

and self-respecting and very well-behaved.

It's surprising how the atmosphere is and how it works out. And the other day the lady asked Me about the women and I told her that a woman's power as a mother is very great. And she felt hurt about it. But I didn't mean that you should be just a mother. What I am saying, she is a mother, means she is compassionate, she is kind, she is not aggressive like men. That is a very big quality. That is a very big power in a woman. That is what I was suggesting that that is what we have to earn, is not to compete with men. It's madness to compete with men, and to go about like that, because... You see we have to understand that life has to be enjoyable. Life is to be a blessing, not to be a misery. We create our own miseries by these false ideas, by our own confusions we have in our mind, mental projections we have in our mind, or our own obstinacy – whatever it is.

All these things can be cured if you take to Sahaja Yoga because you become a balanced person, level-headed, wise person. And you become a witness. The whole thing becomes like a show, like a drama. And you become fearless, you start seeing the whole thing like a drama. And this is what a human being has to achieve. We talk of peace. We talk of no war. We talk of many things like this, you see, atomic bomb, this, that... All that is not going to work out. Only what is going to work out is the transformation of human beings. If the human beings are transformed, things will work out absolutely first class. Not only that, but that they will enjoy the bliss of life. We are missing the point altogether! This is a very important thing that human beings must say, one thing: what have we achieved out of all these? Just for a minute to stop and think.

Reporter: What would you say is the definition of illness? What's the causes of illness?

Shri Mataji: It's the physical, mental, emotional, all illnesses are caused by the imbalances within us, by our extreme behavior. And supposing say now the cancer. We can take the cancer. Cancer is caused by the over-activity of the sympathetic nervous system. Now supposing a person is a very sad person. He cries and weeps and all the time feels guilty and thinks that he is the worst person ever born, he's committed so many sins and all sorts of nonsense, you see. Then he goes to the left side, according to us and crosses over to the collective subconscious area. And there, according to us, what they call as Protein 58, and Protein 52, doctors call it that way, but we call it as the dead souls; they exist there and they catch hold of you and they trigger the cancer. But supposing by any chance you can bring the attention fully away from that in the center you can get cured. So it is the centers within us which are subtle, which are basically seven centers. There are many others, but basically seven. If you can put them right, you cannot have any sickness or illness, of any kind.

Reporter: Let's go back to your childhood. Can You explain - Your parents supported You very much in Your learning and in Your studies. It's correct? [unclear]

Shri Mataji: Yes, yes. Of course. You see in...

Reporter: Is this normal that parents support the child like You in Your family?

Shri Mataji: In India, all parents support the child. Even if...

Reporter: You can learn everything what You want to?

Shri Mataji: Yes, yes, I mean, that is true. But you see the basic thing is parents are very benevolent to children, very kind to children, and to them, you see, the child's education, child's upbringing and child's life is very important. That's why we know they are, so we depend on them, they look after us and they are very wise people. They sacrifice everything for us. So, whatever they say we think it's nice and by doing this we have not lost anything so far. In India if you find Indian children when they come abroad they always talk the least anywhere. They are very obedient children and they behave very well. We don't have all this problem, teenage problem, homosexual. We don't know even all this problems are because we are so close with the parents all the time. They all the time watch us. We don't have drug problem, none of these. Only in the cities, little bit, it happens and it disappears; because parents are all the time with their children. We live together. The whole family lives together. And not only with the parents but all the relations and all the people in the village and the city, everyone knows each other. Such a joint system

we have that we do not normally, sort of, go into wrong ways and methods and we do not become obstinate also.

Reporter: But, You grew up in a Christian family in India?

Shri Mataji: Yes.

Reporter: It's not a normal situation, that Indian people are Christian?

Shri Mataji: Yes, I know. It is, you see, I was born in a Christian family deliberately, because I think, you see, I personally think, that Protestants are the greatest fanatics; because they are very sophisticated, you see, their fanaticism is in their brain. Nobody can make them out of their fanaticism. They are very great fanatics, the greatest of all. But My parents were very enlightened people and they understood Christ very well. Yesterday I told you about Paul, you see, when I was - first time I took the Bible in the hand and I asked My father, "Who is this Paul?". He said "He is an intruder. Forget him. Don't read him at all." So you see they understood all these things very well and because My father was a realized soul, like Khalil Gibran, you see. If you read Khalil Gibran, he says the same thing about Paul, the same thing. So, you see, if you are an enlightened person, you see the essence of everything. Whatever religion you may be born, you don't ignore any other religion. You try to learn about other religion, and you find the essence is the same in every religion. What is there to fight? And that's how you belong to no religion, you belong to every religion. That's what happens. But My parents were very enlightened people, I must say, and I was very lucky to choose them as My parents.

Reporter: You have been an enlightened child, is it correct?

Shri Mataji: I beg your pardon?

Reporter: You had been an enlightened child?

Shri Mataji: Yes, I have been born as an enlightened child.

Reporter: But You don't feel sometimes very lonesome, because all the others are different?

Shri Mataji: No, no, that is, you see, if you know how to share with others... Actually I was like a Mother to them from My very childhood. When My father, mother went to jail I was, first time, I was about, I think five and a half years of age. So I had all the keys of the house in My little frock thing, and I used to carry all the duties like a grandmother. I never felt lost. I mean, My life is on the whole is very collective, by temperament I am extremely collective. I can live anywhere. I can sleep anywhere. I can live in the jungles. I can... I have no problems of that. I am extremely collective. I am not exclusive by temperament, from very childhood. I was very friendly with all the people in that area where we were living and My mother was known as Nirmala's mother, father was known as Nirmala's father. So they said, "We have lost our identity because of Her". So I was a very friendly person. I never felt lonely, and when I am with Myself I am never lonely at all. I enjoy Myself very much.

Reporter: When You had been to the ashram with Gandhi, can You mention one or two impressions You remember about Gandhi?

Shri Mataji: Oh! Gandhiji was a tremendous man. One has to learn a lot from him. He was not at all a hypocrite, that's one thing. And he was not like modern, we say, politicians, who says something, do something. No, he was very outspoken and always put himself on the testing point. And he used to confess if he made mistakes, immediately. One very great incident I remember, when I was a small child. They were having a meeting together and we girls were there only sitting giving them water and things, to all the people. All the big people were there, like... Jawaharlal Lal Nehru was there and also Maulana Azad, all these people were sitting there. They were discussing something and then suddenly Mahatmaji said that, "Now it's very late. We'll have lunch here." So they said, "Yes, yes, we'll have lunch here." They had to go to the guest house which was far away. So Mahatmaji asked for the Baa, is his wife. She had gone out. So he got up. He had a key with him, you see, always of the store room. He opened the

store room, and he asked the people who were in charge of cooking to measure everything according to the people there are, properly, everything, you see. And then he, and they measured it out, everything was done then he put the key back, and then he went and sat there nicely. So these people said, "Bapu, we did not know you had to take so much trouble, you see, to go all the way and measure out everything out for us." It did not take much time, about fifteen minutes, but still. So he said, "What do you think? This is the blood of my country. I cannot allow it to be wasted". See, that's the sign of a person who understands the value of public money. That's just ingrained in him, but those who saw him also felt that, "Look at this man, who is living like an ascetic, absolutely, in the sense that he would not touch the public money". And that is one of the key, keys for all the leaders. If they are absolutely above the money, then only people will respect; otherwise, there is no way out. But you find these days in every country so much of corruption, hypocrisy, then you are really shocked.

Reporter: What do You think is the reason of all these corruption, of the political instability?

Shri Mataji: It's ignorance. It is ignorance. They think by having money or by having big position or by having a big name, they'll be happy. They will not be happy. Only the ego will be pampered. When it is slightly hurt, the person will be unhappy. So he'll be going into from happiness to unhappiness. But when he gets the knowledge that it is the Spirit which is the source of joy, then he doesn't care for money, he doesn't care for all these things. He is not afraid of anything. He lives like a Lord himself. He is a Lord, he doesn't want anything. You see, the one who is the Lord doesn't want anything. For example, now, as you know, I come from a rich family, my husband from a rich family. He's now well to do. We have very comfortable living, but I can live in a, on a street, I can sleep on a street, because I am like a queen. I don't need anything. If you need anything then you are a beggar, otherwise you are a king, isn't it? That's what I feel. So that is what is the ignorance. Once they know we are just fighting our ignorance they'll give it up. It's nonsense. It is nonsense and it's not at all joy giving. Your virtues are very joy giving. If you know about your chastity, or you know about your honesty, or if you know about your straightforwardness, it's very joy giving. You feel so confident, so happy and such a person never tries to harm anyone, to be sarcastic with anyone. Such a person is absolutely free, I should say, because he has no bondages of any kind. These are all bondages which bind us and we become jealous and we become greedy, we become lusty. All this is nonsense. It's to be just seen after getting to your Spirit that the light shows these are all like snakes, you see, crawling up on us and we are holding on to snakes. People when they die, you see - big, big people I have seen - people tell about them. In the history they go down as horrible people. In the history they are described as people who were hypocrites, who were cruel, who were very, I should say, adamant type, and all kinds of things is described. Whatever is genuine remains genuine.

Reporter: You never, don't feel frightened?

Shri Mataji: No, I don't. I don't know anything like fear. What's there to be afraid of? I am never afraid of, because if you believe and you know definitely there is God all over, there is nothing to be afraid of. He looks after you every moment, every minute. Wherever you are, He looks after you. These people have had so many experiences of that. There was one girl who was a Sahaja Yogini and she was driving somewhere in Germany on an Autobahn, and there were so many cars were with her. And suddenly her brake failed and the car started going this way, that way. She didn't know how to manage it. She said, "Now, what to do?" She just... She had another one also with her. Both of them, they said, "All right, let us close our eyes and think of Mother." They just started thinking of Me and said, "We'll not be afraid, just think of Her". And suddenly they found that their car had come to one side of the road very nicely without any scratch. So, you see, it is just our fear makes us more frantic and stupid. There is nothing to be afraid of. It is to be seen how God helps you. But people don't want to take His help, you see. Then God says, "All right, go ahead and break your head. What to do?"

Reporter: Sometimes other people are helping.

Shri Mataji: Yes, then you should know how to handle them. You see, they, for example, yesterday that fellow came. You see, he just became like a beaten up dog. You saw him coming and saying something to Me, which you never heard. But they belong to a cult, some sort of a cult, you see, and they always oppose us. They have some sort of Christians. And when I was in Geneva, one of the ladies, all, you see, dressed up in a very fashionable way, she came to Me with a Bible in her hand to hit me, you see. And everybody got frightened that now she is going to beat Me. This woman walked with big high heels upon Me and I don't know,

they thought she'll do something to Me. As soon as I saw her with the Bible, you know, I started laughing, absolutely. I couldn't bear. I thought, "Such a joker she is. She is coming to hit Me with a Bible? How can she do it?" And she got worried about Me that I am laughing so much. It's all on the tape. And these boys were very much frightened, I've seen. I was not at all. I said, "It's perfectly all right," and she ran away because she saw Me laughing, you know. I just couldn't help [unclear] laughing at the joker, the way she came to hit Me with a Bible. Imagine! So this is what it is. If you are afraid then they sit on your heads. But you should not be afraid.

There's a Chinese story that there's one king who took two, two cocks for fighting to a very realised soul, a guru, and he said, "You make them all right". So he said "All right". He trained them for one month, and they went for a fight. So many cocks were brought him to fight these. So these two were standing there, they would not attack anyone, just standing. Everybody was attacking, they were just standing. Everybody got frightened, all the, all the cocks got frightened and ran away. And these two were standing there nicely. You should not attack anyone, nor anybody would attack you. Yes, they are there, but quite alright. But I am not frightened of them. So far nobody has been successful.

A person: I request Mataji, if Mataji can explain how to raise the Kundalini, that may help the guests also.

Shri Mataji: Explain how to raise the Kundalini.

A person: Yes.

Shri Mataji: He wants to know how the Kundalini is raised. As they explained the, yesterday in German language, that at the base of our spine, there is a power lying there, which is the reflection of the Holy Ghost within us. And the Spirit lies in the heart which is the reflection of God Almighty. So the power of God is the Holy Ghost, is a female power, because God is a male, then He has a son. There has to be a Mother to the son. They didn't want to have a woman there, imagine. We cannot have women for... They cannot be ordained. This is too much. It's not in India like this, you see. You don't find this kind of a nonsense there but is here that women have accepted, though you are so advanced. There, here it is so stupid that women cannot become priests. Why can't they if the men can be? So, this, to avoid the women from the whole thing, they called it a Holy Ghost, without telling that it's a female. And that female power is the Shakti which resides in the triangular bone. Now, what happens, that when a person who is authorised, in a way that a person who is a realised soul, is faced by such a person, then the Kundalini spontaneously rises. Just like in the womb of the Mother Earth if you put any seed, spontaneously it sprouts because it's a living process. And it passes through the six chakras. The seventh is the last chakra, which is the pelvic, which helps the pelvic plexus. So it doesn't play any part, means sex does not play any part in this. You become like a child. And the Kundalini passes through six centres ultimately the sixth one is here, which we call as Sahasrara, meaning thousand petaled lotus. But actually it is the limbic area, and at the apex of limbic area here, at the fontanel bone area, it pierces through, and you actually start feeling the cool breeze coming out of your head. Actually start feeling like that. So, it just sprouts by itself, it is a spontaneous happening. Did you understand? You are from the country of Krishna, you should know many things. After coming here, you people have forgotten God. Is it true or not?

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Advice On Small Children

Talk to Sahaja Yogis

Meli Ashram, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

[Unclear] which are going to the Primary Schools. But even those who are not going to Preschools are the small children when they are born. And that's the time one has to be much more important. Because that's the time they are the most impressionable is when they are born.

I have given some instructions for the children: how to do all the things when the child is born, how the mother must be respected for 40 days and how the child must be looked after and massaged and all those things, I hope you have got all these things with you. But certain thing in that, I didn't mention which are like medicines and things like that, simple medicines that should be given to children. The reason is, your thing was prepared by Lewis and I couldn't tell him all that. But, for example, a very simple thing is like this.

Supposing they are boiling the milk for the baby with some water, if they are mixing up water and milk. Then the problem is, if you separately boil them and mix, then the child will get cold and constipation or maybe diarrhea. But mostly constipation and cold, and nose will be always running. So basically, you give a child a problem, that this cold might continue forever.

So, what you have to do is to boil both the things together, together. Start from the un-boiled state to the boiled state, boil it, fully boil it. It's not that you put it to a temperature, but fully boil it. Then keep it in a thermos flask or wherever you want to put it and that milk can be heated together and given to the child, whenever you want to put it and that milk can be heated together and given to the child, whenever you want. If you want to put it in the fridge you can put it, but the water and the milk must be boiled together, that's the point that is very important.

Then I have also seen that some children have very thin body, very low weight, some children have. So, you must immediately find out if the child has got liver. Could be the child could have got this liver in the hospital, because they are born Realised children and, in the hospital, when the child is born, there might be hepatitis going on or something. Children will catch this and they get jaundice and things.

Now for all these children, there's a very good medicine is to boil the radish leaves, put some candy sugar in it and give that as a medicine and don't give water to little babies, up to a point, you see, say about, say about when they are about 6 months or so. In the water, you can give that radish leaves, even earlier you can do it. You warm it up a little bit and give it; you can mix it up with candy sugar, the taste may not be so good, but it's the medicine for the children, for small children.

Because, if you do not give them proper liver in childhood, basically they'll always have this trouble. So, try to soothe their liver by saying Chandrama's mantras and put the left hand on that and try to soothe it down and take vibrations from the photograph and see that the liver of the children is down.

Now, when liver is out of this thing, then children have one problem is that they don't drink milk enough, then they become thin children and the face looks little pale also. And when they have an inactive liver, then they get rashes very easily. When the liver is inactive, and for that, you immediately must start them on calcium. If they start getting rashes or any kind of a this thing, then you should start giving them what you call calcium. And this calcium can be in any form. But in any case, if the children are getting rashes and all that, you should also give them Vitamin A and D, A and D.

Through adoxylene [squalene] is one very good thing for children is, the adoxylene [squalene], is the oil of the shark, shark oil. And you take the spoon and fill it with milk and put one drop in the centre of the thing. So, when you give it to the child he takes it as a milk but it goes, the drop inside. One drop is sufficient, in the morning or in the evening, and that at very young age you can

start adoxylene [squalene], a very young age, it is very good for Vitamin A and D, it gives them good bones and good body. Now we find some children are rather skinny type, their muscles are not developed. And for developing better muscles nothing like massage, with say olive oil or something. Give a good massage, plus this adoxylene [squalene]. Massage is important, with olive oil, the body should be massaged with olive oil, but the best massage is with ghee or butter, not on the head. On the head should be done with say any oil, best is of course, they say so, that best is coconut oil because only on the head; but on the body should be of ghee or butter, is the best massage for children. Because it has Vitamin A and Vitamin D in the butter. Butter is the best thing for the body, you see, and nicely rub it in the body, it's very good and the skin becomes very nice.

Dr Rustom: Also, common butter or must be ghee?

Shri Mataji: Better is butter.

Dr Rustom: Butter. Normal butter.

Shri Mataji: Yes. But it has smell that's why, but you can mix some saffron in it or something to smell it better, because butter has it's own thing, they use butter it's very good for the children.

On vibrations you should correct them first of all see, so the child should be very healthy. Must have lot of health and muscles developed. And it's a modern idea that the child should be thin, he should not have any fat, it's a wrong idea. But that is the time the child accumulates fat and later on he grows on that fat, it's like a food to the child. So, this idea that the child should not have any fat, it is modern ideas, will make people very, very weak you see, this will make them very, very weak. So, that's not the thing, the child must look healthy and must have fat and also must have proper muscle development. So that is important and for the bones I told you, you have to give children what you call a lot of calcium for bones. Calcium is important, in any form.

In India, you get very nice things, calcium of which one year old children love it you see, if you give them they will go on eating and eating that calcium up. But there is one thing called "calcareo carb" in the homeopathic which you can use, if the children like also. Homeopathic is good for children but you must have a sensible one to do it you see, sometimes these can have a funny effect. So "calcareo carb" they use for calcium but if you can get calcium nothing like it. But calcium is there in milk and the milk can be, if it is too much, what you call buttery or anything, that should be removed. It should not be fatty but it should not be absolutely devoid of fat, that's the point is; should be a little fat there, plus the milk, that gives them calcium also.

And putting them in the sun, in the morning time. You see you need not open the doors, but just keep them, just keep the door closed and when the sun is coming, in that sun just to rub, for small children, rub nicely on their body this butter and put them in the sun for a while, but not their face or their head. Even face for the western people is alright because you like a complexion which is sort of little brownish; so it's good for you, but not for Indians, Indians will become black. So best is olive oil or anything you massage on the face and they'll get tanning permanent, they don't have to go for tanning anywhere, so it's very good for that.

Now all these little little things I didn't say but for childhood it is important to see that you develop, give them basic good things, is one of them is very good muscles, very good bones and very good liver.

Now there are some children who are born alright but because of their mothers or fathers being very overactive; they develop a new disease called overactivity of the child. So such a child must be immediately removed from the parents, especially from the mother, because they get it from the mother, you can find out from the character of the mother and should be sent to some other ashram to be looked after, so that the child doesn't get that influence on the thing, and then try to put everything that is possible to put his liver right by putting some ice on the liver or things like that and putting left to the right, left to the right; that's the way you should cure, because this is a terrible disease that has started now, all over the world, the overactivity of the child. The child cannot sit for one minute, he runs about. It can be also with bhoots, if there is a bhoot also the child cannot sit for five minutes, you see the bhoot makes him run out, go here and go there, and the other could be this; but that you should verify on vibrations, what is the thing is. Accordingly the child must be treated, so what the purpose is that we must give very basic beautiful foundation to the child so that later on his health doesn't bother.

Start your children as when they are very very small, as very precious things but it should not be all the time clinging to the mother, sitting on the lap of the mother all the time because then the child will never grow. The child should not be allowed to be carried all the time and you must note it down how much time the child has been on the lap, with others also. The child should be

on the lap of anyone; altogether.. say it sleeps for about more than 12 hours; more than 12 hours it sleeps; so at the most one hour in the morning and one hour in the evening, altogether, it should be in the lap of the mother and it should not be hanging to the mother all the time or clinging to the mother, it should be away because the heat of the mother's body is much more than that of the child and that generation of heat you see, because the heat always passes to the less heat so the child's growth becomes stunted. So the best thing is not to allow the child to be with anyone, anyone of us, the child should be put on the cot or should be made to play or it should be made to lie down on the Mother Earth anywhere, wherever you want to; but not to touch the child too much; that is important.

But there's one thing more that you see, the child should be nursed by mothers but you should find out if the child is full or not by giving him bottle little bit in between. If the child sucks in the milk then you should know that the child is not fully fed. You should not just depend on the mother, little bit start giving the bottle, from the very beginning, so that you will know immediately if the child is hungry or not. If your child sucks in quite a lot of milk, then know that it is not sufficient and then you see, then the child also will take to bottle very easily. Later on you won't have problem

forcing the child, from the very childhood the child should feel the nipple so he know's that it's an artificial one, doesn't matter, it takes it. Otherwise when they are grown up they will never take it. But the nursing of the mother must be stopped at 10 months at any cost. After 10 months they should not be nursed from the mother, so gradually the mother must also take a detached way of the whole thing and should get rid of nursing the baby because if you nurse the baby further with the mother's milk it's not that nourishing. Our milk should be first of all tested. Some milk will suit one person, another milk will suit another person. So when you are testing the thing then you will know that this milk is alright for the child, only you use that. Milk is the only nourishment, as you can see clearly now so you have to be careful about boiling it, keeping it clean, very important. There should be a ritual taught to the woman when she is pregnant. You better have classes for this to the women, how they should be.

Now, cleaning of the child, how to clean the child because Indian girls don't know your modern methods you see. You use these plastic things and all those, we don't use in India. But personally I don't like them myself if you ask me. It's very funny you see, you tie the child, you tie up the child with say plastic and the business is in the plastic, which are giving the rashes. You can have rashes, you can have anything. So in India, what we do is very simple, I don't know if you can do that. You see before tying any plastic or anything to the child, what we do is to use another thing from the saris which have been used, cotton sarees you see, now you will be having lots of cotton saris which have been discarded from every tour and all that. You wash them nicely and just take a square, not to stitch or anything, a square of the cloth. Now see if there's a square of a cloth I can see here, there is a square. Now the square of the cloth not stitched anywhere, is taken like this and is just given a little knot here, that's all, and napkin is formed. If there is a knot, then we put the child in here, you see, and we put a little cotton in for the child in front. Then we push this in from here and put a knot there, just a knot, no stitching is done. Take this inside this you see, it is stitched - not stitched, it is knotted, a little knot, you can stitch it also if you like and then tie it. And this nappy is very easy to wash and should not be disposed, you can wash it again and again. The more you wash it the softer it will be for the child. But this will not allow another plastic to touch the child you see and the child should not be too much in the plastic also. So the best thing to do is for about 3 months of old child, should be given a practice of how to use a potty. You see if you try to make the child understand to use a potty, you don't need that.

But till 3 months a child, this thing is very important for mooladhara. You should use cotton, cotton is better for mooladhara. These hard things that you use for the child just crab him down, is very bad, and also one of the reasons is, if you dress the mooladhara like that then it goes on sides, and that creates other problems. So best thing is just to make it a soft thing like that, push it inside and make a nice knot here and keep it soft for the baby. And the plastic should be outside or rubber or whatever you put on, should be outside, but that too for a short time, not all the time, it's very common here, and then the baby, you see, when he wets also you don't change. He goes on wetting, 3 times, 5 times, 6 times, it's all there, imagine, acid, imagine that acid that is there, that burns that soft skin of the child. Everytime a child wets in India we remove it and put it off, because we never use any plastics. Immediately the child wets it we know. And what we use instead of the plastic below this, a kind of thing called as "bogadi", which is nothing but a thing like this, a towel like that you see. Cloth only, and stitched together. So we use this to put the child all the time so that down below the thing doesn't get spoiled. And below this they use a mackintosh or something. But child bearing is easy, but giving birth to a child is difficult and all ladies must know that these are realised souls and they have to be given proper attention for 3 months. It is difficult to look at because it's not very handy, but 3 months the women must look

after the children very carefully you see.

So this is what these small things I didn't tell about the very small children which are there. Then at that age, at that small age, everybody will not touch the child, that's not proper. You must wash your hands, lifting the child, be careful, till 3 months. When the child is 3 months old then, then it can be given to other people but even it is given, is just given in the lap, even earlier, covered up properly then and given, so that nobody touches the child as such. And kissing and all that should not be done of the child. At the most you can kiss on the head, here or here, so far away so that it doesn't go into the body of the child or something. And then when the child is 3 months old, then you give the child to others but be careful how you handle the child. Some people really don't know how to handle a child. The way they lift the child they pull both the arms like this and lift it, never lift the child so. Always put your hands around on the sides and lift the child, like that, always. So, putting the arms like that and lift the child or always like this, never never with the hands like this, it's important because there's one very serious thing develops which westerners do not know. When this bone goes out of order, we call it "hustly". You see, "hustly" is an ornament we wear up to here. When this goes out of order it sort of dislocates this bone and the child, the child cannot suck in mother's breast, he cannot suck in the nipple or anything, and this is difficult to set in.

But that is, can be taught to you, how to set in, if some child is like that I can show you how. Is that you put the child on the ground, put this foot on his bottom like this from the pressure, and take both the hands and bring it down from their shoulder, the child will cry a lot. Four, five, six times, seven times and you will here a sudden sound. But in India they are experts, they just lift the child with the head and pull it down. So it works out but that's an experts job so I will not say it but you can do it like that. Then the child starts taking milk, if the child doesn't suck the milk from the mother, if it starts crying sucking the milk then this is the problem is, one should know. So that is a thing which westerners do not know, I know for definite they do not know.

There was a Westernized Indian lady, her child had this problem, they went to America, they went everywhere, they said this is some disease we do not know, they gave a name of something. I said it's very simple, you bring it to me, just put it right. He said "Is it Divine work" and I said "No, it's manual", it's manual. (We have to see the technique). No, you see, you cannot show because you have to put the foot to his bottom and all that and then pull him down you see, like that. Sit on the ground yourself, put this there. No, no, no, the shoulders (you pull the whole shoulders forward), the whole shoulders like this. The child has to lie down and when you pull it. the child will move so you have to put your foot on the bottom to hold that with your leg, like that.

Then there's another thing which I do not know if you people know about children. It will be a boy or a girl but mostly you find the mammary glands working in them, their breasts can be filled with milk, the children. They have breasts filled with milk, small children. This I don't know if you people know, they cry and weep and you don't know. So if you press their breasts a little hard, you'll find the milk coming out of their breasts. It is very common, every child practically has it I think. So what we do in India always when the child is born; you see we call them as midwives but they are wise, they are old ancient type of ladies you see, they know this job. So they press the breast and the milk comes out of it but you see later on it dies out. I mean they cry, weep and then it clears out but then they can develop troubles of the breast or of the lungs with that, you see, later on. So basically, it should be cleared out in childhood, this is very important.

And then there's another thing which perhaps you people do not know. We put the very clean thumb, make it also antiseptic with whatever, and press the tonsils on both the sides and also on top so that, I have no tonsils, I never get tonsils trouble. So tonsils can never grow after that, just tonsils cannot grow and this upper; what is that called, jubila, that also doesn't grow, so you don't have that problem. It's a very simple thing is to be done to children.

Nor for the eyes to be cleaned out properly and kajal must be put. Now to make a simple kajal what we do is to burn some camphor and collect the camphor soot on a silver plate, silver plate is cooling. And then mix it up with some nice butter, clean butter, or ghee, ghee is better, with ghee, very clean nice ghee, you mix it up. And then put it under water, let the water clean it for some time and then when it is completely drained out, the water will not stick because it is all ghee, then put it in a proper thing and use your, this finger, every day for the child. After bath, every day because that will give them a very sharp eyes and there won't be any problem of the eyes for quite some time. Morning bath, we don't give evening baths in India, only morning baths, we give, but evening what we do is to give them a nice massage before sleeping and put some powder, clean the body and make them sleep. But while putting the powder you must remember, the powders here are no good. We have very good powders in

India, very simple, because we don't have chemicals, thank God.

So before putting the powder, put something on the face so that they don't breathe in the powder, of here. But powder, I gave you the other one, the Indian one you see, sandalwood powder; so simple to use (doesn't dry the skin), no, no doesn't dry. Thank God we are not developed to have chemicals, we haven't got chemicals. Our soaps do not have chemicals, our toothpastes do not have chemicals. We don't have chemicals, they are very expensive. This is an advantage in a way, now people should realise in India but they would like us to take soaps from England, toothpaste from England; they don't use Indian things. Yes, and these tobacco or all tobacco scents are from tobacco; all these things are. Even most of your scents are like that, I think 99.9 percent scents are made from something very filthy. And for children, don't use plastic bowls, plastic, these things, cups and that, not plastic. How long does it take you see, in our family, for every child we would have one silver bowl, one silver thing and a silver spoon, that's not wise. But if you say, have one, then we give as a present always a silver spoon to the child. But supposing in the ashram someone has a child, then that can be kept cleaned out properly and that.

