when somebody is more active, doesn't mean that he is closer to God and another person who is inactive is not. Everybody is [close] but some people are active at a point, some people are active at another point. Or some people are closer, some people are a little away, but they are all part and parcel.

So this is one of the things one has to understand that there should be no jealousy.

On the contrary, if you find somebody who is spiritually higher, you must try to understand and appreciate him, especially a person who is wiser than you, somebody who speaks wise things. If you hear somebody saying something wise, try to note it, appreciate it, enjoy it; you'll like it. Sometimes even the children say something nice, young people can say something nice.

What's happening to the people? Are they coming? From? They have still left their hire and dry. Were you to take a thing for them? Somebody had to go back? Is it Norman? Norman has gone? Where is Norman?

Sahaja Yogi: All the people...either made their way here or to the hotel.

Shri Mataji: About 6 people are left out. So we could have brought -

Sahaja Yogi: ...when you left.

Shri Mataji: Yes. And they were trying- two of them tried to, three of them tried to squeeze in our this thing (car), you see. One of them was Graham [Pottinger] and this and that. But I told Graham to get down. I said, "These others are left out so come with them." I don't know, they might come by...

Sahaja Yogi: ...we can phone them first before they-

Shri Mataji: Phone is- they are outside the house now.

Sahaja Yogi: Oh they are outside are they??

Shri Mataji: They could all come in. I mean I don't know.

Sahaja Yogini: It's only about 25 minutes on the Underground Mother.

Shri Mataji: I know that! But you see the habits, English habits are there, still lingering.

Sahaja Yogi: Yeah, they might stand there. We could go out and get the...

Shri Mataji: Let's wait for a while and see. Let us wait and see, you see. Let's wait and see I hope you get it. I hope you get the thing, they come back. I told them to come together, all of them. They must be jumping into it, they'll be here. Alright.

So the first thing is of jealousy, which I don't understand. Some of you think that I like someone more than the other. To be very frank, I have no idea of liking and disliking, I don't understand that. It's no question [of that]. It's a very different mechanism you are dealing with: that person who doesn't get involved into anything, doesn't get entangled into anything. Only thing what I am trying to do is to disentangle you. If I was an entangling type how can I disentangle? If I was the person who has to purify you and if I am the person who cannot purify you then what's the use of my being there? So the person who tries to purify has to be pure himself. Supposing there's a soap and the soap is the one that gets dirty, then what's the use of such a soap? In the same way, I never get entangled with anyone. That's my name, is Nirmama. To Me, 'mama' is not there - nobody is mine. Everybody is mine. So this should get out of your mind as to Nirmama.

Shri Mataji: I think we'll wait till 10,15 minutes because poor Graham, also, I asked him to get out for those people and to bring them along. He'll be able to do that.

Sahaja Yogi: We can go in the van Mother if they are not here...

Shri Mataji: Just wait, just wait. You can give them about 20 minutes more.

Sahaja Yogi: Did they say there were expecting the van?

Shri Mataji: No they did not. They'll come. Alright.

So we have to bury this useless thing called jealousy. And it can be a very serious thing. It can happen very serious with people. I have seen people, they got jealous, then they got after another person, then they got after Sahaja Yoga, then after me. And this jealousy, one should not allow to crawl into you. Some people are more congenial sometimes, are more nearer Sahaja yoga, sometimes they are more helpful, sometimes they are more useful, sometimes they have to be there. Sometimes they need me the most of all. Some of them are lost people. Some of them are really possessed and badly off so sometimes that's why I look after them more. It's my own whim. I cannot say, I cannot justify. Maybe that some person is very good, I look after. Maybe that some person is very bad, that's why I look after.

So one should never have any jealousies with each other. Only you must have understanding that your Mother has to work for all of you and has to improve you, cure you [and] do something about it. One thing we have to bury is the jealousy that is within us. We bury something and something comes out very well, and what is that [which] comes out of this jealousy? Is that we have to better ourselves so that the outgoing jealousy should live within us: "Oh, am I jealous of a person?" Then, "What's good in that person? Let's see."

Now, this is not outward. Sahaja is not outward. If a person is outwardly like this, outwardly, that's not it's so inward. If I correct somebody, I correct that person because the vibrations of that person are not alright. You see, such a person can be extremely sweet also to talk to, a very sweet type, could be extremely harsh, could be anything; but the vibrations of that person has to be alright. I have to gain nothing out of you except that your vibrations should be corrected.

So, you should not have any misidentification with yourself; that some people are very dynamic, so they think they can do what they like. Some people think they are very sort of receding type so they think they can do what they like - all is wrong. First of all, you should not hit collectivity.

Are you coming from Bramham Gardens? No? He's not come.

For a mother if some children are left behind, her heart is there, all the time she thinks they are left there, they should be [here]. That's the main thing is, you see, not for one person. Like just thinking about your own son or thinking about your own wife, thinking about your own husband is not the point. All of you are dearer to Me, dearest to Me but I belong to no one, I'm a hopeless case! You just give Me up! I belong to no one. No one can possess Me. I cannot possess myself, how can you possess Me? I am beyond possession. Then if it is so, there should be no jealousies, there's no question of jealousy or in any way feeling jealous of each other. Only the beauty of enjoying others should be there: somebody has some great qualities, enjoy that quality in that person - you'll imbibe it. In Sahaja Yoga, whatever you enjoy you imbibe, do you know that?

Whatever you enjoy you'll imbibe - just like that. You should be able to enjoy it.

Now supposing you enjoy creating rifts in people, creating problems in people, you will have that yourself! Supposing you enjoy saying harsh things to others, you'll imbibe that, in the sense that you will have more of that [because] whatever you want, you will have it.

Christ has said, "If you want gold, you'll have gold." Many people who came to Sahaja Yoga went away in the search of money, promotions this, that - they got it. "You will have gold."

"But those who are dearer to me will have food with me. They will sit next to Me on my table." This is what you should ask for. This is what we are for, not for having more gold, for more money, for more this, for more that, but that you are part and parcel of his company.

Now, somehow, I know every one of you - somehow, I don't know how! (laughter) I know every one of you. How far you are with things, I know, there's no need to justify it. No need to say, "This is not so. That is not so". I know everything. I should know otherwise how will I give you something substantial? I have to give you something very, very substantial and for that I have to know what you need and when I know, I love you. Unless until you love someone, you cannot know so much about a person. I know your beauties and I also know your ugliness, I know your tenderness, I know your harshness. I know all the extremes that you are, that you have been, that you are, and you will be. So it is many-dimensional knowledge of a person.

[With] some of you I expect a bit too much because I think you are capable, because I know your past. I work very hard on you, you know that and I'll work, I'll continue to work, every year, but '82 is a very remarkable year, where you people should now work hard for Sahaja Yoga. I have already given some idea as to how to work it with Gavin, I have talked to him. Gavin knows how we are going to work it out in a systematic way; how to attack a particular village, or a particular district, or wherever you have to go there, how to go propagate, how to establish it. Wherever there is soft ground you should settle down, not in the hard ground. The hard ground will never yield any produce. So don't go on working on a hard ground. Put your attention to this fact that, "What can I do for Sahaja Yoga?" Take out your attention from yourself. For example, supposing a person, now there are presents all being tied up. Supposing a person wanted a particular present, take it like that. Of course, Sahaja Yogis are not that low type but still, supposing take the lowest of lowest, like children. So, you don't get that particular one. Now, to do all this with all the work I have been doing there, to select that and to arrange all that, isn't it tremendous? So, whatever Mother could do in that hurry and scurry, with everybody's name and all that, it is quite a lot to She has done, and if She has done that, one should appreciate the love that Mother wants to bestow upon you, and it's all symbolic. But somebody can sit down and start saying, "Oh, I should have had this. Why didn't She give me this? Why didn't She do that. I should have..." You see, it is not anything that one has made or anything,

just to give somebody something, that way; in a small way, I am saying. But even in this small way, you are worried about yourself. You have to worry about Sahaja Yoga: what's going to happen to Sahaja Yoga? How is it going to come up? What have you to work it out? What we have to do? How many pujas do we have to arrange? How do we have to do it? Not about yourself. "How should I improve myself?" That point is also - forget it! What we are going to do to propagate Sahaja Yoga, we have to see. Not to go to personal life, "my husband and wife quarrelling," with them. I mean, I've had enough of it! I mean, I am not here to settle your marriage disappointment. All these nonsensical things, you forget now. Of course, if you have a good marriage, it helps Sahaja Yoga, no doubt. It helps because you get children which are good. If the husband/wife are not alright, you might get very horrible children which may be possessed from the very childhood and be very difficult, they will be realised souls but will be very difficult children.

So it is important that we should dedicate ourselves to Sahaja Yoga today, to 'ring out the old' (a reference to a very deep poem by Alfred Tennyson) and bring out the new which is dedicated to Sahaja Yoga - not to your personal life, not to your personal likes and dislikes but [to] what will happen to Sahaja Yoga. And to be sincere about it, be sincere about it.

Many people who organise go off their heads, I've seen it, somehow. You give them something to organise: they are about to land up in a lunatic asylum. You give them something to organise, make them the leader, finished! It happens like that. It goes off the head. Somehow or other, you see, there's a crack in the head. And these- where are you walking now? [To a baby] It's all right.

So, the cracked head then starts behaving in such a funny manner, that you can't imagine how far one can go. You have to organise, you have to become right-sided, you have to work hard, no doubt, but you need not be right-sided. If you work with right hand, you don't become right-sided, do you? You don't develop your ears, nose on one side, do you? (laughter) Do we? No, we don't! I mean, really, still the nature keeps the body all right, I must say. Because some right-handed people should have a right-side development [Shri Mataji mimes a horn], or the left hand should have a left-hand development – it should be there, but it's not so. It keeps nature all right. Nature keeps the face all right, everything all right. It keeps it you there.

So, one has to know that, when you are trying to bring in something new in yourself, in the New Year say, let's talk of the new things, then whatever is old and outgoing should be sent away, it should be thrown away, otherwise the new will never come! It will shift from here to here, here to here, the bhoot passes on.

(Graham Pottinger arrives from Bramham Gardens, Mother's apartment in Earls Court)

Thank God you have come! I have been all the time thinking about you! Come along, come along. You should come

So, today is the list of not feeling guilty and thinking what all old things, old rags you had upon yourself -throw it away! Change yourself! You see, obstinacy should not be there. People are very obstinate, they don't want to change, they don't want to forget, they don't want to forgive. Give up that obstinacy! Obstinacy is not the nature of your Spirit. If you are the Spirit, you'll never be obstinate. Have you ever seen me being obstinate, ever? You said, "Mother, sit here." "All right." You said, "Sit there." "All right." Did I say, "No, I am going to sit here alone?" Never, never I do that way. You say, "Mother, will you eat this?" "All right," Even if I am very, very full I say, "All right". Sometimes I should put down my foot but I do not, but I say, "It's all right, whatever you say is all right." So, you should also not be at all obstinate. There should be not obstinacy. There should be no fanaticism. It's all a play going on. So, just play this way, that way, that way, this way – just enjoying yourself.

So, this is one thing that, if you are obstinate, you cannot become a new person. To become a new person, you have to give up your obstinacy – completely. Once you give up your obstinacy, you will be very happy to change, and you must change, you must come as a new person. Every minute, every second you are changing. So, I just –

Hello, Athena, (a baby) how are you? Her eyes were glistening as soon as she saw me!

Now, as far as Sahaja Yoga is concerned in England, I think it has taken good roots. Propagation has to be done, it has to be publicised, it has to be talked about. People are to be told you have found it. Go and see people who are seekers. In whatever

level you are, supposing you are dealing with a particular type, say a lawyer is there, a lawyer should meet all the lawyers. A psychologist is there, should go and see the psychologists. You see, at your level, whomsoever you meet, you should talk about it to others that, "This is what it is, we have found out – why don't you get hold of it?" And you will all get hold of those people who are really seekers.

You must talk now and that is what is another – get out of your shyness. That is very important to get out of your shyness, talk to people. But I have seen people, when they talk about Sahaja Yoga, instead of bringing a good name to Sahaja Yoga, they bring a bad name. Because when they talk, they talk in such a way as if they have reached heaven! That's not good. We have to say that, "We are just the same. We are just the old legs and we are just trying to talk to you because we have found something." So that others are not hurt.

So, for that, you have to remember the past now – that, "We were like this, and if somebody had talked to us like this, we would have been hurt". So, we have to remember our past. Remembering the past just for your own manoeuvring, that's all, not as a part and parcel of you, but just for your manoeuvring, how to deal with others. Unless until you remember your past, you will not know how to deal with others and you won't have compassion. So that is what we have to see, the importance of the past.

The future at this present moment is that '82 is a great year, that's all, not more than that. You don't have to think about '83 because even if you start doing it in '83, '82 will be silent. "We'll do it in '83, Mother. What do you think?" (laughter) "I think," "I believe." "It would be a better idea to do this in '83. What do you think Mother?" Suggestions! "I have a suggestion to make. Supposing we do it in '83?" Why not today? Why not now? Ask a question, "Why not?" When such a thing comes - why not now? And then, whatever you do, you do it fully, completely to the finishing point.

My experience has been very good with you when we were working in that house. You were chiselling the house and I was chiselling you. You were building the house and I was building you. It was very good, interesting, very nice. Some of you have really gained a lot, really gained a lot. You have really become very dynamic, very beautiful, very Sahaja. Quite a lot of you have done that, I know that, and it is really very appreciative, work that you have done, anybody can see that very clearly. You are being described by Blake that you will be the Golden Builders. Clearly, it's all done with the golden painting you do.

But in that you have to learn certain things, like now they are painting, all right. The painter goes up to paint. He takes a place to sit down on top. When he comes out, painting is there, but with that [also] all the mismanagement (mess) that was done is still there. The painter has finished the painting [but] still the scaffolding is there, the seat is there, the thing on which he was sitting, the cushion, is there, all the chairs that were removed that are there, all the carpet that was disturbed is there and just the same. It takes hardly ten minutes to put it right.

So, this is the future, this is the future. The future is that, when you do something, see that the future is sealed of that person. See that the situation is sealed again. You give Realisation to somebody, see that it is fixed! [Cut in the video] So, remember the past for your manoeuvring, and remember the future for sealing it up so that it is not lost in the future. This is the importance of looking into the future. Experience of the past should give you manoeuvring, should give you idea as to what is to be done. And when you do something in the present, you must compensate for the future, in the sense that, at that moment, you must do some things by which the future is not ruined.

This is how New Year's celebration should be, that, '82 is important, in '82 whatever we have learnt from the past, we'll remember, we'll not do the same mistakes. Not only [that], but also we will remember whatever past has taught us. We'll have compassion for the people who have been like us. We'll have love for them, we'll have understanding, we'll do whatever is possible to bring them up. We'll have concern, we'll not just be just Sahaja Yogis, you see, sweet-talking Sahaja Yogis, but we'll do something about them.

So many are lost in intellectual pursuits, so many are lost in financial pursuits, so many are lost in political pursuits and so many are lost in so-called service pursuits. All of them belong to some category and you had belonged to one of these categories, so you have to think of them, try to bring them out, do something about it. Have a wider personality. When you have a small

personality you think of your wife, yourself, nothing more than that, or your children at the most, but when you are a wider personality you just think, "What will happen to the people who belong to this clan?" who belong to, say, Catholicism, those who belong to Judaism, those who belong to Methodist Church and to, to Jamaicans, and to...like that! Have a wider personality. Don't worry about yourself. I have known people who will come and ask, "Mother, where should I find my keys?" "Mother, where should I put my basket?" "Mother, where should I stick my nose?" (laughter) "What should I do about my luggage?" "What should I do about my travelling?" All nonsensical things they'll come and ask me! I'm not here to give you all that. Every small thing they will ask.

Now if you tell them, "Why are you doing it?" "You said it." I didn't say that you ask me every time you have to raise a finger. "Mother, may I raise my finger. May I close my eyes? May I smile?" (laughter) It's not that. You are people, who in my eyes are saints - you can decide for yourself, of course. You are saints. You have to assume. You don't know you are saints. Assume you are saints. This assumption must come to you on this great auspicious day - that you are saints. And saints have to decide for themselves and they have to do wise things. They do it by themselves because they are saints! If they fight, quarrel amongst themselves, then this is stupidity, absolute stupidity, it doesn't behove. He is here to solve the problems of others. What am I to tell you anything? You are saints, that's all I say. If you ask me any question the answer is, "You are saints, do what you like!"

Whatever you want you will have. Whatever you say it will happen. Whatever you ask for it will happen. Whatever you will imagine will work out. But you will imagine something good, you will say something good, you will do something that is Divine. You are so great. You are made like that. You are that. Assume, assume that power that you are a saint. How can you say something nonsensical?

Nirmala Vidya is at your disposal, it's at your complete command - complete Nirmala Vidya. Imagine the Nirmala Vidya nobody had except for you Sahaja Yogis have. Nobody had. Even Brahma, Vishnu, Maheshwar never even had it. Can you believe it? They have their own powers but you have Nirmala Vidya. And now what do you want more? And then you ask me, "Mother, should I wink?" or whether, "Should I smile?" This is too much!

First of all you belittle yourself and belittle me also. Behave in a confident manner, in a proper way, and if I say anything, do not start going into conclusions and things like that - no! Understand that "Whatever Mother is saying is not for me, for others, maybe. And if it is for me I should correct myself." Simple thing! "If it is for others, why should I worry?" "If it is for me, then thank Her very much and I must correct myself - finished!" It's as simple as that.

A day should come when I don't have to talk, you have to talk. I should say so, that I should listen to all your wise talks as I listen to children when they tell me something, they are so wise; in the same way I would like to listen to you people talking all wise things, nice things about each other, loving, not frightened of anyone, very happy with each other, behaving like great gentlemen and great gentle-ladies, and being very much in love with each other, looking after each other, not to be sullen and sulking and stupid faces, but charming...'charm' I won't use [that] word because 'charming' can be horrible, I have heard that before, I would say. But, faces that are lit up with joy, happiness and of giving; such people I want to see. Such people you should be there - loving, affectionate, good people, smiling. That should be so. That is what is Sahaja Yoga. Those who do not want to join in are absolutely free to go out, actually they are thrown out. So, to stick on to Sahaja Yoga is difficult. It is better to understand that to be a Sahaja Yogi is a difficult thing, to be a non-Sahaja Yogi is the easiest.

So, this is what you have been seeking, which you have got, which you are. You should assume it. And be happy and joyous and do not upset others, do not disturb others, don't say harsh things because Nirmala Vidya stops at the left Vishuddhi. Be kind to others and understand [that], if you need any correction, I am there to tell you. Up to a point, I'll tell, after some time, I'll not say. Once the children are grown up, Mother doesn't say anything. She just sits down and watches the beauty of her children who are so grown up, so matured, so beautiful.

I hope that time will come in my lifetime and I will be able to see such beautiful people around, that they are grown up, they understand how to behave, and how to be nice and good.

So, for today's New Year, let us vow within ourselves, that the selfishness or the self-centredness or the smallness in you is finished. Now the drop has become the Ocean. Live like an ocean and like a lion. Don't roar at others, I mean [be] generous and don't be afraid of anything. Everything is taken care of, but believe that everything is taken care of. Sometimes you might feel you are let down, sometimes you'll feel, "Oh, this should have happened." Do not desire for anything! Whatever is your desire is not correct, that's all. If the desire is correct and is deserving, it will happen - hundred per cent [guaranteed]!

So all the best, and the greatest year, and happiness and joy.

Feel your responsibility, understand each other. And now I'm going. Tomorrow I'll be gone, so-called. (laughter)

Don't worry about anything else but worry about the Sahaja Yoga. That has to be established all over the world. Very great work one has done. Of course, I mean, you can't say that one has done as much one can do, but you can do much more. You can become very dynamic and you can do it. Try to think of ways and methods of doing it.

May God bless you all.

So now with all this green and blues...should we start giving presents now.

1982-0101, Public program in Kensington Town Hall (no sound)

View [online](#).

1 January 1982

Talk to Sahaja Yogis

Kensington Town Hall, London (England) | Transcript (English) - NOT needed

1982-0101, Radio Interview

View [online](#).

1 January 1982

Interview

Reading (England)

Shri Mataji was in Reading for a public program on June 22, 1982.

1982-0117, Rotary International Speech

View [online](#).

17 January 1982

Conference

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Program in Rotary International Speech, Delhi, January 17, 1982

Our governor Jagdish Kapoor to present a bouquet to Mataji. I will now hand over the proceeding to our District governor Jagdishji.

Jagdeesh Ji: we were all eagerly waiting for this moment. To sit before this great spiritual lady and the happy moment has come. I will now request Mr. (name unclear), to take the proceeding and introduce to you Mataji Nirmala Devi.

Governor Jagdish, press, guests and fellow Rotarians. In a lifetime rarely one gets to meet such a great saint. Today is one of the most important days of my life where the god has given me this opportunity to introduce to you Mataji. I feel great honour. I am thankful to the governor for giving me this opportunity. We are very fortunate that today at this time Mataji is with us. The things have changed, the weather is changed. People have totally forgotten the importance of royalty. Yesterday, we had the privilege to meet doctor Colonel Singh. He also stressed the country which took pride in the values, the absolute (unclear) that we should maintain, those standards which our forefathers, which our saints, have bestowed upon us. Science and technology can give manpower but not (unclear). (unclear line). The misery in the world is not due to technology or due to a resource of nature but due to selfishness and ego of man. On this occasion, a number of saints have responded to the need of the hour and have come to join hands at this conference of harmony to resolve the issues

[Unclear speech goes on.]

Shri Mataji: I bow to all the seekers of truth. Especially to Rotarians who perhaps are not aware that the inspiration of rotary club has come from the Divine. If you go through the ideals of Rotary club, I feel the stage is being laid by them for the emancipation of the whole of this humanity about which we are so much worried. I have no doubt that one day, your great, idealistic organization, will no emancipate their own members but all over the world the word of divinity will spread and people will be enlightened through you.

Today is such a fortunate day for me to be amongst such people who are thinking of something for which I have been dreaming all my life. That you have today the conference of harmony itself is such a spontaneous happening. That it is beyond words for me to express that how it is divinely planned that how I should express to be here. The subject they have asked me to speak on is very subtle. And I hope you will understand me as I will talk to you about it. As you would listen to your own mother. Mother has to say things whatever is the truth for you. Whatever is good for you. Whatever is Hikari. The thing that is good. The thing that will bring good. The thing that will bless every one of us.

At the time when Krishna came in, people went and asked him a simple question that it is said that you speak the truth and things that are liked by others. Satyam bruve, priyam bruve. They said how to combine these two things. If you say the truth, it can be very repulsive, people can be very angry with you for that. They may never like it. Truth can be a very-very embittering thing. But Krishna gave a very good combination of how to combine these things. He said, "Satyam bruve, hitam bruve, priyam bruve". 'Hita' is a very beautiful word in the Sanskrit language. It means wellbeing of a personality. Now the personality is nothing but it is the Spirit. Whatever is for wellbeing of the Spirit, if you say, ultimately it is the dearest thing that has happened.

For example, a person in a heat of anger is trying to kill someone and at that time if you tell him that, "Please just don't do it", he may be angry with you. But after some time when he realizes that this was the best thing that happened to him, that he was saved from all the consequences of that happening, he will be saying, "This is what is the dearest thing to me".

As I said before, Spirit, Spirit is the personality, is the light. Like you may make a beautiful lamp, have all kinds of shades to it, put a nice glass to it, and decorate it but it has no light. If it has no light then it has no meaning, it has no purpose. In the same way, God Almighty has created us, beautiful human beings through our evolution.

We should ask this question to us, all the scientists please ask the question to yourselves, "Why are we human beings? What is the purpose of our life? Why God has created us as human beings on this earth? What was the need to spend so much time, the energy of the divine power upon us that we should become human beings, which is the most beautiful thing God has created?" You believe it or not. It is the most beautiful thing that anyone can create. It is the epitome. It is the climax of his creation.

The human being is created in his own image for he wants his own children to enter into his kingdom, into his heavenly kingdom to share all the joys of his creation. Actually, this is the purpose of our life. That's why we are created as human beings. Not to make you miserable. Not to make you unhappy. But to make you a joyous, cheerful personality. To enjoy all the bounties of the Almighty. Now the time has come to prove God. It has come.

I have seen when people have taken God into their hands or so-called religion into their hands. They have created fanatic pockets. And this fanaticism has grown, and rotten and have become so horrid, that people are frightened by it. They can't understand how come religion is so fanatic. So absurd.

The great flowers that were created on the tree of life have been taken away from that living force and are rotting as dead flowers and people are claiming that this mine, this is mine. But when they lived, when they came on this earth, they were tortured, they were crucified, they were stoned, they were poisoned. But not now. Now the times are changing. This is the most beautiful time of complete confusion. And this complete confusion is going to bring forth. That they, all of us are going to know why are we here. We are here to know our spirit, to be our spirit, to know all-pervading power, that Brahma that surrounds us.

It was all cock and bull story for us. All of us though that holy ghost is some sort of an absurd thing and this all-pervading power of divine god and love that we could not understand. Where is it? Where does it exist? People talked about it. They said that there is the spirit within us. You are to be born again in every religion. Every religion, every prophet, every great saint said that you are to be born again. And that born again means you become the spirit.

In the Sanskrit scriptures as you know there is a word for a Brahmin. He is a dwijaha. 'Dwija' is the word means the one who is born again. And another is the bird which is born again. Means it is first an egg and then it becomes a bird. The complete transformation takes place. If you put an egg and a bird, you see it is a complete transformation. You see it is very different from the egg. And that's what is going to happen to all of us when we know the Brahma. And this transformation is taking place. Luckily it is working out. The time has come. I will say the blossom time has come where the life was at the beginning, on the tree where it had only one or two flowers. People never understood them. All, right doesn't matter. But now the blossom time has come where many flowers who are on this earth have to become the fruit. You have to become. Whether you like it or not. You have to.

The Spirit resides in our heart. When I say that you will be shocked how do I know? It is true. You should be. And you should question it. You should question is how do I know? But I would say as a scientist keep an open mind for the hypothesis I am talking about. It is a hypothesis. If a hypothesis is proved wrong then, of course, I am wrong but if I prove it to you that it resides in your heart then I hope in all humbleness you all have to accept it. It resides in your heart. And that is the one which is Collective Being within us. We talk of United Nations. We talk of international gatherings. We talk of the complete source being awakened. We talk of collectivity all the time in all such organizations and we combine together under that name. that collectivity is your Spirit. That resides in your heart and is un surmounted. It is insurmountable. It is not attached to what caste you come from, what creed you come from, what phase you come from, but insurmountable. And it is that Spirit that will give us the harmony in the whole world. So, we have to get to that Spirit. We have to get to that being which resides within us.

As Nanaka, Guru Nanaka has said very clearly, "kahe nanaka, bin apa chine mite na kohi." 'Unless and until you see him, know him within yourself, you are not going to be enlightened'. You are not going to have any knowledge. Rest of it is non-knowledge. Knowledge is that where you see All-pervading Power around. It is called as 'Chaitanya Lahari' by Adi Shankaracharya. Christ has described it as the Holy Ghost and every religion has described it. Muhammad Sahab has described it as [inaudible]. Now, this happening is done by the Divine Power itself. Like a flower becoming a fruit.

Actually, we don't do anything. What we do is a dead work. Supposing a tree dies, we make beautiful furniture. We think oh we have made such beautiful furniture. It's a myth. Because from the dead to dead and dead to dead. And when we start using that dead we also become dead. For example, if you are used to a chair, then you can't sit on the ground. The chair sits on your head. And such subtle ways they have, material things that they sit on your head. I am not saying that you give up anything, nothing has

to be given up. But definitely one has to know that you have to become a Spirit.

Now if I say you have to become a Spirit, you will not become. It will be another lecture. People say you singing songs you have to become Spirit, you have to become Spirit. By singing songs you do not become. There must be something which should happen. Supposing this is a living process of evolution, that it is the final breakthrough, then it is a spontaneous thing. And that you cannot order about anything which is spontaneous and is living. Like a seed, you cannot order. Seeds sprouts by itself. It is so spontaneous. You put it in the mother earth and it sprouts.

Everything is built within you. And this is the message I want to tell you that all, whatever I am telling you is built within you. It is within you. Within you is the holy ghost and within you is the spirit. And when the holy ghost meets the spirit, you become an enlightened person. This holy ghost is called in the Sanskrit language as Kundalini and she sits in the triangular bone called as sacrum bone. Now surprisingly that they knew that there is something sacred with this bone that they called it sacrum. It is most surprising.

But in Greece, I discovered certain such subtle things that I was amazed that they knew about kundalini long time back. They have the word Athens. And Athens comes from the word Athena and Athena was a Goddess. And Athens in Sanskrit means primordial. So they are talking about the primordial mother and not only that but they have also seen those centres which they in Greece called Kendro. Can you imagine they called it kendro which is Kendra or center? It is very surprising how they know about it and when I asked them they said it was in Indo Aryan record long time back.

Of course in this country of ours which is really a great country, perhaps we are not aware of its greatness. Because we are not great outside like a tree is. The roots are great. We have to seek our roots. In this great country only people have been looking out for the spirit. The reason is the tree goes big, the roots have to go deep down. If it does not go deep down, the tree will fall off. And that's how with this great search, with deep down into the roots will sustain the tree. Many saints have talked about this Kundalini, about which I am telling.

Now the morality part of it. How does morality help our spiritual life? It's a very controversial subject today but it is fundamental for me. What is morality? Morality in simple words is our sustenance. Like I can say that carbon has got four valencies. Gold is untarnishable. In the same way, a human being has to have ten dharmas. We can say ten values of sustenance, which are described even in the bible as ten commandments. If you do not have those then you are not a human being. Either you are subhuman or you are supra-human, both are wrong. Under these circumstances, it is difficult to understand is that how those who propound it that dharma is important, have been completely ruined by their disciples. Now, this sustenance gives you the balance. It gives you the middle path which Buddha has described. Sustenance is a very important path of your life. I would say that on the whole as I have been working abroad and in India, I have summarized it that we commit two types of sins altogether. If we get over that we are just in the centre. We neither go to this extreme or to that extreme.

Now the first sin is against the mother. That Indians don't do normally. They are frightened about the mother. They don't do it. And even if they do they know it is wrong. It is the morality of sex. Indians know that it is all nonsense if you talk about it in the name of liberation and all. They know it in their hearts of hearts. It's a great blessing in a way. But they commit another sin, which I called sin against the father. It is that to believe that your father is god almighty. He is the one who is going to look after you. He is the one who is going to give whatever we like. Whether it is material or immaterial. It is he who is the giver. Krishna has clearly said, "Yog Kshem Vahamyam." He didn't say kshem yoga, he said once you get yoga you will get kshem also. Kshema is well being. He means a material, physical, emotional every kind of stability we can have in this kali yuga. But first of all, you must have your yoga. You must have your yoga.

If you do not have your yoga then the money you have is not the Lakshmi. It is not the goddess Lakshmi. It is just money. And the money you know is how horrible thing. Perhaps you have seen it through how it creates disharmony amongst family and how everybody cuts each other's throat for this horrible thing called money. These days as you know how in the name of religion how all fraud and fraudulent people have come out of jail and all hidden places and have started big tyrant saying that they are big gurus and they will do this and do that and take money out of it.

It is a simple thing to understand that you cannot get to god with this called money. Money is your headache, you have created money, it is better you have it. It has nothing to do with God and his divine powers. You cannot purchase god with money. Never you can purchase god in any form. Some people say that we are doing it for social work alright. Social work is yours and it is not god's headache. You have created rich, you have created poor, you have created problems, so it is your headache.

For a Realized soul, as you must be knowing, I have cured many people as they say, all right. I don't care anybody else. They are mine. If they are the part and parcel of me only, I am not going to cure my own finger, am I? I am feeling the pain myself and I am curing myself then I don't say that I am curing someone, it is I am curing myself. I am feeling unhappy. It is so built-in within me that I just feel it and I feel so relieved once the person is alright. Nights together, days together I go on working and enjoy. Absolutely enjoy, because the relief is within me and not without me. And that is what one has to know that God Almighty is going to look after us. In every way possible if he gets to cure. In every way possible. But our desires are to be very rich than the rest of the people, to be extremely well off than the rest of the people. To be something extraordinary, then we are malignant, we are cancer cells in the society.

Of course, you can be richer, somebody can be more healthy, somebody can be more this, that, it is a different point. Somebody can be more educated. It can be that. But you should not think of being someone exceptionally great. What is a malignant cell of cancer? It is nothing but a cell which thinks that I can grow more than that. So you might get a nose which is getting bigger than the face. Or one eye popping out or one ear coming out. And the solution is cut it off. That's all.

When we have no relation with the whole, we lose that coordination and also the sense of proportion how much we have to grow. All of this you get automatically within yourself as soon as you become spirit. Now I can see a question rising in your mind that how is it, it was so difficult before. It was, that was the time. and today is the time, so you get it. Why not have it. Why ask questions? For example, if I tell my grandmother that we are on the moon now, she is not going to believe me. She will tell, oh you are telling lie. Even if we show the picture, she will say oh it is a makeup story. She is not going to believe. Because at her time she could not dream that human beings could reach the moon. But we have reached there. And once you reach so much outside, you have to go down and reach inside, outside is all collapsed. Finished. It cannot stay. So the innermost thing within us is the desire to be the Spirit.

We may think today, oh I want to have this, I want to that. But as you know as per the economic law, that wants, in general, are not satiable. On that, the whole economy is based. If the wants are not to be satisfied then there must be something that should give you supreme satisfaction. And that is your spirit. This spirit gets enlightened when you raise your power kundalini. This power kundalini is the power of desire within us to be the spirit. It is sleeping they say because it is not yet manifested. It is sleeping. But within us, in all of us it lies. It is there. It exists. It is so pure, and so holy and so living. And every individual has its own power within them.

About the Holy Ghost at the time of Christ, not much could be said because they crucified him. He lived only for three and half years and they crucified him. Can you imagine? These people crucified all the saint people, all the great people just like that. Even they said that they can forgive him if they want and they can crucify the thief, but they said no, you leave the thief but crucify Christ. Today that is not the situation. We are much more evolved. You cannot crucify Me whatever I say. But now there is a chance of you becoming that, which you have to achieve without doing anything about it. It is effortless. It is absolutely effortless. It just works out.

The second question which always comes up with our intellectual people that, why 'me'. Why, of all the things, I should do it? This is a very common question and people often ask why I should do it. If this is so then why not do it yourself. I will be very happy to retire. If anybody can do it, I will be very happy that they can do it.

I don't know so many things. You don't know I am so hopelessly bad in so many things. For example, I do not know how to buy even an aeroplane ticket. I don't know anything of the world. I don't know even to sign a check. I am so hopeless. Then if I know something why should you be angry for that. Why should you be annoyed because I have to do it. It is just love. It is just love. It is love that projects and. There is nothing to be angry at this point because somebody has been doing this.

Now one has to remember that morality plays a very dynamic role in your spiritual ascent. In the stomach around the navel is what we called as Void, is the Bhavasagara is there. There resides the morality. Now, what are the people say it is such a relative terminology. After Realization, you would not say so. For example, I would not like to say that you should not drink because half you may go away. I would not like to displease you. But after realization, you try. You cant drink. You have a doctor here, from England, who gave up drinking. Because once you get this beautiful thing within you flowing, then you just don't drink. You are never bored. You just not smoke because you are never bored. You enjoy yourself so much, your own beauty that you don't want any other instrument to do it. I won't say that you don't do it. It just happens, you just give up. Because you get that great nectar of life, that amruta which you have been really seeking and everything you forget in it.

Now people might see that it is hypnosis. There are many people. People are very good at branding others or sort of creating an image of a person. Now say it is hypnosis, but by hypnosis supposing you get your cancer cured, all your diseases cured. You become peaceful, blissful, you become collectively conscious, you start curing others and last of all you become aware of all-pervading power around you as well as awareness you get. Then call it hypnosis. There is no other word. But it is not hypnosis. It what you are.

If I tell you that a television set is built in for manifesting a great number of plays and music and all that, you will believe me because you have seen it. But if I go to a village near a foothill of Himalaya and tell them that there is an instrument, if it is plugged to the mains, it will start manifesting, they will not believe it. But it is all built in. again I say it is built in. And as soon as it is put to the mains, it works, it is you who work, not me. It is your own power that works, it is your own being that works and that is your Spirit.

Now morality creates the path for the ascent of kundalini. I would not say that the people who are so-called immoral have not got Realization. They have got it. All kinds of people have got it. For some people they say, "Oh Mother, he is not good, he is a waster, he has got it". I mean God has decided to give Realization. He wants to give. Because after all, he doesn't prove his own existence what is going to happen to him? He has to give you the Realization that you feel him now and that you know all the scriptures have been correct, all the prophets have been correct. And that was the truth they were talking about. And that his own creation will have a fulfilment. He has to give you Realization. He has to make you that what he has promised. It doesn't do it then his own purpose will not be fulfilled. All sorts of people I have seen get Realization these days. It is something so wonderful, I myself is amazed at myself.

I don't know, but those who have come to Me, I am yet to come across someone who has stuck on and not get Realization. Once you become the Spirit, some people do feel the rising of that and some people don't feel it. Those who are absolutely innocent and simple people like children, they never feel anything except the cool breeze. If there is a physical problem then kundalini attends to it. If there is an emotional problem then kundalini attends to it. Now when such a problem exists, doesn't matter. She looks after, creates her own ways and comes. That's why moral people have got a greater chance of coming up. It's like a lamp which is broken and useless lamp and another lamp which is a good and a nice lamp. It is better that we keep our lamps alright. After all, what is money? What is affluence? Go to the affluent countries. The children have left their parents and getting out. I asked them what is the matter? He is the son of such and such lord and he is the son of such and such person and they have all become hippies. Why we don't want to carry that junk with us.

Money is only important that we can express our love through money. Possessions have only one importance that we can give it to someone so that you can express your love. That's all. There is no other meaning. You can try it you will be really very happy to possess something which you can give it to others. It has no other meaning. It has no other purpose. Once you stick on to possession, it possesses you. And that is how once you become a Spirit, I don't have to tell you, you yourself will know. I have seen very great miserly people have become so much giving. And they don't give it for a purpose like where my name will be put, my father's name will be put. My dog's name will be put. They don't do like that. They just give it. Not only money. Money is not a thing that is needed.

The thing that is needed is your attention. It is the attention that is going to be enlightened. Because how can you give money to a person or anything to anyone who cannot take it, who can just give? Can you think of someone like that who can just give? Supposing there is someone like that and you become just like that. Its such a beautiful life, it is such a beautiful joyous thing which all of you should have. You get over your tension, you get over your cancer and get over all these malignancies. And all these malformations and all these disorganized things which has crippled this world which was created with such care gentleness and love. It is you who are the flowers that God has created and it is you who are really going to glorify it.

One thing that God cannot do is to take away your freedom. If you want, you can become a god or if you want you can become a satan. You can choose between Hell and Heaven on this earth. It is for you to do it. I have been speaking every night. In London, at least five hundred tapes have been done. In Australia, I don't know how many. I have been speaking and speaking. I have never spoken so much. I never used to speak, I should so. But without speaking you cannot communicate.

But love doesn't need any language. Doesn't needs. It just works. Whether you understand Me or not, it doesn't matter. It will

work out. And by God's grace you all must get your Realization today as they have asked Me that they would like to have a vibration session.

I have told you that you don't have to think about the things you have done in the past. Please forget it. Some people think oh I have done this wrong, or that wrong because before coming here I was trying to feel the vibrations of the Rotarians and I felt that they are all sulking. And one of the centres we have within us left vishuddhi was catching. Oh, Mataji has come but we will get realization or not. Or maybe that we have done this thing wrong, I should not have said this word, I should not have served so much, I should not have eaten so much, all kinds of ways and methods of feeling guilty. But I am talking about the ocean of love, an ocean of compassion and ocean of forgiveness. What guilt can you have? What guilt can you have? The one who can also forgive rakshas and satan, what guilt can you have? So that is one centre that is very badly catching and at the very outset, I would request you to say it firmly within yourself that mother I am not guilty.

This guilt is the worst thing and this half-baked Mr Freud has put it into our heads. Because he himself was guilty. He himself was a man who had no idea as to what he was doing. He himself was a very weak person. And he himself treated so many pathological cases and he made those pathological cases so much generalized that people thought that if you were not like that, you were not normal. He never realized that people look forward to him for guidance and for such a person it is very –very important that he should maintain a very high moral standard. People at the lower level doesn't matter. But if the person at the top, if he does it, it becomes a normal thing, "All right if he does, then why should I not do it".

In this country, we had had people of such great ideals that nowhere in the world you will get such ideals. So many of them, I mean one better than the other. And when you think of this, they lived on this earth. They lived. A few years back they were here. And why not we can be like them because this country has got the sustaining power within us and we are the people who have to give this sustenance. We may not be that good at organizing. Of course, we may have electrical failures. We may have other problems. Doesn't matters, I mean we cannot be separated, if this is human being's thing. You see, it is madness to see that world is separated. There are hills and all that but the world is not separated. The world is one and this Mother Earth of yours is the kundalini of the universe. I say London is the heart. It is the heart.

And most surprisingly, recently, we discovered that hundred years back a great drashta, a great seer called William Blake has described the Sahaja Yoga in such details, that even the place where ashrama is, he has mentioned it. Every word of it is so clearly described somehow. The main thing that he has talked about it. And he said that, "A day will come when London will become Jerusalem". So what about this great country? It is we, we have to stand up to it and take to our spiritual life. It is such a satisfying thing, such a glorifying and such a [unclear] thing.

I am so happy I could come to these Rotarian and this rotary club and see all the chakras here. I wish I could talk to you about chakras but there is no time now to talk about them. You can come to my centre and I will be having my program from eighteenth to twenty-eighth. And I will be giving all the idea about Sahaja yoga, and realization and establishment of it. I hope you make it convenient to come to that program which is absolutely free and everybody is welcome with love.

If you want I can give realization to people. Now one may ask a question. Thoda question puche? We have some time for you to ask questions. I would like you to ask me questions. Because in such a short time I could not elaborate on everything. It is such a deep subject. It is the deeper side of human beings.

You can ask Me questions.

Seeker: I want to ask one question, who is a moral being? How do you describe a moral man?

Shri Mataji: A moral man. To my eyes, being a mother, everybody is moral. I have not seen many immoral people in the world. Because those who have come to Me have got Realization. But the morality, as I said, is of two types, one is against the Mother, and one is against the Father. Not to believe in God Almighty and that he looks after our 'kshema' is an immoral man. The one who doesn't have a sense of chastity is an immoral man. Nowadays human beings are at such a stage where they think that chastity has no play. Especially men do not believe in chastity at all. Especially in India. Women believe that they should have chastity and all. But men don't think that they need any chastity. But chastity is the path. Kundalini represents chastity in man. And a chaste person has tremendous experience in Sahaja Yoga. Tremendous. That is why all the great prophets told us that we have to be chaste. They were not mad. What did they want? They were not contesting any elections? They told this because it is

a very important thing to be chaste. Imagine Christ, a person of that level, he gave away everything to save chastity [unclear]. So, in short, I would say, chastity is to be respected, is to be imbibed. But doesn't matter whatever you do is allright for Me. But morality is very very important. But morality has to be compulsorily imbibed in the sense that you don't enjoy imorality, there is no temptation, there is no question of temptation, but you just don't enjoy. You just don't enjoy. It just happens. The morality, the dharma is enlightened within you.

I was giving you an example of a doctor just now, that he went to Germany [unclear]. He drank something. He felt he smelled like a cock. He had vomiting feeling. He had stomach pain. He gave up. Just it is spontaneous. I would suggest in this way you can understand that when you take a horse to a dirty lake he doesn't feel it is dirty or filthy because he is not that evolved. But a human being cannot do that. Because he is evolved. He can feel the filth. But material filth. But then you feel the spiritual filth. Awakening and the dirt that has come in the Spirit. And that's how morality becomes part and parcel of you. It just becomes part and parcel of you. I don't have to preach. I don't have to tell anything. It just happens. That's what should happen because waiting, perhaps waiting for so many years for the people to be moral, to be clean, to be beautiful, it has taken too much time. because you have your own freedom. So it is better to do it.

It is like if you have a car and it is out of order, it is better to start and see where it is out of order. Better start it somehow. Even if it is a fifth hand car, one can start it. It goes halfway, stops, again you start it, again you start it. Like that. This is the method of modern Sahaja yoga. Where nothing to preached, nothing to be said, start with kundalini. Once the kundalini is awakened then we will see about it. Because if you tell them something they will do just the opposite of it. They are typical human beings. If you tell them don't do it, why not? So better not tell them. Let them awake, let there be light. If you tell them don't go there, there is a snake they will not listen. But when you give the light, they will see the snake and they know there is a snake so they will just don't go. That's what is Sahaja Yoga.

Seeker: [Unclear] How do you cure them and how many cases have you cured?

Shri Mataji: I don't know. I don't know how many I have cured. I don't keep account of that. Its like see if you have an idea of a housewife who is very fond of entertaining, others, the guest who come in, and when they come in the house she cooks very gently for them, and keeps everything for them, and gives them separate food, and whatever they like and she like to nourish them, and then you ask how many morsels they have eaten, how will you know. My condition is so bad I am really bad at counting. I can't say but cancer can be easily cured by Sahaja yoga and by nothing else. It is a fact.

How? I have to say medically now. We have within ourselves, the system of the parasympathetic and sympathetic nervous system. And the sympathetic nervous system comes into action when we go in some sort of emergency. Any emergency. A very simple emergency I tell you, how blood cancer is caused. You will be amazed.

Blood cancer is caused by the diseased or frantic spleen. The frantic spleen comes into play when a person is frantic himself. For example in modern times a person is looking at the watch all the time, what time it is, I have to go now. He gets out of his bath, sits on his chair halfway, eats his food, his wife is pushing something in his mouth. You better have something, I don't know when will you come. An emergency is already there. He gets into his car. Reaches his newspaper, that is even worse, then he gets into his car, again he is frantic oh god there is a jam. He is banging at all the people who are jamming him. He has to reach the office at ten o clock sharp because somebody is coming there. And he is doing the same on his way, and he is doing the same. And he arrives. By the time they both arrived they both are frantic. But as a result of all this franticness what develops is blood cancer. And I am sorry to say that this is the reason for getting into blood cancer. Doctors can't see this point. Because they are themselves doing the same thing.

In our country, before this, we had a system where the husband used to get up, wife used to look after him, he would sit, and she would fan. And this fanning used to regulate his mood. He would quietly eat his food. Get up. The pace is so great today that even machine will wear up- leave alone human beings. The pace for what? For what is the pace? I am saving the time, I am saving the time, for what? Why are you saving the time?

I asked one gentleman, "Why are you saving the time?" "Oh, I have very important things to do". "What?" "I have to attend a ball in England". "I said really? That's the reason you are saving all the time now". Now, this watch has come, all the science has come, to save time. no doubt. But for what? To become the Spirit and enjoy it. To meditate. To enjoy the beautiful flow of love of God. Not for running about like mad. For nothing at all. What you have achieved. Blood cancer is very easily cured by Sahaja Yoga.

There is a mantra for it and it is the mantra of Gruha Lakshmi. You have to establish your Gruha Lakshmi in the household.

Now doctors won't do this because I have done medicine myself. I know. They never know all this. Gruha Lakshmi in the household. Now the woman themselves are very busy. They have no time to feed their husbands. Husbands are so very frantic they don't like the woman to pamper them. There is no harmony between the two. See even if he is eating the food, she quarrelling, fighting at that time. The whole franticness comes from this bad family system. Like two wheel pulling the chariot are fighting that left should be right and right should be left. Only cancer can come in because left and right is nothing but our left and right sympathetic nervous system. When you go to the extremes of anything, these things happen. And cancer is cured by giving that vital energy, which balances. Very simple it is. Extremely simple. And that energy is supplied to us normally by the parasympathetic nervous system. But once you are connected with the whole, you don't have to worry. For example, you are going somewhere and petrol is finishing, and the tension mounts up now petrol is finishing what to do? But supposing you have a force which is all the time flowing into you, you have no tension, you have no worry. That's it.

How I cure, its all built in you to be cured also. And doctors can take to Sahaja Yoga very easily. Of course, that doesn't mean they have to give up their practice. Not at all. There are so many diseases which cannot be cured by Sahaj Yoga. So many diseases which cannot be cured were some artificial things have happened. We say we can work it out. Cancer also cannot be cured of every person. The reason is, the kundalini must rise. And if the kundalini does not rise, then cancer cannot be cured. If cancer has gone to the galloping stage or the last moment, then it becomes difficult. Then it is better to have another body, come back, take Realization and live happily in Sahaja Yoga.

Not even cancer, even diabetes is hundred per cent curable in Sahaja Yoga. That is another disease of the pancreas. Other diseases like kidney trouble, liver trouble, so-called incurable diseases, are left to Sahaja yoga. Thank god doctors do not touch it. But we are not here to cure people. That is doctors job. We are not here to cure them at all. The reason is the lamps which are going to give light are to be mended. Which are not going to give light, what is the use of curing people who are not good at light and that's how the interest of the divine is much less on the people who are not interested in their spirit. So, the idea is not much of curing the people but as a byproduct, they get cured. As a byproduct. It has worked with some people so tremendously that in ten minutes they get cured. Yes in ten minutes. And some people are not able to get cured even when I work for three months with them.

So, it has happened. It is so spontaneous, so easy and so blissful but the person also has to be little receptive. Little receptive about it. It is not necessary you have to be a very moral man or so-called morality you see, so-called morality. But morality is very innate, it is built in within yourself. It is not what is outside. Some people are very humble to talk but they will cut each other's throat. But it is innate, it is the substantial thing within us which works out very fast. That is why morality is important as you could be cured much faster if you are a moral person.

Seeker: [Inaudible].

Shri Mataji: I can't hear it, sir.

Seeker: Mataji I would like to ask that blood cancer is also a disease with infants, will you contribute the same reason for infants also as for adults?

Shri Mataji: Yes infants can also have another type of emergency. In infant, if there is blood cancer then this means the mother is frantic. The mother is busy, in a pickle, papad, she is frantic, the child can get it. In the atmosphere of franticness, the child can get it. You see children have a very big impact on parents. We do not understand there are so many ways by which the child can get affected by parents. And we also if you try to make your child, some of the children I have seen they are made so timed if you have given milk at a particular time. he is weeping, his stomach is paining. He is treated like a machine. Then the child can get it. If you try to over discipline the child then the child can get it. If you allow the child to be abundant then you can get it. There are so many things in which we do not know how to cater to the need of the child.

Host: Thank you Mataji. Those who wish to take Realization have been given enough food for thought. Thank you for coming here and giving so much time. thank you Mataji.

Shri Mataji: You people asked when will we do meditation, I would like you, people, to invite you all in our program from 18th to 28th at the constitutional hall.

1982-0117, Evening Program

View [online](#).

17 January 1982

Evening Program

Mumbai (India)

Talk Language: English | Transcript (English) – Draft

We are all very much thankful to the artist for the presentation them joyful experiences of musication. It is the country of yoga, the great country of spirituality have been bleeding and pulsating in every walk of life, in art, in music, in dance, in every mundane steps that people choose in spiritual existence. It is so great to see that we have still maintained the great conditions of the great art in this great country. The respect and the desire one has for this art and for the artist in this country cannot be described. I'm very thankful to them on behalf of all the western Sahaja yogis that they have been so kind to give you a vision of this great country which one day will show to the world as that supreme thing within inside which is going to govern every human heart and going give them that joy, that Shiva, Sadashiva as promised. May God bless you all. I wish all the artisans and all the great worshippers of Shiva that one day they should go all universe to sing the praise of the Lord. May God bless you.

1982-0119, Devi Puja

[View online.](#)

19 January 1982

Devi Puja

Pune (India)

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

1982-01-19 Puja in Pune (Marathi and English)

[Shri Mataji speaks in English]

They are wearing the frocks of the cloth we brought in Australia. You would be happy to know, I had brought the cloth you remember which I sent to all these children here. And they are wearing that.

It is a symbolic mother from Shri Ganesha

No, they ...Actually, the whole thing is about me only describing. The whole thing is very beautiful. You should get the translation of the poem they have recited... I am sorry I have to speak in this language because they don't understand but you must understand the language of the heart.

[Marathi to English translation]

Maharashtra's love is fathomless. My heart overflows with it. You have showered so much love on me that if the entire world gets immersed in it , then I cannot imagine how strongly the waves of happiness will flow. Its only for that love that these people, who do not even know your language, still come to Maharashtra from so far off, taking so much trouble. It is true that such love does not exist anywhere in the world. Marathi language is a little terse, a little rowdy, reverberates more. But the heart is full of love. The language does not have false hypocrisy.

But overall, the definition of love can be done only in Marathi Language. Even if I search, I do not find equivalents for so many words outside as are available in Marathi Language. Because the stream of love that flows in the heart, the ripples of the same, by dashing and colliding, creates new words. And the mist of those words – you can feel the music from it. Such uninterrupted love should always be there in Maharashtra. People who have been in contact with outsiders, such people have changed a bit. That's why people do not understand what love is. In love, one does sacrifice without feeling it. A mother feels affection towards her child. Especially if the child is sick, the mother becomes restless. How is this? So now the kid is such a treasure for her, she wholeheartedly looks after the child day and night. From where does this come? This life with so much sacrifice, but does it feel like a sacrifice? By whatever means, my child should get well. Similarly the women of this country have this love for their spouses , their kids. Several others feel the same way. Let not the outside wind affect the flame of love. Preserve this. So the outsiders will emulate you. Don't lose it. Nowadays a new wave has emerged. There is no love or affection, there is no meaning to love. Love is foolishness. Behave curtly with all. It does not behoove Sahaja Yoga. There are different type of people. Many are not even Sahaja Yogis and speak ill about Sahaja Yoga. That's true. Wonder, what is this? But they should be shown mercy. Tomorrow they will go to hell. They are our kith and kin only. They will go to hell. So in a way one should keep an inner feeling for them, should not ostracize them, should treat them with love.

I got married in Northern region of India (Uttar Pradesh). I have observed there too, there is abundant love there. But people find it very difficult to express love. But they started expressing after I went there. Love needs to be shown, needs to be expressed and needs to be cherished. Main thing is that family system in Maharashtra is very good. The women have preserved it. But if the women discard their proper behavior, discard their tradition; start changing by imitating others then it will be a great loss for this country. The women should not think that their old traditions are very bad. One has to tolerate but who is the one who is

tolerating? That too needs resilience. How can a person without resilience bear it? Don't women actually personify the power of the deity (Devi)? And if the woman does not use this power what will she become? It is different for men and different for women. Just like there are two wheels of a chariot, on the right and on the left. The wheel on the left should not try to come on the right side. That is foolishness. The rest of the women are from advanced countries, advanced. Don't know where they advanced. Grew horns(Became supercilious).

Look at them, what they have become. You will be surprised. I heard that in London, England every week two kids are killed, the mother kills. Have you heard this? You have not heard it in your life. But I heard that this is so in London and it is bound to happen in England.

One has to tolerate in love and there is happiness in the fact that I love. The happiness in love is love. What is beyond it. The real happiness lies in loving others. Nothing else gives happiness. Whichever way you see. It does not matter if you get one or two things less.

This used to happen between couples before a fight. The husband used to say why don't you take care of yourself? You are involved in work right from the morning. You don't manage yourself well. Do something about yourself. All this in a hush hush manner. Not in front of elders of the home. What to say. In the morning it was the husband who fetched the water. I know this much in my family that if there was too much work, the male would wear a sari and fetch water so that nobody should recognize him because the wife is due and she would suffer. These were the expressions of love in early days.

All very proper from outside but from inside it was love, and it was nourished and expressed. This is absolutely incorrect on the part of men that after doing so much they do not appreciate the women. Then they become insolent, become unhappy, become sad and stressed. Once it starts, then there is no end to it. Then they don't listen to husbands. This is a very bad thing. And basically the thing that seems so small actually has a very big impact. As if a hole gets created in the Almighty's cloth, it's like that. So it should be all right if the husband reproaches a bit because when he comes home after a day's toil, then it is bound to happen. But the husband should also maintain the decorum.

I am saying this only for the reason that I observed this difference after coming from abroad. And felt if the women of my country are also getting waylaid like these foolish women. Because the essence of the Power is in them only. Our family seems very small but it is not like that. It is a very great component. And each of the families in Sahaja Yoga are such great components that very great individuals are going to take birth in them. We cannot imagine, such great creatures are going to take birth. For that we need to create such a family where one should feel that it is a special beautiful nest. Where you feel peaceful. The place to establish such tranquility is a home, is the family system.

We talk a lot about peace. I have seen so many women – they say we are members, we will give you peace. And at home - divorce! So without have peace at home, there is no meaning of peace outside. Even if you earn a lot of money, do anything – is there any meaning to that? What is the use? The men should accommodate, the women should adjust. You are the two wheels of a chariot. And that chariot is so big and you are the wheels. You are bearing the chariot. If you go to other countries, you realize how great this thing is. Everything is scattered. This scattering is felt so much, it feels so sad. And now you cannot mend it. They have not invented a glue(adhesive) that will bind them together. They have all sorts of bolts (to join) but there is nothing to join the hearts of husband and wife.

The peculiarity of Marathi language is that there needs to be sweetness when spoken. One should be able to infuse sweetness while speaking. And if this cannot be achieved especially by the men, paying attention only to find mistakes in her, then she will never improve. Because anyways – even otherwise they find mistakes then why to improve? Even this seems like a petty thing, then why is Mataji telling all this? To talk about the nation is easy. Nations have become advanced, but those nations with broken family system are near obliteration. Almost near destruction. They will never do well. So let the rope be held this side, the peg is more important. Once the peg is discarded, then the whole world will go berserk. So today I specially want to tell you that take care of the family system.

Now I see every day after returning from America that I am quite surprised to note that those people are very short tempered. They are so short tempered; the day I reached there, there was news that during a trivial quarrel between two persons this guy shoots the other with pistol. On the road itself. They did not even know each other. For a trivial thing if they quarrel they take out pistol and kill? Such short tempered and demonic people live there. If you inquire about their parents you will come to know that they married several times and destroyed these children's life. If you wish to create demons you create quarrels at home. There is a big responsibility on the women. There is peace in the home and the women should wear the ornament of peace. The men should give and the women should wear it. One should do things that will purify the peace in the home. Sahaja Yogis should determine in their minds that they should speak sweetly. They should forgive a couple of mistakes. The mother used to forgive our mistakes. And the women should likewise forgive their men. This is such a necessary and important thing.

All the threads of this country will break and once the threads start breaking then it will strip off the clothes. That is why it is said about our country that

("Yatra narya pujyante, tatra ramante devata")

"Where they worship women, there the deities stay".

Here the deities are worshipped. Here the home Goddess (Gruha Lakshmi) resides. The place where the Gruhalakshmi resides, Gruhalakshmi means she must deserve to be a Lakshmi.

It is not the characteristics of the Gruha Lakshmi if she continuously makes demands for things like a beggar. It means you are a beggar, how can you be a queen? If you are a queen then you have a position. Then even if the husband forces, still "No need, we have all these things already, let it be, what is the need". Means there is no limit to how much you have to mutually balance this side. And what is the essence behind this? That's Love. Sahaja Yoga cannot happen without love. The entire world will not change without love. I cannot see any solution without love. Until there is mutual love, nothing will happen by just having an organization or doing something or the other. Love is the main thing.