But supposing somebody is a badish women; badly, like Jane was, Gavin's wife, and she had this; for Olympia, though Olympia has cleared out herself, but she made a crib for the child and the same crib was used by Djamal's child and the child was all possessed and I went to see the child. And I was amazed, I said what's happening, why is she crying so much. He said, I don't know Mother, when you came, since then she's crying so much. Then I felt the vibrations and the crib had horrible vibrations. So I asked whose crib is this and they said this belongs to Jane, I said throw it away, and I sent another crib; throw it away I said, and I got also luckily a beautiful crib for them, crib is a swinging thing, and they threw it away and the child was better. So for a realised soul you must see the vibrations of the whole thing.

So this is for very little small children. Then you have got children who are in Montessori, I mean, there is so many things that will be coming up, you see, like nails, how to keep them clean, this, that. But very much attention is to be paid for 3, 3 year old and the mother must be absolutely dedicated to that. She should look after the child and all that. But that does not mean that mother should be attached; should not do anything else but child has to be attended to. After that you start your say - at six months you take your children for or 1 year, 2 years old - (To the Montessori?). Yes. (2 years). So till that, 2 years of age, you see, it is sort of a creche condition. Then in the creche condition the children should talk to other people, call them uncle, auntie or respect of this thing, respect of puja, everything of Mataji. If you like that, till 2 years of age it will be great.

Now what I have seen now is that in the beginning we look after the physical side of the child very much, but physically, they don't understand at that time the emotional style so much, but physically they should be looked after. Later on, the ego part is to be looked after, that's the time they develop ego, between say 3 months and 2 years. Ego starts developing more, starts developing, I'm not saying developed fully but it starts developing from that age. Because if you give and give bottles to the child, or something like that, it starts. So you have to love also because emotion is there, emotional side is there very much at that time. So you give them love but also tell them to respect, respect you, respect elders, respect Mataji, respect themselves and that, respect is to be taught at that age.

Once they start doing namaste and once they start saying good morning at that age, little little things you see, and you sort of reward them for that and say "Oh very nice, say good morning", then you can give a kiss for that.

Then they understand this is something good is happening. That's the most impressionable age as far as the respect and the nobler feelings to be developed at that age. Like you give to him, then give the child to another one, then another lady looks after the child, the child becomes everybody's property, not your property. See then the child you see sort of starts developing that collectivity and also mooladhara. Because, you see if you are just used to one person as a mother, you see, anybody else you come in contact after puberty has a sex feeling. But if you are already touched those noble feelings at the innocence time then you don't have this nonsense. So just allow the child to be sat with everyone, talk to everyone but still sleeping in the parents room.

So the child should be allowed to be slept alone but in parents room till the age of 2 years in any case. But not with the parents, that's a wrong idea, because the poor child can get crushed or anything can happen better to keep the child till 2 years in another crib. But when they are grown up, say after 2 years or so, they can sleep in another room together in collectivity, all the children, but somebody should be there, an adult, to see how it is. Then they should not belong to anyone personally. Let them be together

away from the parents, that's important. After 2 years, try to keep them more away from the children, more from 2 years. Then by the time 6 years they become independent children, they start, but respect elders, calling everybody properly, talking to them, very behaved.

So after 6 years of age they are really mature, good children, after 6 years. Then they take to their education, you see. But it is said till 5 years that you can beat your children in case they are not good. If they are naughty, you should take them in a room and tell them once, that if you don't behave properly, we will beat you. But talk to them separately, not in the presence of others, not to shout, don't do that, not that. That should never be corrected, the child should never be corrected in the presence of others. Take him to the room and tell him. "See now, we are going to see

Mataji, now Shri Mataji is the Goddess, you have to behave like that. We are going to go to their house, you are not to ask for anything, you have to keep quiet, you have to behave." And that is the age when you can start telling them what is self-respect is. They will think you are a son of a beggar, if you start begging things they will call you a beggar. We should behave like people with dignity, you are like a king now, you are a realised soul, all these ideas should be pushed into their heads at that age of 6 years. And I think this is why Indian children will never never ask for anything, no question. He might be a beggar's child also, he will never ask, give me this, give me that, it is never so, howsoever it may be tempting for a child. And for parents also, they behave like that, don't trouble parents.

Then another thing is asking questions, by children, it should not be allowed, at all till 6 years, they should not be allowed you should tell them something and asking questions should not be allowed, so what is this, what is that, not to be allowed. If they say anything - "you'll understand this, you'll find out yourself", very important. You should not allow them to ask questions. You give them questions, you hear their problems, but don't ask them to trouble you so the habit will not develop. Now the, you see like western habit is funny because they become liabilities on you all their lives, they're liabilities - "what to do, how to do it", because they don't know, they have not found out, that's the age they start finding out how to do it. how to manage it. how to work it out. So the tendency is more to do it yourself.

Now, they are reliant in the West I would say, as far as earnings are concerned, the boys and the girls can go and sell newspapers and earn money, that's all. That Indians will not allow their children to do, that is not prestigious, that the child should go and earn, that's not prestigious. But, what is prestigious for them is that the child goes and asks for something from someone. I mean is absolutely - I tell you. Even supposing now if you have a father and you are yourself 50 years of age and father is 70 years of age, now take that age. Now, if the son goes and asks somebody for borrowing money and not the father, then for it is, he might commit suicide in

India, that's just, they can't stand it. Why didn't he ask me? Or supposing, even if you know your father doesn't have money but you have to ask him so that he will arrange money for you.

But that helps because they are self-respected, respect of the family, respect of the whole generation is meant in that see family as such. And you just don't talk about your family to others, you don't talk about your problems to others. You see many problems are there, so it's good, we'll manage. It's not a very regarded very dignified to talk - "Oh I had to sell my watch, to get my food or something" in India. Here it is regarded something very sacrificing and all that, your so pure, it's surprising. When they have money they are all the time saying, "Oh, I'm so poor, anyway I have no money, I'm so poor, this is that I have dept. But in India they will never say so, "Oh we'll manage". You tell them you see, I want to have money for that, "Oh, no we'll manage Mother. But now Sahaja Yogis are doing that, I see, Sahaja Yogis are like that, Mother we'll manage, we can get it, we will arrange. But normally you would have said, normally, as Westerners, we haven't got money, you see, we need money for this, money for that, money for that, always they come out with problems, normally, normally. Because I watch these films and all that, and still surprised.

So, this is how is to be taught at that age. What is to be taught in what age, we must know. Supposing you start teaching them self-respect at the age of 40 years, you cannot. Even at 10 years you cannot, it has to be done from 2 to 6, sense of self-respect. Sense of cleanliness, sense of neatness, sense of discipline. Two to six years is very important, I think that's the most important time because the first 3 months they are breast fed, from 3 to 2 years they still are sort of you see in between state. But 2 to 6 years is absolutely the time (sanskrit words). At the time when the pot is now made but is not yet put to the firing thing, you see we put it in the thing. Before that, whatever impressions you put on the child, that will be, in the same way, but it is first of all before the pot is made, that is till the 2 years of age. From 2 till 6, that's the time you fire it, but before firing you put all the

impressions, after 6 you fire it, but before that you put all the impressions then fire it. That's how it is.

So it is a very simple thing to do, it's very creative to make Sahaja Yogis. It's the greatest artistic thing to be produced, is a human being. That's the greatest thing God has produced also, the human being. And to make human beings something great, is something. At this age you can also find out their talents, the child's talents are, their talents. You can discover it very easily. What are his interests are, if they are musical you see, as soon as the music starts he will start to see the rhythm and all that, in dancing, in anyway. Whichever are their talents should be discovered and should be encouraged from the very beginning, they should be encouraged and one-sided whatever it is - don't force everything on every child. Some children are very good at mathematics but some are not.

But that person is very good at handicrafts, let him do the handicrafts. Every knowledge is at par, there is nothing that this knowledge is higher than knowledge is higher in Sahaja Yoga. Because this is all Avidya in any case. It's all Avidya in any case. It's only you have to know the technique. How to produce what you feel, that's all. And that what, when you are learning there's nothing higher and nothing lower. So

every, whatever the child likes, let him do. Let him manage and everything can be reached. Say some children are fond of say cleaning the rooms, keeping everything clean, cooking alright. They can become hotel managers, they can run hotels and they can do all these things.

Children, you see, their aptitudes are such like. My granddaughter, the elder one, said you see, "I want to be an air hostess or a nurse", so I said "But why, why these two professions". She's very clever, very intelligent. I said, why? "Because that's the only profession into, in which you can give food to others to eat. And they play also with that you see and then become nurses and that, they should be given food, you better eat, otherwise you'll be sick, this, that. It's so sweet, you know that thing, these are the only two professions where you can give food to eat to others and they are so sweet and I've seen their aptitude is like once their mother said, "if somebody comes you must make them sit down and give them to eat, open the fan and make them feel comfortable." So our washman, doby, came you see, and they said "you better sit on the sofa, and he would not, and they said you better sit, you have to sit on the sofa, and he would not sit, and they opened the fan and opened the fridge, whatever was there they brought for him, you better eat. When my daughter came in, she saw them, so he said, "what am I to do to stop them," she said, "it's alright, you better eat, she said "eat with them". And when they give something to others you must always praise, teach them to give, that's one thing in Indian character, you see. Supposing our children give away anything to anyone, anything, you praise that child, even say a diamond is given to another person, to any other child, we praise the child.

But the mother will return the diamond, it's different, but we'll praise the child alright, very good thing, you have given. Giving is a very big quality. That's not in the west, I mean you are rich people but the style of life is very different. I was, we are poor people, we are better than you in this way. I mean, we are rich in heart, I think, isn't it, that's the thing, you see. Sharing, giving, that's it, you see. Toys, now for example, the children who just give away all the toys are better children in India, and those who don't give away their toys keep to their's at all times are not good children.

You see like this Bhavani's case, I must tell you. I asked all of them, how is Bhavani, very sweet, very sweet. Alright, that's very good, and when she came to me, I said, "bring Bhavani", you see she had a back agnya like a coconut stone. Soon as I saw her I said "I'll go blind with this". Little thing like that as if a big cunning woman had taken over her and so cunning her ways were, so cunning for a little girl of 2 years, none of us could manage her. She would not say namaste to me, she would not say good morning to me, she would not look at me, she would just walk like this. We tried for 5 days, we could not work her out, this Bhavani, horrible thing, she had no respect for me at all, then she came down and I just thought of one thing.

So I said "Bhavani, really now, this is my house, this is not your house, this is my house". She was taken aback. "Now when you go to somebody's house you have to say good morning. So she, first time she said "good morning". "Now you have to say namaste", and she said "namaste". She was thinking that I was living in her own house or something like that attitude. They are very tricky, very cunning, these bhoots are very cunning. She knew how to handle things, there was nothing natural in her but nobody could make her out, can you imagine.

Of course, before me, shot off like anything, because her father as soon as he came he sat down right there and I said "what's the matter", and he said, I don't know why Mother, I'm catching here on the back. So children can be very very cunning if they are bhootish and extremely clever, they will say "Oh I don't know," see the vibrations. You must see their vibrations, they'll end up with cancers, I'll tell you, or with lunacy. This girl might become, she's already schizophrenic, already she is schizophrenic and John is the father whose so much worried, he said that even in Rome I'm told she was lap to lap and she was very much liked by everyone. She's very sweet otherwise you know she knows how to entertain everyone but she's very cunning and she talked like a big old lady to me and experience showed me that we are negligent about their vibrations. We must see their vibrations all the time otherwise we would not know what they are like. (She was vomiting very often). She would, she would vomit.

Then also for the appreciation of others. If they start criticizing others you do not listen to them. When they appreciate others, listen to them. This is till the age of 6 years, again I'm saying, very important. They'll criticize others and never never try to sort of side with anyone. If they are quarrelling with anyone, let them quarrel, let them quarrel a little, it doesn't matter, it'll solve their problems. But if they are quarrelling too much then bring them 2 sticks, so if you want, here's 2 sticks, hit each other. Then they will realise. Alright give them two sticks, you want then alright have it.

Hit each other nicely and when you are both nicely wounded we will take you to the hospital, now come along, have it. So, then you see why they quarrel also, you must know,. One psychology of the child is to attract attention. The more attention, if supposing a child, child might say abusive words, if you say don't say that, I'll hit you for that, he'll say it again. But you just forget about it, when he says it, it's nothing, then the child will forget. The whole attitude is how to attract your attention, out of sweetness, whatever it is. But when you pay attention to something good they do, then they'll start doing good.

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Yoga – A Living Process

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I bow to all the seekers of truth. The truth is what you know on your central nervous system. I see you all here, I see your faces and I know you are here. That's the truth. I see the red colour with My own eyes, I see the another colour there [Shri Mataji points at an object in the hall] with My own eyes and I know on My central nervous system what is the truth. In the same way, you have to know the truth on your central nervous system. It should not be some imaginary thing; it should not be some sort of a concept. It should not be any theories put forward. It cannot be some sort of a experience as they call it. But it should be known through your central nervous system, and you should know all about it. If Self Realization or yoga has to work out, it has to be as clear as sunshine. It should not be just something that will please your ego or pamper your superego. You cannot pay for it. It's not commercial, cannot be. It is very absurd that you expect it to be commercial. How much money do you pay to call it red when it is red? It is as absurd as that. And then you cannot put in any effort for it because it is spontaneous. It is a living process. How much will you pay to the Mother Earth for giving us these flowers, or for sprouting a seed? But I was told in England by the BBC people that Anglo-Saxon brain cannot understand anything without money. I don't know about German brains – are they Anglo-Saxon also? But if you are stupid and if you do not have a pure intelligence and a pure desire, then they can be very very successful with you – [those] who want to befool you.

There is also another side to it that when people are completely ignorant about the truth, then also they can become slaves of sinister practices of some commercial people. This ignorance is expressed in every way of life, I find sometimes, in the west. I mean the people are very simple because anybody can start a manufacturing of some sort of a stupid thing, and everybody starts wearing it as a fashion. And then, all that you bought today becomes a waste tomorrow. And some people find it absolutely exhausting to keep pace with this changing fashion every day. Now here I would not say it is ignorance – you know [that] you are being exploited, you know that. But when the masses of people are doing the same thing, you don't know how to resist it. Like in London we have many Indian ladies. They have given up wearing this (pointing at the bindi). It's the sign of a married woman. It is auspicious to wear that for every woman and [at] any cost she would not give it up. And I asked them, "Why did you give up?"

And they said, "Everybody makes fun of us. They laugh at us, so we gave it up."

So those who were sinister ones, I would say, because there are gurus and gurus and gurus... And the gurus who are sinister, who are called as kugurus in our scriptures very clearly, described very clearly, took full advantage of this. I would also blame people who would not allow you to read something else that was sensible from India. So many people only knew about tantrism which is the most dangerous thing. And these sinister people somehow or the other knew that so many seekers are born in the west. They came down here with all their arts and crafts. I told about them in 1973 very very clearly to thousands of people. But once they have fallen into the trap, they are so adamant that they don't want to listen that they are seekers of truth. Why are they identified with falsehood? You have been seeking for ages, for many many lives. Why not now understand that truth has to be known on your central nervous system? That is, you have to achieve your inner yoga because you deserve it. It is your right to have it. This is what you have been seeking. This is what is going to help us out of all our human problems because it promises a complete transformation within. Sahaja Yoga is not a new thing as such. It is very traditional and very old, which was secretive of course for some time, for quite some time. And whatever [is] living, has to be based on something fundamental. It cannot hang from somewhere as a new piece of a plastic flower. It must bear relationship to all the scriptures of the world, and it must

integrate all of them. Anyone who says that my religion is the best or my cult is the best, is a fanatic no doubt. And it's a cult whether it's a religion or anything. It's a cult, it's absolutely a cult. For that one has to become something more than a human being. That means you have to transcend above your mental conceptions about reality and about truth.

First thing [is that] you have to be honest about it. For example, we are, supposing, trying to find out a diamond. Are we going to accept any stone as diamond? We'll have to verify every bit of it. We are not here to find a stone but to find a diamond. Now what they have told you about Sahaja Yoga here, whatever is written in this book [indicating the booklet distributed to the seekers], is the knowledge of the roots. The western knowledge is the knowledge of the tree. And all those who talk of religion also have moulded every religion into the tree form. But every religion has said [that] you have to seek yourself. But those who believe in artificiality can just give a certificate – 'I am born again', 'I am a realized soul', 'I am an evolved soul.' But it's no good, of no benefit. Now if somebody says there is Kundalini and somebody says that there are chakras and explains to you, you may like to hear it because it's some sort of a new knowledge. It is not new. Maybe new to you. But the main thing is that whether it exists or not can be proved today. It has to be proved now. This is the age of proving everything. And you the seekers are on the stage, who have to prove it in themselves. It's not just what I am saying that you are to believe Me. It is not to believe in anything that we certify you or anything – we say that all right, you are all right. You have to feel it yourself. You have to know it yourself. You have to become a Realized Soul. You cannot advise anyone about it. You cannot persuade anyone about it. It is a happening that has to happen within you. The actualization has to take place. You have to become the Spirit and you have to feel the power of the Spirit within yourself. So just now you should accept all this as a hypothesis. But for this you must have an open mind of a scientist. But if you already have concepts, say, about carbon and you say that 'no it is not tetravalent [but] it has got two valences', what will your teacher say? 'All right, you go out.' So, it has to be established as a proof. Now those who have established as a truth, have been able to find out many things even scientifically. Like, when I told them that carbon on one side looks like Omkara (OM) and [on] another side as a swastika, they said, 'how can that be?'

I said, "You try."

[If] you see in the spectrography, you can see the carbon atom yourself. And a very big scientist from America who tried, and he was amazed to see. So, when he saw from the right side, he saw the left side. When you see from the right, you will see to the left. So, what he saw, it was on the left side, was the omkar - OM. Very clear cut. And two scientists did that. Johan is from where? From Belgium. One from Belgium, one from America. The another side when they looked into, they were surprised [that] they saw a swastika like this [Shri Mataji makes the sign of the swastika in the air]. So now one has to understand that this carbon which is placed on this Mooladhara chakra here below the Kundalini, has got on one side as the OM [and] another side is the swastika. So, if you reflect it back, it seems that on the left-hand side is the swastika and right-hand side is the Omkara. It's proved now. Now supposing we said that through our Sahaja Yoga system your physical being is cured. It can be proved. Most of it can be. As a result of that, you'll be amazed that Delhi University have accepted the doctor's... the dean has accepted Sahaja Yoga as a course of Doctor of Medicine, which is the highest in medicine for a post-graduate doctor. Because group of doctors experimented with Sahaja Yoga and found out that it works. But India is different because they have the right knowledge of Kundalini and not the tantric knowledge. But even Cambridge University has accepted it for a PhD, a thesis. But some sensible people have to come forward, some profound and deep people have to come forward and get their realization. And in Germany they can prove it because they are very scientific people here, that Kundalini awakening is the only solution for our physical, mental, and emotional problems. And there is no solution for spiritual problem but Kundalini awakening. Now to be seen here [indicating the booklet] very clearly that the Kundalini is above the Mooladhara chakra. We can prove it. Now, this Mooladhara chakra is the one that controls the sex. And this chakra, Mooladhara chakra, is below the Kundalini. So, sex does not play any part in this ascent. Please try to understand that animals do sex, they should become spiritual much faster than us. It does not mean that you do not have sex activity [but] the sex activity does not take you to God. On the contrary, when the Kundalini starts moving, the sex activity stops completely. You become like a child, very innocent. That is a fact, and I will tell you the truth. I will not just try to tell you something just to please you. When Freud started the nonsense of free sex, nobody challenged him. First of all, he was epileptic. He had cancer. And he was a funny man, had bad relations with his mother. Such a stupid character accepted absolutely with great ado by people. Because it was very pleasing, I think. Any guru who tells you such a thing you must know he is just trying to please you; he must be commercial. As in the political side they try to seek your votes, in the spiritual side they all have interest in your purse. Today also they asked Me, "You don't take any money?"

I said, "How much are you going to give Me?"

It is absurd, is nonsense. You cannot pay for anything like that. But we are used to it. We used to pay for churches, we used to pay for temples. So now we are used to it – we cannot understand anything without money. Now, Shri Krishna has very clearly said 6000 years back that when human awareness goes downward, or it grows downward (adhogati), unless and until it is taken to urdhwagati, means to the higher ascent... Now in this thing [the booklet] you can see, as Krishna has said it that the roots of your awareness are in the brain. So now, how our adhogati, the downward movement, starts when we exert our human awareness? Why we are in such a confused state suffering from terrible anxiety? Human awareness has moved, say, from Sahasrara to this chakra, Agnya. Actually, in the ascent in Agnya chakra, this chakra, you become thoughtless. But when it comes down to Agnya, it moves on left and right and what happens [is that] you are thinking, thinking, thinking like mad. You are thinking of the future, you are thinking of the past but at this chakra you stand at present. So, you have lost the sense of present. On the right-hand side when you move on the Agnya, you become aggressive. When you go to the left-hand side, you become depressive. It's maddening. If Agnya is out, one can become schizophrenic, or could be an aggressive, violent madcap. But these gurus have also spoilt Agnya. Let us see what Christ had to say for Agnya chakra. He has said, 'thou shalt not have adulterous eyes,' because this Agnya chakra is placed between the optic chiasma, in the centre of it, which controls the eyes. In the modern times, all our eyes are like this [indicating roving eyes]. There is no innocence in the eyes. It has either the greed or the lust. But the one who has the innocence in the eyes, even a glance [from such a person] is sufficient. Sufficient to give realization. Sufficient to cure. Sufficient to finish all the negativity. That's what Christ asked you to do. But what has happened to us? We are just the opposite of it. Then when this chakra comes down... I mean I am telling you in short because it's quite a short time I have to tell you about these chakras. So, I am telling you. When you come down on the Vishuddhi chakra here, the human attention goes on to both the sides. Once on to the right and once on to the left. It's a terrible thing these days – Vishuddhi chakra of everyone I tell you. This [chakra] belongs to Shri Krishna. What did He say? That you have to be a witness here, witness of the whole thing. Instead of that, we become either on the right-hand side an aggressive person in charge of everything... We shout and scream and say harsh words to others. We tell false things and try to capture the attention of people by our authoritative temperament. Then the left-hand side people, when it goes there, we feel guilty. The other day somebody said that Christ has asked us to be guilty. Never, never. He has not said you feel guilty. He said you repent. Means [that] you see what wrong you have done and correct it, not to feel guilty all the time. Who are you to judge yourself? Let the Divine judge. You are the temple of God. Why do you feel guilty? You have to enter into the kingdom of God. Why do you feel guilty? For what? Once a lady told Me she feels very guilty for the people who are dying in Cambodia. I said, "What have you got to do with them? You have not done any wrong to them. You have nothing to do with them. You cannot control them. Why are you sitting and feeling guilty nicely?" I said, "You have nothing else to think but to sit down... how guilty you are?"

So, she told Me a very interesting thing. She said, "I have nothing else to feel guilty, so now I am feeling for Cambodia people." Like when they have to go to see the priest and confess, they have to coin it, think what sin have I committed?

Spiritual life is joy, not misery, not suffering. As in Spain, the Spanish told Me that they believe that only through suffering they can go to God. I told them, "Who asked you to do that?"

They said, "Our religion."

Now do you know that they are not following Christ, they are following Paul. This horrid Paul, he was just a Jew who killed so many Christians. Suddenly he sees a cross and comes in the Bible nicely. And now in England the bishop of Canterbury says that Christ was never born after an immaculate conception. These theologians – what do they know about God? Sitting down, making theories about God, organizing Him. This Paul must have been born as Augustine also to bring all funny ideas. And people now abhor Christ – if you tell somebody [to] talk of Christ, they run away. Because of misinterpretation. Now, we have to realize that Christ died for our sins. He died at this [indicating Agnya chakra] cross. So, when this Agnya chakra is awakened, all our sins [or] so-called karmas which were suggested by Shri Krishna, are finished. It is said in the... I don't know if you have read Devi Mahatmya or not. It is said very clearly [that] when the incarnation of Mahavishnu, which is Christ, will come, then the karma

theory will be finished off. So this karma theory – that my karmas must be bad – all that is over. Only you have to awaken Christ here at the Agnya chakra, that is all. Now if you have this guilty business with you, please give it up immediately. First of all, you might get a bad neck – what you call the Spondylitis – could be, or slipped disc, or could be a horrible neck. Or else you might get Thrombosis or some sort of a thing, what you call Angina. So not to feel guilty at all and not to be miserable. Like in France they said, “Mother, don’t say you are in joy otherwise they will think you are ignorant. You must say you are miserable.” And I cannot be serious for more than two minutes – just put up a show, all right? It’s just a play. So, this le Misérables of France are no good. Now when you are going to another chakra down below the Vishuddhi, is the centre heart. It is ruled by the Jagadamba, is the Mother of the universe. This is a very important chakra because when the human awareness passes over it, it goes again to the right and to the left. This is the one where the sternum bone is, which gives messages to the antibodies which were formed in it before you were twelve years of age. This Goddess is also called in Sanskrit language as Bhramaramba, and Her messengers are those antibodies [and] are called as Bhramaras. And that is what... once we spoil it, the Goddess sleeps off and the antibodies do not act. So, on the left-hand side when you move, you develop a kind of a fearful attitude towards life. You become a very anxious person. At the slightest alarm, your sternum starts moving fast, heart starts moving fast. Specially for the women who are frightened or insecure like that, who lack the security of life or any other security in life, can develop cancer of the breast. This is the big problem that we do not understand why suddenly we have started developing this cancer of the breast. When it moves on the right side, we try to offend others and frighten others by our intimidation. We challenge the mother - against the mother’s purity and the relationship of purity with her. Or we can say the sin against the mother when we commit, we get diseases like AIDS. Because here you have tried to overcome a power that is controlling your antibodies. So, your antibodies cannot fight and with the slightest infection you catch any diseases and you die. The sin against the mother is a very serious thing. It causes... say from Mooladhara chakra it is connected because at Mooladhara resides your innocence. And when you challenge your innocence and overcome it, then you are in for so many physical troubles of which you are not aware. We can say all the muscular diseases like Myelitis and all those diseases which are incurable, all degenerating diseases, can be caused by that. All the Parkinson’s disease and all these diseases come from that. Even could be cancer – on the left-hand side when you move too much, you can get into cancer. For example, if you are looking at your being, [Shri Mataji demonstrates] it is like this – your spinal cord, the transverse section. And in the centre that you see is your spinal cord. And in this are placed the chakras, the subtle chakras, the centres of energy. Now if you use them too much, or disturb them too much, this dislocates. Either starts going to the left or to the right. The deities sleep off, the controlling power goes off. And your connection with the main is lost. Now when you go too much to the left, when you are vulnerable first of all - when the connection is lost you are vulnerable - and you go too much to the left, you get attacked by the collective subconscious. Now the doctors say that you get attacked or triggered as they call it, by protein 52, protein 58. Whatever name you may give it, but it is from the collective consciousness [that] the negative dead souls attack you and they trigger the movement of the cancer. Because they start overpowering other cells and capturing other cells and there is no relationship with the coordinated growth of the body. So, the malignancy, supposing, grows out of this cell here [indicating the left cheek], then it will overpower the nose, it will overpower everything. Every function it will be overpowering. But in the early stages of cancer, you can raise the Kundalini and bring it to a normal state. So, it is obvious that we have to keep to the central path. We have to lead a life of moderation. Not to go to any extremes. We have to be very normal. No abnormalities are needed for your ascent to the Divine. And if you are a seeker, you will get your realization in no time. Now we come to another centre that is the Nabhi centre, what we call as Manipur. This is a very important centre because this is surrounded by another centre which actually comes out of the same centre and makes this round – what we call as the Void. It’s not the same void as the Zen. So, the Nabhi chakra is the one that gives you the balance. Like, if you eat too much, you will get diarrhea. If you eat too little, you will not feel very strong. So, this Nabhi chakra is very important to give us a balance in everything. This is the one that relates to our valency. Like carbon is tetravalent, we have got ten valences. And these ten valences are in this area which we call as the Void. And if you put an imbalance to these valences by any chance, then you get into trouble. Now these ten valences within us are built in by great primordial masters who came on this earth ten times. Say from Adinath we can start upto Mohammed Saab upto Sai Shirdinath. Socrates, Lao Tse, Moses, Abraham – all these are these incarnations of the primordial master. They came to give us this sustenance. The sustenance is the dharma, is the religion, an innate thing within you. And when you fall out of it, you have disorders of your stomach, you have disorders of your other viscera which are in the stomach. It can affect everywhere. Like, supposing you think too much of the future, then you go to the right side. You become futuristic; you are on the right side. Now when you are on the right side, your left side is neglected. If you are very austere also, the left side is neglected. Then your emotions become weak and this Swadishthana chakra which is here, which has to convert your fat cells for your brain, starts working very hard for that and all other viscera are neglected. So, you

become a lever patient, you develop diabetes, you develop kidney trouble, you develop high blood pressure. You become very aggressive, and people think you are very successful. And your heart dries out and you suddenly die, just like that. With a heart attack. So, this kind of a movement to the right... In the same way on the left-hand side if you move, there are other problems which crop up. The gurus can give you left side problems very much. They can embed in you the seed of cancer. They can give you also the problems of lunacy and epilepsy. Like, they tell you a mantra [and] you go on like mad saying mantra, mantra, mantra. And you are not connected to the mains. Like, I go on telephoning, telephoning without any connection. And the telephone gets spoiled. So, this mad mantra going on with the ring like that going round, round, round. Or somebody saying some stupid mantras that are given to you by some guru for taking some money – is all nonsense. So what is a mantra? Is when the Kundalini starts rising and you see the obstruction of the Kundalini, then you [one who is a realized soul] say a mantra and that chakra opens out because the deities know you; you are connected with the deity. There is no general rule about mantras, like there is no general rule about medicines. Saying these mantras together like this is like taking all the medicines together from the medicine box. It is very indiscrete. But after realization you know what is to be done. After realization you know what Asanas are needed for your particular body for your individual being. For example, a person who is right-sided, should never do backward movements in an asana. But such a big hotchpotch of nonsense has come to the west that I really don't know how to tell you that this is all mud. But this is the problem that you are the lotuses which have to come out of this mud. A lotus in Sanskrit language is called as Pankajaha, Pankeruha means the one who born out of the mud. That may be the reason this kind of confusion had to come. But what a confusion, I tell you! It is impossible to bring sense to people who are standing on their heads. Everything is upside down. So now you have to understand the last and the most important chakra is that we call as Mooladhara. Now in the triangular bone, which is sacrum, which is a sacred bone – that means the Greeks knew about it [that] it was a sacred bone – resides the Kundalini. Kundala means coils of a spiral and Kundalini is the spiral of energy, which is representing the shakti, the Holy Ghost within you. Tomorrow I will explain to you about all the energies. But today just to tell you about it that this is the energy which is the energy within us of pure desire. But tomorrow I will explain to you more about this. Now the last but not the least is the Mooladhara. Mooladhara chakra is representing our innocence and the deity sitting on this is called as Shri Ganesha who represents an eternal child. Because it has a head of an elephant. Elephant is the wisest animal. And also, it's an animal's head so it never develops ego. It is innocent like an animal, animal's head. Now to give a charitable understanding to the tantrikas, I would say the early tantrikas who tried to see Kundalini in the sex must have seen the trunk of Shri Ganesha. And that is why they must have said that by exciting sex, you can ascend. If you try any one of such tricks, what happens [is that] your sympathetic system gets excited. That is the two Nadis on the sides – Ida and Pingala. And the central Nadi which is for your ascent is the Sushumna gets into constriction completely like this. When it gets completely constricted, it can develop all kinds of troubles to a person. So, it is rather difficult to give realization to a person who has gone through this kind of Freudian theory. But one can try. So far only three persons in the whole world of this kind have achieved good results. You should not be angry with Me because I am helpless. I'll try; I can try. But if you have disturbed your Shri Ganesha to that extent then it is rather difficult. On the right-hand side if you are too dry a person and all the time futuristic, you develop problems of prostrate and also you develop problems of constipation and all those things – of gases, this that. And on the left-hand side you develop the problems of... like AIDS and things that have to deal with your private parts. When we say it is private parts, it has to be private. It cannot be public. We must respect our privacy. We have to have self-respect about it. If you are people of character, we should not just accept somebody because that person is trying to say something or please us. We should have our individuality. Instead of that, we are thrown into fashions, thrown into all kind of a mass hypnosis. It's very dangerous. Like now in England, they have started a funny thing called punks. I don't know if you have seen them or not. But the English are very proud of it. Once I went to an exhibition in Rome and I went to see the British pavilion. And the government had sent only the punks there to sell punk things. And it is very dangerous to colour your hair like that – one may become blind. So many of them who have come to us have become blind. They can't see. And I asked them. I said, "What is this? Why did you do like that?"

They said, "What's wrong?"

"But what's right?"

They can't understand, these people, the way they are going mad about themselves and destroying. Now you have seen when your human awareness is growing, where are you going – to destruction. To the bottomless pit of hell. At every step we are coming down and down and down. But we have to ascend. It is not difficult at all. Sahaj also means very easy. And I hope

Germany will one day get to it and save the whole world.

May God bless you all.

Now, we do allow people to ask questions. But there are some stupid people who come from some gurus or some organizations you know. Like, one lady came with a Bible to hit Me. I asked her for questions [and] she came with a Bible to hit Me. I didn't know what to do. I just started laughing and laughing. And she got frightened of My laughter [and] she ran away. So, as I see so many seekers before Me, I would request you must write down your questions and give it to Me. And I'll definitely answer them tomorrow. Without realization, you won't understand what I have been saying. No use arguing about it. Better have your realization and then you will not argue at all. Is it all right? Or somebody has a Bible to hit Me? When the missionaries came to India, they had Bible in one hand and a pistol in another. But here I find a lady with a Bible used as a gun. But one thing one must know that so far we have not found it, so let us find it.

Now, today I have a feeling I am catching on this left Vishuddhi too much. So, whatever I have said you forget it. Forgive yourself. Have respect for yourself. And love yourself as I love you. On this condition, the realization will work out. If you are feeling guilty, then better say it 108 times to punish yourself, 'Mother I am not guilty, Mother I am not guilty, Mother I am not guilty...' If you are feeling restless, you must know that you are not yet ready for realization, very difficult. I cannot guarantee it. We can work it out. So, let us do one thing – is just to realize that we have to get it and desire it from our heart. If there is no desire, I cannot force it on you. So those who do not want realization or don't want to work it out should leave this hall and be civil to us. Or else, it will take hardly ten minutes more and we will work it out. Those who do not want it also should go away – don't disturb others. Not to get up in between. At least everyone must try.

Some Sahaja Yogis could sit there, there's lot of room.

Nobody should think that you cannot get it, that you are incapable. Sit here with full confidence.

[Some people leave (the hall) and Shri Mataji says in an undertone, 'Good. Much relieved when they left.']

So, it is very simple as I told you. There isn't any complication about it. You must learn how to raise your own Kundalini. Now, left hand represents your desire and right hand your action. Now, it is very simple to work it out yourself so that later on you can always raise your own Kundalini. First put your left hand towards Me and we have to use our right hand for touching our chakras on the left-hand side, which are very simple. First you have to put it on the heart where resides the spirit. Then you have to put it on the upper part of your stomach, which is the centre of your mastery. Then you have to put this hand in the lower part of your abdomen, which is the Swadishthana chakra, which is responsible for the working of the Divine laws. Then your Kundalini will start moving. So, you bring it again to the upper portion of your abdomen on the left-hand side. This is the Nabhi chakra. Then you go again to your heart - is the heart chakra. Then you go here, where you are feeling guilty. This centre is catching. From the front side. Very bad centre just now, it's paining terribly, it's swollen. Now, you turn to your right your head. But remember the hand has to go like this [from the front] and not like that. Then you have to take your hand from here to your forehead across like this and press it on both the sides. Now please put your hand after that on the back of your head here, on the optic lobe as they call it. And push back your head. Now, stretch your hand like this please and put the stretched palm, the centre of the stretched palm, on top of your head, on the fontanelle bone area. Stretch it nicely and press it hard and move the scalp slowly seven times. That's all. All right.

So now before closing your eyes, it would be nice and very kind of you if you can take out your shoes because this Mother Earth helps us a lot. Put both your legs parallel. You can take out your spectacles if you want. It helps the eyesight. Because you won't have to open your eyes. Till I tell you, you don't have to open your eyes please. Because the attention has to be inside. If your eyes are open, the attention goes outside. So now, please put your left hand towards Me at ease, not with any discomfort. And please sit with comfort, but not in a slouchy manner, not in a very strained manner, but straight like this with both your feet at parallel to each other. Now what will happen [is] that first you'll become very peaceful [and] then you will start feeling the cool breeze on top of your head. And then you will start feeling the cool breeze in your hand. You will be completely relaxed. Already

some must be feeling cool breeze in their hand. All right. So please don't open your eyes. And close your eyes. If you have anything in your neck, anything related to religion or anything, you better take it out for the time being. Any malas or anything. Now please put your left hand towards Me...

Better take out, it's better, take out everything. Otherwise, it may stop at Vishuddhi. Just take it out. One minute. I don't want it to be lost because of a little thing. Today we had a mishap like that and as soon as the gentleman removed it, it worked out fast. Anything which is, you think is... you have taken it from someone, or you are wearing it for some religiousness or anything, you can take it out please. Please, I will be very thankful. All these material things catch. Fine.

Now, put your left hand towards Me please and right hand on your heart and please close your eyes. With a very pleasant mood, we start to awaken our Kundalini. First of all, put your hand on the heart and you have to ask Me a very fundamental question. You can call Me Shri Mataji or, to make it easier, you can call Me Mother. "Mother, am I the Spirit?" Ask the question please. Which is the truth. Three times. Very good. Now put your right hand on the upper part of your abdomen, left hand towards Me, and press it with your fingers. Now here you have to say the relative question to the first one – because if you are the Spirit, you are your master – "Mother, am I my own master?" Ask this question three times. Please say it three times. Now move your right hand in the lower part of your abdomen and press it hard. On the left-hand side. Press it hard because chakras are inside. Now here you have to ask Me, I cannot force you [as] I respect your freedom... So, you have to say, "Mother, please give me pure knowledge – the knowledge of the Divine." You have to say it six times because there are six petals. By this asking only the Kundalini will start rising. Now, after this, you please raise your right hand in the upper part of your abdomen and press it hard on the stomach. Now, here is the centre of your mastery. Your Kundalini is moving. To open this centre, with full confidence in you, you have to say ten times "Mother, I am my own master." Ten times. Now please raise your right hand on to your heart. Now press it there. Now here you have to say, with full confidence again, the greatest truth, "Mother, I am the Spirit." Please say it twelve times, "Mother, I am the Spirit." Without any fear; without any diffidence. Now you have to know that the Divine is the ocean of compassion and love. But above all, it is the ocean of forgiveness. So, you cannot commit anything which it cannot forgive. So now, raise your right hand on to your left-hand side of the corner between your neck and your shoulder and turn your head towards the right. From the front side across. Now, here you have to say with full confidence again, sixteen times, "Mother, I am not guilty," sixteen times. "I am not guilty at all." Please say it from your heart. Now if you still feel guilty, better punish yourself by saying [it] 108 times. I mean to say, you should be pleasantly placed towards yourself. Not to be angry with yourself. Now, raise your right hand to your forehead across and press it on both the sides. This is the centre of Christ, of Buddha and Mahavira. Now, you press it hard on both the sides. And now here you just say from your heart, not how many times [but] from your heart, "Mother, I forgive everyone." Now, some may say that it is difficult to forgive. But it is a myth whether you forgive, or if you don't forgive. But if you don't forgive, then you play into wrong hands. Now, please place your right hand on the back side of your head like this and put your head backwards. Here you have to say for your own satisfaction, not feeling guilty at all, "Mother," or "The Divine, if I have done any mistakes, please forgive me." "The Divine, please forgive me if I have done any mistakes." Say it from your heart without feeling guilty. Now, stretch your hand and your palm in such a manner that your centre of your palm you put it on the centre of the fontanelle bone area, which was a soft bone in your childhood, and press it hard and move it seven times. Press it hard and stretch your fingers. Now here again I cannot force you. So, you have to say, "Mother, please give me my realization." You have to ask. Or you have to say, "Mother, please may I have my realization." And press it hard and move it slowly seven times. Now take down your hand please. And now put both the hands towards Me. Put on your glasses. Put both the hands towards Me like this. Now put your left hand on top of your head and see if there is a cool breeze coming out, yourself. Right hand towards Me, right hand towards Me. Little higher, little higher about four [or] five inches. Could be some people get it at one foot. Keep your eyes open [and] watch Me without thinking. Like this, hand should be like this. Little higher, some people get it very much higher. Move it and see. Now try another one. Watch Me without thinking. Left hand towards Me, [feel] with the right hand. Some people might get some heat - doesn't matter. Now, again put the right hand towards Me and see with the left hand. Good, it's very good. Now, let us put up the hands, up in the air and ask a question, "Is this the cool breeze of the Holy Ghost?" "Is this the Brahmashakti?" "Is this the all-pervading Power of Divine?" Now, take down your hands please and see for yourself. [a small portion of the recording is missing] You feel the cool breeze in your hand? Keep your eyes open and watch Me without thinking. Just see if you can do it without thinking. It's a very joyous experience. And you feel like laughing sometimes. Or you feel like crying. But remember it because it's sprouting, and you are not to waste it. Respect it. Can you see [that] if it is just sprouted and thrown away, it is absolutely useless? I hope you will bring your friends tomorrow, and

more people. Now I would like to know how many of you have felt the cool breeze on the head or on your fingertips – please raise both your hands. Aah, look at that.

May God bless you.

Look at that; see the beauty!

May God bless you all. May God bless Germany.

Those who have not felt also should not feel bad. They'll get it tomorrow. And those who have got today, it will be completely, fully established. Thank you very much.

May God bless you all.

Everyone, practically everyone! So sweet, so beautiful.

Don't discuss about it, don't talk about it. Be silent. Enjoy the silence within and the peace within. Enjoy yourself.

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What Happens If Our Human Awareness Moves To The Left Or To The Right?

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I bow to all the seekers of Truth.

Yesterday, I told you that Truth is to be discovered on your Central Nervous system through the evolutionary process not through some imaginary mental projections and to believe into something because somebody is telling you in a very convincing manner. Even, you have not to believe Me, what I tell you. As I said yesterday, you have to treat it like a hypothesis and with an open mind of a scientist to discover the Truth yourself. It is your lookout that you have to be convinced; I am not here to convince you or to persuade you to believe into something because even if you believe in Me, believe in what I say, if you do not get the experience of Self-realization, it is of no value.

Now today, as I told you yesterday, how the human awareness, which has got its roots in the brain, starts growing downward and takes us to our destruction in every center and unless and until we get the ascent, we, our human awareness can never take us to that place where we say that this is the Self, the Spirit. So, every human effort to experience new things or to try new things is nothing but amounts to a ego trip is not reality.

Now today, I would like to tell you what happens if our human awareness moves to the left or to the right. Now in our system there is something called Autonomous Nervous System, which means, auto means somebody driven by self. It is driven by self - autonomous. So, what is this self? Now, this Autonomous Nervous System is divided into Sympathetic and Parasympathetic Nervous Systems within us. On the subtler level, the left side that you see here, what we call as Ida Nadi, in the Sanskrit language, manifests the left, the Left Sympathetic Nervous System and the one which is on the right hand side, which starts from the Swadishthana - the yellow colored one - is the one, what we call as, the Pingala Nadi. It manifests the Right Sympathetic Nervous System.

Now the central path, that you see here half-broken, is the path of Kundalini, which, actually, manifests in us the Parasympathetic Nervous System and is called as Sushumna Nadi in the Sanskrit language. By the left Nadi, that you see here the blue colored one, you desire something - is a power of desire. It looks after our emotional side and is somewhere near Freud's id, we can call it but he was very confused - but is the one that looks after your past and your conditioning. So, this is the one that gives you your conditioning or your past. Now the right side one that you see, the yellow one, is the one that gives you your future and this is the one which works on your physical and your mental level so that you have now - left hand side is emotional and the physical and the mental side on the right side. I must confess, English language is extremely confusing because the one who suffers from the mental side, uh.. they say, is actually suffering from the emotional side. So, let us take an exact word for that, is the when we say the mind, we mean the emotional side. I think, that will do and the Kundalini, you say, is the fourth power within us, which is coiled up in three and a half coils and is lying in that sacrum bone, as we call it, in a sleeping state.

That will do, I'll manage. It's alright. Thank You.] Now we have seen these four powers within us. First is the left side power of desire, right side power of action and the central path of our evolution. Now whatever we have evolved, is shown on our Central Nervous System which records everything. We can say that all these three powers built-in the program of the Central Nervous System.

Now say, for animals, you ask a horse to pass through a dirty lane or a dog - he will just go through, he will not have any problems but for a human-being, to go through a dirty lane, will be very difficult. So, on our Central Nervous System we have built-in a new capacity to see beauty, to see color, to see uh.. the dirt and filth, on our Central Nervous System. Human-beings need not be told that this is smelling dirty - they can smell it. As in Sanskrit it is said, "Nahin kasturi ka modaha shapathe namo bhavyathe." The smell of the musk need not be vowed for; It exists, you can see it yourself. In the same way, our Central Nervous System records all that we have gained through our past, through our conditioning and also what we think about our future. Now, when you start moving towards the left side in your attention, you become, sort of, very emotional person. Like, we can say, a Greek tragedy you indulge into something tragic - you enjoy tragedies. You are a happily married man still you like to hear the songs of separation. You have everything and a nice wife but still you are thinking of somebody and unnecessarily you are miserable. Then this devotion can go to anything - it can go to God also as we call it as bhakti cult. I mean, they will go on saying, "Rama, Rama, Rama, Rama," thousand times, sometimes six thousand times, like mad or like, "Christ, Christ, Christ, Christ," they'll go on. They will just, sort of, without any connection with Christ or without any connection with Ram, just imaginary emotions they will start putting on God. This bhakti cult we had in India much before anywhere it started, I think. So, they are running on the street, all of them, 'Hare Rama, hare Krishna,' running on the street like mad, has no meaning. As a result of this kind of a chanting on the left hand side, you develop a kind of a very funny cancer, which also can result into a situation, where we call it, as the Left Vishuddhi catch where you feel unnecessarily guilty. It becomes a fashion with people to say you're miserable and that you're very guilty, for nothing at all and to say that you must go into misery is the same nonsense that you go to the left side. You cannot go into any situation yourself and achieve it as far as spirituality is concerned but, you must know that the Spiritual ascent is a living process and is evolutionary process which works spontaneously. So, going towards left side is even more dangerous than going towards right side. Left-sided people don't torture others but torture themselves. Now the area they entered into, first of all, is their past, this past, this life's past. Then they enter into their own past. This is a very wrong thing, these days some people have started asking about your past, past - it's a very dangerous area. Past is finished and gone - it doesn't exist.

Now, when you go beyond that, you go into the very, very dangerous area called Collective Subconscious area. From Subconscious to the Collective Subconscious. This one, I say, is the most dangerous area.

Now supposing, you were a very right-sided person and you are vulnerable to cancer - first thing you'll catch will be cancer because into the, into the Collective Subconscious all that is dead since the time of our creation is there within us. This is all accepted now by the doctors that these cancer is caused by Protein 52 and Protein 58 which are built within us in an area about which they don't know - they are very honest - but into the area which is within us since our creation - is an accepted fact. So, when you start experimenting like this, even Freud and all this nonsense, when you start experimenting, you go to your left side. Say, as I said, on Vishuddhi chakra, if you go on taking the name of somebody's continuously then somebody, who is dead with that name in the atmosphere, just enters into your body and you can get completely possessed.

Like, somebody who was, he used to take Christ's name and he started feeling he's become Christ and he came to Me he said, "I'm Christ." I said, 'Alright, then walk on the water.' 'If you can do that I will believe it.' So, this is what happens like Gauguin, now a great artist as you know him, died as a mad man and somebody who used to copy him and used to think of him all the time, read about him, suddenly he started painting like Gauguin. Nothing new but the same thing he was putting on the canvas and I saw this on a television show that he was saying, "I am possessed by Gauguin." Now many people think that, if they are born and they can tell about their past - it is their own past. It is not necessary that it is your own past, it might be some possession is sitting on you and you are telling your past and it may be the past of that person who died. Now this possession business is so secretive and so dangerous that people have no idea about it. It is a special art, which is practiced in India and everywhere as witchcraft, by which people get hold of these dead spirits and put them on others and try to capture them. It may be called as black magic or anything. Most of the gurus try this trick and they possess the people so much so, that people become absolutely mad, give away all their money, give away everything they have and they don't see that this man is just exploiting them. Ultimately, there can be a complete suicide of all the people they can take to or there may be people, individuals who might get into epilepsy. Epilepsy is a sign of possession and such a man is not within himself.

He might get such a terrible power within himself that even ten people cannot control. The other day, I saw a child of one year

possessed and three people could not hold her and were perspiring. This is what happens when you get possessed by some sort of a devilish personality. Many people, who become mad or all them who become mad, are possessed.

Even Schizophrenia comes from the same. All disturbances of the mental level, so called mental, I mean the emotional level, are from this possession. Suddenly, a person starts screaming or shouting or behaving in a different manner it doesn't explain - it is nothing but a possession. Many people ask Me, why in America there is so much schizophrenia? Because so many of these Indians were killed by Spanish. Maybe they are possessing.

Specially the people who have been to Vietnam are possessed people, absolutely. They are very abnormal and very sly and always running away from society. Also some of the drugs take you to the left side. Alcohol also takes you to the left side; Excessive alcohol drinking can really make you a mad man. So, all these things lead you to the left side and you suffer from not only mental troubles but also physical troubles. Such a person always is very lethargic.

He doesn't want to work, he wants to sleep all the time and he is not very neat or clean and if you try to organize such a person, he gets very annoyed, can be extremely violent. Now you, one can go through chakras and chakras and see how on every chakra there is a possibility of your movement to the left side. For example, if you are suddenly frightened by someone or you have a very frightful experience and you are absolutely lost, that time you can go to the left side and you can catch it, the way, what we call, the possession. Say for example, you parents have been not kind to you or you had a very bad childhood when in as childhood, when the child needed the attention of the mother and father and love from them, he was ill-treated, then the child can become extremely left-sided or right-sided depending on his temperament but when he's left-sided, he develops very funny symptoms. People achieve it also by giving you wrong type of food which is being done by with some sort of a black magic; When you eat that food, you can go to the left side and you can get possessed. Some of the gurus give those ashes which actually come from the crematoriums. Such people can suffer from terrible skin troubles. It is such a secretive knowledge that it is not easy for you to understand unless and until you get your realization. On the Swadishthana Chakra, it could be a person who is a very, very dynamic person, who is showing good results in art or in creativity, can be over-doing everything, is exerting too much onto that or going into it's imagination, may be caught up or maybe, somehow or the other, cursed by someone, so he stops all his activity. So, when we start experimenting, we should know that with human awareness, either you'll go to the left or to the right. The best way people achieve mesmerism is through their eyes. They ask a person to look into his eyes and then somehow or other, try to possess that person. or could be, that this Agnya Chakra they can turn it in such a way that in the opposite direction, so that the person gets possessed. The worst is the possession on the Mooladhara Chakra, which is the lowest chakra here, on your sex. Many gurus or many people use this chakra to entice people and then it is very difficult to get these people out of that. We stand in great danger because we do not know what one will do to us and when we start in darkness some sort of an experiment, it's a very, very dangerous sign.

So it is very important, before you take to any such experiments, you must first find out the disciples of such a guru or the people who are around such a guru, how are they, how do they look like, are they knowledgeable? How, what is their lifestyle, what sort of people they are? But human-beings are dare-devils and they try to do things which can be very injurious. Like, I would say, we see a person coming out of a pub, who just falls off of over-drinking and we try to, sort of, again go into the pub. All the chakras can be affected by Mooladhara, if you're caught up on Mooladhara, and then you develop all these diseases like Parkinson, Mellitus, all these degenerating things. So, any kind of extreme behavior can lead you to the left or to the right. So, before starting any experiment, you must see the person who is started the experiment, where is he. Now, say, for example Freud - he was epileptic, he had cancer and he was a funny man as far as the mother was concerned, so still people followed him. And some people followed him to such an extent that they replaced him with Christ. Even if somebody says that, "We are very religious people, we are very spiritual people," you must see what sort of life they lead. Are they normal people or are they abnormal?

Now, to the right side now. The movement starts on the right side of our awareness. As I told you, is the action - on the right side we perform through our physical and mental activity - for our future also. Now on the physical side, supposing, somebody starts over-doing something, then what happens to a person like that. For example, take jogging. It's very common disease nowadays - everybody is running on the road. Everybody is trying to become a cinema actor. Now, what we have to understand that jogging is only physical exercise and if you overdo it, you will develop physically but what about your emotional side? You will seldom

find a happy jogger - they're always miserable. There will be a fight between the wife, maybe a divorce after sometime. I met one dentist. He told Me, "Now, I've become absolutely a saint." I said, "How?" He said, "I've been jogging, jogging now I don't feel anything. I didn't feel the death of my child, I didn't feel the death of my wife, nothing I feel - I've become a yogi." And he was thin like a bean stick, I tell you, and still he was trying to jog because the habit he could not give up. His, I mean, his bones used to run on the streets - the skeleton. He could not give up that habit despite that he'd lost all his weight. Same thing with any physical exercise if you do indiscriminately - for example, take Hatha yoga. If you start doing Hatha yoga, every type of asana without understanding what is your problem, where the Kundalini is stopping, you indiscriminately start doing Hatha yoga, you might develop terrible problems of the heart and one becomes a very fiery person, extremely angry, hot-tempered and very dry.

They have no love, they have no tolerance, they cannot bear anything. I would say some French - you can meet them - because they eat lot of fungus, their liver goes out and then they are all the time thinking, thinking, thinking. They eat every kind of fungus. There are 200 type of cheese they have got which has got fungus in it. I mean, if you put a little fungus on your hand, all your life you cannot get rid of it - it's so horrid. So now, when we start thinking too much, on the mental side what happens to our body? We think of the future.

Telescopic we become, we become very speedy. Like you see, if there's a train coming, such a person has to arrive at the station which is, say at A point; He will reach at B point where the train doesn't stop. They go on thinking, thinking like mad produce no results and this is so maddening that such a person can become extremely dry. And this dryness can have effect on all the chakras. Like, on the Mooladhara he becomes a constipated person; he develops all the problems of constipation; then he has too much heat in the body; then at Swadishthana he develops a very bad liver; liver becomes absolutely dried up; liver is the one that takes away all our poison and passes on to the water of the blood but when there is not sufficient water, the heat remains there and liver starts troubling such a person and he develops horrible things like like, biliousness and ultimately cirrhosis of the liver. So, the liver starts spoiling, spoiling your attention and you cannot enjoy anything, you don't like anything. You cannot eat much, you feel giddy and if you sit in the Sun or anything, you becomes really, absolutely burnt up. Now, this yellow line is called also Surya Nadi - means the uh.. channel of the Sun. These right-sided people are very much fond of the Sun also, they go to the sea-shore and burn their skins in addition to what they have already burnt inside and develop cancer of the skin.

It is another way of futuristic thinking gives you a very serious trouble of attack all heart attack which is, which has a spiritual significance. A person, who is extremely aggressive and extrovert, his attention is always outside and not on his heart, not on his Spirit. As a result of that, Spirit sleeps off and he gets a massive heart attack. There's another thing, as I told you, that one can develop Diabetes and all those things because of too much of aggressiveness. But the aggressiveness of the tongue gives you all kinds of problems of the Vishuddhi, here. If you shout too much and if you aggress people by your talking, try to put them down by your talking, try to take their charge by your talking, sharpness, you develop all the problems of the right Vishuddhi. Now, if husband is a shouting person, the wife becomes deaf but husband himself suffers from terrible coughing, cold and all kinds of bronchial troubles and then he becomes vulnerable to the cancer also.

Somehow, if he's triggered by this Protein 52 or 58, then he gets the throat cancer. So he removes his gullet, he removes his nose, he removes his tongue - goes on removing one after another. This is what is up to Vishuddhi chakra but Agnya is the most dangerous. The masters of this black magic use their Agnya through their eyes. These people when they use their Agnya chakra that way before death, they have to go through Hell as far as their body is concerned. They may develop all kinds of allergies or they may develop all kinds of heating problems like blisters - their body will blister out. Their head may burst out with heat. They may have their brain damages, paralysis. This is only the physical side that happens but mentally also the people, who are right sided can become horrid. They become very aggressive. Like when they are possessed, you see, an idea can come into their heads that, "Let us become aggressive," you see, fascist, they become fascist or they can become very right-sided people. We can say, as we have in London nowadays they, they have shaven their hair and all that, they have no marriages, nothing but they find anybody of a black color - they just strangle that person. They aggress others, all the time they aggress by some sort of a funny doing. Very embarrassing. At the right moment things happen, you know.

We were getting rather serious, so we needed something like that. So, as we see now, all these things happen to us when we try to go to the right. As I said, when we aggress others, you see, now, when we start aggressing others, we destroy others. But we

are part and parcel of the whole. If you destroy anything in that Whole, that the Whole thing then, you are destroying yourself as well. So, we think that by aggressing others we are not harmed - you are very much harmed. Whatever you give to others, goes round that person and comes back to you. Now, a person who always says, "I hate you, I will kill you," all that, may die with a very harsh hands himself. Such a man is always hated - no one likes him.