Again you should bear it in mind that honour or what you say as reputation is also applicable to men, not only women. The men should take care of their dignity. They should guard it. It's not like this that I am a man, why should I worry about reputation. If I go on a rampage like a horse - I am a man, even if I behave like a donkey still I am a man. Whatever I do, I am a man. And even if I jump like a monkey, still I am a man. Then you will become a monkey, become a donkey but not become a human being. The man should have his honour. Just like a woman cherishes her dignity , men should also have that. Look at the man like Lakshman(Rama's brother). How he used to walk with lowered eyes. He did not see anything above his sister-in- law's feet. So discard these beastly instincts and maintain your honour. This is another beggar quality, to roam about continuously gazing at women. To pursue them like a lustful person. This is yet another beggar attribute. For anything, saying that I definitely need this, I definitely want it – this is another sign of a beggar. The king who is an emperor, you make him sit on the floor or anywhere. In Sahaja Yoga one must be able to sit anywhere , and adjust anywhere. You are above all this. After taking a form of a soul, what else do you need? You need nothing.

Now these people have come from abroad, they are well off there. Means they have cars, have wall to wall carpets. The sleeping arrangement is so good, absolutely can't ask for more. Once you get up from the bed, the bathroom is close by. You can get up anytime. They don't get up before eleven. And even if they bathe once or twice a year it is more than enough! They behave as they wish. That is why, for the discipline they imbibe by coming here - they especially incur the cost for it as they get disciplined here. Also they can live in hardship; they can get used to bear the suffering. They have come here to endure suffering by paying money so why are you running away from the discomfort? The body must be toned by facing hardships. That is why a family life is called Gruhastha(a man) and Shram(toil). Gruhasthram. It is a place of toiling not for relaxing. Rest is a very useless thing. I don't understand what is the need for rest. One should be active and on the move. Once you start resting, whatever worldly things are there, will sit on our heads. Once you sit on a chair you will not be able to sit on the floor. One should not get used to comfort, else one will have a difficult old age. There are such people who need one person to make them get up and one to sit

upright. If you wish to have such a life then stay in comfort.

A Sahaj Yogi should always be ready (tatpar).

Tat-par, always attentive. Hence in our culture, in Maharashtra, having bathed and getting ready early in the morning – I spent my childhood like this. Get up at 4:30 am. My father would come back from his morning walk at 5:00. By 5:00, you will find the complete house clean and tidy with everybody up and ready, all kids. Total eleven. Now days it is not like that with the new people. We all used to be much disciplined. Even if a piece of paper lying here and there, my father used to reprimand. I still follow that habit. If I move around, with a piece of paper to discard in search of a dust bin, I don't find any.

We follow personal hygiene quite strictly. Mental hygiene was also followed in early days. We should keep our minds absolutely clean. We should not pile filth in our minds. If we store filth then we accuse people of bad things. Speak ill of them. Some unconstructive thing happens, something wicked happens. Don't say under the pretense of ignorance. Don't do that. How to achieve this. Once you experience the principle you understand why it happens. Because if we harbor poison in our mind, then like a snake – when we touch others, we bite. That person bit. I have not heard of the surname "Chavare" (one who bites) in Maharashtra. But there are quite a few people who bite. And we should term them as "Chavare" (one who bites) by changing their surname. If someone goes to speak to them, they bite.

'What, did you meet someone like that'

'Yes, Found one.'

It is not heard till date that a lotus flower has bitten anyone. It can give comfort even to person like a beetle and make it rest peacefully. It is in the hands of Lakshmi. Hence remove the sting, from your speech and body. No hypocrisy. No falsehood. Are you stinging someone? 'We always speak the truth, we are very outspoken'. We have a lot of outspoken people in Maharashtra. People like Tilak were real outspoken people. Same with Agarkar. Such people were there in our country, in Maharashtra. I have not seen that outspokenness again. Today to be outspoken means abusing people, to speak ill of others.

' We are not hypocrites. Whatever we do, we do in the open.' Is that so ? Aren't you wise? One should have some understanding about this. Hypocrisy is better, I say. Those people who do filthy things in the open, they expose the filth completely. Nobody will have any limits. At least a hypocrite would ill behave to a limited extent as he is apprehensive. It does not spread. But the things that go on in the open, they don't cease at all. And for a person who has no dignity or honour, he is a dishonorable person, it does not affect him. Where is his self respect? And you cannot get peace without dignity. The person who has self respect, he walks like an elephant. He does not lose his calm. We should see whether we have reputation or not. To behave childishly, to speak irresponsibly, to make fun, to think ill of others – these are very low level things. And you can observe this after you adopt Sahaja Yoga. And if you don't find this change in yourself then you should infer that you have not become a Sahaja Yogi. As I told you yesterday itself, in Sahaja Yoga you cannot have a membership. You have to immerse in it and there is so much beauty and so much softness.

Early I used to observe that Sahaja Yogis used to sit in the first row. Whatever may be the program; they will come and sit in the front. "You have to see the arrangements, and how can you sit in the front instead. Who will take care of the arrangements? It's like the lady of the house has her meals before everyone else. Even today, the women do not do this. It's like this.

'You are already there in the front?'

'Yes Mataji"

'Have reserved 3-4 rows"

'Is that so? Ok. Now sit so that I can worship you.'

Now they have changed over time and have gone to the last row. Now I see that poor chaps sit outside only. You must put forward those who are in need. When you can do this it means you have imbibed the tenets of Sahaja Yoga. Wherever they are, they should feel that this is Mataji's work, we are her followers, Sahaja Yoga belongs to Mataji and we will prove it. If you think like this, even if you are far away or wherever you are, I will come there. 'Mataji, position us where it is appropriate' – a person who behaves with such content attitude will benefit from Sahaja Yoga.

Third thing is a person must feel content. Without being content, Peace cannot be established. Today we went to someone's place and saw something, it was very beautiful. Then went stumbling to the market in a hurry to get exactly the same thing only. People who have already acquired Sahaja Yoga, they have no value for it. Why to gather so many things , are you going to make pickle out of it? If you bring things that you see at someone's place then what specialty do we have? Bring something new. That person will not get any pleasure. Such a person does not have satisfaction. Things happen automatically, Sahaja Yogis get everything. They get the pleasure, beauty - everything. But first a person must have satisfaction. What is the pleasure in being content? Satisfaction! You met your Atma in Sahaja Yoga, what more you need to be content, satisfied. That which itself is a form of satisfaction, if that is awakened in you, what more satisfaction one needs, Mataji? But it does not mean - stand in front of me in saffron robes.

There is one more thing. Now that we have become Sahaja Yogis we will wear soiled Saffron clothes. But beauty takes birth in satisfaction. When a person is content, he is in a happy state of mind. It is the same for the deity. When She is satisfied, She is happy. If not, it is very evident, " did not have the satisfaction, Mataji." If you are satisfied then your life becomes beautiful, very gentle. I had seen before, people used to shout at each other in Sahaja Yoga. Only yelling used to go on. I used to wonder what will happen of these people.

If any person came, then strike him with a sword.

If anybody came at the door, 'Oh, you are already here? Come.' So he used to run away. God forbid Sahaja Yoga. All these people are very fierce.

That fierceness has subsided now. Now it is a cool atmosphere. Now it is really pleasant.

One must feel as if he has entered a lotus. This is its fragrance. One must feel as if one is taking bath in fragrance. A new person must not feel apprehensive. He must feel that he has arrived at a comfortable destination. This is heaven and all these people are angels from heaven. Attire, behaviour, everything should be heavenly. Because you are in heaven. This is heaven. The heaven within us has awakened so its aroma must waft around. This way our Sahaja Yoga is spreading slowly in Maharashtra.

[Shri Mataji speaks in English]

Talk to them Even if English is little wrong doesn't matter(27:57) grammatically if the English is wrong in pronunciation Otherwise they will think they do not respect us. So I am just giving them confidence that you go and talk to them...There is no need to have first-class English for you, after all, it's alright. Is it? You all understood. They are all graduates here All are very educated people. No otherwise also. You see

The education in Pune is so great that ...Most of the ladies would be graduates, M.A's. All very well educated women and Men too. Most of the men are graduates, doctors, this ...that. But you see they are so humble that you can make it out. Education is too much but as far as the English language is concerned, naturally, you can understand it's a foreign language, despite that they know quite a lot of English. Not so good as you people after all. I am saying be friendly with them. Be friends you see ... Here the friendship is the men are friendly with men and women's are friendly with women's. It's a

Very pure country. And the other things that exist in the western countries we should never discuss with them and tell them.

They don't know. They are not aware of this. They are too simple.

So let them be friendly and they will explain to you...

This is a very good excuse If there is any barrier it will break Isn't it? They must talk to you.

1982-0124, What Have You To Surrender?

View [online](#).

24 January 1982

Talk to Sahaja Yogis

Lonavala (India)

Talk Language: English | Transcript (English) – VERIFIED

"What Have You to Surrender?" (aka "Being Connected to God"), Third Seminar Session, January 24, 1982, Lonavala, Maharashtra, (India)

Shri Mataji: Before Realisation whatever you do, as I told you, before this, is artificial, towards God, because you are not connected. Any kind of worship you do, anything you do, is not really reaching the principle of that.

Now, for example the flame: the principle of flame is light. And unless until you are awakened, you cannot awaken the principle, you cannot touch the principle of flame. So, once you are awakened, then, as you are on your principle, you can go on the principle of the flame as well.

After Realisation, when you start using the flame, you must have seen that it gives soot, black soot come out of it sometimes. I know of somebody who told me that the whole wall became black when he was putting hand towards me and he was amazed how the wall became black!

Then you have seen also that the flame reacts: if my photograph is there then you definitely awaken that flame, because so many have been cured through my photograph. How it has happened? What happens is that, when my photograph is placed, and you put the flame there, the flame gets awakened, and the light that passes through that flame carries the vibrations over.

Material things carry [my vibrations], like sound. Now sound waves, you have seen that, I get can clear you out by touching my different chakras. Like today, I tried to clear you out on your Hamsa, by touching this mic. And on the Right Side there was a problem so then I touched it to the right side. The vibrations were so much that it was making a sound! On the left side it was not. Then the problem of the fear on the Left Side was just the other way around. So even sound carries the vibrations.

For example, what is a mantra, is nothing but a proper pocket, or you can say a pot, which carries the vibrations. But unless until you are a realised-soul, you cannot awaken the mantras. So to say mantras before the Realisation like mad is wrong.

Now doing trataka (- fixing eyes on something) with the photograph, is all right, there's nothing wrong, but paying so much attention in one centre is not necessary. Supposing there's a photograph and you are trying to look at the flame in front of the photograph, then you are paying more attention to the flame and not to the photograph. On the contrary if you pay attention to the photograph, the flame puts the light to the photograph, and you get complete vibrations.

Especially for people who suffer, say, from the Right Side, for them heat is not good so much, because they are already heated up. To such people if they try to take treatment from heat side, they won't be helped. They have to take vibrations from something that is cold, like water and salt; water and salt helps many people. But some people it may not help also, possibly: those who have very, very cold types of temperament, Left-Sided people. It might not help those people. If they use a warm water it may help. So, [it] depends on what sort of personality you are. For people who are very heated up: one may not take too hot water; you should take cooler water.

The main thing is that, once you are Realised, then you can touch the principle of everything, the tattwa, tattwa of everything. Like if you have to treat the tree, you cannot treat individual petals or individual leaves, even branches. But what you have to go into is the sap. And the sap is the principle. Now to get to the sap you have to use the water. So whatever medicine you have to give to

the tree, what you have to do is to mix it up in the water [and] pour that water inside so the water inside the sap sucks it and manifests itself. In the same way, when you are Realised you become the principle. In the same way those people who are supraconscious see colours; those who are subconscious they see other things, like dead bodies, bhoots, this that.

Now if you are supraconscious you see something [and] you think that is truth: but you are in that area, that's why you see. If you are in the subconscious you see something that is the bhoot. But if you are in centre, in the present, you see nothing, you just feel it. It is effective because, in the centre, you are on your principle. But you start seeing the Kundalini is outside. Some people can even see in the sun's rays, you might see even, the vibrations. Many people can see vibrations because you have now jumped into your subtle being, you can see subtle things.

And when you use all these things: say, for example, "What is lemon and chilli?" people might say, because those who do not understand; especially in the West where the mind is so much conditioned by sophisticated things that they can't understand what is [the] sense of putting lemon and chillies.

Now lemon has a coefficient. Now you know that we have cured many people with lemon and chillies, of their mental problems. We have seen it. So we have vibrated lemon and chillies, and you have got and put them in the water. Now what happens [is] the lemon and chillies have a capacity, have a capacity, to suck my vibrations, or suck the vibrated water into themselves, as vibrated ones. They become vibrated themselves, what is called as jagrut – they become awakened. So in the night, when you open them, the vibrations travel out and create an atmosphere in which you start becoming one with your centre, and you lose your left and right side movement and you become the same one, you can say, because you have taken away from the left and right, and you come in the centre.

The question is whether the thing has got vibrations or not, like this. What is vibrations? Is the Brahma. Is the Divine Power of God, is the Divine Power all around you. Now this Divine Power is in everything, but is not under your control, as yet; you have not touched it. Once you are awakened you touch it, you awaken that in everything. Once you awaken that, then you start feeling the vibrations. Say I have stayed this house, in this place, even on the seat, anybody who is sensitive Sahaj Yogi will know where Mother has put (been).

Certain things have greater capacity to absorb vibrations. This has been discovered in the ancient times by many seers. All these techniques that we are using are not necessarily all mine – they have been already seen by many ancient seers who have seen it.

So, to understand Sahaj Yog, one has to know that there is a power, Divine Power, which acts, which works out. And now you have become a medium of that power. That's how you have become samartha (– powerful). Samartha also means strong, powerful, independent. But samartha also means 'equal to your name'.

So doing anything before Realisation is madness. After Realisation also, paying attention to things from where the vibration is coming, is better.

Moreover if your Agnya is broken it's better to avoid this, because you have already finished it, by doing over concentration at a point where it was not needed. For example, supposing there is no door here and I am breaking it all the time, hitting it with my attention, the whole thing will collapse! The door is here. If you have paid attention in a place where it doesn't exist, you have not done justice to yourself. It has to come out from here. And that is what, it said, that it is spoiled. It is very simple! In everyday life you see that way: a blind man, who doesn't know the doorway out, can bang at any place, may break the wall, may break himself also!

So after Realisation and before Realisation there's a tremendous difference. One has to understand that now you are a realised-soul. This assumption you do not have yet. Surrender also, what do you surrender to me? What do I want out of you? Nothing! What do you have to surrender to me? I just don't understand. Surrender your own ego, your own barriers. What you surrender is your own barrier, so what is there to surrender? If you have your ego intact, you won't work out Sahaj Yog, you will be insensitive.

Supposing this thing is covered with some sort of cloth and you cannot see, then you remove the cloth from it, will you say it has been surrendered? This 'surrender' word itself is very treacherous because that immediately acts on your ego. Actually, surrender means surrender your ego. But when somebody says, "You must surrender to Mataji!" that means you think that you have to surrender your money! What is there in money? I don't want your money. What is there to surrender to me? I mean just imagine! What are you going to give to me? I have nothing to get from you! Is that there anything that I can get from you? Nothing!

Luckily this time, even in this lifetime, I'm born in such way, in such family, that I don't need anything. I have even got paid and a position in that, so even that I don't need! What is there to surrender to me? You have to surrender your own ego, that's all, and you will feel free with that, because you are bound by your own ego. Supposing you are in the shackles of chains, you are chained: now if you want to remove the chains, are you surrendering those chains?

What you are surrendering is your own inhibitions, your own problems, your own shackles, which do not give you freedom; your chains, your conditionings, your diseases, your troubles – that's what you have surrendered. What is there to surrender? I just don't understand. Just to remove the clouds which are over your Spirit, you have to make Kundalini rise with a great force so that they are all thrown away.

I don't know how you people have a misconception that you must surrender to Mother. What? Your negativity, your negative thinking, all this must be surrendered. But I mean, imagine I having all your negativity, all your burnings and all your heat. I mean, some people who touch my feet really burn my feet, I tell you! Really! Horrible! It's not easy to take everybody on my feet. I mean, even people who had leprosy, who had this, they all touched my feet, the other day when I was in America. All kinds of people touched my feet. And they would think that, "We are surrendering our leprosy to Mother!" It is like that! For an ego-orientated person it's very easy to jump onto such conclusions. So you are surrendering nothing! Whichever is valuable you cannot surrender.

So, Indians, when they surrender, they know what to do. But for a western mind it is very difficult understand surrendering. So far they have known gurus where they have surrendered their money, their wives, their children, everything! So they don't understand surrender in Sahja Yoga, what does it mean. That means you have to become your principle and give up all that is gross. But don't give it to Guru! Your gross should be thrown away. The Guru doesn't want any gross from you, nothing. It is said, Buddha said it I think, they say so, I don't know if he would have said it that, you must give all your tana, mana, dhana (body, mind, wealth) to your guru. I have said it at that time. But not in Sahaj Yog. As I already told you, you sacrifice nothing whatsoever. I mean on the contrary even on a material basis, say traveling in India, it's the cheapest by Sahaj Yog – cheaper by the dozen! (laughter) It cannot be cheaper than this.

So, this is what one has to understand, that you want to become the Spirit. And the Spirit means, the essence is that, you, the principle that is you. You become the principle, you touch every principle and that's why everything has a meaning. Now in the book, many people might have done that way, so they will not like it. If I tell them they will not like it. You see it's a very funny reaction human beings have: if you are doing something wrong [and] if you tell them, "Don't do it!" then they will say that, "Why Mother said so?" I mean have to tell you! After all you have come to me to ask the truth, so I have to tell you the truth. It is for your good only.

Like yesterday I met somebody who was wearing three, four things in neck. He said, "I have high blood pressure." I said, "All right. For you a particular thing is all right. But all other things are no good. You take it out!" He said, "Yes, yes. I'll take out everything you say because I want to get well." This is what is. It's so simple that whatever is not good for you, I tell you. I am not here seeking elections, that I should try to please you. I am here to comfort you, to help you, and to give you counsel and to redeem you. How am I to do it when you come to tell me that, "This is wrong with a certain guru, he has looted you, he has done this, that." That's how I have come to know about gurus also. But somebody's still sticking onto that guru, when he comes to me, I tell that person that, "See, other people are saying about this, you better be careful." He feels very hurt! And then when he's hurt

himself later on with that guru, he comes back to me! My job is to warn you about all these people, what they are doing.

If there is a real guru, I would say there is a real guru. But as I said, in Sahaj Yoga, you don't have to have any guru, because you your self becomes gurus. Gurus were required when we had to maintain our dharma, when we had to maintain our balance. We needed it to tell us that, "This is true, that is true." In those days gurus are useless, absolutely useless. As it is gurus never treated with reverence, real gurus. They were never treated with reverence. Nobody listened to them. They didn't come to give you Realisation, they came to establish you in your dharma. They didn't have to give you Realisation at all. Like Guru Nanaka, whatever he said was the truth: just establish you in dharma, so that you get your Realisation later. But people make a cult out of that. Everything is made just [a cult] — that's not the thing.

Guru is needed just to establish your dharma. But after Realisation you become the guru. That doesn't mean you through disrespect in anyway to gurus like Guru Nanaka and all this who are Sat Gurus. At their time, they were very much needed. If they were not there, there would have no talk of principles of dharma. They were needed. Today you are Realised, you have become the guru. So you [should] talk of them also. But if you talk of them to anyone, that person can go against you, if he is adharmic he'll not like if you tell him, "Don't do like this, don't do like that!" It's a very funny world. For Sahaj Yogis, you must understand that task is very heavy and you have to work it out with your discretion. If you want spread Sahaj Yoga, you have to be very, very careful with it, because negativity is too much. And it is required that you should know, how negativity works and acts on you.

If there is any problem, you should let me know what is the problem you have got or anything. But be direct and be simple about it. If you try to be cunning, you will be the losers, isn't it? So be direct. Tell me, "This is problem," and then try, act [upon] what I say. It's a free consultation given.

So one has to assume, one has to believe that you are realised-souls. This also when I say, people think that, "Mother is just forcing this idea into us! It is auto-suggestion." Because I don't know what to do sometimes. When they get Realisation, they don't want to believe they are realised-souls. Still they go on behaving in a way as if they are not realised. Then I have to tell them, "You are realised-soul!" Now, know that you are realised-soul. Assume your powers as realised-souls. See if it acts or not or works it out or not.

Once you have assumed that you are realised-soul, immediately you will become responsible, I know that. But this assumption is very difficult: that you are the essential of all the essences. If this is assumed within you, I don't have to tell you anything, I tell you, because once you know you are a guru, you will become responsible, you will see your own ego, you will try to correct it. But if you come ask me, I'll have to tell you that, "This may be the reason. That is the reason. [It's] because of that."

I mean in Sahaj Yoga everything has a reason. But, of course, as you know, we allow very few people come in to the inner circle, very few people. I mean, as it is we don't allow everybody come for puja, because those who don't understand, don't understand. They jump back. Puja is more understood by Indians than by the Western people also. But gradually, when they feel the effects of puja, they want it, because it has an effect on them. It acts on you. Ninety-nine percent of people do feel, but one percent could be such that they will act according to their egos. They may not accept anything, they react. So, in England we are very particular, but still some people creep in.

Now questions and answers were very good. I liked the way they were asked, answers were given. But the best way to learn Sahaj yoga is practical side of it — just like science.

You must practice Sahaj Yoga: practice on yourself and practice on others. And be a witness to it. These are the three things, if you do, you will spread Sahaj Yoga better, you will grow better and will understand Sahaj Yoga better.

There are so many things that happen, that cannot be explained. For example, a gentleman came and told me, that, "The lady whom you have cured of cancer, has now got pain in her kidneys." The moment he told, the lady felt better and she got cured, that person. And she was not there, when he told me. Now, how it has worked out? How am I to explain this? It's impossible! I cannot explain to you. Because human beings think that everything is under their own understanding, is a wrong thing. You can't

understand God and His ways. Can you? The only one thing one can do is to become one. Because you have a limited intellect. You can't understand everything of Sahaj Yoga. You can't understand how, under your hands, the Kundalini is moving. The how of nothing can be explained. That's why I said, "Throw away 'how' in the sea!" Because you cannot explain! Can you explain, why is it, when you raise the Kundalini, it rises, and you can feel the chakras. Can you say how all of you feel the same centre?

In God's realm it has so many dimensions. It has such tremendous speed. It is so effective. The attention is so effective. You bring something to the attention and immediately it acts.

And when she got cured, I went to her house, and I didn't know what to do, because [it was] very embarrassing that I told. She said, "Why did I get it Mother?" I said, "You didn't even write a letter of thanks to me. At least a letter of thanks to God!" After all you must thank God. If you think that, "God has cured me so what?" it's not so. You have to be humble about it. At least a letter of thanks she should have sent to me. And that's how she got out of my attention completely. I mean don't do any harm to her, but she herself jumps into such things. And when she got out of my attention, she got this trouble. Still she argued with me, "No, no. I didn't want to write. because I was thinking that I was cured by doctors." this thing, that thing. I said, "All right, go ahead with it!" She wouldn't even write a letter of thanks, can you imagine! And then she got back her cancer. So a letter comes back to me, saying that, "Mother now she is writing a letter of thanks to you." (laughing) What am I to do? Isn't it stupid? But it can be very serious! It's very stupid but very serious. You shouldn't play with the Divine Power. It's very dangerous.

Like one journalist, who wrote something against me and people were very furious, very, very furious with him. Everybody was angry with him, I said, "Forget it!" And now he's got blood cancer. He sold his house. It was again published in the same newspaper [that] he's got blood cancer! (laughing). I don't know what to say! He's sold his house. They told me that he sold his house and everything and he's now going to America, and his wife is now come to Sahaj Yoga. Why go that long way? If you forget God, God doesn't forget you. But if you forget Him, you get out of his attention, and you go to something that is dangerous.

You can see all this in Sahaj Yog: those who have done like this, gone out of the attention, have suffered. Not God wants you to suffer, but, if there is light you can see everything clearly. But when you go out of the light, you fall in a ditch, and you say, "Why didn't the light follow me?" It's very stupid! The whole thing is very stupid.

When you surrender your ego, you realise that you are just a part and parcel of the whole, and you are only are important because you have become awakened; otherwise you are not important.

All these things add up to a kind of a negativity which gives you barrier to take Realisation. Take to your assumption that you are a realised-soul. In a very simple way, now you have jumped in the sea, that's all – you have become the sea! What is there to give to Mother or to surrender – [this is the] first point you should ask your Mr. Ego. "I myself is a problem to myself." "If She is solving my problem, She is taking up my problems to Herself, what am I going to surrender to Her?" I mean you are so, sometimes, in the grip of the ego that I don't even try my tricks to test you, because you are so premature, you are so sensitive still. I mean I don't know what to do. You are to be tested, but even that I don't do. No testing, direct. Some testing is needed. After all if you have to enter to the Kingdom of God, you have to be tested, no doubt.

You also know that, those who are realised, that many centres you catch. You jump upon your ego and superego all the time, you have problems, still doesn't matter. Even if you have fifth-had car Sahaj Yoga accepts you. Actually it Sahaj Yoga which is accepting all of you, which is rendering all the help necessary. We have to be thankful to Sahaj Yoga, that it has brought such relief to all of us. It's such a relief.

So one has to first assume that you are realised-soul. That is the assumption you don't have. And when you have that assumption you think that you are realised-soul so you should shout at people, and get angry and show off. Or you think you should extract money from Sahaj Yogis, you should try to take away sort of like a businessman, something out of them. Or you should try to save money at the cost of Sahaj Yoga. I mean this is absurd, all these things are absurd.

The absurdity is that you have come to gain something, you have come to the River Ganges to fill your pitchers – all right, fill it

up. You fill up the water. But when you fill up the water, you are going to use it for some purpose. Now, know that there is The Ganges within you. Assume it! Again and again I say to you, that

you assume it. The assumption will give you whatever qualities are needed for the Spirit. You don't need much of technique as I told you this morning, not much of technique. What is needed is love, looking at things with love. If you are kind to someone, is it out of love or out of sympathy, or is it out of some sort of a power lust attitude, or is it out some sort of gain that you want to get out of it. If your behaviour outside is artificial, it is also of no use. So try to train yourself up that, "Now I have come to Sahaj Yoga I have to train myself!" It's a very big training centre: in your spiritual life, in your social life, in your physical life, in your mental life. You have to cleanse your mind itself, where the wrong things are coming from.

You can cleanse because your attention is now enlightened. Just start looking at yourself, "What kind of thought [is] there coming into my mind?" And then once you have cleansed yourself you will feel your purity. You will be very happy.

Sahaj Yogis are my own children, they have got their own powers, they have got it, because they have got it. Nobody need be jealous of them. Everybody can get it. God wants it to happen, it has happened. It is all prophesised that it is going to happen. But if you don't understand the subtleties of Sahaj Yoga...because if you judge from the gross angle you cannot understand Sahaj Yoga.

You have to know you have become a subtler being and everything is on a subtle level; as I said in the morning only, that you have become sukshma now. You have become now. You are different person. You are not the same person. As the egg has become the bird, it's a different thing altogether.

Take out all that was before – that, if you call 'surrender', all right! – and assume your own powers, to become very powerful yourself.

Now if there are any other questions you ask me. Ask me.

(In Marathi: You should all learn English. Your Mother has learned so you should also learn. Now the God understands English! I understand, that means that God understands!)

Yogis: Mother, can I ask a question. Today I was asked the following question I didn't know how to answer that. The person which usually feels very well in the fingers, didn't have ego finger burning, yet couldn't surrender. So what is the position of not being capable of surrender, fighting to surrender, yet the finger was not burning.

Shri Mataji: The reason is stupidity, is absolutely stupidity. I mean how can you explain this? You see, you are feeling the cool breeze in the hand, you are feeling all right, still you are saying, "I am not going to surrender!" Must be some sort of a bull. I mean you just see! How do you explain such a person? That person is not honest, [is] dishonest in simple words. Even if you are feeling the cool breeze in the hand, you are feeling better, you are feeling the vibrations as promised by Adi Shankracharya, everything you see, and also you read Blake and you see all that, [and] still you don't want to believe it, that means you are stupid, you are just like a bull. You see, [if] a bull, is all right, healthy, is perfectly in good condition and just sits on the street. And you ask him, "Why sir, why are you sitting on the street?" And he says, "I don't want to surrender!" "Baba you are all right? What is matter with you? Why are you sitting here?" "No, I don't want to surrender myself to all the other traffic! I want sit here." "But why?"

Then there is a method (laughter). For such stupid people there is method for that! And then they run! (laughter) This is absolute stupid! There's nothing more than that [which] can be said about a person like that! He doesn't want to surrender means what? What is he not wanting to do? I mean as surrender what do you do? Just think about it. Then you tell them, you surrender, you surrender.

(break in recording)

Such a person is possessed and the possession comes back on the person. For a while it is all right and then again there's a possession which gives it ideas. Again it's all right. It's a wobbly character, that's all we can say. It's a very wobbly character. And one should take oneself to task for such a nonsensical thing.

I mean, just think of it. Such behaviour is possible before Realisation. After Realisation, once you have felt something, what is it? It's stupidity, absolute stupidity. Trying to show off, you can say, at the most. Such a person is just trying to show off, like a bull sitting on the street is trying to show off, "Every traffic is waiting for me!" He's feeling very happy about it. It has a nuisance value. Such people are nothing but they are a nuisance value! They are nothing but a nuisance value. They are a nuisance. By creating a nuisance, like in England we have now these punk rocks – what do they achieve? Just create a disharmony, a stupid feeling and a repulsion, that's all. They just do it because, if they feel they are neglected sometimes, they do like this. Then they create a nuisance out of them[selves]. So everybody pays attention to such a person. The best way is to neglect that! That is the best way is to neglect such people who talk like this, then they will not have to surrender and take two running jumps and go to hell! Then they are all right. Don't fuss about such people. They are fussy people. They want to fuss about themselves. They want everybody to fuss about them. We should say, "You better spare Sahaj Yoga and us!"

Yogi: Why the perfect God Mother, this is a question they asked me, many people, why the perfect God created the imperfect world and why so many people don't have even the seeking and they are going in the opposite direction?

Shri Mataji: You ask the people.

(break in recording)

Everyone! French should learn English! If you try to learn, it's not difficult. If Indians can learn English why can't you. Your Mother can't speak French. It's a very difficult language. You have to turn your tongue so much that my Vishuddhi goes out of order. I can't speak. I have tried to say your way, but I just can't say. I tried, you see. So it's better you learn English language. It's not difficult for you. Most of the English words which are subtle are borrowed from French!

(Mother demonstrates a few words similar between English and French) (applause)

Now 'Vincent' everybody says, 'Vincent', but you will say, 'Vanson'. You see, this is individualism. Now we have become collective, try to learn a language which everyone understands. It's not difficult for French people to learn English words. Indians are very good at languages I tell you. They are the best in languages. If they want they can learn any language so they should have no compunction. Should try to learn three languages, as much as that you could follow me. Of course you can't understand Hindi and Marathi so much as you can understand English. So try at least. But that doesn't mean that those who know English should not know any other language! Like our Hindi speaking people, they never try to learn any other language, because everybody has to speak Hindi language.

So those who are not well versed in other languages should try to learn other languages. You must learn some language in Sahaj Yog. Say you may learn Sanskrit, you may learn Hindi, Marathi. If you know English, that is not sufficient in Sahaj Yoga. You have to talk to other people also. If you really want to be effective you have to know something. You will help me a lot if you know French, because in France [when] I go, I get lost. In Spain [when] I go I get lost. We went to Spain and we had taken one lady with us who was going to translate me and she got nervous and I didn't know how to talk to people. Then suddenly somebody came up and he said, "I would like to translate you."

It is not difficult for Sahaj Yogis to do anything because they become so dynamic. If they get to it, they can do it. It's very simple. So just think that you have to know about other languages also, like Australians know only English, that's not good. They must know one more language, at least one more language. And for that they should try to get try to get somebody to teach them one more language. At least two languages you must know. I mean [if] you want to become universal and stick onto one language, how will you become? Those who join maybe have to know English. Japanese also have to know English. I know this definitely,

they have to know English, because all naval terminologies are in English. Those who join airways, they have to know English because everything is translated in English. Any other thing which is doing a universal work or manifestation, they have to know English, it is important. So this will not be a waste.

But in no way I would say that English language is that perfect to describe Sahaj Yog, in no way. But you have to know to understand anything. And we have to introduce new words also to explain. But for you people it is important to know two languages. Either know Marathi and English or Hindi or English. But if it is easy and if you want to know, you should know these three languages if possible, little bit of it.

Marathi is the most difficult, but Hindi is not so difficult. Because we have to communicate. We have to have a rapport. Or there is another language, we can just sign – deaf and dumb language. You can try that. But it's also complicated. You see, we had one deaf and dumb gentleman and for marriage he used to say like that, you see. So how will you know that marriage is this [sign]. Because in marriage they put akshatas on people. So what he was [doing] was describing everything according to his customs. And in England people would not understand what does that mean (laughter). They might think, 'throwing stones'.

Now those who have not used kumkum, say for example, if you say this one. So that means the wife according to (Indian sign language). Or mangala sutra he will say. And now those who never wear mangala sutra, how will you know? So, you see, even deaf and dumb language is very much affected by the locality or the place you live in. All right, so let us decide to know some other language also.

What other question?

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Talk to Sahaja Yogis

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It is such a pleasure to meet so many Sahaj Yogis from all over the world, and to be able to talk to them. They understand me the best, in this whole world. It's impossible to have a rapport with a person who is not a Sahaj Yogi. Even if you give them Realisation, if they have not become Sahaj Yogis then it is very difficult to make them understand the subtleties of their own being also.

Today, as we are all Sahaj Yogis here, I would like to tell you about the growth of the being on the subtler plane.

All the time, as we have been doing anything, we have been thinking what is to be done. "What is to be done to be realised?" was the first question people asked me, when they were not realised. "What should we do Mother to get realised?" Then I had to tell them, "Nothing, just spread your hands towards me, and it will work out!" It's true, it works out that way.

Now after Realisation, you have to do something, as they say. But still what have you to do? Again, the question comes in, "What should we do for this? To remove this chakra, that chakra? What is the technique? What is the thing?"

The trouble with Sahaj yogis as they are today is they are all technocrats already! They have done so much of technical things, that it is better that they should forget about technique and worry more about spontaneity. The technique is so much that the technique has killed the spontaneity and a balance has to be struck between technique and the spontaneity.

First you get your Realisation by spontaneity, sahaja. Then you have to have — naturally, by temperament you are technocrats — you want to have a technique, the tantra, the mechanism, how to work out the mechanism. Thank God, we are not so bad now, otherwise, normally I have seen, I was giving lectures and people were giving bandhans to them and raising their Kundalini — all mad people around. And others who were newcomers would be frightened at such Sahaj Yogis that, "What's the matter with these people, they are so abnormal?" And if you tell them that, "You should not do it, you should just listen to the lecture!" they would say, "No, no, Mother, we were catching, so we were trying to put ourselves right."

Now one has to realise that you have to become subtler. Then again the question, "How to become?" How to become subtler is the problem. For example, today, there was a question of having a puja in the morning time, today. They said that, "There is a suryagrahana," means the eclipse of the sun, "and if today is such a great date, that if you do the worship or the puja you get blessings of thousands of such pujas on an eclipse day of the sun." Now, if you look at it, it looks very fine, good, "Yes it's true. It is written in the astrological survey and all that. It's a very great thing!" and we start following it. You being Sahaj Yogis, you must attack it from a subtler point of view: that is how your wisdom will also become subtler. Your attitude also will become subtler. To attack such a question from subtle point of view, we have to first of all know that we are Sahaj Yogis. No technique is needed, just see your vibrations on this question, to begin with. It's very simple!

Subtler things are the simpler things. Gross things are complicated. It is very simple: very simple equation. Simple thing is to feel the vibrations on this point: whether today's puja, is it really worth something or not. You'll be amazed that your Right Side will become hot on this point.

So, this intellect, which is now being enlightened – prabuddha you have become – you must use it in a subtler way. Why that for Sahaj Yogis, it is not necessary to do the puja today? You have already become thoughtless, so I will not ask you to answer the question! The reason is, as you are all technocrats, you are right-sided. This was all right thousands of years back, when the Vedas started. And the Vedas have given us this science. All the excitement about the Vedas was all right at that time when they worshipped the Surya or the right-sided things. In Greece, these things reached such a height that all the Gods had to fall, just like human beings, and become just like human beings. For them now, everybody has weaknesses, every God has a weakness: this weakness one has, that weakness another has. They don't understand Gods anymore in Greece. They just think that they are some sort of entities with all the weaknesses of human beings burdened on them. So, this right-side movement has been bit too much, since the time of Vedas. Worshipping of Surya has been too much; you have worshipped too much. It was so much so, that Christ had to come on this Earth and tell people that you better forgive. His advent should have made people more in the centre but it did not. On the contrary all the Christian nations went onto right side and we Indians are also following you up.

So, we are very right-sided people. All the Sahaj Yogis today are, 99.9% are, right-sided, even Indians are. The bhakti people are lost; they are not yet here. They are another mad people. They are going to this Pandhari temple (in Pandharpur), praying to God. They are in the churches, they are in the temples, they are in the mosques. Everywhere they are lost. So, those who worship the moon, worship the bhakti, the so-called love of God, are lost to Sahaj Yoga, for the time being. It's more the intellectuals [that] are here, because they really lead others into another...they sound more sane than the other. But this movement towards the right is overdone.

So now, to bring Sahaj Yogis to normalcy is to bring them to the Left Side, as they are today. That's why I took you down to villages, where people are very simple, very loving, very affectionate. With right-sided people, the brain is so wobbly that you can't bear any discomfort, you can't bear any discomfort. If there's any discomfort, you just can't bear it, because all your energies are spent in your brain activity, which is useless and thoroughly rubbish, absolutely; creating nothing. But it makes you so tired that a slight discomfort in the body makes you very, very upset, and you can't bear any physical discomfort. Now we Indians also, are so enamoured by your progress that we are also trying to follow your footsteps, and with a double march.

Under these circumstances, one has to think of those people who really love God; there is bhakti, there is devotion. They don't think, they don't worry; they are blindly following God. They know there is God and they said, "We'll meet God sometime." Whatever mistakes they are creating – as you have committed mistakes with your right-sided behaviour – with the left-side also they are committing lots of mistakes, no doubt. But they are to be brought in. You have to meet them, and they have to meet you. They'll have a good effect on you, I know they will have. To become the moon now, is not so easy, because once you have become the sun, [it's] rather difficult – you have gone a little ahead. But to become the moon, you have to develop that shraddha, that faith, that non-thinking faith, that love.

One may ask, "From where do you start when you sit for meditation?" I asked Modi what were the questions – Oh God! "From where to start and where to end?" It's all again technique. There's only one technique I would prescribe for you people – every group requires a different type of a technique [depending upon] the kind of problems they face – is that you start with your heart and end there only. It starts from your heart, from your Atma, and ends in your Atma.

Just give up talking about it! Just start feeling your heart. You just start feeling your heart, opening it out; not your mouth so much as your heart!

What do we do when we love? What is the sign and symptom? I don't know, in the West, if that glimpse of love is also there or not, but you can see [it] in this country, still: say a mother, if her child is sick. I have known my own mother, when my brother was very sick with typhoid, for twenty-one days and nights she did not sleep a wink. She did not. If you have seen that kind of love, then you can understand what wonders...she never thought of her comfort, nothing: what time she slept, what time she got up. She didn't think of her food, nothing. She was just wanting that her son should be all right. Now, they said that twenty-one days he has to be sick whatever it is; if you try to cure it earlier, then it will have a relapse on him or some problem. So, twenty-one

days, really I have seen, that she didn't eat any food. She didn't know what she was eating; anybody who offered her food, she would eat little bit and then she would not; she had no desire left, but to see that her child is cured.

How much can we sacrifice for Sahaja Yoga?

Then I'll give you another example, which I have seen myself, in my childhood. Now Indians are very different people, but I have seen very great Indians in this country. When the Britishers were here they were another type of Britishers also. Now you don't find them anywhere. Only thing, that Gandhiji said that, "You'll get swaraj - you'll get independence." Swaraja is actually: 'swa' means 'your Spirit' and 'the reign of the Spirit'. But when he said 'swaraj', he meant political independence. And how much people sacrificed for that, which they did not enjoy themselves! In my own family, my own father who had houses, cars, everything. He was a titleholder, he used to get his clothes stitched from England. Everything was taken away from him, everything that he had, everything.

And we stayed in very ordinary huts on this soil itself. There was nothing in between us and the Mother Earth. But what we felt [was] that our father was doing it for such a great purpose, we were very proud of it. We never felt we were sacrificing anything. We were very much respected everywhere and people offered us free things but we would not accept. Such pride that we are doing it, such a great thing, for our own country, for our countrymen, for such a wider interest.

In Sahaj Yoga, you don't have to sacrifice anything: neither money, nor your sleep – which is very important – nor your comforts, nothing. Everything you get cheap. You see this blessing (Mother looks around at the hall). And what is promised to you is swa-raj in the real sense: is the domain of your Spirit. The liberation of the highest type is promised, which you have achieved. And sacrifice is zero. You can't even sacrifice your time. On top of that, some people think that they are obliging Sahaj Yoga, specially me – is the absurdity of the whole thing!

It was not definite also that we'll get independence at that time – nothing definite. They went to jail, my mother went to jail five times, with eleven children in the family. Only we and our relations, everybody, staying in the house, all still not educated.

Now we are the other way round. Today's politicians are busy making money. It's a just the other way around system; other way around. It's just the other way around! I mean, I can't understand from where these people have come.

So, you don't have to sacrifice anything. Nothing is to be sacrificed. Always, you get an added advantage in this way or that way. You are blessed every moment! Count your blessings. And then, one should start understanding that these blessings are for us to become more loving, more generous, and sacrificing.

The idea that we are sacrificing itself is an ego-oriented idea. What do you sacrifice? What do we have to sacrifice? I mean, supposing I say, "I'm sacrificing," It's nonsense, because that's my nature. I have to jolly well do it! I can't help it. I can't run away. If I run away from you, my vibrations will bloat me like this, I won't be able to even walk. I have to give. In the same way, you have to give Realisation. If you think that, "In my house, Oh, I do lots of meditation, Mother, I give exclusively, I am exclusive!" – finished. You cannot go further. You may have your own conception that you are going further with it [but] you are absolutely wrong. I allow you to continue with your myths. That doesn't mean that it is true. People ask me, "How many times should we attend the programme?" "How many times should we meditate?" Every moment!

You have to take responsibility of Sahaj Yoga now. You have to become responsible for it in your own way. You have to do it because you are doing it for the greater good. The more you think of the greater good it is doing, the better it would be for you. All these are the qualities of the Left Side, the heart, the Atma. Atma is all the time giving. It cannot receive. That is why it is untarnishable. It is unsurmountable. Who can surmount it? Because it's the king of itself! Nobody can dominate, nothing. No material wealth, nothing can dominate it. It is above. So, to get to subtler life, take to spiritual life, they say. But spiritual life means what? They don't understand. And 'spirit' in English language is such a misnomer that for three things they use one word 'spirit', can you imagine? For the dead, for the spirit that they drink, and the Spirit that so called exists within them. It is absurd, isn't it, to give such a name, one name, to the three things which are absolutely contradictory to each other!

So, to get to subtler life one has to get to the Spirit, to the subtleties of everything.

Now, I'll give you a concrete example. You need not pull your ears for that. See to the subtleness! In Pune, people wanted to give you some presents. They said, "What should we give?" I said, "Give them the soil of Maharashtra." Every particle is vibrated here. The clay of Maharashtra. Last time if you remember, they gave you an incense-burning (incense holder), what we call 'dhupatna' in Marathi. I don't know what you call in English, there is no name for such a thing, but you know what they gave. This time I said give something symbolic and I chose that for you. I wanted to see your reactions, what reactions you will have. It was chosen with a purpose. It's a very important thing you are taking with you. It's a very important thing. It's vibrated clay from Maharashtra. It's a very great thing. Though in Pune, people are very miserly, agreed. They always make a mess of many things, agreed. But the soil is vibrated, is punyas there. And out of that soil, I wanted to find out something that would be symbolic. I myself went, before the puja, to select it. Now, what you have made out of it is not so satisfactory. That is the most important thing you are taking from here. All other things are of utility of a very gross nature. You may try, if you can put a plant in it which will give vibrations. So, I was told that they were asked to send it by ship. It's very wrong! But if I give you a silver thing, you will carry it with you. Will you send it by ship? Nothing to pull your ears for.

But to get to subtler things is to understand the subtler values of everything. It cannot be weighed or understood through money. Because in the West, you know, people buy everything as an investment, everything. I don't know how they don't buy even their nose for an investment. Everything must be standardised, because it should have a resale value. I mean, imagine to have everything which is sellable, means there is no feeling for that thing. They would buy even a certificate the same way, even the bed they sleep in. Everything should be sellable, re-sellable I mean. And this is the curse of that country. In this country, it is not so much. For them, silver need not be so much standardised and gold need not be so much standardised. Gold they may like to have pure gold because it is good for vibrations. But such standardisation in these things! It's all right for, say, bathroom pipes you should have a standard, but for these small-small things there should be no standardisation. Because they do not feel the vibrations.

If you start understanding things that have vibrations, then you will be amazed that the things, that look so insipid, so useless, not re-sellable at all you can say, 'worthless', you can call it, from all our standards, absolutely worthless, could be so much useful. Like one hair of Mohammed Sahib, imagine, one hair of Mohammed Sahib! Shroud of Christ! Shroud of Christ. But that also they are selling now, they are making money out of that also. I mean, thanks to these Western people, everything is sellable.

So, once you start going to the subtler side of the physical things...not only aesthetics [as] aesthetics are also sellable, but things that cannot be sold. You cannot sell your Spirit. They should be the most precious things for you, which is the most precious energy for you.

Our values are changed. We are different people. Which is the most precious energy for us? Is the Living Energy. The synthesised energy of all the energies is the Living Energy. But we believe in money energy or destructive energies or atomic energies, electrical energies, now petrol energies. And all these points will be hit to understand that you have to do without them.

So, the greatest thing for a Sahaj Yogi is the Living Energy, and the sign of Living Energy is that it grows and discards all that is useless for it. It knows how to work it out. In the same way, a Sahaj Yogi should know what is important, what is unimportant. You are judged every moment, naturally, because you have entered into the Judgment of God.

This understanding of becoming subtler comes through love. What is love, is hard to describe. You can only enjoy it. I enjoy it, when a villager brings something so simple and makes me eat that. Like the small little fruits called 'ber' [which] were given to Shri Rama. Shri Rama, Himself, was born on the Right Side. The great example for all of you is Shri Ram, who was on the Right Side, who works the Right Side, when He was born and He was a child. He is a Suryavanshi, He is the son of Surya. I mean Surya - everything comes from the Sun to Him. When He was born and was a little child, He asked His mother that, "I would like to have the Moon." He started crying, and nobody knew how to satisfy Him. He said, "I want to have the Moon!" They'd give Him any toys,

He'd throw away. They said, "What a child it is! Funny thing! He wants to have the moon, now how to get Him the moon?" They did not know how to solve the problem. He said, "Somehow you get me the moon. I don't want to eat or anything, I want to have the moon." Here the moon represents the Atma, the cooling capacity. He asked for the moon. You are all on the Right Side, so ask for the moon, ask for the Spirit. And they didn't know how to satisfy this Shri Rama, who was the incarnation of Shri Vishnu, asking for the moon of all the things; not for anything else. What's so important? So, the mother has always an intuition. It's a maya. It is a beautiful drama. She brought a mirror and showed Him the moon in the mirror. She said, "Now you can get the moon here." So sweet! And He was satisfied. Even the reflection of that can satisfy. You are like the mirrors and I want to see the reflection of moon in you.

The love we talk of, is to be subtler. It becomes really subtler when you really enjoy. Like giving something to someone is one of the ways of judging it. When you start [to] enjoy giving, not taking, just giving, then you should know that on material level you have felt, you have touched that shore of subtlety; on material level only. On emotional level: in India, everybody loves their children. I mean it's a bit too much, going too far. I mean, they can even sell their country in the name of their children. It's going too far, their wives – I mean, it is a trip – their husbands, it's a bit too much. The other side is in the West, where they don't believe in all this nonsensical love.

In between, the subtlety of love is that: love a person, not with any reasoning, with any way of gain, or any relationship whatsoever. Just emit love. Whether you are recognised or not, just [to] emit love is the subtler way of loving. That love cures people, that love comforts, that's the comforting side, it comforts. To begin with, we should see to the comforts of others. Self-indulgence is against that love. People would like to make my bed, all right; they love me, I know, but it must permeate to others. They love me, and second they love themselves, that's no good. Between me and them there is a big gap. All that is filled by others. Who are the others? Are the Sahaja Yogis. We would never make a bed of another Sahaja Yogi out of love also: very difficult, it's too much. But to find out the faults with other Sahaja Yogis! "You got up very early, you opened the tap bit loudly, I couldn't sleep!" is a very common complaint. "They banged the door early in the morning, they made a noise!" Because your brains are out now, with thinking! You are so much strained here that you can't bear any sounds anywhere. I mean, people can only live in a churchyard happily, I think, if that is the situation. While in India, we don't mind any kind of noise anywhere. I mean, as it is, wherever I have stayed there has been a railway station around. We could hear all the shunting, everything going on and I enjoyed, really, all that.

So, when we start comforting others...to give comfort to their physical body, to their mental body, that is also a very far-fetched thing. Because to say comforting things, to say beautiful things to others, is regarded [as] I don't know what. In the West it's very hard to find people who can find out words to say sweet things to others; same in India, specially in Maharashtra. Marathi language can be very harsh. (Marathi)

Speak sweet words, say something sweet. Be kind and nice. It is so nice to hear that you are sweet to each other. When people come and tell me that, "Such and such Sahaj Yogi came and comforted me, and was very kind," I really feel Sahaj Yoga is working, in a big way. I feel it in a very big way. You may have thousands of them, what is it? There is no quality there.

Try to mould your Vishuddhi in a proper way, otherwise you'll have Vishuddhi troubles, I must say. Try to use language which is extremely sweet. It doesn't mean hypocrisy. No, you are great inside and you want to love, but there is a barrier of your ego. When your light of love passes through that ego, it gets falsified, it gets ruined, it gets spoilt and then you say harsh words to others.

Try to be sweet through your Vishuddhi Chakra. Once you start doing that, you will develop your witness state very well. Because, first of all you witness yourself which is trying to be nasty to others and enjoy that nastiness. And there's a Hitler sitting in your Vishuddhi and that Hitler you start seeing, "All right, Mr. Hitler!" It wants to say something very harsh because that appeals to your ego which we call as 'intelligence'. Our misidentifications are, you see, "You are very intelligent! Very sharp!" That's only ego, one of the edges of ego. So try to be sweet in your tongue.

It is very easy to make fun of people for small things here and there, anything making easy. (Marathi – Our Marathi people are

experts at that!) In Maharashtra, people are known for such a thing: how to make fun of everyone. But when we start making fun of others, we also become a target of fun.

English also, are like that very much. Everyone, I should say, but English are quite special, to make fun of everyone. Of course, Sahaja Yogis are now realising. Everyone has their own style of dealing with things. Like, I would say Americans are: they have no respect of themselves, no respect for themselves. I mean, they have no respect at all for themselves and anybody else's life or any...They have no respect of any kind. Indians are hypocritical, very hypocritical people.

Like that, everybody has problems. Now you have become Sahaj Yogis, you are no more English, Indians, Americans, nothing. You are Sahaj Yogis. You belong to a great, very, very great organisation of God. And Sahaj Yoga is the place where you have to learn, in every way. Indians have to learn how to be honest, and English have to learn how to love. Americans have to learn how to be self-respecting.

All of us have to learn, give up what we had, our identifications, and have to become subtler and universal, and people of such values that anybody who sees [you] will say that in America Mother has created Abraham Lincolns, in Russia Tolstoys, in Maharashtra Shivajis. I'm too ambitious, I should say. But I see reality in you and reality in myself. On that basis, I say, one has to create people of that special quality [in] which they have sterling qualities in them, sterling qualities, spiritual qualities which are so subtle, so beautiful, so sweet, so understanding. And still, just like steel, nobody can budge them from their own principles, tattwas.

That is what it is, so simple as that. And then you start enjoying your love, enjoying your virtues, enjoying everything and having compassion for others. Then you don't catch. You catch because you don't have compassion. In compassion you will never catch, never. A mother never gets a disease from her child. She never gets a disease from her child. It's a fact. Child may be a tuberculosis patient or could be any patient, she never catches because she loves.

In the same way, when you really love, you'll never catch anything. Then what is the question of "What is to clear? Where to clear? What to do?" What does it matter? You are just flowing your heart. At this moment, my children, my Sahaj Yogis are at that level that they can completely open their heart without any fear. It's a very different stage you have reached now; you are at a different stage. Just assume your powers. Know that you are that. Just open your heart.

Like, the other day I saw somebody, he was caught up very badly from all the sides, he was not Sahaj Yogi, somebody else. And I asked him, "How did you manage to get so many bhoots into yourself?" Every, every guru you name, he is there. I said, "How did you manage?" He said, "I have a very open heart!" "Oh God!" I said. I said, "It's like an open window in a dirty place. You get every smell, every mosquitoes and bugs walking into you!"

So, the fear of opening your heart to that extent, comes from that, from that experience. But now, you are at such a stage that — open your heart! There should be no fear. There will be no problem.

Material problems are not difficult to be solved. Like, somebody was taking my photograph which was in a silver frame, and she was rather worried because the customs may stop her taking. Of course, photograph they can't stop, but maybe the silver frame. And this gentleman told me that he was taking it with him with a frame, silver frame and he thought people will object. But as soon as they saw the photograph they said namaskar to the photograph, forgot about the frame!

So many problems can be solved. Material problems are so simple to be solved, so simple — is the easiest to be solved. Physical problems also: I have known of some Sahaj Yogis who have been in Sahaj Yoga six, seven years but still they are frightened about their body, their physical body, the troubles they have had and this and that. If they can just leave that fear, they'll get out of it. It's such a vicious circle built in. And the same thing works out with our open-heart surgery, as we call it. We are afraid that our heart will be again be caught up into nonsensical things, so we don't want to open our heart. That fear I can understand. But now you are Sahaj Yogis, finished! Ask all these people to get lost. All these fears, you should ask them to get lost.

When you discover that you are the Spirit, you are that powerful Spirit – just try to steady. How it feels happy, is very simple. When do you feel really happy? Is when you give something, not to Mataji only. To me you are, I know. If I take something from you, you feel very happy about it, I know. But to somebody else; give some love, comfort. What a great power this voice and this vani has, that you can comfort others by saying good things. Can you imagine what a power God has given you! Without spending a single pie, you can comfort others, only by saying good things. If you say a mantra, you will comfort them more in a subtle way.

If you instill love of God within them, it is even greater. And the joy of that is so much because the Spirit is joy. The more you open it out, the more light comes in, the more it works out. So give up that fear which is placed within you in your experiences. Now, this is a new experience of a new life, where your energy comes from the Spirit, which is love. In one word it is love. And in three words, it is truth, it is attention and it is joy. All put together it is love. When you mix them up, it becomes love. And that is what you have – it's the great power of love.

Through your attention, you love others. Even attention is sufficient. To be attentive. You see, I needed a handkerchief, all right. That's true, I needed a handkerchief. I forgot. I mean, as usual I forget all these things. Then they felt the need: Mother needs just a handkerchief; they brought the handkerchief to me. It's a very simple action, but the attention is on me. With little things like handkerchief you can comfort people. For a Sahaj Yogi, even to give a handkerchief itself, is so vibrated, itself is. To win over other people is also this way: to be kind to them, to give them. But to give them Realisation is the highest thing.

Now, when you become subtler and subtler, you will see that you will not have sympathies with people who are afflicted, not sympathies, but you will have love for them. There's a big difference between sympathy and love. When you have sympathy means what? You share pathos. If you want to share pathos, share. Very good idea is to share pathos.

But if you want to share joy, you'll not have sympathy, you'll have love. You want to share your joy of your Spirit with the other person, so you may talk to that person in a way that may not look so much pleasing, and falling at his feet: you see, this is the work of politicians or business people, not yours. You are not seeking any business out of them, you want them to come to Realisation. So, you have to say things which are wrong very firmly! With a real firm hand you have to say, "This is absolutely wrong, absurd!" You have to convince on that point. On that, if you go on saying like this, like that, it will never go into their heads because there are bhoots and you have to hit them hard. That is also love.

So, love is the strongest thing and the sweetest thing. It's such a beautiful combination and the one who has the wisdom, that subtler wisdom, can only achieve it. Now again the mind will work, "How to do it?" So, I think all of you should put this word 'how' into the sea! And there's another very good word in English language which you should use is, 'Why not?' That's the way you can assure yourself, ascertain yourself. Work it out that way, into complete blessing of God. You have to just pass those blessings to others, that's all. Nothing more is to be done. Just pass that light to others. For that, what you need is a man who has accepted love as his career, a man who worships love, a person who thinks love is above all.

So today, to save the Surya from grahana [eclipse], we extend our love to Him and ask Him to create love in the hearts of people who worship Him. Those who worship Surya, must know that Christ resides in that centre, who was nothing but love. All His life He loved, He sacrificed Himself, because He loved you so much that He wanted you all to get into the Kingdom of God. He sacrificed Himself at the altar of God's forbidden territories. He made it possible for you to go there by sucking your ego and superego. He is the messenger of love who was born on the Surya. So, to do the greatest justice to Surya is to decide today that you will take up love as your worshipping, as your puja.

May God bless you all.

Any questions? Yes.

Australian Yogi: What about the Australians, Mother? You said about the Americans and the English problems. (laughter.)

Shri Mataji: They are rather safe people, but they have to be deeper. They still are under a shock, I would say, that they think that they are away from the whole world, separated. And they have to get into deeper ways of life. They are loving people compared to other countries, no doubt, but one has to go deep down, deep down. And you have to be very deep, very deep.

You should know that Australia was once placed between Africa and India. I am going to Perth, the African side, and then to Indian side which is Sydney and all these places.

But you must not be satisfied with all the Western culture you have imbibed, the Western things you have. You are not in the West, you are in the East. Because you are not on the West, if you try to follow them, it's just mimicry, it's very superficial. So, not the Sahaj Yogis I am saying, but otherwise, the people, Australians are very superficial people. They drink much more than the Scotland people drink. I mean [in] every way, they are very, very too much, I would say, and that's how they are rough.

So they have to get to the subtler side by developing deeper understanding into the aesthetics of life, into the beauties of life, the beauties of language, all right? This is how if they go about, it would be a wonderful place. English are very developed that way: they have lots of beauties, understanding of beauties, this thing, that thing. But they have become, sort of, they think they are the wisest of all, they are stupid, and they think they are the wisest.

Australians, on the whole do not think they are the wisest, but they should know they can become the wisest. Because you live on superficial level, you think that everything should be tackled on superficial level. That's not the point; you can be the wisest. As English could be, you could be, anybody could be. And as it is the Mooladhara, you should be the first to become the wisest.

Maybe that the message of Sahaj Yoga should start more from Australia. So, go deep into yourself. Depth must be developed.

They are still very fond of the sea and the sun, this they will do all their lives. There's no need to worry about anything like that, it's nothing important. The sea is within you, the sun is within you, the Atma is within you, everything is within you. Try to enjoy within. Give up the idea of going to the nature for it or anywhere, it's within yourself. It's all within.

And that is what I mean that, if you look at things superficially, you take it from other people...Now the craze of going out is finished in England, practically people don't move out that way, or they don't go to the sea also, to that extent. But, still in Australia, you have to learn all that. Instead of learning the hard way, it's better to do it in a shorter way, is to become deeper and deeper.

Cut down your activities. Become deeper. Meditate more than going to the sea. Sea visits are bit too much I think. Also the sun bathing is also too much. Is all very superficial. They all have liver problems. You shouldn't go to the sun anymore. You should actually shut all your houses and sit down inside and meditate. What a problem we have of liver!