But the, on the subtler level what happens to you is on this thing, that such people sometimes lose their voices completely - they can't talk and could be that they, they can not ascend at all. In the brain, as you can cut the brain you can see in the transverse section of the brain, it looks like many petals. That is what is called as Sahasrara because there are 1000 nerves according to sahaja yoga. Doctors will fight because they say that there are only 998 because they couldn't count two more. Now, these nerves within us, these nerves within us, give us a brain which is not being used; We have used very little part of our brain so far. There are so many deeper sides in our brain which we have never used. So, if we have to make an experiment, we must ascend and go to our Sahasrara, inside here and you'll be surprised, that when people achieve this breaking of the Sahasrara, they become one with the All-Pervading Divine ether and they develop a new awareness, a new dimension on their Central Nervous System that they can feel others, they can feel themselves. This is the minimum. Then, when you raise the Kundalini of others, which you can do, you put them in the center and solve all their problems of the sides. Many mad people have been cured through sahaja yoga - is a fact.

People have dropped their habits, any kind of habits that they had, suddenly just like that overnight. You can't imagine how people have changed. If I tell you, it cannot be believe because it is impossible for you to believe but when you see for yourself this is happening, you are amazed. How this Kundalini rising solves all our problems because we are neither on the right or on the left but we are above ourselves. I'll give you an analogy to understand it because you all are fond of motor-cars - it will be easy to explain. In every car we have got a accelerator, that is the right side and the and the break on the left side which stops it - we need both. Now when we are practicing driving, we, what we do, is to practice the left and the right both of them and then when we learn it, we learn it. When do we learn - when we learn it. Alright. So, when we learn driving, what do we know? We know how to use the left and the right. So, you become a driver; We can say, you become a balanced personality - what we call it, dharmik. But supposing, you use only the break, the car will not move or if you use only the accelerator - you'll know what will happen to you. But still you are a driver and the master is sitting at the back.

When you get your realization, you become the master. Then you start seeing the driver in you and the left in you and the right in you and to achieve that we have the central path through which you ascend. This is the path which is established through our ascent in our previous evolutionary process. For example, this red thing that you see here - Mooladhara - was Carbon when we were Carbon. Now, the central path represents the Nitrogen, left side the Hydrogen and the right side the Oxygen. Now, when the Carbon combine with the Nitrogen, it it became amino acids and we became alive and ascent started. Now, if you consider this as the body of the whole and we are part and parcel of it then you consider that the evolution has taken place from this to that stage one by one where all those leaders, who were there, are represented on the centers. As human-beings are made in the image of the great Primordial being, you can see here, the center green is represents in the, what we call, as Bhavasagara - the Great Ocean. And this Great Ocean is the one where the fishes came up through amoeba stage and then the fishes crossed over and then, gradually, how all the animal kingdom came up. Like that, all these deities, that we think of, are the leaders, are the leaders of the centers which they occupy. So, we can say, that Christ came at this point.

He was an Incarnation which was made of, we can say, the, I get sometimes confused with the English language. uh.. we can say, with the All-Pervading Power, with the Onkara itself. There was no element of Earth in Him, so He could walk on the water and He could resurrect Himself through this center and that's why it is said that He's the gate - through Him you have to pass. By doing that, it is, the optic chiasma, in the center of that it is - it is controlling Pitutary and Pineal body. Now, when the Kundalini rises and She awakens Christ there, He sucks in these two things which are created by left and right side - one is the ego on the, on that yellow side and the superego on the left hand side. So, these ego and superego form this kind of a shell for us and we become like a egg, we can say. Sometimes they overlap and then we become very hard shell and we become, what we call, we develop our I-ness. When the Kundalini passes through this Agnya Chakra, then She sucks in, He sucks in Christ sucks in the left and the right - the conditioning and the karmas and the whole thing goes inside, like that and over the limbic area, with the fontanel bone area, you find like a small child you develop a soft bone again. This is your re-birth.

In Sanskrit language a bird is called as a dwijah - means born twice and a brahmin, the one who knows the Brahma - the All-Pervading Power, is also called as dwijaha. Brahmins, means the one who has known the Brahma - the one who's a realized soul - but nowadays we have all kinds of Brahmins in India. Mostly they are cooks or they sit in the temple and sell ganja on things like that.

Horrid! Alright, so now, when, when the Kundalini sucks in and this opens out, you feel the cool breeze of the Holy Ghost coming out of your fontanel bone area on top of your head because on top of your head is the place of the God Almighty, as we call it, or you call Him Sadashiva or whatever name it may be and His power is the Primordial Mother, Adishakti - the Holy Ghost and Onkara is the Son is Their Power. Now, it is impossible to understand that you have a Father, Who is a God you have a God as a Son and no Mother - missing - Holy Ghost, how can you have that? Have you seen such a situation? A father giving birth to a son - I have not seen so far. So there has to be a Mother, the female.

That's the Primordial Mother and She's represented within us as Kundalini and God Almighty represented within us as the Spirit in our heart. This knowledge is very vast. You have to enter into the ocean of this knowledge and you'll become that. You become the knowledge, you become the joy, you become the attention that you have to become. That's what you are - you are fantastic.

Only thing, this has to be connected to the mains and the same way, you have to be connected to the mains - that's all; You're all ready for it. So, do not have any guilt about it. Know that you're human-beings, specially created. Only thing you have to enter into the Kingdom of God - that's all and your Mother Kundalini, your individual Mother Kundalini is just waiting there to take you down to take you up, I should say. After all, He is God Almighty Who's your Father - He's a Divine Father and how can He ask you to suffer? He's the most loving Father, He's love personified - how can He make you suffer?

We suffer out of our ignorance - sorry. When the light comes in, you will see how gracious, kind and benevolent He is. Whether you believe in Him or not, He is. You have to just enter into His Kingdom to see. So, there is no need to deny Him or accept Him but see for yourself.

May God bless you!

Now, I would request, like yesterday some people were not wanting to have Self-realization, I would request them that they should leave us in peace. It will hardly take 10-15 minutes for you to get realization but please don't disturb us. If you want to go, you can go now and don't disturb others. Better be a kind and civil to people who want to have their realization. The experience is very simple and you can really feel it, you don't have to do anything about it. Sahaja yogis should not disturb. If you're sahaja yogis, you be seated - doesn't matter. You need not get up and walk off because no use disturbing people - it's not proper also. - Let the sahaja yogis be seated wherever they are because these are new people and they easily, they get easily disturbed. So, one must keep the silence, please.

I had asked you to give Me questions and no questions have come through but even now, if you have some questions, you may pass them over to our center and I would like to answer them. After this realization I have to make a very great respect, respectful request to you, that you must have respect for your realization. You have to be profound and deep to understand everything but it gives you depth, suddenly you become deeper personality, immediately. Nothing is wanted out of you. If you are a human-being, you'll get your realization. Maybe, some may not get today because they might be not yet tuned or maybe but doesn't matter, you will always get it. Now, as I've told you, you have to have your shoes taken out because we have to take the help of the Mother Earth. I think, you send him away - would be better - go off to sleep. That's better. Take him away because he will go off to sleep in no time - must be tired. All the children can go away now. Let it be. They are all realized souls. They should not be bothered much. They want to sit they can sit down but it's time for them - it's about 90'clock. Alright, so now, is very simple that I will tell you beforehand what is to be done - is to put left hand towards Me because is the desire that you have and the right hand you should use for action. I will show you only and you can see for yourself also. First your heart you have to touch where resides the Spirit.

Then everything works on the left hand side. You have to put your right hand on the upper part of your abdomen on the left hand side where there is the center of your mastery - is the Nabhi chakra. Then, you have to take your right hand and push it into the lower part of your abdomen on the left hand side where is the center of Swadishthana is, through which we work out the laws of the Divine. Then you have to raise your right hand again. At this point the Kundalini starts moving so you have to raise your hand again on the chakra which is the Nabhi chakra on the left hand side on the upper part of your abdomen on the left hand side. Now, again you have to bring your hand on to the heart chakra.

Now, here is the left Vishudhhi, which is caught up when we feel guilty - that's a very bad state. Put the hand across like this - not from the back, it's very bad. I tell you, it's the worst chakra today. Yesterday... not to feel guilty at all. I request you not to feel guilty, not to feel guilty - please. Be pleasantly placed towards you.

You are the temple of God. Believe Me, you are the temple of God and turn your head to the right and hold it tight like that. Now, then you have to take your right hand put it on your forehead. Press it on both the sides. Now, you have to take your right hand. Put it back on your back Agnya, which is on the, we can say, on the optic lobe and push back your head like this. Now, you have to stretch your hand fully.

Stretch fully. Now, put the center of your palm on top of the fontanel bone area. Press it very hard and move it seven times. That's all. But before we start today, we better give us ourselves a balance a little bit. Please put your left hand towards Me, like this for ...

Now, what you have to do, your right side is too much working, so, we have to give a balance to ourselves. You put your right hand just like this and take it up on your head and put it on the side like that and throw it away. We'll do it three times to begin with. Let us start.

On top of your head, on top of your head, nicely - push it down. Again, throw it down. Again, take it on top of of your head, nicely. Throw it down. Again - and throw it down. Now, it's a balance.

Now, let us start with the left hand towards Me, like this - this is the desire, this is the action and close your eyes now. Please don't open your eyes till I tell you. Slowly, like that, not at a stretch - just like this, just like this. It's alright - anyway. You will stretch your hand too much, madam. Just put it like... very relaxed. You'll be tired - yes, just in a comfortable way. - Alright, yeah. Now, put your right hand on your heart, please.

You may take out your spectacles because you have to keep your eyes shut all the time and it helps the eyesight also. Alright, now, close your eyes, please. Don't open them till I tell you. Now, now on the heart you put your right hand and you have to say or you have to ask a question, a very fundamental question. You can call Me Shri Mataji or Mother - whatever suits you - "Mother, am I the Spirit?" ask the question three times. Three times, please.

This fundamental question is followed by another because if you are the Spirit, you are your master too. Now, so, you put your right hand now on the upper portion of your abdomen, without opening your eyes, on the left hand side. Now here, you have to ask the second question. This is the center of mastery, so you have to ask a question, another question, "Mother, am I my own master?" ask this question three times. Now, after asking this question, you have to take down your right hand in the lower part of your abdomen on the left hand side and here is the center of true knowledge, of Pure Knowledge. Here, we cannot force you to ask this question so, you have to ask yourself in all your freedom, which I respect. [Let it be, doesn't matter. Leave her alone.] You have to ask the question, here, by saying or you have to ask or you have to ask for My help by saying, "Mother, may I have the Pure Knowledge." Please ask the question six times. You have to ask for it, I cannot force you.

Now, raise your right hand - to the upper portion of your abdomen on the left hand side on your abdomen. Please don't open your eyes, please don't open your eyes. Alright, now here, as the Kundalini has started moving, you have to open this chakra, by saying

with full confidence because this is the master's chakra, "Mother, I am my own master." Ten times, "Mother, I am my own master."

Now, with full confidence, again you put your right hand on your heart, on your heart. Here now, with full confidence, you have to say again, "Mother, I am my own Spirit," or you can say, "Mother, I am the Spirit." Please say it twelve times, with full confidence - this is the greatest Truth. Twelve times.

Now, please raise your right hand on the left hand side of corner between you neck and your shoulder and press it hard and move your neck to the right side. Now here, with full confidence, again you have to say, "Mother, I am not guilty at all." Even after saying that, you want to feel guilty, you better punish yourself by saying 108 times. You have to be pleasantly placed towards yourself. Alright, that's good!

Now, raise your right hand and put it to your forehead across. Now here you press it on both the sides and here you have to say, from your heart, not how many times, "Mother, I forgive everyone." Whether you forgive or not forgive, it's a myth but if you don't forgive, then you play into wrong hands. So, just say, "Mother, I forgive everyone," from your heart. Now, God or Divine is the ocean of forgiveness, - so, don't feel guilty and please put your right hand now, on the back side of your head and hold it tight and push back your head.

Now here again, without feeling guilty, you just say for your own satisfaction, "O Divine, if I have done any mistakes, please forgive me." - for your own satisfaction. Now, take out your hand and stretch it please.

Stretch your palm and put the center of your palm on top of your head and press it hard. Now here, you have to move it seven times and you have to say - because I cannot force you - again here your freedom is respected. You have to say, "Mother, please give me my realization." "Mother, please, may I have my realization." Press it hard, press it hard the center part; Stretch your fingers. On your head, on your head.

Press it hard and move it slowly, clockwise.

Now, take down your hand, please.

Please open your eyes slowly.

Put both the hands towards Me.

Please open your eyes and watch Me without thinking.

Now, put your left hand on top of your head, left hand and right hand towards Me little higher. Could be higher for some people.

Move it and see if there's a cool breeze coming. Little higher, little.

Yeah, you can move it in all the directions. Got? Little lower, little lower - move it this way Move it. See now, if there's a cool breeze coming in. - Concentrate here, little lower.

Good, that high! Good. Haan. Now, take - the left hand towards Me.

Don't think - left hand towards Me. Now, feel the right hand on top of... same thing. Don't get anxious, don't get worried. It is going to work out. Little bit at the back. Here, here, on top.

Don't be anxious, don't doubt. Just take it little here - it's here - not here - here. Now, change it over again to the right hand towards Me and feel the left hand. Little behind, little behind, just move it. Don't be anxious, don't be anxious - not front - behind,

backwards - haan. Now, put both the hands and ask a question, "Is this the cool breeze of the Holy Ghost?" "Is this the All-Pervading Power of love of God?" "Is this the Power called as Brahmashakti?"

"Is this the All-Pervading Power of Love of God?"

Now, bring down your hands, please.

Now, see for yourself, raise your hands, like this.

Those who have felt, the cool breeze out of their head or on their finger-tips, please raise your hands - both the hands. Raise your hands - both the hands.

I want to see. All of you, all of you have got it, all of you have got it, so rejoice now. You all must meet, it's a collective happening - you all have to be and understand it. There is an invitation for all of you to come to the center and work it out collectively. Many people had to come to from Austria to help you, now you have to go to, Germans have to go to Austria to help them. And come to India too.

May God bless you!

Don't discuss, don't talk much. Be in thoughtless awareness - there is where you will grow.

May God bless you!

Such an experience!

1986-0713, Shri Kartikeya Puja: Woman Is A Woman

View [online](#).

13 July 1986

Woman Is A Woman

Kartikeya Puja

Grosshartpenning (Germany)

Talk Language: English | Transcript (English) – Draft

I'm sorry for being late. I did not know that this program is in a beautiful place like this. And here you see a beautiful painting of Michelangelo expressing the desire of the Divine, your Father, to save you, to help you out and its working out.

In Germany we have had very great aggressive happenings. And that brought forth a devastating effect on the Western Life, all over. The value systems were broken, the idea of Dharma was disturbed, women started behaving like men and so many people died. Very young people died, very, very young. All their desires were not fulfilled, all their life gave them nothing but war. That was a kind of a heat wave that came, destroying all the subtler things. When the nature gets its respite, or is angry, it destroys only gross things but when human beings start destroying, they destroy even the subtler things like your value system, your character, your chastity, your innocence, your forbearance.

So now the war is on the subtler level. We have to now understand that all these things have brought such a shattering effect in the West, on the Western personality. So the first effort one has to do is to repair it, to put it straight, make it stand on its own legs. Because people lost their personality, their tradition, they had no moorings, no roots. And they started moving towards anything that was brought in as some sort of an intellectual experience.

The women became very independent and they thought they can work out their own problems – that they thought they can become like men. Here the problem started even in a worse way. Because woman is a woman – and a very little thing which is called as a man in her and when she tries to avoid what she has and develop something that she has very little, then she becomes funny.

But she may be possessed by so many men who are dead. The desire to become manly can attract so many bhoots who want to enter into woman's mind. And when they enter they have the garb of a woman and mind of a devil. And the women cannot see it because maybe with those devilish things in the worldly way they might be successful. They might be better off. Maybe they can dominate everyone, they might become meticulous like men, absolutely matter of fact, very neat, tidy, clean, devoid of all beauty and sweetness. Then these women ultimately become like vampires.

So, though the war is over, it is working through the women of Germany, I think. I'd heard this attack had come before also and there were women called as 'Amazonic'. Now that history is repeating itself again. The other day I had an interview with a German lady and I was amazed at her attitude because I felt she's still a Nazi in her, some Nazi bhoot is sitting in her. She was a double personality, one way she was talking sweetly, another way she was a Nazi – and a Fascist. Very cunningly they have got arguments. The first thing they can do is to say that, "We are siding with downtrodden people, like India. Indians are Aryans, we are Aryans, and we are people who are sympathizing with the Aryans." Indians are spiritual people and they feel they are like Indians, of all the things, you know, can you believe it?

The quality of life should improve, is the point. The quality of men is different from that of women, I have told you many a times. And if women try to be manly then they cannot achieve anything proper.

We have had many like this. You have seen Mao's wife. You have seen Mrs. Chiang Kai Shek. Now this new lady Carlos – Carlos her name is? Marcos, Marcos. So many women like this. They always make a mess of things when they try to be manly.

In the history, we have many women. In India women are very well equipped, we have had women like Jhansi ki Rani who fought against the British. She was a widow. She tied her child on her back and fought the British. They say that her horse jumped from 180 feet from the turret of a fort and the Britishers have written down that, "Though we have got Jhansi the victory comes to us but glory goes to Jhansi ki Rani." We have had great women in India. Like Nur Jahan was another great woman, we had Chand

bibi, Ahalyabai, but they were all women, they didn't have ego of men. When it comes to – one can work, work in the offices with men but they need not become men.

I'll tell you an example of My own. I had to build our house in Lucknow. I did it in a real woman style and I built a very good house, better than any man could build in a very, very cheap way.

Like a man would go, first of all he'll get an architect, go and measure everything, then he'll try to fit everything into it beforehand. Then he will in his ego go to some expensive place, shop, get something expensive, be cheated by that. Then again in his ego he'll go and get some very expensive labor and appoint somebody, he'll be in charge of everything – in charge.

I did in a very different way. I had money, so went and found out who have the best people, who have the best bricks. The house was to be built by bricks. Then what else do you need? Just like a woman would cook her food, you see. You need also sand, all right? Then you need cement and you need iron bars, and labor. So I didn't go the way men went round. I found out the man who was selling the best bricks. So he said, "I have no money because I have to put up those klins [editor's note: first 'klin', later on pronounced 'kiln'] and fill them up with the bricks and for that you require initial money." I said, "All right, I'll buy one whole klin from you, whole one. How much will you take from Me?" He said, "Five thousand rupees sufficient." But if he said, "If the klin goes off, or there's something wrong with it, if it misfired, then it is your lookout." I said, "Doesn't matter. You put one klin in My name." So I bought a complete klin from him, complete. Kiln is a thing where they put all the bricks, you see, and then cover it with mud and fire it from down below. Sometimes it could be that the whole thing can go into a waste, or crumble down. I said, "You do like that. Only 5,000." When it is nicely fired and all that it would cost you nothing short of 50,000 rupees.

Then I went to the river and I said, "How much for a one part?" – as they call it, a big area of sand. They said, "At this time, when it is summertime it's very little, but in wintertime it will be quite a lot." A man would go, he'll say, "All right, now you need so much, bring it now. Then you will need more, you bring it now." But I didn't do that, I said, "Summertime is a nice thing, cheap you are getting, why not buy the whole?" So I bought the whole part, the whole area of that sand. [Shri Mataji laughing & laughter]

All right. Then I went for the ironmongers. I said, "Now what about iron?" They said, "You have to order, but if you order in bulk then we'll give you much cheaper. And cash down you have to pay so much." I said, "All right." I ordered it. So it was all ready, just like we do for cooking, you get everything ready made, ready there.

Then what we needed was wood. So they said, "Wood will come from Nepal." I said, "All right. What else?" They said, "From any other forest it can come." So I went to a forest in the center of India called [Jabalpur ?] and there I ordered. The whole wood was cut, newly cut, and in an auction I bought a lot of wood from there. And I got all that they had, plus I got the marble from there. This marble was never used before, anywhere. I said, "It's very simple, I can use this marble for everything." So I got marble and wood together from that place. Then the labor. Then I asked My friends if they knew any good workers, who are good at masonry work.

They said, "Yes, this one is good, that one is good." So I called all of them. I said, "See, now you can stay with Me in this house and I'll feed you very well and I'll give you food and I'll look after you very well." So they all settled down with their family (Laughter) and I used to cook for them. By cooking I won them over and they would do anything for Me. (Laughter) Absolutely. They were so kind to Me, they would produce new, new – technique that they knew – they would produce an effect of marble out of the cement. All kinds of art that they had they put there. So such a big house with 20 bedrooms and five drawing rooms, dining rooms was created within one year's time. Not only that, but the price of the house nobody can believe. Was one tenth of the one that the architect would have taken. But it was all written so well, everything done so well because I didn't know how to write accounts, so what I used to do, every day I used to say, "Now, all right, today I take out so much money," then this much was spent. Like that I wrote every day and not one single rupee was missing in that. So nobody could prosecute Me, no problem otherwise all the officers who built their houses there had to go through lots of problems, their income was taxed, this thing – nothing, nothing happened. And I got such a huge house made in such a little money. And such a house that people said that, "Even Taj Mahal may fall down, this will not fall." [Laughter] Because I made a good foundation, everything, because I had bricks so cheap. The whole of that kiln I bought for no price at all and half of it I sold back because so much remaining. [Laughter]

Then whatever I had bought the sand I brought it, sold half of it because I didn't need it at – doubled the price so I got my sand free. (Laughter) The wood that I had brought from there I got it properly chiseled out and I had a little tank in which I put it so the

whole thing became absolutely, what you call that – weatherproof. I got it out and half of it I used, half of it only, for hundred windows and sixty doors and the rest of it I sold. And even the chips were sold as burning for wood, you see burning wood, what do you call that? So you can imagine something was sold as timber and some for the huts. But I had to do cooking for them, I had to look after their comfort, I got them nice blankets and nice beds to sleep and this and that, so they were very happy.

That's how a woman works out and everybody was amazed they could not find any faults with My – accounts they could not find faults with anything, and I told all My husband's friends to keep five miles away from Me. [Laughter] Because he was working with the Prime Minister, people would have said that, "All right, She's taking bribes," and things like that. Then there was, another problem was that – they would have come and told Me, "This not good, that not good." I kept them out because only they can argue, men can only argue. (Laughter) Women produce the results. No conferences, nothing, I said, "Nothing doing. Let Me do the job Myself." Very nicely in the company of all these people I built the house, a beautiful house which I think they have taken a film, and you might be able to see the house that I built there.

So when the woman, who is a Sahaja Yogini, must develop her – these special qualities because she is very intuitive, woman is very intuitive. She always reaches the right conclusion in no time. If she's a woman – but if she's half-man and a little of a woman then I don't know what sort of a thing she is. So, a woman should try to be a woman, she's so powerful, she's powerful like this Mother Earth who can bear every sort of thing and she can give the best that is with her. Extremely sacrificing, extremely giving, forbearing, loving, forgiving. When men develop the women's quality then they become saints.

But not the woman's quality that they run after women. This kind of a nonsense is not there. They have to be "Viras", [brave, eminent], they have to be chivalrous people, they have to be brave. They have to be brave but with that they have to develop compassion, forgiveness. But I think it is the other way round in Germany very much, and I find around also among Western Sahaja Yogis this is a very common affair going on – women develop horrible egos. In India, women work, everything they do. We have had great orators since long time, well known. But they don't have ego. My mother was Honours, in those days when there were only two or three women who had done such a degree, but I never saw her with any ego in her.

My own daughters, one of them has done architecture, and also interior decoration, she's not now working because her husband is working all right. But she makes houses for others, she draws for others, she helps others freely. And she has such friends. So what is the achievement of a woman? She has more people around her. Human power. She has more human beings around her. And what is the capacity of men? They have all the bills of the house to be paid, they have to pay for the insurance, (Laughter) the repairs of the car. Let them do the dirty jobs. (Shri Mataji laughing & laughter) Women receive all the love letters, from the children, from the husband, from everyone. They are loved. They are cared for. Now because they have become manly they don't have all these advantages. Like formerly if you are going in a bus they would give a seat to a lady. Now nobody does that. Once – a lady was traveling, old lady, and – there was one young fellow sitting there. I said, "Why don't you allow her to sit down?" He said, "Why should I? She's also wearing a pant, I'm also wearing a pant." She – this old lady was wearing trousers, so he said, "Why should I give her seat, she's wearing a trouser, I'm wearing a trouser, what's the difference?" [Laughter]

So, all that is our advantage and privilege we are losing by becoming men. And what do we gain? What do we gain? Actually, on the contrary, I think in modern days women are much more slaves of men than they were before.

They get very upset.

Say there's a Sahaja Yogini. Now she's caught up very badly and she has certain problems. First thing she'll think about, "Oh God, now my husband will leave me, he'll take away my children, where will I go?" She'll never think of Sahaja Yoga. But I met one extraordinary woman, I must say she was a real woman. She said, "Mother, because I'm a schizophrenic I want to get out of Sahaja Yoga. I'll divorce my husband, I don't want to see my children, Sahaja Yoga is much more important than me, than my husband and my children."

"There's a woman," I said. She said, "I am schizophrenic from childhood. I've discovered it now and it comes back now." But mostly women are worried about themselves, "Oh God, I'll have to leave my husband," means what they were doing was to sponge on the husband. "I'll have to leave my children." But what about leaving Sahaja Yoga? If you think Sahaja Yoga is the most important you'll can get rid of your schizophrenia also. Why should God help you? We are just thinking like ordinary women, about yourself, only worried about yourself. Not worried about Sahaja Yoga.

Same with some men, but men are not so much frightened, because they think they can stand on their legs. And women should also know now they are Sahaja Yoginis that they are Sahaja Yoginis and Mother is going to look after them. But if you are worried about yourself only, your husband, my house, my children, then you are a gone case, you are no more a woman now. It's not a sign of a good woman. A woman is that who loves all the children. Her loving capacity's great, but if she becomes miserly, if she becomes small-minded then she's not a woman.

I told you about My grand-daughters, I asked them, "What do you want to be?" They're very small. So they said, "We want to be a nurse or an air hostess." So I said, "Why? What is so great about these jobs?" They said, "Grandmother, in these two jobs only you can feed people." There's no other job in which you can really feed other.

The joy of feeding others is greater than writing files in the office. Absolutely – I tell you. It's a horrid job to write files in the office, see. [Shri Mataji laughing & laughter] It's better to do some nice cooking, [Laughter] thinking so many are going to eat and enjoy it, than to do this dirty job. But women have lost their heads, they are not level-headed now. Become stupid. Now in Germany you have to be very careful. In Austria you have to be very careful. Austrian women are great, but I would say German women – that you don't try to become men.

First of all, the best way to stop it is not to talk too much. If you start talking like men then all the bhoots will enter into you and start talking like men only. And then you will see how the men are controlled – we Indian women know how to control our men much better than you do. Why we don't have divorces? Why we don't have problems? We quarrel – all right, doesn't matter, but our men don't run after another women. We don't dress up, I mean, so much, we don't go to hairdressers – we don't have these beauty aids, all that.

So develop your self-respect. You are the Shakti. You are the power. If you make your men cabbages what sort of children you'll have? Cabbages only. Respect them. Make them men, enjoy their manliness. Then they'll never give you up. There's no competition between the two. I find the main problem today in Germany is that the women have lost their senses. This is I feel absolutely about German women. Take to music, take to art. So much scope is there. Today, who is remembered? See in here, who is remembered? A musician – Mozart. Everyone remembers Mozart, even on a chocolate you'll find a Mozart there. [Laughter] I don't know, poor thing – did he ever eat any chocolates or not? [Laughter]

Or they will remember, see here, they have Michelangelo or they'll have Leonardo da Vinci, or they'll have somebody like that. Nobody remembers who was the officer at that time, running with the file up and down. [Laughter]

So women have something that they can be of eternal value, that they should develop. The greatest thing is that woman can love, and love and love. But when she becomes selfish and self-centered, starts worrying about herself there's no beauty in her love.

Today, I took it up special this thing because today you are worshipping Me as Kartikeya. Kartikeya was the son of Parvati, Uma. who was just a mother of these two children, Ganesha and Kartikeya. And one day the parents Shankara and Parvati both of them said, "Out of you two, the one who goes round the Mother Earth first time will get a special prize." So Kartikeya was the manly power, absolutely, and he said, "All right, I'll start on his own conveyance," which was a peacock.

And Ganesha said to Himself, "Now look at Me, I'm a little boy, I am not like Him and My conveyance is a little mouse. How will I manage?" But then He thought, "My Mother is higher than the whole universe. What is this Mother Earth?" So this Kartikeya was out, going round the Mother Earth. Shri Ganesha went round His Mother three times. (Laughter) And He got the prize. Because of that motherly qualities for Him She's the highest, even higher than Sadashiva. But surprisingly that is what Sadashiva likes. That you respect your mother – the motherhood in you. The womanhood in you. (Mother speaks in Hindi or Sanskrit and then translates). 'Where the women are respectable and respected there the Gods reside.' Women are very important. Of course I must blame the Western men also, the way they have ill-treated their women, have kept out of religion, have always put them down, I mean, India we had Muslims doing that but they are even very sophisticated aggressors and they did it very badly and they kept them all of them down. But doesn't matter. Still, forgive them and try to be women – very powerful.

The powers of a woman are that of love, which are the powers of God. And that is to be used than to use other argumentative intellectualism, all nonsense. Don't waste your energy with that. I would like, specially the Sahaja Yoginis of Germany, to become

more and more ladylike. It doesn't mean good cooking only, but in the attitude towards life. To think in a wider way that the whole Sahaja Yoga depends on our love capacity. We have to be extremely loving, extremely kind, looking after Sahaja Yogis, giving them all the joy that is possible.

Otherwise, in this country, they can become like vampires. So be very careful. And for men also, I would say if there are women of that kind, you must respect them, you must give them all their privileges, look after them. They look after children but give them all the assistance, all the money that is needed by them. Do not ask for accounts and things, let them manage it. At the most, you'll become bankrupt, as it is you are. [Laughter]

But first, see what is their attitude towards Sahaja Yoga is. I've seen in the families where the women are in charge of the purse always we get much more money for Sahaja Yoga work than from the houses where the men are in control. It's very surprising. When men are in control they have to think of their car, they have to think of many big things, but when women are in control they know how to save money, as I have shown you how I have saved money. Men can never save. They can never save money. Only the women can save, but if they have a larger interest. Otherwise, if they are self-indulgent, they'll finish off all the money by going into the shop to buy a shirt for a man they'll buy all saris for themselves. They can do like that. But if they have wider interests, if they have greater interest, they can use money so cleverly that they'll have always money to spend for others.

What do I do? What has – whatever My husband gives Me to run the house – it's quite a lot I should say – but I stinge on things, I go to the main markets, get things from there, try to save money on that, save here, save on My clothes. I – first time I have given My sweaters for dry cleaning – in a good shop. That's how a woman saves and then she spends for the general good. Because that is her real satisfaction. If we develop that kind of a balanced view about our married life, about our social life we'll be ideal people in this world.

About school also, I have said it, very clearly. Now if you want to hear about it I would request – have you got that pamphlet with you? Wanted to read it. Uh? No, you don't have. That's just like men. (Laughter) They themselves said they would like to read it here, you see. If you ask men to do the cooking everything will be missing. So -

Gregoire: Shri Mataji, may I most respectfully ask You, is there any advantage at all in being a man? [Shri Mataji laughing & laughter]

Shri Mataji: Without the man, woman cannot express herself. She cannot express, because she is the potential. He is the kinetic. It's absolutely relative terminology. You cannot exist without a man, you cannot. Even if you, supposing, if you have all the fragrance in the Mother Earth unless and until you have the flowers how will you know there is fragrance in Mother Earth? Men are most important otherwise what will they do? Their – all their energy will be all rotten. So, if women are the Mother Earth, you are the flowers.

Advantage what? You are the people who – everybody sees you. [Laughter]

Gregoire: Running around like Kartikeya. [Shri Mataji laughing & laughter]

Shri Mataji: What can we do? You are like that. [Laughter] You cannot sit at home. You cannot – even in the train, if you are going, you'll find as soon as the train will stop all the men will get out of the train. They can't sit there. [Laughter]

Like – I told My husband, "What is this all the time you are running out of the house? Why can't you sit in the house for some time? You must sit." So he said: "No, in our side if any man – sits in the house he's called as "ghar-ghusna" [Hindi word, a stay-at-home], means 'Who is all the time in the house, you see.' And I said: "What do they call to man who always runs away from the house – a "ghar- bhagna" [Hindi word, who takes a running jump] means the 'runner away', who runs away. [Laughter]

There should be something in between. But that's manly, it's all right. But we can, with Sahaja Yoga, what we can do is to form a little balance between both the things. That is what Sahaja Yoga is, that it gives a balance. Then you start enjoying each other's company so much that even in the house you enjoy, outside also enjoy. So you can be together inside the house, also outside. The interests are the same, because the interest becomes the same. Like the flowers who fall on the Mother Earth make the Mother Earth fragrant and then we can say that Mother Earth is fragrant. As beautiful as that.

All right.

So for education I've already given instructions and I've already talked about it that we are not to make a big ado out of this Maria Montessori and this and that. We are going to have Sahaja Yoga schools. All nonsense. Because I have seen those who are

teaching in Maria Montessori style, the women have become horrible. Was amazed the amount of ego they have developed in themselves. So you become Sahaja Yoga teachers and it's going to be a Sahaja Yoga school. In – Sydney or in Melbourne, we started the school in Melbourne very nicely and now they are going to have it in Sydney the same way. And openly it is a Sahaja Yoga school, there's no fear about it. Openly it's a Sahaja Yoga school, and then people have achieved so much out of it. We – why should we take any garb like that? We should go all out to say, "It's a Sahaja Yoga school." So you, the teachers also become experts in Sahaja Yoga, so they have to be good Sahaja Yogis, Yoginis or Sahaja Yogis. They should not be egoistical, there should be no ego in them, they should not be catching, anybody who's catching is not a good teacher for Sahaja Yoga. It's not like – in a Maria Montessori school that in the night the teacher drinks, smokes and morning time she's a Maria Montessori teacher.

Here you have to be a Sahaja Yogini first and then only you can teach in a Sahaja Yoga school. You have to have that quality, that is very important, as it is important that we should get students who are Realized Souls or who can get Realization.

All right.

So today's puja is specially for Kartikeya. Kartikeya represents the great, we can say the captain or the leader of all the ganas, of all the – like a Commander-in-Chief. Ganesha is the King, but He is the Commander-in-Chief. And because German character is to be in command of everything we are going to have this puja where the men will be in command of their spirits and their manly qualities and women will be in command of their womanly qualities.

To be in command is different from to be a master. Master owns it, a commander does not own it. He does not own it. That is also lost, possession is also lost, we just command it. And that is the state we have to come to now, from Ganesha state to the state of Kartikeya. The other way round.

Ganesha is nice, he's the King, very nicely sitting down with all the powers, all right? Innocence is there, but Kartikeya's the one who commands innocence, gives you a power of that commandment. He commands.

After the Guru Puja it's better that we should have the power to command others and that commanding spirit comes in the men through their talking, through their dynamism, through their personal achievements; for the women through their loving power, through their forbearance, through their gracious behavior, forgiveness, compassion. So let us develop that today, that we can command it, means it's not that what we have, but in a position we are to command. I hope you understand what is Kartikeya.

May God bless you!

So let us start the Puja.

Who made this? You made it – this Ganesha? Such a sweet thing. You are very good, I must say. May God bless you!

Aside: Get some German people to do it also.

Let us have some more people here from Germany, ladies also, of course.

Sahaja Yogis: Shri Ganesha mantras & Shri Ganesha Atharva Sheersha.

Shri Mataji aside: Let us have other ladies. The one who has made the Ganesha – is she German too? This one also should wash.

All those who wrote letters for Me to come to Germany should come and wash My feet. May God bless you! May God bless you! Thank you!

Aside: Take out that one from inside. Now take that out. There is no need.

May God bless you!

[Editor's note: several times 'May God bless you!' during washing of the Feet have not been documented]

Shri Mataji (aside, naming a baby): She is (to be?) given a name? That? We call her Kamala, Kamala. Kamala is the name of the goddess, all right? Lakshmi. Kamala. May God bless you!

You can have a singing little bit, because there are two ladies more. And Guido still has to do it, I mean Hugo. Hugo has to do it.

Good. That's it. May God bless you!

(Sahaja Yogis singing)

Come to the other side. This side. Who are the ladies now? There are some more ladies? Finished? Good. Rub it hard. Rub it hard, hard, hard, hard, hard, hard.

Use the same water. Rub it hard. Rub it hard. Rub hard. Rub it hard. May God bless you.

Now you both can come here. Thank you.

They can use the same water, because too much water already there.

1:04:38

Shri Mataji [to the Yogis who are drying Her feet]: Hard, hard. See, the Vishuddhi is to be wiped off more a little bit. Still hard.

Shri Mataji: Now we can say the one thousand names of Kartikeya.

Sahaja Yogi: One thousand?

Shri Mataji: No, 108. [Shri Mataji laughing & laughter]

I thought 1000 would be good idea, but let it be 108.

Let's see how it works out with 108.

Say it loudly.

Gregoire: So, Warren will first read the meaning in English, then I'll say the mantra in Sanskrit, and altogether, we'll say: "Om twameva sakshat, Shri" for instance, "Skandaye, namaha".

Shri Mataji: No, it need not be so big.

Gregoire: Shri Skandaye, namaha.

Shri Mataji: Hum.

Gregoire: Yes

Shri Mataji: "Om twameva sakshat" is

Gregoire: Too long.

Shri Mataji: Dharut [?].

Gregoire: So.

Warren: The vanquisher of mighty foes

Gregoire: Skandaye

Shri Mataji: Loudly, loudly, it's not clear.

Gregoire: Om Shri Skandaye namaha.

Warren: Praise be to the mighty Lord.

Shri Mataji: No, not yet. Get him another one [mike]. Let him have one more, because it must be clearly said, otherwise it has no meaning.

Warren: Praise be to the mighty Lord. He abides in the hearts of devotees true.

Gregoire: Guhaye

"Om Shri Guhaye namaha"

[Cut in the audio]

Warren: Praise be to the Lord Victorious over the asuric force

Gregoire: Rakshopala Vimardhanaye

"Om Shri Rakshopala Vimardhanaye namaha" [They say 'shri']

1:06:43

1:28:55

In this 108 names, if you have noticed, they have shown that Kartikeya is the innocence that is acting on the right hand side – in the Pingala. And that is also – it is very much related to Prana. It gives you Prana. Prana is the vital breath that we take – breathe in and breathe out. So it is related to the right side.

Then also it is related to eternity, Ananatari. Ananta [meaning breathing;living]. is the snake, the Shesha, which is the brother of Vishnu. So it is He who is represented here as Kartikeya. He is called as Ananta. So he is the fire. He is the one who ignites within you the capacity to consume, the force – also the capacity to command the people and also the capacity to be a person full of brilliance.

You see, an innocent person could be very brilliant. All these capacities are expressed in Kartikeya's Swarupa – in His state. Today, by worshipping Kartikeya, we have to know that Kartikeya is now awakened within us. And with that capacity we have to fight.

Ultimately He is the Nishkalanka. He is the one who 's the final: so from Ganesha to Christ to Nishkalanka. These are the three stages into which the innocence has gone, from Ganesha to Kartikeya and now to Christ and from Christ to Nishkalanka.

In the form of Nishkalanka He is innocent, so there is no Kalanka – there is no spot on Him, nothing. He is absolutely clean, immaculate. Plus He is fiery, plus He has all the qualities of Ekadesha Rudra, means the eleven qualities or the forces of Shiva, which can kill. So He has a capacity to kill and destroy that is evil and to give blessings and courage to His followers.

This is the last incarnation, which is called as Kalaki, in normal words you call it Kalaki, is actually Nishkalanka, in the white horse. So it is the Kartikeya who sits on the white horse. So how innocence grows within you now is up to the point of Kartikeya. This has been today done on this land, Deutschland as you call it, where Kartikeya is to be born within you, to be awakened in you.

May God bless you!

1:32:23

Gregoire: Bolo Shri Kartikeya Nirmala Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Ki – Jai! Shri Nirmala Devi Ki – Jai! Shri Nirmala Devi Ki – Jai!

Shri Mataji: Now if you want you can sing some songs or you can say “Ya Devi Sarva Buteshu” whichever you like. I would like to have the ladies here, seven married ladies and just to help Me out. First we'll have little girls, if there are in here, the little girls have to come up.

Shri Mataji to a young boy: Little later, when you will have to garland Me – all right? Now the girls have to come, girls. Where are the girls? All the girls have to come up.

Who are all the other girls who are here? All right, come on.

Right, come along. You also come along, both of you. All right. You also come, both of you.

Sit down, sit down.

If there is any unmarried girl, big unmarried girl, please come. Somebody who is not yet married. Someone. Yes, come.

Remove this one, I think. Ask somebody to remove this.

Remove these towels also.

Now, where is that Sharminda gone? Or Evelyne, anyone. Maggie?

[Shri Mataji speaks in Hindi about kumkum]

Gregoire: So we take the booklet, this blue one, page 8.

[Shri Mataji speaks in Hindi about the water]

Come along. Sit down here.

Let her play.

Gregoire: Shri Mataji, first before we sing the hymn to the Goddess we would like to read You an amended version of the Lord's Prayer:

Our Mother,

Who art on earth

Hallowed be Thy Name

Thy Kingdom come

Thy Will be done

On earth as it is in heaven

Give us this day Your Divine vibrations

And forgive us our trespasses

As we forgive those

Who trespass against us

And lead us not into maya

But deliver us from evil

For Thine is the Father

The children and the glory
Forever and ever. Amen.
Shri Mataji: So very sweet.
[Laughter]

1986-0724, Press Conference

View [online](#).

24 July 1986

Conference

Volterra (Italy)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: It's all right.

Yogini: She is telling us not to worry.

Romano Battaglia: The gentleman is a special correspondent for "La Nazione". Now Afeltra is also arriving, he wanted to come here.

Lady: Ah, he's coming?

Romano Battaglia (in Italian): Yes.

Lady: Can you explain everything?

Lady: Yes. I want to explain that Dr. Afeltra and Dr. De Martino, they are two very famous journalists.

Man: Yes!

Lady: Very famous indeed, they have been head of a newspaper, editor-in-chief of various newspapers. And they are considered, you know, how you say, the authority in Italian journalism. And Dr. Afeltra wanted to meet You. So he's coming now, if we can wait to commence.

Guido: So better get some chairs, more.

Lady: At least a couple, two of them.

Guido: Let's get some more chairs.

Lady: There is also a doctor with them. He is particularly with Scientific Press.

Warren: Oh, good.

Shri Mataji: Oh that's good, that's very good. That's very good. Because Sahaja Yoga deals with science. And I was saying that if somebody is interested in the science side of Sahaja Yoga...

Warren: Guido, you stay here and let him get the chairs.

Romano Battaglia (in Italian): Did you want to make an interview? Did you want to ask something?

Shri Mataji: Too much, is it? You don't like it? We can put it down here.

Warren: Open the windows.

Romano Battaglia (in Italian): So, let's explain that today, if it rains, we have to change and go to "Canniccia".

Lady (In Italian): Who has to do it? Who has to explain it? Me. (In English to the yogini) Your English is much better than mine.

Yogini: Yes, but you are nearby Romano.

Lady: Okay.

Romano Battaglia (in Italian): The fact is that if it rains it's not possible at the Versiliana.

Lady: Okay. If it is going to rain, the meeting will take place in another place. Sorry.

Shri Mataji: Yes, we want to see tonight there.

Lady: Yes, so maybe it will be at the "Canniccia". I don't know what it is. What is the "Canniccia"?

Romano Battaglia (in Italian): Yes, the "Canniccia" is three or five minutes away, behind.

Lady: Five minutes, behind, only it is. But how do you say "la Grande Madre" in English?

Warren: The Great Mother.

Yogini: The Great Mother. The Great Mother.

Lady: The Great Mother? Ah, okay. She says that tonight it is not going to rain. You said that it is not going to rain tonight.

Shri Mataji: No, it won't. Tonight. It will be all right, don't you worry.

Lady: Okay. So wait...

Romano Battaglia (in Italian): Is She saying that it will rain only tonight? Tonight?

Lady (in Italian): No, no, no. It's not raining.

Guido (in Italian): There won't be any problems.

Lady: So we don't need to...

Shri Mataji: I don't think so. I don't know.

Lady: No.

Romano Battaglia: You have to be there around five in the afternoon. So five in the afternoon. There will be some interviews they want to do, so...

Lady: There are various televisions and radio and journalists who want to have some interview with You, so we arranged something.

Guido: There will be many television and press people.

Shri Mataji: Oh, it's all right.

Romano Battaglia (in Italian): Then one more thing.

Guido: We have to be there by five o'clock.

Shri Mataji: All right, yes.

Romano Battaglia (in Italian): One more thing: while She speaks, we broadcast our radio along the entire coast up to Sanremo, so ten thousand people are listening.

Guido: While You'll be talking, about ten thousand people will be listening through the radio in all the cost.

Shri Mataji: It's very kind of you to have arranged.

Guido (in Italian): You were very kind to arrange this, Shri Mataji says.

Romano Battaglia (in Italian): Only that Versiliana is a magical place. Beautiful. It is a forest of two kilometers by two kilometers with this villa of the great poet D'Annunzio, where he wrote "Alcione" and other things. To change location, if it rains, it is another thing.

Guido: Mr. Battaglia says that the Villa we saw last night is a magic place, and used to belong to this famous poet, and so if they have to change the place tonight because of the rain, it would be a different atmosphere.

Shri Mataji: All right, doesn't matter. It's all right. Whatever suits you, whatever is the best place.

Lady (in Italian): Are they coming?

Man (in Italian): Already arrived.

Romano Battaglia (in Italian): Who has arrived? That is, Afeltra?

Man (in Italian): Yes, but aren't they in the same hotel?

Man (in Italian): Yes, yes.

Romano Battaglia (in Italian): She is always serene, isn't She?

Guido: Are You always serene?

Shri Mataji: (Laughing) Do I look serene? I don't know.

Romano Battaglia (in Italian): I don't. I don't.

Guido: He says he is not always serene.

(Shri Mataji laughs)

Romano Battaglia: Come forward, come forward, come forward, come forward.

Lady (in Italian): No, beautiful.

Romano Battaglia (in Italian): This is Mr. Gaetano Afeltra, from the "Corriere della Sera". Very important..

Guido: This is Mr. Afeltra from "Corriere della Sera".

Lady (in Italian): Mr. De Martino.

Guido (in Italian): Mr. De Martino.

Lady: Dr. Pizzetti, he is a doctor. (In Italian to a guest) So we will pamper you and put you here.

Shri Mataji: Now. Only thing is you are far away.

Lady: Oh no, no, we are closer.

Shri Mataji: So. It would be better (She laughs).

Lady: Yes.

Shri Mataji: We can get more chairs. It's better to be closer.

Guido (in Italian): It's better to be closer.

Shri Mataji: Get other chairs also, they are coming.

Man 1: (in Italian): Then has it already started?

Lady: No, no. Not yet.

Romano Battaglia (in Italian): No, we arrived just now. We are talking about the bad weather. It would be a shame not to use (The Versiliana)

Shri Mataji: Are you comfortable there?

Lady: The Great Mother says that... (In Italian) She says that anyway it won't rain tonight, and not to worry. Romano Battaglia was saying that he is not always serene, so what would You suggest him to do?

Shri Mataji: You see, it's a state. It is a state. It gets established after the Self-realization, as we call it, after the second birth, as Christ has said.

It gets established slowly, slowly. It's an evolutionary process and a living process. So it takes little time but it gets established. Come along, come along.

Romano Battaglia (in Italian): Are they from the radio?

Yogini: From the radio? From the radio station.

Shri Mataji: How to make them comfortable?

Yogini: We are bringing chairs.

Guido: They are bringing chairs.

Shri Mataji: So that is a state you just establish gradually.

Guido (in Italian): Shri Mataji says that it is a state, a new dimension, which gets established gradually after the Self-realization.

Lady (in Italian): Let's hope so (somebody laughs, Shri Mataji laughs).

Romano Battaglia (in Italian): Today, what do we have to do today? That is, for example, what do we have to talk about, for the people, for all the people?

Guido: What would You like to talk about today, Shri Mataji?

Shri Mataji: I mean, whatever are your interests, whatever you want to ask Me about how it helps you in so many ways.

Guido (in Italian): So, what may interest you to know the most, and that the public could...

Romano Battaglia (in Italian): The public wants to know first of all who the Great Mother is, so it needs to be explained well, I don't know if by you or by Alganesh. Is Alganesh here?

Guido: So first of all they, the public would like to know who You are, who is the "Grande Madre".

Romano Battaglia (in Italian): And then, and then ...

Guido: This is for now.

Romano Battaglia (in Italian): Yes.

Guido: No, for the... (In Italian) You mean for now?

Romano Battaglia: No, no, no. It is all right also...

Guido (in Italian): For the public.

Romano Battaglia (in Italian): I would do it even now, because...

Man 1 (in Italian): If I may, if I can, I would like to ask a very simple question. I am completely ignorant of everything.

Guido (in Italian): Yes.

Man 1 (in Italian): I find myself for the first time in front of the Great Mother. Who is She, what does She represent and what idea does She bring?

Guido: The gentleman says that he is here for the first time in front of You, and he doesn't know anything about You, and he would like to know something about You, and what is Your message, and so on.

Shri Mataji: What you say about...

Lady: Who You are, and what is the idea and the message that You bring. He has two questions, actually.

Shri Mataji: You know, as far as Myself is concerned, as you see as I am, and if you want to know about My birth or something?

Romano Battaglia (in Italian): Stop. Let's do the translation right away, otherwise it won't be heard.

Man 1 (in Italian): Right away, right away.

Guido (in Italian): Currently you can see how I am, and if you want to know, I don't know, about my birth or my childhood, etc.

Man 1 (in Italian): I just want to know what is the ideology, the faith that you want to bring? You are the bearer of what ideas? I don't know anything. Tell me.

Guido: They want to know about the idea and the message.

Shri Mataji: Yes, that's what. You see, I have a message to say that we all have within ourselves a power, the power of the Holy

Ghost, as they say in the Christian religion, we call it as the Adi Shakti, in Indian language.

Guido (in Italian): Shri Mataji says She must reveal that within us there is a power, a potential energy, which in our tradition is called the power of the Holy Spirit, or in the Hindu tradition is called Adi Shakti.

Shri Mataji: That is dormant or sleeping in the triangular bone which is called as sacrum within us.

Guido (in Italian): And this power is within us at a potential but dormant level, and is waiting to be awakened, in the sacrum bone that is called as "sacrum", not by chance.

Man 1 (in Italian): I beg your pardon.

Romano Battaglia (in Italian): Please, please.

Shri Mataji: I think you'd better allow him to sit properly. All right?

Man 1 (in Italian): How can we make it blast?

Lady: It is the Kundalini. Kundalini.

Guido (in Italian): Yes, it is called as Kundalini.

Shri Mataji: (Aside) So, you just get comfortable. Oh, I see. Why don't you move this way?

Romano Battaglia (in Italian): It is very cold there due to the air conditioning...

Shri Mataji: You don't like the draft?

Man 1 (in Italian): He wants to turn it off.

Lady (in Italian): He wants to turn it off. (In English) Can you turn it off?

Shri Mataji: Yes, yes. It's okay.

Man 1 (in Italian): I want to ask the Lady: how can this thing explode?

Guido: How can we awaken this power?

Shri Mataji: This power is a living power within us, like a primule in a seed, and it gets awakened spontaneously, as a seed gets awakened when you put it in the Mother Earth. It has a built-in quality to be awakened.

Guido (in Italian): So, this power is a living power that has the same potential, let's say, as a seed, when it sprouts. We simply put it into the Mother Earth, which has the power to make it germinate.

Man 1 (in Italian): Yes, I understand very well and I am happy to hear this, but I would like to ask the Lady: after having this perspective, how can I feel it move within me, to adhere to this faith of Hers, to feel this sudden explosion?

Guido: What he has to do to feel the power awakened within himself and to have the experience?

Shri Mataji: Nothing, because it's spontaneous, you have to do nothing. It's just, I would say, supposing I have the quality of a Mother, say, then in My presence you will get it automatically. Then you will have it, the power, then you can give it to others. It's like that.

Guido (in Italian): So, it is something that works in a very natural way, you don't have to put any effort into it. And Shri Mataji says, "I could be compared to this power of Mother Earth", and in the presence of Shri Mataji, this energy of yours can be awakened in a spontaneous, natural way.

Lady (in Italian): And then he, once he has...

Guido (in Italian): And then, in turn, you can pass it on to other people, once it has been awakened in you.

Shri Mataji: Like an enlightened light, you see. Like an enlightened light, one enlightened flame can enlighten another flame.

Guido (in Italian): Just as a lit candle, Just as a lit candle, a lit flame can light other candles.

Man 1 (in Italian): Is there a need for a spiritual preparation on my part, a fideistic attitude – let's say – towards Her, how can I say, towards this faith of Hers? How can I have this power transmitted to me to awaken the other that is hidden in me?

Guido: How can he achieve it so easily? Does he need any spiritual preparation or any background, particular?

Shri Mataji: No, no, no. Nothing. I mean, just like a seed, how does it achieve it? It is built-in within you. There is nothing, everything is made within you.

Guido (in Italian): It is something that is innate within you, and so, simply as a seed will sprout within Mother Earth, in the same way...

Shri Mataji: Like the connection, like an electrical connection built in here, as soon as you put to the mains, it starts working. Like that, you are fantastically made.

Guido (in Italian): It is like this so-called electrical device, as soon as we insert the plug into the socket, it begins to emit light.

Man 1 (in Italian): Yes, but I understand very well, the Lady is very clear and very sincere in Her exposition. However, I understand well that behind Her there is a whole tradition, there is a whole world to which we are strangers. For us who belong, let's say, to Forte dei Marmi, so far from this faith, from this ideology, how can I shorten the route and get closer to Her? That's it.

Guido: The gentleman said that, of course in India you have a big tradition behind and so on, but how a common man from Forte dei Marmi, from this place, can achieve all this, and how can the approach be faster?

Shri Mataji: Italians are very great people, too. Italians, I always say, Italy is the soul of Europe, and Italians are very good.

Guido (in Italian): Shri Mataji says that Italians are smart people, and defines Italy as the soul of Europe. And so...

Man 1 (in Italian): I thank the Lady for this, but I really want to draw from Her source.

Shri Mataji: No tradition needed.

Guido (in Italian): No tradition needed.

Shri Mataji: Only thing, because of Indian tradition, it is easy to convince in India people, because we know about it already. Easy to convince scientists, doctors, people who are in the profession. It is difficult to convince here.

Guido (in Italian): Now, because in India there is this tradition, naturally it is much easier even for people of science, to immediately absorb this new knowledge. While here there is more scepticism, because we are not prepared for this new type of culture.

Man 1 (in Italian): But I would like to say this to the Lady: that I, personally – I believe others too – always have great admiration for these bearers of faith, for the certainty that they have in their faith, something that we don't have, because we always doubt. We always have the temptation to say: "Well, it's all just chatter". Even in the Catholic tradition there is always some doubt, while I admire this strength in them, this kind of constancy of faith, without any doubt. All right? It's true, being able to possess this which is a beautiful thing, this is what I say, possessing the non-doubt, which is a beautiful thing.

Guido: So, the gentleman said that he has a lot of admiration for the Indian people, because they have that faith and that security within themselves and that tradition. And he said, we would like to achieve that security, doubtless security.

Shri Mataji: Of course, of course, everybody has that within themselves, the Spirit is within yourself. Only thing, you have to just achieve it, that's all. It's very simple.

Guido (in Italian): She said: "Everyone has the Spirit within themselves, has this little flame within themselves, even here in the West. The only thing is to enlighten it.

Shri Mataji: He's already got it, realization, Just now.

Guido (in Italian): Shri Mataji says that you have already got realization.

Shri Mataji: Just see on his head.

Man 1 (in Italian): I have already?

Shri Mataji: Yes, you got it! Put your hands just now like that.

Guido (in Italian): Put your hands like this.

Shri Mataji: Yes, you have got it.

Man 1 (in Italian): Don't make me do any magic! (Laughter)

Shri Mataji: No, no, just see on his head. Just see on his head. Just see...He's got it. He's got it.

Guido: (in Italian): Simply put your hands towards Shri Mataji.

Man 1 (in Italian): No, because I'm very fixated, eh.

Shri Mataji: You have got it, already. See now. You just watch Me without thinking, you see. He's feeling cool breeze?

Guido (in Italian): Just look at Shri Mataji without thinking, and say if you feel a sort of a cool breeze on your hands or head.

Shri Mataji: Shoes are very negative here. (17.23) You have to touch the Mother Earth.

Guido (in Italian): Maybe you should take off your shoes.

Shri Mataji: You have to touch the Mother Earth.

Guido (in Italian): To have contact with matter (Mother Earth).

Shri Mataji: That's it. Now he's got it. He's got it. All of you can get it, first of all, better... (inaudible due to voices overlapping).

Guido (in Italian): Shri Mataji says, "The best thing... the best thing..."

Shri Mataji: Would be better, because it helps us a little bit, this Mother Earth, yes.

Guido (in Italian): If you could all kindly take off your shoes and have the experience, why ...

[Man talks, indistinct words]

Shri Mataji: He's got it, he's got it, while talking to Me, he's got it.

Guido (in Italian): As you spoke, you have already had this awakening within you.

Shri Mataji: He can watch Me without thinking.

Guido (in Italian): And you can look at Shri Mataji without thinking.

Shri Mataji: Feeling the cool breeze?

Man: No, no, no, no...

Yogini (in Italian): Put them like this on the lap.

Guido (in Italian): Relaxed.