So, do not treat any question superficially. Because God has given you [wisdom]. Basically you are made of wisdom. You know? The whole soil has wisdom in it. But where is it? Do you find anywhere in Australia? Very hard to find wise people, isn't it? Sahaj Yogis can't talk to other Australians, poor things! The reason is, you are following other people who are not all right.

Follow yourself only. Go deep down, is wisdom there, lot of wisdom. Find out yourself. Because you are wisdom, you will give wisdom to the whole world. It's all like that, you know, everywhere upside-down conditions. In Australia, it should be wisdom personified; they are the most unwise people! They'll always support wrong type of people in their diplomacy. I mean all sorts of unwise things they do. Why? Because they have not gone to their own depths of finding out that they are wisdom.

Like Maharashtrians have got Kundalini [but] they are sleeping. They are busy with this movement of going to this temple, for one month they'll walk down to that temple and worship Shri Krishna there. They don't want to see! And to add up to it, they take lots tobacco in different ways. You see, even they use manjan, a kind of a powder made out of tobacco to rub their teeth, can you

believe it? I mean teeth, which is Shri Krishna's place. They rub it with this finger nicely and go to worship Shri Krishna there in the temple, absurd people! They'll take a little bit of this tobacco, to make it stronger, mix it up with a kind of a churna (- powder), a calcium carbonate, kind of a thing and put it here near these gums which is also Shri Krishna and go on singing for one month, not eat any food, do anything, and go there and get their heads broken by these horrible Brahmins there. And this is Kundalini's place, just imagine!

Same in Europe which is the liver, which is the Nabhi. And they are the people who drink and eat. They consume more food than anybody else in the whole world can consume. You go to Spain, you are amazed – they can devour everyone.

Then Americans, they also eat a lot. But Americans are, as I told you, they have no self-respect, no self-respect. They'll give you five rupees and tell you hundred times, we have given you five rupees, five rupees. It's horrible! Those who do not have self-respect cannot respect another person. And they themselves can be parasitic, very parasitic, extremely parasitic people.

There was an organisation which wrote to Gavin, who was so angry with them, that they said, "Mother is such a rich lady, why shouldn't She pay for Her travel to America and also pay for their halls? We'll give Her food." So Gavin got very angry. I said, "No, tell them also, I'll pay for my food and yours also. And also get some nice presents for you. It's all right!" I mean! And they asked me that, I went to a church and they said, "No, no we have to give you some money after all." I said, "Why?" They said, "It is a custom to have a collection." I said, "No, please don't have." They had a collection, it was I think three dollars and two cents, three dollar-two cents they collected. I mean, no self-respect of any kind! You know? They think whatever they do is all right. So ego-oriented, horrible. Always support wrong nations, always support wrong policies. Like they'll support Argentina, Chileans who are horribly oppressive people, and they have killed thousands and thousands of their civilians, simple people, and just they are autocrats. All the Germans have reached there and the Germans are teaching them the fascism. The fascism is going to grow in these countries and take over these so-called peanut people. But they will support them and not Cuba because it is communism. All right, communism is bad, democracy is good. And what are you doing as democrats? You are supporting autocrats! Always support wrong things. Made a mess in Vietnam, made a mess there, everywhere. They don't know how to witness things properly. But they had Abraham Lincoln, so for that you have to excuse the whole country. But you can't live with one Abraham Lincoln!

These days Indians are horrible. I mean, you can kill somebody here and can pay some money and get out of it – this is what it is. The politicians put money when they want to have elections, so all wasters, all useless people, are supported by business people here. The business people give money, the politicians fight elections and the whole is under the control of few business people who are miserly, horrible, absolutely useless, self-indulgent people. And these politicians take over, and they are wasters, briefless lawyers, wasters, useless people who have no brains, and they become ministers. It's such a mess, everything for money!

Anybody who is intelligent, cannot have much money, is a fact. It doesn't go hand in hand. A person who is a worshipper of Saraswati doesn't get so much Lakshmi. Always, you will find. You talk to a businessman, immediately you know, something is a little loose. (laughter). That's true with Americans also, a little loose. And if you talk to an intellectual, you find something very tight! (laughter). And this is the problem. And because of this, the money-oriented people in this country are stupid people. So you have to play into the hands of stupid people.

Now, this is the country where the Yogeshwara lived, the great saints lived, they didn't care for all the styles and all that. What is the need for Indians to have all these styles? They should live well, they should be clean, neat, they should not be insipid, because Lakshmi stays here. But the way they are becoming modern, wearing nylons and having stainless steel in the house. For them, when I told them that I am going to make huts for your ashram, they were a little bit recoiled. They are not going to have cement. I know Australians hate cement. They are not going to have cement, that's one thing I am sure of. We can have stones, but no cements.

You see, our ashram is going to be an ideal for everyone. It cannot be like any other. So don't try to give me examples of other ashrams. I am not going to take any hints from anyone. We are going to live in beautiful huts, very comfortably, under the

protection of Mother's love.

So, any other questions from Australians? I had to drag in everybody, because I don't want anybody to feel hurt. Never scold one person, scold at least ten then it's all right! I am not going to say anything to him. Now what is it, what is the other question?

Alexandre: What to do with France, Mother?

Shri Mataji: What's that?

Sahaja Yogi: France.

Shri Mataji: What is France? I have already told you, France is a drunkard. And all the drunkards have no values left in them. They have no values about morality, no values at all. I mean, they are drunkards, there is no chetana, they are not aware, they are not human beings, they are drunk. That's what they are. They are drunkards and they are supposed to be the Nabhi, the liver. Imagine, liver being drunk! Horrible! But you don't run away from France, all right?

I know why he asked this question, they all want to run away (laughter) If you are a real French, you have to look after French people. It's your duty, you are duty-bound. If you are a Brahmin, you have to correct all the Brahmins, and if you are Marathas, you have to correct all the Marathas – if you are really that. If I am an Indian, I have to correct Indians. I have to correct them, I have to bring them to the right path. Or should I also help them to go to hell?

We have to look after them – they are your own people – to pull them out. Even if you have one little bit of a sari in your hand, you can pull out the whole sari. Keep your grip there. That is wisdom. Nobody has to get out from anywhere. You settle down everywhere. I have settled you down for some purposes. You don't have to shift; there's no need to shift. Nobody has to shift.

Sahaja Yogi: Mother, would You tell us Your secrets? You have been to the States, to Europe, to India, to Australia. What about South America, Africa, China and Japan?

Shri Mataji: You see, I would suggest that all these countries are their part and parcel. But as it is, we have many centres in our body, isn't it? Not only seven. But we have to concentrate on first of all the seven major ones. So let us concentrate on these seven because we can operate also there, those we have already got. Once I start working in those countries, I will talk about that also. Because at their back, I shouldn't say anything. When they will be here, I'll tell you all about them. Africa is, God save them! I don't know. As it is they were very good, but you people went and put your ideas into their heads. So, they are lost cases, absolutely lost cases. I don't know. They have such organised religions and for primitive people, if you give them any organised religions: like Indian Christians are, they are one of the worst people we can think of! The Jews, Indian Jews, Indian Muslims: they are extremely fanatic – I mean extremely fanatic. Even [if] you all Christians become Sahaj Yogis, the Indian Christians will not. For them, the dog of the missionary is also to be worshipped! Yes, this is the case! That's why I took my birth in that community.

So this is what is: you have gone and converted them into Christianity. And others are Muslims. They are very fanatic. A new Muslim eats a lot of onions they say, because Indians don't eat so much onions you see, so he eats more onions to prove that he's a good Muslim – that's what it is. And you have harmed them very much by giving them Christianity, so called.

I hope they will realise and the things will work out. We are working through Algeria. Algeria is taking shape, but it's an autocratic country – all sorts of things are there. Let's see. I had to depend on Sahaj Yoga and Sahaj Yogis, Sahaj Yogis more than anything. All right?

May God bless you!

Sahaja Yogini: (A Yogini in Hindi) What is anadi and anahada? I can see colours.

Shri Mataji: Yes. Sit down.

I will say in Hindi? She has asked a nice question is that, "What is anadi and anahada?" Anahada is a sound that you hear; and she sees some colours.

(Shri Mataji replies in Hindi: When you become the Spirit, then nothing should be visible to you. You become that. When you come inside this, then nothing outside will be visible to you. The seeing of colours, when there is a movement to the right side of the Agnya, then you see start seeing the colours. The hearing of the sound or anahada, that is talked about, this is also to be understood. The hearing of anahad does not happen through these ears. When the ears inside us open, the sound of that is like the sound of sweet music. And that which is heard by external ears is not anahad, it means that there is a problem of some kind. What this means is that either you have done lot of worship, for example, like chanting of the Gayatri mantra, then you will hear that sound, because by chanting of the Gayatri mantra, your movement is to the right side. Movement to the right side generates heat in you. Because of this heat, your nerves start getting dry. And when the nerves of the ear and nose become dry, because of this drying, these types of sounds start coming. That is entirely physical, and there is no joy in it. But when anahad is heard internally, then in a way, it is not heard, but it is felt. For all things the rhythm manifests itself. It is not heard. Because of that a type of peace is felt within, a type of rhythm is felt within. Like when you hear some music, you start walking with a kind of a rhythm. In the same way, when the music inside starts, then it is not visible to you, but it actually happens in you. The rhythm starts manifesting in your talking and speaking, sweetness manifests. This is the difference. It doesn't exist outside. You shouldn't see the colours. Nothing should be seen. Understood?

Her question I have answered... (Yogini continues and Shri Mataji replies briefly in Hindi.)

It has to be corrected. It will happen. I will tell you, it is because of the Agnya chakra. It will happen by correcting the Agnya chakra.)

She asked me a question: she said that, "You hear anahat noises." She hears noises in her ears, and nose and all that, and she sees colours and then she said, "What is it? It has been said that anahata one has to hear?

Now the anahata you really hear after Realisation, is actually, that the whole system is built-in with a rhythm: you talk in a rhythm, you walk in a rhythm, in everything it's very rhythmic – rhythmic with the rhythm of Shiva. Your behaviour is such, your everything is such that people feel that, as if the person is hearing some music. You live with that. Supposing you are listening to some good music, you see. You see how your mind moves. You go into that movement. Sometimes you suddenly becomes quiet and you start feeling that. It's not heard by these ears but by the internal ears, we can say, by the subtler ears which act in your behaviour, in your temperament, in everything.

But this sound actually you can feel the 'lub-dub' into everything breathing, everything pulsating. You see that, but not with these eyes. You just feel that pulsation within you and that person passing through. When you are at my feet – I would also suggest it – I suddenly feel that, then I know it's done. But mine is so much one, I mean when I say, "Ha!" You get your Realisation, the vibrations I feel and everything in one shot. You see, I don't have to think, rationalise, nothing. It is so spontaneous. It's a reflex action you can say; complete [thing] is a reflex action.

But hearing the thing, how do you hear all these things, is that if you do right side action – say, for example you say Gayatri mantra, is right sided. If you do any right [side] action, you get developed, the right-side heat is developed, everything gets dried out, there's no humidity left. It's dried out. Then with the dry skin and dry things you develop all these things, like the dry nerves, you see. They are dry. There's no humidity. And then you start hearing all these things. But they are very disturbing and you feel very unhappy with it. It's not musical.

With Agnya chakra, the combination of Agnya and Vishuddhi - that works it out and you should learn how to do it. With the Agnya and Vishuddhi it can be cured and corrected.

Actually, people who were realised-souls, great realised-souls, didn't know that people will misunderstand this for that. Even a barking of a dog, one can say, "I hear anahat." What can you do about it? The subtle things you do not really hear with these organs or with eyes you don't see, nothing, they act. As you have seen, your hand takes the Kundalini up. You don't see anything there do you? It acts – kanyanit – that is subtle; means it exists, it acts but you don't see. That's what it is subtle. If you can see it, it is not, it is gross. Is it not? I mean, it's so simple to me. Whatever is subtle you don't see. Sukshma (subtle) means you don't see that thing, isn't it? You don't hear it. If you see something, it's not subtle – finished.

Any other question? If you stop one word, 'how', ninety percent [of] questions will drop out.

1:19:40

(Sahaj Yogi asking in Marathi about the meaning of "Triguna". Mother corrects it (in Marathi) to "Triguna Atma" – meaning Tamas-Rajas-Sattva Gunas where left side is "Tamas", right side is "Rajas" and centre is "Sattva", and "Trigunatmika" is centred in a balanced position.)

Sahaj Yogi: (in Marathi) How long does the effect of bandhan last?

Shri Mataji: He asked me a question, "When we put a bandhan how long it will last?" I said, "Depends on your intensity." I never put any bandhan to myself. It is your intensity. After sometime, you don't need any bandhan. Others will have to put bandhan when you go there!

Yogi: (in Marathi): Where is the Hamsa Chakra?

Shri Mataji: Hamsa. This is the Hamsa chakra. It's a very, very material thing, I think, this chakra, is very material. And it has to be worked on material level only. It's the centre here where most of the Left and Right Sides, in a way, cross on a material level here, 'material level' again I say. On a material level they cross over here. And when it gets spoilt you get troubles like sinus and troubles like colds and coughs and all that. So, I myself have tried to get this into trouble and to find out what I should do, because if I live as I am, I will never be able to help you. So, I said, "I better get sick myself to see what happens."

And actually, what happens with this centre catching, the same thing, the drying up of the nose, of the humidity because of central heating is there. For Indians, and Maharashtrians especially take a kadak bath, means a very hot water. They use tremendously hot water to take their bath. For them it is very relaxing, which is an absolutely a wrong idea. Normally a cold bath is the best. If not possible, take a tepid, can take little hot and then tepid, absolutely tepid water. That will solve one of the problems that you do not expose yourself to too much cold or heat [and] the temperature is kept the same as the room temperature. Because you take a very hot bath and then you come out. In London people have died, Indians have died out of their lung cancer because they can't get out of their habit, bad habit, of taking bath in the morning. I call it bad habit for Indians, not for English, eh? (Laughter) Because they'll take their bath and immediately go to work. And so many Indians I have seen they have got lung cancer and they died there. And if you ask them, "Why?" "We don't feel all right." Then take your bath at four o'clock in the morning, stay in the house, get used to the climate and then go. Or take your bath in the night.

All extreme behaviours, from left to right, create the problems of Hamsa. Like they'll take, say, a fruit. I mean, we knew all these things but now we are modern, you see, we have forgotten. Like, [if] you eat a banana in India, after that you should not take water. Old people know, but the young have become jeans-oriented. So, the whole head has gone into jeans! And they will eat banana and take water. Now these are two extremes.

Any fruit you take and after that you take water, you will get it. So, you should take water after some carbohydrates. You can take some papad, not fried one. Anything fried you take and on top of that you are not to take water. You can take a biscuit or you can have a bread, something like that to dry up. Best is chana. Dry up your throat and then take water.

Heat and cold: now say take coffee and then take water – this is absolutely wrong. Water you should take then gradually heat it up and take coffee last, and then don't take water till you have taken some carbohydrates. I mean, this is what it is, is the heat and the cold. The combination of heat and cold should be understood.

Now what do you do? Actually, is to neglect certain laws of nature. Like in London or anywhere it's all heated up inside the rooms, too much heated up, and it's very dry. And we all know that in England that you have to have a humidifier, isn't it? You must keep some water or something or fill a tub in the bath, and keep it open so that there is humidity in the room. To compensate for all that [what] one can do is to take some water and sip in the nose. I would say, after brushing your teeth, sip it thrice and thrice you take it out. By putting these fingers, these thumbs in your ears and take it out. By that you'll clear out your sinuses, you will make it humid. Or for these parched mucus membranes, you can put some oil, or some ghee, is very good. If this water can have little salt, little salt, is a good idea. But that should not be very cold, should not be very hot, should be tepid.

Tepid food: in India, the custom is to eat very hot food, garam. "Garam khao, garam garam khao." I mean, they are so garam. They are really garam people. I don't know why. The man will sit on the thing and the woman must cook at that time garam-garam, and the rotis must be made at that time and the phulkas (chapatis) must be brought garam-garam. And the husband must eat garam-garam. And before going to office or work he should get garam-garam temperament also! Even they'll say, "Leave this, leave this it's not hot. We'll bring hot for you!" And burning absolutely, burning tongues, they are. There is no need to eat such a garam-garam business.

On the contrary, in England they eat so much of cold foods that I am amazed! I mean ice, the amount of ice the Western people eat, we can't understand. I mean how can you? Morning ice, every time ice, you have this thing with ice and "on the rocks," as they call it. So you will be on the rocks! (Laughter) So much of ice they take. God knows why. What is the need to take so much of ice? Indiscriminately they'll take ice-cream. After ice-cream they'll take coffee. Or after coffee they'll take ice-cream. I mean, it's such a national dish there, ice. Icing, icing, icing. All the time so much of ice. I mean, they have so much of ice outside, why should they have ice inside? Even we went to the Prime Minister's place there. They gave us rhubarb ices to eat – imagine – as a sweet dish. And they are very miserly, no doubt – but to this extent – to give us rhubarb ice to eat, imagine, it was horrid! (Mother explains in Marathi that rhubarb is very bitter.) Mrs. Thatcher, you see! She's thatching up everybody! (Laughter)

So, this is what it is, you see: they eat ice morning till evening. And they don't know why to eat so much ice. And after eating that ice they will have something hot suddenly, after that, or before. Before eating the ice, they'll have hot, that's the worst of all. So, they take coffee and ice, imagine!

So, this is what it is, that we don't understand, discriminate, between hot and cold. Take tepid food also. Need not eat immediately from the oven sizzling. Sizzling food you should not eat. I don't know why devilish ideas are coming, to eat sizzling things. Take a little time. Take some patience. Let your juices flow out to digest it, and then eat it. Otherwise you'll burn your tongue, you'll burn your palate, you'll burn everything, except for your teeth which in any case are false! (Laughter)

So, the best thing is to keep a tepid understanding of food also.

(End of recording)

1982-0126, Puja and Havan on the Republic Day

View [online](#).

26 January 1982

Devi Puja

Lonavala (India)

Talk Language: English, Marathi | Transcript (English) - Reviewed | Translation (Marathi to English) - NEEDED

Republic Day puja, Lonavala, India, 1982-0126

On puja and seers.

Shri Mataji: Before that, I know that people think this time, this, but we have to go according to the auspicious time, isn't it? Because to get maximum effects, so we have to start puja later. I also went for bath afterwards.

So this is what it is. One has to understand that when you start the puja is very important.

[Shri Mataji talks aside in Marathi]

Sahaja Yogi: Presents....

Shri Mataji: Ah!! Seventeen past eleven. I didn't see this. I didn't see this book.

Sahaja Yogi: This pratipadha is the first day of Navaratri "Maghi Navaratri" we call which is auspicious week. So the first day, it starts at eleven seventeen and ends tomorrow morning eleven thirty three. So we are starting just in time.

Shri Mataji: You see if you see a watch, it would be all wrong because that is how I had to go for My bath also after [in Marathi]

Sahaja Yogi : [in Marathi]

Shri Mataji: I never read this book, you see this, where they described it. I know it is so.

So you can tally it also. You see it is easy to see the watch and walk. You see if you give up watch and do it in auspicious time, half of your problems will be solved.

[Puja talk starts here]

Again it's a great day. It's a day of our independence of this great country and also the national day of Australia. It is such a great thing to be independent and free. The worst thing is the slavery.

Today we celebrate our freedom from that slavery that we had for three hundred years. But slavery does not go easily, only by celebrating our Independence Day. It has to go completely from our minds. And one has to realize that we are really independent people now.

We are independent it does not mean that we are abandoned people. Those who have not paid anything to achieve this independence cannot understand also the value of this independence. The slavery is in our mind still lingering on.

Indians are now more westernized, anglicized than they were ever before. Before independence as they had to struggle out of it, they protested. But when we became independent, we started thinking that we should also imbibe all the bad qualities from the West. So this is also a kind of a slavery which is very subtle. Also the people who ruled us are still carrying on with the idea that they are still ruling us. It's all imaginary, both things are imaginary, they don't exist anymore. As far as we are concerned in India, we have to know that this independence was granted to us through God's grace. We have won it through non-violence and truth, and granted to us, for us to achieve our spiritual ascent. To become spiritually enlightened and find out from our roots what truth has been laid for us. 5:26

Now we have to judge within ourselves as Sahaja Yogis, how much slavery is still there in our minds. If somebody writes something, a Sahaja Yogi is not supposed to believe it because now he is bestowed with the blessings of his kundalini. He has his vibratory awareness to judge everything and see for himself that whatever he is doing, he is doing in an absolute way. Unless and until the country achieves its absolute freedom we have to say that it is still under the pressures of slavery. This time it may not be the slavery of other people, but it could be the slavery of your own "Shadripus", your six enemies.

We have to fight them. In Sahaja Yoga, the greatest enemy now we have to face is our own ego. Even when they get Realization, even when they get vibrations, even when they are Realized, they do not understand that it is all God's grace that it has happened. The ego stands in between and tries to give ideas. This is the worst thing for a Sahaja Yogi because now you have become a different person and you should develop a personality which can suck in more vibrations.

If you were not so anglicized and if you had read about Devi Mahatmayam and all that, you would have recognized me much more. But because of your education, you cannot recognize me. So you have got Realization. Now better recognize me. It is very difficult for people to take to truth. Because truth, people don't want to accept.

And this ego business comes in between you and your truth. This ego separates you from truth and creates problem. What is the meaning of puja? There is no need to think about it. If your ego is less you can feel it on your hands, in your being and after a puja, you'll feel very much relieved. But a person who is an outsider will think, this Mother is very ego-oriented, She wants to do -asks people to do Her puja, because they cannot feel anything out of the puja. Only you, who are Realized and who are now settled down as Sahaja Yogis are the people [who] can understand what is the meaning of puja is. But even among you, I know there are snakes in the grass. I know them, all of them. But they will remain snakes all their lives and they will remain snakes even when they die.

One has to realize that it is for your benefit I allow you to have the puja. It's not very comfortable for me. It's different if the devatas have to do the pujas of Devas, because very simple people they are. They know me too well, so understanding is simple. For them it's a great pleasure to do the puja, it's a great privilege to do the puja, it's a great blessings that they can do puja. But to you, it is your great ego which goes on telling you stories.

So some people who are still on that low level still continue with their low level ideas. You have to come up a little to receive the blessings.

I have nothing to gain from you. You have to gain from me. Actually for at least three years when I started my work, I didn't want even to talk about Adi Shakti. But if you want to talk about me to anybody, don't tell them what you have discovered. We have an inner circle and outer circle. And be careful about people who belong to the outer circle. Do not include them in the inner circle. They can never understand what puja means. Only those who have come up to that point should be allowed in the puja.

You don't have to pay for it. You don't have to exert for it. Its only I exert. But you have to receive it.

Some people will be like that. But you have to go forward into a dedication and understanding of Sahaja Yoga. In England, when I went there, I was very much worried about starting the puja. So when the people came down here they saw that Indians were worshipping me and all that and they started the puja. Still for people to understand that why my hands or feet should be washed with a particular type of a mixture is rather vague.

But for other Western people it is absolutely impossible to conceive, because they have not known anything about the Devi. They have not know a word about the Devi. This knowledge is only in this country. I think in Greece also. In Greece, people had this knowledge. So once you have discovered a new source of shakti you have to understand that this is the way it has to be done. There's a protocol. This is the method, is discovered not by Me but by saints and seers. It is the seers who have written down about Me. I have not written down anything about Myself. Like scientist they have discovered about Me, what makes the Goddess happy, what makes all the Deities happy. They have discovered by using different methods, scientific research I should say or spiritual scientific ways, they have discovered. As young Sahaja Yogis, and new Sahaja Yogis, you have to accept their verdict and you have to see what they have said, works out or not. And if it works out one has to know that it is only for your benefit and for the benefit of the whole humanity I am sitting in flesh here for you to do my worship.

I do not want to say anything which means claiming something or boosting or something. Like when Christ said something, they crucified Him. You can't crucify Me. You can't. You try, your level best, you can't. I know that. I don't want to say something that will make your ego come up like a snake and hold a hood on your head. This is the only consideration I have. That's why I don't want to say much. But the seers have said about me. Now you have seen the difference in terms and signs of a Goddess. So to become purer and purer, first of all, allow all these negative thoughts to be away from your mind. Any such thought comes into your mind you say no, not this, not this, not.

All these six enemies attack you through thought only. There is no other way out. First it comes as a thought then it can become a physical pain, it can become a mental agony, it can become anything. But if you are in your thoughtless awareness then they cannot attack. So try to develop your thoughtless awareness, in your meditation. So this is the first step towards your freedom, liberation. From these six enemies you must get out. These six enemies are still waiting at the door and they'll get hold of you. Even if there is a mine of gold here and if you do not know the method, how to extract the gold out of it, you will remain poor. First you must recognize and then you must know the method, how to extract. Thanks God you are born at a time that most of the things are discovered about the Goddess and I don't have to tell you. It's very embarrassing. But those who have searched for you have already laid it down and it is better that you surrender your ego and take up their ways how they do it, and how they have done it, and what have they prescribed.

Their language is not so important. What is important is what they are trying to communicate. They have given something great to you. You have to give something great to your children, to your progeny. And what are you going to give them? There were very few people who gave such great methods and ways to you. Now you have to give your progeny the witness, witnessing of this great Maha Yoga, the manifestation of this Maha Yoga that you have seen with your own eyes, with your own hands feeling it, with your whole body feeling it. This is what you have to give to others. This is the most precarious time and the precarious year. In this year we can achieve a lot if you really understand at this moment the importance of getting liberation, of moksha that you have got. You have to give mokshas to others. By giving to others only your moksha will improve. Those people who are still planning and trying to make, you see, a device or and an intrigue and all that is really working out for themselves. They are going against themselves. And these things are very dangerous.

As a Mother I would say that anybody who tries such things can affect seven generations in a family. It's not only in one generation this finishes off. In seven generation it goes. So after coming to Sahaja Yoga, after getting Realization you do not exist only as a angel which has fallen down, but you become responsible for seven generations in your family. So one has to be very, very careful and that is why in the puja we do not allow people who according to us are not up to the point.

19:57

[Shri Mataji speaks in Marathi]

Shri Mataji: One each will do.

[Shri Mataji speaks in Marathi]

[Sahaja Yogi speaks in Marathi]

Shri Mataji: Senior people. I mean from any centre, you see, new people should not, those who been very long. Then, tomorrow, Modi will be finishing his ten years as a Sahaja Yogi. So senior people. It should not be new people, but senior people should come.

[Shri Mataji speaks in Marathi]

There should be no formality about it. Not new people but senior people, very senior.

[Shri Mataji speaks in Marathi; ask Dhumal

Sahaja Yogi: Dhumal.

Shri Mataji: Who is from city? Ask senior people. Who is from Pune? Senior?

Sahaja Yogi: Deshpande, Deshpande.....]

Shri Mataji: From France, who is the oldest member here ? From France?

Sahaja Yogi: Annick.

Shri Mataji: Annick?

Shri Mataji: Annick.

Sahaja Yogi : Annick, Mother.

Shri Mataji: Who is the oldest member from Switzerland?

Sahaja Yogi: Geneviève.

Geneviève: No, it's

Sahaja Yogi: Not the oldest.

Shri Mataji: No, Sahaja Yogi, not age-wise. The one who has been the longest in Sahaja Yoga. Sahaja Yogini: Marie-Laure.

Shri Mataji: Marie-Laure come along, Marie-Laure is there.

And Delhi? Venugopalan is very old from Delhi.

Though now he is a Bombaite [laughter] But still he can, he can be considered. He has done such a lot of work for Sahaja Yoga.

Who? Who else has come from Pune?

Sahaja Yogis: Deshpande, Deshpande

[Shri Mataji speaks in Marathi]

Shri Mataji: From Canada?

I mean they may not be very senior now because we have started recently anyone will do. One person has to come. Uh? She's from Canada? From USA?

All those who are newcomers should be very careful, you see.

You come along. Sit down. Sit down here please. Hum.

Sahaja Yogi: Shri Mataji I'm from London, should I come?

Shri Mataji: London? Yes you should come. From London, Rustom.

[Shri Mataji speaks in Marathi]

1982-0127, Puja: Be Thankful To God

View [online](#).

27 January 1982

Be Thankful To God

Devi Puja

Solapur (India)

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

[English Transcript]

In this Maharashtra, people walked miles together, singing the praise of Shri Krishna. They walked day in and day out. Some people walked for two months to come to this temple of Shri Krishna at Pandharpur.

And you, too, had to do a little bit of that.

So you can imagine those who must have walked day in and day out, sleeping in the open in between, where there could be snakes or anything, and then taking some food on the way whenever they get it, or maybe fasting. With great penance they come to this temple, singing the praise of God.

(Speaks aside in Marathi)

So, this penance you also had to go through. All the saints had to go through penances much more, much much much more than you ever have done or you could ever do.

That was just to improve the quality of your life, quality of your life. If you live very comfortably, then the quality of your life is not alright.

First of all, you do not understand the miseries and the troubles of other people. That doesn't mean you break your head with some stones or things like that, doesn't mean that way; I have to tell you the other side of it. But one should know what people go through, through poverty. Also for achieving God's grace.

And one of the things I was sure that you'll be reaching very late here; and I told people that no use making food for them, but I just kept quiet because, this was the thing was there. But in any case, being Sahaja Yogis, you must have enjoyed it.

And we have organised a program by which you can go and see a temple – which was really my great desire to visit a temple like that, which will take about three hours, they were saying. The [temple] of 108 saints who were born on this great land of Maharashtra.

And they have made their statues. Maybe one or two may be wrong, I don't know, but most of them are there. All historical ones are there. So, they have arranged your visit to that place, which you should see.

Quality of life has to be improved. By not showing off; it's not a showing-off.

You see, the cunning of the ego also can be only improved if you go through some hardships. Ego can be very much corrected through hardships.

Because we are so much used to comfort and self-indulgence, our ego is always supported.

And, "I don't like it, I like it" we decide on two points, which is a very wrong thing. So to improve the quality of life one has to go through troubles.

People very easily in the West say, "I'm fed up, I'm tired." I mean, they don't even think that saying this will hurt another person. It's very common; I mean, I was myself amazed. Or, even to say "I hate you" is very easy there, the tongue is just not educated properly, the tongue is not educated. So Sahaja Yoga is the new religion, in which your eyes, your nose, your ears, your tongue, everything, all these organs are educated, taught to say things, to hear things, to see things that are genuine, sincere, beautiful, and divine. If we could develop such organs, we will be the best Sahaja Yogis.

Also, one should not complain. Anybody who complains is not a Sahaja Yogi. Your mother never complains. When I'm tortured by people, you know that, I never complain. So you should also not complain about anything. For physical comfort to complain is the baser thing. But even for other things one should never complain.

Be thankful, count your blessings one by one.

The best way to understand is that we are the gainers in Sahaja Yoga. We are going to gain out of Sahaja Yoga. So, there should be only thankfulness. Thankfulness towards God that He has been kind to give us these things.

That is the main thing. If you have that thankfulness, you can bear up all kinds of troubles because it cushions you up, gives you a cushion. And you won't feel it.

Once you are in that ecstasy of thankfulness, you will not feel anything. Even the thorns of life will not touch you. So get to that ecstasy, it's such a great protection, it's such a great pleasure, it's such a great blessing! Get to that ecstasy of feeling how God has been gracious.

You are one of the first Sahaja Yogis from various countries. Maybe after ten years or so, the other Sahaja Yogis may not have the pleasure of travelling by buses. May not have all these troubles that you have had. Maybe that they might get an air-conditioned, beautiful, what do you call, a bedroom, attached bath sort of a place, maybe, I don't know how they change all these things. And they won't have this kind of variety or anything. But you are the foundations, so you are to be beaten up properly into proper shape and brought out to that level that you can withstand all the brunts and all the problems. Because the newcomers and poor-quality people can only be sustained by people of strong qualities, loving qualities, beautiful qualities. And the quality of life is the purpose of this trip.

So, if you still have ideas of your comfort and all that, you better leave them in Switzerland, in Paris, and in England, or America. Here you have come to take up in yourself the discomfort of life.

Thousands are living like this, in much less conditions. Why are you so privileged to have all the comforts of life? Why should you have all the comforts of life? Even Roosevelt has said that, "Poverty anywhere is a threat to prosperity everywhere."

In the body, if there is one place which is sick, you all have to suffer. So is best in collective consciousness to feel that pain, that trouble also. They have some other blessings. They have the blessings that they are not complicated; they are very simple, straightforward. They are not complicated people at all! They are very simple, straightforward people. They are poor, maybe, poorer, but they are very rich because they are so generous, they're so generous! Maybe your health is better, but they look healthier. At least they manifest as healthier people. They work much harder than you do; they can withstand much longer the effects of hardships. So, we have to understand that, as Sahaja Yogis, it's ever our duty to improve the quality of our life, to see to things which are subtler, achieve that subtler being within us.

To be that subtler being, we should forget about the gross things. Gross things does not matter at all! If the attention is still on the gross, the quality will not come up. To become subtler, give up your complications. Too many complications!

Psychologists have given you ideas, everybody has given you ideas and it's all settled down in the head. Most of it is falsehood, is not the truth. Because nobody has talked about Brahma, nobody has talked about reality. So give up your complications, your fears, your troubles.

Just know that you are the spirit. And the spirit doesn't suffer. Doesn't suffer. If you feel any sufferings, then you should say that it is not the spirit.

So the quality of life has to be improved on this tour. And they are all sorry that you suffered so much; I mean, they are much more suffering because of that, than you think that you've suffered so much.

So today is another day of the pujan, and now the time has started. So, second day has started of the nine days, so we can have the puja.

In India, they have restricted very much. Unless and until people have achieved the state of doubtless awareness, people don't allow them to touch My Feet, even to wash My Feet. They are very particular. Unless and until they have reached the state of doubtless awareness. At that stage only they allow, while you people are specially blessed because I allow every Dick, Tom and Harry to come to the puja.

Which is a mistake, I know, because it creates problems. So one should understand that here they are very particular as far as the puja is concerned. They don't allow any half-baked person to come to puja; if there is slightest doubt about a person, they just tell them, "You are not allowed." Then the person works it out for puja, that he should become capable of coming to the puja.

While in London or all that, if I say, "Don't come to puja," they will think it's a very good thing; I mean, they will all disappear in the thin air.

Only through puja I can capture some people, but some people react, and it can be very dangerous.

So all this dangerous game that is there in the West is against Sahaja Yoga. And as it is, in the West it's very difficult to establish Sahaja Yoga, very difficult!

You know the reason. It's very difficult. Here you have seen thousands and thousands of people are getting realization. The time I am spending in the West - One day spent there, I can give thousands of people realization here. So it is more for you to develop wisdom and sense of responsibility. Because it's a very difficult place, West is.

And if you do not want to make it a waste, then you must realise the responsibility that you have.

Still, the West is in the program of Sahaja Yoga.

I never thought I would be able to live there. But somehow it happened that I got to the West.

People are seeking, no doubt. But the seeking is a fashion. The genuineness of the heart you cannot feel also much, because the ego is covering it. Those who have felt it are really, are gems, actually gems, there. They are really lotuses born in the mud, I tell you. The quality of understanding of divine life is very poor, and dharma is also very poor, we've seen it. I mean, it is so! So the responsibility of a western Sahaja Yogi is much more than that of Indian Sahaja Yogis, to keep the life very pure, simple, and dedicated. Is very important!

While the whole of India I can manage single-handed; I really don't need Sahaja Yogis for that, I can tell you. But if you ask Me about the West... And all sorts of things they do; I mean, all sorts of tricks they will play, everything they will do to trouble Me.

There's no end to it. So, one has to understand what sort of lot you are facing; I mean, it's like narak, it's like hell, the way things are there.

Just open your eyes and see for yourself. Now you've seen these simple villagers, seen these simple people. Today I saw some boys coming on my Feet, about 14 year, 18 year.

See, their Kundalini is just like a big river, just like a plain big river, nothing, no obstruction, nothing! No complication at all! Even old women I have seen, giving bandhans to themselves so sweetly, you see them. So the responsibility is much more, much much more than these people. So, be subtler. Do not complain. Develop your subtler being. Develop your love, your heart. Open it.

I mean, West may be rich, I agree, they are rich, everything is there, you've got helicopters, this, that, everything. Aeroplanes. Everything outside. Inside there's no riches. No riches. They are poor!

Doesn't matter. And the more you care for riches the worse it will be. So you forget that part and become dedicated to your inner quality of your spirit — which you are! You are gems, as I told you, you are gems, really. But we have to increase, we have to get more people to Sahaja Yoga.

It's so difficult, that, imagine, in a temple we had a program, can you think of one church where I can hold a program, in these, at least ten years to come? Can you think of any church like that? (Laughs) Such dumbfounded people! They have no idea of divinity.

Even Christ comes before them, they will keep Him out of the church. They've no sensitivity, they are insensitive people. So your lifestyle, your quality has to improve much. And you have to take really yourself to task for it. Be kind to yourself, be nice to yourself. But do not indulge. I'm sure great people will be born in all the Western countries; definitely, I'm sure of it. Very great people.

And they will really substantiate Sahaja Yoga. But you should prepare yourself to give them a complete support. All right?

May God bless you all.

[Marathi to English translation]

Shri Mataji: Now you have already heard what I have said to them (foreign Sahaja Yogis). However, even though you are being praised a lot, it should still be understood that in our Hindustan also, there are many different kinds of things. Which tie us down. They do not have faith and you have blind faith; the first thing is blind faith. This blind faith has to be fixed.

Now suppose Shri Mataji says that suppose, do not wear black - then everyone comes down on Me with sticks. "Why, Mataji?". But why do I say this? If I forbid something then why do I do so? I do not simply say it. Wearing black will create trouble, do not do it. "No, Mataji, we will do this also and that also". That will not be allowed. You cannot have it both ways. If Sahaja Yoga has to be practised, it should be practised in its pure form.

They are lacking in faith but you have blind faith and you are obstinate about it. That is not alright. Now we say "yuga dharma". This means, in this yuga, we should practice Sahaja Yoga "dharana". We have to do "dharana" (concentration). For this wisdom is required. If there is no wisdom, (you) are stubborn, then nothing can be done. There should be no obstinacy. You have to see if what Mataji is saying is coming true or not.

Now you have experienced it, felt it, have felt the vibrations, it is written in the Devi Mahatmyam, you have seen your Kundalini rising at Shri Mataji's Feet, then that is it - why should I tell you any more? If this is the actualisation, then it must be understood that what Mataji says has to be followed. Sahaja Yoga has to be practised as told. If you do not practise what is required in

Sahaja Yoga, then it will not grow within you. If it does not grow, then blame Mataji that, "Mataji, we are doing Sahaja Yoga for so many days, but Mataji has not helped one bit". It means you have not been practising Sahaja Yoga properly.

There is something wrong somewhere and it must be looked into. If you find out what is wrong, then there should be no stubbornness, no obstinacy. Obstinacy is a special quality of Maharashtrians. Be stubborn about every small thing, "I want it like this only. Do it like this, or not at all". But it is not like that. You should see for yourself what it is, have wisdom. And take what is there.

What the sages and saints have said, we are saying the same. But where do you follow the sages and saints? Just have pulled out something with your own mind. Whatever has to be conjured from your minds and whatever you have done with that, that has harmed our country. Now I have said a hundred times that do not go to these "babajis". They are tantriks, they put bhuts in you. If the tantriks go from our country, the poverty in our country will also go. I have said this a hundred times, "If the tantrik among you goes away, then the Devi will be able to come here".

Because that is the principle of Laxmi - that if the tantrik comes in from here, then She leaves from the other side. So do not wear (so-called) holy threads, do not wear talismans, do not bring in tantriks. Then when poverty strikes then say, "How did this happen, Mataji?". Krishna has said yoga gives "kshema" (preservation, the protection of God) but for that one must know how to do yoga. It has been said first yoga, then kshema. Not kshema first.

When one attains yoga and enters into the kingdom of God Almighty, then God gives His blessings. But have the ability to do yoga first. There is too much obstinacy about yoga. And this obstinacy causes a delay in everything. This is not the time for delaying. At this time, the faster that Sahaja Yoga is attained, the faster that you grow, the speed at which Sahaja Yoga dharma spreads - to that extent we, our country and the whole of humanity is going to benefit.

If this is understood, then man will be immediately, "What Mataji has said, we will do that only. We do not want to do anything else", like that. Now everyone is like, "We are not bound by anyone. Why should we do it?" Then don't do it. Tomorrow when you suffer, then you will come back to Me. Now if the doctor says, suppose, it is established (someone) is a doctor, Mataji has given you realisation, that is established. Now if this is proved, then what Mataji says is true.

I have said again that you check vibrations and do everything. If someone says, "I am great", by saying that one does not become great. You may be great in your own steed. It should be seen if someone is great in the eyes of God - that should be seen through vibrations. Nothing should be given acceptance without checking the vibrations. Now we have had so many sages and saints. Out of them, some are false and yet they are still worshipped.

Now this Gajanan Maharaj. This man is not true, not true at all. You just see the vibrations, the whole body feels like scorpions are stinging at the sight of this man. One who is true, the Akkalkot (Swami) is true. He is true. That Upasini Maharaj is false. Sainath was very great and true. But the one who has come above him nowadays, the one who calls himself Satya; he is not true. Means what is, is, and what is not, is not. One must think, why would Mataji call some are good and others evil? What is My relation to them? With the true ones only, not with those who are false.

Now if I do not say this clearly, then who will? If Mother does not say it clearly, then who will? Many say Mataji inquires too much. There is no inquiry, I can tell you. Now suppose, a mother sees her son is walking into the fire. He cannot see, he is blind. She will tell him, "Son, do not go there. There is fire there". First, she will tell him with love, then make him understand; will try everything. Even then, if he burns himself, she makes him all right. But why burn oneself? One must look after oneself. How will it work if one burns oneself?

The second thing to be also said is that regarding money, there are so many greedy people here, who are all making money in the name of God. Earn lots of money and consume it. Get money from others and live on that. There are many such people. One should stay away from such people. In Sahaja Yoga, if anyone shows such greed, then they will suffer. I know, people have suffered horribly. Their seven generations will not prosper. So they should not scam money. That is one thing, but they should

also not go to people who indulge in such activities.

Now, the other day we went to someone's place. He is a Sahaja Yogi. He had brought in some "guruvarya" for the havan. I said, "Why him? He is not realised. Is anything from him going to reach Me?". I said, "You must sit (for puja)". "Oh, we are not Brahmins, we do not know anything. Nothing". "If you sit, it is alright. Not him. Even if you do not know anything, I will accept it. If you just give an offering (to the havan), I will even accept it. But he is not acceptable. Because he does not know anything. He is just greedy". Such self-centred people cannot offer Me puja.

The person should be pure and realised. Sahaja Yoga means divine, absolutely divine. And in that divinity, you should receive the divine. You should attain divinity within yourself. For this divinity, absolutely like the way gold is heated in the fire and the way it absolutely attains its lustre, the same should happen with you. Then it is Sahaja Yoga, otherwise what is the benefit out of it? "Sahaja Yoga means just like other things work, people just follow, any odd business, religion, propaganda, this, that" - you must not do all these things. You have to be shaped into something special.

Whatever your situation is today, or whatever it is, that should all transform and something special should come out of it. Just as we cut facets into a diamond, in the same manner, your different facets should be shaped out. If this happens, only then Sahaja Yoga will have meaning, only then will I call it Mahayoga. Otherwise, what is the point of such a Sahaja Yoga that, "Mataji, we received food, we got this" - what is the point of all this? I do not find anything special in that.

The other thing to be said is that there is some (attitude) of "me and mine" in us, to an extreme. Abroad it is, "I have no son, I have no daughter, I have no brother, no one is mine". That is the attitude. "I am everything". Here, if they come to Me, then brother, sister, mother, grandfather - I should see to all of them. Now they have come to Me, whether they have received realisation or not - there is no thought about that. Now his brother's, sister's relative's, so and so passed away. "Mataji, you should have looked after them". Yes, agreed, but where were they? So, "They are mine, they are mine, they are mine" - not like that. "Maze soyarika kon, je Vithalache" (my relations are those who belong to Shri Vithal). This should be remembered.

Those who are related to Vithala (God), they should be your relatives. What is the use of troubling about others? If they are not in Sahaja Yoga, if they have not even attempted to attain God - then having such relations, even if they are related due to some links from a past life - then worrying about them, having some faith in them, needlessly, is of no use. And a man who keeps such faith is going to suffer.

The other thing that must be said is that I am very desirous of visiting your homes. Visiting you makes Me very happy. Spending time in someone's home, with their family - and if you invite Me, I say I will come also. But it must be remembered that Mother does not have a lot of time. If you ask Me at that time, I cannot say, cannot just cut you off and say I cannot come. But where does Mother have so much time? People start visiting from the morning and in meeting (them), one cannot go anywhere else. So please do not feel bad.

Which is My house? My house is your house, is it not? I am there. If I come, well and good, if I cannot come, well and good. One must think like that and not feel bad about these things. Mataji has so many things on hand, it does not matter. "She must visit my house", this insistence is another type of "me". And then the wisdom goes out. Do not feel bad. Just today I had to go somewhere and I could not. I did not like it but what to do? Then you should say, "Mataji, you must not feel bad, we know you are busy. You do not go anywhere else. You spend all Your Life for us".

Now I have My own family; I leave everything and live here for three-four months. Going to Australia, going to America, at least for six months of the year, I stay out. My husband is there, My home - will you leave your home and family and stay for six-seven months? Anyone? How do I do it? So, once in a while, give Mataji a holiday - there should be no objection to that. And do not feel so bad about it.

Now, these things that are there - the sages and saints of ancient times would not go to anybody's home. It was their rule. And in Sahaja Yoga, I too have this rule, more or less. Not go to anybody's house. If I go to someone's house, another will say, "Come to

my house". Then they say, "Mataji had come to our house" - that becomes a thing of importance. Some people don't say it, some people say it.

So, as far as possible, I have a rule to not visit anybody's house. As far as possible, not put everything on one person. Now Petkar is there, then our Damle. Now one of them lives in Pune and the other in Mumbai. Now, in Solapur, until something is established for Solapur, then they should manage Solapur. Then the people from Solapur should manage. They should take responsibility. This is how we do it in Sahaja Yoga.

It is not that (only) these people should come and look after the organisation. Now it is put upon them; they will look after it. Slowly they should set up a centre nearby. Until the centre is established, they should look after it, then they should give it up. One should not be glued there - "I have established this centre, now only what I say will be followed" - one should not hold on to it. Wherever a centre is to be opened, do that. Establish a handful of people there and leave it; return to your work.

Again, open another centre, once that is established, establish people, prepare a handful of people - "Now you manage it, we have shown you, now do you do it". This is how the tree is going to spread out. In this manner, you have to take everything with understanding, with love and without feeling hurt. Feeling hurt here means the kind of offence that is taken here by wedding parties - but you are neither from the groom's side (who get their way) nor I am from the bride's side (who comply).

My situation is such that I am always from the bride's side. Always having to catch someone's feet. So Mother should not have to do this. One must understand that whatever Mother does, She is doing it for our benevolence. And She is our Mother. Whatever we ask for, She will give us that. Whatever it is, is all yours. It is your right. There is no doubt about it. Even so, how to use one's right, to what extent and when exercising it, we have a right over Mother, but not just us, others have a right too. It is all for everyone.

Where there is complete surrender, they will get all from Mataji. Understanding this, one should stay in the collective consciousness. "I am great or you are great. I will get fruits for Mataji so I have become great, or you got the mats for seating, so you have become great" - if this is your thinking in Sahaja Yoga you will not progress, instead, you will lose out. Therefore, you should not suffer a loss.

Just understand all the rules and regulations of Sahaja Yoga. These rules and regulations are laws of the Divine. If you observe them with love - not with anger, I repeat, with love - with understanding, if you observe them, then you will grow into trees, big trees. And you yourself will become very capable and strong. And all this power will start flowing spontaneously within you. And I do not have to do anything.

Now in this manner, we have come to Solapur. Next year, those who are from Solapur should make arrangements as per the program that I will outline and send. If you decide on the program that I outline, everything will be organised in a second. But if you start bringing your own ideas in the middle, "not this way, this way", then there will be problems. Then to say, "Mataji, this could be arranged and that could not be arranged"; like that.

Because My attention is on you as per the program I have outlined. Whatever I send in writing, you should accept that. And see, that I will arrange it for you; everything will be done. Money will be arranged, you will not suffer, nothing will happen. But if you try your own arrangements, then there will be problems. If this is understood and you have this understanding, then you will become famous throughout the world. Your name will become known worldwide.

"These people of Solapur are so special, what they have achieved, they have given realisation to so many people. This one is special". Now Dhumal is known to everyone in the town. Because people are wise. There is wisdom. Earlier, Dhumal also had some ego for some time. He got rid of it. Now there is wisdom. Ego should be removed. Now there is not so much obstinacy. So anyone should look at him and improve themselves.

Being demanding or stubborn, sitting over someone else's head, and so on; all these types do not suit a Sahaja Yogi at all. On the

contrary, the more he comes up, the more humble he becomes. This is his identity. I never force anything on you. "Do it", I don't say that. (I) Accept whatever is there. Whatever you say. Place where you want it to be. Keep with you or keep outside.

If you say sleep on the ground then sleep on the ground. We do not impose any force on you. So you, too, in the same manner, humbly, lovingly. You were born at the time of such a great work of God, you are doing such a great work of God, not only that, but you have been so successful in that work, how much you have received. What the great sages who have practised for thousands of years have not attained, that you have got.

Who has received this fortune? With this in mind, the humble person should pay close and loving attention to himself and to others. My wife should get importance, my wife should sing, she should be the one to flaunt around, if you do such stupid things, then that wife will start dominating you. So Sahaja Yoga - one should be very careful, it should be understood. Sahaja Yoga is for the whole world, not just for one or two. And in all that world, you can be like diamonds in a special facet.

Otherwise, just like we remove something, sweep it away, it can happen. You decide what you want to do with it, I cannot. I do not know. That is for you to decide. It is up to you to judge. I can't judge that.

So there should be no objection to starting the puja now. Exactly twelve o'clock, as I desired.

Sahaja Yogi: Shri Mataji has expressed the desire that all Sahaja Yogis from here sit in front for the puja. Those whose names I call out, the ones I know, those people should come forward.

Shri Mataji: Let everyone sit. I see there are not too many.

Sahaja Yogi: Mr. and Mrs. Bawale, come forward immediately, Mr. and Mrs. Chite, Mr. and Mrs. Joshi. Then Kalidas, Maulikar, Madhumitra Vakri, Ashok Tambekar, Mr and Mrs Tambekar.

[End of recording].

1982-0128, Marriage: understand the real value of Sahaja Yoga

View [online](#).

28 January 1982

Conversation

Solapur (India)

Talk Language: English | Transcript (English) – Draft

Talk on marriage, India

I have to talk to you about few things. Sit down.

Firstly about marriages, [And/as] in Sahaja Yoga there is no force on anybody to get married, not at all. If you don't want to get married, you don't get married, at all; there's no need. You see, this is a very ego-oriented attitude towards things. So watch it. Be very careful. Nobody is [asked/urged] to get married, nor anybody can [be indulged/forced] into that, all right? One thing should be absolutely clear. Now, there is no force on anybody to marry a particular person, of any kind. Because ego-oriented people, if you tell them that, "According to vibrations and all that, that this person will be better for you," mostly people get upset. So I am not going to decide for you. But sometimes people say, "Mother, unless and until You decide, we don't want to decide; we don't want to marry." [Unclear] I mean, you put that thing on Me. Of course, I am not here for match-making or [something or anything]. What is the My ultimate interest in your marriages? What is My interest? My main interest is this, that there are many great souls who want to be born on this earth. And as Sahaja yogis, as their parents, they'll be very happy to be born here.

I am not interested in you, to be very frank, as far as marriage is concerned. So this ego business, because you think that you are so important, should be given up. My only interest is that if some Sahaja yogis in the West get married, have a good married life, there's a possibility as it is, it is very dangerous situation. People have left Swadishthana, left Mooladhara, big problem. In the West it's such a problem, even to have a child, imagine! Even if they have the child, so such a problem to retain it. Even a problem is there to have a normal married life. It's such a horrible thing. This is the situation. Actually, you must face it. So even if I say, "You get married," it doesn't mean that.

Now if after marriage you get into a ego-oriented nonsense, then you can really [decide/be parasites]. You won't have any children. You'll have problems. Many people I've seen who accept the marriage and then they suddenly go into ego and start talking about it. Immediately they'll have problem, even for normal married life, even for normal life.

So when you are getting married, you are not obliging Me, not at all. I mean, if you do not get married, the [indulge] are there and they come to Me, the great [drag/dragging]. Panorama of the realized souls, all right? I don't have worries. But if you have to say in the West, "[Do you/ We'll] have to have a marriage which is [a/the] good marriage," then you lead a life of a good Sahaja yogi and Sahaja yogini and that children of that calibre should be willing to be born to you. Now they would not like to be born, if you people do not understand the real value of Sahaja Yoga.

For example, it's a funny situation in England as far as marriage is concerned. I just cannot understand. Really, I cannot understand, that every day the husband, wife must sleep in the same room. What is the need, I just don't understand. Really, I cannot understand. They fight, fight, fight, quarrel, quarrel, quarrel. There is no intensity of love, nothing, but they must sleep together. I don't know for what they are so particular. Here it is no so. We love each other whether in absence, but that part of it is so much on the heads of all the Western people. And even some Sahaja yogis are so mad. Indians, we cannot understand. I mean, supposing we go for a wedding, all right? There is my husband's house. They have at least hundred couples there. House is very big, all right. But we don't, we [can't/cannot] get a room or anything to sleep, you see? We have to share with other ladies, and the men have to sleep together; women have to sleep together. Not for one day but at least eight, ten days. But in all decency, decorum, we can share. I mean, it's something so funny I just cannot understand. I am so hopeless with that. I just don't understand why must you have a free night to your wife or husband together; just I don't understand. And next day you go

for a divorce.

There was a lady you see, she came to Me and she said, "I must have a divorce with my husband." I said, "Why?". "Because his work is such that he [can't/cannot] come home and we cannot have nights together." I said, "Then after divorce you will not have him at all." [On which basis they think] they are correct. "So why do you want to have this thing?" I said. "Then what will you do? If you don't have your husband at all, then what will you do?" I just don't understand why it is so much in the West. I mean this is [too/so?] much in their brains; nonsense it is. Actually, they don't enjoy anything with this kind of a nonsense. I mean, it's like people who are absolutely haggard for spontaneous feeling for each other, I understand. To be so much frightened about this thing, to be so much upset about it, to be so much fixed about it, I just don't understand. I can understand newly, just newly married children, but even that we don't do in India so much. Even if they are newly married, I mean, you may see each other once in a while for some time because all relatives in the family, elders are there, with all this kind of living together, how are you going for a divorce? [just I don't understand?/unclear] I mean, I don't know, this side shows so much of this nonsense.

This time I went to [San Sirius] and luckily on a day of a sale, and it was such a crowded thing we were just pushed on to the escalator, and on the escalator they were kissing each other. What was such a hurry? You see, there was no room to move. Everybody were saying, "Keep to the right. Keep to the right." And they were busy doing all this nonsense just on the passage, you know. People couldn't even move, and next moment they'll go for a divorce. So there is no intensity, there's no intensity, so frivolous, there's no feeling. You can never have feeling, enjoy it, unless and until you little bit keep away from each other. It's just, I cannot understand it, this [Sirius] country. Are we not human beings or are we something different?

Like My driver, own driver in My husband's office, [I mean/when] he asked Me, "How do you manage with this man who works so hard?" I said, "Why? What's the matter?" He said, he said that, "What about his family? He has no time for the family." I said, "He has sufficient." "Then how do you say?" I said, "It is not how much time I spend with him but how deeply I am spending with him."

Yogi: The driver is an Englishman. [Unclear]

Shri Mataji: Ah! The driver was, of course, very big English and he went for a divorce [also/only]. The same fellow was teaching Me lessons. He went for a divorce.

All these are false ideas, so absolutely weak personality. They are weak personalities. Come and see his [great courage to do that] where is his wife, ask him. She has come here; she's not here? She's not with us. She's not going to feel bad. He's gone out. She's not going to say "Why did you leave me alone?" She's not going to say that.

Yogi: She will never say.

Shri Mataji: She'll never say, no questions because she knows that, "My husband has gone for some work and he'll come back." What is that to [be so/ feel] insecure?

Now I'll say about, you see, what's his name?

Yogi: [Deshpande]

Shri Mataji: [Deshpande] where is his wife? She has not come? She has not come; he is enjoying your company. But I want, you see, we love each other...

[Interruption of the a audio here- at 10, 55 minutes]

See innocence; see the innocence, the answer. Just see the answer, because they have full faith in God, you see? [You have no trust in people make sense there] so they are not worried about their wives, what will happen to them and [otherwise you are not going away/ the wives are not worried about the husbands]

So the rest of it, what you people worry about husband, wife, [you/we] cannot conceive, doesn't come into our heads.

Yogi: We leave rest to Mataji.

Shri Mataji: See, now. See the innocence. Can you see the innocence? Can you understand that?

Yogi: Then nothing happens.

Shri Mataji: See?

Yogi: Rejoice, rejoice.

Shri Mataji: Nothing happens, [there is nothing wrong/ unclear] just listen to that. So simple they are; they are so simple. You won't understand this. It is, it's not proper for Me to say anything in their presence, [also/ you see], really. They still cannot see things, you know? After all I've said it, they are so simple, they [can't/cannot] see through the things. Now these two ladies are sitting here, where are their husbands? They have been sleeping in My room for the last [how many/question in Hindi] days [from that?].

Yogi: Three days.

Shri Mataji: Three days. They have got their children, their husbands, and nothing happened. It's something, I just [can't/cannot] understand. All these things you have to learn in this lifetime. They have to learn from [Me/ you] lots of things, but you have to also learn something. Look at the innocence [of it/ they have]. See that. Nothing [falling/ goes] into their heads.

Once I was there, in the evening time. Who was with Me that day? None of you. We came out of that place, from Brompton Square. About twelve o'clock in the night we were going back. And one girl and one boy came out. Not girl and a boy, quite old, I would say. The girl was about, the boy was twenty-five; the girl was twenty-two or something. He was pulling her by her hair, and she was hitting him. I said, "What's this going on?"

They said, "We are married." I said, "Really?"

If they are married, then they are supposed to fight. When they are not married, they are supposed to love. It's a funny country. You find the absurdity? So you get out of it. This kind of madness is not good.

So one must develop a new style. It's an education. It's an education. The women must sit together; men must sit together. It's an education. We, too, have some men like that. Some are like that. It's very funny, and everybody laughs at them; very embarrassing. The husband running after the wife, or the wife running after the husband; it's very embarrassing. I mean, you are in any case married. What is there to run after?

Too much ado of the wife is very embarrassing, or of the husband also is very embarrassing. Live like normal people. Now you have come on a tour, it's not a honeymoon trip, not at all a honeymoon trip. It's a trip for education. Education, [we] have to live with this group. We have to live with each other, with other Sahaja yogis, [understand?].

[Talking apart with a yogi: "A letter"? And Shri Mataji is talking aside in Hindi to a yogi about arrangements.]

So this is it.

Now for marriages [no forced marriages/ no honeymoons], do not take any frantic steps. Marriage is to be done in a very normal

way. There should be no frantic way. Take it easy. Nothing has to be done extraordinary, nothing. If you like somebody, you can have the marriage. If you don't get married here, it doesn't mean you won't get married next year. But don't misunderstand. And Sahaja Yoga is a training, and [you can live that]. When you have come here, you have not come here just to go around like tourists or to save your money by coming down here. You have come here to educate yourself, the aspects which are not recognized, how to sit down, men on this side and ladies on that.

Note

The first part of the talk is in Hindi. The audio is interrupted in the middle and is incomplete at the end.

1982-0130, Prophecies of Acharya Bhujender, World War III

View [online](#).

30 January 1982

Talk to Sahaja Yogis

Solapur (India)

Talk Language: English | Transcript (English) – VERIFIED

Prophecies of Acharya Bhujender. Sholapur (India), 30 January 1982.

[This tree is so auspicious. I was wondering how it is that you are standing under this tree. It is the same auspicious tree which has the symbols of Adi Shakti on the leaves which you see and if you put these leaves in some sort of compressor such as a book or something all the green also and the nets, the network, remains and people paint on that. As William Blake and they found out here in Maharashtra also in this part a great poet two thousand years back, has predicted about my coming and this happened, and also Jnaneshwar.]*

Shri Mataji: Khandhavara, [Unclear] which deals with the Sun and [noise]

[Laughter]

Sahaja-Yogini, aside: You choke it a little bit. [It seems that they are cooking]

Shri Mataji: [Unclear] and the Aryan one that deals- that is based on the Moon. You see, the Moon is a moody thing. And so, we, Indians, follow the Moon. And here they have tried to establish how astrology is so correct and whatever is predicted 14000 years back is also today coming up.

But this is about two thousand years back, one of the great astrologers of this place - not Sholapur, but little downward, Karnataka- he described about this thing so clear-cut, that, I mean, you'll be amazed that, he said that this great Yogi will come on this Earth on the Mina Rasi, it's the Pisces. So, I'm just on the cusp of the Pisces and the Aries, you see. But that's not so important. Then he says that gradually we'll start seeing some miracles from 1964 to '66, which he says that, maybe a little bit. But he says that the real change, Mahan Mankar, in the age, the New Age, he will start from 1970.

Sahaja Yogis: Ah, Mother's Grace.

Shri Mataji: And by 1980, it will take its grip. All right? That time, by this new method, the New Age will be formed and this, the old one, Vaivastava. You see, there's one another- we have yugas, you see one of the yugas will be over and that yuga is in Kali Yuga. So, that's how Kali Yuga will be finished from 1970. Will be start receding back, Kali Yuga. And a new age of active Divinity will start, Krita Yuga. New age of active Divinity, Krita Yuga will start, all right. That time, that time the Sun will rule in a new way, the Sun.

The axis of earth will be reduced and the speed of the Earth will be reduced gradually. And that time a great Maha Yogi will be born who will be completely Parabramha, completely Parabramha. That's Me.

[Laughter]

Sahaja Yogis: Bolo Jaganamata Shri Nirmala Devi Ki! Jai!

Shri Mataji: And He, He will possess all the powers to do or not to do: it means Mahakali and Mahalakshmi. All the powers, all the powers.

Before this, people used to go into bhakti, devotion, gyana, means reading, Patanjali Yoga, and then they used to get their mokshas. But with this new method, that this Maha Yogi will bring in, the pure power within you, in your chakras, will rise. And as a result the Kundalini shakti will be awakened and will be enlightening. Because of this new method of Maha Yoga you will see with your own eyes and you'll get it in this body in your lifetime, the Realization. And you'll get the joy of Realization. Imagine, two thousand years back! He's greater than Blake, I must say.

[Laughter]

Sahaja Yogini: What's his name, Mother?

Shri Mataji: His name was [Shri Mataji speaks in Hindi] Bhujender, Bhujender Kaka, Kaka Bhujender. His name was Kaka Bhujender. Acharya Kaka Bhujender.

Sahaja Yogi: Acharya Kaka Bhujender. Satwachari.

Shri Mataji: Satwachari. Satwachari.

You don't have to sacrifice this body. Many people, great saints, sacrificed their body in living condition. They went into a cave and shut themselves and died. That's not necessary with this new method. And you won't die either, means you will achieve your Spirit. And the "Sakshatkari Santvara shabdakari ka sant", the Realized souls, the saints who are Realized, the Brahmananda, the joy of the Brahma, by this new Yoga. And they won't have to go into Samadhi. Samadhi is where people just sit down, go on meditating for hours together and the ants grow up on them, and all that is not necessary. Just without do anything like that, they will get their Realization. And they will enjoy the joy of Brahma.

Sahaja Yogi: Sahaja Samadhi

Shri Mataji: The Sahaja Samadhi, this is Sahaja Samadhi, according to him.

Among millions, first, one will get Realization. So, you understand your own positions. You see, the way sometimes we fritter away our attention in nonsensical things, you realize that among millions you are one. This is written here. We fritter away our attention in useless things, like 'my husband, my wife, my children, this, that and that'. So, it is written here that among millions one will be selected. Do you follow that point?

[A Sahaja Yogi speaks in Hindi.]

Then the, all the human race can get over their death or their destruction by this Yoga. You'll have to lead a life, a married life, a normal life, maybe may not marry but like a normal householder. Otherwise, you cannot get this 'yogasikhi' [yoga education]. Like if you become a big saint and a Sadhu Baba, or a guru or something great, you cannot get it. You have to be a normal householder, maybe married, may not be married, it is not the point. 'Samsari' [from 'samsara', worldly existence] means living on this earth, in the "brass tacks", as you say.

Sahaja Yogis: Brass tacks. Brass roots. Grass roots.

Shri Mataji: Grass roots. Is grass roots. But brass tacks are also. Brass tacks.

Sahaja Yogi: Brass tacks, yes.

Shri Mataji: Brass tacks.

Sahaja Yogi: Down to the basics.

Shri Mataji: Down to the basics.

I'm getting American now. [Laughter]

Sahaja Yogini: But I think that's British, Mother.

Shri Mataji: Is it? Is it?

Sahaja Yogini: I think brass tracks is British,

Shri Mataji: And what is the American for that?

Sahaja Yogini: I'll have to think about that...

Shri Mataji: Alright, think it over.

Sahaja Yogini: I'll tell you.

Sahaja Yogini: Nitty gritty.

Shri Mataji: Nitty gritty. [Laughter]

Then all your diseases will disappear so fast with this Yoga that you won't need anything like a hospital. In the beginning, these great Yogis, you people also, only by touching people, you can cure people. It's a fact.

Sahaja Yogi: Yes.

Shri Mataji: Like the Ardhanari Nateshwara is the Shiva that will be the state of human beings. Their old age will disappear, their body will remain as it is and they will have a body which is divine. What a promise! [Laughter]

So don't worry too much about your bodily comforts, alright?

Then maybe some of you, if you want, you can fly in the air also, .[Laughter] with that, with that body. Also they can become subtle and can enter into the body – That already you are doing – enter into the body of others to get them cured – That already you are doing. They will not be touched by the fire and any weapons. Also you will be able to see these subtle things with your own eyes: you can see them. This will not only happen in India, but all over the world.

India is a country of great punyas. That's why there are powers, which will look after the protection of this country and this country will gradually rise. He says that the third world war, that was.... [Speaking aside] When was that time?

Sahaja Yogi: We've only had two so far.

Sahaja Yogi: Second World War finished in '45, Mother.

Sahaja Yogi: Maybe there will be another one.

Sahaja Yogi: Third World War. [Laughter].

Shri Mataji: They may have go for a Third World War and they will have to suffer for it. After that this great Incarnation will interfere and all the countries will come together with the understanding of collective oneness. And they will understand that war is so horrible. In a very big - I don't know which one – in a very big city a conference of all the countries will be held. There, not the politicians, but the Yogis will direct them, Yogis. You see he calls you Yogis throughout. This might be the third war we had with China, maybe.

Sahaja Yogi: The Korean War, Mother?

Shri Mataji: No, maybe China because he says that because of China's aggressive policies and the Third World War, we'll have to bear lot of er..

Sahaja Yogi: Blame?

Shri Mataji: No, lot of er..

Sahaja Yogi: Responsibility?

Shri Mataji: No, no, you will have to bear lots of problems, you see. And these we will have to fill up the gaps in. But by true prayers, we will be able to unite all the countries.

Sahaja Yogi: Could be the Vietnam War.

Shri Mataji: By the new inventions of science, the Divine Knowledge and the science will become one. With the science we'll be able to establish the existence of God and of Spirit. That is how there will be no difference. There will be coordination between the science and the... co-relationship between the science and the Spirit or, or the Divine Knowledge.

Already we are getting it because, you see, on My photograph people get vibrations. It's a science, you see. On the television, mantras, all that, if you start curing through scientific methods, you're also using the science for that purpose. We can prove that these things can be carried by magnetic forces, by sound, by all these things, you see. We can prove it.

Then he says that because of ignorance and because of Maya, Yogis had to suffer a lot to become collectively conscious, Brahmayate, to feel the Brahma. But now – and they had to do lot of penance, that was so difficult - they'll become Sahaja.

Sahaja Yogis: Ah!

Shri Mataji: This is the word, Sahaja, Sahaja prapta [complete; mature], Sahaja. And you don't have to give up anything to achieve Brahma.

In the new Yoga system, when it will manifest in the different countries, in the New Age, the administration will be governed by people who have their own powers of Yoga. Depending on how far you are in your Yoga, and their qualities as Yogis, that will be the determining point. They will be able to create a society, which will completely fulfil their desires and their necessities and people won't need to have money accumulated with them.

[Shri Mataji seems to read the sentence in Hindi before translating it]

Poverty and sickness will be completely finished and in their absence the country, the samaja, the society will be healthy and restful and without any anger. They have described here about the China attacking India and all. These are other places but this is a quite a good thing. They have also given the name of Jacqueline Murray. She's an American lady. Jacqueline Murray.

Sahaja Yogi: M U R...

Shri Mataji: They don't spell. This woman had depicted about Me. And she had said that, she had said that a great personality will be born in India, a lady. She said about 1924. I was born in 1923. About correct. But Cheiro [a numerologist] has said that by 1980 the new Advent will start a New Age. It's a difference of ten years.

This is good [Towards someone who is cutting something].

Shri Mataji: There's a lady called Alice Bailey. She's supra-conscious, I believe.

Sahaja Yogi: Yes, she is, Mother.

Shri Mataji: And in supra-conscious state she, she has said that there will be a new- you see, because Indians have all their attention on Yoga, you see, so there will be a new Yoga which will come by which people will be connected to the Holy Ghost. She has said it, this horrible one, Alice Bailey. There's a danger of a Third World War and is inevitable. But it may be avoided if people develop love for each other with this Yoga.

Sahaja Yogini: It's up to us.

Shri Mataji: May God bless you.

There's lot of things but I've just read a part of it.

Sahaja Yogi: Let this be our prayer that it all comes true, Mother.

Shri Mataji: Yea...Now this is a- another thing, ha. What's that?

This one is a tape about what Gyaneshwara has said about this New Age, what will happen. The translation of that is with Me, but it is in Marathi. I have to translate it in English, you see. That how people will become Realized and what will happen and how they will love each other and all these things He has said, Gyaneshwara. And this is sung in this record by a very well-known singer of India, Lata Mangeshkar. And this they want to give. Side one is Gyaneshwari and another is "Om Namo Ji Addya , Addya Devi" and Pasaydan, that is the second part. Now this is one they want to give it to Warren. And you can tape it and give it to everyone.

Sahaja Yogis: Thank You. Wonderful.

[Applause]

Shri Mataji: This is the sari they have got for Me from Sholapur.

[Applause]

It is in nine yards. This is a place known for its handiwork. And I wish you had bought some of these bed covers here. You get very good bed covers. It's a famous place for bed covers. [Aside] This should be kept inside the [?] pot.

This is the one they gave yesterday in Madras [?], all right? Here you don't have to wear a petticoat. You have to wear that kind of a thing at the back, you see as the Goddesses wear. [Shri Mataji speaks aside in Marathi]. They want to have one photograph.

[Shri Mataji and Yogis speak Marathi]

You must send them a photograph, all right?

Sahaja Yogi: Barbara, would you make sure that you send the photograph to them?

Shri Mataji: Take their address and before leaving, you thank all of them with your hearts and say that you are very thankful and you have been very happy here, all right?

[Shri Mataji speaks in Marathi. A Sahaja Yogi and a Sahaja Yogini speaks to Shri Mataji in Marathi. A Sahaja Yogini reads a text in Marathi.]

[Applause]

Shri Mataji: You see, all of them have spoken with such love and such feelings, that it's too much for Me to translate, you see. So I am Myself now filled with that great feeling that firstly they are saying that: "You have come here, because of that, we have become aware that there are celebrations are on this place and we feel that great festivities have started in our hearts. We are so very happy and we cannot express our happiness, what has happened to us. We feel we are just floating in the air, we don't know how we spent our time with all this, and you are My brothers and sisters and their brothers and sisters, and keep this fact in your heart and let it grow in your heart". And then: "We have done some mistakes, not deliberately, but it happened that we tried to reserve some halls but we couldn't and it's such a small place, we couldn't give you a place, but you have a place in our hearts. And here, inconvenience has been passed." Three of them have been saying the same thing. "So we want to beg of you thrice that, please forgive us if we have inconvenienced you or troubled you by anything, and we are very, very at fault because something had gone wrong with us, I think. We could not arrange stay for some people and the people of the lodge also ditched us and they didn't give us proper guidance. But next time we will arrange very well. Don't be angry with us [laughter] too much. If

you have any anger you all should forgive". And Dhamle father also said that: "We have not been able to look after you," and the little girl also said that, "we have not been able to give you the conveniences and everything. So you all please forgive us and... but we ourselves have enjoyed that you're coming and we are gainers. We gained a lot from you, learned a lot the way you have shown patience to our mistakes and also we, we cannot say that there's anything to learn from us but whatever we have tried our level best, but sometimes happens like that. So please forgive us". And they have been asking for forgiveness. [Applause]

Sahaja Yogi: [UNCLEAR] us from these nice words. Could we help them in any way to solve the bottlenecks in spreading Sahaja Yoga? For example, if they need some material help, in being - together possibility of renting the halls to count a bit or a distribution it could be[whatever. We might, you know, see whatever we can help in one way or another.

Shri Mataji: All right, I'll tell them. That's very kind of you. [Shri Mataji translates in Marathi]

They want to also thank you for giving them a tape-recorder as a present and all the, all the photographs and everything that you gave them. Their presents I'll give you in Poona because again the carrying will be a problem for you.

Sahaja Yogi: Mother, more than anything, from all of us, we want to thank them for their love. Jai Mataji.

Sahaja Yogis: Bolo Jaganamata Shri Nirmala Devi Ki, Jai! Adi Shakti Mataji Shri Nirmala Devi Ki, Jai! Parabrahma Mataji Shri Nirmala Devi Ki, Jai!

Shri Mataji: Alright. So I think you go ahead now. Finish the things and enjoy yourself.

Sahaja Yogis: Thank You, Mother.

*The first paragraph of the transcript was extracted from an older transcription provided by a Sahaja Yogi. It seems that there is a missing part of the audio. If you have a recording of this event, please check it and let us know if you have a longer version.

1982-0201, Discussion on Transcendental Meditation

View [online](#).

1 February 1982

Discussion On Transcendental Meditation

Public Program

Mahatma Phule Krishi Vidyapeeth, Rahuri (India)

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

H.H.Shri Mataji Nirmala Devi speaking in Marathi at a Sahaja Yoga public meeting at Rahuri Agricultural University, with Sahaja yogis speaking in English. Rahuri, Maharashtra, India. (1982-0201)

[NOTE] This is a discussion on TM beginning with Shri Mataji speaking in Marathi, followed by Marcus and Rustom in English on the techniques of TM, and its effects.

Shri Mataji: , TM . , ,

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, would you like to say something about TM? Someone? Varey? Someone, what happens with TM? Would you like to say something Marcus? Please tell them, because now they are coming to India and trying to show TM technique, better tell them.

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I am telling them, how much you were damaged? Come along, now you go and tell them. ,

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Marcus: First thing we do with TM is to pay the money. First, they wanted money from you. When you pay then you get the technique, so-called technique. The first thing you get is a Mantra. The first mantra I got for 300 pounds was 'Inga' and they supposedly give you mantra according to your age, just start with, which is nonsense. But because we don't know anything in the west and we think this man looks like a 'sadhu', we go headlong into it.

Secondly, when you start getting involved, and you do this technique every day, you do in the morning for 20 minutes and you do in the evening for 20 minutes. And slowly as you do this, repeating this mantra in your mind, you start to go in regions that you just don't know about, because in the west we don't know anything about meditation at all.

What happens, you start getting into subconscious regions and superconscious. You start seeing things. Then, when you get more involved and you want to go deeper into some sort of meditation, you do, what they call it 'Siddhi technique' (TM Siddhis) of which, one of them is the flying technique. And actually, what you pay is 2000 pounds for a little phrase, you say, I forgot it...(laugh). Actually, you will laugh when I will tell you the technique they taught. One of them, one of the siddhis so called, for mastering eating is 'Bronchio To'. You repeat that over in your mind 'Bronchio To'. And the flying technique is the relation between the body and space, 'Light is Cotton Wall', can you imagine, you say that in your mind and you jump like a frog on a match. And because you are told it will make you fly and somebody who is completely hypnotized, then you do it. And what happens is, you get into some sort of frenzy like you see in Rajnish people, they get into a frenzy and these people who do this dancing thing, they get into a frenzy. And what happens that you go mad eventually, and you smash yourself up and down on a match, like this. And eventually, you smash your Mooladhara to pieces completely. And what happens as you do this technique more and more, you will become completely ruined, although you don't know about it.

We used to live in a place in Scotland to call a TM academy. They have these academies all over the world, where you go and do these techniques, and you learn all about how to fly? And the first thing that you taught, how to lead a pure life, supposedly. How to restrain your mind? Restraine your eyes? And how to become a Brahmachari? So-called. But this Mr Guru, himself this Maharishi. He is the most impure person probably on this earth, and several people, who have been to us have been molested by him physically. And as you are taught, as you are told by the people who are closed to him how to imitate a pure person because he himself looks, he is dressed in white robes, he has got big bushee bed, his eyes are on ground all the time thinking of money, and he is just a show. I can tell you, it is just a show. Because all the TM people have blue suits, they have a white shirt and a big red tie and short hair and they look very nice to believe me they look very nice. But underneath, when you become a Sahaja yogi, you can feel chakras, and it is horrible, absolutely horrible.

About three years ago, we were becoming mad in Scotland doing this TM stuff and Regrett Wendvas, who owns some property in England. He saw mothers photograph in a magazine, because in the west we have a magazine called 'Yoga Today', and somebody has written an article about Mother, and they had a photograph of her. And he put his hand after the photograph of Mother, and he got his cool breeze on his hands. So he went to see Mother.

Because he has done TM for about 7 years, he was shaking like a leaf and when he phoned the ashram in London, he started to get very hot, especially in his throat area and started to shake with his hands like this... And when we came to mother, there was about 25 of us, because we were very close. And when we came before Mother, some people who had been doing this flying technique would just start jumping for no reason like frogs. And some people started screaming and some people started growling. Actually, there was a bit like a zoo, to begin with. But thank Mother, we became human now. And despite everything we being through we becoming no more. Because so many people become so mad doing TM. Because when you do this flying technique, something like a spirit enters you and you start doing this jumping.

And when we first came to Mother, it was so bad that some people who are Mother's disciple used to take Mothers name and the person would jump out the window screaming. They couldn't stand the name just of Mother.

But because TM is so bad, and because it ruins you so much. All the people who came out of TM at that time, there are only very few left because what happens to you is you get ruined so badly by something which you just don't know what is happening inside.

And there are only very small hands left in the west, there are millions and millions of people doing TM. Because in TM everything you learn, you are taught, not to tell anybody. It's a very secretive business, everything you are taught, you are taught in a room just with one person and its so secretive that you practise it on your own in your own room. There is nothing collective about it, as a result, you become so meticulous, you become so washed and proof that your whole heart freezes out completely. As a result, Mr Mahesh Yogi, he has a personal bank account in Josey with so many millions of pounds in it, that I wouldn't like to say how much it is?

When you get involved in this TM racket, you get so hoodwinked by it and you become, you get a position in high rocky, you are given, you are to become a minister or you become some sort of flying instructor, or you become a TM teacher, or you become a governor or you become an executive governor, or you become a chief minister and they have a little place in Switzerland, where they have big seats and you are given the position in the world government.

They invite big scientists from all over the world to come and speak there. Because with this TM, they do lots of scientific research. They prove everything scientifically because they sit somebody down, they test his blood pressure, when he is saying 'Inga - Tinga'. And they test somebodies brain when they doing this flying, and because the person who is doing the testing, does TM, he thinks he is right. But as doctor Bujorjee will tell you the brain waves of a person doing TM, the brain waves of a person who does this flying is the same as a person who is epileptic in the beginning stage. And I am sure doctor Bujorjee will tell you about this.

Mother: Thank you very much.

TM . , MBBS ,

TM ,

Dr Rustom Bujorjee: You see, of Yoga, is to take you to God, and any form of meditation, which doesn't do that is obviously not true. Now we have heard from Mr Marcus that TM takes you only to bankruptcy, mental illness and physical illness. When I was a young doctor in London. I was working in a very famous psychiatric hospital, the most famous in England. And there, I used to find a lot of patients used to come about 6 or 8 weeks after having started TM. In those days, I never used to understand, what it was the TM did? That it used to drive people mad. We used to have all sorts of theories and all sorts of ideas, and we discussed this many times amongst yourself, but we didn't know the answer.

By next, it going to TM happen when I was in Mataji's ashram and the people from Scotland whom Mr Marcus describes came down. There were 20 of them perhaps 25 and we tried to give them realization. The first thing that happened is when we began to take mantras, that they began to shake like people who are having epileptic fits. I was very surprised. I have never seen anything like this before. So to try to protect him, we try to put sindur on their forehead. When we tried to put sindur on their forehead, they began to Shiva and to run away from us and they have no control over this. One person sitting on the ground, and he jumped so high of the ground, and ran like an animal on all four legs between the legs of somebody, out of the door into the garden. All these things really happened. They were used to growl and bark like animals. It was so bad that all the people around us wondered what was the matter?

Then, I attended a scientific seminar, a so-called scientific seminar on TM. And what we found them was the brain waves that TM eventually produces in people are the same as the brain waves that are produced in epilepsy.

Most of the people who came from TM, in addition to having to be psychologically unstable. They are very irritating, they can't bear any disturbance, their minds are not steady, they do not seem to be in control of themselves, and their intelligence is completely destroyed, their capacity to think is completely destroyed, they can't do anything anymore. They are broken, empty.

I was a doctor. You see, so I was very interested in this. So it seems to be that, there is no technique for reaching God. Rather here is a technique which will enable you to destroy yourself. Many of the people who have done TM, either their families, members of families have had heart attacks, have bronchitis, pneumonia. The mother of this friend of Mr Marcus, who first brought him died in a hospital of a heart attack, and she was unconscious for I think something like 8 or 10 days.

So you see, anything that is auspicious, anything that is True, anything that is a good Yoga, should bring you blessings. It should not destroy you, it should not destroy your mind, it should not destroy your body, it should not destroy your family and it should not destroy your wealth. And I have never done TM, but I have never seen anyone who has benefitted from TM. All it does, it places your ego.

God does not make you governors of this Universe. He does not make big big thrones to sit on, that is not his job. His job is to make you one with your spirit. And if anyone comes to you, and says if you give me money, and I will make you reach me, reach God. Then if you go to him, then you are a fool. Because you must know that God does not act through money, and it does not flatten your ego. He is not a diplomat. He is the master of this whole Universe.

Sahaja yoga is the opposite of all this. It is, in fact, the only way. You see, through Sahaja yoga, the first thing that happens by the

grace of the God, which is manifested in Mataji Nirmala Devi that your Kundalini awakens. As your Kundalini awakens your attention, your Chitta which upon now going there, there, everywhere is drawn inside into your subtle body, into the chakras, which sit in the subtle body and into the gods and the deities who sit in this chakras and rule the subtle body.

In the technique of this Yoga, you say the mantras and you feel the chakras move. You take the names of Gods and you see where they are sit. You see what qualities they rule over. You see what things you do which makes the chakra close, and you should not do them. And you see, what things you should do which makes chakras open. Your attention goes inside from going outside. It goes inside from being grows, it becomes subtle and your chakras teach you the best way to live. And so your dharma is established in reality through your own feelings, not simply by listening. You learn from your own experience, and as you become deeper and deeper established in Sahaja yoga, you begin to feel the silence, that is your own spirit. And you begin to see the manifestation of your own spirit within you. So that it becomes, your attention becomes centred on your spirit, and you realize that your spirit is one with the Absolute.

Another side of Sahajayoga is that the Devi is 'sarva vidya pradayini'. She is the giver of all True Knowledge. Now, I was educated at Cambridge, where I was taught by at least 20 noble prize winners. Whatever there was in science to know, I learnt and I knew. I did the research myself into brain cells. But what we know in science is very limited compared to what you can learn from the vidya of Sahaja yoga.

You see, why all the scientists are talked as medical scientists? All the scientists discovered is that such a gland is here. If you do such and such thing to that gland, it will react in such a way. All that physicist discovered is what does atom in the Universe. If you do such and such thing to this atom, they will behave in this way, that's all. It is not very deep, it is not very profound. And it takes you many centuries to discover all these things.

In Sahaja yoga, using your own instrument, you can feel the great shaktis of this Universe. How do they move to? How do they act? And how they have built this Universe? What is the architecture of this Universe? And knowing that, knowing the subtle skeleton, the subtle structure of this Universe, you know not only what things do? But why they do them?

For example, since coming to Sahaja yoga, I have discovered why certain endocrine glands are placed in certain situations. I will give you one example, you see, the Swadishthana chakra is a chakra that is concerned with the metabolism of fat of transforming fat for used in the brain or transforming fat into sugar for used by the Nabhi chakra. Now, this we know, and now we know why all the glands which deal with fat metabolism are placed there. Now the liver is the only organ in the body that can use fat, that is in the centre Swadishthana. The pancreas which controls the shift of sugar to fat and fat to sugar is also in the Swadishthana chakra. So you see, it makes perfect sense.

We know the Vishuddhi chakra is the chakra which handles growth, height. And here the two great glands thyroid and parathyroid which control this, are placed there. We know the Agnya. Agnya means command. It is a chakra of command and we know the pituitary, which commands all the endocrine glands are situated in Agnya chakra. And we know that the limbic area, which is the area of bliss. You are stimulated to get bliss and that controls the Agnya chakra that is the area of Sahasrara. So the Sahasrara integrated the whole sympathetic, para-sympathetic system which manifests in Agnya hypothalamus pituitary pineal glands and these control all the other endocrine glands all the over sympathetic and parasympathetic systems.

You see, it is very simple, if you go to the realm of chemistry, you will find the same thing. We know that the carbon atom with its four valencies is the tatwa of Lord Ganesha. We know that the nitrogen is the tatwa of Lord Vishnu, of the Satwa Guna. You know with carbon, hydrogen and oxygen you can produce any organic compound. But without nitrogen, you can not have a life. So it seems, without the power of Lord Vishnu there is no life, there is only material Universe. Now how many people of you know that that is why for life we need nitrogen. We put nitrogen fertilizers on our field. Did you know? Why it is so necessary?

You see how the other side of it is that we know that Lord Vishnu sits in the Nabhi chakra that he rules the Sushumna Nadi and he is the lord of Satwa Guna. How do we know this? I didn't read this in any book. But when people come to Mataji's feet you will see, where the Nabhi chakra is, that there is blocked, Kundalini below is moving. You can see it with your own eyes moving up

and down. How do we know that it is Vishnu's tatwa? You say the mantra of Lord Vishnu, very simple "Om twamev sakshat Shri Laxmi Narayana or Shri Laxmi Vishnu sakshat Shri Adishakti Bhagwati Mataji Shri Nirmala Devi namoh namah". Then that block gives, the Kundalini rushes up to Sushumna Nadi and breaks into the Sahasrara. That is how we know.

You see, it is a direct experience. It far more satisfying than scientific experiment you can do in the laboratory because it is, you see it with your own eyes. You don't measure with any fancy instrument. You see with your own eyes, you say your own mantra and you see the effect.

Though I am a scientist, many of Mataji's disciples are scientists. Mataji herself is in fact scientist. She is a great scientist and she is the scientist of scientist and teacher of a scientist.

But those people, who refused because they say they are a scientist to believe what she says, they are many people, they are not really a scientist. Because, they are not looking, they are trying to say, it should be like this. A scientist never says, 'It should be like this'. He always says 'What is it?, How is it?'. He keeps an open mind. He never says it should be like this. If you say, it should be like this, then you will never discover anything.

As I can say as a scientist. Here you are many of you are students, you stand on the threshold. It is perhaps the biggest discovery that this world will ever know and use your scientific mind now to understand it, to discover it and later use your heart to enjoy it.

1982-0201, Conversation

View [online](#).

1 February 1982

Conversation

Rahuri (India)

Talk Language: English | Transcript (English) – Draft

Conversation, 1982, India

...Coming down here to convert people. It's a question of democracy, you see? Because in a democratic country, if there are more majority of the Muslims or Christians, then will become the, sort of the rulers, you see? So this move is you have to purchase people, convert them, and they are worried about it. I told them Sahaja Yoga is the only way by which people will settle down into themselves.

You see, to have such a large majority in this country -- (better I have some more, please) -- such a large majority, or, I, I should say such a large democracy. And democracy, one has to pay a lot, because such, such influences might infiltrate, see? The Saudi Arabians can come down here and sort of clamp the whole country with their own government, possibility is there.

I mean, they can't do this in Russia or Poland or any place where they sow democracy. Which, without democracy people cannot develop. They cannot develop. Like, if a, say a Russian comes here, he's not bothered about yoga or anything, never. He's in, in say, if he's in Bombay he'll ask if there's a discotheque or something. If he comes to the villages he will see how dirty your villages are. He is so inconvenient. He has so many problems, kind of basic. He can never feel the peace. He can never feel the peace because they are not developed, you see. All such undemocratic countries have human beings who are not yet developed for Sahaja Yoga. They are more bothered, bothered about things which are of very little importance in actual spiritual life. So, it's a very funny situation. If you don't have the democracy, then you do not develop. Anyone I have seen, coming now by My husband's job, I've met all kinds of people all over the world. Whatever you may say about Americans, they are seeking God, no doubt. A Russian and American, you see from a Sahaja Yoga point of view -- a Russian is absolutely a mediocre, from Sahaja Yoga point of view. Because he's only worried about his personal convenience, I mean, is absolutely a hopeless case. That is wrong, this is wrong. They can never appreciate the bliss of India. They cannot.

This is very materialistical thing. The whole thing is based on materialism.

Lady, Czechoslovakian in America, she's so different. And she told Me she lives on a tree, you will be amazed. She made her house on a tree. And she was telling Me that, "Mother, when will people be awakened to something better?" That's very -- they are not awakened yet.

Machines, they cannot express themselves for us.

They are very mundane type, very mundane type. Even if they come to Sahaja Yog, they won't be able to stand it, because what they ask for is not the essence, it's so superficial. In their, in their country if they get one law which is just like what we give to our cow here, then they will come here and they will pass it. That's sort of a ego style behavior, they show off.

Tell Me, in democracy countries...

1982-0201, Ekadasha Rudra Swayambhu Shilanyas

View [online](#).

1 February 1982

Visit

Musalwadi (India)

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

Ekadasha Rudra Swayambhu Shilanyas

[English translation from Marathi]

Shri Mataji: "After Sahasrara So beautiful ! It is Trigunatmika. See one, two, three. Can you see the Trigunatmika?

This is Agnya here.... Beautiful. When I say that, it is even more." (collective laughter). "Break the coconut etc. here."

Sahaj Yogi : " Yes, yes will do.'

Shri Mataji : "The things which saints and holy people express, nobody else is able to do so. Now all these holy and saintly people are here to guide you.

What name are you going to call this by? The Temple? Because it is Sahasrara, all the seven deities are here" .

Sahaj Yogi : "Well, since ancient times this is called as Mhasoba"

Shri Mataji : "What?

Sahaja Yogi : "Mhasoba."

Shri Mataji: "Mhasoba? Why was it named Mhasoba?"

Sahaja Yogi : "Many deities hence, Mhasoba is the name"

Shri Mataji : "Several deities hence Mhasoba – Ekadasha Rudra. Ekadasha Rudra, Mhasoba is Ekadasha Rudra. What I mean to say, is that what Mhasoba is, is not understood by all"

Sahaja Yogi: "It is difficult to understand.'

Shri Mataji : "Then you may call it as Ekadasha Rudra. Or this is Sahasrara, means all seven deities are there. But all are pleased. But Ekadasha Rudra means destructive power. Eleven. Also of the Trigunatmika. Whatever name you give, one must understand it. What is the principle behind it. Now we have three of them, isn't it? "

Sahaja Yogis : "Yes".

Shri Mataji : " Mahakali, Mahalakshmi, Mahasaraswati. Of these ". (Shri Mataji is pointing towards Swayambhu.)

"The middle one is Mahalakshmi and this is Mahakali and this is Mahasaraswati. This is the way it is created." (pointing towards the stone) "...and these are the Chakras in it. It is very beautiful."

Sahaja Yogis : "And these?"

Shri Mataji : "These are also auspicious! What I mean is that nothing is wrong in worshipping them because these are auspicious too. How can the stones around the Swayambhu be unholy?"

Sahaja Yogi : "Right."

Shri Mataji : "These are also holy. But they may not be worshipped as such." (Shri Mataji looking down at main Swayambhu) "But these are really rising from within. There is no doubt about this, These three at the bottom."

Sahaja Yogi : "Did you get the plan? Did you get it?"

Sahaji : " Yes, it has come"

Sahaja Yogi : "Where is it?"

All Sahaja Yogis: "Shri Nirmala Devi ki Jai. Jaganmata Shri Nirmala Devi ki Jai!"

(Shri Mataji performs puja of the foundation stone. Sahaja Yogis applaud)

Shri Mataji: "This is good. It is very huge. This is Maharashtra's pride. All deities are established here. Unbelievable! Isn't it?, miracle of the miracles."

Sahaja Yogi replies: " Mhasoba".

Shri Mataji: "Then Mhasobaa is what?"

Sahaja Yogi: "Native deity, it is Name of Him is "Mhasoba".

Shri Mataji: "Native deity Mhasoba – Ekadasha Rudra. Ekadasha Rudra. Mhasoba means Ekadasha Rudra. Little bit Mhasoba is not so easy to understand. So, it is even much better to say Ekadasha Rudra, or else Sahasrara it is.

Means all seven deities are there, but all of them are pleased (Prasanna). But, Ekadasha Rudra means destructive power of Trigunatmika's 11 powers.

What ever name may be given, still what is the essence of it?

What is it? 3 Powers are with in us, isn't it?

Sahaja Yogi: "Yes".

Shri Mataji: "Then Mahakali, Mahalakshmi, Mahasaraswati. Within those"

(Mother is Pointing towards Swayambhu)

"She is the middle one, Mahalakshmi and She is Mahakali and She is Mahasaraswati. In this way, this is created."

(Pointing towards the Stone)

"And these are all their chakras shown here. Very beautiful it is."

(Yogis are asking whether the surrounding area is also auspicious and whether to worship the stones which are further down there?, so Mother is answering)

Shri Mataji: "Those are also auspicious stones. What I have to mention is worshiping those (referring to stones further down) is not bad. As they are also auspicious as well. As those stones are also within this area. How come they can be inauspicious?. They are also auspicious. But, they may not be worshipped as such."

(Shri Mataji is looking down at main Swayambhus)

"But, this is real absolute, appears here. There is no doubt at all which these three are, here! "

(Yogis adore mother by saying:

"Jaganmata Shri Mataji Nirmala devi ki Jai!" (x2) which translates as:

"Universal Mother, Shri Mataji Nirmala Devi, Victory to You!". (x2)

Shri Mataji inaugurates the temple.

Shri Mataji: "How great it is! This is the Maharashtra's adornment.

All deities are settled down here.

Unbelievable isn't it. Miracle of the Miracles."

1982-0201, Shri Durga Puja

View [online](#).

1 February 1982

Durga Puja

Rahuri (India)

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

Shri Durga Puja. Rahuri (India), 1 February 1982.

Today is a special day. There is a combination of two things happening.

Adi mai English maday bolte pan Marathi boliye (meaning: First I will speak in English then Marathi)

Today is first in the morning time, at 8:50 in the morning, was a very important day that started at 8:50 in the morning, called as Ratha Saptami - is the seventh day. And it is said that Sun travels with his seven forces, or say, seven colours in a big chariot. And today they celebrate this day as a day when Sun travels with a divine vibrations all over the world, and illuminates. So it was too early for anyone of you to do this, so till...I got up very early of course and worked out that part for you.

The second important thing which is a combination, which is a very, very auspicious thing - that you get on one day, two dates. One is Ratha Saptami, on that day you cannot do havan because it is the Surya already is there. So the second thing is, [which] today we do, is a very great puja of Ashtami (eighth day): is the day when the Goddess killed nine rakshasas together with Her eight hands. So today is a very special day for which a very special attention is needed.

It's only at the behest of the bhaktas that the Goddess took Her form and killed all these rakshasas. Also with Her eight hands, She killed Mahishasura. That's why She's called as Mahishasura Mardini. She's called as Nava Chandi, one who has killed nine Chandas, means nine rakshasas She has killed. So is a very important day and very vital and very deep.

It's very simple to say, "Mother, we have fixed Your puja on such and such day." Nobody thinks what Mother has to work behind the whole thing, you see. You can't fix My puja. It's not proper. It is I who can tell you what time is the best for you to do the puja.

So it starts at two minutes past twelve. So now we can start it and that's why I delayed my bath. But that would be too late, I started my bath little early. Then only we can do it.

So today is the day of the Goddess, a very important day that you are here. Somehow we are having all the pujas of 9 days, and that's why I am wearing this special type of a sari, which is to be used for Ashta Puja's. Vahana, is a tiger as well as a lion. Imagine where I'm staying, there is a photograph of a tiger and a lion both, in that room. You can go and see for yourself. Normally you never get these [together] but that is there, beautiful photograph, enlarged, a tiger and a lion.

So in the morning the Surya was very beautiful, I don't know if you saw the morning sun? At least tomorrow try to see. It's not important how long you sleep here, what food you eat, whether you get it in time and all that. You should get rid of these habits, it's very important that these regularities and all these mundane type of things, the bounding of timing and all that - you must get out of it space and time, everything. And should not go on worrying about things because you get so exhausted, without doing any work you feel exhausted. Because you are so fixed up, so fixed up that you can't get out of these habits, you see. While the Indians are not fixed up like that, they know that Mother knows the best, She will come at the time when the puja has to be done. So, one should try to understand that if I am the One then why should you worry?

But I have one problem with the Western mind is that if they cannot conceive it, they start criticising. Instead of making yourself subtler and subtler to conceive the beauty of the Divine, if you don't get it you will start criticising on any point, anything you can

get hold of and you start criticising. So that's not the way we can grow. That's why I'm telling you beforehand that this puja is very important, and at this puja, you have to request that these nine Chandas, who are still there, should be killed and this Mahishasura also should be killed, they should be driven out. And that's how it is going to work out and it's very important. It's very important, I have to work it out myself. You see, it's not easy just to organise a programme like a, preside over something, you just come along, it is not that way. It's much, much deeper, it is much deeper significance, much deeper work has to be done. So many things have to be worked out. It's a very subtle thing. And the more you discuss it, the more you talk about it, you lose it, you should keep quiet and absorb it.

So today is not a day of such a mundane type, is very important in this small place, where we are sitting, we are doing a tremendous job. And you people, who have suffered the most on account of these rakshashas, should be absolutely intensively be careful that these sinners must go out. Something has to be done. Instead of thinking about yourself and your inconveniences, your troubles and whatever you call them which are not so important at all. (a cock crows) You are saints and you must support all divine work with complete understanding. On the contrary if you are so much worried about your own things, I mean you are of no use, to yourself or Sahaja Yoga.

So I would say that even some people will see that this happened, that happened. Perhaps the group is bit too big to accommodate in all these places. I always had a feeling that the group is increasing bit too much. And we didn't have any idea of so many people coming in. But doesn't matter - they are sharing, we are settled down, there's a place to sleep. And if you can understand this, you see, that these things are not important then you go to England and just sleep or you go to Australia and just sleep. I mean you have all the time to do all that. Just now you are here to become subtler and subtler.

Now the time has started and the brahmin also came at the right time. So we have to be one with the subtleties. Sahaja Yoga is not possible if you want to see it from a gross level: you cannot understand Sahaja Yoga that way. I have already told you that without realisation, you cannot have Sahaja Yoga. But even after realisation, if you stick on to those old things which belongs to the egg time, you will have no advantage. So try to become subtler and subtler, and don't think about it. You will relax, you will feel better, it will act. [Don't think] that you should have food at the right time, you must have this at the right time, this should be the food. This is, I mean, its such a stuck up thing, you know. We cannot be stuck up with food, we cannot be stuck up with all these things. You are going to a level where nobody has reached. With this understanding if we become surrendered - means not to give Me anything but to get rid of your ego and your stuck up ideas which there have been - it would be a very good thing.

When you discuss also among yourselves, nobody should discuss inconveniences. I had told you that in a village it's a very difficult thing . You don't have to go to Himalayas but traveling through India is not an easy thing, and I had told all of you. I live with much more conveniences and comforts than anyone of you live but I can adjust myself much more, so you should also try to forget about it. Don't talk of your inconveniences. That will make you very gross. The one who becomes subtler and subtler can only achieve something.

(Talk continues in Marathi then again in English later)

[English translation from Marathi]

Today is Ashtami, and in the morning it is Ratha Saptami. To be present for a pooja on Ashtami is a very big thing and that too at Rahuri which is my maternal home. It is very auspicious that we are doing Pooja here. On this day of Ashatmi, we celebrate the day when the Devi (deity) appeared as Ashta Bhuja Devi (deity with eight hands) and made great conquests in the world. The prominent conquests being the slaying of wicked rakshasas (demons), destroying them. She is called as Nav Chandi, Chandika is Ashtabhuja. Durga... etc are her other names.. And She has destroyed these Chanda, Munda and others, all the nav chandas (nine demons), that is why She is called Nav Chandi (Deity who killed nine demons). Not only this, she has also splayed the demon called Mahishasura. After killing Mahishasura, the Gods worshipped her and showered praises on Her, but those devotees who invoked Her, they were all very religious (dharmic), virtuous (sattvik), and with very good qualities. Being pleased with their qualities, the Devi took this incarnation. So we should imbibe these qualities' in ourselves. What right do we have on the Devi?

"Mataji, we have arranged Your pooja, as if we have arranged some programme, so You come there as a President." It is something like this. Many times they say, Mataji, we have kept the pooja at 'this' time. It cannot be planned that way. It does not work that way. If I am pleased, I will sit for the pooja, otherwise not, it depends on Me. That is why, you have to request the Devi first, invite her. Respectful invitation (Pacharan) is there, etc. etc. She will not come just like that.

"Now that you have planned it, so here I am right on time by the clock. Start my pooja."

Devi is not in need of the pooja, you are in need of the pooja. She has to be in a happy state of mind (Prasannachitta), When she sees that her children have made lot of mistakes,Her children are still committing many mistakes. The faith they have has insincerity... in a few of them. Some have faith but still they commit mistakes. Some don't have faith at all, only spuriousness. Exhibit supercfiallity while some harbor poison inside but show on the outside that they are very good. After seeing all this the deity gets upset and she thinks why should these people be allowed to worship. They do not deserve it. Hence one should be virtuous (satguni).

Which is the greatest virtue of all – when Shankaracharya, Adi Shankaracharya was asked this question, he responded – Selfless devotion towards Devi, towards your mother. She is the deity, understand that your mother is the deity and worship her. And there should not be any spuriousness. The first quality, the best quality, is that the one who has faith in the Deity from the bottom of his heart , all his bad qualities will be destroyed, he will be enlightened, will attain salvation(Moksha). That is why Shankaracharya has always praised the Devi (deity). In the beginning He has described a lot. Has written quite a few significant books like Vivekachudamani etc. Lastly He said that, "By only pleasing the Devi one can get everything, then why these things do? Why to do debates? Why to do discourses and break one's head? Just praise the Devi (deity) and you will get whatever one wants." Very few people have his common sense, you see. When you imbibe this commonsense then you get the authority, the access to the deity. Similarly without doing anything also I am in happy state of mind now and any number of mistakes you make I forgive them all as it will not happen without that. I have come with a very big heart and forgive all your mistakes, but you should not be insincere to Me. Another thing that all the time crying and repeatedly saying that, "I have committed mistakes," will also not do, then that also pains the Devi. So "Forgive me if I have done anything wrong, will not do henceforth" is the vow you should take today because today's Ashtami is called as Bhishma Ashtami.

Bhishma Ashtami, now in case of Bhishma – he had taken a vow which you all know, was never broken by him under any circumstances. Therefore today is the day to take a vow, hence, whatever vow you take this Ashtami, the entire world will benefit according to that vow. Now we are sitting in this small place, and all these arrangements have been made. You should not think how we will manage in this place? This is a very big centre at this moment. Wherever I sit, it becomes a centre for the whole world. You should understand that whatever vows you take now, with utmost faith, with full devotion – the whole world will get the benefits from that.

[Talk continues in English]

Today is another day, is called Bhishma Ashtami, is the day when Bhishma, who was a great saint who took a great vow and that vow he carried out all his life. It was a great vow he took. So today also is the day of a vow. He took on an Ashtami day. On the Ashtami day he took a vow. So today is another day for you to take a vow. So also you should try to take a vow and with that vow, you should be able to achieve something which has not been yet achieved.

This achievement is not only for this place, is not only for Maharashtra, it is not only for India, it is not only for the whole world, but for the whole Universe. So you are playing a very important, vital role and one should try to improve one's quality of life, quality of personality. Unless and until you have that substantial quality, nothing is going to work out. This is what I am telling them: that you must work out in such a way that you become substantially dedicated to Sahaja Yoga. Not just for your sake, not just for your family or for your country but for the whole Universe. So you are the seeds who are going to create that great atmosphere that will bring forth the great change that we are expecting of Mahayoga. It is very important to understand that so

many people have talked about this and I have come across a book which was written 2000 years back which describes about this Mahayoga and what is going to happen. It's very interesting. After the puja and havan, I think Mr. Chauhan will translate it to you and you can understand what is about. So let us start now.

(Puja starts with discussion in Marathi with Mother about who to call for doing puja)

Now pay attention to Sahaja Yoga and not to other things. That's important. You should not play about. This is important. I'm just telling, it's very vital.

(discussion continues in Marathi)

In India, the custom is the wife has to sit next to the husband always for anything, for food, or for anything but in England is just the other way around.

Teenus couples? (meaning: only 3 couples?)

Because the, we would like to have couples today, alright?

1982-0201, Singing With Shri Mataji

View [online](#).

1 February 1982

Evening Program

Vitthala Temple (India)

Talk Language: English | Transcript (English) – Draft

Singing With Shri Mataji

1st two bhajans meaning by Shri Mataji

Silence! It is a very beautiful song. It says that (not clear) borrowed treasure. They cannot give you the (unclear) of God. They cannot give you the sign of God. They are just borrowed treasure, about the people who make money out of God. So one has to get to God, God himself has to come to give us the sign of God. The beautiful one. Eka Jananardhani. The Janardhan as you know is Shri Krishna's name. He is the one who gives us the sign of God. He is the one who gives us the sweetness of God. He is the one who gives the experience. The beautiful song and the first one was that we are spending our time in our worldly things, in our worldly affairs, in our worldly relationships and in our worldly family. Now I am fed up of this and now I just want to enjoy that is really the truth. Now whatever is sweet now has become absolutely bitter for me and whatever was bitter has become sweet for me. It's all about the saints what happens. God Bless You.

3rd Bhajan meaning by Shri Mataji

This is a very sweet couplet by the village women, the milkmaids to the mother of Shri Krishna that he is such a horrible, naughty fellow (all laugh) that you better look after him that he is stealing all our milk and our butter and our buttermilk because they used to go and sell it to Kaunsa, see they used to go to Mathura and sell it there and Kaunsa was rakshasa so they used to go, these, he and his friends used to go and they would steal all the butter and everything so nothing would reach Mathura and the whole compliant is very sweet that now you do something about him, tie him up or throw him in the Yamuna river but he is the Purnabrahma. He is the complete Brahma. So wherever he is what can we do (all laugh and applause) see the, see the chamatkar of the every every kavya is the poetry according to the Sanskrit language, is nice to have chamatkat, nice to have this magic, and see the magic style. He is Parabrahma so what can we do about him. Ultimately they give up. (All laugh)

Bhajan meaning by Shri Mataji

A very interesting song which is called as 'Shakun' means auspicious (Mother asking English word for Bhavisya) forecasting, is forecasting and the Adishakti is saying that I have seen the whole world being created. Also, I have seen Brahma Vishnu being created. I have seen Sun and the moon being created. I have seen all these worlds happening and Krishna coming and Kauravas coming and everything I have seen but in the Kaliyuga something surprising you see that something that can never happen is that there could be a bad relationship between a brother and a sister, the other side of it and this would happen and at that time the brother, the father will betray the son and son will betray son the father and all these things will happen. There will be no relationship of proper understanding and all these things will happen in Kaliyuga. Very description according to Indian understanding is horrible things will happen to human beings and then a day will come when Ekadash Rudra will be coming and then all, all the people will, I mean only saints will be saved and all the rest of them will dissolve into darkness and they will be all destroyed, is described. It's a very serious poem I should say. (Yogi translating) And the best thing relating to today's incident is that people from 18 countries will eat together. (Yogi translating)

1982-0203, Shivaji School, Vishesh goshti sathi vel aali aahe

View [online](#).

3 February 1982

Shivaji School, Vishesh Goshti Sathi Vel Aali Aahe

Public Program

Rahuri (India)

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

1982-0203, Talk during the tour

View [online](#).

3 February 1982

Talk to Sahaja Yogis

Residence of Madhukar Dhumal, Rahuri (India)

Talk Language: English | Transcript (English) – Draft

Conversation with Sahaja Yogis at Dhumal's place, Rahuri, India, February the 5th, 1982

And I hope to come also. I hope to come because Nagpur is My mother's place and all My brothers are there, you see. Then you're coming back [Marathi] and it will be instead of reaching there on the fourteenth, fifteenth, you'll reach there on the fourteenth. I don't know what My brother has decided. You may stay for two days maybe, at Tarawa [unsure] it would be a good idea because it's a very, very nice lonely place in a forest, maybe a good idea to relax and meditate. And then we come down to again to Warda. On the seventeenth is my father's anniversary in the morning time, and evening time we take a train from Warda to Delhi. In Delhi, the program will be only till the twenty-fifth. But those who want to stay till the twenty-eighth can stay on because most of the people from Australia will go, and I think Delhi people will agree not to have any [prakta?] till the last day of my departure, because I don't have to cope with the cold. Where, it's where I was married. So, I have to go there also, maybe for one or two days. May be, may not be; I don't know.

Whatever it is, I'm going to leave Bombay on the first to reach Perth. So, you please organize, the Perth people. And where I'll be there for a day. One day it's program...

Sahaja Yogi: To rest.

Shri Mataji: Two days' program.

Sahaja Yogi: One day is to rest.

Shri Mataji: Two days' program and then I'll come to Australia. I'll be there till...

Sahaja Yogi: Seventeenth.

Shri Mataji: Seventeenth, and then on my way back, if you want to come back with Me, Europeans can come and for a day at Hong Kong just for a rest. I may not have any program in Hong Kong, but just for a rest. And then I'll come to Bombay. Maybe there I'll be there for three, four days and I'll go back to London. This is the program's week.

So, I hope that in Australia now you will see that how people are working it out in Maharashtra and how far we are from them. Just see the distance. I mean, it's too much, isn't it? And where are we?

It's a very dangerous situation. And the third war is about the break. Third war, third world war is just hanging on our heads. And it is the Western world which is going to bring in the war, not we, not the Indians. No, not at all, not the Maharashtrians. So, it's a very dangerous situation, you are very precariously placed, and if people do not understand the value of Sahaja Yoga today, in the West, we cannot stop this destruction. And there will be a complete destruction. Of course, Sahaja Yogis will be saved, no doubt. And it's so imminent and so vital that I mean, I don't know if you can go on playing about with things and all sorts of nonsensical things.

So, you have to go all out, dedicate yourself to this and work it out that way. It's a very big responsibility on all the Western Sahaja Yogis. It's a very, very big responsibility which has to be worked out.

So, with your permission I'll have some [diner].

The only difficulty is in surrendering. I mean, you do not surrender anything to Me. Actually, you take more. But the ego part is so horrible. Now, you can see this; you can see clearly. You see, one may think no end of oneself as, you may be great or whatever you may be, but in the eyes of God what have you been? People can't get Realization the way they get here. It's a fact one must

accept.

So, in the relationship to reality and to God, what is the value of all these things? Nothing; zero. Of your achievements, everything, your ego and all that, what's the use of having all that? Isn't it? This is so, so evident, so clear-cut. Try to understand. You can't carry your cars and your helicopters and your airplanes to God's place. You have to carry your heart.

And if you could understand this, you see, then my job is done. It is you who are going to give them 'shraddha'. It is you who are going to teach them how to respect Sahaja Yoga. It is you people, how much you respect is the main thing. So, get rid of your petty things. Whatever achievements there have been, are of no use inside, at all; they are outward.

It's a very dangerous situation and people don't realize it.

I'm not worried about India at all

Once I come back to India, it will spread in one year time! You have seen it.

Sahaja Yogi: Yes.

Shri Mataji: These people live under sub-human conditions according to Western standards. Just think of it. Just think of the joke. And everybody tells Me, "What about the poverty of India?" I mean, what is the worry about poverty? Nobody is dying out of poverty. They are healthier people. Not like many I have met in the West. Seldom, among so many, there was hardly one or two who were sick. Mental sickness is practically very little. Nobody is paranoid.

What do you say? Agreed? Now as your name is, you should come up. Hm? That's a novel law lion [unsure]. [Inaudible].

He's going to come up.

And in the West, they have lots of developments kings for Indians [Unsure]. And there are many who say, "We hate Indians. We can't bear them. They're no good, this, that!" And you have better telephones, all right. You have better communications, you have better train, better buses maybe, better hotels. But where are the Sahaja Yogis?

Most of it is advertising department. You told them the story about advertising department? Have you heard of the story of advertising department?

Sahaja Yogis: No.

Shri Mataji: It's a very interesting one. One gentleman was a very good man who led a very good life. So, he went to Heaven. And when he went to Heaven, he saw everybody is meditating there, like Sahaja Yogis. He was amazed. He said, "I've been such a good man and here I thought I'll have some enjoyment of life. Here everybody is meditating and enjoying the meditation. So, what sort of a reward it is?" So, he asked God that, "Let me go to Hell and see how it is." [Laughter]

"Give me the choice," you see, "I must have the choice." She said, "All right, you go and have a look. If you like it you can stay on." So, he went to Hell and he saw outside- [Marathi]. So, he went down. In the Hell, he saw there were nice dancings, you see, all these that you have in England's halls. And you see, an Indian was enamoured and was very happy to see all that. And they were all drinking, gambling. See, all kinds of things were on, in complete freedom, complete abandonment and lots of other things were also going on. He was very happy, he said, "Now you can enjoy here, no problem!"

So, he asked one of them, "Where is Hell?" He said, "You see through that peephole. You'll see the Hell." But there were many peepholes. From one peephole, he saw people were thrown into dirty gutters. Then he saw another one, they were being fried in the boiling oil. Then he saw third one where their hands, feet were cut. All kinds of tortures he was and he was shocked. He said, "What do you mean?" "What's the problem? That is Hell." He said, "Then who are you?" He said, "We are advertising department." [Laughter]

This story comes from my youngest brother, [Babamama]. He is ten years younger to Me. He is going to meet you there when you go to Tarawar. I hope he comes.

No wonder people are coming to India and they want to stay here. But as other governments have become very strict about visas and this and that, this government has also become, you see. And they are worried that people come down here and the villagers are, you see, hiding them. This never happens. Imagine: can this happen anywhere in the world, that the people living there are hiding them? They are against the government for treating the guests like this, you see, and without visa and other things. And

that's why you had that trouble about passports. Because there's a big problem and through that lounge many sneaked out, you see, into the villages. So, the fellow was put into trouble. So that's why I was very particular. But I think he's quite upset.
[Marathi].

These are the people who are going to sing you songs in the praise of Lord Vishnu and other people and bhajans, as they call it. You know that. But you should see, it's a very fast number, the whole thing is such a fast number, it's a very- that thing is like that, it moves very fast. It's a very fast number, you can't even play it on the tabla, this 'taal' [rhythm]. It's only on this, is called as 'pakhawaj' [a kind of dholak]. It's a thing; they call 'pakhawaj'. Also, in Sanskrit it's called as Mridangam, mridangam. This is Mridangam.

Are you feeling cold?

Sahaja Yogis: No, no.

Shri Mataji: What about your throats? Is it better?

Sahaja Yogis: Yes.

Shri Mataji: With the thing I gave you; better now.

[Conversation in Marathi].

1982-0206, Action and Desire

View [online](#).

6 February 1982

Conversation

Agriculture residential Quartres, Niphad (India)

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

Conversation with Yogis, India tour, Niphad, (India), 6 February 1982.

(Shri Mataji has involved the audience in the talk so the whole talk is very informative & interactive):

Tape 1

Shri Mataji: You are better off now?

Shri Mataji: Do you get this Jaggery, the one you ate in London?

Audience: Yes, Mother

Shri Mataji: You get in England? I never saw this Jaggery.

Audience: Yes Mother in Indian shops not in English shops

Shri Mataji: In Indian but shops not in English shops.

Audience: Yes Mother.

Shri Mataji: Ha but not in English shops as such.

This jaggery is a very good thing when you come out from somewhere like dusty places or something with sore throat and you take a little bit of jaggery and drink some water. It's a very good idea. See one should take to simple medicines because if you take to antibiotics and this that nonsense then you become very weak and you have to, it has a reaction and then you have to take something else for the reaction, funny thing, it is antibiotic, it is, bio means life and it is anti life.

People chatting/ Laughing. Shri Mataji speaks in Marathi.

[Cut in the audio]

Sahaja Yogini:If there is a relationship between tomorrow's puja and full moon and so on.

Shri Mataji: Should I have to boast about Myself?

Sahaja Yogis: Yes Mother.

[Laughing ; applause]

Shri Mataji: As you know it is Parabrahma, that is the complete divine Power and the Holy Ghost is the complete divine Power, is the complete desire of God, which has taken a form. Now, imagine God is just a spectator. He is not one who is going to create anything. He is just going to destroy actually. Because if He doesn't like the spectacle, He can destroy and the desire disappears like any desire you have within yourself. The complete desiring power within you. Without which what are you? You are just watching your desire working it out.

So this desire power is the left-sided thing, as you say, and then first it has to come to desire. The desire becomes then the action power. And action and desire put together start evolving things. So everything is inclusive in that whether you say Sun, Moon, stars everything is in them. But the Moon is the desire. Ultimately when it also collapses back, first of all it works out, it evolves, and then again when it is reversed, you see, then it goes back to desire, desire disappears into the Spectator and the whole thing becomes the Parabrahma again.

So the identification with one or the other cannot be said, it's everywhere. If It is everything how can you identify with any thing else? Moon is one of the symbols, Moon is one of the symbols. Why? Because according to Sahaja yoga we reach the state where you touch the Sadashiva in the symbolic form, you see. Or if you can say that after getting Realization if you see the abstract forme of God then we say after reaching your Brahmrandhra you cross over your limbic area and then you go to

Ardhabindu.