Shri Mataji: You start feeling the cool breeze in the hands. You all.

Guido (in Italian): You start feeling the cool breeze in your hands?

Man 1 (in Italian): I don't know if it is the...

Shri Mataji: Feeling. (She laughs)

Guido: The gentleman also is feeling it.

Man 1 (in Italian): I put this also together with my great sympathy for Her. Tell Her. Tell Her, tell Her.

Shri Mataji: That's what I said! Italians are very good, they will get it first! He's got it just...

Guido: He's feeling a lot of sympathy for you, Shri Mataji.

Man 1: (in Italian) Great sympathy!

Guido: A great sympathy for You.

Shri Mataji: (Laughing) Thank you very much.

See now.

Man (in Italian): Yes, yes, it can be felt.

Shri Mataji: Yes.

Lady: How is it that I not, I not...

Shri Mataji: You don't, little bit on the liver side.

Guido (in Italian): Put your left hand on your liver.

Shri Mataji: She's a little... She gets liver. She's a little on the liver side.

Guido: The left one. The left one, yes. Like this.

Shri Mataji: Left hand, yes. You think too much, that's why. Just don't think. Watch Me without thinking, try to do it.

Guido (in Italian): Watch without thinking.

Shri Mataji: See these two yogis, felt it? Yes, good. Everybody - look at his eyes, sparkling. Your eyes too, sparkling, the eyes sparkling.

Guido (in Italian): Your eyes are sparkling.

Shri Mataji: Ah, now, better, you see, on the Vishuddhi. Just can you take out your necklace, please? Just a little bit. That's it. Yes, good. Are you all right? I mean, little take out that necklace, yes, it's a little pressure on that center.

Guido (in Italian): There's a little pressure on that center, this chakra is called Vishuddhi.

Shri Mataji: Now he's relaxing. Close your eyes, you'll enjoy, just close, don't think, only enjoy, you will feel better. (19.39)

Guido (in Italian): If you close your eyes, you will feel very well.

Shri Mataji: Just close your eyes, you'll enjoy, just see yourself. You'll feel so relaxed.

Guido (in Italian): You'll feel more relaxed.

Shri Mataji: Is she all right? Just laugh, that's all, you see. It's all a joke, over. This is a drama. (Shri Mataji laughing)

Guido (in Italian): It's a drama, it's a big drama!

Man (in Italian): Good, good, good! But faith is this, it is the certainty of hope.

Guido: This is the faith, the security of the hope.

Shri Mataji: Yes, that's your Self, your Self, you know your Self.

Guido (in Italian): This is your Self, it is knowing yourself, your inner Self.

Shri Mataji: Look at this. You feeling? You may not feel because of little problem, you have throat trouble little bit, isn't it?

Guido (in Italian): Do you have any throat problems?

Lady (in Italian): Yes.

Shri Mataji: That's why. Please put your hand on your throat.

Guido (in Italian): And this prevents, let's say, sensitivity on the hands.

Shri Mataji: How is she? Are you all right? How are you? Good, enjoy! Now. Ah, good! (Shri Mataji laughs)

Guido: They want to continue the experience!

Shri Mataji: Yes, yes, continue, it's a good thing, just enjoy, that's the main thing. Just close your eyes and enjoy for a while.

Guido (in Italian): The best thing is to close your eyes and enjoy this experience, for a little while.

Shri Mataji: Just don't think, put attention here, on the top of your head.

Guido (in Italian): Now you have to put the attention.

Shri Mataji: Coming out from here, cool breeze, if you see, there's a cool breeze coming out of your heads.

Guido (in Italian): If you want to see, there is a cool breeze also coming out of your head.

Shri Mataji: Yes, on top of your head, from the fontanel bone area.

Guido (in Italian): From the top of your head.

Shri Mataji: Little, little coming.

Guido (in Italian): It is there, but there is this lack of sensitivity because of this problem of Vishuddhi.

Shri Mataji: Ask her, this hand towards Me. This hand towards Me.

Guido (in Italian): Put your right hand towards Shri Mataji.

Shri Mataji: Now is she all right? Tell her to forgive everyone.

Guido (in Italian): Say within yourself: "I forgive everyone".

Shri Mataji: Everyone.

Man (in Italian): Put your hand immediately and feel the coolness...

Guido (in Italian): Say: "Mother, I forgive everyone".

Shri Mataji: Everyone, that's the problem (Shri Mataji laughs). Just forgive everyone. Ah, better! Just forgive.

Guido (in Italian): You must forgive everyone.

Lady (in Italian): (In Italian) I think I have always done it. (In English) I think I always do it.

Shri Mataji: Just say that in your heart.

Lady: Oh, I have, I have...

Shri Mataji: Yes, just say that with your heart.

Guido (in Italian): Say it to yourself, with your heart: "I forgive everyone".

Shri Mataji: Good, she's got it very well! (Shri Mataji laughs) See, silence is there, inside.

Man 1 (in Italian): I would like to ask – let's change the subject - I would like to ask: this thing replaces faith, no? I mean, it replaces the other faith of another, no?

Shri Mataji: This is, this is Shraddha is that – it's not blind faith, it's not blind faith. But it is, after seeing it you have faith - is Shraddha.

Guido (in Italian): Let's say that it is not a blind faith - this is defined as Shraddha, that is, an enlightened faith, a conscious faith. Aware after the experience.

Man 1 (in Italian): What are the rites that we should do to be orthodox, to be adherent, obedient to this thing? As faith, as hope?

Guido: There are any rituals to follow with faith or with ...

Shri Mataji: No, no, nothing.

Guido (in Italian): There are no rituals.

Shri Mataji: Nothing, but you see, this is based on a very great science.

Man (in Italian): With this meeting we are, we remain, let's say, in line with our Catholic faith, which we Catholics practice, or in contrast?

Guido: After this meeting, they will be in contrast with the Catholic faith or...?

Shri Mataji: No, not at all!

Guido: Or it is in the same line?

Shri Mataji: You see, it is, Catholic faith has little bit diverted from its main line, main stream.

Guido (in Italian): The Catholic faith, let's say, has drifted a little from what was the pure message of Christ.

Shri Mataji: It is not the, it is now become a mental projection more than Christ.

Guido (in Italian): It has now become a bit of a projection of the mind, rather than being the actualization of Christ's message.

Man (in Italian): So with this meeting we are like Catholics in a state of sin.

Indistinct voices: No.

Guido: He is asking: "So now, are we Catholics doing a sin in this moment?"

Shri Mataji: No, no, no. You are really the real Catholic now. What Christ has said that you are to be born again. And this is an

actualization of your baptism, its actuality.

You break through, you see. It's not artificial like somebody priest saying you are Christian. That's an artificial thing.

Guido (in Italian): In fact, you are now true Catholics, because Christ has always said: "You must be born a second time, born out of the Spirit". And this is the actualization of the second baptism, of the true baptism, because through the ascent of the Kundalini you enter this new dimension of the Spirit.

Shri Mataji: And when they get a real experience...

Man (in Italian): Don't judge me, don't judge me. I believe it, absolutely.

Shri Mataji: Surprisingly, you see, when they get a real experience, the Jews also respect Christ and the Muslims and the Hindus, because they know there is Christ.

Guido (in Italian): Because after the experience, Muslims, Jews themselves, Buddhists...

Shri Mataji: Jews, Jews.

Guido (in Italian): ... all recognize and respect Christ, because they now understand that He existed, and they know about His...

Shri Mataji: Now, where is Christ?

Man (in Italian): So Her message is addressed to all religions.

Guido (in Italian): Universal.

Shri Mataji: Universal.

Guido (in Italian): Universal.

Shri Mataji: There cannot be fanaticism in Sahaja Yoga. There are no compartments.

Guido (in Italian): There can be no fanaticism in Sahaja Yoga, because there are no watertight compartments, let's say.

Man 1 (in Italian): We have been great admirers - me personally and I think others too - of Gandhi's asceticism, which truly represented something... it is the only message that has come in these last decades. I would like to know from the Lady, that I think I have understood...

Guido (in Italian): She was close to Gandhi.

Man 1 (in Italian): ... who had acquaintance with the great Mahatma, what Her impression is, what remains of him, and what animated him in this thing, this faith that truly filled the world, full of admiration for them?

Guido: They have great admiration for Mahatma Gandhi, and they would like to know from You what is Your idea about him, and what was his message and what was your relationship with him and...

Shri Mataji: Yes. Yes. You see, I was a very small child when my father took me down to him. I was only seven years of age and I stayed with him when I was a little girl.

Guido (in Italian): So Shri Mataji, when she was only seven years old, Her father took Her to Gandhi's ashram and there She began to come in contact with Him and with this world.

Shri Mataji: And he was a very kind person to children, but otherwise he was very hard with discipline, with others. They had to be disciplined.

Guido (in Italian): And he was an extremely sweet and kind person with children, but with other people he was extremely strict.

Man 1 (in Italian): Yes, all right, strict because they wanted to observe all the human rules...

Guido (in Italian): He wanted discipline. Yes. Yes.

Man 1 (in Italian): ... that are highly appreciated by us. But the thing that I notice is this: that inside they are so tolerant, and they are so full of faith at the same time, full of ideals, like those of Gandhi. Contrary to what the West is, which is always quarrelsome and always full of ferments. This is something that derives, let's say, from the ideology of Gandhi, or belongs to the, let's say, anthropological nature of their race?

Guido: The fact that the Indian people are always so full of faith, is coming that from the teaching of Gandhi, or is something just built within the Indian nature, we can say?

Shri Mataji: You see, we are very, traditionally very old people and we always listen to the great seers in our country, sages, they ruled us. So it is an ancient knowledge with us that you have to become the Spirit.

So we don't pay so much attention to other things. First thing is you have to become the Spirit. So these teachings are coming since lots of traditions for thousands of years. So our attention is on that all the time, that we have to be the Spirit.

Guido (in Italian): So our tradition is very ancient, and we have always known that our purpose is to become, to reach complete identification with the Spirit. And so we have always followed and listened to the saints and seers of the past. Because this...

Man 1 (in Italian): Yes, I understand very well. You mean that it belongs a little to faith, to tradition, to culture, etc. Now, without wanting to interfere in a reserved judgment that You may have on the West, on Italy, on Europe, etc.: what is the thought, the

judgment, that they have in this continuous tumult that Europe has between the West and the East, between America and Russia, between satellite countries, the Third World, how do You judge it? Do You judge it as a manifestation of selfishness, a manifestation of excessive power, or as a mistake of men, because they are above these miseries?

Guido: How the Indian people, or You, judge this big upside-down movement which is happening all over the world, in the Western world? I mean, wars, fighting, quarrels...

Man 1 (in Italian): Not a political judgment.

Guido: Not a political judgment.

Shri Mataji: No, I know. I know, but just if you become the Spirit, you witness the whole thing like a drama going on.

Guido (in Italian): Once we become the Spirit, identified with the Spirit, we see everything simply as a big comedy, and we become witnesses of this comedy, without involvement.

Shri Mataji: Now, you see, the whole thing is that when you are at that stage, you can see why people are fighting, what's wrong with them. Sometimes it can be ego, sometimes it can be their conditionings, and all these things are working out. But gradually, all of them can realize one day that it is, you are part and parcel of one whole personality.

Guido (in Italian): And so, once you reach this state, this level, you can better recognize when people, for example, act under the influence of the ego, or under the influence of conditioning. But there is this hope that sooner or later one day they will realize what is happening to them.

Man 1 (in Italian): Listen, I think I've asked about everything that interested me.

I want to tribute to the Lady Great Mother great respect, great sympathy and of course great admiration for Her way of presenting and for Her spirituality that can be seen emanating from Her personality.

Guido: He would like to express his gratitude and respect to You and admiration...

Shri Mataji: Thank you, may God bless you.

Guido: ...for Your great spirituality and for Your deep message which You are bringing forward.

Shri Mataji: Thank you very much, thank you. Thank you very much.

Romano Battaglia (in Italian): I would like to ask, how many followers does the Great Mother have in the world?

Guido (In English): He would like to know how many followers You have in the whole world. (In Italian) How many followers.

Shri Mataji: I have no counts of them. I think they are not followers, they are my children. So, anybody who gets the realization is my child. I think he is a child now born again you see...

Guido (in Italian): Shri Mataji says, "I have never counted them, and I do not consider them as followers, they are like my children; so whenever one of them gets realisation, he automatically becomes as my child".

Romano Battaglia (in Italian): And how is She regarded as in India?

Guido: How are You considered in India?

Shri Mataji: (Laughing) It's embarrassing.

Warren: I'll answer that question: as the incarnation of the Holy Spirit, as Adi Shakti.

Guido (in Italian): In India, Shri Mataji is considered as the Adi Shakti, that is, the incarnation of this primordial Power, that is, the Holy Spirit in our culture.

Romano Battaglia (in Italian): Is it true that in India She does not walk on the ground, but She is carried on a chair?

Guido: Is it true that in India You don't walk, but they are carrying You on a big chair on the shoulder, in a procession?

Shri Mataji: In a procession, yes. Not on the chair, but on a bullock cart.

Guido (in Italian): Not on a chair, not on a sedan chair, but there are these carts pulled by bullocks, all set up and decorated. And they do processions, really, with thousands of people coming from all over India.

Shri Mataji: In a village when I go, all the villagers gather together, and they sing a song and they carry me in a bullock cart.

Guido (in Italian): There are these big processions...

Man 1 (in Italian): I will ask: why do you take off your shoes? What is the symbol? What is the meaning? In the same way as we have rituals? Why? Explain it to me.

Guido: He would like to know why we take off our shoes.

Shri Mataji: Because this Mother Earth, you see, she sucks in our problems, that's why.

Guido (in Italian): Because we establish contact with Mother Earth, which absorbs our problems.

Shri Mataji: The nature, you see, the nature also sucks in - for this lady, for example, is more of sun in her. So for her it is important that her - more sun in her should go in the nature, so that she gets into proper balance, I mean to say, this way.

Guido: (In Italian) And so nature also helps us at every moment to re-establish a certain balance. For example, for the lady who

has a sunny temperament, that is, she has perhaps absorbed too much sun into her, it is good that she has this contact with nature, that she absorbs a little of this excess heat to re-establish a certain balance.

Romano Battaglia: (In Italian) I wanted to ask a question. What power does She have over a sick person?

Guido: What is Your power in front of a sick person?

Shri Mataji: Oh, that's a comforting power.

Guido (in Italian): It is a power that comforts.

Man 1(in Italian): Oh, great, perfect answer.

Shri Mataji: It is, it is like, is there a doctor here?

Guido (in Italian): Is there any doctor?

Shri Mataji: This is a force which is the, which controls your parasympathetic nervous system. Guido (in Italian): It is a power that controls the parasympathetic system.

Shri Mataji: Like, you see, supposing you have to run - then your heartbeat starts going fast. That's too sympathetic.

The parasympathetic is the one which brings you to the balance.

Guido (in Italian): And so, for example, when we start running and our heart beats faster - this depends on the sympathetic nervous system. But the parasympathetic nervous system is what restores balance to our system.

Shri Mataji: So, then when this Kundalini, this power within us rises, she passes through our six centers, which are actually the subtle centers of all the physical plexuses, as we call it, in the medical terminology.

Guido (in Italian): And so when the Kundalini, which is this power within us, is awakened and rises, passes through six centers which correspond to our plexuses, let's say, in the physical body.

Shri Mataji: So once these plexuses are nourished by this Kundalini's force, you see, it's a vital force, you get physically all right.

Guido (in Italian): And so this vital energy, when it passes through these centers, the centers themselves are automatically nourished and healed.

Man 1 (in Italian): So it's something like acupuncture?

Guido: It has something to do with the acupuncture?

Man 1 (In Italian): A very, very basic question.

Shri Mataji: No, no, no, acupuncture is wrong, because acupuncture is just diverting energy from one center to another center.

Guido (in Italian): So, acupuncture works, let's say, in the sense that it moves, or shifts energies from one center to another, through small channels.

Man 1 (in Italian): So that is acupuncture.

Shri Mataji: But in this one you get...

Guido (in Italian): But it is different.

Man 1 (in Italian): It is different, yes. It is like a practical fact, a practical fact, like a therapeutic fact.

Guido (in Italian) Yes. Let's say, it's not something that cures.

Man 1 (in Italian): I understand.

Guido (in Italian): It just shifts the energy, but the problem remains, the tension remains.

Shri Mataji: Now, by this happening, by this happening this fontanel bone area opens out, what we call baptism.

So the subtle energy which is all around us - this is the one you felt just now, the all-pervading power - that you get in contact with. And all the time it starts flowing in you, then there's no question of getting sick.

Guido (in Italian): While instead, through the awakening of the Kundalini, the opening occurs here, at the top of the head, where the fontanel bone is. And at that moment we activate a connection with this all-pervading power, which is an inexhaustible source of energy. This is why we are cured and we cannot even get sick.

Man 2: It's very difficult to find, to localize centers in the brain. Also for me, anatomically it's very difficult.

Shri Mataji: No. Anatomically it's not...

Man 2: It's very difficult to localize.

Shri Mataji: Yes. The thing is...

Man 2: You know where are the centers.

Shri Mataji: Yes, I know. I know where they are. Because through meditative process you can also know where the centres are. Because when the Kundalini is rising, sometimes it stops at a point. You see, supposing it stops say, here.

Man 2: Yes.

Shri Mataji: You see, the center in the optic chiasma where they cross each other is...

Man 2: Is the optical here, the optic center, is?

Shri Mataji: What's he saying?

Guido (in Italian): So, the question – let me summarize for a moment...

Warren: Let's let him just translate.

Guido (in Italian): The question was that it is very difficult for medical science to locate, for example, the centers in the brain.

Shri Mataji: Have you got some books on Sahaja Yoga?

Guido (in Italian): And Shri Mataji says that for Her it is very easy, because...

Shri Mataji: Something just...

Guido (in Italian): ... through this meditative process, when the Kundalini rises, if there is a problem in a certain center, the Kundalini stops at that point and starts pulsating and indicating which center is not functioning. For example, here where there is the optic chiasm, there are these two sympathetic channels that cross at the pineal and the pituitary.

Man 1 (in Italian): I don't know if the professor said something I wanted to say before he spoke. I know that gentleman. The professor is a great doctor and a great anatomist, and so I would like him to ask questions in the same way that the Lady can ask him.

Guido: The professor is a great doctor, a great anatomist, and...

Shri Mataji: Anatomically, as you said that - as you said is correct, that anatomically you cannot locate it if you open it out. Because these are centers of energy. And you cannot locate energy with your eyes, you see. But its action you can see when the Kundalini moves, it stops at that point, you can see with naked eyes the pulsation on the sacrum bone, and also you can see on other centers.

Supposing somebody has a liver, say for example. If you see that person bending down, on the liver it will be pulsating there. Like a pulsation, regular pulsation. The sacrum bone also, like a heart, it starts moving.

Guido (in Italian): So, since these are subtle energy centers, if we dissect our physical body, of course we won't be able to see them. However, the moment the Kundalini moves and stops, for example, at a particular center, then it starts revealing, let's say, the extent of the malaise, just through pulsations that we can see with the naked eye. This happened precisely with a RAI (Italian national TV) journalist last year, and at a certain point the Kundalini rose up here to the Nabhi chakra and we saw this lump right in the back, which came out and started pulsating.

Shri Mataji: In some people, not in all, if your center - the solar plexus, as you know, is controlled by what we call as the Nabhi chakra,

is the one, the center which controls the solar plexus on the physical aspect. If it is caught, then you can see it.

Lady: (In Italian) Can I say something? Can I say something?

Guido (in Italian): Yes, one moment... (Voices overlapping) Yes. Now. For example, there is this chakra, the Nabhi chakra, which controls the solar plexus. And if there is a problem in this center, you will easily see the Kundalini, when it stops, see this pulsation. Right here, at the spine.

Lady (in Italian): I wanted to ask the Lady simply one thing: when one reaches this power, and finds this strength, this power within oneself: how does one then behave towards the problems of life that always exist, how does one overcome them? Because it is not that one can overcome them only with our internal power, right? We must, so to speak, confront the problems that surround us. And so, what do we do? What does one do, does one abandon the problems, does the adoration and let's go of everything, or how does one face them? Because one must live day by day.

Guido: Once one has achieved this power and this state, how will he manage towards life, in the daily life? He just forgets everything, or...

Shri Mataji: No, no. You become really dynamic.

Guido (in Italian): He becomes an extremely dynamic person.

Shri Mataji: But you have to little bit understand about your own mechanism.

Guido (in Italian): But he must also acquire some knowledge of his own mechanism, let's say.

Lady (in Italian): Yes.

Shri Mataji: So, say, for example, you will know on your fingertips, these are the fingertips, which become sensitive and you start feeling on your fingertips, what's the problem is. Now these are five centers, this is six and seven. These are seven centers which start decoding on your, you start getting messages on your fingertips.

Guido (in Italian): And for example, through the fingers of your hands, in a way you will be able to decode the messages that

these centers send you, that is, you will start recognizing the centers on your fingertips, for example located here on the hand. And you will be able to know clearly which are the centers, for example, that are not functioning well inside you and correct them.

Lady (in Italian): But these are all internal things. I want to know the behaviour with the external world which surrounds us, with which we always have to deal. We cannot all go to Her house and go... (inaudible 43.33).

Guido (In Italian): Yes. Yes. (In English) She wants to know about the behaviour towards the outside world.

Lady (in Italian): Do these problems not exist anymore, or do they still exist?

Shri Mataji: Oh, yes, yes. Now, you see, when you establish yourself fully as the Spirit, the behaviour towards others is that you become aware, you become aware, it's not just a mental concept, but you become aware on your central nervous system that you are part and parcel of the whole, they are all within us.

Who is the other?

Guido (in Italian): So, once you have achieved this identification with the Spirit, this kind of awareness is triggered within you, which is not simply a projection of the mind: it is something real, something actual. And, in this awareness, you will realize that you are an integral part of the whole, of this universe, of this world.

Man (in Italian): What is the Mother's position on the mystery of death? And does She envisage a successive life?

Guido: What is Your point of view on the mystery of death, and do You expect another life after death?

Shri Mataji: Then, yes. You see, say, if you are not a realized soul, when you are not a realized soul, it depends on what kind of a quality of life you have had. Accordingly, you get your second birth. Like supposing you are just a mediocre in life, and didn't think of something of an extreme nature, so you can be born as anything ordinary. But if you are an extreme type, supposing somebody is an evil man, a very evil person, you see, he would like to be born as again a very evil person, because he wants to satisfy his evil within him. And there's a saint, he would like to be born the way he can help the whole world, for a beneficiation of the whole world. So it depends on the quality of a person one is, first of all.

Guido (in Italian): So, Shri Mataji is saying that, basically, this process of reincarnation depends on the quality of life that we have maintained during this period, let's say. Therefore, a mediocre person will probably reincarnate as a mediocre person, just as a person who is a little satanic, diabolical, will reincarnate again with this problem, in an attempt to fulfil certain unfulfilled desires. Just as a great saint will reincarnate as a saint, with the desire, let's say, to...

(Audio interruption)

Lady: ... continue, for someone I don't know, if it's a curse.

Guido: It is an eternal curse?

Shri Mataji: No, no. After Self-realization, everything is over. Then it is your own decision, if you want to be born again. In India, a person who is not a realized soul, we do not bury it in the Mother Earth, we burn it. But if he is a realized soul only, then we bury.

Guido (in Italian): And so, after Self-realization all this comes to an end. And of course it depends on our desire if we want to reach this condition of rebirth. And, in India, the tradition is that only the realized souls are buried in the earth, while all the other people are burned (cremated).

Warren: Can you rise above the evil that you've done? I think she's saying.

Shri Mataji: Yes, yes, that's what you mean.

Oh, of course, you see, of course. You see, here is the center now. I will discuss about Christ now, because there are many other centers, but I'll tell you about the center of Christ, which is the gate to enter into the limbic area, into the, we call as the kingdom of God, you can call it. So this is the center which is crossed like this, like a cross, He's there. Now what happens when He is awakened, the end of these have got one side is the ego, and another side is the superego. Two balloon-like things come up on the head, and that's how we develop "I am this, I am that", separateness.

Guido (in Italian): And so, this center we can say where Christ resides, who said: "I am the gate and I am the way, I am the narrow gate", at this center, where these two channels cross, this cross is formed - these two balloons originate there, these two bags that are called ego and superego, which represent precisely our conditioning - the superego - and our...

Shri Mataji: One has the conditioning, the superego has the conditioning within us, and the ego has the idea that I've done this work, good or bad, you see. So all these things just are sucked in, like that. And the whole thing opens out.

Guido (in Italian): And so, these two balloons, when they are too inflated, preclude any possibility of connection with the whole. So, these conditionings and this ego, which is what makes us feel like those who act, who do things, who are important, etc., once this center is illuminated, let's say, it automatically sucks in a bit these two bags and therefore the opening is possible towards this new connection.

Shri Mataji: And then, you develop a soft bone here like a child, like a child you develop a soft bone, and like animals don't feel they have done anything evil, in the same way, there's no more of that. That's why they said He died for our sins, you know.

Lady: Can you ask the Lady: at a certain point You said that the people who realize themselves, who realize this, if they reach their realization, they are considered - how to say - I don't say as saints, but still as successful, right? And these are buried into the earth. The others are burned. Who judges these things, in an absolute way? Who is this judge who is so sure?

Guido: The lady is asking, who will judge those who have to be buried and those who have to be burned? (...)

Shri Mataji: You see, the judgment comes that when we get realization, you see, you become the absolute, the Spirit. Then these vibrations tell you who is a realized soul, who is not.

Guido (in Italian): Now, once we have got the realization, through this new awareness, which is a vibratory awareness, we finally have the possibility to establish who is a realized soul and who is not.

Shri Mataji: And there are also written down, what are the signs of a person who is a realized soul. His behaviour, his life is very different from others.

Guido: (in Italian) And, let's say, there are a few canons that describe what the behaviour is, what kind of life a realized soul has.

Shri Mataji: Like now, you have got lots of false people, false gurus who have come to be the best. And you can't know, because you do not know how to judge a person.

Guido (in Italian): For example now we have had this inflation of false gurus in the West, and we have no criteria to establish who are the good ones and who are the false ones. We don't know how to recognize them.

Shri Mataji: The first thing is that you cannot take money for this work. This is spontaneous, this is automatic, it's divine. You can't take money for this.

Guido (in Italian): The easiest thing, for example, is to understand that for this work, which is a divine work, a living work, you cannot ask for money.

Man 1 (in Italian): Listen, I would like to ask a specific question.

Guido: (in Italian) Yes.

Man 1 (in Italian): But I would like the Great Mother to be kind enough to answer me with a yes or a no, to some specific question. All right. The first is this. Rational philosophy says that before us there is nothing, and after us there is nothingness. Instead, is She certain that after death something happens, there is a survival, even if unconscious, of the personality?

Guido: He would like just to have an answer, yes or no, about this question.

Shri Mataji: Open the door, so that more air passes. Yes. Yes.

Guido: So the rational philosophy said that before, before the life and after death, there is nothing.

Man: Do you agree with this?

Guido: Do You agree?

Shri Mataji: What? After death, after life, who says...

Guido: Before life, the rational philosophy.

Shri Mataji: Russians have still to learn a lot.

Guido: Rational, rational.

Shri Mataji: Rational? Oh, rationality is very limited.

Guido (in Italian): Rationality is very limited. It is something very limited.

Man 1 (in Italian): So She believes in reincarnation.

Guido: So, You believe in the reincarnation.

Shri Mataji: Yeah, you see, rationality cannot reach very far.

Guido (in Italian): Rationality cannot go very far.

Man 1 (in Italian) Okay. But this is the specific question: does She believe in reincarnation?

Gregoire (in Italian): She said "Yes".

Guido (in Italian): Yes.

Man 1 (in Italian): Here it is, she believes in reincarnation.

Guido (in Italian): Yes.

Man 1 (in Italian): Now. Believing in reincarnation, of course She thinks it's all unconscious, we may have already reincarnated forty-two times.

Guido (in Italian): Yes. (In English) So, by believing in the reincarnation, maybe we could have been already reincarnated many

times.

Shri Mataji: Of course, of course, you have! You have, you have been seekers in your previous lives. That's how you got it so fast.

Guido (in Italian): Shri Mataji says that we have been, we have reincarnated many times, and we have been great seekers in our past lives. That is why we have got our realization so quickly now, as she has got it before.

Lady (in Italian): So, every life is a step forward towards evolution and final liberation.

Guido: Is every life a step forward towards our realization?

Shri Mataji: Can't say, depends on how you lead your life. You might be going forward, backwards.

Guido (in Italian): It depends a little on how we have led our lives, we can advance or we can also go backwards.

Lady (in Italian): It always repeats the same...(indistinct word).

Shri Mataji: But it makes no difference now. Whatever is the past, forget it.

Guido (in Italian): Now, after realization, the past is automatically erased. It has no more influence or importance.

Romano Battaglia (in Italian): I wanted to ask: is your belief all based on Yoga, and do you consider yourself the creator of a new Yoga method? Like for example Babaji, who did, he developed the "rebirthing" breathing, meaning rebirth?

Guido: He is saying that Your system which is based on Yoga, is a revolutionary system, is something new, like – he's talked about Babaji, who has made some respiratory technique.

Shri Mataji: No, no. They are all, you see, it is a very old system in India. It has been a very old system. But the thing was that it was not so effective. As any discovery is in the beginning is just, you can say that on every tree there are, can be only one flower to begin with. But today the time is such that there is a blossom time. So it's working so fast.

Guido (in Italian): So, it is something that has its roots in the millenary tradition, but it has now reached this evolution, this process – a stage where, let's say, the blossoming, the blossoming time has arrived, whereas before there were only one or two flowers on this big tree. Now the time has come, the time is ready, let's say, it has arrived, for this blossoming en-masse.

Romano Battaglia (in Italian): Her creed is based on Yoga.

Lady: She doesn't reply to questions.

Guido: He wants to know if Your system is based on Yoga.

Shri Mataji: Yoga means union. Of course you have got the union with the Divine. So Yoga means the same thing.

Guido (in Italian): Yoga means union, union with the Divine.

Shri Mataji: But if he is meaning Hatha yoga, then I'll explain.

Guido (in Italian): It should not be confused with Hatha Yoga, maybe, which are simply physical postures, etc.

Shri Mataji: Yes, same thing. It is in the, you see, in the olden times in India the students used to live with a teacher and they lived like brothers and sisters. It was called as a university, you can say. And then there they used to pick up some children only for this realization, very few. And then they would teach them how to develop their different chakras and all that slowly, slowly. But now in Sahaja Yoga also we use an asana, sometimes supposing there's a, say, the center heart, what we call chakra, which looks after the, what you call that?

Warren: Antibodies.

Shri Mataji: Eh?

Warren: Antibodies.

Shri Mataji: Antibodies. No, not antibodies, I mean the chakra, the plexus name is the heart, solar plexus...

Guido: Cardiac plexus.

Warren: Cardiac.

Guido: Cardiac plexus.

Shri Mataji: Cardiac. Cardiac plexus. The cardiac plexus, if it is out of order, then we have to do a certain asana, a kind of an asana for it to open out physically. So if there is such a problem then we do it. But it's scientific, it's not like taking all the medicines, you see. It is whatever is needed for a particular center, that if it is needed physically, we do it. But this today's Yoga is that you do all kinds of exercises without understanding. It's indiscriminate.

Guido (in Italian): Yes. For example, we do not do positions indiscriminately.

Simply, if there is a need, for example, if there is a disorder in this cardiac plexus, there are particular positions we can suggest, but certainly we cannot, for example, take a pill for the liver if we have a headache, or vice versa.

And Shri Mataji says that, in the past, there were disciples who lived in community with their preceptor, their teacher, and among these only a very few were then chosen who were brought forward in this knowledge of the chakras etc., towards Self-realization. And, therefore, this is Hatha Yoga: the Hatha Yoga positions, the asanas, are something that is recommended specifically, when

there is a need...

Lady (in Italian): It is a physical Yoga that...

Man 2 (in Italian): There are no rituals.

Shri Mataji: Beg your pardon?

Man 2: You have no rituals, you have necessity for positions.

Shri Mataji: There is no need for...?

Man 2 (in Italian): Your positions are not rituals...

Shri Mataji: No, this is spontaneous.

Man 2 (in Italian): ... They have a physical purpose, let's say, [Man 1: "Indicative"], for the heart, etc.

Guido: It's... No...

Gregoire: He says the positions in Your Yoga are not according to rituals, but necessity.

Shri Mataji: Necessity, yes. Just like a doctor, you can understand.

Man 2: Yes, yes, yes, yes, I understand.

Shri Mataji: And also when it moves, you see, unless and until the Kundalini moves upwards, you don't know where is the obstruction.

Man 2: Yes. I think that in Europe we think that your position are more rituals, than...

Shri Mataji: It is more, you see, the understanding of this thing is like [Man 2: "Yes. Yes. Yes"] you see, you are your own doctor, you do your own diagnosis and you treat yourself.

Man 2: Yes. Yes.

Shri Mataji: It's like this.

Guido (in Italian): So in Sahaja Yoga, everything is done in the light of this new awareness where we become our own doctors, our own physicians, because we know, we are aware of our system and we know where the blockages are, we know how to cure them etc.

Shri Mataji: When the Kundalini moves, you see, you understand where it has stopped, but it must first move. Otherwise how do you know where it has stopped?

Man 2: Yes. Yes. Yes.

Guido (in Italian): And so, when the Kundalini moves, and it stops for example at a certain center, we know exactly which center it has stopped at, and so we can take action, let's say, in this case. It is not simply doing gymnastics or doing exercises like that.

Man (In Italian): You, the followers, should all be long-lived.

Guido: So all Your followers are supposed to be, have a long life.

Shri Mataji: Yogis, yogis, of course!

Now in India, in the Delhi University, they have prescribed that a person who has passed the MBBS, the graduation, can do his doctorate in medicine, in Sahaja Yoga. And they have found out as a research that the people who are Sahaja Yogis, like he is, have better resistance, skin resistance, have better heart, teeth, balance, their nerves are better, and they behave in a manner as if they are much younger in age than their own age. So they are all doing the research there, and they can get doctorate of medicine.

Guido (in Italian): Now, for example, at the University of Delhi, a course has been opened for graduates who have already graduated in medicine, to have a specialization, a doctorate, in Sahaja Yoga. And they have already discovered that Sahaja Yogis, that is, those who practice and follow Shri Mataji, have for example a higher resistance to physical fatigue, for example, they have more elastic skin, they have a more resistant heart...

Shri Mataji: Lots of problems... Heart, heart improves.

Guido (in Italian): ... stronger nerves.

Shri Mataji: Now, blood pressure is normal. You see, some people have... For, this is a doctor now here. He had a very high blood pressure. His high blood pressure is absolutely normal now.

All problems, you see, so many troubles get cured. Even cancer is cured by Sahaja Yoga. If you maintain the practice of Sahaja Yoga, you can get your cancer cured completely.

Guido (in Italian): For example Shri Mataji says that, precisely, through the practice of Sahaja Yoga, any type of physical problem can be cured, even the most serious problems. And She has given the example of Dr. Warren, who is a famous Australian doctor, who had heart problems, circulation problems, high blood pressure, who is now very normal, and leads an efficient and dynamic life.

Shri Mataji: Now, this lady was... The doctor said she cannot have a child in any way. She cannot have a child. And she didn't have a child for three years or so after her marriage. With Sahaja Yoga practice, now she has a nice little baby.

Guido (in Italian): For example, in the case of this lady from Switzerland, the doctors had diagnosed that she would not be able to have children. But after Sahaja Yoga, within a couple of years, she had a beautiful baby.

Shri Mataji: Now I'll explain how it works out. That would be better. In a very simple language, very simple language.

Guido (in Italian): Now Shri Mataji would like to simply explain, in a few words, how this mechanism works.

Man 1 (in Italian): Very well. Very well.

Shri Mataji: You see, in a very simple language, so that even if you are not doctors, you'll understand.

Guido (in Italian): In a very simple, synthetic way.

Shri Mataji: You see, like a center is here, like this, say, and this is the vertebrae, say for example, and this is the center in between. And this is the left side sympathetic, this is the right side sympathetic.

Guido (in Italian): So, assuming this is the center, and this is the right sympathetic nervous system and the left sympathetic nervous system – here are the vertebrae...

Shri Mataji: Now, this center, say, is looking after this side and this side, supplying for the activity of the sympathetic.

Guido (in Italian): And, therefore, these two sides supply energy to the sympathetic activity.

Shri Mataji: According to Sahaja Yoga, the right side looks after the physical and the mental side, and the left side, the emotional side. Of course, doctors don't discriminate, but we do.

Guido (in Italian): And so, according to Sahaja Yoga, the right side supplies energy for all physical and mental activity, while the left side supplies energy for emotional, emotional activity.

Shri Mataji: So, you see, according to Sahaja Yoga, this center, say, starts going too much on the right side, working too much on the right side, say, for example, or left side, anyway. Too much energy is extracted from a particular center.

Guido (in Italian): And so a condition of disequilibrium can be created, when there is an excess of activity on one side or the other, so that the center naturally goes "off center".

Romano Battaglia (in Italian): I am completely out of center ... (Laughter)

Guido: He says he is completely out of center.

Shri Mataji: (Laughing) No, no. You are not (Laughing). I thought he went there (laughing 1.04.50). Now, what happens that, when this center goes overactive with the energy, it starts slipping down from each other, you see, and loses the control with the whole, because the spinal cord, it loses the center.

Guido (in Italian): And so, when there is an excess of activity on one side or the other, there is a little bit of a detachment of what is the appropriate activity of this center, and so there is a disconnection.

Shri Mataji: Now, doctors accept... yes.

Guido (in Italian): And then we lose connection with the whole.

Shri Mataji: The doctors accept that there is a triggering agent, they call it protein 52 or 58, that actually comes from the left side.

Guido (in Italian): So, the doctors said that there is something that works in this system that they call Protein 52, or 58.

Shri Mataji: That means according to us, it is a psychosomatic disease, which has something to do with psyche, according to us.

Guido (in Italian): And so these proteins are usually the ones that act along the left channel and cause cancer.

Shri Mataji: So that comes from the psyche, that problem.

Guido (in Italian): For us, however, it is simply a psychosomatic problem, therefore something that comes from our psyche.

Shri Mataji: So first you are vulnerable to cancer, and then when it is triggered, it becomes separated.

Guido (in Italian): And so, first, naturally a certain vulnerability is created within us, a predisposition towards this attack of cancer.

Shri Mataji: And the energy...

Guido: (Finishes the translation) Then the disconnection takes place. (To Shri Mataji) Sorry.

Shri Mataji: And then it starts working on its own, you see, because it has no connection with the whole. So it becomes malignant.

Guido: (In Italian) And so, once you lose this connection with the whole, this integration if you like, the disconnected parts begin to act on their own.

Warren: And it becomes malignant.

Guido: (In Italian) And it becomes something malignant.

Shri Mataji: And then, when the Kundalini rises, she, like a string in the pearls, you see, it just brings it back in one line.

Guido (in Italian): And so, when the Kundalini rises, it acts a bit like the thread of a necklace, which has to sew, pass again through the center and slowly bring back...

Shri Mataji: And also gives energy there.

Guido (in Italian): And of course it provides energy to this center, fresh, vital energy.

Man 1 (in Italian): From the lady's exposition, it all seems clear to me. Because I understand well what she said now: when an imbalance occurs, naturally those become malignant cells, let's call them like that, and therefore they can degenerate. It seems logical, rational, understandable to me. So, all this can be repaired by this Yoga system, right?

Guido (in Italian): Yes.

Man 1 (in Italian): I must say, from my personal experience as a listener, that I have always heard good opinions about this Yoga. And I also know of people who have had some effects. However, in practice, when I ask where this thing is, you end up with people who improvise... Now, since it is a serious thing, I would almost say a discipline, why can't we have some practical indications? For example, the lady is in Milan. To be able to say: the one who practices this thing is this. That is, a true indication.

Guido (in Italian): It is there, it is there. It is there. It is there.

Yogini (in Italian): There is, there is that.

Guido (in Italian): Everything is there.

Yogini (in Italian): Everything is there.

Man 1 (in Italian): Ah, it is there?

Guido: He says that he believes very much in what You say, Your exposition was very clear. And he wants... Yes.

(Man 1 talks aside with yogini)

Man 1 (in Italian): Centers.

Yogini (in Italian): Centers. Centers of Sahaja Yoga in Milan... (Indistinct aside conversation)

Guido: And he wants to have...

Shri Mataji: Permanent.

Guido: Yes, he wants to know where Your centers are [Shri Mataji: "Yes"], to have a better discrimination against the fake guru, and the fake teachings.

Shri Mataji: Yes, of course.

Romano Battaglia (in Italian): How do you keep these pearls of the necklace together? How do you create this force that gives this balance? What is the method? I...

Gregoire: It's a very pertinent question, Shri Mataji. He said, "How do you keep all the pearls on the thread? From where does this strength come, which can awaken this energy?"

Shri Mataji: In me?

Guido: No, in a person, in a common person.

Lady: Anyone.

Shri Mataji: Because you are made like that. You become one with the whole, you see, the energy is a subtle, like an ether, a subtle energy of all-pervading power. And you become one with that, and it starts flowing like one, with the connection with the whole as you get it.

Guido (in Italian): So, we were created, conceived like this. And so, once we have this connection with this all-pervading energy, which permeates the entire cosmos, as well as the ether, then...

Shri Mataji: You see, you have to keep your connection proper, because it should not be loose connection.

Guido (in Italian): So, it is essential to keep our connection always active. We must not lose this connection with the whole.

Romano Battaglia (in Italian): Exactly, but how do you do it...?

Guido: And how - he is asking - how do we keep the connection?

Shri Mataji: That's what one has to little bit pay attention for about, at the most for a week or so, they can tell you how to do it. It's little working it out.

Guido (in Italian): And so, by following for a week, more or less, some instructions that we can give you at our centers, then you will be explained how to keep this connection active.

Lady: I have three questions to ask the Great Mother. First, when did you discover that, and you were so sure that you are right, I mean. First question...

Shri Mataji: Yes, yes.

Lady: Second one...

Warren: Wait.

Guido (in Italian): Let's have one at a time.

Shri Mataji: Yes, all right.

Guido (in Italian): The lady asked...

Lady: First question is...

Shri Mataji: You see, there is a...

Lady (in Italian): I have asked...

Shri Mataji: I was born like that. From my childhood, I knew I had a mission. And I was quite aware myself. As we are aware we are human beings, I was aware this is my job. That's one point.

Lady: Okay. All right.

Guido (in Italian): So, the lady asked when did Shri Mataji develop, discover this system and when did She discover that it worked. And Shri Mataji has said that She was born like this, She was born with this power, with this peculiarity, and She became aware of it.

Lady (in Italian) My question was when did she actually become aware that she was the depositary of something so important?

Guido: When did You become aware that you had within You this power...?

Shri Mataji: Oh, you see, I was quite aware that I was a realized soul myself, and that I was connected, I was aware of that from my very childhood. But I knew also that I have to make an en-masse happening.

Guido: (In Italian) So, Shri Mataji was aware of Her condition as a realised soul from Her early childhood, but what She wanted to conceive was this system to be able to give realisation to the masses, at a mass level.

Shri Mataji: So, you see, in my own meditative method, I tried to find out what's the problem with human beings, why can't we do it en-masse salvation (1.12.26).

Guido (in Italian): And so, the first thing he tried to focus on in his meditations is what is wrong with human beings, and how to achieve en-masse realisation.

Shri Mataji: What are the permutations and combinations we can work out, so it becomes an en-masse happening.

Guido (in Italian): And so She tried to set up all the various combinations and possibilities to be able to carry out this type of realization on a mass scale.

Shri Mataji: So for quite some time in my life I worked out - I was married, I had children, but still I was working internally to find out what the problem is, why can't we have an en-masse happening.

Guido (in Italian): And so, even though she led a normal life, let's say, as a married woman, mother of two daughters, wife of a diplomat etc., She always tried to develop this system within Herself to give realization on a mass level.

Shri Mataji: And my father was also a realized soul, and he knew about my mission. And he used to say that, 'You should try to find out a medium by which you can give an en-masse realization'.

Guido (in Italian): And Her father himself, who was a realized soul, advised Her since childhood to work in a way on this project to find a method to give en-masse realization.

Shri Mataji: So, I would say, now I'm 64 years of age or something, I'm 64 years of age, and at the age of what - '70, 1970, on the 5th of May, I could achieve that.

Guido (in Italian): And so Shri Mataji, who is now sixty-four years old, on May 5, 1970, managed to put in place this revolutionary system, if you like.

Lady: I think it's better if I put the question in Italian, so that people can understand.

Shri Mataji: Yes, yes, yes.

Lady: So. (In Italian) I understand that this method of hers is more of a preventive method than a curative one, because once the person is ill, it seems to me that - if it is a light illness, she probably intervenes for a heart failure or something else, I don't know. But if they are degenerative illnesses like cancer etc., it seems to me that I don't know if the lady can intervene. So this - since preventive intervention is so important, I believe that, with such a fundamental intervention for the well-being of humanity, all of us who were able to succeed in perfecting the realization of this Self of ours, and then offer it to others, we should dedicate our entire life so that humanity would be in good health and happy, at this point. And it would be very easy, it seems a bit too simplistic to me. So this is...

Gregoire: She says, "Your method is more preventive than curative, because through this method, evil cannot succeed. So, if this

is so, then it's such an important thing for mankind that ...

Shri Mataji: Of course!

Gregoire: ... we ought to dedicate our whole life to it...

Shri Mataji: Yes, of course!

Gregoire: ... but I think the whole thing sounds a little bit too simple to me. Why doesn't it happen?"

Shri Mataji: You see, how did we become human beings from amoeba? Very simple.

Guido (in Italian): So, the question is this: how did we become human from the primordial state of amoeba? In a very spontaneous way.

Shri Mataji: You see, this means whatever is vital has to be simple.

Guido (in Italian): So, everything that is vital has to be simple.

Shri Mataji: You see, supposing for our breathing, we had to go to library to find out how to breathe, we would be dead, all of us (Shri Mataji laughs).

Guido (in Italian): So, for example, if in order to breathe we had to do, I don't know, strange exercises, go through strange things for something so simple, what would happen?

Shri Mataji: The time has come. Actually, the time has come.

Guido (in Italian): The fact is that the time is ripe for this event.

Man (in Italian): This is true.

Shri Mataji: That's why. It's the maturity has arrived. The flowers are ready. The wind has to blow. That's all. Finished.

Lady: So many prophets - I mean, Christ said that the time has come. And look where the world is now! So...

Shri Mataji: Yes, maybe. Maybe they were not real prophets, maybe. But it's true that the time has come, the flowers are ready, and you are to be transformed. After all, God has to look after this world.

Guido (in Italian): And so the time has come, the times are ready, they are ripe, and the wind must blow and this flowering must take place now.

Man 1 (in Italian): Now I am going to ask a very down-to-earth question. Tell her and translate these.

Guido: He is making a question, very...

Gregoire: Down to earth.

Guido: Down to earth.

Shri Mataji: Yes, yes.

Man 1 (in Italian): I would like to say this, I don't know if I interpret the thoughts of all the listeners. At least I, personally, am fascinated by the way the lady presents, how she explains and how she rationalizes everything also to us, talking about a subject that is basically very fideistic.

Guido: He is absolutely fascinated by the way You are exposing and You are explaining the whole thing.

Man 1 (in Italian): But we come from a Catholic culture, from a Catholic education. So, this faith of ours - I'm saying this, for now let's leave aside the individual question of whether I believe or I don't believe - but in this country the Catholic culture leads us from childhood to the observance of certain rites, so that we reach a maturation in adolescence by which we can personally say: "I believe, I don't believe, etc.". And so this is, let's say, one part.

Guido: But in our background we achieve certain things, and we arrive at the adolescent age that certain conditionings are already built within us. And at a certain point we have to decide whether we want to accept or not a certain ritual, certain things from the Catholic Church.

Shri Mataji: No, you need not accept anything.

Guido: He has not finished, Shri Mataji.

Shri Mataji: Oh, not finished, oh, I see.

Man 1 (in Italian): The question that my colleague Battaglia asked is very simple, and it is the same question I would like to ask.

Guido (in Italian): Yes.

Man 1 (in Italian): We are fascinated, as I told you. We would like to cling to the way how to be able to... When we go to the doctor, they tell us: "For arteriosclerosis, you try not to eat fat, do not consume sugar, do not do this, do not do that". Here Battaglia says: "I would like to know how I can bring these things into balance". Why is there no possibility of telling us - who are uncultured about this topic - how we should do it? And not in an abstract way, but in a concrete way...

Guido: (In Italian) Practical.

Man 1 (in Italian): ... practical, to grab, to be able to weld these two rings.

Shri Mataji: It's the practical side.

Guido: He wants to know about the practical side, how to achieve it practically.

Shri Mataji: Yes, yes. That is, you see, that is actually absolutely grows by itself, within yourself. Once it is excited - now, this lady is not feeling it now. It's all right, but she'll feel it very soon. Because she has a little problem, say here, on the Vishuddhi Chakra as we call it. So the hands are not sensitive, so she is not feeling it.

But once this gets cured - because I think you have to talk too much in the interviews, maybe, that might be one of the reasons - she will get all right. So it is spontaneous. It works automatically. But you need a little help from a person who knows. Now, for example, he knows about it. But he is another Italian and we have many Italians. He is Swiss and we have people say, in Bolivia, we have people from everywhere, of every age group, and they all have picked it up in no time, because it is inside yourself growing!

Guido (in Italian): So, it is a mechanism that has now triggered and it is a growth that takes place, a maturation that takes place slowly, slowly. And so, as far as the techniques or the knowledge of these techniques are concerned, it is something that is acquired, let's say, very easily and smoothly. Just as it happened for us, who perhaps did not know anything about chakras, energy, etc. when we approached Sahaja Yoga; and then we have acquired this knowledge.

Shri Mataji: That's it. And moreover, we have a center in Milano, we have a center in Rome.

Guido (in Italian): So, we have Sahaja Yoga centers established in Milan, Rome, Venice and then all over the world.

Man 1 (in Italian): Where a practical therapy is done, let's say, about these things.

Guido (in Italian): Yes, let's say that the practical aspect, the practical application is done of these Sahaja Yoga techniques.

Shri Mataji: All over, all over, all over the world we have.

Man 1 (in Italian): Now I'm going to ask another question. Is it necessary, let's say, to adhere to the ideology of the lady, so that the effectiveness of Yoga is regular? Or can one practice Yoga and achieve the benefits even without having faith in these things?

Guido: Can they benefit of this Yoga without having the shraddha, without having the faith in You?

Shri Mataji: Oh, you'll have (She laughs).

Guido (in Italian): She is saying: "It will happen, maybe automatically".

Shri Mataji: See, because just now you said you have sympathy for me. So if it is so, I give it to you.

Man 1 (in Italian): So the effectiveness of the treatment itself makes you feel gratitude, to faith.

Guido (in Italian): In a way. The very fact that you feel sympathy for the Lady is positive.

Shri Mataji: Yes. It is so joy-giving that you feel the oneness, you see.

Guido (in Italian): It's something so rewarding, so joyful, that automatically...

Man 1 (in Italian): One is led to adhere to that thing.

Shri Mataji: Everything automatic - everything automatic - your habits drop out, you become very powerful, everything automatic.

Guido (in Italian): And so it's all automatic, natural, effortless.

Man 1 (in Italian): The last question, very banal.

Guido (in Italian): Yes.

Other man (in Italian): Is the red mark she wears meaning or decorative?

Guido: The tikka that You have in Your forehead, is it emblematic...

Shri Mataji: It's for married ladies.

Guido (in Italian): This is worn by married ladies, in India.

Romano Battaglia (in Italian): Last question, because I have to leave, I have to go there to work.

Guido: He has to go to work.

Romano Battaglia (in Italian): The last time in Milan, you put your hands on me and immediately discovered my weak points.

Guido: The last time in Milano, when you saw him, you found out immediately what are his weakness points.

(Shri Mataji laughs)

Romano Battaglia (in Italian): I would like to know: what are your powers? Also because, when I called Alganesh, I was worried.

I said: "Let's hope it won't rain". Alganesh told me with certainty: "When the Great Mother arrives, it doesn't rain". I would like to know what these powers are, with this certainty.

Guido: He would like to know something about Your powers, because he phoned Alganesh, and Alganesh told him: "When Shri

Mataji comes, it will not rain". So, how does she get this security? What are Your powers?

Shri Mataji: Because, you see, they have experienced. You see, the thing is they have experienced.

Guido (in Italian): Because Alganesh and we have made the experience.

Shri Mataji: You see, whatever I say how it happens, so she has experienced. So because of experience, once you have the experience of it again and again, then you have to have faith in me. Can you take my photograph from my purse, is there.

Guido (in Italian): And so, when we have had the experience, and we have the proof that what Shri Mataji says is true and it happens, then from that we can have certainty.

Shri Mataji: I'll give you an example. All right.

Guido (in Italian): Now I'll give you an example.

Romano Battaglia (in Italian): No, sorry, this is important: she says that (unclear words) the possibility to change the weather! (1.24.52)

Shri Mataji: Really, I was once – once I was just speaking in a village, you see? And I see many things that you don't see, for example.

Guido (in Italian): For example, Shri Mataji has the possibility to see many things that we cannot see. She was once giving a lecture in a village in India.

Shri Mataji: So, you see, I knew what was happening, but somebody started taking photographs and they got the photographs of the light falling on my head, seven photographs falling on my head, in the photograph.

Guido (in Italian): And so there were many people, unaware photographers taking photographs. And Shri Mataji knew what was happening at that time.

Shri Mataji: And I was just laughing, I knew that, so I put my hand like this also.

Guido (in Italian): And at a certain point Shri Mataji began to smile. She put Her hand like this. And a light remained impressed on the photos, a light that was coming from above and that was directed towards Her. A light that we could not see with our naked eye.

Shri Mataji: Now, on this photograph, they saw it, many photographs like this. There's one photograph these people took in... You tell in Italian, what happened. They went to Zermatt.

Guido: Zermatt.

Shri Mataji: Where there is this...

Gregoire (in Italian): Ah, yes. It is a little story about Shri Mataji, to give an example that there are many extraordinary things that have happened. For example, my brother works in a bank in Geneva, a normal man, okay.

He goes to Zermatt... - it is normal for a Swiss to work in a bank (laughing) – he went to Zermatt and did a havan, which is a Vedic, very ancient fire ritual, but which was done according to the teachings of Shri Mataji.

And during this havan, he said the names of a deity who is called Ganesha in Sanskrit, who is the god with the head of an elephant, the god of innocence. From behind the Matterhorn, a cloud of 7 kilometers in diameter came out which was absolutely the face of an elephant.

You could see the trunk, you could see the two ears... Excuse me for disturbing you, but what can you do? We took the photos and in the photos you can see these things. It is a fact. We cannot say no, it happened and there are the photos.

Guido (in Italian): And there was also Shri Mataji's face.

Gregoire: Eh?

Guido (in Italian): And Her face could also be seen in the clouds.

Shri Mataji: I think that even I was wearing a diamond ring, here. (1.27.32)

Gregoire (in Italian): And then, after this elephant, in the clouds, with the watermarks of the clouds, in the blue sky, you could see the face of Shri Mataji. But we did not bring this photo, because we (left?) from Geneva this morning, we did not know.

Shri Mataji: There is one photograph I've got, one photograph, how do you explain this one? One I've got, because they haven't brought anything. They should have brought some books, but they live in, you see, third or fifth dimension (She laughs). No books, nothing.

Gregoire (in Italian): No, this is an example to say that many things happen which we think are impossible.

Shri Mataji: There are many photographs like this, you see, lights going, making all...

Guido: He's got the pictures. He's got the pictures.

Shri Mataji: He's got?

Man: Yes.

Guido: He's bringing the pictures.

Shri Mataji: No books, you said you have 500 books!

Yogi: Shri Mataji, I have the pictures, I have your pictures.

Shri Mataji: All right. But in good colour, one, and the book... Yes.

Yogi: No, this is ... (Inaudible).

Shri Mataji: That starts coming.

Romano Battaglia (in Italian): It's too late.

Shri Mataji: There are many experiences like this. The photograph, the camera is very honest.

Romano Battaglia (in Italian): And what is that light?

Shri Mataji: Very subtle.

Romano Battaglia (in Italian): And what is that light?

Guido: He's asking what is this light.

Shri Mataji: This is the light of my heart, my love.

Guido (in Italian): It is the light of Her heart.

Romano Battaglia (in Italian): So it will not rain today.

Guido: So he is asking: it will not rain today?

Shri Mataji: No, it won't.

Man (in Italian): I don't know.

Guido: It will not rain.

Romano Battaglia (in Italian): She said she does not know.

Guido (in Italian): No, She said: "It will not rain".

Shri Mataji: You don't worry.

Romano Battaglia (in Italian): And if it should rain?

Guido (in Italian): She said not to worry.

Lady (in Italian): The "Canniccia" is very nice.

Romano Battaglia (in Italian): And if it should rain? This is my problem.

(Laughter)

Man (in Italian): (Saint) Thomas!

Lady (in Italian): Man of little faith, you see: you do not believe, so it will rain! One has to believe in it.

Man (in Italian): So, is there more science or more faith in Your message?

Guido: In Your message, there is more science or more faith?

Shri Mataji: Everything.

Guido (in Italian): There is everything.

Shri Mataji: It's integration. Science is also from the same. Science is what we discover. But from where it comes, the source is the same. Whether it is faith is also love. And science is also an expression of the same.

Guido (in Italian): It is an integration of the two, because science comes from what we can discover, and faith comes from love. So the two things come from the same source.

Shri Mataji: I'll give you an example. I'll give you an example. One day I said that carbon atom represents this Ganesha, this innocence, this carbon, see.