Ardhabindu is the Moon. Moon is the Spirit. Because, Shiva also wears the Moon on his head. Sada Shiva also wears the Moon on His head. So Moon is the spectator. Isn't it?

Sun is the working part. He works and it reflects on the Moon. So you become the spectator yourself and start going into that. So every symbol is the same and now why we use the Moon more than the Sun, about the timings ? Because it is the Moon which is more effective in creating desire within ourselves.

Like the Moon affects even the sea, not the Sun. Sun is a constant-stuck practically, except for it changes its axis sometimes, that's all. And the distances between Sun has not much significance with the Earth, except that if the Earth loses its axis a little bit more or becomes a little bit flatter, then maybe that the speed of the Earth may be reduced. So we can only control the speed. But the Moon is a subtler thing which acts on subtle, subtler ways. Because you have seen the Moon acts on the tides, it acts on the temperaments, it is a much subtler thing. Desire is much more subtler than the action itself. It's a deeper thing. So the action comes out of the desire. So it is better to affect the desire than to affect the action. And that is why, in India, people accept Moon as the indicator for dates and all that. But in the west people are so much time-bound that for them they would not like to have these variations, because they are not prepared for any such variations. For them, 12 o'clock is 12 o'clock. And they are very, very rigid people. Such rigid people are no good they are not living being, you see.

So it is not one way or the other. Even Surya – the Sun - is very important. But why the Moon is important because it makes you subtler. And that is why one should achieve the Moon as they say. Right-sided people must achieve the Moon. At least they should be little bit changing their programs, little flexibility otherwise there is no gap in-between.

You see, they are running like mad, absolutely! It's a rat race. The whole ego is created by the Sun. Complete horrible nonsense. It is doesn't give them any idea to see where are they. Its such a barrier, you see. We don't try to see ourselves where are we.

Now you have seen the simple villagers who live so spontaneously. Just take yourself out completely and think: Compared to them and yourself and what are we? As a human being, as a quality of a person, quality intrinsic. I mean one may think any thing of oneself but as a quality.

Like Christ Himself has said, that if you want gold I will give you gold. Gold represents right-sidedness. If you want gold I will give you gold but you will not enter into the kingdom of heaven and you will not eat on the same table as I do. Only those who love Me, love Me, again the quality of love, will sit with Me to eat. So, the people who think no end of themselves should value themselves at some point you see. They should see what do we think of ourselves, you see. What is so great about ourselves, what are we in the eyes of God. All these things are going to be finished. They are nashwar. They are perishable. You are admiring perishable things and thinking that you are great, all right so go ahead with yourself. But one has to go with some thing not perishable. And actually I would say that the western people start taking to Moon calendar they will be better off. They will have some more time and they will think of auspiciousness, you see. In India it is very important to know what is the auspicious time. But what we think of is "oh 10 o'clock is 10 o'clock" like a teacher who is here now principal sahib. He is a Brahmin, suppose to be. Englishmen, I think, must have put the hand on him, on his head. He said if the program is at 6 or no. Now there are children there who can't just do it at 6 it has to be done at 7. He doesn't know any of the children don't get the blessing or any thing but as long as it is at the time of 6 o'clock. And the time is short. What have you achieved by worshipping the time to that extent. You have neglected the one who is sitting on the Sun is Jesus Christ Himself. He is at the [Unclear word] crossing point the [Unclear word]. You have neglected all that is subtle. Whatever you can see in the Sunshine is the fact for you people. Nothing beyond. In the west I mean. Isn't it? It's not true.

Moon has such an influence. I read a book called as Super Nature. You might have read it also. The fellow is been dealing with some scientific experimentation. He said there were some oysters. The oysters were placed in Los Angeles, you see. So they remove them and put them to some Ohio or some place in the center of America. Now there is no sea there for those oysters but they used to close and open according to the tides at Los Angeles for a month. From them you could make out what is the tide in there. Then gradually they started changing and then they took to the timing of opening and closing if the Moon at that time was pulling the tides of a sea which doesn't exist there in Ohio. As if there was a sea and the Moon would come in and would attract this sea, accordingly these were opening and closing. Because when there is high tide they close and when there is low tide they open. So with that timing they were working. So, the living things have such an effect of the Moon.

So, I think Indians should become more sort of active, though they are, I think, quiet active now and they should not do any more

activity. Otherwise they will become rajo-gunnies not satva-gunis. Only rajo guna is no good and only tamo-guna is not good. And if you become too much rajo gunnies also what happens you get to the bad effects of Moon, then you become lunatics and what paranoid and otherwise all these things come to you and you go up to that because you take to drugs all extreme left-sided stuff is from the Moon.

Auspiciousness comes from not only from the Sun but also from the Moon. Mainly from the Moon and also from the stars. Auspiciousness is a very subtle quality. Isn't it? Which you cannot see. You cannot understand. How many people in the west also accept astrology has any basis, not much. Even William Blake is regarded as a mad man. Ninety-nine percent English think like that. They are all very wise. You tell them who William Blake is, "Oh he is a mad man". For them that horrible fellow Lord who....?

Audience: Byron!!

Shri Mataji:Byron! ... was the most sensible person. Now how could, imagine hundred years back how could William Blake say so many things so precisely.

Shri Mataji: You haven't brought that ha? No body has brought that!

Audience: some body might have

Shri Mataji: Have you got? William Blake, Milton. (Shri Mataji speaks in Marathi). Can you go? Do you know where it is written Kensington garden thing?

Audience: Marcus has got it

Shri Mataji: Hai? Marcus knows. Into such details you see. And then think of this man 2000 years back writing about Me that Para Brahma Itself will be arriving, awakening (Shri Mataji speaks in Marathi). Exact! 2000 years back. A new method of yoga will come up, everything being there, just imagine.

So, the people who believe in the Sun and the timing with the Sun, you see live in the bounds of the Sun only and also the bound of the what you call the time, which is so superficial. They never think of inauspiciousness of something deeper. Their full attitude is so superficial. Whatever they see in the Sun they see nothing beyond. Normally, people who come say from abroad not Sahaja yogis because now you have become subtler, what will they see in a country and a place, "Oh God, there are no proper bathrooms". I mean they are so bathroom addicted also. I don't know but this bathroom culture is so much just get fed up and now for so many nonsensical thing so much time is wasted you see, we know that they should be house proud but to the extent people waste their time cleaning their little brass what ever they have, even a rat doesn't enter the house. Sometimes I think what a waste of energy. But when they think that way they become so untidy that they baba it's a pigsty, from one to another. It is something in-between one has to understand. Even to have culture you have to be in-between. Like, you must know the Sun and you must know the Moon. You must have both the things otherwise there will be no culture in it.

Culture cannot develop in an extreme state. Some sort of an extreme thing might develop you see, but not the culture and the culture is the thing which supports and sustains the dharma, sustains a human quality. That is the culture. Not the culture which does not sustain, that like, somebody told Me that it is in western culture that the women must expose themselves more than the man can, man can. I mean that's absurd. Why should they? Just think of it. Are they prostitutes or what? But who is going to talk if I say any thing, as it is they are criticizing Me. Then they will oh, brand me something Victorian lady coming down here or something. You see the way they are giving you the idea also through this over activity of the right side are absurd ideas. They will not give you a quality that a human being should have, you see, there is no value for your life no value and no self-respect. They don't teach you self-respect.

It's a tremendous task you don't know the whole thing has to change a world. When has to come to change this. You understand Ruth?

Ruth: Yes Mother

Shri Mataji: It's a very trem... great work one has to do in that country, I don't know. As it is, you see, people when they come to India or anything, they come to see here the poverty of India. I mean that's not your look out. That's the government's job. But they come here for that and they they get upset with it and they just go. What are you doing about it even if you are upset? It's because of you only people are poor. If you go and live with somebody for three days, the person will become poor. Three hundred years you stick on to any country what are you going to have? Three hundred years! The aggressiveness. Look at the aggressiveness. In your country somebody comes for more than six months he will be taken to task and put in the jail (unclear talking/laughter) Three hundred years you lived there. I mean, just look at yourself, what sort of temperament is this? Your aggressiveness. How can you be? Is it a self-respecting thing to go to somebody's country? Even now they are doing the same thing you don't know. Still so much aggression is there, that unless and until you Sahaja yogis understand that this is too much

of an aggression in all the developing countries. What have you done to [unclear]. All the western people have. [unclear] Think about it. West Africa, you see, East Africa because they have got copper in West Africa all have them have gone sitting on nicely. I mean this is not your copper. Why do you want to have their copper? Zambia, every place you go all the white skin people are there otherwise the Negroes are the worst because the copper is there. South Africa, why are you there? I mean you have nothing to do with South Africa, you better get out. Because gold is there they think they have a right to be there. I mean imagine, thing of this, imagine if there are two neighbors, think of it, two neighbors are living because another person has bought some gold so you go to his house and settle down take all his gold. It is as simple as that. You have no right to snatch any thing form any one.

This is because of the worship of the Sun the aggression. They don't see. In Sun you can't see any thing actually. Your eyes are too lucent? [unclear]. It's a serious thing. One has to think. Now Sahaja Yoga is all right you are built up and you are coming up but you have to understand and ultimately you will destroy yourself, which you are up to. If the third world breaks out, thanks to your intelligence. India is not going to be affected. All the developing countries are not going to get affected. I mean what is the culture behind. There are some limits to the things also.

The movement of Sahaja Yoga in the West is so slow I mean, as if it is a train moving here, there an ant walk – crawling. Really it's a fact. Only Australia is the one which I have real hopes. I must say. And now the Australians will have the to send all the criminals from Australia to England to [unclear].

This is the situation. At least poor things Australians are still thinking in not those lines. At least Australians have never invaded any country. They have never invaded any country. Never in the history, I have not heard of them invading any country or occupying some country or going to some place for gold. They are racialist, some of them are but they are not so aggressive as to go and settle down in a country for three hundred years, can you believe it? And they would not go, would not go at any cost, very difficult. Think of it some guests coming in your house and settling down for three hundred hours.

Will you read that Kensington garden thing. Who is there? Is it here? Read it out, that part of Kensington garden the part "...will be purchased" that one. It is an Englishmen who wrote this but for them he is mad, really I tell you. I have talk to some English people who are in the high [unclear], who are supposed to be very well educated and top class people and they say he was a mad man whom are you quoting.

[Shri Mataji speaks in Marathi]

Golden Builders! They have to work with the gold paint. They are in My house. So they are called as Golden Builders. So clearly he has given, so clearly.

Audience: Sweden born 16th century scientists who become a linguist [Unclear] he said that, the other day I heard that there were many Indians and Muslims, Black and Chinese in Heaven but there would be very few western European

Shri Mataji: There would be or?

Audience: That include American. In the heaven there would be very few westerners So does India leads the way [unclear], does leads the way or you just making gesture?

Shri Mataji: You see, you must learn one thing, that those who have got the qualities of the heart, think definitely will be accepted by God. Isn't it? Have you got the qualities of heart? Not at all. Then what will God do? That's the problem is.

Audience: Will we be eliminated?

Shri Mataji: (Laughs). Not as long as I can think of it. I can't think of elimination of any one. But, you see, if you don't take to Sahaja Yoga at all, what should we do? You decide. Should we carry all these Yankees to heaven?

Audience: Laughter/Inaudible

Shri Mataji: There won't be a heaven left. That's the point. Just think about it. You see they accent in life is on war. Where is our ascent is the main point. You see our westernized Indian are also doomed. Very sad thing but they are also doomed. They think no end of themselves. No doubt westernized. But now I would say Dr Sanghvi who has been to Canada for years he has stayed there. He has kept his Indian style of life as well, chastity his own senses of understanding of things, everything is just the same. Can you make out he is such a learned man inside. He has got a special honor. He was honored on all India bases for creating a new type-variety of wheat. That wheat is after his name. So humble can you believe it. Such a man is sitting before you. Even a garbage cleaner in England is more proud. Yes, I tell you, even a garbage cleaner is a horrible stuff. You can't deal with it. Did I tell you the story of a garbage cleaner who came to our house. We were staying in Oxted. There was a garbage cleaner who used to

come and carry the garbage, you see. So one day we had a big party or something and we had lots of garbage in the house so I told him "you please take away this" so he said "how much will you give me"? I mean not suppose to take any money. You see, but he said "how much will you give me"? How much? I said I will give you about ten pounds. He said "ten, I wouldn't touch it [unclear] Give me twenty pound". I said "twenty pounds is too much". This I am telling you long time back about six years back or so. So, Dr Nagendra Singh, who is now the Chairman, chairman of the what you call Royal Court Judges. He is the Royal Court Judge first of all and he is the chairman of it, he was in the house imaging Royal Court Judge. So he saw this man talking to Me very rudely so he just couldn't help it and he came out. He is a Sahaja Yogi also. Came, you see, came out and he said "why are you talking so rudely". He said "I wont touch this garbage for ten pounds". He said that. He said that "you are not supposed to take any money". He said the laws in England are not like India. You must understand some law. You don't understand any law. And he gave a big lecture on law. To whom? To the World Judge court, who is the chairman. Without any sense of, and I was amazed. You know first I was amazed then I started laughing aloud; I said "to whom is he talking"? Brainless fellow! I just [unclear]

Just think of it, I mean, I leave it to you to decide now. You better decide about the western people. I don't decide. That garbage cleaner, I mean, must be, I don't know. And the quality of life there is so poor they have, very poor, they have no self-respect, the way they are. The other day the lady, that Philipa [Pullar], has written this book.* In which she says I have been having affairs with bus conductors this that I mean, how can, how can you publish a book on such a woman, just tell Me, and she is openly saying all these things. I wouldn't care for Sahaja Yoga I was doing all my things very nicely. Oh very good, has no self-respect, at all, no value for chastity, nothing I mean I just don't know there is no quality in them. It's very depressive. Isn't it some times? I think you better take to Moon. Ruth are you all right? Isn't it a very sad thing? Don't you think so? Gregoire has been asking Me since long: Mother have you ruled out all the western people?

Audience: Mother, is there somebody in there who could ? apart, because I can't seem to find a place

Shri Mataji: Marcus! He might be able to see, Marcus just see yours

Audience: Mother, I am speaking on behalf of parents from Australia, for children place [unclear sentence]. We would like to have a school Sahaja school and we are not sure how to go about setting this school up and what is needed as curriculum and the needs of the children.

Shri Mataji: Yes. I mean, this is what you have been tell Me now. Do you think they will accept Me in a school there? You tell Me, this is not possible, they will have to make a school here. Isn't it?

Audience: You can have a private school. Have a private school in Australia

Shri Mataji: In Australia?

Audience: You can have any ideology alike

Shri Mataji: Really? Better start

Audience: Laughing/clapping

Shri Mataji: Just think of (tape sounds edited)

Shri Mataji: What nonsense they are teaching to our small children there you see. They are attacking innocence in every way you see the whole culture is to attack the innocence, have you noticed it? Horrifying I tell you, I feel horrified. Because you see I cannot think like Eastern – western nonsense but what I feel are you are my children. That's the place, which is created by God. (Shri Mataji speaks in Marathi)

They are thinking of starting a school in Bombay in any case. I have already asked somebody to give Me the curriculum and all that and they said we can have an English medium school here. English medium that's all. You can have for children and I am already finding out about the thing. We have already got the land surprisingly and government may give us grant next year or something like that and build up some thing nice here. So to begin with, we can have some children from there and some young people to come and teach so they learn how to teach Sahaja Yoga plus other things you see. You can have something to begin with and then you can go back and start your own schools there. It would be much cheaper to educate them in India but the children will have to be away from parents but what the parents and children can come together here and do something about it. What ever you think now. It is for you decide. In any case I am going to start the school. London is impossible for children. Absolutely impossible for children. I can tell you. There is no possibility of keeping them in any where pure, the television, the, every road is filled with dirty advertisement it's all fully immoral you know. Every day if you lift the newspaper you will see such horrible things that you will think you are in hell and children see everything every day how will you, it's an attack on their innocence, all the time, horrible thing are going. Horrible things.

One boy was killed in Maharashtra. (Shri Mataji speaks in Marathi) last four five months back. I don't know when he died, about one little boy, can you imagine one little boy and what happened actually was the man was looking after his farm and they use a kind of a called as go fund tunra (unclear marathi word) like that they have some sort of a stone put in a one rope like thing, you see, when you move it, it has its own centripetal force- centrifugal force and with that they hit, so the birds run away, and a little boy was playing there, was something he entered into the field and he didn't see him and he got this thing and when he got hurt, he saw the child was running. He ran after the child and he found that the child had really died by that time. He got so frightened that he hid the body of the child, in a sort of, he dug it out and put it there but the body swell up, and the body came up, the police found it out after two three days of search and the all over the places you see such a big news about this little boy being lost, this that, big such that the whole of Maharashtra, can you imagine one little boy, millions and millions of people. How many children disappear and then this fellow has to confess and he told the police, you see. For one little boy the whole country got together and started working it out. The police force came and all the police was working out for the little boy. Because the little boy is more important than an old man or a young person. How is it the child is, the insecurity is there, what happened. I mean, in America, I don't think you can sit outside like this, in America. You will be robbed. I mean, they all told us, don't go in any of these parks after six o clock. Even in front of our house in London, Marcus told Me only a lady was mugged in the daytime. You remember Marcus? You came up one day and told Me that a lady was mugged in front of Westminster. Just imagine. In the daytime, in the daytime. And you all find drunker sitting here and there, everywhere. Here do you find anywhere?

Audience: Mother what about making a film of India, because in our countries, what they show of India is, of people dying in the street and poverty and people can't realize the beauty of this country. So what about...

Shri Mataji: They will never believe. Try, I mean, try everything. That's the trouble with them. You are happier people, definitely. And people don't die like that. You see, if there is a famine or something, they take this ancient picture and show. I have seen. I have censored one picture India 1972 or 1973 it a no it's a 1965. I have censored that thing here you see, which one Englishman produced or so, in combination with a Frenchman or so, or some group, and they took out from somewhere, we have never seen such scenes they show, and when the government objected to that, they smuggled this thing out. I don't know from where, they must be paying money to people to take such pictures. I have never seen such a scene. To begin with the scenes is like this, a lady is sitting somewhere and cooking her food and a child is just lying in the waste there, which is never done in India, and a snake comes out, imagine! A snake comes out and the lady is sitting there she takes a stick from the heart hits the snake and start what you call stirring the food, stir, stir food with that stick. I mean, impossible! We never do like that. This is something like that, you see, they have ideas. They are trying to deprive India, they are frightened. I think they are frightened, that people may take to something better and give them up all of them, those who are sitting on the chairs there. Must be that, otherwise I don't know. They never see the beauty of India. You see, if Indians are generous they think that they are being sort of made a I mean, sort of, they been forced into that I mean great lords, they think they are. They never understand generosity. Actually, the time has come for them to finish off with this kind of arrogant thing, that they have within themselves, and they think no end of themselves.

Audience: How?

Shri Mataji: You better tell Me. It's a very difficult situation isn't it. You all are thinking people you better think on these lines and desire for it. I can only give fulfill your desires but I don't know what desires you can ask for. That's why take to Moon so the Moon will work it out.

Audience: Mother, could we come back to the subject of the school in Australia.

Shri Mataji: Hai? What is it?

Audience: The subject of the school in Australia. It's related to our own development isn't it really! Because as it now stands with we are spending 2 months in India and hopefully we are going to go home a lot stronger. When we go home, we gonna be exposed to all the negativity. Parents should be having their children in school where they have been fed a lot of garbage and a lot of time is devoted to clearing, in trying to maintain situation I am speaking grossly you know rather than developing ourselves. What Ray has said is really a very urgent need for it.

Shri Mataji: Try to do some thing about it. I mean I would love to have something like that. Try to work it out. I will be very happy; I will bless it with my heart. Try to work it out. You see, on my own I can start it here. I told these people in India in England also there is a plot of land, which is available, somebody is willing to give Me there also. But the English people are not happy about it, they said, "Mother don't have any school, because children will be exposed", isn't it? They don't want, they want all these children to come home. I mean, they are born with that ego atmosphere you see, teething that ego atmosphere. Terrific people. Even

children are terrible. Like Linda's son. Baba, Horrible, you just can't control them there. I will be very happy if you start the school like that, please, I mean, I will be very happy. When our ashram is done. I mean, when we have proper arrangements for you, people can come down and can work it out, but you see, you should be made so strong that not only that, you should be able to face that nonsense but also create something new, like, you see, you have to become like lotuses in the mud and fight the worms in the mud who think no end of themselves you see, this is difficult. But still, I mean, you just understand the importance.

Sahaja Yogini: Could the Australians bring an Indian teacher down to Australia? To teach the children.

Shri Mataji: You can try but I cannot. Whatever you say, you can try that. It's worth try I must say! For trying everything. I mean you think of it, put your mind onto that, that would be a much better idea. The whole society, the whole, I mean it's half of the world. Thanks God, most of the population is in India and in China.

It's a good idea.

[Laughing]

[Shri Mataji speaks in Hindi]

End of tape 1

Tape 2

Sahaja Yogini: If we could come to India to live Mother, bu then it would be crowded here.

Shri Mataji: Hum?

Sahaja Yogini: The Indians don't probably want us too. So we have to do something at home to change it.

[Shri Mataji Laughs]

No, they won't mind.

You don't know Indians are hiding even Rajneesh's disciples in their house. The government is having a bad time and people are angry with the government, why should we treat the guest like this? What do you mean by that. You should tell them they are like this. They say they can't be like that? They can't believe human beings could be that stupid.

That man was telling Me all these stories, and the gentleman, who was there, the officer, he told Me, its very true you see, all these Rajneesh's people who have disappeared from there are in the villages and the villagers are hiding them and they are saying: "Don't say like that to the guest. You see they will be all right very soon they will be all right." I mean they are been told that they are immoral people even then they don't want to believe it. They said: "How can they be? They are wearing this dress. How can they be immoral?"

It's a big struggle going on. Government won't be unkind to you if you want to come down here, I am sure.

Whatever we talk. The ideas work out. So we should talk about this.

Ruth? Who is that?

Sahaja Yogini: Mother, I wanted to ask you if you could speak to us more about auspiciousness and the difference with superstitions?

Shri Mataji: Ya.

You see, auspiciousness is only known after you have got Realisation. Before that you don't know auspiciousness, you see? When the vibrations are the maximum that is the most auspicious time to do anything. Through only vibrations you can know what is the auspiciousness is, isn't it? In this country of ours, you see, we have so many Realized souls as you know that, that whatever they said people obeyed them and agreed to them, whatever they said they agreed to. Even all that astrology and all that is written by people who are Realized souls in this country. So, naturally it has an effect of that, isn't it? So the truth is auspiciousness.

Like we saw a small little stone, a stone is coming out of the Mother Earth, you saw that, and the cool breeze was coming out of it, you saw that yourself. That's a miracle. But only when you are Realized you can see it. Now people never believed. There was an English engineer who could not believe it. But whatever was happening was too much for him to understand also. So one of the saints only told that: "It's a stone which is a swayam siddha" means it's a [Shri Mataji talks in Marathi] Swayambhu?

Sahaja Yogi: Swayambhu.

Shri Mataj: Created by itself. It's a thing which is created by the Mother Earth and you don't disturb it, you leave it alone. So they have to make a curve around that because they could not put any wall around it, you see, straight forward. So, they had to go round and they had to accept the situation, but very reluctantly. He was so adamant! They were saying that he would not give up. For one year, still he was struggling with it.

The adamance is another point that come with this, what you call "ego". And he was filling that portion again and again, it would fall down for one year. But then when he saw he could not build it up, he gave up. And he had to go round the place.

But only a saint could tell and the people believed the saint in those days and they knew who was a saint. So the auspiciousness also is understood more by people who live in a country of atmosphere, which is filled with vibrations. I mean India has the maximum vibrations I must say. And specially Maharashtra has the most. It's a fact. I tell you. It's a fact. What can you do about it? But it is not that God has favored this place or anything like that. It is the Kundalini. But England is the heart! And what are you doing there? Imaging England is the heart and Europe is the liver. And Greece is the Nabhi. They say so, it is the Nabhi. They already have said it. So it is sort of certifies us. It is said long time back that there's a navel in that oracle of Delphi.

And it's very funny thing, you see, how people can live with that kind of thing, in India, rather difficult you know, because the vibrations are so strong that you are punished immediately. People won't do some things. One of Dhumal's relations knows for definite that in one place there is lot of gold and silver is hiding there. But this gold according to them, their forefathers had looted from some people before in the war and they won't open it. They said: "Baba, we don't want to have, our children will be killed we don't want to open. We don't want to take that gold or silver or anything, there will be a curse upon our family. We don't want to touch that gold because we believe that if you take somebody's things like that there will be a curse upon us."

This is auspiciousness, "na"? And superstitions come by people who are not Realized but only want to frighten people. That is superstition. But through a Realized soul whatever comes is real auspiciousness. All right Sharon?

Sahaja Yogini: Mataji, is intuitions a part of wisdom?

Shri Mataji: Of course it is! But intuition for ego-oriented is a very difficult thing. They will say: "I somehow don't like it." But what, why? It's more ego, always mostly ego. It is not easy for people without Realization to get intuition, very difficult. The intuition, that they get, is mostly is ego. You know, it's too much of identification with ego. Now, the whole of the society is that you are pasted to your ego just like you are stamped off, you see? Like that, absolutely. So, intuition can be quite a confused thing. If they had proper intuitions they would not have gone to such horrible places.

Dr Rustom Banjorjee: Can you explain the phases of the Moon, its significance?

Sahaja Yogini: The significane.

Shri Mataji: All right.

You see, there are fifteen phases as you know and the fifteen phases, and the sixteenth is complete, when it is the sixteen phase it's a complete phase. So fifteen phases are the fifteen steps of consciousness on which human being is living and the sixteenth is the complete, where you really become just a witness. So you cross the fourteenth then you get your Realization.

So the Moon is never complete till it reaches sixteenth. Then at the sixteenth point [Kalika] it is a complete phase and that's why it is called that Shri Krishna is complete because he has got sixteen phases, sodasa kala.

Now the first phase as we call it is first and second two phases.

Now all the seven chakras have two phases: left and right. So seven into four- no two ($7 \times 2 = 14$) is fourteen phases. Fifteenth is the Spirit and sixteenth is God, which is only absolute state, where it never changes. It remains the same. He's unsurmountable. He's above, which is a phase which is not achievable by human beings.

So by coming to Sahaja Yoga, you are moving between twelve and fourteen. How fast the growth has come! Just think of it.

Now, the first phase and the second phase is the time when the matter is created. It's the first installation of the matter is

Ganesha's phase. And so all the obstructions at that time are covered through Ganesha's power: Innocence. Like that, you can see in every chakras how all the obstructions are cleared out.

As the left-side is the Moon, these phases also give you the blessings of the Moon. Now the blessings of the Moon are left-sided as you know. And these left-sided blessings are through auspiciousness, it's the positive side. One is the positive side is that you get auspiciousness. Auspiciousness is not in your hands; it's not in your hands. It is beyond.

So you get auspiciousness as a blessing in all the phases. And there are fourteen types of joys which you get out of this, which I just now I need not tell you the names, it is too much. But you can say that ultimately you get a joy which is called niranand-NIRA- ANANDA. Now Nira is My name, you know. My short-form is Nira.

[Shri Mataji speaks in Marathi]

So Nirananda. The joy, is so much that it is completely joy and nothing else, just joy. Purest form of joy. that is what you get at Sahasrara. And then this joy expands it doesn't improve. Till that, joy improves. And after that it expands.

And that's why whatever one does according to the lunar system, one does it from the spiritual point of view. I mean, you don't get any consumer surplus like you get through the Sunshine- Sunlight. That supposing you buy something at this time and sell at another time you might get a big profit.

Sahaja Yogi: Material gains.

Shri Mataji: Material gains. That's right side.

But you get spiritual gains. That's why all the spiritual things are to be done according to the Moon. You follow now, Rustom? It's a very big question One day I will give you a big lecture on that. But I think you have understood.

Rustom: Shri Mataji, why do they have a light phase and a dark phase of the Moon? Shukla Paksha and Krishna Paksha?

Shri Mataji: No, Shukla paksha is the time when the moon is increasing and shukla- Krishna Paksha is when decreasing, so at the decreasing time, it's not auspicious.

There is no "why" for auspiciousness. It does not happen. Why there is light coming out of the gas, can you explain? Because it is light, but why?

It is so. When the Moon increases then there is auspiciousness because that represents the Spirit, "na"? The more reflection of the Spirit comes in, it is on the increasing side. When it is decreasing, we can say, it is on the decline. Then it is not auspicious. So there is Shukla Paksha et Krishna Paksha.

Sahaja Yogini: Is it because of that, that puja is taking place at noon?

Shri Mataji: What is taking place?

Sahaja Yogis: Puja.

Shri Mataji: You see, I have My own "panchanga" [calendar] I didn't fix it up. But it just works out that way, what can I do?

[Laughter]

Sahaja Yogis: Bolo Jagan Mata Shri Nirmala Devi ke Jay!

Shri Mataji: Even the Indians are so stupid sometimes! I fixed a puja in Pune, on the first day of this Navratri - Magi Navratri. But stupid people in Pune were so obstinate, that they didn't want to have it at that time, so they said: "No, we'll have program at such and such." And I said: "Let it be." So they had it in Lonavala. And then they realized and they were out like this.

You remember once I came at the Puja at about 11:45 and the Puja was to be at 9. And you all were very unhappy about it. But then I said you all consult the panchanga.

Sahaja Yogi: Panchanga. Last year, the same thing happened Mataji.

Shri Mataji: You remember?

Sahaja Yogi: Yes. You came a bit late, so we were all worried and we were stranded at Nasik itself.

Shri Mataji: Yes.

Sahaja Yogi: Yes. But You said something You had to do some Puja at Nasik so You purposely came late.

Shri Mataji: See, Nasik is one of the very big centre of auspiciousness here. And there are horrible Rakshasas who are settled

down there. So I had to work it out in Nasik itself.

I told them: "Never start a program before seven" in England. Always I said it, even here. But they fixed up a program at six. I said: "It's not auspicious. I'll not be there." And in the morning time, not before 11 o'clock. Now the daytime I need to go to the other world to look after that side, you see. I can't give you twenty-four hours, can I?

Sahaja Yogi: Ratha septami.

Shri Mataji: Ha! That was the day, Ratha Septami was the day. Then the second day puja we had on Ratha Septami? On the seventh day? Of the thing, was?

[Shri Mataji speaks in Marathi]

Sahaja Yogi: Vishwa ashtami.

Shri Mataji: And the second was vishwa ashtami two days were there. And you cannot have a havana on a septami. So the septami started very early in the morning and the I saw the Sun because the Sun is the ratha septami. So I saw the Sun and I don't disturb it. And then ashtami we had. I don't consult any panchaga you know.

Sahaja Yogi: Because You are the creator of panchanga.

[Laughter ; applause]

Shri Mataji: [Speaks in Marathi].

And then you know mister, I said: "Why did you fix-up like that?"

But, it's a great thing to know about the panchanga also because there is one Sahaja Yogi called Mr Pharke he is Brahmin, of the real type of Brahmin, you see, coconut's Brahmin. And he has a sharda of his father, that they celebrate these rites after the father's death. Very good really, they do that so the anorexia and all these things do not happen. You are supposed to feed the Brahmins. But these days, Brahmins are the only people who are unrealized, it's a wrong thing. But still you the mother said you must feed the Brahmin, you see, because your father had died.

So he asked a Brahmin: "When will you come?" He said: "I will come on Thursday." He said: "According to panchanga, that's auspicious." He said: "Are you sure?" He said: "Yes!" So, he went and consulted the panchanga himself and it was written it was not at all auspicious and shrada should not be done on Thursday.

This fellow, the Brahmin is booked in India, you see, they are also booked for eating. Yes.

They booked this Brahmin for eating from sharadhas, you see. So he was booked otherwise.

So, he wanted to do this at his own convenience. So he said: "Thursday." When he went to Pharke's place, he is Sahaja Yogi. He said: "Now, what has the panchanga said?" He said: "Today is auspicious." "Which panchanga?" He says: "This panchanga, that they use for the dates. Which one?

Sahaja Yogi: Datte

Shri Mataji: Dattes panchanga which they use. He said: "Datte's panchanga, are you sure?" He said: "Yes yes, I'm sure." He said: "I will not even give you a cup of tea because this day is inauspicious." He showed him the panchanga and said: "You get out from here." And the mother was so angry with him. He said: "Nothing doing, you get out of here, I won't even give you a cup of tea you get out of here." Then he called some Sahaja Yogis on an auspicious day and fed them. So that's how he's taking another form now.

How are you? Better? How are you? Put your right hand towards Me.

Sahaja Yogini: Mother, how can we increase the power of love more and more without worrying about cleaning our chakras and not worrying about catch or something like that. Because we are very concentrated on ourselves. And I would like to know how we can develop the power of love? Others, I mean without worrying about ourselves because every moment we are thinking of us.

Shri Mataji: But in loving what is there to worry? I just don't understand. It's only your ego, that keeps you out of it. What is wrong in loving someone?

Sahaja Yogini: I mean increase the power of loving.

Shri Mataji: Increase?

Another Sahaja Yogini: I think what she's trying to say Mother, is that she would like to know what we could do to increase this power of love that you are talking about, how to love each others more rather than be concerned about of our own catches all the time and to worry about that. I think that's what she means.

Sahaja Yogini: Yes, it is.

Shri Mataji: Don't do it artificially, you know. There is no pump.

[Laughter]

Rather a difficult thing, "na"? You have to just love, you see, what are you worried about? I don't understand. You are egoistical that's why you can't love, you see, what will you catch? You don't catch by loving, never. You never, because you see, you are identified with something that's why you catch.

Like, now supposing I told her to keep away from her [?]. In Lyn's love they should do it. If they love each other they should keep away, separate, because they are destroying each other.

Better they keep away from each other and have another type of a company. Really because they are same type and if two wheels are going in the same direction, God knows where they will land. There is no time for them to think.

So, you just love people, no harm, there is nothing can come. But this is not love you see when they combine together they can't even see their own destruction, then there is no love. Actually, it is sort of a convenience, they feel secure with each other. She has a right heart, she has a right heart. Where is security? Both of them are sharing all the miseries of the world, like two drunkards, you see, sitting here.

[Laughter]

Actually!

If the trouble increases that means something's wrong. Nobody catches; I mean we enjoy love, isn't it? Really enjoy love. You don't catch from people whom you love them. That's one of the signs of love: you never catch.

A mother, I don't know about, Baba, Western mothers, but Indian mother even if child has got a disease, which is very contagious, the mother is allowed to look after the child but she will never catch from the child.

[Mother talks in Marathi] Is absolute truth. You ask, the doctor is sitting here, you ask her.

Sahaja Yogini: What about sympathetic vibrations? You spoke about sympathy with some body you can catch from each other.

Shri Mataji: Then you sympathy: "symp" means "share", "pathy" is pathos. So you share pathos, is all right. What is there to be sympathetic? You see, when you love you just enjoy the love.

What is the sympathy? That's Western nonsense I tell you, sympathy- absolutely. You see, it is so artificial that I just can't grasp it. I cannot sympathize in Me because I have no pathos in Me, how can I share pathos?

Even if somebody is too much of a - sort of a - you know, double face sort of a person and going about, then I shout at that person, in love. I shout at people, in love. Patricia will say yes.

[Laughter]

In love I do. Even to kill rakshassas, you have to have love for them.

[A Sahaja Yogi speaks in Marathi with Shri Mataji.]

Shri Mataji: [Speaks in marathi]

RAGA ra manje energy and ga manje gayete manje gana. So raga cha artha. And he's asking a very nice and a deep question.

There is a subject called weet raga a person who has gone beyond attachment, beyond "mama" [my], beyond attachment. This he explained that how you achieve that kind of thing, "mamaka, me" [mine; me]. "Ra", "ra" is energy, "ga gayete", "ga" means - Sanchara la kaiye sanchar? Braman? Movement?

Sahaja Yogi: Movement.

Shri Mataji: Movement of energy. So the movement of energy is "raga". "Ra" is energy and "ga" is- this is sympathy you can call it, because when the movement of energy gets locked up. You see like a tree has got the energy within itself in the sap, the sap is moving and it gets, suppose it likes one flower, it gets locked up there. Then it has gone into the state where it is locked up. Now, never it happens in the nature, no tree likes one flower, never, its only human beings. They will like one child, they won't like

another child. "This is my child, this is yours".

This is only human style. At animal state also, they say: "This is mine child". But we even get attached to our things, to our, you can say, possessions, to material things also we get attached.

Or we get attached too much sometimes to so many nonsensical things, which has no meaning, you know. These identification takes place because the energy gets locked up to it. Energy is there to nourish, to look after, to encourage and to get out of it. Because if it is locked up, then the energy is dead, the thing is dead too. If the energy of a tree is locked up in a flower. the flower will die and the tree will die also.

That's why they said you should become a weetaraga, and you should be able to detach yourself from that weeta. Weet manje kaiye mada? (marathi)

Is above its above that means you do not get attached you see. Now this is my daughter and this is my son this is my house this is my my my my then I I I I. Today only I was telling about Kabira. Kabira has said these goat all the time goes on saying mai mai mai mai means I I I I when she is living then when this goat dies and they take out the intestines of the goat and make it into strings and the people who use a kind of an instrument in India, which is used for cleaning the cotton dhunki they call it. When it is tied to that, it says tu hi tu hi tu hi- its you its you its you. It requires that kind of happening it's a, in Sahaja yoga you become the Spirit. Spirit can be attached to anyone. So you become the weet raga.

[A Sahaja Yogi speaks in Marathi with Shri Mataji.]

Shri Mataji:[Speaks in Marathi]

Unsurmountable: it's Nirmala. It's nirmal, it cannot get attached, it cannot be blemished, it cannot catch anything, it is not attached, you become your Spirit. That's how you become weetaraga (Shri Mataji talks in Marathi)

They told that how to keep yourself cleansed, keep your attention away, these things divert your attention, all these things were told but it didn't work out very well. Specially the Jainis were told so many things and they made a mess of every thing, you know that. Same about Christians and whatever. So, I thought it's better to give them Realization first.

[Laughter; applause]

Sahaja Yogis: Bolo Nirmala Mataji Jay!

Shri Mataji: Better start their bath, then they will themselves see where the defect is and they'll try to improve it. Make them into the Spirit, all right? Once you become the Spirit you will enjoy the light of the Spirit and the light of the spirit is love. All right so don't be paranoid about catching.

Sahaja Yogini: No, I wasn't talking about catching but just how to open the heart more and more

Shri Mataji: Not to have any fears about it.

Sahaja Yogi: It opens.

Shri Mataji: Just open, be nice to everyone and kind to it. You see, this is Freud, he has put fears into your minds. All sorts of nonsensical people, such perversions and nonsensical things that exists, doesn't exist here in India, we never think like that!

You have seen how people are clean. They don't even know these things are happening or exist.

I mean, I was shocked when in England when I heard that such things happen, I didn't eat my food for days together! I got such a cramp in the stomach. Couldn't understand how could people be so stupid as that?

Just let go, all right?

Italians are good at it. Actually, Italians, really, I must say are real connoisseurs. They just saw my photograph and they came they saw the serenity on my face. It is some thing great isn't it? Just seeing my photograph. Nowhere I think in the West. I don't know about Australians, but nowhere in the West people are impressed with my photograph so much as the Italians were. They could see the serenity.

So many told Me that: We saw your photo and we knew that You were the One Mother, we knew You were the One. It's something remarkable, isn't it? About Italians, that they understand the divine beauty.

Ha what's that? Who is that?

Yes?

Sahaja Yogi: Could you tell us something about the importance of collectivity and collective evolution in Sahaja Yoga?

Shri Mataji: You see, we build up our barriers with the ego, superego, fears, pride, the things we have conditioned ourselves, we have read about things, you see, we are so frightened about other, and all those things are there.

But after Realization you become collectively conscious, actually become. Now, the first thing that happens to people who get Realization is that they are aware that they are collectively conscious and they know that somebody is catching.

Now, those who are not Realized souls, you will catch from them much more, naturally, because they are not even Realized. So the company of such people starts changing. But one should not be very much anxious or there should be no anguish or say paranoid about it. Because in appearance, you see, if you start showing like that, others will run away. But you must understand how far to go with people.

Now the collectivity is to be understood that you become part and parcel of the whole. All right? Now, this nose has to know about the eyes, the eyes have to know about the ears, the ears have to know about the throat.

So now say, supposing liver is in France, Sahaja Yogis in France will form a group separately, still, they will sit together. English-the heart will sit together. Others will sit together, which is not a very healthy sign. Because you should know about each other, it's a complete growth of the body. The nose must know about the ears. The ears must know about the heart. Otherwise nose will start going like this, ears will start going like that, out of proportion.

So collective growth has to be so. It's so commonsense you see.

It's common sense.

Now what happens with the collectivity is the, there are many barriers, which work out. One of them, as I said, is ego; it's the worst of all. I have seen people; if somebody comes and stays will Me say, people get jealous of that person. It's most surprising! You see, that person is in a very big danger zone, coming nearer Me is not an easy thing, you know.

[Laughter]

It's quiet dangerous you see. That person is tested much more than a person who is away from Me. So thank God you are not so near! Because there are one tiger and one lion sitting and the one who comes near Me also,

Sahaja Yogis: Jai Mataji!

Shri Mataji: Gets this feeling that he is something great, it works both.

All such nonsensical things there are. Nobody is nearer, there's a circulation is on. Those who think are very close to Me can be dropped down just like nails you cut them. Any outgrown people will be dropped down just like that. You know that, from Sahaja Yoga. So what is there to be jealous?

If you are jealous be healthy about it that you try to be like a person who understands Sahaja Yoga better, be like that person more. You should treat that person as an ideal who understands Sahaja Yoga better than you, who has better vibrations, who is more surrendered and who talks less than you and understands more and appreciates. Instead of that if you are jealous, what are you going to gain?

This is the ego side. Ego can be anything, many people I have seen they talk big: "You see, Sahaja yoga," Brain trust we are going to have now.

Then in the brain trust some people are answering the questions and some are asking the questions.

[Laughter]

It's all right, I see the play, is all right, but nobody should think that by doing all these things you are closer to God. You are only closer to God if you are closer to God. It is so simple as that. If you are closer to God you are closer to God otherwise you are not. How far is the distance between you and Me makes no difference.

So one has to know how far you are closer to God, how far you are understanding God, how far you are surrendered because when you are surrendered only collectivity will work out, na?

If, say, your mouth is not surrendered to your brain, you will become like mad people.

I have seen some people, in France I saw, they were just talking all the time, they got into the bus they were talking, they got

down they were talking, they had no control of the brain on them. So you become like that.

So to become closer to God, you have to be closer to God that's as simple as it. I mean somebody will say: "How will I know? How I know that I can drive a car?" I mean you know. "How do I know I can drive a bike?" For example, how can I know I can use a bike? I mean when you are that you are that. I mean is there any other way out? How will I say I have got eyes? When you can see, finished. I mean it is so simple as that. So how can you say you are nearer to God?

You yourself will know that you are nearer to God because the joy of being that, you'll feel. You need not be close to Me. You need not be touching my feet. You could be anywhere in the forest you could be very close to Me and those who think that they are very close to Me because they can make a little face and behave in a very artificial way or some dramatic styles are very far away.

And those who cannot understand the commands of the brain are useless things. Now supposing one nail starts growing big and piercing inside the skin, we will take it out isn't it? Its not listening to the brain, we will have to throw it out.

Any malignant growth is that growth which goes beyond the control of the brain, of the central nervous system. If the parasympathetic cannot control a growth of a particular cell that is the malignant cell. So if you become malignant in Sahaja yoga you may think you are a very great person: "Now, very something." You may think you will be thrown out because you are a disease. You are a diseased person, you will be thrown out. So to be relevant is to be relevant. There is no alternative for that.

[Hindi] Paryay nahi?

Sahaja Yogi: No compromising.

Shri Mataji: No compromise.

If you are in the body you are moving with the same pace, same coordination, same understanding with all the other moves of the cells, isn't it? Any thing that becomes big or small is useless. Some people think that if they show they are very afraid and this and that, now what's the need? Nothing.

It's the other side of it. So both the things are no good for your growth in collectivity. And as the whole body has to grow, it is a collective growth.

We have a collective growth otherwise also, a tree grows, then it grows collectively or not? When it grows outward it has to grow inward also or not? Otherwise it won't stand the weight of the outside. That what has happened, now, to people who are over developed. They can't bear it anymore, they have to find out their roots.

But the whole thing grows. Even a tree, a dog and everything grows in proportion to its growth. Now, for example, if you have a mango tree it won't grow like say, a coconut tree, will it? It keeps to its own swabhavya [identity; nature]. In the same way, human beings must grow like human beings and not like animals.

So you grow according to your style. Human beings cannot be tall like coconut trees and cannot be dwarf like say, what you call, bushes. If they become like that they are diseased, they are abnormal.

So you have to grow as human beings and you have to grow collectively all of you together and you all have to be very normal, there is nothing abnormal which is needed in you, there is nothing to show off, just like normal people you have to be.

Actually, those who try to show off, actually have an inferiority complex in them. So they try to show off that they are very great seekers or something. I know everyone.

So what is there to show off for whom? It is for you, do you show off yourself? It is for your own growth, for your own understanding, for your own joy, for your own power, for your own property that is your Spirit. It is some point which is yours. And to be one with the whole you grow better, you get more nourishment. Otherwise you are cut out and after some time you die, you are finished. If the nail grows beyond a certain limit you cut it off. It's not needed, it's not needed by the body, it's just cut off.

All right? This is what is the problem of the collectivity that we don't understand that we are all one body. Still, we are individualistic and we have this problems.

All those things which create malignancy must be given up, like smoking. I mean, how horrible it is to smoke in a society to be very frank. But on the growth level, when they want to establish a rapport between two persons, they offer a cigarette. That's the bhoot collectivity I call it.

[Laughter]

That you appeal to the bhoot of another person. This bhoot gives cigarette to the bhoot in you and they share the bhootishness. All bhootiness they show you.

Sahaja Yogi: This is a collective realization of -

[Laughter]

Shri Mataji: Of bhoots!

Sahaja Yogi: Of bhoots.

[Laughter]

Shri Mataji: Collectivity of the bhoots!

All right? This is what happens. But this is in the society, you know, regarded as a very good way of having collectivity.

But in Sahaja Yoga the collectivity comes- [cut in the audio]

[End of tape2]

Just come in

Sit on it

Sit on that facing Me. That's perfect.

You all put yourself left to the right.

Shri Mataji speaks in Marathi. Morning time they had made a very special lunch for Me. Very special lunch for you. Very good lunch, na?

Sahaja Yogi: [Inaudible.]

Where?

I think you better export all your eggs to India. Egg powder, eggs quite a lot is jammed there. Specially the egg powder.

Sahaja Yogi: Can we eat cheese and other?

Shri Mataji: Cheese, and other. I was about to tell you that get the cheese from there for you.

Shri Mataji is laughing.

Sahaja Yogi: I don't know what to do Mother.

Shri Mataji: Same thing happened last time, you remember? You brought the cheese: nobody would eat it. Because they all had liver so the cheese was kept there whom to give the cheese? So it was taken to Delhi.

Anybody who has good liver can eat cheese. Who has good liver?

[Laughter; applause]

Sahaja Yogini: Mother has an excellent one I think.

[Laughter]

Shri Mataji: Now, all right?

[Someone is coughing]

Now think of the Moon, all right, let's see. Moon is your uncle "Mama he tumche" (your maternal uncle) My brother. So, think of the Moon now. Om Twameva shakshat Shri Chandrama.

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namo Namaha.

Shri Mataji: Again

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namo Namaha.

Shri Mataji: Again, ten times.

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namo Namaha.

Shri Mataji: Again.

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namo Namaha.

Shri Mataji: Again.

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namo Namaha.

Shri Mataji: All right.

Audience: Om twameva Shakshat shri Chandrama shakshat Shri Nirmala Devi Namaha.

Shri Mataji: See the vibrations. All right? Much cooler. That's your uncle in the very sutra [unsure]. You can always ask for help from him. He is sitting on top of his brother-in-law's head, that is Shiva. Always the brother-in-law seems like - Moon is the brother-in-law for Shiva sits on the head of the sister's husband, you see. Always ready.

[Shri Mataji speaks in Marathi]

"Jiska bhai ho andar Jiske bahen ho andar uska bhai ho Sikandar"[Hindi]

He says that his sister has married, his wife [husband] is a great person like Alexander. Sikandar is Alexander's name. Because you see Alexander was a brother-in-law for Indians. You know the story of Alexander? You don't know? You are not reading My... listening to my.. (Ha.)

This Alexander the Great. He is from Greece. He invaded India and when he came up to Punjab and where he was you see attacking and also capturing many peoples and many kingdoms. And then once when he was defeated by a king called as Puru and this king arrested him and put him in the jail and that was the day when auspicious day when it is a full Moon day and that day a sister ties a thread in the hand of the brother and anybody who wants to have a help from anybody can tie in the hands of a brother. See the auspiciousness of this. See how delicate this is. So the wife of Alexander was an Indian, he had married an Indian lady. After coming to India he had married an Indian lady and so this Indian lady was very clever because that was the day when she could call somebody as a brother. So she sent that thread called the rakhi in a plate covered with a nice cloth to this king when he was on his throne in the court. When it was offered to him. He saw it and he said "who is this sister of mine who has sent me today this?" So they said "she is the wife of Alexander!" "Oh God!" He said "I didn't know, I locked up my brother-in-law inside". Immediately he went to the prison. He brought him outside and said "I am sorry, Sir. I am very sorry. You come along". he brought him and put him on the throne. And he said "I am sorry you take everything what you like, you can arrest me, do what ever you like. You have married my sister I cannot arrest you". Alexander was quite shocked at his behaviour. He couldn't understand this mad chap. He said "he is offering me this thing I will give out all his country. Luckily he caught me". He couldn't understand this. Then he gave him lots of money everything and sent him home you see. And this lady was smiling at home. She said "what did he do?" She said "I just sent him a plate". She showed him this is this kind. This thread! What do you mean? She told him "today is such an such day and if somebody sends like that then you are bound you see to save your sister". You see then you become a sister. And that's your duty.

He said "Oh God I better go back! I can't look after these people they are so subtle and so on.

It is just beyond me how can they leave an enemy like me? Only on a thread!" And he went back. That's why we call him great because he realized that there is auspiciousness. Can you imagine? This would be stupidity according to many.

Jeremy: Mother.. [Inaudible]

Shri Mataji: Jeremy I think I better not do it now. All right? Because then the attention will be there more. Just now, you try to build up your ardha bindu. Then I will tell you about this. You see you might run away half of you. I don't want to tell you, because you see, truth is also quite startling, you know? If I tell you, you have to carry the weight of an elephant on your back. You will all run away, you see. But if I prepare your back you may agree. That's why I am not telling you. Let Me prepare you to face that. Then I will tell you about purna bindu. All right?

Jeremy: I am not sure what is ardha bindu.

Shri Mataji: Nutshell you where outside. I have told them in a big shell. He wants to know in a nutshell what is ardha bindu. [Laughter]

It is Chandrama on top of the head of Shiva is the ardha bindu. On top of the omkara is ardha bindu. All right Jeremy? I will let you know.

It's too much of a perfection and you'll say: "I am going home. No sorry."

Like an American went to England and he saw the spellings of things and the spellings some things so different, you see. Like Wostershire and this and that and he got really upset, you see. Then he saw an advertisement for some picture for gas light or whatever gas light and pronounced success. He said: "Pronounced success for gas light? "That's it", he said, "I won't go, that is too much". That's how I don't want to tell you that's how I don't want you to go home.

How are you Rustam? "Kya haal hai tumahara". How are you now better?
You sleep in two dormitories separately. Don't see each other and don't talk.
I think you better share with Barbara [Unsure]. It will help both of you.
[Laughter]

Shri Mataji: Who is the lady who has come from Vancouver?
How are you Lorrie? Are you all right?

Because you see we have just started a work in Vancouver. You see I want you people to really feel the responsibility. It's a very big responsibility; out of the way post I should say I am quite worried about Canada. All right? And we can start Vancouver site, because French is difficult. As it is French is difficult and then French in Canada is even more difficult.

[Laughter]
Only trouble with French is that they want to do everything in a different way. Everything! Some how or the other they want to do. They will have hats they will have some sort of a tail. If they will wear pants then they will have some thing different. I mean every way. They do not want to have any thing in common with any one else. It's a great problem with them.

After saying this to French are you better? How are you?

Sahaja Yogi: I'm better, much better

Shri Mataji: You have been sending some French?

[Laughter]

Shri Mataji: Who is that?

Sahaja Yogi: I don't know... Some French...

Shri Mataji: Now you're trying to talk French!

[Laughter]

Shri Mataji: I never meant that kind of things. No, no, no, no.

Sahaja Yogi (Indian): [Inaudible]

Non, no, it's true, absolutely, I mean I can't speak French.

Ha that's how you got your Vishuddhi now I know.

[Big laughter]

Shri Mataji: There is no word for awareness in that language, imagine! They have a dictionary of all dirty things but no word for awareness. Chatenat shabd he nahi hai. French madhe (Shri Mataji speaks Marathi) can you believe it?

See what are you trying to learn French?

Shri Mataji: Now you're trying to know French.

Sahaja Yogi: I am not trying to know.

[Big laughter] I wish I were [Inaudible] They don't speak English, that's why.

Shri Mataji: French should learn English, please for heaven's sake. All the French must learn English, minimum. French language how can I speak. Moreover now the God's understand English language now as they are with in Me. But they don't understand French and French doesn't have even the word awareness. What are you going to do about it? Just think of it. The supremacy of French has been, in stupidifying every man, it's something nonsensical. I can tell you.

I don't think there is anything special about them except for few great writers who came as a blessing or them, Emile Zola, I would say, was great. There were some writers of course, very good, but most people are very materialistic and very immoral, very immoral, isn't it? Very immoral. There is nothing to learn from immorality.

Sahaja Yogi: Mother, why is Vancouver is the place? [Inaudible]

Shri Mataji: You tell Me.

You see it is a country which is affluent all right. But it has not finished the epic of affluence you see. Like English have now. I mean they are the fed up with themselves. Still they Canadian people think that they are great. They are trying to copy the English. So they are still to copy the English. But English are now fed up with themselves. That maturity is not there. As I was

saying the other day like other developing countries or communistic countries like we can say Poland or, I am sorry to say but I don't mean anybody here but I am saying Polish people are like that Christians, Polish, Canadian all of them lack. The thing is all these countries are not yet developed enough, to realise that this is no good for them, see. Same with Canadian. I see they are trying to copy the British still in a way. To them I mean the British Canadians still think that we should become like British. But where the British are lying in the mud, they don't see. But these are the ones who have hit their head back. They don't want to be there. Little difference little bit they have gone down or may be they have to come up that's why I think, you can mature off course. They attack Me a lot, when I went there. On the television, on the radio they attack Me. They said all kinds of things. Nowhere they did that. They attack me very much. And with all the expense and all that we put in we spend so much money that. They want to make homes like English home and like that. What Australia was doing now say fifty years back, Canadians are doing that now. That is the way.

Audience: Inaudible

Shri Mataji: See your vibrations. Through your vibrations, vibrations are the cooling things and through your vibrations. That's the only way, it's very simple. Through your vibratory awareness. Must use your vibratory awareness more and more. But not for small things you know. This is for bigger things, our bigger vision of life. Use your vibrations for solving the bigger problems like people who live here have lost their something; they give a bandhan, that's not proper. For small small things not but for bigger things use your vibrations. You can now give some thing to the nature. Now you can give to the consciousness of the people. Now, where some Sahaja Yogis are sitting its all vibrate. You being there is all going to change the history. Already it is changing. Since I am there banking laws and everything is changing. So much is coming (Shri Mataji speaks in Marathi). Take the children there. They will feel sleepy; let them have their food. Go! All right take them. Shri Mataji speaks in Marathi on side.

I hope you have rested well and it's a very nice place and a pleasant place. You will like this place very much. Shri Mataji speaks in Marathi.

Child: singing

Shri Mataji: He is singing a song for God. Let her also go, you also go. All of you have your food. Children should have their food also

Audience: what about Sahaja yoga in America

Shri Mataji: We have one already here. One and two. One is Roger, where is she, she was sitting here, Other.

Audience: she has gone out.

Shri Mataji: gone out! For?

Audience: gone out for a walk

Shri Mataji: She has gone out for a walk; American Sahaja Yoga is gone out for a walk.

Audience: Laughing

Shri Mataji: Other one is here, 50% is here! Thankyou! They believe in walking, jogging and what else. According to Roger, America does not a Mataji, requires a sinner. It's horrible!

What about America? They are asking? American Sahaja yoga? Aai?

What did she say?

Audience: they believe in principle of mother is God, sibblies

Shri Mataji: Sibblies, they believe in America, is that so? Houston was very good.

Audience: In the country they believe in blessed Virgin.

Shri Mataji: They believed in Blessed virgin! Houston was very good, I must say, Houston was very good. Houston I really liked. It was so sweet. Very sweet and I told them about Christianity because I spoke in the Churches. Houston in that Unity Church, where they have unity of all the bhoots of the world. All the horrible people whom I did not even know, I found them also in the Unity Church.

Audience: Laughs

Bhoot Union

Shri Mataji: Bhoot unity Church. But I told them off. And now I am told in their regular service they are soaking the feet, without My photograph, doesn't matter.

Everyone laughing

Shri Mataji: What an apology! Sahaja Yoga is a big joker. Isn't it? Next year we hope to have some thing better. If you did not destroy it before that. Already I am told Los Angeles is having a pang of My visitation there. Los Angeles had a bad time. First time when I went to Rome they really misbehaved there and they had a big earth quake there. Now its better. It's all right. This visit was good, isn't it Pablo? People are better off now. I mean, they are good people. I think French, they are much better than French. They are very sensible, still.

Audience: In Rome.

Shri Mataji: Italians are more sensible people as far as God is concerned. First of all they are fed with the Pope.

Audience: we have too much church heat.

Shri Mataji: No, no most of them don't have faith in him. With the Pope. No no. Most have don't have. They have understand it. I think you are very sensible. You see those who are away from the pope think no end of himself, those who are near them can see the donkey hat. That hat only a donkey can wear

Audience: Laughs

Shri Mataji: because what's the need to have it like this? There are ears coming out

Everyone laughs

Isn't it? I mean I don't understand why this shape? Specially, this way. This is what? It must be the donkey. I mean this must be the donkey Christ must have rode on. They can't explain why to have a donkey hat like that? It is going like this and like that. I mean you can have a hat like this but every way is possible. This kind I have never seen. Have you seen this kind before? Out of proportion it is. Must be for the ears to be hidden. No no that way I must say people know him much better in Rome than they know in say Argentina or any place. They know him much better. They know what wealth they have got and how they lead their life and how they are sucking the money of the people. Everything they know very well. Rome is a very positive place like that. But if you go to Switzerland the Swiss, Catholics are the worst of all, I think, in the whole world. They cannot be. You see they have got money and they are capitalist. If they were poor they can see things. But they have money and they are Catholics. God save them! They are the worst I think. They may be the worst one of the worst, because Jews I don't know. Jews I can't say. Equal share. Jews have money and they are stupid. Same with the Swiss people. They are very stupid Catholics, extremely stupid Catholics in Switzerland I tell you, very stupid. Ask him, he will tell you how stupid they are. She can't believe it. They have no brains, brainless people. They have money but no brains. Now they are doing charismatic movement, charismatic movement in the church. (Shri Mataji speaks in Marathi) manje bhoot vidya karte hai church me, ha, parach hoi, bhoot vidya Asuri vidya, Absolutely asuriya. I mean we Indian know, they don't know poor things they don't know. That is Varjit: that is to be given up, that is not to be accepted. That is Virjit, in our Shastras. It is varjit, we know so much about these things which you do not know, what can you do also? I mean in spirituality I would say you are at least thousand years back may be more. This we knew long long back. Kaide maiyte asuri vidya ? Chauda hazar varshe purvi mayte. Since 14000 years back we are talking about this horrible. I mean we knew about it long time back. So how much backward you are.

Audience: Mother, what should we be reading?

Shri Mataji: What should we read?

Audience: Inaudible. We have all grown up from Catholic education or Protestant education so apart from the bible what else should we be reading?

Shri Mataji: Must you read? Must you read? Better give up reading. As it is your eyesight is very weak. Better not read. What is the need to read? You read your sum, you read in Sahaja Yoga. What is the need to read? If you have to read, read Khalil Gibran, you read so many things of the Goddess. These things you must read if you have to read. But try to read less. I think you people are read, over read. First it should be emptied then you should read some thing sensible. Because they read read read read read. They read too much in the west. Any thing sells, which ever is printed. You should reduce reading. It is too much. I never read. I have no time to read any thing. What is there to read? You can read within ourselves, there is a library within ourselves.

Audience: Mother, you talk about diary, I try to start it but I found difficult to, not to(Inaudible) your ego or your miseries

Shri Mataji: Its all right to keep a record of your ego because when it will be lost then you will know you had it. It's all right. Whatever it is you face yourself.

Everyone laughs

Shri Mataji: Dili is enjoying this. Because he has lost more or most of it now.

Its one good thing- backward page – to see what we were, its very nice so you feel happy with yourself not others, which is very

good. Now, what I would suggest that we should do little work. See because these people have been working very little to fold this thing which you are sitting and sit on all these things that are there. You better have it then you know what they have done mistakes.

Audience: Its not really necessary to go to India if they can do it here [unclear]

Shri Mataji: If of course I mean, Americans and Russian don't interfere with that. You see if they come and interfere with us and tell us how to develop. Then we may go astray, possibly. That is what it is, they are all trying to teach us how to develop. Its true, I mean, it's a big interference, isn't it?

Audience: But is there a power to resist that?

Shri Mataji: See, that what I am thinking that, unless and until our people are at the helm of affairs understand, it will stop. That mean you have to develop on your own lines. Our cultural background is so strong. We are very stuck into them [Unclear]

Audience: I mean if there a proper plan to resist that?

Shri Mataji: All right (Unclear) Sit down

Audience: what about New Zealand? New Zealand, Mother? The country New Zealand. Is there much chance... Would you come to New Zealand

Shri Mataji: New Zealand was part of India as Australia was also. All right? (Shri Mataji speaks on side) I would like to discuss with you people, that is the first time I am really talking to you about the marriage. First one should know that I would love you to be married because there are great Sahaja Yogis to be born. And they will be born to the people who are married only. What happened

Audience: Some thing jumped on him

[Shri Mataji speaks in Marathi speaks on side]

Shri Mataji: those who want to get married, I have asked Warren to find out. On the very outset I must tell you that some people are very ego oriented and they don't understand that marriage is an auspicious thing and about marriage their attitude is very funny. They don't want to interfere with that, at all, because they know how to make a mess out of it. They don't know how to make a good out of it but how to make a mess out of it. Which is a fact. So you see the interference is not there from My side, neither I am going to take a decision for it, of any kind but I would say there are girls who want to say some English girl want to marry, some Australian boys want to marry and some Australian girls want to marry but some.

So we should make a list of people who want to get married, all right? Now those who want to get married should give Me the message and we should circulate and you should have a selection of your own, without My interference, to Me everybody is all right. But one should not do any thing drastic. You see if it is not feasible it is there is no need to get into drastic state. Some thing in a very Sahaja way, simple way is the marriage that's place is all right. All right? So there should not be too much of a (Shri Mataji speaks in Marathi)

So I think best thing would be to circulate- there is going to be a marriage in Delhi. In that marriage if other marriage can take place then in sense it is much easy and those who want to get married can get married. And there is no force of any kind. There is no need to be shy those who want to get married should really give me your names. Problem with them is they get little worried, with the vibrations now also how long you have been in Sahaja Yoga, that's the problem with them. If they have not been with them for a long time then they get a little worried about them. It is for you to decide. Patrick, I will speak to you a little later. [break]place and we will have our picnic with you and then you proceed further, so that you will have very light food tomorrow night there, when we go there some fruits or some thing light. So you come back home, sleep and next morning you get up early and go to that place. Shri Mataji speaks in side. You sleep very early about 10 o'clock

(Some Sanskrit sholakas in the end, with translation)

Good Night

* Philippa Pullar, The Shortest Journey (London: H.Hamilton, 1981)

1982-0207, Mahavira Puja

View [online](#).

7 February 1982

Mahavira Puja

Niphad (India)

Talk Language: English | Transcript (English) - Reviewed Mahavira Puja, Niphad India, 07-02-1982

Shri Mataji: Those who are worshipping have to worship all the Deities within themselves, first of all they should be there.

Yogi: Now we invite all Deities to be present for this puja.

Shri Mataji: So the activities in Sahaja Yoga will start now. This is the right side.

Yogi: Now we have called all Deities, all Gods for here.

Shri Mataji: All the [UNCLEAR]. You see, these are ten Gods, Deities of the ten, directions.

Yogi: Now, now the Abhishek will start.

Shri Mataji: The place is important to be mentioned, when you say it. Because of the Deities need to be settled down. It's all abstract.

You are representing all your families, your forefathers, all their relations, all your communities, all your countries, you are thinking of them. You are the nuclei and they are praying for the well-being of all this.

Yogi: Now we have, doing this Abhishek of ghee. Now they will have the Abhishek of curds. You these are known as [UNCLEAR Parchamrudras].

Shri Mataji: Like the medicines of the world. The medicine is the...

He is a scientist out and out but see the dedication of the whole [UNCLEAR famish]. As he is also doing.

[UNCLEAR] collective that if you put that under My feet then all over, wherever this element is, will be vibrated. This is the symbolism of the thing. But very subtle ideas, you see. Which normally people can't accept but it happens. If I am Parabrahma, if I am the Divine power then whatever you will do to Me will slowly work. But that is to be understood and from this angle you see. You see all the ins and outs of sorts, you cannot. [UNCLEAR] You cannot understand.

It just acts, it works out. But this is the desire that the whole world, three worlds should be auspicious. Mangalam.

You are four directions. This is for -

Yogi: Peace.

Shri Mataji: Bringing peace to the whole world.

Yogi: And we name all worries and giving peace to the whole world.

Shri Mataji: Such a beautiful one, they have said that what is to be removed. They have mentioned this has to be removed and

the way we are that must be removed. And all of our bad habits must be removed and our fears must be removed. Our jealousies must be taken out, our - all [UNCLEAR ankara] and all that should be removed. And whatever is to be done that will make us all the world full of joy. All the guests to be full joy, all the families full of joy. If you do Guru, guru, guru means you do it. In Sanskrit, Guru means to do. And then... [Shri Mataji switches to Marathi].

You do it fast, you must do it fast and you must bring peace. And you must create a new world. You must change the whole, transform the whole world. A lot of work for Me! And all the people should get sufficient food to eat and all, every sort of badhas they have mentioned. It's beautiful this one.

This is the completion. Complete Sahaja Yoga. Change, change, from change. Complete change of the body works and complete change.

Yogi: Complete transformation.

Shri Mataji: Transformation. Afterwards complete transformation of this country, every country, everywhere they are praying for a new.

Are you fine? Hello.

There are three things which you should respect is the God and the scriptures and the Guru. So we are saying that we are all together in one [UNCLEAR].

Different things for different things they have offered. Firstly...

Yogi: Fruit.

Shri Mataji: For a, taking us away from the birth and the death cycle which water is given. And then they give you for removing the heat of the universe. Heat in the sense that all the heat that comes out of heated behaviour, violence, all these things. [UNCLEAR] and that we feel so frustrated and everything. We give this fragrance of flowers. Ah no, not flowers but the fragrance that means some sort of a scent is applied. Then a third one is to get an eternal life, we give you this [UNCLEAR], give us the qualities by which we take to eternal things and not to something that is very temporary. To get to that we give you this [UNCLEAR Akshatak] as in this right.

And to get rid of lust and greed, we give You the flowers. See the way we get attached to things and how we get involved into people, to remove that darkness, we offer You this light. And the way we get in employed and involved in to our eight types of work, involved into it. So that you become the witness of the work we do and should feel that it's not that we are doing anything but God doing the job. We offer You the... incense, incense, incense. And for getting Moksha, we give You this fruit to get in because we have become the fruit now. From the flower it has become the fruit. So to get the Moksha, we give You the fruit and specially this coconut, it's called as Shri Pala. It is the fruit of the Goddess Shri. She is the Mahasaraswati.

To get eternal bliss of Your feet, we offer everything put together. Complete bliss, all the time. There are 108.

Yogis: Jay.

Shri Mataji: Look to see they have done it. He's a, he's got a business of screen printing so he's done this screen printing for you. Jay Mataji.

Yogis: Jay Mataji.

Shri Mataji: They want Me to wear this, this is a - that they wear in the nose you see. They have also given me a face powder. It's

a beautiful song she sang to praying to the Mother Goddess that You make a garden out of my life and give me strength so that I can fight the lust, greed and jealousies and the possessiveness, aggression. Give me strength to fight all these things within me. And give me character and also holiness within me, give me character and holiness, auspiciousness by, by creating fountains of these qualities within me.

Should be solved. There is nothing else to be done. Nobody is your brother, sister or anybody unless you are completely one with your Mother. And all the rishis, all the seers have said that you don't have to do anything, you have to be just one with your Mother and She solves all your problems. And when you die, nobodies going to come out with you but accept that your Mother's love because you are born into your good behaviour. Through your good behaviour and...

Then they will move out first thing.

Where is Warren? Better take one or two, he's quite good at it. How come you have given some very nice photographs to them? Never showed Me. I'll see it when you take it from this side, this is some big (taking photograph from below). There is something like a distance that has to be seen. This is some big - the face comes more, there's some sort of a balance is to be a thing, big from the centre you will take.

You can stand up for Aarti.

He got realised, he got his birth after last year's blessing so they want to know their names for the thing.

1982-0218, Welcome Address by K. Subramanyam on the occasion of a Public Address by Shri Mataji (from Nirmala Yoga, Issue 10, Pages 31–32)

View [online](#).

18 February 1982

New Delhi (India)

Welcome Address by K. Subramanyam on the occasion of a Public Address by Her Holiness Mataji Shri Nirmala Devi at FICCI Hall (from Nirmala Yoga, Issue 10, Pages 31–32)

Respected Mother and Jaswant Singh Saheb,

Today, spiritualism is in a big confusion. It means different things to different people. Anything that is beyond the comprehension of the ordinary man, anything that is strange to the common place of occurrence, passes off as spiritual. Even tricksters and jugglers are called spiritualists. There are no clear cut definitions or criteria for determining what is spiritual and what is not spiritual, what is genuine and what is fake, what is superior.

The situation is assuming alarming proportions these days. As a reaction of the dehumanizing effects of the modern industrial civilization, a large mass of humanity is turning to spiritual pursuits for mental peace and happiness. A craze for spiritualism is razing all over the world.

In fact, there is nothing wrong if Indian spiritualism spreads its benevolent wings all over the country and beyond. The troubled humanity of today badly needs a spiritual regeneration all over the world where the values of life are fast vanishing and life itself is becoming unbearably insignificant. But the question is whether there is really something spiritual in whatever goes in the name of spiritualism today. Some of them appear obviously unrighteous and even ludicrous and there is no dearth of cases where morality and human decency are outraged in the name of spiritualism.

The situation naturally leads one to a fundamental question what is really the spiritual phenomenon ? What is its nature and goal ? What variety of practices it can contain without becoming unspiritual ? Parapsychological happenings, extra sensory perception, clairvoyance, cases of rebirth miracles and mystical events are all in the domain of spiritualism. And all these various ramifications are crowded by followers. Some followers want the gratification of the desires. Some try to escape the consequences of their misdeeds and sins. Some wish to avert their evidence or astral calamities or curses. Some are content with the favors their Gurus bestow on them while some others strive all their life to attain the divine bliss. Some pray and worship. Some appease deities by offering precious gifts. Some spend their wealth in charity. Some see God in man, while some others run away from society to see God. Some rely on their incomplete faith for all their earthly and spiritual well being, while some others plough a lonely furrow in search of the Brahman. And they all call it their spiritual pursuit.

This is the spiritual scene today. It is all confusion and chaos. It is, therefore, a matter of great concern for all those who are real seekers and who have a genuine urge for spiritual development.

We as Sahajayogiś evolved by Her Holiness Mataji Nirmala Devi have a responsibility in finding answers to these questions because we care for the truth and we insist on purity of means. We are perhaps better suited for this search than many others in the field, because by the grace of our respected Mother we have vibratory awareness, a touch stone.

What happens to those who come for the programme? Her Holiness Mataji's message is very simple. She says "Do you want the truth" Come and get it.

They arrive at a programme of Sahajayoga, sit quietly eventually listen to Mataji's exposure of Kundalini awakening and they stretch their hands towards her. After some time, the pupils start dialating. They may feel a bit sleepy. A gentle breeze like a cool

wind comes in the hand. This breeze has been described in the sacred Christian scriptures as the breath of the Holy spirit, the power of God the Almighty. It is the Chaitanya Lahari of Adi Shankaracharya But, they do not know it. They just sit peacefully in front of H.H. Mataji absolutely relaxed extremely happy watching inside. A great silence has taken place inside. In this silence everybody knows that they are noble and they are free. It is like waking up after a long dream. I know it because it happened (o me. It had happened to us. And as Her Holiness says, it will happen to many more. It is called self-realisation because in this experience granted by the great Goddess the self (Atma) is experienced. Please come and get it. "How is it possible ?" they argue. They hide themselves, they escape without having the courage to come. But seeking is such a nice role identified with so many engrossing emotional and mental tunes. Get it. It would put an end to all confusions.

Our quest has not been in vain. It was beautiful. It is true that dawn brings light. But dawn never comes without the sun. Our seeking was dawn. But the great Goddess is the sun.

Let us stop our game and stand in the sunrise. Behold the smile of the Goddess, the birth of the new day. Let us recognise her, the goal, the Devi, the Maha Devi.

1982-0220, Talk to Sahaja Yogis

View [online](#).

20 February 1982

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft Talk to Sahaja Yogis, New Delhi, India, 20-02-1982

Just see the answer, because they have full faith in God, see they have full trust in [Unclear], so they are not worried about their wives what will happen to them or wives are not worried about them. The rest of it, you people worry about husbands, right?, you cannot conceive, doesn't come into our heads.

Sahaja Yogi: We will leave rest to Mataji.

Sahaja Yogi: Everything.

See na, see the innocence, can you see the innocence, can you understand that.

Sahaja Yogi: Then nothing happens.

See.

Sahaja Yogi: Joyous and joyous.

Nothing happens, there is joy, leave everything to Mother.

Sahaja Yogi: Kahat kaabir aanda mayo (en – Kabeer says to be in joyous state)

Now listen to that, So, simple they are, they are so simple they won't understand this. It is not proper for me to say anything in their presence really, they still cannot see things you know, after all I have said it they are so simple they can't see through the things, now these two ladies are sitting here where are their husbands? They have been sleeping in my room for the last three days. They have got their children, nothing they are doing, this is something I just can't understand, all these things you have to learn in this lifetime. They have to learn from you some things, but you have to also learn some things.

Look at the innocence, see them, nothing goes into their heads, like the big problem, we had a seminar in, same seminar you are telling. Where was that? Paris, same seminar, Mr Regis the great! you see he is a very big Englishman, he went down there, and he was fighting with Marie where will my wife sleep, what will happen to her, this thing that thing, and poor Chaya when she came obnoxious, she was so shocked, she came and told me "Mother, I don't know what sort of a husband is this?", he is making such an ado out of it, I am feeling worst embarrassed. I sleep at your feet, what is there", and so, she couldn't understand this man, why he is talking like that. She went and told Marie, you see, just forget my husband, he talks nonsense she just couldn't understand what the matter with this man, where will she sleep, where will she have room and all that and Marie was blasting.

First this Marie used to support him because he speaks French you see. So, Marie used to say "Mother no no, you know, he is very good, and we French are like that, we speak like that to each other, we understand each other these things" after that she sat down like this, and she said to me. "Mother i must say this Chaya, what must have she have done in her last time to be married to a man like this".

After that she never took his side, always she used to come and tell me, that Chaya told me that he is such a funny man, she wants as soon as he comes into the room, I should enter into the room, she says I feel shy, I mean, will anyone do like this?

Did you understand anything, they have no understanding of this nonsense.

You will feel shy you see to do that, you really feel shy, I mean there is something like shyness, she said I find it impossible you know to live with this man, I mean I feel very shy, and I feel very embarrassed. She wanted to see some nice film, she wanted to see, so this fellow said no you should only see it with me, so she said but you are not coming if you come, I won't go together.

He couldn't bear her going with other friends, can you imagine, such a jealous pot, he didn't understand that she was going with her female friends. I mean we are not complicated; in same way you get rid of your complications.

Like Hoolie got married, I mean they must have one room that's important and they come out fighting both of them, no one can sit there, in that Brompton squares can you imagine that? such a supposed to be a posh place. Once I was there, in evening time, who was with me that day? None of you, we came out of that place, from Brompton square, about 12 o'clock in the night we were going back, and one girl and one boy came out, girl and boy, quite old I would say. The boy was 25 the girl was 22 or something, he was pulling her by her hair and she was beating him, I said "What is this going on"? She said we are married, I said "Really"?

If they are married then then they are supposed to fight when they are not married, they are supposed to love some funny chunks, find the absurdity?

So, you get out of this nonsense, this kind of madness is not good, if men do like this.

You see, Chaya told me such a hen-pecked husband. This is we call as hen-pecked, who runs after the wife all the time, looks funny you know, must have your self-respect.

So, one must develop a new style it's an education, it's an education, the women must be together, men must be together. It's an education, we too have some men like that, some are like that still it's very funny everybody laughs at them, very embarrassed, the husband running after the wife, the wife running after then husband it's a embarrassment, I mean in you are in any case married what is there to run after?, too much ado of the wife is very embarrassing or of the husband also is very embarrassing, live like normal people now you have come on a tour, It's not a honeymoon trip, not at all a honeymoon trip, it's a trip for education. Education, how to live with this group, how to live with each other, with others only. Did you bring it? (to a Yogi).

Sahaja Yogi: yes, got it, have made the arrangements there.

So, this is it. Now for marriage, no [Unclear], do not take any frantic steps,

marriage should be done in a very normal way, there should be no franticness, take it easy, nothing has to be done extraordinary. If you like somebody, you can have the marriage, if you don't get married this year it doesn't mean you won't get married next year. So don't misunderstand, and Sahaja Yoga is a training, and you have to be patient,

When you have come here, did not come here just to go around like tourist or to save your money you have come in down here, you have come here to educate, the aspects which are not of use for you.

Sahaja Yogi: [Unclear]

Where to sit down, men on this side ladies on that side.

Sahaja Yogi: We will make 4 groups.

Make 4 groups, 2 groups of women and 2 groups of men.

Sahaja Yogi: [Unclear]

So, start from there, give it first to the ladies first, traditional English way.

Sahaja Yogi: Ladies first. In India, always ladies first.

What India? How? Never, Never, no women will eat before their husband has eaten, never.

Sahaja Yogi: So, ladies are requested to make 2 groups.

Never, on the contrary, men are fed first of all, they like to pamper their husbands, their husbands' friends [Unclear], it's a fact, women will never eat even if you force them.

Sahaja Yogi: Women will not take food unless her husband takes food, she will take after

Will any women eat food before the husband? Unless until all the men folk haven't eaten, the women won't eat.

Sahaja Yogi: First husband then wife, men and children [Unclear]

Men and children, when they have all eaten the food then the women will sit down and eat.

Sahaja Yogi: She eats alone.

She eats alone, sometimes she is alone, so she eats alone, But there are many women also like this, but here once I told only, you remember, we told some one that German girl, she came like Hitler on us. You remember, you remember? (to a Yogi)

I told her that you better feed these men they have to go out then you take later on and she became just like Hitler, can you believe it? so angry with me for this, I just didn't know that I have said something very wrong, we all do it all the time in India, sometimes I feel what's the matter? We never feel we are oppressed, or anybody is dominating us nothing of that kind, how are they dominating? I mean we are sensible people, and we can look after them, we have to look after them, we are in charge of them. Ya that's what we think.

How do you think like that? (to a Yogi)

Sahaja Yogi: Because they haven't got the ego, we Europeans have got ego, they have to show they are not in-charge of them, both of them.

No, no but the women you see will fight with the husband, why didn't you eat well?, you must eat well have this food, if he goes away without food then she won't eat the whole day, you must have your food, she will prepare his bath she will do everything, she will look after him like a child she treats the husband.

Sahaja Yogi: It is degrading for you for western women.

It is very upgrading, for us it is upgrading, why should it be degrading.

Sahaja Yogi: Because they think, they are like that.

Ego, Ego, I mean, you see.

Sahaja Yogi: Even she gives bath.

Look, patience, even she gives bath.

Sahaja Yogi: This is my experience. Once in a week.

Just see that, confessions coming forward, I must say I have spoilt my husband completely,

My daughter says you have really ruined him, and he himself says I am so ruined. When I am not there he is shouting at the servants. He is shouting at everyone, they say if you are not there, we are not going to stay in your house, he says nothing is all right, this is wrong, that is wrong. he will throw his shirt, this side throw that, really spoilt and they also straight forward walk home, they don't go here and there, they look forward, but not this way, you see, it's very different.

I think the training is different, your parents would have been like this, grandparents would have been like this, you are like this, but our parents have been like the other way around, so we have learnt from them, it doesn't go into our heads all these things, I mean if my husband says you come and eat food with me, supposing and there are 5 - 6 guests are sitting and I say, who will make the rotis now you are asking me to sit down, he says no no it's alright you just make it and bring it along. I'll say now it will become cold, it's alright it doesn't matter, what is there we will all eat together. He will force on me that we should eat together, and I will go saying all the time "No no no, let me prepare it".

Did you get? Start serving the juice. (to Yogi's)

Sahaja Yogi: Ladies, please stand up, go there and sit there in 2 groups

It's my experience, In America I have decided that western ladies should take first, I don't want to face the warships.

[Unclear].

1982-0220, Talk to Sahaja Yogis

View [online](#).

20 February 1982

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis

[Missing part] After that she sat down at least. And then she said to Me, "Mother, I must say this Chaya, what must have she done in her last life to be married to a man like that?" After that she never took his side. Always she used to come and tell Me that, "Chaya told Me that he's such a funny man." She wants as soon as he comes in the room I should enter into the room. She says, "I feel shy." I mean, [Hindi]. If they have no understanding then we [can't, cannot] do anything. Do you feel shy? You shouldn't do that. You really feel shy. I mean, there's something like shyness. She said, "I find it impossible, you know, with this man. I feel very shy and I feel very embarrassed." She wanted to, [see with/show] us some nice film, she wanted to see. So this fellow said, "No, you should only see it with me." She said, "But you are not coming. If you come [then we'll go together, I will not go out]." He couldn't bear her going with other friends. Can you imagine? Such a jealous spot. [Hindi]

I mean, we are not complicated. In the same way, get rid of your complications. Like who will now get married. I mean, they must have arguing. That's important. And they come out fighting, both of them. No one can sleep there. In that Brompton Square, can you imagine, that such a supposed to be spot place. Once I was there in the evening time. Who was with Me that day? None of you. He came out of that place, from Brompton Square. About twelve o'clock in the night we were going back. And one girl and one boy came out. Not girl and boy, quite old I would say, well the girl was about, and the boy was twenty-five, the girl was twenty-two or something. He was pulling her by her hair and she was beating him. I said, "What's this going on?" He said, "We are married." I said, "Really?" If they are married then they are supposed to fight. When they are not married they are supposed to love. It's a funny junction. Find the absurdity? So you get out of this thing. This kind of madness, it's not good.

Sahaja Yogi: It's funny.

[Recording interrupted]

Shri Mataji: You see, Chaya told Me, he's such a henpecked husband. This is we call as [Hindi/henpecked], who runs after the wife all the time. Looks funny, you know. Must have [also/ a] your self-respect.

Sahaja Yogi: [Hindi]

Shri Mataji: So one must develop a real style. It's an education. It's an education. The women must sit together. Men must sit together. It's an education. We, too, have [some men, problem] like that. Some are like that. Actually, it's very funny. Everybody laughs at them. Very embarrassing. The husband running after the wife or the wife running after the husband, it's very embarrassing. I mean, you are in any case married. What is there to run after? So much ado of the wife is very embarrassing. Or of the husband also is very embarrassing. Live like normal people. Now you have gone in a tour. It's not a honeymoon trip. Not at all a honeymoon trip. It's a trip for education ? education how to live with the group, how to live with each other, the other Sahaja Yogis. [Hindi/ understand?] So this is it.

Now for marriage, not for fun [any way, anymore]. Do not take any frantic steps. Marriage should be done in a very normal way. There should be no frantic here. Take it easy. Nothing has to be done extraordinary. If you like somebody, you can have the marriage. If you don't get married this year, doesn't mean you won't get married next year. So don't misunderstand. And Sahaja Yoga is a training and you'll be [better]. When you have come here, you have not come here just to go round like tourist[s] or to

save your money [in India] by coming down here. You have come here to educate yourself, in the aspects which are not [to be for your comfort].

Sahaja Yogi: [unclear].

Shri Mataji: [You] have to sit down. Men on this side, women on that side. Ah?

Sahaja Yogi: Make four groups. Four groups

Shri Mataji: Ah?

Sahaja Yogi: We'll make four groups.

Shri Mataji: That's it. Two groups of women.

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi] Ladies first. Two English for the group.

Sahaja Yogi: Ha, ladies first.

Shri Mataji: In India that...

Sahaja Yogi: In India, always ladies first.

Shri Mataji: [Hindi] Never.

Sahaja Yogi: Never.

Shri Mataji: Never eat. No woman will eat before her husband has eaten. Never.

Sahaja Yogi: So ladies are requested to make two groups.

Shri Mataji: Never. On the contrary, men are fed first of all there. They like to pamper their husbands, and husbands rest and I've told many, many times, this is the fact. Women do never eat even if you force them.

Sahaja Yogi: Woman will not take food till her husband took food, firstly. She will take after.

Shri Mataji: [Hindi] Then he must still get. Unless and until that all the menfolk have not eaten, the women won't eat.

Sahaja Yogi: First husband, then wife.

Shri Mataji: [Hindi] Then for children. When they have all eaten the food then the women will sit down and eat their food.

Sahaja Yogi: She will sit alone. [Hindi]

Shri Mataji: [Hindi] Sometimes she's alone. So she eats alone.

Sahaja Yogi: So now, you will make two groups of ladies.

Shri Mataji: But if there are many [women also this is their place, many outputs]. But here once I told only in, [as I] remember, we told someone there, that German girl. She came like Hitler [on us / or not]?

Sahaja Yogini: Oh, we thought that, yes. Yes.

Shri Mataji: You remember?

Sahaja Yogini: Yes, I do.

Shri Mataji: I told her that, "You better feed these men. They have to go out. Then you eat later on." And she became like, just like Hitler. Can you believe it? She was so angry with Me for this. I just didn't know that I have said something very wrong. We all do it all the time in India. And sometimes I feel, what's the matter? We never feel we are oppressed or anybody is dominating us, nothing of the kind. How are they dominating? I mean, we are sensible people and we can look after them. They have to look after them. They are in charge of them. Yes, that's what we think. Why do we think like that?

Sahaja Yogi: Because they haven't got the ego, while Europeans have got the ego. They've got to [show/shout] that they are not only in charge of them.

Another Sahaja Yogi: Both, both of them, both of them.

Shri Mataji: No, no, but the women, you see, will fight with the husbands. "Why don't you eat well? You must eat well. Have this food." If he goes away without food then she won't eat the whole day. "You must have your food." She will prepare his bath. She'll do everything. She'll look after him. Like a child she treats the husband.

Sahaja Yogi: This is degrading for a, for a Western woman. In this country it is not.

Shri Mataji: Oh, it is very upgrading. For us it is upgrading. Why should it be degrading?

Sahaja Yogi: Well, because they still have a conditioning.

Shri Mataji: Aaa?

Sahaja Yogi: They still have ego.

Shri Mataji: Ego, ego. I mean, do you see, I don't know...

Sahaja Yogi: He wants to give his bath.

Shri Mataji: Aaa?

Sahaja Yogi: He wants to give his bath.

Shri Mataji: Have patience, mummy, she gives you bath.

Sahaja Yogi: He likes this.

Shri Mataji: Very few.

Sahaja Yogi: Once in a week.

Shri Mataji: Ah?

Sahaja Yogis: Once in a week.

Shri Mataji: Just see that, concession's coming forward.

Sahaja Yogis: Concession.

Shri Mataji: Now, I must say I've spoilt My husband completely.

Sahaja Yogi: Yeah.

Shri Mataji: My daughter says so. "You have really ruined him." Even he says so. "I'm so ruined." When I'm not there he's shouting at the servants, shouting at everyone, and they say, "If You are not there, we are not going to stay near of him." He says, "Nothing is all right. This is wrong, that is wrong." He'll throw his shirt this side, throw that. Then, I mean [we/I] really [spoil them, spoiled him]. And they also stay it forward, walk off. They don't [go here and there/ hear anything]. They'll look forward, but not this way, you see. It's very different. I think the training it's different. Your parents would have been like this. Grandparents would have been like this. So you are like this. But our parents have been like the other way round. So we have learned from them, we should say. But it doesn't go to our heads, some of these things. I mean, if My husband says, "You come and eat food with me," supposing, and there are five six guests are sitting, and I'll say, "Who will make the rotis now, you are asking?" They say, "No, no, it's all right. You just make them and bring them along." But I'll say, "No, it will become [burned/cold]." "It's all right. Doesn't matter. What is there? We'll all eat together." They will force on Me that we should eat together, and I'll go on saying all the time, "No, no, no, let Me prepare." [Hindi]

Sahaja Yogi: There, Mother?

Shri Mataji: Ha.

Sahaja Yogi: Ladies, please stand up. Go there and sit there [if you look].

Shri Mataji: This is My experience. In America I have decided that Western ladies should stay first. I don't want to say [it so bumptious/ so on workshops]. I'm not saying it.

Sahaja Yogi: Makes them more conceited.

Shri Mataji: What?...

1982-0220, There will be someone who will be able to raise the Kundalini without any difficulty

View [online](#).

20 February 1982

There Will Be Someone Who Will Be Able To Raise The Kundalini Without Any Difficulty

Public Program

Constitution Club of India, New Delhi (India)

Talk Language: English | Transcript (English) – Draft

1982-0220 Public Program Day 2, Constitution Club, New Delhi, India

Announcer (male): This program in Delhi and [unclear] and you are requested to join us in the Mataji's Divine lectures [unclear] about 100 westerners from different countries, Australia, England, America, France, Switzerland etc. and one of them is Barbara. One very highly [unclear] Sahaja Yogini has visited [unclear] event.

Announcer (female)/Barbara: How all the people, who would be working on the house would be called the golden builders and how they would be chiselling away at the house and this chiselling away at the house would be a symbolic chiselling away at building a new nation. Now all the people who were working on this house were Sahaja Yogis who were living in London who was working on mother's house who were using lots and lots of gold paint for decorations inside the house and there they were, the golden builders. He spoke about the ashram that was first opened in London about two years ago, he said that the new Jerusalem the foundations for the new Jerusalem would be laid in the ruins of Lambeth vale. The ashram is in Lambeth vale and it is ruin because it was bombed during the last war and has never been quite repaired. So to find all this and to find that it all tally was extremely exciting for us and to find that where the tallying with the Bible comes in, it is absolutely true. We found that the teachings of the bible and the teachings of the Hinduism and of the east were exactly the same, they talk about the Trinity. Our trinity is the one in which we describe the counsellor, the comforter and the redeemer who would come and would give us intrigue into this kingdom of heaven. Over here you have different names for the same things; the comforter is Mahakali, she is always there to help you people you have been praying to her for many many centuries it is absolutely ancient to pray to Mahakali in distress, she is the comforter she is the one who helps us. What we have found through her graciousness through our experiences was that her holiness Mataji was our comforter who we have been waiting for a long time. Mahakali on Earth, who was able to soothe us to take away all the hurts that have occurred during our stinking where we had got so many wounds and so many scars where we had become suspicious, very very suspicious of everything around ourselves where we had become very bitter, very cynical and within a very very short time she seemed to just smooth it away with her presence, with her smile, with her love. The other thing of course which Mataji does for us in the west is she satisfies our curiosity which is very great and most of us have got overactive brains so we, particularly in the beginning, ask so many questions of her and with patience and so much wisdom and infinite knowledge she has answered them all and she has given us answers that we can't even comprehend just yet. All we know is that they are true, that they are satisfying and she is the one who is the counsellor, who counsels us to stay on the right path not to stray too often and to let go all our misidentifications. She is Mahasaraswati and then, of course, there is the Redeemer. The Redeemer is the one who is one that we know as the second Christ who will help us to actually enter the kingdom of heaven. Well during our meditation when the silence descends on us when the cool wind is all around our face our shoulders our hip all around our hand and whilst in the absolute peacefulness, we know that we are in the kingdom of heaven because we can feel the silence of God in our heart where the spirit sits and then we know that Mataji is the Redeemer. She is the one and the only one who can take us into the kingdom of heaven, she is the one who with one hand with one finger can uplift the whole world. All billions of people and uplift them into the kingdom of heaven because her powers are infinite and so is her compassion, she is Mahalakshmi. With that trinity in one personality here on earth we are indeed very very blessed and we are very grateful to your country to teach us so many things that you all know and we don't, how to live with [UNCLEAR], how to be virtuous, how to understand vibrations much better, how to understand our inside systems much better. All that you teach us when we come and visit your country. What I do hope is that what you can perhaps gain from us is to see just how much we know through vibrations, through experience that the Adishakti has come on earth to uplift all of us and to redeem us so that we may enter the kingdom of heaven. Thank you very much.

H.H Shri Mataji Nirmala Devi: Today we are here to seek the truth, as Barbara just told you that they were all seekers of truth and

they had made a certain pattern out of the logical conclusions they had reached as to the findings of reality. There have been many seers in this great country of yoga also as I told you yesterday that I was amazed that 2000 years back a gentleman called Kaka Bhujang had written in detail that Sahaja Yoga will be started, that manvantara will take place, that human beings will go into the transformation from the 1970s. That the Kundalini which is in sleeping state in human beings will arise without any difficulty, people will not have to take to bhakti and gyana and Patanjali yoga i.e devotion and to Gyan yoga and to this Patanjali yoga which you know that Patanjali has written but there will be someone who will be able to raise the Kundalini without any difficulty.

It is so remarkable the whole thing the description is that I was amazed how he could see these things so clearly as also William Blake has surprised me completely and absolutely I am aghast to the details, the way he has described everything, every detail of my movement in England.

These definitely help you to understand that the time has come to change, also we have to see the signs of some new transformation on this earth. The Nal Damayanti Purana has described that in the Kali Yuga, those people who are seeking God in the hills and dales will settle down as householders and they will be blessed with them, their Self Realization. This is the Yuga of great confusion, people are so confused they do not know what is right, what is wrong. The situation was not so bad when people were much more innocent and simple, they were not so complicated, we really got so much complicated by our learnings, by our ego movement I should say, by our so-called material development and all other enterprises in which we took so much interest. We got into complications and thus into confusion and we do not know what is right and what is wrong. Especially in the west, I would say to add to all that misery are the wars which have given them such a shattering sudden shock that they are wondering about the values of virtues. The virtues that were so fundamental, essential as part and parcel for the sustenance of human beings also were challenged and there were so many books which described that these are of no use and on value to anybody.

Now the whole world is in a turmoil, politically, economically and also I would say materially. People do not know what they are up to, where they are going to land and there is a big shock they are expecting from everywhere and somebody is waiting for a Big Bang again to come so that there will be some sort of destruction once for all. I was surprised when I went to France in Paris, I was walking on the roads of Paris and people were sitting outside and they were saying we are very miserable people no doubt but this is all going to end up in our destruction, thank God. So, they were waiting for that destruction which will solve all the problem for everyone. But one has to also understand logically that this Universe was created with such great care, with such delicacy, with such love and understanding. Is it going to be all finished without creating any substantial thing out of it, without finding out the meaning why it was created, do you think the whole thing will be collapsed. Logically if god has any logic also, he must have thought of creating this universe with a purpose and especially the human beings with a greater purpose. But we scientist never even think once why a human being was created, why he had to pass through all these different yonis or species to become a human being, why he has achieved this stage of freedom which the animals don't have by which he can take whatever action he likes. A human being can be a lion, he can be a serpent, he can be a scorpion, he can be anything.

So how is it that we the human beings have been given so much freedom that we can even become devils and demons and we can even go to hell very fast as soon as we want. Why such freedom was granted to human beings and why we were made such powerful people that we can do whatever we like. Nobody has even thought of it and they are just going ahead with closed eyes saying that in science there is no answer to this one. But if there is no answer in science, there must be some other place which has the answer. If you see a tree which is overdeveloped, which has got all its branches and leaves and it is a very well laden tree and it has a great height and propensity, naturally you conclude that this must be sustained by roots which deep, which are widespread and which are supplying the essential sap for that tree.

In the same way, when the world has grown so much outwardly, it has expanded so much that it is logical there has to be something very substantial that we must have reached sometime. Otherwise, how are we going to sustain, of course you cannot see the roots, that's true but we conclude, we know for definite that every tree has its roots? In the same way if today we think that we have got jets and we have got all these things expanded into the air and that we have developed ourselves so high and that now we are very scientifically alert and aware people, in the same way we must logically reach a conclusion that our awareness has also gone deep down into something very subtle that we cannot see, into something that is unknown and that is another sign we see today that there are so many seekers all over the world, not only in India but all over the world there are seekers.

I can tell you that when I was born the British were ruling here, if they saw a fakir or anybody they used to mock at him, If they heard about somebody is a saint they used to laugh at him. They could not understand how could there be a saint really living

and according to them saint cannot exist and today there are so many Britishers or we can say so many western people who think that they can become saints, that they have a right to become saints, it is remarkable how the same type of people have evolved into a new awareness, into a new understanding of themselves that they feel that this is not the end of everything, all the material wealth they have got, all the affluence they have got, they feel it is not the answer, is not the answer for which they have come on this earth, for which they are existing, they call it a junk, they say it is of no use for us, this junk why are we carrying within ourselves, let us forget it, let us find out something else which is everlasting, which is eternal, which is really joy-giving. But one has to reach that point to see this, this is the sad part of it. By the time you reach that point, what happens to you that you become absolutely [unclear], you get completely so much tired and so much affected that you have no energy left either to go further or to [unclear]. This is the situation you can see for yourself clearly today we are facing that people are seekers, if they are not seekers they are not evolved people, those who are really evolved are seekers and are seeking the truth and they are genuinely doing it, i am sure a day will come that most of them will get their realization and they will achieve what they are here for, of course that you may find many people who are absolutely wastage, i would say God has wasted his energy in creating these useless people but forget about them, just forget about them, Christ himself has said that if you want gold, I'll give you gold bars, you can have the gold bars to yourselves and enjoy yourself and get destroyed. But those who want to enter into the kingdom of God, who are dear to me will sit at the same table and eat food with me. These people are the people who are [unclear] of God, they are in our country, they are in another country, they are everywhere, i find the whole world is filled with them, it is such a beautiful time, it is the blossom time that so many seekers have come on this earth. Only about 2000 years back Christ came, even in those days people had no sense at all, they crucified him, they just killed him. Mohammad Sahab came, they gave him poison. Nanak Sahab came, nobody recognised him. Kabira, nobody recognised him. I mean it is not very far away, what about Milton, what about even Blake, Blake was never recognised when he lived and even today i do not know how many recognise him. A person like Hume who was a realized soul, who transformed his life, who talked of transformation, people didn't want to do it because the multitudes are not for [unclear], there have never been multitudes for [unclear] because in the evolutionary process you see only few fishes come, they try, they venture out, they seek and once they seek in then shoals of fishes crawl out. In the same was in human life also we will find that there will not be many Sahaja Yogis. In this book where it was describing Nadi Granth, where it is described that Sahaja Yoga will start in 1970 and all that, it is clearly said that in the beginning that among 1 crore only 1 person will get Realization. To begin with, i think we are 400 crores or whatever it is that means we will be only 400, 400 people should get realization but in the bible it is said that there will be 1 lac 4 thousand and 44 people who will get realization.

Now I don't know if that's true but if so many get realization I am sure we can trigger the realization of thousands and thousands because they act as the channel of realization. Now the signs that the time has come to change is imminent. The world is full of chaos and fear, everyone is frightened as to what we have, at this time what should happen to human beings, what should they expect to happen to them and what they expect is that they should get their self-realization. But many people don't know what self-realization is, what to expect out of self-realization, it's alright as she said that we have to expect cool breeze of the holy ghost and all that but what about it. Even after doing all that what do you get, what is self-realization, what is your self and where it lies. Self is a reflection of God within us, our heart, it resides in our heart but is seated here on top of your head on the fontanel bone area, the reflection is in your heart of god is just the witnessing power of god. He is witnessing you, he is the one who is the kshetrAgya, he is watching the field, he is looking at you what you are doing. He is looking at you till you are alright or he is happy or he wants to stay there, you live, once he disappears, one dies.

Today the question came in, mother what happens after our death and why are we afraid of death, is a very question out of place but I would say one should not worry about death so much once you come to Sahaja Yoga, thank god we do not remember about our previous deaths otherwise people would be hanging, worrying about that particular moment when they died, last life and before that and before that.so many times we have died , why should we worry about death now, even now if you have to die, it's alright , it's a part of changing your clothes that you have to change, whatever is born has to die there is nothing special about it. But when we are afraid of death as he is asking why, because you have not found out something that is eternal, that is Amar, which does not die, that is your spirit, that Satchidananda spirit, Atma within you which has not yet died and it has not died, never it will die, it is eternal and that's why you are afraid because you have not known that state where you become the spirit. Once you become the spirit, when you are the spirit then you are not worried about death because you are Amar and you know that I am not going to die, say for example that a thing that is going to die is this flower because it has been taken away from the tree, but supposing there is a flower already on the tree,it is not bothered about death because it is on the tree all the time receiving the power, the shakti from that tree, because we have not found that eternal thing within us we are worried about death. So after

realization we just forget about the past and you forget about the future, you are in the centre, you become concentrated on the dynamism of every present moment and you don't worry about the future or the past but if i tell you don't worry, you cannot do that, it is just a lecture to you that you don't worry about the future or you don't worry about the past but with this happening it will happen , something has to happen within yourself, something has to be actualised, it is the happening, what transformation takes place within you is the point and not just a lecture saying that don't worry about the past or don't worry about the future but today as the state is i find most of you are engaged in the building up of the future. I can feel that most of you are very futuristic people and you are trying to build up a future which doesn't exist, past is finished because it is dead and future doesn't exist but we start building up our future, planning this, that. In our Sahaja Yoga, we haven't got here the map but I would say in Sahaja Yoga we regard such people as right-handed people because the power of action for the future comes on the left side and passes through this Agnya chakra and goes down and becomes the right side power of the sympathetic nervous system. This power we use when we think for the future or we act for the future, it actually manifests our future, all the futuristic ideas. The left-sided power is the power of desire which comes from the right, goes to the left and resides on the left side and manifests in the left sympathetic nervous system. This system the left sided one is the power of desire, right one is the power of action. When a country is developing it is using its right-sided power, while doing that it can go to the extreme because some people who start thinking ,thinking, thinking, they get so mad with thinking that I have known a doctor who came to see me in Switzerland and she told me, mother, you cut my throat or do what you like but stop my thinking but he did not know though he was a doctor that he was a man who himself has put this momentum into himself and he is running like mad person in that rat race and all the time thinking, thinking of the future, for example, you sitting here listening to me, you are now worried how will I get a bath or how will i get a car or how will i go home. When you are coming you are worrying the same but when you are here at the present moment you are not here, now for this we must first of all have a balance

Now this is the effect of the rajo guna, right side, to have the effect of this we try first of all and once we try too much and go to the extreme it becomes our second nature and then our first nature. We become people who are worried about the future all the time, to go back from there, to neutralize it we go to the left side, is the left side is the power by which we sort of desire. So we say alright forget it, let us go to the desired side and to get to this we take to drugs and take to alcohol so that we escape this right side too much thinking, too much of going outward, working out something, action and all that. So we go into inaction, there's a difference between inaction and non action, but we go into inaction, we become lethargic, we take drugs, we take alcohol. If you see now England, you won't believe that the same English who ruled us are now a hippie, they are antique people there, now if you go to England you will find most of them get up about 12oclock in the morning and they don't work and first when I went to England I was surprised that they told me most of the people who came to me that "Mother, we are successfully unemployed". They actually get some payment which is called as "dole" means laziness, so they are paid for their laziness. The people who made us so active and made us run up and down are now their children are lethargic and lying in the bed all the time, they get tired very fast, they walk, cannot walk much, this is the condition. We used to wonder that what this big adventurist country which is, of course, small in size will one day do is to ruin the whole world with their aggressive nature, with their possessiveness, they may, they went up to China but I don't know what happened suddenly, once they receded from India the whole thing called back, there was no ambition left and now what you find is lethargy. Same thing is happening in most of these countries which are overdeveloped, they are getting lethargic and they don't want to work, they have no energy left, they are fed up. So now when we are developing ourselves we have to know where those, who have developed have reached, what have they achieved that we are going to achieve, are they happy people, have they got something special, are they the people who we think as virtuous and good, what we think as ideal or for us who are the real lamp or the deepakas, are they? Let us see among them, do you find even a one good leader in the whole western world, anybody who we can call something like Abraham Lincoln. It's impossible to find one good leader of that quality in the whole of the western country and now the same is going to happen to us also. The reason is we have no balance, they have no balance at all, they have gone on to the right side, absolutely gone like this and now if you also go on moving like that we'll go to the same ditch and our children will be taking to hippies, to drugs and to all other things that they have been doing. As it is I find when the English were here, we were not drinking much at all, I didn't know many people who drank in our family relations and all that but today I find everybody is drinking, I mean it has become a social thing, it is so common that for us drinking has become a social thing, it's something surprising after 8 years of my stay in England when I come back I find same England coming down here, it's most wonderful, how it has happened because we are now developing so to counterbalance that kind of an imbalance, we are taking to [unclear], it goes hand in hand. If you think too much, if you are all the time planning too much, you become materialistic. So today I am going to tell you something about the rajo guna, the defects of rajo guna of which I must warn you because we are going to have lectures after lectures in series I will

be telling you about all these words. Now what are the problems of rajoguna as far as the physical side is concerned. People must have told you that Mother cures many people and this and that, I have to say that I don't cure the way you think it happens, it just is a part and parcel of me, if you are part and parcel of me, I just help my fingers and if you feel better it's alright and I feel nice about you but i do not sort of cure you or do something about your curing, it just happens spontaneously only thing what i do normally is to give you a balance [unclear], you have lost your balance and i give you a balance and many diseases can be cured with that balance. Now, this right side movement of rajo guna causes so many problems that you will be amazed that in modern India you will hardly find 1 person who is not sick. When I knew my father's friends, they were all like healthy wrestlers I should say, very healthy people, extremely nice teeth they had, nice eyes, very nice smooth skin, shining and they fought for the country, they sacrificed everything that they had and they were happy people, very proud of their country, very patriotic, extremely honest, I mean they are very legendary people I have seen. The children of those people may not be the same, that's a different point but they were like these, why, because they were not so much right sided. Now the right-sided person is the one who takes action too much and doesn't do it with love but just for action for action's sake, he thinks, he thinks for the future all the time. Now when we think too much, there is an imbalance within us, imbalance comes because we have a chakra called Swadishthana Chakra which is the second chakra or we can call it the third because it originates from the Nabhi chakra which goes round and round and supplies to our liver, pancreas, spleen, our kidneys and the uterus. Now this Swadishthana Chakra has to do another important work, is to convert the fat cells for the use of the brain, now when you think and think and think like mad, these poor I should say deities have to work very hard to transform the cells, the fat cells for your brain and they have no time at all to look after the troubles that exist in the [unclear] or the, or the organs that are there like the liver as I told you, pancreas and the spleen and uterus and also kidneys. So such people start suffering from these troubles, the first of all is the liver, the people who think too much have liver problems, they have liver problem, they go on thinning down, they get nausea, they get heated up, they are very irritated people, they are always throwing tantrums at the people who are younger than them for example a boss, Mr. A boss will throw tantrums at Mr. B subordinate, now when Mr. B is the boss, he throws tantrums at the C subordinate and it goes on like that trickling down. All the time they are in a temper, they are irritable, they cannot enjoy anything, there's a barrier between them and enjoyment, they can't see trees, they can't see leaves, at the most they can see black and white or a newspaper or maybe on the files. So what is left of them is nothing but thinking of something which has no essence in it, no "ras". So these people become extremely dry, they might even become so dry that they may have a divorce, the wives may be angry with them, the children must be upset because they are supposed to be very busy people, burning up themselves up, working for this, working for that like mad. Now they think they are martyr, i don't know what they think about themselves, but in the eyes of God, there is no martyrdom, God doesn't want you to kill yourself or to starve yourself or to torture yourself, he wants you to enjoy, enjoy the gifts of God. He doesn't want you to become a horrid, dry personality. He wants you to be a beautiful "Prasanna Chitta", cheerful personality, a very cheerful personality but on the contrary such a person is so horrid that if you see one in the morning, you will not get food for the whole day, such inauspicious people, horrible I tell you, better not to go their way, run away from them and what have they achieved, atom bomb, hydrogen bomb and another some sort of bomb because their heads have become bombs. With all these i would have been satisfied if he had only got this is the only result of that but the result is much more, it is physical and the physical is your liver goes out so you drink more, you have worse liver then your spleen goes out, you get blood cancer, all kinds of cancers and then also your spleen, what you call, pancreas goes out and you get diabetes, you get kidney trouble and you get all kinds of uterus trouble. When all this happens to you, when you get so much tortured by these things, you do not know what to do, you end up in a hospital like people say, in Hindi there's a saying "Rahe hotelo me, mare haspatalo me"(Live in hotels, Die in hospitals), that kind of a personality you develop. Now such a person is a very difficult personality, he does not know his difficulty, he is an impossible person, you can't talk to him, even a fly cannot sit on the nose of the person, they are so terribly irritable but they think no end of themselves because ego doesn't trouble them, ego troubles others, the person who develops ego because of this kind of right-handed action becomes a nuisance to the whole world but to themselves they are wonderful people, they think no end of themselves, they are garlanded, they are given a nice chair like this and they sit enamoured, or great, what I am such a great person and if you give a stick in their hand, they will start hitting everyone. Such a barrier to reality comes into such a person that he even goes on clinging to this future so much that the past is lost completely, he loses his memory to begin with. I have had a very good experience of somebody whom I met recently, he had forgotten the name of his wife, name of his children, name of his father and he is a very big man, he had high blood pressure and he did not know what he was doing, he was just living I think 2000 year or something like that, somewhere there because he didn't know what he was doing. All this high blood pressure or tension comes from that, now if you proceed further with it, if you go ahead with it then what happens, that your attention goes more to material things, to your development, to your so-called

worldly things, you lose contact with your spirit and you may get a heart attack. This is one of the things that happens to such people, they get a heart attack but this is to be understood that big warning has come now, change yourself, the nature gives you a warning. Now see the balance, a person who works with his brain gets a heart attack, can you imagine a person who works with the brain gets a heart attack while a person who works with the heart, means mad people do not get a heart attack but they get a brain which has lost its connection, it's most surprising. A mad man never gets a heart attack but a man who is supposed to be over sane gets a heart attack. I have seen people, their mind is so alert in the end that we think oh great he is, I have known people who are going to America just to die or dealing with business with an alert mind even with a paralysis like this, you see, can't lift their hand, one hand like this and talking about business with such alertness that it shocked me, this man is not even thinking, what have I achieved [unclear]. So this kind of a possession of his ego comes in and he goes on like a mad man. Paralysis is the effect of the same thing, is also the effect of the same thing that you get paralyzed. Now, this rajo guna physically is so dangerous. I do not mean that you should become lethargic again, not to go into inaction but we have to come to a balance, we have to establish ourselves into a balance through our dharma, through our sustenance, we have to be in the centre. For such people I have prescribed, they should go and see a nice picture, go out with their wives, forget their files for a while and enjoy themselves. But don't go to alcoholic places, I am not saying that but what you have to do is relax for a while, go on relaxing a little bit, take life easy. That's just for the general thing but the only solution for this is to give them realization, if you find your spirit, you will immediately know that you are in an imbalance because as soon as the Kundalini rises and pierces through your fontanel bone area when you get a real baptism, you start feeling the cool breeze in your hand, the Brahma shakti in your hand and the person who works very hard like this will find his left hand as frozen completely and the right hand is also shaking and there's a big heat coming out of that, the whole heat of the liver is coming out of the head and coming out of the hands. The liver becomes so bad of these people that no heat from the liver can be liberated in to the water of the blood because the OH ion itself goes [unclear], I mean such people are extremely abnormal, for any practical purposes they are absolutely abnormal, of which they are not aware, that's the main part of ego is that we are not aware of our ego. If you start seeing it then you will be frightened of it, I have seen that in the west especially when the Sahaja Yogis you see, get their ego onto them and start seeing they get such a fright, more than a bhoot possessing them. Then you start feeling guilty about you because the ego is so overdeveloped you can't just bear it, so you put it into a pouch another one called as guilt, you start feeling guilty, I am very guilty, for what, I am insecure, for what. These people who have all the money and everything, what are you guilty about, for example I am talking to some people, they will say what are you doing, say about Vietnam, now are you in charge of Vietnam, am I in charge of Vietnam but such irrelevant question they will ask as if they are the benefactors of the whole world. All such irrelevant things start coming up into the brain when you become ego oriented you see, you think that you can solve this problem, you can solve that problem, on the road if they are driving they will be blaming all the police commissioners, they will be blaming all the health commissioners, everyone on the road, this is wrong, that is wrong, why did you put like this, they could have done this, they will work for everyone on the road but for themselves they have no capacity. This is what happens with the people who are ego oriented but they do not know they are ego oriented, anybody who works and thinks develops an ego, ego is specially given to human beings, God has given them an ego that they should feel they are freed, you have to be free to enter the kingdom of God but if you become malignant, if you think you are the one who is doing everything, you are the one controlling everything, you are the one who does not need any cooperation from anyone, that you are a part and parcel of yourself only and you have no connection with others then you are like a malignant cancer cell in the society and that's what exactly happens to the egotistical person because his ego covers him up self completely, he bloats in the air and he thinks no end of himself like he goes round and round seeing how many are saluting him, how many are looking at him, he goes on [unclear] condescendingly looking at others. This kind of a personality goes on even getting worse and worse and out of such personalities only people like Hitler and other autocrats have come. Whether you harm yourself or others, in the eyes of God you are doing wrong. You are not here to harm anyone, you are here to know everyone, to feel everyone, to be awakened in your collective consciousness, to become one with the Virata, with the primordial being and to act according to the dictates of the divine and not the dictates of your own self which is nothing but your ego but if it comes to self, it comes to spirit, then spirit is the one that resides within you which is the collective being within you. You have to just become the spirit, now how to become the spirit is the problem again comes up before people. Tomorrow I'll tell you about the other side called as the Mahakali power, the power that comforts, the power that desires, power that gives us existence and when this power disappears, we also disappears means it is also the power of destruction but today I have told you about this rajo guna which is in this capital of Delhi is too much and everybody's Swadishthana Chakra is out of gear but it can be put right through balancing and by saying that "I am the spirit". We can work it out so that your spirit is established in your Chitta, in your attention and you become the spirit by which you are cured of the

curses of this one-sided behaviour, due to circumstances I should say, due to the atmosphere I should say or due to the blindness that we have not known the spirit so far. I never put the blame on my children, I take all the blame on myself and I think I am duty bound to help all my children who want to find out the truth. How to do it is the thing, very simple, of course to a rational mind it would look too simple, right.

You have to just put your hands towards me like this, take out your shoes. These are the five centres and six and seven. Even those who are sick people should do that, put your both the hands towards me. Those who are physically sick should put their left hand up, those who are mentally sick should put their right hand up, like this, this is for people who are mentally sick, this is for people who are physically sick because this is the physical side, also who think too much should put this hand towards me and take out your shoes, be comfortable, loosen your belts little bit, sit comfortably, your ties little bit, be comfortable, you have to be a comfortable person. Comfort is the first thing a Mother wants her children to have, be comfortable if you are tying any taiseet or anything like that please remove it. All these things are not needed at all because once you are the spirit, you have no fear of anyone. The hand should be like this, not facing me but like this. Those who have problems and now you have to just lose them [unclear]. Beg your pardon, those who are thinking, right hand. I would say that you keep your eyes shut, don't open them, when the Kundalini is rising, the Agnya Chakra doesn't allow the Kundalini to pass through if your eyes are not shut, so please shut your eyes.

Sahaja Yogis should not give Bandhan or anything, sit quietly.

Now put your right hand, don't open your eyes, first of all, put your right hand on your heart, please don't open your eyes and just ask in your heart a simple question "Mother, Am I the Spirit?, Ma kya mai Aatma hu". Ask thrice. Very simple way. Now look out because the all-pervading power, the divine love of God is very subtle, the Brahma shakti, the cool breeze of the holy ghost as it is called is very very subtle and to feel that a very subtle thing happens within you, when it happens you start feeling it on your fingertips, a cool breeze on your fingertips. You can also see if it is happening on the top of your head. Just put your another hand, left hand towards me and right hand on top of your head, on top, see if there is heat coming or cool is coming out. Now try with another hand, now try with another hand also, in both the hands you should feel it, no no, like this, one hand towards me, not with both. Now see for yourself with both the hands please. Now to raise your Kundalini, you have to put your hand just like this in front of you, start raising, your left hand is to be fixed and the right hand is the action which you move it upward on your head slowly, go ahead as much as you can and now give it a knot. Please again, thus do it this way, don't do it the other way around. Again, now this time 3 knots are to be given, one, two and three. Now see if you are feeling the cool breeze. You have to ask for your realization, I cannot force you. So ask humbly in your heart thrice, "Mother, Please give us our Self Realization". Close your eyes. Now keep quiet, if you see within yourself there is no thought now and the cool breeze is still oozing up but as soon as you start talking and thinking, it will go down. So you have to silence yourself, shouldn't talk. Now, this program will be there for about 7 days altogether. One by one I will be telling you how to overpower every side and how to give a balance. Now today for the people who are Rajoguni, right-handed, what should we do. We have a photograph which also has got the vibration, you can put a candle before the photograph, in the night before sleeping and put little salt in the water and put a little container of water under your feet, just before sleeping and to give a balance to yourself, to your right side, you put your left hand towards the photograph and start raising it like this and bring it up and bring it down. Now what you are doing is to that you are awakening your left side which is frozen and from the grace, on top of your head you are bringing it down on your much-used energy of MahaSaraswati. So if you do like this about 7 times, it's the best way and after doing 7 times you can raise the Kundalini the way I have told you and then try to feel the vibrations in both the hands. Still, if you find any difference then you can put the hand before the photograph which has got less vibrations, you feel the cool breeze, try to feel it, I am sure which will also take away most of your illnesses and sickness. You don't have to do anything more than that. Those who are mentally disturbed, of course, I'll have to tell them something else but otherwise, for all physical problems, this will be the best solution and the easiest way to cure. I don't know where they have got photograph to sell and [unclear], they cost nothing, it's just the cost of the printing that they are charging and these are the photographs which you can get it from here, from these people and try this from tonight and please try to attend my lectures till I am here, wherever I go for about 6-7 days and after that you will see that you yourself become your own guru, that you know everything about yourself. So go home and do this today then you can read the book tomorrow if you want to and please continue. Sahaja Yoga is the thing, is the becoming, it is not just a membership you cannot be a member of Sahaja Yoga, I don't know how many people are Sahaja Yogis, I don't know and you have to achieve a certain state where we call you a Sahaja Yogi, where you can give realization to others, when you can raise the Kundalini of others, you can cure others and when you become, in the Nirvikalpa starts, your Nirvikalpa starts. That state when it starts then only we say that he is a Sahaja Yogi but if you are just on the Nirvichara state as you are today, you are not a Sahaja Yogi. So there is a big gap and this gap one

has to be careful and very carefully one has to look after this new sapling which has now started. In Sahaja Yoga there is no fees, no money, no membership, it is like any tree which is being planted or you can say any seed that is sprouted. In the beginning, you have to look after it, gradually it grows and you become really the master of Kundalini. May God Bless You. If you have any questions you can write to them and send it over to me and I'll answer them tomorrow. If anybody has any personal problem, they can come here.

1982-0221, Marriages

[View online.](#)

21 February 1982

Wedding

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

1982-0221, Marriages, Delhi, India.

We are happy and the whole universe is to be bubbling with joy.(audience clapping sound) Last time we had only six marriages and this time we have doubled, we have twelve marriages.(audience clapping sound, someone from the audience said, next year 24) I hope you will go on with this progression.(audience laugh sound)

Marriage is a very important institution for Sahaj Yogis, we don't accept people who do not marry or who do not believe in marriages. Also, we do not accept people who are Sanyasis. So for us marriage is a very very important institution for various reasons because with the happy married life, the peace of the world will start presiding on this earth. Then by collective being within us, by your spirit.

The marriages should be blessed by all the people who are around and the marriages should be such that it should make people happy. Now the responsibility of the husband and wife is to make their marriages (34:48) very successful. What is a very simple keynote is there, that you have married for Love. You just love a person. If you start loving a person, you will know all about that person and you will enjoy that love. You cannot enjoy married life without love. Love is the only way you can enjoy married life.

In this country specially, marriages are very much supported by the society and everyone wants that marriages should be successful. The reason is they know that without a good married life, the children will be ruined. They will be getting upset, the whole world will be very upset.

So if you have to quarrel or fight sometimes as if you always do. It is not to be done in the presence of children, in the presence of servants or in the presence of other people but try to resolve all your problems everyday and then sleep off. Sahaj Yogis believe neither in the future nor in the past, in the present. So everyday make your slate completely clean and once you have cleaned it out then you sleep off with love and everyday if you clear it out the stagnation will not take place.

Now the blessings of the marriage are so many that it is not possible to tell all of them in this short period but the greatest of all is that for evolution it is necessary to have good marriages. Because if there are marriages of Sahaj Yogis, then there are many great souls who want to be born on this earth and they would like to be born to people who are loving to each other, who love each other. They do not want your money, they do not want anything else but they just want loving husband and wife. So all the Sahaj Yogis who are here should know that even if you are Sahaj Yogis and if you are not loving to each other, then there will be a problem.

Mostly, love is curbed by your ego orientation, so keep a watch on your ego. You hurt each other because your ego is satisfied. (37:40) No one is satisfying your ego because this ego doesn't give you anything. As far as possible, try to look after the comfort and protection of the other and not your own. Then you will start understanding each other very well and there will be a lot of love flowing with this understanding that here we are satisfying ourselves, our spirit and not our ego.

You know that bad family relation (between) is a husband and wife, so many diseases are caused. So there has to be proper understanding between Sahaj Yogi couples because they know for definite that there is a position of a wife and a husband and everything within our chakra.

If you have to keep your chakras alright, you have to be very (brave) and loving and spontaneously loving in your relationship.

You may earn the complete Kingdom of the whole world but you cannot enjoy life unless and until you have a really happy married life.

Now sometimes, we start judging others and not judging ourselves. In marriage you don't have to judge. A woman is a woman and a man is a man. A woman cannot become a man .A man should not become woman. So, you don't judge other person or don't judge yourself. Just love.

Just love is the way you can manage because the judgement is too rationality, it can be very absurd. So do not judge each other, just love each other as they are.

In rationality, some human beings have try to even conceive God according to their own perception.

You cant do that .In the same way you cannot conceive a man or a woman according to your knowledge .

Now you are married with the responsibility to appreciate the new personality that has come.

You have to know that we have a tremendous task. The whole world is to be transformed. It (seems) very ambitious on my part I should say.

Suppose if good Sahaj Yogis taking to right thinking, right conduct, right behaviour and right married life, I am sure we can do it.

We can manage but the responsibility is absolutely upon yourselves.

So do not copy the other people how they manage their married life.

We have to lead a very different life of a very very responsible married life.

We have to show the world that married life is one of the way that you establish evolutionary process in a very short way.

Thank you very much.

May God bless you all.All the couples, I wish you a very happy, prosperous and spiritual married life.

Thank you.

H.H Shri Mataji Nirmala Devi.

1982-0222, Once you get your Realization everything becomes logical

View [online](#).

22 February 1982

Once You Get Your Realization Everything Becomes Logical

Public Program

Gandhi Bhawan, New Delhi (India)

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

Public Program Day 2 at Gandhi Bhavan, New Delhi, India, February 22nd, 1982

1982-02-22

[...]

The creation of Kailasha took place. We Indians worship Kailash as the residence of Shiva, Sadashiva, God Almighty who is eternal. First, the Parabrahma, the Nirakara, the One that is without forms was in a sleeping state. When it awakened, it is called as Sadashiva. At that stage, his Power became the Adi Shakti, the Primordial Mother, we can call Her the Holy Ghost. This Primordial Mother created her creation to please the Sadashiva which was no more but a witness to this spectacle. He was the spectator. I will not go into the details of creation today but one has to remember that all that is created is a deliberation and is not an accident.

Later on, Adi Shakti created three Powers out of Herself which you know: the Power of desire, the Power of action and the Power of evolution or dharma. These three Powers were created out of the pure desire that She had, to be one with her Lord, God Almighty Sadashiva.

This desire resides within us as Kundalini, the fourth, fourth power within us - as the Kundalini- which is sleeping in the triangular bone.

As Ghopal has told, recently, that people don't know how to raise the Kundalini and don't know how to guide it. Actually, Kundalini can only be risen by a person who is an authority, spiritual authority or could be through the Adi Kundalini itself.

I told you yesterday how in the ancient times also this knowledge of Kundalini was known to us. This knowledge was known to us that India- because India is the country where we are supposed to look after the roots of the creation. We have to look after the roots while others have the tree, the flowers and the fruits - in India the roots grew up unknown to common masses. These roots reached that stage where Kundalini became a knowledge of very, very few people actually extremely few I should say. And this knowledge was not revealed for many days, till, I would say Adi Shankaracharya himself started talking about it.

Though Markandeya has described Kundalini, the different powers of the Mother, but it was Adi Shankaracharya who came to this earth and he is the one who talked of Kundalini openly. The reason was, before this, it was kept secret and part of it was revealed and people used to doubt - or if it was to be revealed whom to reveal it? Because there were very few people who were incapable of knowing about it.

In the Bible it is written that there will be a tree of life; and this tree of life is nothing but the whole Sushumna Nadi and its branches. Also, written that "I will appear before you like tongues of flames". What are these things? Tongues of flames are, if you see your Sahasrara - I do not know how many of you have seen your Sahasrara- it looks like thousand tongues of flames. We call them petals. It's more beautiful to call them petals, but they are flames. When they are awakened they look like flames, very silent flames burning. And when this Sahasrara you see, when you see the beauty of the Sahasrara, you are amazed that to a gross mind this brain is nothing but the fat cells put together. But when you get your Realization then you find that the same thing that looks like just a group of fat cells and these nerves as elongated fat cells you can call them, when they are enlightened, you see the light around them and they are like enlightened wicks of a candle, very long burning flames, beautiful, in different colours, very silent, very beautiful.

This is all is a cock-and-bull story for normal person, and one- it's difficult for a person to talk about it. As I told you yesterday you have to have a microscope to see something under your skin. Is much more than that, you need to see what's inside you;

because this is the area which is under the ground, and not above the ground. But it's so essential to have the roots to the tree. In the same way the spiritual life is the most important thing for the existence of this universe, existence of all the human beings. If the spiritual life is not there they cannot exist.

Now this knowledge could have been challenged by the West, by the people who are intellectuals. Those who see with their gross eyes and believe into what is there because this is being honest about it, I should say. But still we have to reach a certain conclusions that when these people talked of the Spirit, that the Spirit exists in your heart, that there is a Spirit, that you have to be born again, to be that, all these things that even when Christ has talked so much about it, then one has to think that they could not be lying to us, they are not befooling us. They didn't want anything; what did we give them? Like something like crucifixion, torture? Then why did all of them talk of this spiritual life, about eternal life, about the Spirit, about the rebirth of a human being.

Every scientist must honestly look into it and reach a conclusion that at least there has to be something about it. Of course scientifically you cannot reach there, mentally you cannot reach there. For example, if I've come in the car I have to leave my car there and come inside. It has its own limitations. In the same way your intelligence and science has its own limitation, it has to happen in a way that a spontaneous living happening take place. We cannot, with scientific research, sprout a seed. We cannot transform a flower into a fruit. Actually, we cannot do anything living whatsoever. The other day there was an argument, a lady stood up, she was a scientist and she felt very hurt. She said: "Oh, we are creating two babies". I said: "But the living thing that you get for the two babies is coming from somewhere else; you cannot create life."

So one has to understand that this process of life we have not understood through science, not through mental activity and so we are not going to understand Kundalini through our mental activity. But once you get your Realization everything becomes logical. Example could be like this: a man is blind, he cannot see the colour of this wall, he cannot see the colour of these curtains, he does not know the dimension of this room. Supposing you tell him something about it, it's a myth for him, it's a myth. But by some chance, if you can open his eyes, then the whole myth becomes logical and he starts understanding it through his logic which was blind before, and now is open to this new experience.

A complete science of Divine laws are placed within you. Tomorrow your children may challenge your science; of course they will challenge all the religions also. But science can be challenged. For example, many laws of science which were regarded as laws have been now challenged and re-challenged. But the laws of God, once you find them, are not challengeable.

For example, once you get your Realization, once you become the Spirit you become the Absolute. There is no relative relationship left: everything else is relative to the Spirit.

The Spirit is the absolute point where you reach. The rest of it is all relative; and that Spirit emits the power called as Brahma Shakti or connects you to the power called Brahma Shakti, the Divine power of God's love. Unless and until you are connected with the Spirit, you cannot feel that divine Power that is not explained by this brain but is seen, working, activating, doing all these living processes in the world. That's we start feeling within us - it's a question of feeling it just like hot and cold, a cool breeze of the Holy Ghost in the hand, which is the real "bodha" [perception], is the real feeling in the central nervous system of a human being. So the new dimension develops within us when the Spirit is enlightened.

Now, today is the day when that Spirit was first reflected on a material thing on this earth.

Now to us, we take everything for granted. For example, Earth was created out of the Sun. Alright then, how is it? It is so - sometimes it is iced in places there is ice there is something. What is it happened? Actually, it was taken away from the Sun.

[Shri Mataji speaks in Hindi - side comment]

Now this Mother Earth which you see today was created out of the Sun after the Big Bang. All that story I will tell you sometimes later, but then was taken away from the Sun and was frozen. It was taken away very near to the Moon where it was completely frozen. Then it was slowly brought nearer to the Sun and it was found that there was a spot specially selected by this Brahma Shakti to create the Kailasha and that spot was chosen much before all these things were done to the Mother Earth and at that spot the ice stayed forever in the shape of a face. This is the face of the God Almighty.

Now, one may say that you should not believe in the puja of the statues, in the worship of the statues is absolutely correct. I am

also absolutely against the worship of the statue. But statue is different from something that is called as Swayambhu, which is born by itself. In the Bible it was said, when Moses who brought the Ten Commandments, that "Thou shalt not worship anything that is re-created out of the things that are created by the sky or the Mother Earth."

This is a very important point. What are the things that are created by the Mother Earth and by the sky? Instead of going into this, people just said that better not worship statues. It cannot be reproduced and worshipped. Said by, of course all those who follow that like even Islam follows the same, Torah, is followed by the Jews and followed also by the Christians, all these five books of the Old Testament, the Ten Commandments are common for all these three people. But that doesn't mean that you should not worship that is created by the Mother Earth but nobody went into that. You see, human beings always try to find loopholes.

Then Mohammad Sahib himself said these things, that he followed this, and Mohammad Sahib himself was born as our great guru, Guru Nanaka. Guru Nanak was not a human being. He was not only a "paigambar" [prophet; perso-islamic term] but he was the reincarnation of Adi, Adi Guru, the Primordial Master, He was a divine personality. Of course, the people who were there at His time were so useless and gross people that they actually tortured his life and nobody followed Him. After His death is a different point. He also has said that it is the Primordial Mother who has created the Universe.

At that time in this country, people were following a ritualistic, nonsensical Hindu religion which was very much departed from the real ancient religion of Upanishadas. Because the so called paid priests had taken over and they were taking people to temples created by them - not by the Mother Earth - and making money out of it. Now these temples were just used as money-making propositions. At such a juncture, when he was born, he had to put all his attention to this, and talk about it and say that, "Better not worship any statue."

But there were living points of vibrations from the Mother Earth which we call as "jagrut" [awakened]. The other day, I went to a place called Musalwadi where it is said that, they didn't know but I told them, that a Goddess killed a great demon called Rahu with Her "musal" [mace]. "Musal" is a beam and that's why it is called as Musalwadi. There I found the vibrations were tremendous. And I asked them: "Is there any temple here of some jagrut?" They said: "No Mother, there is no temple", like that. I said: "Must be". They said: "Ah, there is one place, very funny, that when the British were here they wanted to make a bund." We call it bund, "b-u-n-d" bund, [sahaja yogis suggest 'dam'] dam. A kind of a dam, but the dam is made with a bund, "b-u-n-d". So this was to be placed in a straight line across a lake. But they just could not do it at a point about say fifty feet or so, hundred feet or so, and every time they tried to build something it would just disappear. And they did not know what was happening, disappearing to Mother Earth. And they found it impossible to build it there.

So one Sadhu, some Realized soul or a fakir, came that way, and he said: "See, this is the place which is a Swayambu place, is a place created by itself, you'd better not do anything here. Even if you have to build something, you'd better go round it". And he drew the line and really that dam is built with that bund, which is not in a straight line but has also a circular thing gone inside, I mean, it's never done. So I went to see that place and it was so vibrated. Such cool vibrations were coming out of it.

I was really amazed that it is so much neglected. I said: "You build the temple here, but don't put somebody to make money; but you can make a temple, just to respect that the Mother Earth has created this great thing and is- the vibrations are like Sahasrara, is something so special."

Now, to know about this only a saint understands, whether is Muslim, Sikh or Hindu or Christian does not matter, saints are saints, means those who are twice born. It's not a saint who is certified by any organization. You cannot organize God and you cannot certify a saint: "Oh, you are PhD in saintliness". [Shri Mataji laughs; laughter]

Oh we have, we have you know such certificates these days! Everybody is giving certificates. "You are saint such and such, you are saint." They call themselves saints. In Hindi language it's called a sant, so many call them sant. This Sant, that, and there is the Kundalini which is completely frozen down there. So it happens, that people you see take to artificial things, and start worshipping something that is not real.

So these vibrations are emitted out of the stone, you'll be amazed. Now, those who are Realized souls here, who could ever have a chance to see the photograph of Kailash, you will see the vibrations are coming. If you get a close photograph of that, my son-in law-has been there recently, you see a complete face which is retained like that, all the twelve years, twelve months throughout the year. All these years, it is maintained that shape, the eyes, the nose, the face and the mouth. And there is Brahma

and also Vishnu on one side. That face is also maintained, it's an area of twelve miles if you go round. All those twelve miles area is covered with snow and the shape of that face is maintained throughout. How can it be possible, unless and until there is some Divine thing? Now, many people say that in Ambernath what is there, a water drops out like that and you get a kind of a Shivalinga. But if you see the vibrations of that Shivalinga, you will be amazed. It's very powerful, very powerful! Now that's also a trick of the Divine to pour so much of water down, you cannot make it. If human beings want to make it they'll make a mess out of it. I mean, people will sell even plastic things. I've seen, they're selling plastic Ambernaths and worshipping it. Mostly, ninety nine percent people do that only because they are not saints. Even one percent people are not saints. It is point zero, zero, zero, zero, zero, zero, zero, zero one percent persons might be today saints. I don't know what is the idea, it was in long time when there were in one crore there was one, they said. But in those days even the population of the whole world would not be one crore. It was like that.

So, you can imagine that very few people, negligible people used to know that there is a place which is created by nature, which is emitting vibrations.

And because he said it, people started worshipping it but they made a mess out of it. I mean, you make mess out of living people also. Why of these things? I mean, see now anybody what they are doing. If you see to what we have done to Christ, what we have done to Mohammad Sahib, what we have done to Guru Nanak, what we have done to Mahavira or to Buddha we should be really ashamed and should be at least aware that if we can make a mess of human beings who lived, who talked, who said, out of them we create these nonsensical fanaticisms, then what about these things which are just emitting vibrations? That's why it was prohibited that you don't worship anything, let it be. They talked of the Spirit: "Become the Spirit", because that's the first step, better achieve the first step. That's why Buddha also said that better not talk of God or anything, just don't talk of anything else, but just become the Spirit.

I also for three years I was just talking about Para Brahma. But I found you can't just take people to Para Brahma unless and until they know all about other things. They're so much attacked by the negative forces, by the ignorance that they are to be told. For example, if I have a helicopter I can put all my children in the helicopter and take them in the kingdom of God. But you have to walk and when you have to walk I have to tell you about the serpents you'll meet, about the stones, about the curves, the false and the faltering. As a Mother it is possible.

What He said that Mother has to do it, because today while reading about the Goddess there was a beautiful description, that She is not only knowledge, She's not only knowledge, but She also knows everything about ignorance. This is something so great, a Mother knows what is knowledge and She knows what my children are suffering from. This is the beauty. And that's why the Mother can only solve this problem.

All the gurus came, you just tortured them. They were knowledge and they didn't know what sort of upside-down people - in Hindi they call "ulti khopdi" people you are. And they struggled with you, they tried to say something sensible but they couldn't reach anyone and when they went away you made a real mess out of them. This is the children I have. And I knew the kind of children I have to meet and face. But I love them and I know they are seekers. They are to be brought round with patience, with love, with understanding and then they are to be given Realization. Without Realization talking about God becomes a futile effort. It is of no use. It's like talking to a blind man about something that he cannot see or perceive.

Today is the great day, I said, of Mahashivaratri. It's really a very great day because today is this great Kailasha was established. Because one may ask a question: "If Shiva is the eternal thing, He never changes, He never incarnates, then why, how could You say that a particular day is so important?" Because He was reflected on this Earth as Shiva on the Kailasha. His residence is Kailash. And that is why He is a Dakshinamurti [form of Shiva facing the South]. He is looking at the dakshina [South], mean looking at the South. He is looking at the South because He is the man who is the spectator of all the things that are happening.

India is the most ancient land that came out and it has the Kundalini in its triangular position where we have Eastern, Western ghats and the Vindhya - in that portion is the Kundalini of the whole Universe. So to watch the work of the Kundalini He's facing towards the South. And I was surprised to hear that people think that if you put your head onto the South and place your feet towards the North, is a very good thing. It's the most inauspicious thing! I mean, I'm amazed something, sometimes the way we are told to do things. Imagine you are putting your feet towards Shiva! I mean, these Brahmins also sometimes have made such

mistakes, that you just have to suffer for it. Imagine you put your feet towards somebody who is Shiva? But this is I was amazed.

In the same way I find people are fasting on the day the Gods are born. Like on the day Rama is born there is a fast, Krishna is born there is a fast, any God is born on that day, I hope Sikhs do not fast on the day Guru Nanak is born as a child [Shri Mataji laughs]. Is this possible? But the day somebody is born in our family, some child is born and that too such a Divine personality, are we to fast? This we do on the day of sutak when somebody dies. So we do such absurd things in our ritualistic life also, that we really become inauspicious and then we think our Kundalini is not rising.

There was a gentleman who had a problem of prostate gland and he was, he came to Me and he is a Sahaja Yogi too. But still Sahaja Yogis when they become Sahaja Yogis still something sticks onto them, they don't know, "We have come to an Universal awareness now".

So being a Brahmin he was worshipping Ganesha very well, I was happy, he was a great Ganesha worshipper but what happened that he got this prostate gland. And the prostate gland is controlled by Shri Ganesha. I was amazed how could he get prostate gland.

And when he came to see Me that was the day, I did not know it was Sankrashti, is the day-worth of Shri Ganesh. I offered him My Prasada, that's chana what we eat, this peas... chickpeas, that's what I eat, so I gave him. He looked at Me and the other fellow said, "Mother today is his fast".

I said "For what". He said "Today is Sankrashti". I said "On Sankrashti day you fast, even after realization?" He said "Yes, I do".

And I said "Then you must have prostate. That's evident, because after realization also if you do not accept the truth that that is the day He was born and you are not to fast on that day."

I said, "You better take this chana".

So he took it, he ate it and you'll be amazed when he went back the doctor said there is no prostate. Yes, it is true.

It is miraculous but it is so.

We made such terrible mistakes in our life, these small, small mistakes which we do not know what mistakes we are making and how we get it.

For example, we'll say Catholics now, Catholics in England have a funny system of confession. I don't know from where did they get this idea into their heads.

You see I can't understand why should you confess to another human being anything? And what is the need of confession?

I mean he is appointed by some theological college and he says that this is the mistake you have committed, and then you believe into that mistake that you have committed, and you say that, "All right, I will confess to you that this is the mistake I've committed".

Now, these people have no right to listen to your confessions. Nor does it have any understanding as what they can do about your confessions.

All such people I've seen suffer from left Vishuddhi. Left Vishuddhi problem is terrible. With left Vishuddhi problem you catch cold, you have sinuses, you have spondylitis, you have guilty feelings. All kinds of problems come up with that and you can be possessed also. So most of the Catholics I've seen are so funny in their old age, you can see them in old age. I have nothing to say against anyone but I've seen a fact, that in old age they become the really lunatics.

Because, if they have to go to the Church, they'll get up in the morning, dress up, go to the Church, come back home. But the rest of the time they are so mad that they reach a stage where they can't even recognize their own children.

They become so eccentric and so fanatically funny that sometimes when you talk to them you find that as if you are facing some lunatics. They drink so much; they are such extremists. They drink and drink and drink.

And we had a Church next to us and I was amazed that in the daytime there was only one activity on, was in the Church. In the Church, believe me. There was only one activity, all kinds of drums and bottles were coming and empty bottles were going. You can imagine, in the Church? Such absurd things people do in the name of God. Because Christ, they say did not say anything against wine, because He increased the wine in a wedding.

You see in those days there was nothing like this horrible wine. Wine means what we call drakshasa is the grape juice.

That is the country of grapes and people used to just have grapes.

So now they think Christ has said, "Alright you can drink and by drinking only you will go to God." (Laughter) It is such an absurd situation that unless and until you get your realization how will you be able to know what you are doing is right or wrong - because you have got hold of some idea.

Now, this is Sikhism according to you for example, this is Hinduism, this is Christianity, this is that, this is that; but how far we are related to truth?

How far what we understand about them is the truth? How will you know? For example I was told, I've never read Gita, that in the Bible it is written that you are born as a Brahmin. It is an impossible situation. How can you be born as a Brahmin? You have to become a Brahmin, isn't it? Brahmin is the one who knows the Brahma. The one who is born again is a dwija, is a Brahmin.

But it is they said is written in the Gita that it is prenatal quality that you are born as a Brahmin. Is an impossibility. It can be proved logically. Because Vyasa, who has written Gita, was a son of a fisherwoman illegitimately begotten from Parashar Muni. Now he is not going to write this. Try to understand. Anybody might say that, "I am a born Brahmin." It's not true, you have to become a Brahmin.

There is a ritual at the age of eight years they do or seven years, which they call you are being twice born'. But that's ritual, has no sense. This ritual has to be done by a guru who is a realized soul who gives you realization. Actually, it's an actualization and then one has to say that you are a Brahmin. It's not an artificial thing.

Once you make it artificial Hinduism looks like a foolish stupid thing, same about Christianity which looks so stupid. Every religion looks so stupid in the eyes of people who are logical that they think, "Better forget it, have communism." To them Communism is the only solution.

In Algeria there's a big movement for the fundamentalist. And the fundamentalist just like Khomeini-style thinks they are trying to work it out. But the young people there who are architects and doctors and engineers, they just thought that this religion seems to be a funny thing, so better not go in for this. Better become communist, is a sensible, where this complication of religion is not there.

If they could see that this fanaticism is just taking us to madness, fighting, quarreling, "This is my land, this is my house, this is this ... this."

In religion these things are not there.

So they decided that, "We'll become communist." And when they decided that, "We'll become communist" at that juncture only, one of them came to London and somehow or other we got him into Sahaja Yoga. When he got his realization he was amazed. He said this fanaticism is wrong and that communism is wrong.

Now all the fanatics who believe in fanaticism should look at Mr Khomeini who thinks no end of himself, he thinks he's God himself and the work he's doing is all nonsensical. There is nothing of love, compassion and wisdom in this man. In every person who is a fanatic this is what it is.

When this boy got his realization he went and told them that, "No, there is truth, there is God. I know for definite there is God." And he gave realization to five hundred young people in that country Algeria. And now we have people who come to England to get their realization. We have found lots of them residing even in Paris and that is how all these people are going to take to Sahaja Yoga.

But fanaticism is at its worst in this country of ours. Everybody's religion is in danger in this religious country, everybody's religion. There's no question of Hindu, Muslim or... Everybody's religion is going to dogs.

Religion can never go to dogs. It is shashwat, it is sanatan has come out of people who are sent by God, who are of avatars, who are not ordinary mundane people to be destroyed by your nonsense.

Whatever you may try you cannot destroy. Whatever you try to spoil their images they cannot be destroyed and spoiled. But if your religion is so weak, let it be destroyed then.

We ourselves, you see, prove that our religion is weak because we have not known the person (persons?) who've brought this religion on this Earth. We have done no justice to them because we have not found our Spirit.

If we find our Spirit then we have done full justice to them, because we become a different person, we ourselves become a saint.

We become a different people of authority like Kabira: how he sings, how he talks.

Today only I recited him a beautiful couplet that [hindi]. He says the, "the compassion of my heart I'll make it vibrate" [hindi] "In the, all the five elements I'll put it."

Look at the authority with which he talked. And why these Sanskrit panditas are calling him [sounds like - sadhu cree] this that, all sorts of things; they cannot understand. For them he is just a man of the ordinary street you see...

And Guru Nanaka himself was so intelligent. He compiled all the works of the realized souls in his....[own? Work? Book?]

But I was amazed you see where Kabira lived and worked, in that Bihar, where he has used the word surathi for Kundalini, is used for tobacco. (Laughter) Yes! Surathi means Kundalini, the purity, the virginity within you.

He writes the - stat surathi, description of the Kundalini as we see in Sahaja Yoga, and they call surathi as tobacco. But this is really what we have done out of them.

Believe me. We are so absurd that it is better that all of you who are my children find the Spirit, find the Truth and then relate your religion to that truth and don't get entangled with all the funny ideas and all the limited ideas and all the dead ideas which are clinging on to the Truth.

And like the sun is overshadowed by these clouds you better get your eyes to see the sun; and if you are really that, if you are a real Hindu, a real Christian, a real Sikh, get your Spirit and bring out all your people who are lost in the ignorance.

Today is a great day - again I say - of the Spirit being manifested on this Mother Earth and we have to today vow that we will also manifest our Spirit on this Earth.

You have to get that Spirit awakened and once it is awakened [SOUNDS LIKE pacha hi tattwa janahama] like that is the power of Spirit.

The power of Spirit that you have, of course, you cure people, is a third rate work I should say, curing people is absolutely nothing so great. You cure people just like that, no problem.

If the person is a good person, he's very good, he has no other problem, he gets cured very fast. But there are problems which are very deep, there are possessions which come from very wrong things, all these things are not so difficult but takes your patience.

They makes you feel sometimes that how to make it, how to talk to them about it, even to talk to them they feel hurt, you know. If you tell them they don't like it. But it is true we have to tell them.

If such people are cured who are saints, are going to be saints, it's such a great thing for a Mother to see.

But you would not like to cure a person who is good for nothing.

And that's why such people are to be realized and given good health.

Then they are given a complete freedom to understand Sahaj Yoga.

Because once you have the vibrations you stand on your freedom, on your security.

You know where you stand, you are not afraid like Jaigopal has said, that once you get this, then you start developing and start seeing and you know what's happening.

You know for definite that this is wrong, that is right.

In the beginning you may make little mistakes of realization but gradually you know, "No, not that, we know that very well, no, not me."

The people just run away. Then they say, "What sort of saints are these?" I said, "They are the ones who have seen it that there is a big crocodile sitting and they just don't want to deal with the crocodile."

Said "All right, all right you are very good, we have realized (? unclear) thank you very much." They just stop that man.

And then they say, "Why don't you want to argue with us?" Then they'll say, "You see you are too intelligent for us so please excuse us."

So all this discretion develops and people do not argue, they do not say anything. They said, "Alright go ahead with it." So all discretion how to deal with people, how to understand them, how to understand the situation, everything develops because you become the knowledge.

There's the light. You can see everything; that is very true that this Spirit is Sat-Chit-Ananda, it is Sat-Chit-Ananda. Satya is the truth.

You know the truth. It is the truth-giver, is the light that gives you the truth.

You know truth about everything. Whatever is the untruth you do not get any vibrations.

For example, somebody would say object, "Why Mother you speak so much for Mohammad Sahib?"

There was one gentleman who came to argue against. So I told him, "Alright you feel the vibrations, ask, "Was he not the Adi Shankara, (She corrects Herself) Adi Guru?" And immediately he got the vibrations. I said, "Now, now you talk". You can't understand these people at this level, you will understand them at that level. You will understand all of them so well and you will be amazed that they are all related to each other. Absolutely one with each other. We are the people who are not in that relationship as yet but they are all related to each other and they are absolutely in concord and in love with each other.

With all this knowledge you know the Satya, and your Chitta, your attention, which I was telling you yesterday, becomes so enlightened, it's so enlightened that you know the Satya, you can feel it, where is the vibration, what's happening, who is catching, what is happening, what chakras.

Anybody who comes and tells you, "My Kundalini is awakened", alright you tell him, "Where is my Kundalini?" They will not be able

to tell you. "Alright tell me, what's the matter with me?" They won't be able to tell you.

If your Kundalini is awakened, minimum of minimum you should know what is the problem with the other person. Even a little child can say that this person has this problem.

Immediately they will know, they are very busy especially born-realized children are very busy.

I can give you a conversation of my own granddaughters. The one was only three years that time, another was about seven years. And the younger one went to some school for they gave her a letter. She brought home, she said "I do not know how to read, why they gave us?" Now imagine in the school they are sending these letters from these three-year-old children because the parents would read it. It was written that in such a hotel if you come on such and such date and pay a hundred rupees you can get your transformation. [INDIAN WORDS] I told her. So the little one says that, "If you pay hundred rupees how can you get your transformation? Your Kundalini has to be awakened, isn't it?" The little one, three year old. And it was written then you have to do the course of eight days. So the elder one said, "Oh, that's a tall story, see my father has done five courses, his Kundalini has not awakened at all. How can you awaken the Kundalini?". (General laughter)

This is what the realized souls are. You see the way they behave. Like my another grandson who was giving realization to all the London Sahaja yogis. He was trying to correct it and put it right. And when he was giving realization he was just sitting on their back, when they were on My feet and was sliding down like a slide and was bringing the Kundalini downward.

So I told him, "Why don't you do in your village this thing?". So he's from Bihar so he said, "All right I can do it, but what about these feet? Will You take them there? Without these feet how can I do it?" And then he went and washed his hands and went away to school and said, "I'm not going to look at you people, now keep yourself clean." Like an old man he tells them. "Keep yourself clean now." This is what it is.

If you have that Satya within you, as a child also you know; Sat-Chit-Ananda, and such a person is always Prasanna Chitta, is a happy person.

[Shri Mataji speaks in Hindi]

Question: Mataji, what is your view about astrology, Indian astrology?

Shri Mataji: Astrology. I hope you are not a newspaper man. Astrology is all correct, it is so.

Whatever comes through astrology is absolutely correct, has been seen through great seers and whatever they say is true. No doubt. But after Realization you go beyond it.

You're beyond, then there is no astrology attached to you. Till you are not Realized you are in that chakkar

Like if you are in the water you are afraid of getting drowned but if you get into the boat then you see it. So, it is like that.

1982-0222, Mahashivaratri Puja: What makes Mother pleased?

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What Makes Mother Pleased?

Mahashivaratri Puja

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

Mahashivaratri Puja, New Delhi, India, February, 22th, 1982

Today is the day when we celebrate Mahashivaratri. Is a great day, or we should say great night. This puja should have been in the night. Is a great night when Shiva was established on this earth. Because that way Shiva is eternal. So, one would say that, "Why Shiva?" like a birthday of Shiva you can say or something, "How can it be?", because He is eternal, He is all the time there.

So, what demarcates today's celebration, is the establishment of Shiva on this earth. In the material self. Every matter has been created with a deity and that deity is established in that matter, as you know. So, when it was thought by Adi Shakti that first we must establish Shiva; without Shiva you cannot establish anything. First, He is to be established, because He is the absolute. So you have to establish Shiva.

And now what should we do? How to establish Him? He is the God of Tamo Guna. He is the cold, He is the God of all that is not active. So first of all, this earth, when it receded from the sun, which was very hot, was taken very near to the moon. The moon is the brother-in-law of Shiva. So it was taken so close to moon that the whole earth got covered with ice. And it was then gradually moved towards the sun. When it was moved towards the sun, gradually, then it started melting. And the point that did not melt at all was the point where Shiva was to be established.

That was predestined, that spot, and that spot is the Kailash. The ice never melts there and if you see the whole mountain is like the face of Shiva – the eyes, the nose and everything you can see clearly getting out – and all the year round, it keeps its shape as it is.

That is how Shiva was created. And He was placed in a witness state, as the spectator of all that happens on this earth, facing towards the Kundalini of the universe, which they were going to place in India. So He is facing towards the south.

He is looking at the south with both the hands like this, like a spectator watching the spectacle of the Adi Kundalini. That is how Shiva was created. So, though we say that the heart of the universe is England, still Shiva resides on top of the Sahasrara: this is the seat.

Like you have got the seat of Shiva on top of your head, but He resides in your heart, in the same way, Shiva belongs to this place and He looks at the whole body from that, this point – so the Feet are the south, this (Sahasrara) is the north, this is the east, I'm sorry, west (right arm), and this is the east (left arm). That is how we can see the whole map of the universe, of the world that is created. So now...

[(Hindi) You can just sit. (Yogi: Sit down.) Sit down, sit down. Don't stand up. Listen to My lecture. Now don't take photographs. You must listen to My lecture attentively. In a meditative way you must listen to Me. You must make full use of Me, isn't it? You should be meditative. Then you can hear Me very clearly, you don't have to bother. You have to be meditative.]

Sahaja Yogi: So, this is south.

Shri Mataji: So you are facing towards the south as a witness. Just now, somebody told Me that in the south people put their

head towards the south and put their feet towards the north, I mean, imagine. The feet are put towards Shiva, who is in the north. Kailasha is in the north, isn't it? It is not in the south. So why put your feet towards the north? I mean, one must use logic.

These brahmins have told you all these stories and you are doing just the opposite that should not be done. Sometimes I feel, "God save this country from brahmins." They're everywhere now: they're our rulers, they're everywhere, and they have no idea what Brahma is. If they are real Brahmins, I'm sure one day, the real Brahmins will be in charge of this country.

So now, when we understand that Shiva is the first thing that is established in the matter, then in us also first the Shiva is established. When the foetus takes its form, the throb in the heart is the establishment of Shiva. That is the sign that Shiva has been established.

In case of people who are born with bad heart or with troubles, one has to say that Shiva is not fully established. Not that they are bad people, but they are not supposed to live for long, and have to have another heart later on maybe, or that there might be some sort of a problem in their previous lives, and if they pay attention to Shiva tattva, their heart can be cured.

So, the most important organ in the body is the heart. If the heart fails, you cannot remain on this earth. So, the most important thing is to look after your Shiva principle which is the Atma. We are worried about every sort of mundane thing. Worried about this, worried about that, but we are not worried about our Spirit. This is the biggest problem with us.

If you worry about your Spirit, if you pay attention to your Spirit, the whole universe then vibrates with Parabrahma, which is nothing but joy. So without, without any attention to Spirit, if you think you can enjoy life, you cannot.

You cannot enjoy your life if you pay attention to other nonsensical things and you do not pay attention to your Spirit. The complete silence comes into us only through Spirit. If the Spirit is awakened within us, this silence starts working and you feel extremely relaxed and absolutely one with your Self.

There is no problem, you don't seek other things that normally people seek – you seek your own company and you want to be some time with yourself. Only thing that you seek after finding your Spirit is the company of other Sahaja Yogis who also have found the Spirit, so there is a rapport established between Spirits, that is in the heart. And this Spirit is the universal being within us, about which I have told you that once you become one with the Spirit, you automatically become universally conscious.

There are so many qualities of the Shiva, Shiva tattva, of the principle of Shiva that I need not tell you, but today I will tell you another dimension, which I have not touched so far, about Shiva tattva.

The physical aspect of Shiva tattva is that such a person is a more a cold type of a person. In the sense, that such a person is not a person who gives hot vibrations, but who has too much of it [of vibrations] sometimes, not in balance, overdoes it, develops a kind of a temperament which can be extremely cold. Could be low blood pressure with it, could be diarrhea also, diarrhea also one can get with too much of spiritual strength.

And also could be on the plump side because of the left side. Because left side is the kapha as you call it, is kapha is the phlegm that is more. Because the left side is more, such a person is always apt to catch colds and has problems of the colds. So, such a person has to protect oneself from getting into colds and things like that, and the methods to be employed are to be learnt through Sahaja Yoga.

But to give it a balance, the Spirit itself is beyond health problems. But the left-sided person who always thinks of the Spirit also can become one-sided. When he has to live on this earth, he has to be a balanced person. So he has to take to another side and that side is the activity of the spiritual growth within himself.

A person who is very spiritually developed cannot exist as a Shiva tattva on this earth. He has to exist as a balanced personality. And when he starts developing that balancing within himself, the Spirit from his heart starts rising and goes on top of his head.

So this is the second stage where one has to go. Here is the whole collectivity (Shri Mataji touches Her head). So when you start taking your love and affection into your central nervous system, you can say, and put it on top of your head, that means as soon as you put it in your Virat, when it starts spreading through your Virata shakti, through your collective being, then only you are a complete personality.

Otherwise, you are Shiva tattva – Shiva tattva exists whether this universe exists or not. It exists even when the whole universe is existing; even, even it vanishes, it all goes into that magnet, into that Shiva tattva. So a person who has a spiritual hankering must know that to raise your Shiva above the heart level, he has to raise it gradually onto a very detached method of existing on top of the Sahasrara where there is a complete balance, complete balance.

Many people I have seen in Sahaja Yoga are extremely loving, nice, very sweet persons. Like in Delhi, I would say, people are not so harsh as in Bombay. Bombay people could be harsh, Pune people are little harsher also. But Bombay and Pune people are deeper. The reason is they have balanced themselves a little, and they have gone above their heart feelings, like sympathies, you see. "Don't be unkind to somebody, don't say anything harsh to somebody," can be very, very funny also sometimes.

Like yesterday, I was sleeping in the place where you always sleep. Now if I was in any Bombay or Pune center, anywhere, you can't hear any voice, anywhere, nothing. Like a lion, you see, like a tiger is in a forest, nobody will hear your voice. If there's a tiger, you can know for miles together there's tiger somewhere, it's so silent.

But if I'm in Delhi, then everybody's talking: somebody was talking about money, this, that, the whole kind of jabbering was [on], even the Sahaja Yogis from foreign had become Delhi Sahaja Yogis. They were all talking so much, I was surprised. How did they take to this talking so much there? All were talking, jabber, jabber.

On the contrary, if I'm sleeping there, you all should have been in meditation, sitting down and doing meditation. Instead of that everyone was busy with all the possible nonsensical talks, as if they have no other chance to talk. And they were all jabbering, jab, jab, jab, jab, I didn't know what to say and I just I didn't know what to do. That's what.

But this is what one has to know, that unless and until you raise your sympathetic attitudes – like you tell somebody something, "I have had such a problem in this business", say example like this. I mean, what a topic, but doesn't matter.

If you start, "I had a problem with this", another will: "Yes, I too had...", you see, the sympathies. "I too had such a problem, these people are so bad, that happened, he had the same problem", same talk. They are all, you see, talking about things which are irrelevant to Sahaja Yoga.

Even relevant to Sahaja Yoga you should not talk when I'm there. I have to make a humble request to all of you – that the way you people sometimes behave is not good and is not congenial to Sahaja Yoga. Even to keep your mouth open in My front is not a good thing. But I don't want to tell you in such details, but it is so many things are there that you have to learn before you raise your Shiva tattva from your heart.

You are good at pleasing people, at organizing you are excellent, you organize very well, there are no quarrels. Sahaja Yogis in Bombay quarrel quite a lot and even Pune Sahaja Yogis are quarrelsome.

But I must say, Pune Sahaja Yogis are very deep, and Bombay Sahaja Yogis are very deep. Individually, they have achieved something. Now they have to go further than that, is to go little bit in the heart again. This is the second descent they have to have to feel more that way. Because that way they are very, very strict with people. But you see, certain amount of strictness is to be accepted. For example, if somebody is told, "Don't touch Mother's feet", one feels very bad. But this is a very mundane sort of an understanding of the Mother.

If She says, "Don't touch My feet", that's what you are supposed to do. You have to do exactly what will please Me, and not what will please you. So you must change your attention from pleasing all the public. Some people say, "Those who come first time, Mother, we must not say this". You must! Certain things you must say to them. Otherwise, you will make Me a-prasanna [displeased]; that will cause problems!

But when you say to others, you need not go like Pune and Bombay people in their special Marathi language, but say it in a proper Urdu style, that people don't feel bad. But you must say it! You should not put those people on My head; instead of that, you should tell them in such a way that people are all right.

So, to go deeper into you, you must do also individual meditation and samuhik (collective). I would not say all the Sahaja Yogis in Delhi are like that, but... we are very good at organizing, which our Bombay Sahaja Yogis and these Pune Sahaja Yogis must learn. They quarrel among themselves and I really get fed up. And they treat each other shabbily, that I don't like. But individually they are all right, so they become individualistic. Some people become individualistic and some people become publicist, publicist: you see, they'll please the public, now they are two extremes.

What should a Sahaja Yogi do? They have to become Mother addicts. (Laughter). They should do what your Mother likes. Do you understand? Need not please the public or need not please the individual, but do what your Mother will like. That's a very simple thing which Adi Shankaracharya has told you that, "Just keep the Mother pleased". But nobody makes that study. Try to make the study, "What makes Mother pleased?" Then you will see, I'm very easily pleased, you see, as a Shiva tattva. (Laughter)

Even if you make mistakes, thrice you pull your ears, it's all right (laughter). But don't go too far with it. You see, the mistakes you commit is all right, but don't take it for granted that you can go on committing mistakes. Because you really get a big rope, but you will hang yourself ultimately, isn't it? So be afraid of the rope also which is given to you, it will hang you much better, otherwise.

So one has to understand that you should not be addicted to public opinion or to the opinion of your own. Both things are wrong. You must behave in such a manner that it should please all the deities within Me. As far as I am concerned, I don't exist, I have no existence. Really, believe Me, I have no existence at all, I just... It's an assemblage of so many existences, you can say.

Otherwise, I don't exist, I don't find Myself anywhere in this body, anywhere; I don't find Myself, anywhere in the universe. I'm nowhere, I sometimes find, "What is all this? Is not Mine, is all foreign to Me." But still, I permeate into it, enjoy it, live with it, but I'm not in it, nowhere.

So, if you just try to understand what pleases your Mother, you will develop your dignity because I want you to be dignified; it will develop your joy because I want you to be joyous; it will give you more capacity to achieve more vibrations within yourself because that is what I'm giving.

Whatever is good for you, if you do that, it will please Me. But what I think is good for you, you may not think; you may have your own ideas, individualistic again or maybe public-wise. Like I've told you that, "Please, don't arrange My program before 7 o'clock in the evening." Then you may say, "It won't suit our public." Doesn't matter: it doesn't suit Me, that's the main point.

Because I have certain timings when only I can really be very good. That time I have to give to somebody else, is fixed! So you don't fix My timings according to yours. Morning time before 11 o'clock no programs should be fixed. Early in the morning if you fix, fix at five, I don't mind. I have certain timings which I have to use for some other purpose. So you have to understand that whatever suits Me should be done, because that is for your good also, because there are most beneficial.

I'm just telling you My own tricks so that you take more advantage of Me. But they insist on that the people who are going to the office won't be able to come - such people should not come at all! If there is a picture at 7 o'clock, they'll go at that picture or not? Then why should you make your Mother so cheap that it should suit their convenience?

If there are few people, it is even better for us: we'll have better accommodation in the Kingdom of God. So don't make Me cheap! That one should understand, not to cheapen Me, keeping the dignity of your Mother.

Whatever is to be achieved, I agree, that all the brothers and sisters must be helped, all the public must be helped, but we can't get rid of the kacharas (subtle dirt), otherwise, you see. There are lots of things which are to be just thrown away. So we don't, should not worry about the kachara part. Whatever is the best we'll have, but to have that also one should not speak harshly. Again I will say not to use harsh words.

The way people, "Get out, get out, get out!", like that one should not talk. Change your language. You must educate yourself how to talk to people in a soft way, in a proper way. That is very important for Sahaja Yoga, because if you go on insulting, maybe you might insult some saint! So you should not do in that way.

Understand it, and try to make your individual being so capable that, when you go to the public, you are able to put the right perspective, the right concept, the right conduct, the right behaviour, and the right knowledge. Here I do not mean right rationally, right which is absolute.

The Shiva is the absolute, He is the giver of absolute knowledge, He knows what pleases Me. The moment something will happen that will really displease Me, He will shut the show. He is just watching this to please Me. The moment he'll find that this is not working out, He'll stop the whole show and He'll say, "Shut it, finished".

So, though I may say the spectator is Shiva, but He is just the judge, and He sees those things, so try to be all right. A nice spectacle I try to make to please Shiva so He continues to be there, and this [unsure] let universe be a nice playful thing in which you rise and attain that eternal life which is promised. But one has to understand what pleases Mother.

Some people have a habit of just looking at Me straight all the time: it's not the way to be done! Put your eyes down. All the time, just you cannot stare at Me, it's stupid! Apart from stupidity, it will not please Me. Will it please you if I start staring at you all the time? I don't stare at you, I try to please you by doing all kinds of things: why don't you learn something from Me, how I try to please you?

You can't do all these things of course, I know, because somebody says, "Mother, we went there, a house was given to us, this, that." Besides, you cannot achieve yourself for Me, isn't it? If I have a difficulty, you can't solve My difficulty, isn't it? But I can solve your difficulties; so I can please you very easily because I have so many methods of pleasing you.

For whatever methods are there, by which one should not positively displease, that's the only thing is. You don't do anything special, but don't do something extraordinary just to displease. If you understand this simple thing, that don't try to do anything that will displease, you please Me. It is so simple. You don't have to do anything extra, just try to be loving, affectionate, dignified, and I'll be very happy with all that. As it is I'm overjoyed, I'm very happy with you. But I have to tell you what one has to achieve, and how one has to go above these things.

So, it is necessary now for Delhi people to rise from the heart to the Sahasrara. And it is necessary for Bombay and Pune people to go from heart to the... go from the Sahasrara to the heart. I would say, Rahuri people are in between. Rahuri people are in between. They are very good organizers, and they don't create problems for Me, as far as individuals are concerned. So I think Rahuri is a place perhaps, maybe it is My Mecca, that it is so good, whatever it is.

But we all can be like that. We all can change and inform each other and improve and educate ourselves. All this education can come to us, if we really love ourselves, and care for our evolution. We don't have to bother about it much, if we really care for it.

Gradually, all these things will work out and the balance can be established. Those people who talk too much, should not talk so

much. What I feel that when you talk too much, when you stop, you just stop. It is in between: when it is necessary you must talk, when it is not necessary you should not talk.

So, that kind of personality gradually you can develop with Sahaja Yoga, that you will develop that wisdom how far to go, how far not to go. Not to go is the quality of Shiva. He doesn't do anything, He is just sitting down there and watching the whole joke. He doesn't do anything, but still He's the one who has to watch: if He doesn't watch, then the whole show is over.

If you understand that in not doing anything, how much He's doing! See the contrast: He's doing nothing as such. But He's making everybody dance, to please Him. In the same way, in one shot you have both the natures: as Sahaja Yogis you can achieve that kind of a balanced personality. It is for your good, for your evolution, for your development.

So today, all of you have a great chance of evolving individually within yourself this Shiva tattva, which ultimately permeates into the whole.

Kabira has said it in a beautiful couplet, I don't know if you people have understood. It is: (Hindi) "Man mamta ko Thir kar launga". "The compassion of my heart I will vibrate, I will bring it out; the compassion of my heart I will vibrate, I'll bring it out; "Aur paancho tattwa milaunga", and put it into the five elements."

See Kabira, do you follow him how great he is? People talk of Kabir Das, see, he says that, "Take it out of the heart and put it into all the five elements." This is what is Sahaja Yoga.

If you understand that, then you don't have to understand anything else. You have got it in your heart, become the capitalist in your heart, and become a communist outside. If you can achieve this balance properly, you have done it. And we can do it, we all of us put together we will do it, we can achieve it; and we can show to the world that everyone can achieve it. All ordinary human beings so-called will, can become extraordinary.

So today, we have to decide about ourselves that we are going to do it, we are going to be educated about it, in a spiritual way, in a Sahaja way. And every moment if you watch yourself, you can do it. And not to explain yourself or to say, "Oh, this happened to me, that happened to me"; that's not the point.

Many people tell Me like that, that's absurd. You challenge yourself: How can it happen to you? Why don't you do it? You should do it. Why can't you do it? Like that you take yourself to task and you can work it out, I'm sure, because you have got the power with you.

I bless you all for your spiritual development and for your collectivity. Both things must be looked after. If you have spiritual development and no collectivity, it is useless. If you have collectivity and spiritual development none, it is useless. Combine it properly.

So we have to take Shiva and establish Him into the Virat. This is what we have to do, and if you understand this point, your relationships with others also will be good, permanent, of a very substantial nature. And the quality of Sahaja Yogis' life will be something very, very great.

May God bless you all.

1982-0223, Sahaja Yoga Free Hall

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23 February 1982

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Sahaja Yoga Free Hall

Shri Mataji: A hall has been dedicated for the work of Sahaja Yoga. It was a long-awaited blessing for the Delhi Sahaja Yogis. May God bless you all for that.

Sahaja Yogi: Require Hindi main bhi bolo.

Shri Mataji: (Badme bolenge, achcha. zarur.) It's a gift of God, I should say, that you got this without paying anything for it, while all the people have been running up and down, when even the Government had allotted us a land because they have approved of our utility. Still through this, what you call, "Red tape" and all that, it was a big problem, and because I am little a queer person because I would not allow anybody to give any bribe or any such thing or to do anything irregular, things would not work out. And if such a thing can happen, I mean, after all this is God's work. And God has to look after His work also and He has to arrange for things.

But this reminds Me of one thing: in London same thing happened. And they were all running up and down for an ashram and they couldn't find any place. It was impossible even to rent a place. Wherever they tried it failed somehow or other, and nobody would accept so many people living in one house. They thought that it is useless. They paid some money. They did all kinds of things. They did it in advance. Because they were so many people living together, it became impossible, and they rushed up and down, did all sorts of things. And then one day suddenly they were invited to a lady's place who was a Sahaja Yogini. And there was another lady who had come and she said, "I will give you a house if you want, and any number of people can live in that." And that's how we got our first ashram. Of course, then later on we shifted from there because some people from this Mahesh Yogi came and they started jumping and screaming and making all kinds of noises. So we got the bad name. So we had to go away from there.

Now we have luckily, you won't believe to what extent it has been blissful for London Sahaja Yogis. That first we got a house in Lambert Way, in the ruins of Lambert Way which William Blake had described, but then we got two big hotels with fifteen bedrooms and everything inside it, absolutely free. Can you imagine? Through a co-op that these people had formed. They said this never happens in the history of England that anybody could get such a big place from these co-ops which are giving for maintenance. But somehow we got it. And now the time was over for these hotels to be vacated, and I have received a letter from London. Now they have got a huge big house with twenty-three bedrooms or something like that, with two, three big halls, free. So this is what it is. I am doing all this work free, and all the help is coming free to us. So when people ask Me, "How do You manage with the finances?" I used to say, "Finances are organized somehow or other. We don't have to bother about finances too much."

I'm thankful to Yogi Mahajan for arranging all this and for doing such a remarkable feat. I think now Bombay people will also have some sort of a blessing because this is the year when we should really get some lands as a blessing from God. Also it is necessary that the Sahaja Yogis have to come up to a certain point of a development. Otherwise, if you give them the land, say for example, as God's blessing, then they will start, you see, having it as their possession, using it as their own purposes. I mean, all kinds of things they do with the trust and fighting for the land and which you do not take with you and they may start creating problems, you see. Once [we/you] have the property, human beings go off their heads, you see. It's something goes wrong. They'll fight with their brother, father. They'll kill all the relations because the property who creates a problem. So also the Sahaja

Yogis have to come up to a certain point, rise up to certain level where they can really bear up the beauties of the blessings of God.

Even if He gives you the blessings you should be able to use it properly. Otherwise you can start using. I have seen people, as we call them in Hindi language, [mufatkhor]. They are very easily available. They are coming to Delhi; very good. In Delhi to stay somewhere in a hotel is expensive, very nice, "Mataji's ashram, let's go and have a nice time there," like that. It is quite possible. Sahaja Yogis may start doing that way. But you'll be amazed that in Sahaja Yoga people develop such self-respect that now we have people, say, from Bombay or from Pune who have come here. All of them are paying for their food and everything. Nobody is trying to [shortage?] and they want to pay for everything. If the self-respect does not develop in Sahaja Yoga it's useless. It's useless to be a Sahaja Yogi.

In Bombay I've seen, or in other small places like Sholapur and all that, all of them, they would pay for any function that they want to have, everything. Whatever little money they have to pay, say one rupee, two rupees, three rupees, whatever it is, it's needed, whatever they need for their purposes, without any asking, without any asking. That is one of the signs of Sahaja Yoga. You'll be surprised that we don't have to go round and ask people, "You should pay", "I'll pay tomorrow." This is the sign of a deep Sahaja yogi. He's very responsible as to what he has to pay for this God's work. Of course, I don't need any money and, on the contrary, My husband pays Me quite a lot for My traveling and so many other things. I don't need any money Myself, but for their own purposes, whatever money they need, you see, they must understand that if you don't pay, somebody else has to pay. And it's the charges are absolutely, there's no profit, nothing. So the charges are just that is needed, and so everybody pays. Even if you say, "Achcha, let it be. Doesn't matter," they'll say, "No. You have, we have to pay, because it's punyakarma." You see, this kind of self-respect when it comes into human beings, then one should know it's a real transformation coming.

Money matters also, I've seen. You see, I'm very bad at it, because I really don't understand money. I'm hopelessly bad. I don't know how to even sign My check. So I have to ask somebody else to write and I just sign. Anybody can really deceive Me if they want to, because I'm very bad. I trust people to the last. But you'll be amazed that Sahaja yogis never waste a single pie. I've never seen one Sahaja yogi paying more or less or making money out of Sahaja Yoga. I never take accounts from My Sahaja yogis, trustees or all that. On the contrary, I just ask one of the auditors to see themselves. And they said, "We have never seen such a clear-cut trust anywhere." We have no black money, nothing of the kind. He said, "There's no problem at all because it's so clear-cut that the bank itself is being auditing for you. So what is there?" So you see, these people are doing so sweetly and so beautifully. It's nice to see it. You see, once such people come up in this country, a so-called bhrastachaar will go away. See, once you have your self-respect and you are a satisfied person, you will not indulge into all these nonsensical things, but you will become so self-satisfied, and then the blessings come. As soon as you start taking to honesty and good behavior, the blessings of God comes to you.

In our country we don't have to worry so much of morality part because that much we have. But as far as the money is concerned, we really go crazy. We just can't understand that in money matters we have to be clean, that we have to be honest. This is the money of our country, and we should not try to make money out of something which is cheap, which is without self-respect. And this thing if I tell you, you can't do, but once you get to Sahaja Yoga you'll just do it. You'll be amazed that in all My ten years time I have seen people have been so scrupulously honest, so scrupulously honest that I was amazed. Not even once I've seen that people have tried to steal money or do anything like that. Except that we go to some temple, for example, you see where every sort of Dick, Tom, Harry is there, you see, in the temple, open place. Then naturally they will even take away the shoes of the Sahaja yogis who have come from abroad. All sorts of nonsense they do. And these people who have come here, when they see the Sahaja yogis here they are so enamored, and they think that Indians are so high, such high people, they are so good, they are so moral, they are extremely honest, and this and that. All the certificates they give. But once they get mixed up with the public they are stunned. The shoes they'll take away. [Jo bhi mil jaye utha ke le jaate hai] They don't know what is the real public here is, but they think that we are extremely honest, straightforward, just like other Sahaja yogis are.

Specially in the villages, you'll be amazed how Sahaja Yoga has transformed people. They have given up drinking. Thousands and thousands of people have given up drinking, smoking and tobacco. All that they have given up, and now they are Sahaja Yogis. They said, "This is a new method. This is a new road on which we are." All that is forgotten now. That is finished, and the

way they are, you'll be amazed that from Pandrapur we had some Brahmins come for Sahaja Yoga. They got their realization and they told us, "Mother, now we have decided to raise these Brahmins to their real position of a Brahmin. Now we realize we are not Brahmins. We are just trying to claim that we are Brahmins. We are not at all Brahmins. And we are going to raise these people to this level. What we have seen in Pandrapur is nothing but looting and all sorts of corruption. So we pray to You that You do something about it, that in that Pandrapur temple something good should happen." They told Me like this. Within eight days the government took over.

But the desire was so sharp and so intense and so genuine that it works. If your desire is half-way, is not with clean heart, then it doesn't work out. But if somebody is with that desire asks, you see, it works out so fast. I was amazed that within eight days the thing was taken away. While the people were minting money out of that temple. Every temple is like that now. Every temple has become like that. It's all a money-making proposition. Everything is a money-making proposition, and I do not think any organization is beyond corruption now. We can't blame one and say another is good. Everywhere there is corruption going on. Now, in the name of God, at least don't do corruption. You can do corruption otherwise, what you want to do, but in the name of God if you do corruption means you are not at all afraid of God. You are not at all afraid. You have become satanic. You have become demonic. That you are doing it in the name of God Almighty, how can you do it? And on top of that they give big speeches on morality, "We should not do this. We should do not," and at the back they are taking all these things.

There's a gentleman who is giving big lectures about these things and say that you should become absolutely vegetarian, this ,that, and just get detached from your [mundane/money]. "Give all that to me. Give your purse to me. I'll look after it. Don't worry." It's a very funny situation. But once you come to Sahaja Yoga you realize that your self-respect is the most important. In this country of ours a Chinese traveler has written that people never used to lock their houses. My father never used to lock his house. He said, "It's beyond self-respect to lock your house. Why should you lock your house?" And once only we had a theft and a fellow came in and he took away a gramophone. He said, "He must be fond of music. Let him have it." He didn't take anything else from our house. He took our... He said, "Very good. He must be fond of music and let him have it." He was very happy that, you see, he said, "He should have come and asked for it." He was very happy that he took away the gramophone because My father thought Indian music was something very great. So for him it was a sort of an obligation that he took away the gramophone from the house.

So you see, in our Indian thinking, Indian culture as it is, you see, we are not the people who depend on locks and things. We depend on God. We depend on our Spirit. That's what we are. We don't depend on all these things, counting, banking, insurance, this, that. I mean, in England if you go, your coat is insured, your sweater is insured, your everything is insured. And I, I don't understand. I mean, in this country, at least, I can understand, but here nobody insures anything. Nobody insures. Everything is insured: there your brain is insured; your teeth is insured. It's such a place where you realize that in our country we are not bothered about these things. But gradually it may come up if you blindly follow all that.

You see, they have become so insecure about themselves, because of war, maybe. I don't know why they are so insecure, so insecure. You'll be surprised, the people who came here to rule us are now like absolutely frightened people. [bhigi billi ban ke baithe hai] They cannot face life. They are so insecure, you can't imagine. Even a rat will not enter into their houses. They will open a little bit of chink and see who is there, and just close it. They are so frightened of the world. I don't know what has happened to them that they are so frightened.

Now, of course, we are also picking up from them, and lots of safety problems are here. But was, I know about is, about even ten years back it was not so bad. Or we can say, twenty years back it never existed in this Delhi of yours; it was no problem. But we are now so much money-minded that we think everybody's a chor (translation: thief). So what? You said, "Everybody's a chor. So what does it matter even if we go and do some theft?" But one has to understand that God Almighty is there to look after us. The Indians commit one sin, that is, the sin against the Father. Sin against the Father is the sin in which we do not believe that God Almighty is going to look after us, our well-being. He is going to give us the kshema, that He is God Almighty. He's above then all the wealths and all the comforts and all the well-beings of the world and He is the bestower of all that. We don't believe in that. If we believe in that, we will not indulge into all these practices and we'll be very much satisfied and we'll be amazed by thousands and thousands of [times] He will give you. This is how it has started now. Only about three, four days back I was telling you about

the land, that people think I am rather a cynical person to expect to get the land without paying any bribe or black money. But see, we have got it and we got it free. This is how one should understand that one day people will realize the value of truthfulness, the value of honesty and the value of Sahaja Yoga, and then we'll have no problem.

Today we are going to deal with our centers that exist within ourselves. [Hindi] Chakras that we have within ourselves are the ones which are doing the subtle divine work within ourselves. Now, as far as the medicine is concerned, it is such an analytical method that for psychology we have another doctor, for medicine we have another doctor, for say, surgery we have another doctor, for one eye we have one doctor, for another eye we have one doctor.

Now this I am talking about the synthesis of all these things, the source from where all this knowledge comes through. That is the subtle part. When it comes out it gets separated, divided and we can do it through analyses. But when it is inside go in the one. Then it is synthesis. It's the synthesis of all the knowledge, synthesis of all the sources, synthesis of all the energies that are flowing. Imagine of an energy that is all magnetism, all electricity, all the panchamaha bhootas. It's the energy that coordinates, cooperates, activates and loves. The energy that loves it knows how far to go, how delicately to work out, how far to bring round the people, the movement and everything it knows. Can you think of such an energy that is complete Divine Love? Now we are dealing with that energy. I'm not dealing with one energy or second energy or third energy. That's why if somebody says, "Mother, can we see the vibrations?", "You may. You may see." I can't say you cannot, at a level. But I was surprised that your photographs are catching the vibrations.

The other day we had a Puja and they had put some 'geru' on My Feet, and there was a photograph in which you could see very clearly the light passing through My Feet. I told them the two chakras are very active and from these two chakras tremendous light was flowing. That photograph is with Me. I was giving a lecture in one of the remote villages where there was a realized soul. He was a Muslim but he was a realized soul. And suddenly six times a light came, shaft of light came from the heavens. And it was photographed. All the six times it was photographed. When I put My hands like this it stopped. It's true. I mean, your photographs are more honest and simple than human beings. You can't see because there is something dishonest in your eyes. Can you imagine? The photographs, now the [bigyana/vigyana] the way the science has improved it is taking it.

Now My vibrations pass through this, through My sound into this. When I talk to you it's working. When I stop talking also I can put My vibrations by putting My hands on you. Supposing you are catching on any chakra, I can rub it here and I can correct you. Can you imagine? I am using this power to pass this synthetic power onto you. Now there is nothing you can feel it, but yesterday when I was very much full of vibrations when I was talking to you and then I stopped and I just went near it and the sound started giving "huuuuuu" like that. It was nothing. I just moved nearer it. When I went back it stopped. So even in science you can see this time [happening]. But if you say, "Just now you show me," that will never happen, because this energy also knows who is humble. "Why should I show you? Am I your servant? Why should I show you? How much have you paid for it?" The way people demand it as if they have paid for it. You see, the way they have right on Me as if they have paid for My traveling or they have paid for My food, I don't understand. If you have any demand on Me it is because you love Me and I love you. There's no other relationship between us. Please remember this.

So when you demand anything that you show us this and I will never show you. On the contrary, you'll see something else. You see why these Sahaja yogis laugh, because they have had experiences. All of them have had nice experiences and that's why they are laughing because they know what I am talking is absolute truth. If you try to be very smart with Me, then I can be even smarter. So, one has to understand that this is an energy of love, of God's Love. And God you cannot get by forcing it onto you, by arguing about it, by only that it should become gracious. What we say in Hindi language is prasanna bhava, "Be happy. Be pleased with us." If you get shouting, if you start misbehaving, if you don't know how to sit, even then do you think the deities are going to be pleased? For an Indian it is an innate knowledge to know how to please the deities. It is an innate knowledge. But they are using it now for other things. For example, they know how to please a minister, how to please somebody else. They are not using it for the gods. Gods can be pleased with very least dedication. They know everything about you. It's very simple to please them.

Now today I am going to tell you about the different centers and the deities that adorn them, if the time permits, because I am

told that today is the last day of our program. And then I have to also tell you about the after realization what is to be done, which I'll tell you in Hindi language as desired by many people here. The first chakra is the chakra of Mooladhara. I told you about it. I've also talked to you about the chakra of Nabhi which is the chakra of our dharma by which we sustain as human beings, of our evolution, by which we become human beings. The third chakra I've described is of Swadishthan which is in a jeopardy in Delhi, which is all the time converting the fat for the use of the brain, where people think too much and the problems created by that.

Now, with all these, these three chakras, now we go to the fourth chakra, which is a very important chakra because that is the one that gives you the sense of security, that is the center of the heart, the center of the Mother of the Universe, of the Jagadamba. Now if you see around the Nabhi chakra, surrounded are the ten great gurus who came on this earth at different times to establish our balance, our dharma, our sustenance. And these ten gurus, if they are disturbed too much, then we can have a very serious problem. First of all, if you fanatically believe in them, they themselves get angry with you. I've known people, say for example, Muslims, they are very fanatic. They always have stomach troubles. The reason is Mohamed Sahab himself is angry with them. Anybody who is a fanatic person, always gets into trouble because of these gurus getting angry. Fanaticism is against God. It is an anti-God activity. Any kind of fanaticism is an anti-God activity.

This is one side. The another side could be that some people deny that there is any good guru. Like I will say there is some gentleman, one gentleman who is teaching people that, "You are your own guru. Don't believe in anybody else." This means that you deny that there is anybody who is a good guru, whom you should follow. Actually, the fact is this that you have to have somebody to enlighten, like one enlightened light can only enlighten another light. The light which is not enlightened cannot by itself get enlightened. You need an enlightened light to enlighten it, isn't it? It is logical. But the light which is going to enlighten has to be enlightened itself. Now the light which is past, gone, cannot enlighten you. That's finished. That is there, that is there to help you, but it cannot enlighten you, cannot give you realization. You have to have some living light which is just now burning before you, to enlighten you.

So when they came you said, "No, no, no, no, not this, not this, not this." "We believe." Say like when Rama came they said, "We believe in Parashurama." When Krishna came, they said, "We believe in Rama." When Buddha came they said, "We believe in Krishna." Very good. Not to believe in the person who has come now, but to believe in something that was there. Why? Because it helps you a lot. Actually it does not. But you can use that guru as you like. About Krishna you can say what you like. About Rama what, you say what you like. About Nanaka you say what you like. About everybody you can say what you like. That He said so, He said so, they all feel they have become themselves the gurus. Because you can use them also very well.

But they cannot give you realization; that's a fact. When I die, if somebody comes after Me even you will say that, "We are the believers of Mataji only and we don't believe you." It's wrong. The one who comes, who is living, that is the time He is going to give you realization. But all of them, when they came you all only tortured them. [Give them all/Leave alone] realization, [give them all, leave alone] anything. You saw to it that they just got disgusted with you. I've seen some gurus, who are really very good gurus, who are very evolved people, who are living in the Himalayas and some mountains. I've met them. They have told Me, "Mother, don't tell us to come down. We don't want to have these wretched people. They will never understand You, and they will all torture You. But You are so powerful, You don't mind. You go ahead, but we do not want to have anything to do with it."

Somebody has broken hands. Somebody has broken legs. These people have broken our legs, broken our hands. But to false guru they'll give money, this, that, send their wives, children, all their purses, but to a real guru they will finish him off. There's one whom I send to America. I said, "Why don't you go and see? Go to America." He came back within eight days. He said, "These Americans, they are not human beings. [Where/Why] did you send me there? They'll kill me. I'm going to be killed very soon." I said, "Why?" He said, "You cannot, you see, if you tell somebody he gets cured you can be prosecuted in that country." I said, "If Christ goes there He'll be prosecuted, too." He said that they, they don't understand if you tell them, "You have to lead a good life". But same thing about everyone. So these people are hiding themselves.

Another one told Me, "I'll come after twelve years. I'll see if you still exist." They, they, they have no faith in [them/you]. They had no faith in [them/you]. And they are really angry; absolutely all of them are angry. Another one sits with big stones, you see. Anybody goes there, he needs to throw stones. He doesn't want to meet anyone, have nothing to do with them. He said, "These

are blind people and they'll just hit you and kill you. They are like serpents who cannot see anything. They'll go on biting." This what they feel about you, to be very frank.

Only those who are in the market are there. And you like them because they are in the market. You think that you have purchased the guru. Now, you go to the guru; you say, "All right. This guru is good?", "Oh, he is very good". Because they put up show-off. There's no brotherhood, nothing, but they will stand up like that, talk like that. You are so much impressed and you don't mind paying any money. Actually, it happens that people go on like a racecourse. "How much have you been given?", "I will give you so much." There are religions and religions where people think that [Hindi]. They announce, they put it in the paper you see, for the [kapoora] to be applied on the forehead of some god. "How much did you pay?" "Last year I paid three thousands." "Oh, this year, the price was more. I paid five thousands." They talk like that. You see, such stupid people. Such stupid people.

They'll say, "We did the seva for three thousands rupees." Another will say that, "I did for eight thousands rupees." And they tell you that, you see, last year, you see, if they have to give their bona fides you can find out. "I gave eight thousands for such and such Puja." This is what it is. And then when the gurus, this is one side of the gurus is that you start believing into wrong type of gurus, because of your temperament, I should say. Somebody gives you a diamond ring. What is there to believe in a diamond ring? Can't you buy a diamond ring yourself? If you can't buy it, forget it. God is not going to give you diamond rings. What is this diamond for God? It's not even the dust of His Feet. And somebody gives you something, nonsensical thing, you believe in that. Or somebody makes you take out your clothes and jump like mad. You think, "Aha, what a guru. He's taken out our clothes." Such stupid people live in this world that sometimes, you know, I really justify these people when they say, "Mother, you go ahead with these mad people." All such funny things, you see. If you tell them to stand on their heads they will do it. I mean, there is no end to stupidity, no end to stupidity.

There's another lady who is collecting blankets. She gives it to some sadhujis in some place, I don't know. People are sending her blankets. She is just like an agent. She's an agent; that's what she is. She's just collecting blankets. I mean, why should I collect blankets from you to send somebody? Send it directly. Why should I do it? Why should God be brought in?

Then another people are like missionaries, you see missionaries, so-called. Let them do this work. You have created poverty. You have created your problem. You solve it. Why bring God in it? To say that you are doing missionary work, do it. But it's just social work. It has nothing to do with God. Don't bring in God to this level that, you see, you collect money from these, I find this big organization and then I get this money for the poor. And do it. That's a good thing. You do it. Because you have done the problem you solve it, all right. But it's a social work, remember. It's not God's work. And do not bring in God there. God's work is said that it moves free.

If you bring a patient to Me, supposing, then it's a special. I mean, no question of charge nor anything, but just I put My hand on his head because he becomes part and parcel of Me. Who is the other to do any service to anyone? Who is the other? He's a part and parcel of My being. In that moment, I know when he is having a problem. I just put attention to deep that, and if the person cures well and good. If he is worth for curing he'll be cured. If he's not worth of curing he'll not be cured. I [will/am] not bothered as to the result of it. But you can't pay for it. You cannot say that, "This is some sort of a missionary work I am doing." Then I ask other people paying for it, so I give it to other poor people.

Actually, this is a very wrong idea to give free money to poor people also. I mean, if they are absolutely dying, then it's all right. But otherwise you make them parasites. You see, you must face them. Bring them to self-respect. Also, these so-called rich people, you see, they are, I don't know what happens to them. They are so blind that they think they can go on accumulating money as much as they like and then from the other [hand/end] also it disappears. It's a mad world, I tell you, in which these gurus find themselves and they run away and only the gurus that are wrong type of gurus are on this earth. If you have false things, if you see a piece made of a plastic, say of a flower, you must know there has to be a real flower, too. How can you deny that? You cannot deny that there is no real flower. There has to be a real flower to have so many plastic there. I agree that you may not meet the real flower. It's a different point. But there is a real flower and has to be because these plastics are created out of that.

Now the sensitivity of people as people say is not good because we are not understanding that a good guru, a guru who is a real guru must have something higher than us. If he is a parasite on us, he lives on our money, then he is a parasite. How can he be a guru? If he is a, say, Christ was a carpenter's son. So he lived like a carpenter's son. Because they are themselves kings, they are baadshahs. They don't want anybody's money. They don't want to live on anybody's money and prosper on that. If possible, they can only give their own money to cover up the things. But they will not live on your money. That is one thing we should know about a guru. And there are so many other things by which you can judge a good guru. But without a guru you cannot get realization.

Now in Sahaja Yoga we don't allow any Sahaja yogi to call himself a guru. Because all of you are My children; I am your Mother. You all become your own gurus. You don't need any guru anymore. Now this guru tattwa is also spoilt very much when you denounce God. When you also accept wrong gurus and put this forehead at the horrible feet of these horrible gurus, then you develop a terrible chakra here called as Ekadasha Rudra. That is one of the signs of starting a cancer within you. You develop that kind of a horrible thing called Ekadasha Rudra, means there are eleven rudras, the [vidhavance], the destroyers are there. And that is the beginning of the end. So one has to be careful as to whom to bow this end. Even to a minister or to these, anyone of these people. You need not go on all the time polishing their shoes. You must have your self-respect. What is the need? What do you want to have? What do you want to become? People have no respect for a man like that. After all, you do it all for respect, isn't it? For your self-respect, isn't it? That you should be respected. But nobody respects you. You may have cars; you may have everything but people don't respect you. They say, "He is a man without any respect."

An intrinsic man, a man who has got that intrinsic quality, that sterling quality, is always respected, specially in this country. He may be poor man; does not matter. Shastriji, when he died he had debts on his head, but still taking Shastriji's name people hold their hearts. Same with My father, I would say. Those who knew him, you see, when he died he didn't even make his will or anything. But I mean, people when they think of him, they think, "Oh, what a thing." So this is what one must know that if it is so, why not stick on to it. But that can only happen if you get your realization. You will work it out as soon as it happens. [Hindi] Please open the windows. [Hindi] So this is what it is.

We have to keep our guru tattwa intact. That is, you have to become the guru by yourself. In Sahaja Yoga your Kundalini will rise, it will enlighten your guru tattwa and you become your own guru. Do not think of any other guru anymore now. Later on you will know who are the real gurus, what was their essence of teaching, why they taught it, everything you understand and then you will know how to respect them in the real way, and anybody comes and challenges about them, you can tell them that this is what he was. See, you won't be in a sort of a position where you will be apologetic, but you can tell exactly about every guru what sort of a guru he was. Now regarding you can move in for [the relative of] others. [Hindi]

1982-0225, Talk to Sahaja Yogis: Sahaja Yoga Temple Inauguration

View [online](#).

25 February 1982

Sahaja Yoga Temple Inauguration

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) - Reviewed

Our respected chief justice Mr Mahajan, respected minister sahab, our beloved trustee Mr [UNCLEAR], all the Sahaja Yogis who are blessed today specifically by God's grace,

I bow to you.

I am so filled with gratitude, that I have no words to express the bounties and the beauties of the divine, we have struggled so much to get a piece of land and so far we have not been successful, though our president has granted that [UNCLEAR].

It's such a sad thing that we could not manage to lay our hands on any piece of land while the whole belongs to God Almighty and our trustees had given up all hope of getting anywhere near and they started saying that 'Mother is a very impractical lady, she doesn't understand modern times how to behave'.

I wanted at least one place to be obtained keeping with the great principle for this great country and this is really God's blessing that has proved that if you keep to your principal, things work out very easily.

In the same way in England they were struggling to get a place and suddenly out of the blue they got a beautiful ashram, this really proves that, if you keep to your principles and your love for God he gives you your Kshema as Krishna has said "YogaKshemam vahamyaham" if you have taken yoga he will look after your Kshema , people may argue that 'why is it taken so much time Mother, when others are getting so easily when they take thru crooked ways', my only explanation is that Sahaja Yoga is based on a collective Sahaja Yoga development of you people.

Property and money is a big headache, not only that but it is one of the very big major sins by which people fall in it, you are going to form a society of spiritually enlightened people, very pure and straight forward people leading the path of the enlightenment with the full faith that God is our savior and that we depend on God and that we reside in the kingdom of God.

At such a juncture when we are facing chaos of the negative thinking, we few have to, stick on to our ideas and to our faith in which we are walking, it is blessed again and again when you are capable of handling any property that you get, any money you get , any position you get because human beings are such that they can't even bear money, property, position anything you give them they make a mess out of it, so it is essential that Sahaja Yogis must come up to a point of their understanding of their character that they are Sahaja Yogis, they are special people bearing the torch of truth and understanding, because you are enlightened, God has given you the blessings, you have felt the vibrations, you have felt the divine power, you are realized people and we have to understand that unless and until we grow up to a point of understanding of handing these material perishable things we should not also get into it.

Delhi Sahaja Yogis are specially blessed because this is the first place which we have got now in the whole of this great country , all over we are trying and I hope now the beginning has started and Shri Ganesh is installed here, with his grace I am sure more things will come up, we will meet more people so generous and so great like this trustee who is sitting here who you see, he is such a wonderful person he is such a generous person and every time you say that [UNCLEAR] you say anything to him] it's all done by God. I never had it, it's your own given by God and he is such a God-fearing person that we should get it from such a person is also big blessing, we are highly obliged to minister saheb for coming here, I have great respect for the whole family, our

chief justice he is known for his honesty, fair mindedness, the whole family is so renowned, and in such a family that they should now take to spirituality and spiritual work through ,Yogi Mahajan itself is suggesting that the progress of the family is going absolutely on right direction.

As i have told you why you all need dharma, why the uprise, why we law abided why?, what is the need to be that?, it is only to establish our balance, but that also for what ?, the balance is there just to achieve the Spirit.

if you don't have the balance you cannot achieve the Spirit and that is the reason these people are the people who are very balanced very dharmic in their life , i am sure one day they will be also very much in hands with us and help us in the spiritual enlightenment because as saintly people everybody must realize that today crises is not of money not crisis of economics as they say or political chaos not at all, it is the crisis of human beings, is the crisis of moral value, crisis of our security, human beings are not secured in general, and this security can be only established if you find your Spirit , which is the security , which is the embodiment of security, which is the embodiment of joy.

This is the truth which is the complete activating divine love and that's why i am sure one day all of you will take to Sahaja Yoga seriously and help us in another way that you all will be secured and interested members of Sahaja Yoga.

We have no membership as you know, we have no listed society , we have nothing of the kind and we do not believe in the organizing people because divine power itself organizes and that's how we have to prove now without all these formal rigmarole of life we have been able to get this place and now in this place also we have to lead a very Sahaja , loving affection life , we have to treat people with great affection and understanding of a Sahaja Yogi.

I am sure one day this place will be renouned as a center of love, affection of God. May God bless you all. Thank you very much and thank you again and again [UNCLEAR].

1982-0319, Futuristic Attitudes

View [online](#).

19 March 1982

Futuristic Attitudes

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

It's so beautiful to come back to London to meet all of you, again, after such a big gap, I felt.

It's a funny feeling one gets when you leave the country and you are away, and then you find other people same way when you leave them. You feel an ocean of compassion and love.

We have been very successful in India.

Indian climate is, I think, changing very fast and people are finding it easier to take to Sahaj Yog than before.

Luckily, some people were cured by Sahaj Yog which made people think about it.

Apart from that, they found out, as you found out about Blake, that a gentleman, a very famous seer known as Bhrugu, who wrote the prophecies about modern times two thousand years back, has talked about Sahaja Yoga very clearly. And he says that, not so precise as Blake is but, in a way (1.45), about Sahaja Yoga, that the Kundalini Shakti will be awakened in a very Sahaja way. And that it's a new system by which thousands will get realisation.

According to his proportions, in one crore - Crore is how much is it, Gavin? Crore? Hundred thousand? One thousand? Ten million? Ten Million. Among ten million people, there will be one person who will get realisation.

Then these people will start giving realisation to others and so many will get their Atmasakshatkar, means Self-realisation.

Also (he) describes about vibrations and so many things, and what happens after realisation. That you can start seeing the Kundalini and all those minute things with your naked eyes. That you can see the throbbing of the Kundalini with this new method.

And so many things he has described: that they had to take to Sahaja Yoga because they knew this was it, that's what you have to expect.

And it worked out so well that, I didn't know, thousands and thousands of people, thousands.

Now, it is very important for these seers to see those things of the future because human beings are such that, unless and until they have something already certified, you see – the 'bonafides' of a person – people don't believe, and that's why it was important that such a thing was written about Sahaja Yoga. Because what I have studied with other people who came to me from other groups is that: most of them were brainwashed people.

I mean, they didn't know what they were talking about, they didn't know what was Kundalini, they didn't know what was Self-realisation, they did not know any one of their own powers, they did not know how to work it out – nothing!

I mean they were just zeros! Just zeros you see.

And they just were wearing some dresses and things like that and wearing some sort of a necklace or maybe some bangle in the hand, to say that they belong to a particular cult, but they didn't know what it was. Actually nothing was intelligible to me, to understand why were they in that cult, what were they doing there.

And everybody was hoping for the future, for the future.

I concluded on one point: I think most of the Western people are futuristic.

They live in the future. Neither in the past, nor in the present, but they live in the future. And these futuristic tendencies make you hope for something better, that something will come out, something will work out. "Let me do what I'm doing, is alright."

And they don't even want to think that, "What I am doing, is it correct or incorrect?" They just accept whatever they have

accepted. Maybe it's also another ego-trip, perhaps, that, "I have accepted this, now I don't want to change," sort of a thing. But I was surprised, they didn't know anything about God, about themselves, about their Spirit, about their Kundalinis, about their chakras, about anybody's chakras – nothing! They were just in the dark, lost people. And real seekers, absolutely real seekers! I was amazed at the way they got realisation also. Some of the foreigners who came in Delhi were wonderful people. But they said, "We think drug is the way!"

I said, "But why do you think like that?" You see they have conceptions which are futuristic also, that, "We are experimenting with this we are experimenting with that, and definitely we are going to reach somewhere."

But, supposing, if you are coming to Caxton Hall and if you are directed towards the airport, how will you come to Caxton Hall? Maybe if you go round the whole world, maybe! If you think the world is round.

But the plane of God, is not a round world. It's an ascent. It's an ascent. It is not that you can go here, there, there, everywhere, and then somehow you find God.

It's not like that. Or somehow you find your Spirit. It's a higher level. It's a higher position one has to rise [to]. It is not at the same level [that] you are going to find it. This they don't understand. They don't understand.

They think that, you see, on this level only if you move, with this human awareness, what we have, with our rationality, with our thinking, by our reading, we'll achieve that.

I was amazed, I mean, I didn't know that human beings think like that, that you can achieve anything with your rationality and with your intelligence. You cannot! What can you achieve? Because whatever is to be achieved, you have already achieved that.

But what is to be understood [is] that, these futuristic people think that the way they are progressing, or whatever the way they are moving, [that] they are moving in the right direction. Until they are completely finished and fagged out how are they going to find out?

It's a complete brainwash for these people and it's a very dangerous thing. I was myself so much upset with all that. But I do not know what is the solution for these people if they are that futuristic.

Now we must know what happens to a person when he becomes futuristic. It's a very dangerous situation also [in] every way. Physically, mentally, emotionally, [in] every way, a futuristic person has lots of problems.

The first problem that arises by living into the future is that you forget the past. You completely forget the past. You just live in the future, you forget the past. You don't even remember, sometimes, your own name!

We had one gentleman who came to see me.

He was the president of a Dhulia conference or something, a big man, supposed to be.

He came round. And he didn't remember even his wife's name!

Can you imagine? And the wife was crying, poor thing. She said, "He doesn't even remember my name, Mother! It's gone so bad as that."

So I asked him, "Do you remember your name?" So he said, "Well, I think... let me think, let me think..." Now thinking is moving right side! You see, left side is finished! "I think.." again. He couldn't!

And I found out from him that he was planning and he was doing this. "I'm going to do this to Dhulia's city. I'm going to work out this for Dhulia city and I'm going to arrange this...". And everything was in his mind but nothing that was past. And the balance was so much upset that he was absolutely future and nothing of past. He had very high blood pressure, very high blood pressure. And imagine a person who doesn't remember his own name, to walk about in the streets of London! One would be lost. You know, police will have to catch hold of him and put him in a jail. It's a very abnormal situation. But we reach that situation because we start enjoying that kind of a thinking, indulging into that kind of a rationality and then ending up with a life like that: high blood pressure, heart trouble, diabetes, paralysis. Anything is possible with this kind of movement, of futuristic attitude.

But future does not exist, does not exist. It is just in our mind. And whatever is in our mind is not reality. That we have conceived ourselves. Reality is what it is. You cannot conceive it. It exists. Only thing what we can do is to rise up to it and to see for ourself what reality is, actually what it means.

Now the trouble with this ego business is that it's like a balloon, you know. It's really like a balloon. The more you start thinking about it, it takes you away from reality, like as if you float in the air and you don't know what you are doing. You have lost all contacts with the Mother Earth and you are floating in the air.

This has started in us because when we became human beings from the animal stage you see, we started taking up upon ourselves the responsibility, responsibility to be ourselves, that we are something: I am something, you are something, you are

Mr. X, you are Mr. Y, you are Mr. Z. But as human beings are – go to the extremes as usual – they cannot stop at a point. So they went into such a limit of extremes [that] now they have forgotten also 'I', who is this 'I'.

You ask the name they said, "By the way I think this, that." So all identifications are lost with the past.

And one may say that it is a very good thing because they were all misidentifications [that] are lost. But even the identifications with the future are also hallucinations. That's not the Truth. That's not the Truth.

One has to be in the present. And how do you do it? Not by listening to any lecture or going to any sort of a library to find out. You cannot do it, again, with this brain that is today.

You have to have a brain which has that spark in it, that light in it – enlightened brain.

You are to be an enlightened person. Unless and until you are enlightened, you cannot see your way through, you do not know, you are walking in the dark, really you are walking in the dark.

And when this light comes into you - that is the light within us, placed there all the time. It's the light of our Spirit. It has to come in our attention. And God has arranged everything for us, everything.

There's a way of our germination which has to take place, and when it takes place you can feel that Spirit in your attention.

Now there is another misunderstanding I find [that] people have about Spirit: they think Spirit is an energy. It is not!

It's not an energy. Energy can be transformed, it can be changed, it can be evolved, it can be handled and all that.

Spirit is not! Spirit is absolute! It cannot be compared with anything else that you know of. It is an absolute thing. It resides in your heart. It's the reflection of God Almighty within ourselves. And you cannot call it an energy. Energy can be finished off, spent away, it can disappear into thin air. Not the Spirit.

It's a permanent entity. It is absolute by itself, and it cannot be compared with anything else.

I mean, just to give an analogy, one can say something, but that's a different point – just to give. But you cannot compare an absolute with anything that is relative.

So that's an absolute thing within you, which resides in your heart. And when this residual power of Kundalini rises, it ignites the attention within you with this spark of the Spirit.

Now, supposing, this light is here, take it [as an example]. If you put on this light – of course this light is an energy so you cannot compare with anything you know (14.20), that's the trouble, but still [if] you say this is the light – now this light enlightens this whole atmosphere and we start seeing things here clearly. But do you think that light which is there is the one that is in your attention? Not at all.

Your attention is enlightened by that light.

The light enlightens your attention; by that attention you can feel the All-pervading Power, the Divine Power, the energy of God, the Divine Energy of God, the energy of love of God.

You can feel it because it's a connecting link. Spirit is the connecting link. But it is completely absolute.

It just connects you to that All-pervading Power, that All-pervading Power.

I think we have talked about Creation, when we said that the whole Parabrahma became the energy and God Almighty, which was lost in the Parabrahma, means [in] a sleeping state, became the Witness.

Now this Witness is in the heart of human beings. This Witness is all the time there. When it disappears you do not exist! So it is not an energy. One has to understand.

Actually, somebody has written a book on Sahaja Yoga and when I was going through it I was shocked to read that he thinks that Spirit is an energy! So, energy, the Shakti, is not that Spirit and the Spirit is not Shakti. They have to meet. They have to meet so that the enlightenment in human beings, [of] the chitta (attention), takes place.

Our ideas, whatever they are, are ideas.

Even when I say to you something, I have always told that you shouldn't take me for granted – you should see [for] yourself. You should see for yourself how it works out. But first of all you must have that microscope – the Spirit – you must have that level of understanding. You should go to that point, you must have the breakthrough.

If you have not broken through that, you won't understand anything. You are not yet connected, there's no enlightenment. Without enlightenment what's the use of talking? Now, supposing I go and tell you there are red coloured curtains here and

there's a black coloured beams here, anything, and if the other person is blind, they are not going to understand anything [about] what is black what is red, what is yellow. But this is the truth, that we are blind. And also this is the truth that we can see.

And then we can see the real Truth. So the truth that appears before us now is not the Truth.

After realisation it is the real Truth.

I know one thing that, in the West, the rationality has gone too far. People rationalise everything, which has killed all the joy of life.

Everything they rationalise, which kills the joy of life. In the East people just do not rationalise, they do not think about it. That is also going too far. But there is a meeting point between the East and the West. And the greatest [thing] of all is that the West has discovered the science. Science is responsible, today, for Sahaja Yoga. Only through science we are going to spread Sahaja Yoga – if people understand what is the meaning of Sahaja Yoga is.

It's a very dynamic thing no doubt. It's working out tremendous things. But not in the places where people are very rationally judging everything.

Like a tree has got a shoot and a root. If it has got a shoot it has to have a root, otherwise shoot cannot hang in the air! It has to have a root.

Now, in the West, we are the shoots. You see, everybody can see everything. You can see what we have achieved, "This is the achievement." We have got big, huge affluent societies.

People are working out all kinds of gadgets and this and that. But from where is the energy coming? Somebody must have worked the down way also, in the root, which you cannot see.

To understand the root you have to change your style. It's alright, to become the shoot was different, but supposing you have to understand the root, you have to go down and you have to change your attitude. And that attitude is of trying to understand that we are not yet our Spirit.

All the prophets, all the great incarnations have said that, "You are to be born again," that you have to become the Spirit. We are not. Let us very humbly accept that. If you accept that, that we are not yet realised souls – that's all, we have to know – then it's easier.

But if we think, now people come to Sahaja Yoga's system, I have seen, in the West, it's very difficult, you see, to convince them. I have to sit in a particular manner, I have to talk in a particular manner, and I may not be that good, you see, at English manners maybe.

So they will say that, "Oh, this lady is no good, she doesn't know any English manners!" you see. And they'll judge you on some superficial things which may be good for the shoot, but not for the root.

Under these circumstances it is rather difficult to convince people about Sahaja Yoga.

But you must know that I am now talking about the roots and not about the shoot. Shoot you have got, you have got it, but you have to find the sustenance of it. If you do not find it, the whole thing will topple down. As it is very important to have the shoot, it's even more important sometimes to have a root, after some time, because if you are exhausted in your energy it's better to develop your root system, enrich it so that you sustain your society much better and achieve the fruits of your creation.

I see some new faces here and I'm very happy to know that there are some new people who have come to Sahaj Yog. For all the new people, I would like to say one thing: that many people come to Sahaja Yoga out of which, of course, now we have many people who are Realised souls here, sitting down. It's a great thing that there are so many Realised souls in England, specially in London. But many are lost because they just judge things on their own way.

So I have to request that you must give some time to yourself and to Sahaja Yoga, because you are all seekers. I don't want you to be lost.

The other day somebody read me out from John's Gospel that he says that only 144,444 people will be saved. I said, "This is very miserly of him to say such a thing!" (Laughter) "That's all?" I said, "That's all?" I mean how can it be? Only such a small number?

I just couldn't believe that how could he say such a thing. Perhaps his counting is wrong I think, or whatever it is, but I hope so it's not that bad.

And how many are going to join from England, we have to see. Blake had great ideas, he wanted to build Jerusalem, and he went into all kinds of details. I hope we'll be able to do some justice to him as well.

It is a great pleasure to come back to your own children after such a long stay there. I always thought of you here. All of you were in this cold, facing the cold weather of this country. And also, was thinking that, one day, this country will become a great country of spiritual life. I know this has to work out from this country only.

In India of course, it's very easy, but this country is the heart, heart, and we have to establish here. It's difficult I know, but still we all have to work very hard.

And, after this, I hope you all decide to go all over, wherever possible, to spread Sahaja Yoga.

That is the greatest thing that we have to do.

This year, according to astrology in India, the English are going to come up with new ideas and I would like to know their new ideas when we have this birthday celebration.

So, is it for birthday celebration today that, Gavin, you have arranged this programme? Birthdays are good when you are growing, but when you are getting old they are not so good isn't it? This birthday has a special significance I feel because, in that book also, it is written that, this year, something great should happen and Sahaja Yoga should come up.

And we all have to understand that, if we lose the time, maybe we'll lose many people who are just lost because of their ignorance. And we have to save them, we have to definitely save them.

There is no doubt [that] they are all seekers. They are seekers and lost. It's our duty to save them. We have to really work very hard to find out all such people and go close to them, talk to them and help them.

Thank you very much.

From the new people I would like to have some questions if they have any, because when we go into meditation I do not want your mind to come up and suddenly say, "Oh, you did not ask this question." Are there any questions, please? None? Very good. Better ask now.

Now about Kundalini that is there, and you can see it is placed in the triangular bone, can he show?

Somebody? This one? It is placed in everybody's body, the bone is called as "sacrum" means a sacred bone, it's a sacred bone, and it is the residual power within us.

We have a power which desires and a power that acts and a power that evolves us, but above all we have a power which is sleeping now because it has not yet manifested and it has created the whole universe for us, but is still waiting for that moment where it wants to meet the Spirit. And that power is the Kundalini, is the Holy Ghost within us.

That is the Holy Ghost. And this power has to be awakened just like we awaken the primule, or the germinating power in a seed which has to be awakened.

Now it's a living process and for living process we don't have to read or to think about it or to work it out. It's a spontaneous thing.

As you place a seed in the Mother Earth and the warmth of the Mother Earth, which you can say the love of the Mother Earth sprouts the seed, in the same way this germination takes place, this germination takes place within you, automatically, spontaneously. You don't have to do anything about it.

We have done nothing to become human beings and we have to do nothing to become super-human beings also.

Afterwards, after realisation, of course you have to maintain yourself. Like you have to maintain yourself to be a human being and not to become a beast.

In the same way, you have to remain an angel and not to become a fallen angel, after realisation, that's all. And it works out, absolutely spontaneously, and you become, again [I'm saying] you become. You really become a different person. You start noticing that difference showing in you.

With some people it takes more time. With some it takes very little. But I have seen people have to go in that transition period, carefully. But it works out, it does work out.

I haven't yet seen a person who has got realisation [who] is lost.

He comes back I see there are vibrations still, he has not worked it out, of course, there are problems, but still, you can maintain it, you can put it right.

So this is the Kundalini and there are six centres above that and one centre below. Now these six centres are within us. All of us have got it.

These are the subtle centres which give us our plexuses and these plexuses are the gross manifestation of these centres. These centres are pierced through. Only the six centres, because the seventh one is at the base of the Kundalini.

That's our innocence and that's the one which is not pierced through.

The Kundalini rises, passing through these centres, pierces through this fontanelle bone area, and gives us a real, actual baptism – actual. It's not that "I baptise you," put the hand there, it's not that.

You actually feel the throbbing on your head and you see the piercing, by feeling the cool breeze of the Holy Ghost pouring out of your head. You can feel it very clearly. That's how it is.

It is surprising how people reconcile to things, because they say that the cool breeze of the Holy Ghost is there. Now where is the cool breeze? Ask these people. We say that, "We bless you with the Trinity." But where is the cool breeze? Where is the cool breeze?

When you talk of blessing somebody with the Trinity there has to be the cool breeze because cool breeze of the Holy Ghost has to be there. And there is no cool breeze, so how are we to believe that what they are saying is what they are meaning?

And that is what is the Truth is. You have to have the cool breeze of the Holy Ghost and where is the cool breeze? That's one of the points one should find out.

Now this cool breeze is not only a simple cool breeze. It definitely acts, it works, it cures.

There is a case, recently, very interesting, that I was actually in a village in India when a father of a son came to see me, who, the son, was sent to America for treatment for blood cancer. And, of course, I gave vibrations from there but I asked one of the American girls to treat him and he's cured, hundred percent he's out of the hospital.

Yes, it can be done! And it is so fantastic. You can do it. I need not do.

You can do it. It's that girl Christine who has done it and she has cured him, completely, hundred percent. The boy is out of the hospital, he is going back to India. So all these things can be done.

This has to happen. Once it works out, then one has to work out a little bit more to understand how to use the power, how to use the power.

It's very simple, it is so spontaneous. Nobody told us how to see. Did anybody tell us? We have eyes, we can see. It is so spontaneous. Because we have got eyes which can see, so we are seeing it.

What is there to be told about it or taught about it that, "You see that now there is a..." It is there, we can see it with our own eyes.

What is there to teach? Do we teach our own nose that there's a fragrance coming in?

It knows (that) it is coming in. This is known as bodha. This is known as the knowledge, it is the knowledge by which you can feel it. It's not the knowledge that you read in the books. If you read in the books "The roses smell like this," will you get the smell? Or [if] there are some people who wear a Rolls Royce, you see, on their neck, a picture of Rolls Royce and they think, "We are going in a Rolls Royce very nicely!" Do you do that way? It's stupid, isn't it? But it is such stupid things people do, you know. They carry on with such artificial things believing that they are doing it.

So one has to know that it is an actualisation, it has to happen, it has to work out within you. You cannot just befooled yourself saying that, "I am that, I am this, I am that." If you say, "I am the governor," do you become the governor? It's simple as that, absolutely very simple.

And, once it happens, as it is simple to you to be a human being, it will be as simple to you to be a Sahaja Yogi.

Only thing: to be a Sahaja Yogi you have to know.

As you have learned your language you have to know the language of Sahaja Yoga: what does this finger means, if you get the burning on this finger what does that mean, what does this mean.

Everything you have to know, just decoding, and I am here just for decoding, nothing more than that.

Now any more questions?

Seeker: Yes, is it possible for the Kundalini to be opened prematurely? By something... hypnotism or brainwashing or something...

Certainly you were talking about these groups. If it works it out and you can do anything good with it, or a constructive, is it

possible to have this developed prematurely, or opened prematurely? In a non-developed state. (Not completely audible)
Shri Mataji: Kundalini doesn't need any development. It is complete by itself. It doesn't need any development as such. But, what happens, when the Kundalini passes through these centres, you see, the centres, could be sick, could be constricted, there could be a problem, somebody may be an imbalanced person, or you may be a person who doesn't follow certain rules and regulations of sustenance, could be there. Some sort of a thing is there.

Seeker: Could it be the person is too open?

Shri Mataji: Beg your pardon?

Seeker: Could it be the person might be too open?

Shri Mataji: Yes, vulnerable type who accepts everything, you see.

Seeker: Yes.

Shri Mataji: ... goes to the lunatic asylums also, wants to be with the rogues and wants to be with this, wants to be with that, all that. You see, such a person can be also in torture. But that is the path, the path of Kundalini could be in trouble, could be. But Kundalini is not that way.

Of course, sometimes She is so hurt, I have seen her being very much hurt, passing through that path She feels so hurt. But that's a different point. Now this Kundalini is there, just matured, sitting down there, waiting for a moment to rise.

Now what happens, when people who are not authorised by Divine Power of God, who are not holy people – we should put it straight-forward, who are not really holy people but just are, we can say, what is the word I don't know, unholy? unholy people, or you can put any strong word you want – 'hypocrites' or anything.

If they try any tricks with the Kundalini then there's a Deity sitting on the first centre, He hits them hard! And that hitting can cause big problems, like people can develop blisters.

Not the Kundalini, she is your Mother, she is extremely kind, She is not going to do any harm. But this Deity which is the Deity embodying your innocence, it can't bear any wrong entry to the Mother, so that Deity gets angry and you get problems of the sympathetic nervous system. And such people have so many problems. They can have blisters on the body, even cancer!

Because these people have no authority, they cannot awaken it. They cannot awaken it.

For example, if you put a seed under a hot blanket, will it prosper? It will die out. It has to be the Mother Earth. In the same way the one who is authorised to do the Kundalini awakening has to do it. Anybody who tries otherwise then He harms the person. And [it] can be very harmful.

So that kind of a horrible thing happens to many people when they just try to bow to wrong type of people. This head is not to be bowed to anyone who has not given you realisation. Why should you? You shouldn't bow to me also! I have not given you realisation [yet]. When I will give you realisation, then you should bow to me.

But in India if you tell people, "Don't bow to me," they have already accepted me, you see, so they feel very hurt if I say, "Don't bow to me you are not realised."

But here I would say, I would prefer a person not to bow to me till he has got his realisation. That is very important. Because after all, I may be a hocus-pocus – could be, possibly – so why trust me that way? Don't put your head at my feet. You just have your realisation first and then.

But it is quite true, people are playing havoc with it, absolutely havoc. It's very dangerous.

You see a person who doesn't know how to put on the light can burn his fingers and say that electricity is wrong. But he doesn't know anything, he's naive. To put it very mildly we can say they are naive. But there are sinister people also who deliberately do it just to torture people.

That's why people are frightened also to hear about Kundalini. I know a gentleman has written such a thick book and he says the Kundalini is in the stomach! I said, "It's not there, it's not there!" I mean, it's so absurd to hear such things, but they write books without any authority.

You see, anybody can talk about God! Hitler used to talk about God also! Who's going to catch hold of him?

But you can see the throbbing of the Kundalini. In these programmes you can see, of some people, where there's an obstruction. On the Nabhi chakra, you can see the throbbing; clearly you can see it. Many, all of these people have seen, those who are sitting. What else? It's a good question. Because it's very common. I have seen people have read about Kundalini. You are all seekers you know, you are all seekers, so you are seeking, you are reading all these books. I know that you are reading all these books and that's how you know about these things. But it's not the main thing. Main thing is: Kundalini awakening must give you realisation, must give you your own power.

I may be very powerful, or whatever it is, so what? What's the use? Unless and until you have some powers of your own, why should you believe anyone? But people are brainwashed you see; there is some purpose behind it. It's money making propositions. All are money making propositions, take it from me.

[A seeker says something]

Shri Mataji: What he's saying?

Yogi repeats seeker's question: How do you raise the Kundalini, Mother?

Seeker: What can you do?

Shri Mataji: What can you do? Nothing! Just now we'll do it but it's nothing [that] has to be done. That's the main point. It's sahaja. It's just spontaneous. Nothing! What can we do to make a flower a fruit? It's as simple as that. Alright? It will work out. That's a good question, [it] means you are anxious [to get it] (laughing, laughter).

What about getting all the people who are new in front and all the people who are old, very old, a little backward (laughter, laughing).

So all those. Is there anybody sitting at the back who is new? Come forward, please, come forward. There is nothing to be frightened about Kundalini. She is your Mother, She's extremely kind.

Sahaja Yogi: Mother, should we make room for people to come and sit down?

Shri Mataji: I mean, they can't sit on the ground. So, those who can sit on the ground can come down. Yes, that's alright, yah.

First two rows is alright if they are there. Just come along! Come along! It's good. Come here, come here, come forward, yah. Come along, come along, yah, come along. These are all seekers. Don't worry. Don't worry about anything. You see, even if you have been taking drugs, if you have been going to other gurus, you might think you are a sinner or you might think you are a very guilty person. Whatever you are thinking, now forget about it! Just forget about it. Don't feel guilty, that's first thing, is – don't feel guilty. You should say, "Mother, I am not guilty".

That's very important. That's one thing: that you are not guilty. You are the temple of God.

You have come here to become that, to know that. So you are not to feel guilty at all.

That's one of the greatest problems of the West is that they feel guilty.

So please tell yourself thrice, clearly that, "Mother I am not guilty,"

For anything! Everything will be forgiven. What is it? It is nothing. Say there's an ocean of forgiveness, an ocean of love, an ocean of compassion. What is this? Little speck here and there? Cannot be washed off?

It's very simple. Your karmas and all that Christ can suck it. He resides here, once he's awakened He'll suck all your problems. Just don't worry. Trust in Him.

Good. Agnya opening out.

Now what you have to do is to put your hand towards me like this, because these are all the centres which are to be awakened so the news goes through this, or the message, you can say.

And you can put the, both the hands towards me like this and close your eyes. That's important. Don't open your eyes because when Kundalini comes up here there's a dilatation of the pupils so just keep your eyes shut. But sit in a very relaxed manner, very relaxed, very relaxed.

Just put both the hands towards me, just like this. Can you put? Just like this.

Put your hands also please. Why don't you put your hands? What he's saying?

Yogini: He said he only came to listen.

Shri Mataji: No, there's nothing more talking.

Just put your hands, please. There's a right Agnya from the very beginning.

Put both the hands towards me, please, and close your eyes. Just close your eyes.

(Mother rubs her hands and blows)

Keep your eyes closed. If they are flickering then you can open (them), otherwise you keep them closed. And keep the face also still. No emotions or anything, just keep it still in a mood of witnessing. In a mood of witnessing you should sit, putting both the hands towards me.

It works out, actually should work out in a second, or you can say, split of a second.

But the problem is, because of certain complications it takes time sometimes. Doesn't matter. But it should work out.

1982-0321, Birthday Puja Talk: I have to learn

View [online](#).

21 March 1982

I Have To Learn

Birthday Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Nice to see today so many Sahaja yogis looking like beautiful lotus flowers, as the blossom time is filled with the fragrance of your beauty. It is such a pleasure for Me to be your Mother and to be able to communicate the Divine, the powers of Divine, the beauty of Divine to you. It was never possible before, as you know. Everyone tried their level best but nobody could achieve it, to communicate that beauty.

As you know, Sahaja Yoga, or this Mahayoga is a very unique system, it never existed before. It has come into existence, of course, I should say that because the Parabrahma decided to take a form, but you also all decided to come on this earth to receive the blessings. It cannot be possible to do anything with one hand. The beauty of Sahaja Yoga is great, no doubt, which I am sure very soon people will realize that this is the only way. All lost people will come back to Sahaja Yog, I'm sure, and they will achieve what they are due.

You don't have to do anything about Sahaja Yoga, you just walk in and you can get Realization. In India there was a gentleman who came to see Me and he told Me a big story about his woes, he told Me he's under debt, he has so many problems, his wife is like this, his children are like this, and he has problems, political problems, all sorts of problems he had. And then he got his Realization.

And he said, "Mother, what have You done to me?" I said, "Why?" He said, "I have forgotten all this and I'm in joy, I am in joy", you see. I said, "It could be an escape." He said, "No, I can see all that, but I am still in joy." Next time he met Me he said, "I've solved all my problems, because I was in joy, and I could share it with others. Things improved a lot."

That's how Sahaja Yoga works, instantaneously, spontaneously, without any effort. It's true. But we have to face certain things. The fact, that we were not so prepared for Sahaja Yog, in the sense, that we are people living in this life of turmoil, confusion, all kinds of funny ideas. And idea of dharma is also missing, it's only in the books or in the churches maybe somewhere people talk, only talk. It's not actually existing.

Moreover, we have also not got the traditions left with us, which are required to be a person to worship the Divine. Most of our traditions we have lost because firstly we discovered that there's lot of hypocrisy and insincerity as far as religion is concerned. The people who talk of religion behave in such manner that you cannot believe that there is God. So they denied God, they denied all the traditions, they said, "This is all useless, it has no meaning, better give up all the religions, it's fanaticism, it is nonsense."

Because it did not give them any fruits, according to them, they couldn't wait for Sahaja Yoga to come in to prove that all religions are absolutely correct, and their traditions are absolutely necessary if you really want to have the maximum of the joy and the beauty of the Divine.

But it so happened, that we lost those traditions, we've lost, most of the traditions are lost. It is surprising, how many traditions we have lost and we are not aware of it. So a new education is needed for us to understand the traditions of worshiping.

It's easy to have a puja, because your Mother is always available. If you just tell Her there is puja, She'll dress up and come down here. But in tradition at least there should be an invitation, you have to come, and receive, and ask for coming, because now you see the joke of the whole thing is. But it's all right, because you don't know, it's all right.

It's not only that, I'm saying on the whole, a worship is a tradition which has come to us from great seers and ancient sages. Anybody, even, say, Moses, you can say Socrates, you can say Dattatreya, or Markandeya, or any one of these people have found out the ways and methods how to tune our instruments to the Divine to achieve the maximum joy. How to please the Deities, that's the main point is, how to please the Deities.

But it's a crude word "pleases", but how to... I don't know what should I say, innovation they say, or what do you call that? How to spark them, invoke, invoke them, invoke them that they give you complete blessings.

And the trick of the trade one has to learn, one has to educate. There's nothing wrong in getting educated.

So we know that we have to educate ourselves, first point, and secondly we have to know that for that we have to be humble. The humility should be such that "I have to learn. I have to learn. I have to educate. Nothing wrong in it."

And I have told you before that in ancient times the gurus used to be so strict with their disciples that they used to put them hanging on a well for three days, before they could enter even into the university. So if they could stand all that insults, then only they would bring the students inside and start talking about any education.

Because, you see, in educating a person if you have no humility and understanding that I do not know, I have to know, - it's a fact, because this is the new journey towards the roots, as I said.

You are the roots, Sahaja Yogis are the roots of the whole universe, do you know that? You are the roots, and as roots you have to know how to journey through this deeper parts of spiritual life, to grow. When you grow deep, the tree grows up.

It is through you only, the nourishment of the this overgrown universe is going to be looked after. And the more it overgrows, you must grow deeper. But for that you must have education, it's important. Look at the little cell at the tip of a root, how it moves with complete intelligence, understanding and wisdom. Supposing it is hit by a stone, it doesn't feel bad, it goes back. It knows where to recede, where to go further, where to go round the thing and how to use the same stone for making the tree very strong. All this education you have to get through your experiences and by all the time saying humbly: "I have to learn." That is very important, that we have to have that humility to educate ourselves. Because with that education you'll embed this tremendous task into the minds of people, which is a very difficult thing.

The movement is outward in this shoots, in this outside tree, outward. It's easy to impress a person if you are insincere, very easy - if you can dress up in a particular way, smile in a different way, look in a different way, if you can act very well you can impress anyone, for the people who are superficial we say.

The veneer that we have so far is not needed any more. There is no need to have the veneer, because inside we have found our Self, our own Spirit, our own beauty which is going to flower out, which is going to come out.

So there's no need to have any artificial veneer at all, because I know you and the Deities know you.

There is no need to have any artificiality outside. We put on some sort of an artificial veneer. What's the use for us? Nothing, we are not going to impress people outwardly. We have to impress them inwardly.

So for inward growth all this veneer must drop out. The veneer has come through so many kinds of acceptance of norms and the, we can say, the formalities of life are concerned. That veneer is within us: if you say thank you ten times, finished, if you say sorry two times, is all right. But from inside to feel something, to genuinely feel something, to be genuine about it is our work.

But that doesn't mean that we should have no tradition. Tradition gives us that beauty to grow in a proper way.

For example, you'll see, we'll find people talk here sometimes gives you a shock, I mean the way 'I'll buy you a lunch today,' say, a thing like that. It's horrible to say such a thing, as to say 'I'll buy you a lunch today,' you see. It's very rude and crude way of talking, isn't it? On the contrary, it's better to say that 'Will you give me the pleasure of you having for lunch?' Is no artificiality:

that's the way you should feel it. There's no artificiality because from your heart it is coming, you're saying it from your heart.

But if you are not saying it from your heart, it's better even if you are not saying with your heart, it's better to say that it would be a pleasure. Because to say that 'I'll buy you a lunch and you buy me tomorrow.'

To say another thing, you see, it's also possible, this is, this people think is being very open, and there's no insincerity - because you are insincere! Because you are insincere, that's why you want to avoid insincerity. Why not be sincere?

By saying whatever looks so sincere is actually vulgar. It is not proper to say such a thing. But for a Sahaja Yogi if he is traditional as well as his inner self is shining, it's like a beautiful diamond put in a beautiful ring.

So I feel that an education in our behavior has to come in. Our language has to change. Our style has to change.

We have to live in a way that people should feel that these are decent people, very normal people. You don't have to do anything abnormal to be a Sahaja Yogi. You have to be extremely normal, decent people, who know decent language.

There is no need to put up any show, for example, you see, an artificial smile, or an artificial face, there's no need at all. For a Sahaja Yogi to become like any other person is no hypocrisy. You see, a Sahaja Yogi may think 'Mother, it's a hypocrisy, because I'm a Sahaja Yogi, I'm a Realized soul, why should I dress up like other people, you see. It's a hypocrisy.' It is not. For a king to dress up like a beggar, is it a hypocrisy? Will you call it a hypocrisy? It is not.

Now, I am a, I am supposing, I am a Goddess. I'm not supposed to dress up like ordinary people. I'm to be decked up all the time, I should have this, that, but I have to dress up like ordinary person, so is it hypocrisy? Is it hypocrisy by [that?] It is not.

Hypocrisy is to claim something that you are not. It's a higher level. You see, supposing a person, who is not even a realized soul, and he says 'I am a guru.' Then he is a hypocrite. But not a real guru, behaves like an ordinary person. Is a question of discretion. One should understand, is a question of discretion. So when you dress up like an ordinary person in an ordinary way there is no question of hypocrisy.

But maybe you are doing it for a thing not to appear something so much that other's ego is hurt.

Actually I do that only just not to hurt anybody's ego, to be very frank. I go about like that because I do not want to hurt anybody's ego, because hurting ego means they'll go down further, so maybe that is the reason you are doing, for the sake of their good if you have to take up a dress like that - doesn't matter. But hypocrisy comes in when you are not that and you claim something (else?).

Now for a Sahaja Yogi it is important to know that he has to improve. He has to go further, he has to grow. And for the growth whatever is necessary must be accepted in right, proper way.

Now, today is a very auspicious day that you are celebrating My Birthday. I'm sure by the time I'm sixty years of age you would grow so fast, this year I wish that you grow so fast, that when people see you they should feel a great beautiful personality standing before us, each one of you have to be great people, each one of you.

For Me, that's the only thing to be seen. And it can be accelerated very fast if you understand you have to learn every moment, the humility is necessary. If you know that you have to grow every moment you'll be amazed how fast you can grow.

Every moment you have to change. For example, your style of talking, some people have a style of talking, you can see in the mirror, how would you like a Sahaja Yogi to have that kind of a style of talking? Some people have a style of, you see, laughing in a funny way, all the time they'll be laughing, giggling, while talking "he-hu" they go on, that's not the way a Sahaja Yogi should be. He should be serene, he should laugh when it is necessary, he should smile at when it is necessary.

It is so much in tune with your Spirit that whatever you do should create beauty. Even when you cry at the time when it is necessary, it's so beautiful. See, tears come into your eyes sometimes, they do. But you see somebody very sick, somebody very ill, unhappy - then the tears should come, not when something about you is bad. That's a Sahaja Yogi.

The Sahaja Yogi must feel for others, not for oneself. In the same way, when you laugh, you see, you shouldn't just laugh as a matter of habit. Some people have a habit, whenever they talk they start with the laughter or they'll just in between "he", they'll say again "he", they'll say - has no meaning. Every time the person who laughs can be idiotic also, so one should not appear that way. Or one should not be so serious, that next moment a person wants to get away from you the way you are serious. I mean there are silent bores also, they just bore you by their silence.

But whatever you have to speak it should come from your heart. If it really comes from your heart, I tell you, it will have so much effect, because heart gives that beauty to you. That's your Spirit. Connection is with the Spirit. When you speak it from your heart, feelingly, whatever you speak, it shows so much of your feelings on your face, and on your behavior, everything, and it touches another person's heart, means you touch the roots of the person. You touch the absolute innermost part of his, "antakarana" as you say, innermost compartment of his life, and from there the light comes.

Now this difference we must understand that our education now is going to be sincerity to speak from your own heart, and not from outside. Now we have all the formalities how to say it, how to eat, these things are very, very superficial for Sahaja Yoga.

These are not so important. For Sahaja Yoga, these things do not matter. But traditionally those things that are accepted must be seen, discretely used, and we should behave in such a manner that whatever we say from our heart should have that beautiful cover of a tradition. That's all. But you need not be artificial at all, there's no need to be artificial.

Now the line to draw between artificiality and reality is very difficult for people.

Because, you see, if you intellectualize it, you can intellectualize everything. For example, if I say that something is wrong with you. So you may feel that I have criticized, or something, you may feel bad. This is according to his reality, is not true. It is unreal.

Because you have come here to educate yourself, all right? Now I have to tell you something. When I tell you and if you feel hurt then it is not reality. Then what is it? It is your ego, you are playing with your ego, not with your Spirit. On the contrary, a man who has Spirit will feel happy that 'I'm in the attention of Mother, that She can correct me.'

So second is, that to be in the attention of your Mother. Whether She says you're good, bad, or anything is very important, is very important. Not to be away from Mother's attention is very important.

Because supposing today you might feel something bad and you may try to get out of Her attention, who will look after you? She is looking after you, She has to correct you and She has to tell you that this is not proper and this is not good, this is good.

In that you have to have faith that you will definitely come up, you will have to come up, because I am interested in you I am telling you.

So to be in the Mother's attention is very important and that Mother's attention is all the time with you till you absolutely try to get out of it.

Because I cannot force Myself upon you, that's the main point is, I cannot force myself upon you. But if you want My attention, then I have to tell you if you are touching something, say a child is touching this fire, won't you tell the child don't do it? So every moment the Mother has to look after. And She, She loves you, not only that, but to Her you're so important. I mean, nobody would like to say anything to anyone these days, because people want to be popular, this cheap popularity. I'm not a person who is