Guido (in Italian): So, Shri Mataji said that one day She revealed that the carbon atom represents this innocence of Shri Ganesha.

Shri Mataji: And on one side, if you put it, it looks like an OM, like an OM written down, if you take a photograph.

Guido: (In Italian) And a spectrographic examination has revealed that on one side it has an OM, that is, this sign...

Shri Mataji: And if you see from the other side, it gives you a swastika which is for construction, not for destruction. There's two sides of swastika.

Guido: (In Italian) And if it is seen from the other side, instead, you can clearly see a swastika with its four filaments rotating clockwise, that is, in the constructive direction, not in the destructive direction as it was used in the Nazi era.

Shri Mataji: And if you see it from down below, you see it as a cross.

Guido: (In Italian) And if it is watched from bottom to top, there is a cross.

Shri Mataji: Now, they tried it, with a new method, of putting it into photograph. And they saw that, from the right side when they

put it, they see the left side as OM, when they put it from the left side, they put it on the right side, the atom looks like a swastika.

Guido (in Italian): And so they tried to take pictures of this, and they realized that when they photograph the left side they actually get a reproduction of the right side and vice versa.

Shri Mataji: A very well-known scientist in America has done it.

Guido (in Italian): And this was done by American scientists.

Romano Battaglia (in Italian): So, Great Mother...

Shri Mataji: Oh, thank you very much. Thank you very much for these things.

Romano Battaglia (in Italian): If You give me some energy with Your hand...

Guido: He would like to have some energy from Your hand.

Shri Mataji: All right. Just little - because I thought of him, and that I should give him this.

Romano Battaglia (in Italian): ... I'll throw myself on the ground...

Shri Mataji: Should I give him now?

Guido: Yes, Shri Mataji.

Shri Mataji: It's all right. I've been thinking of you all the time.

Guido (in Italian): Shri Mataji said that She has been thinking a lot about you.

Romano Battaglia (in Italian): What?

Guido: (In Italian) Shri Mataji has been thinking a lot about you.

Shri Mataji: And I've got something little for you, to remind you of Me. I went to Austria, I just thought of you and I got something nice...

Guido: (In Italian) And when she was in Austria, he thought of bringing you a little present from Austria.

Shri Mataji: Very small thing.

Guido (in Italian): A very small thing.

Yogini (in Italian): But from the heart.

Romano Battaglia: (in Italian) Where were you?

Shri Mataji: Silent (1.32.33). Enjoy yourself.

Guido (in Italian): Enjoy yourself, within yourself.

Shri Mataji: See her on his head. You all can feel it, see? The cool breeze.

Guido (in Italian): You can all feel this breeze on her head, coming out of her head.

Shri Mataji: From her head. From her head.

Man (in Italian): With the left hand.

Lady (in Italian): Yes, it is true!

Other man (in Italian): This is very beautiful.

Lady (in Italian): Yes.

Shri Mataji: You can, very easily, yes. It's clearly ... (indistinct word).

Lady (in Italian): No? Yes or no?

Shri Mataji: Ah, see now!

Lady (in Italian): It is true.

Lady (in Italian): Yes?

Lady (in Italian): Yes.

Shri Mataji: Very good. It's there! The proof of the pudding is the eating, I mean (Shri Mataji laughs). Have you shown the photograph?

Yogi: Yes, Shri Mataji, the picture is there.

Shri Mataji: Yes, there is a picture. Hi, here, this is one of them. You see, this is one of them. The picture.

Lady (in Italian): This is a...

[End of audio recording]

1986-0725, Talk to Sahaja Yogis: Soul and Spirit

View [online](#).

25 July 1986

Talk to Sahaja Yogis

Volterra (Italy)

Talk Language: English | Transcript (English) – Draft

"Soul and Spirit". Volterra (Italy), July 25 1986.

The beginning of this talk has not been recorded so we begin when Shri Mataji is in the middle of defining the relationship between Soul and Spirit. The analogy she uses involves light, water and the glass that contains the water. As will become clear as the talk continues, the light would be the Spirit, the glass the body and the water which reflects the light, would be the Soul. We pick up the talk when Shri Mataji has just given the analogy.

Shri Mataji: ...then it [the light] comes in there. This [the glass] is the body. All the 5 Koshas, the 5 auras, Koshas, are there. So these 5 Koshas are managed by the 5 elements, the essence of which can be called the causal element, the causal of the ...

Gregoire: ... the causal of the five elements. What we know as Atma in Sanskrit, is it the Soul plus the Spirit, or only the Spirit?

Shri Mataji: Jivatma is the soul but Atma is the Spirit.

Gregoire: So Jivatma is the Spirit but individualized; belonging to one person?

Shri Mataji: No, no! Jivatma is the soul. Means with these five elements. And these five elements give you your own identity, your own character, your own particularities etc. These five elements; the way they are placed in you. That's the causal element, the causal of the elements that are within you. Then these causals act on the chakras and through the chakras these causals act on the other ...on the grosser side. So from the subtle to the subtler to the ...you can say the subtlest. The subtlest we can say is the Spirit, supposing. Then the subtler is the soul. And the subtle you have the chakras. And the gross is the body.

Gregoire: So England should reflect on Italy then? [Mother, on a previous occasion, had told us that while England is the spirit, Italy is the soul of the Universe]

Shri Mataji: The soul is ...That's why all the art grew from here [Italy]. Now soul is the essence of all the elements of this Europe, which is here. And England is the reflection. So England has to reflect on Italy.

Warren: See, the water in the glass is reflecting the light. England is the light and the light has to shine out of Italy which is the water. I mean the five elements in a way.

Shri Mataji: And Spirit can move out of soul. That's why the Romans went all the way to England. This is the reason, in that seeking. [Referring to the food being served] What is this supposed to be?

Gregoire: So in a certain sense the soul is the support of the Spirit?

Shri Mataji: No, no! Soul ...Yes, of course. And both put together is the Soul actually. The Spirit and the causal put together is the Soul. You see, like a mirror and its reflection on it. Both put together is the soul. The causal of the five elements and the Spirit put together make the soul. Now the vibrations that we feel are the reflection of the light of the Spirit. The Spirit does not vibrate. It does not vibrate. It is those elements, they vibrate. Like you can say that if you put a sound on top of this (a glass of water) it will vibrate. You can put a stone in it, the stone won't vibrate. But this will vibrate. The Spirit when it shines over it ...(to Gregoire who

translates) You have your food. From soul to food, from food to soul.

Guido: So in that sense, by soul you mean the Jivatma? The Jivatma of Europe.

Shri Mataji: But the Atma besides can move out. So the Atma has gone out of it which is a mistake. Now they have to recognize Italy. Then the Atma will be reflected. Because Atma can leave the soul. So the Atma has left the soul. There's no Atma here. The Atma has to be brought here. The English have to comeI mean the England has to come here, in the sense that they have to appreciate the greatness of this country. Then it will spread. You are the ones who can reflect the Spirit. You can reflect the Spirit. The spirit doesn't do anything. The Spirit doesn't do anything; it reflects. Then all the waves spread. Like in Sahasrara Day [referring to Alpe Molta, 1986]. Sahasrara Day you celebrated and in that the whole Europe reflects.

Gregoire: Shri Mataji when you came with a charter plane with all the English Sahaja Yogis [to celebrate Diwali Puja 1985] we all felt something great was going on.

Shri Mataji: Yes, the whole charter plane came. ...You see, the Spirit is the one where the heart is, which makes the whole thing circulate. The circulation starts with that, but the one who ...The elements are the ones really who are the carriers of that communication. They are the ones. But the ones, we can say, the speakers are the one who originates or who throws that light. It is in England we can start it. But now, as I am in England, that's the light, that's the Spirit. And that's reflected in you.

Gregoire: what will happen when you leave England, Shri Mataji?

Shri Mataji: Then the soul will be formed; before I go. Atma is eternal; It doesn't die. But what is happening is, by that time, the work will be complete; a sort of realization will take place. Only thing is to raise the Kundalini and that is in India. So I'll have to go to India.

Warren: To go to Sahasrara?

Shri Mataji: To raise the Kundalini first. Then go to Sahasrara. So that work I'll have to do the stage work there, in India. But the awakening will start when this will be completely reflected here, properly, by the Spirit. That's why I'm coming from England. I always come to Italy from England. Not from India. I could come. I represent England now, in this case.

Gregoire: (having added his own interpretation to a translation he had made, he now addresses Shri Mataji) I was saying that you come here as the spirit so that your manifestation, through that acceptance here, gets reflected through vibrations in the whole place.

Shri Mataji: I mean, it helps even the heart. Heart will not reflect so much. But your reflection will be received by the heart. The communication from the heart. I am establishing the communication. And a sort of message has been sent from the heart. We get all our information from the heart. We get all the programmes, this, that, from the heart; which is not so efficient but it comes from there. The heart is not very efficient but it is done. All that is like that. It's systematic. And symbolic.

Guido: Also you say we have to achieve the deep quality of the Spirit?

Shri Mataji: Yes! You should be able to reflect your spirit. Unless and until you are clean you cannot reflect. So still there are many Sahaja Yogis, still are very caught up in Italy. They must correct themselves. Now, you see those people who are negative will always sit next to each other; always make friends with negative; will be more friendly with a negative. And that's how, even if they are improving, they go down. They are improving a little bit, then they go down. Negativity will always join negative; have accidents; have problems; have this, have that; children will be sick. [Referring to the meal] How many courses are there?

Gregoire: So, Shri Mataji, this is also why there was this wonderful Ganesha Puja here one year ago: because for the causal elements to reflect the spirit they need to gain the essence of the elements which is Shri Ganesha ...or I mean the essence of

matter.

Shri Mataji: It's very important. Because Italy is a very rich place also. It has everything in it. Such a rich place. And other countries who are not rich: take Switzerland, England; all these places are not rich. So like all the people who are poor they always make fun of the rich, call them "bourgeoise" ...in the same way, they always make fun of the Italians. But really they are stupid people. It's like that. So they make fun of the Italians. Whatever they will do, they'll make fun. They think Italians are something rustic or something. It's typical! In life also you will find; anyone who has money, everybody will make fun of them. It [Italy] has marble, it has so many hand-made things. And always the poor countries which are not ...by poor I mean natural poverty, where they are extremely meticulous. Because you see, they have very little. Like miserly, meticulous you see; and very clean because there is so little they have. For a rich man doesn't matter a little money gone this side, a little that side. Doesn't matter. But this is what they make fun of. Because the stupid people haven't got much from nature because ...they don't deserve it also. No they don't. I mean, imagine, the way they have helped for the wars [Mother is here referring specifically to Switzerland).

Arneau: Yes, terrible!

Shri Mataji: What do they deserve? Imagine, helping Hitler, and still on top of the world!

Jeremy: May I just say that I am Italy's number one fan, Mother!

Shri Mataji: (laughing) That's becoming evident that your spirit is coming down here When they come and see ...you see, after Sahaja Yoga they will start seeing the beauty of this place.

Gregoire: Jeremy, you are the number two fan!

Shri Mataji: See, they (the Italians) are a very rich-hearted people. But everywhere you find this kind of an attitude towards them; in the art, in anything. They don't like anything ...you see in England I would say they don't like anything that is good-looking. We went to see a house, imagine. It's a crooked house absolutely. Absolutely crooked house and I don't know what sort of thing it was. And they all liked it. So I said, "What's this nonsense? How do you like this kind of a house, when the beams are falling down, that's all crooked, this, that? "

Jeremy: Character, Mother...

Shri Mataji: "Character!" That means, supposing your nose is like this, you have 'character'. I mean, it's so absurd! You've got to live there. You've got to live in that house. You'll become a 'character' yourself!

Gregoire: Shri Mataji; when they don't have natural riches, they create riches artificially. Like the banking system. Out of paper they make money.

Shri Mataji: I'll tell you. You see now the experience of America. The affluence of America is nothing but plastic and rubber. What do they have? Canada has! But they always look down on Canada. Plastic, nothing but plastic. They eat plastic, they live in plastic, sleep in plastic, eat plastic. I mean, the kind of alabaster we saw today. Well, you cannot see anything like this but plastic; at the most glass. At the most glass. In India we have silk, we have everything. But everybody looks down upon us. [Mother briefly asks about the food then picks up the thread] In Switzerland if you buy one cotton shirt, it's so expensive. Even rice, this, that. This banking business. No art, no art.

1986-0726, Self-Realization part outdoors (poor sound)

View [online](#).

26 July 1986

Self Realization

Public Program

Caffè della Versiliana, Versilia (Italy)

Talk Language: English | Transcript (English) – Draft

[1:30]

[Above the head] on 4 inches see if there is a cool breeze or not.

[To the man who holds the mike] I get up.

Just watch Me, open your eyes and watch Me without thinking. Just you can see.

Here. Move it a little bit.

Now, please put your right hand towards Me and left hand, as you were doing it. But now, put your left hand towards Me, and with the right hand, you see.

Right hand. Let's see here. If you are getting little higher- some people get it very high also.

Good.

It's there. Yes.

Now, this right hand towards Me again. And see with the left hand, please.

Now don't think. Just watch Me without thinking. You can do it now.

Some people will get hot coming out. Doesn't matter. Let the heat go out.

Now, just raise both hands and ask a question: "Is this the cool breeze of the Holy Ghost? " Three times.

Now, see. There is nothing to be known nature is absolutely quiet, watching you, witnessing you. And you are feeling the cool breeze in the hands, from where? The whole thing is watching you silently.

May God bless you all.

[Applause]

1986-0802, Talk to sahaja yogis on Shudy Camp Ashram Inauguration

View [online](#).

2 August 1986

Talk To Sahaja Yogis On Shudy Camp Ashram Inauguration

Talk to Sahaja Yogis

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

It's so very joyous to see you all here assembled together. I've to thank you very much for getting such a nice place as this Shudy Camp; I've given it a new name, Shuddhi camp meaning cleansing camp which is such an ancient building. It has gone through various stages of history and has kept the mark of all these times and now you have to build up the future on this land, on this spot, in this building.

Also I'm thankful to you for buying such a nice comfortable car for Me. I thought I was supposed to buy but everybody said, "No, we are supposed to buy it for You, Mother." This is the first house that is in My name, first house I own and this is the first car I have owned in My name. I'm so proud that My children have bought it for Me. They have, with their love and affection have bought this huge big place as well as the car for My dwelling as well as for My comfort.

When we come on this earth, when the incarnations descend they don't need a building at all; they have a dwelling that's face the sky and the clouds are the curtains and grass is their bed and all the directions are the worms. But when they reside in the heart of their children, in the heart of their bhaktas, the heart of their devotees, then these beautiful hearts create something so artistic and then re-creates according to his own expression of love.

This is what you have done by buying this house and by buying this car, amen. I don't need any conveyance, you know that. But in the modern times the conveyance has changed. It started with a little mouse, changing into a car, maybe an aeroplane. But actually what is My conveyance is? My conveyance is your heart, only through your heart I can be carried. There's no other way out. Your sincerity, your devotion, your love, that can only carry your Mother and this is a symbol of that.

Matter has only one facility that you can express your heart through these material things. Your nobility, your graciousness, your generosity is expressed through matter. I do that Myself and now you have done it this time; I'm thankful to you. As you know very well that I cannot be contained into anything, neither in this house, neither in England nor in India, nor in the whole universe. I'm rather too large, but of course in your heart, I can. And that is how your heart should be. For Me, a comfortable place like a lotus to relax, to realize My own love. When all these things happen, so much adoration is poured on your Mother you just get boundless; you spread out, you reach such spots in the whole of humanity, everywhere I can feel the worship, the enjoyment of millions of millions who died before, who are there and who will be there. All this expands you into a very subtle sensibility of feeling every suffering soul, every tortured person, every unhappy being, every seeker, every Sahaja Yogi all over the world. In you I see their reflection.

In the same way you all have to expand, expand yourself, that's very important for England. As I said, England is the heart and the spirit resides in the heart but spirit moves out of the heart sometimes, it does. And is reflected through the soul and recently I told in Italy that Italy is the soul. That's why you have to go by a special plane to Italy to reflect. But now Italians have come here. The soul had to come to the spirit.

So let us not be materialistic, for a change. Let us not be mundane but work out your spiritual hankering through its fulfillment. You have seen, so many in India, Ajanta, which was built in eleven centuries, which is built in a range of half-circular mountains. The stones were hewed from top to bottom and the height of some of these is more than eighty feet, the caves and in eleven centuries how they worked it out, that first they made a general plan of it. Then they made the division of it, like that it went on till it came to the detailed working. Generations after generations, in the praise of Lord Buddha whom they had not seen, they had

never known, only in dedication to Him.

They worked in that jungle, in that forest, day in and day out, for eleven centuries to build that Ajanta where even their names are not there; no one knows who were responsible, who did it. Without leaving any traces, just for their emancipation, of expression of their adoration for Lord Buddha because He talked of self-realization; only talked, didn't give. For eleven generations or may be more because in one century there are at least two generations; maybe twenty-one generations worked, one after another to build that huge thing of seven miles. And the whole thing is so smooth, like this, like the tent that the roof is extremely smooth, as if a tent has been put up, and even there is this kind of a looseness, that you can see in this tent and when the wind blows, how the cloth goes into folds with all the beautiful paintings on them, is shown. What was it that made it? Who was the one who guided them? They had never seen Buddha.

We have got realization, we're much higher people than all of them. We have much more capacities. Now in Delhi they have discovered that Sahaja Yogis have a greater resistance for digestion, skin resistance and when they're in thoughtless awareness there are no electrical charges in the brain. So their brains are preserved and are going to be very dynamic for a long time. It's going to be published on the eighth of this month.

So one has to know that we are born in a very dynamic time, historical times. Never before in history we had so many Sahaja Yogis. This is the time of the greatest revolution, greatest evolution and this is the time you're going to achieve something that was never achieved before. Are we capable of calling ourselves Sahaja Yogis?

August is a very great month, specially for Me. Today is also a very great day, I should say. In the month of August, we got our independence, as you know, ninth of August, in India. But before that, in 1942, on the third of August, Mahatma Gandhi declared the movement of "Quit India," of the British from India. And today on the same day you have welcomed Me in the heart of the heart, Shoddy Camp. Eighth of August, as you know, is the day when Rabindranath Tagore was born and in our college we celebrated eighth of August and I remember it very clearly. And the ninth of August we all went on a strike.

In science college I remember I was a young girl of nineteen years and My professor and My principal still remember all those things that happened. I was standing alone and behind Me were all the students who were doing the strike. When the military came in and they tried to threaten and do all kinds of things to Me. I said, "No, we'll not enter into the college, today is the strike day." When My principal came and he was very happy and they removed him for that. He has written a very nice letter to Me when he met Me the other day, when he saw Me as Mataji Nirmala Devi. It was a letter worth really remembering.

So this is the month of a very big change and revolution in India. But with that one has to remember that "Quit India" movement started all right and all kinds of sacrifices were done, people sacrificed so much that you cannot imagine how much people have to sacrifice. As today in South Africa, people are sacrificing so much for their freedom, much worse than in India, much worse. People sacrificed and sacrificed. As a result of those sacrifices, we got our independence and we have to thank the Labour government for that. If Mr. Attlee was not chosen by the Divine we would never have got our independence.

We got our independence and graciously English left us, that was something really great of them, in those days to do it. But that independence was just a political independence, political freedom but today you have the ultimate, ultimate freedom. You got the freedom of your spirit which is not attached to anything, which is not anything but the spirit, which is absolute, which is neither English nor Indian nor Australian, which is not this house, which is not anything but the spirit itself, the complete freedom you've got. In that freedom you have to rise. Still we have considerations of brothers, sisters, children, wife; no, you are the spirit.

You have to sacrifice. For Me, nothing is like sacrificing because I don't know what am I sacrificing. In the same way what we call sacrifice at that stage should be Sahaj now for us, Sahaj. That time it was a sacrifice but today it should be Sahaj. We've gained so much in Sahaja Yoga. In that freedom fight, they gained nothing. But what are we sacrificing? Just our ego and this is what English have to come up to. "What have I sacrificed for Sahaja Yoga? What have I done for Sahaja Yoga? How much I have exploited it?" We must think it over; it's very important.

You left an empire; India was the gem. On that earning you are still having your doles today. Such a rich country you left, richest of all in the whole world was India. You don't know how rich India was and is today even if you see to it. And you left that country, you are a small country. You don't have any riches as such, nothing, but in your greatness you left it. Nobody will leave like that. Your forefathers did it. It's a great sacrifice I think, from the worldly point of view.

So we have to now understand that, we must have confidence in ourselves in such a way that whatever we sacrifice, what do we sacrifice? In this maya you sacrifice something and how much you get out of it. Just the maya is testing you.

So for today you have sacrificed a lot, given lot of money to have this house, and I know that. You'll be amazed I'm not worried about My own money, how much it is spent here and there. But for your money I'm very hard on all of them and the leaders might be thinking I'm so miserly but this is public money, not only public, this is the blood of My children.

So again on this great occasion, this joyous occasion, in the month of August we're having this beautiful place now and with this one we'll have many in future. I hope we'll occupy the whole place quite a lot. Already the neighbours must have run away and we're going to manage somehow or other to purchase all these places here. You have to desire it. Behind every desire there has to be the action and in that action you have to sacrifice. But if you say it laboriously, "I'm sacrificing, sacrificing," it's not a divine thing to do, should be done in such a joyous way.

I hope now, today you will all promise Me that every morning you're going to meditate, every morning, everyone, no excuses, you're not going to excuse yourself. Unless and until you meditate I cannot do what I want to do in Shoddy Camp. No laziness, no excuses, no telling lies, not deceiving yourself; all of you are going to meditate, that is one promise. And the rest I'll look after, the rest I will look after. You'll just decide to meditate everyday, everyday. That's one more thing you have to give Me is the promise that you will all meditate everyday in the morning time and evening time if you do foot-soaking is good for you, not for Me. Everything's so spontaneous, so beautiful, how it has worked out.

Now to end it up I'll give you a very good example of manifestation of another miracle that has taken place, how it works out. You know we have bought a plot of land of forty-two acres in Vaitarna for the education of children. And the Bombay people went there and planted some three hundred trees and also they had a paddy farming started there. Before the school starts they thought something should be done about it. But the villagers around would bring their cattle, their cows, and their goats and all of them to graze in that ground. So they got very much worried and the Sahaja Yogis in Vaitarna also said that, "You shouldn't this, this is Mother's land." Again they had a meeting of the villagers, they told, "This is Mother's land, you better not come here." They wouldn't listen to them.

And one day suddenly in the daytime a very big tiger appeared, very big tiger, of a very large size. And he started roaring and jumping all over, running all over the place whatever we had purchased and all that. And everyday he did it for five days and they got such a fright that they took away their lock, stock and barrel, as you say, and everything. Their cattle and their everything they took away, tied it together and all of them. They've also removed their huts, I'm told, they're so frightened. And this tiger is nobody else but is Bhairavanathji. He does that and you know that He's St. George who's working so very hard. Nobody has seen a tiger there the last thirty years and that area is not known at all for tigers and such a big tiger, they said.

So thank you very much, may God bless you.

Now if you want to give Me flowers you can do that and also I would request you to have your food, it's very late already. And do you want to have some music or something after that? You can have, what's the harm? You could have your food here if you like. It's quite a warm place isn't it? Is there a heater here? No? You all should freeze in this place.

There are so many sayings in English language, if you just pay attention to it. One of them is: oranges and lemons, sold for a penny; that's for our, you see, treatment, with the lemons we have. And there's another one: London Bridge is falling down, suggesting that what we believe into, all these bridges is not important. The bridge with God has to be built and expressing that

material things should fall down. And then: Humpty Dumpty sat on a wall. There are so many things that explain that people knew what it was going to be.

It's so surprising that there's a poet called Lewis. He has written, I don't know if you have read it or not, have you brought that? I wish you had. About the procession he saw in India of you people, you haven't got it? How many of you have read that? That's very exclusive! Surprising, nobody has that. All right, tomorrow. Remember all that you have to get from there. Mr. Djamel has to bring many things, I think.

Also there's a Commonwealth meeting going on, better give bandhan, specially to our Indian Prime Minister who is a realized soul and they were telling Me that all the terrorists have joined together to kill him. And our High Commissioner also, his wife told Me that all the terrorists have arrived.

Do you know in London, who rules? St. George. How dare anybody touch that. St. George rules there, so we don't need a tiger. It's all right, He's already there, settled down.

Thank you very much, all these and I went to..., beautiful, all right. These are all wild flowers, you'll be amazed the country has such an abundance of these wonderful flowers and so unique. See this one is Ganesha's flower here, see this one is the wild flower, you like to see? Such beautiful flowers, see this one, two colors of Ganesha. And they last and last, you see, they don't need much water, nothing, keep them and they last and last. Exactly four. See how beautiful they are. It's beautiful.

1986-0802, Evening Program, eve of Bhoomi Devi Puja

View [online](#).

2 August 1986

Evening Program Bhoomi Devi Puja

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: This is for the description of [unclear/Annapurna] which is the power of Sadashiv that is the primordial mother and she is the one who is the giver of food and it is said that the "Vishweshwara" means Sadashiv has manifested itself in Kashi ...in Banaras and she is the power "Annapurna". (who is the giver of food), food and everything, spiritual food, physical food, mental food, all kinds of foods ... It is shown with the [unclear/level] in her hand. Annapurna, this is the description of Annapurna when we are eating the food. Better listen to it ... There is a complete description

Now this one the last:

Now he is asking for everything ... He is not saying that gives me, but just praising that you are the giver of moksha, you are the giver of this you are the giver of that & now do not take too much time and please give me the "Bhiksha" – What I am asking for... And he says ... He asks for 2 things: (that's very surprising)

Give me meditation ("Dhyan") another is ("VairAgnya") Detachment ... Isn't it surprising?

At the end of everything, it comes with a: He says that you open the Sahasrara, everything Despite the powers and things ... Ultimately he asks for the meditation "Dhyan" and "VairAgnya" ... It's all in the description ...

Now you see in this country only [unclear /4 year's back].... a poet ... Now you read the poem ...

Sahaja yogi: Shri Mataji! (Speech by Sahaja yogi) The sense we are going through this is: that –

While listening to all these praises from great saints of India We listen to perhaps the manifestation of the peak of human civilization. Now in the spirituality, we feel it sometime or other, from the bottom of it ...

What you would like to [unclear/.....you] some very humble, & perhaps also very innocent poems written by girls from Northenden high school and they are the girls from the age between 14 – 17 years.

And the spirit in which John [unclear] would like to read this poem to you Shri Mataji is that ": if the blessings of the Shudy Camps is to turn the tide in this country, the tide of ignoring spirituality, the tide of ignoring reality then perhaps the most compassionate goddess, perhaps that while we read these poems to you, your [unclear/auras] and your redeeming attention may reach out these children, all the young people of this country, so that they can feel the touch of the salvation you brought to us ... Because Shri Mataji We could not rejoice full, as long as we will not bring more people We all think ... This is the sure thing Shri Mataji!

Mother laughs and says:

This is your own disease...

Sahaja yogi: Now I think my disease is shared by others ... Mother

Shri Mataji: What can I do? Whatever do you say I am willing to do it?

These People are so hard nuts so what I have to do?

Sahaja Yogi: Can you give more power... Please

This life is called richness of life maybe sometimes some time we will be free, making the basic, more beautiful and detailed [unclear]

Shri Mataji :

Our main problem in England is as that Dr Wadlekar says that We are very few heavyweight people ... When we say heavyweight than it means the people Who are more than normal ... and when that happens ... the money is not important I agree but to raise all these things We have to have money and people have to produce more money As far as possible I am there to help it out ... But still, I must say that our earning capacity must be increased in England and for that we have [unclear], should not waste our energies, have better qualifications, We have to be good professionals. What I find that here [unclear] ... But you have to master some art or something as the money should be created ... Of course, I am [unclear/ going for the Shudy Camp for that], But you all have to think about that ... You have to create money Because without the money how you are going to cope further with your

plans ...Anything has to be done ...And for that, we have to be very tidy in our brains, clear cut ...We should have full attention to yourself ad to our programming. We cannot be lethargic of it ...I tell you if you meditate, everything will work out that something is so difficult that unless and until you meditate I don't know how to work it out ...It's a very helpless condition. And such a vicious circle I say ...

So once you start meditating your Laxmi Tatwa will be awakened. You become very active. You become very alert ...You will start finding out things It works both ways ...If you are meditating you will find money and the work can be done ...As simple as that ...But the brain must be put at rest in meditation. Very untidy brains ...I don't know why ...Alcohols, maybe drugs, or maybe overthinking or maybe by bad gurus Whatever maybe the cause ...The brain has to be put in proper shape ...That's very important. Apart from your ...can say ...that you should not have any inauspicious thing ...But your brain if it is a knit way ...It's very difficult What I find that in the periphery there are many people who are still [unclear]. When we think that we are abnormal because we are yogis Not like that ...Yogis are very normal people and this [unclear] should be overcome as a duty by meditating ...And you can do it very easily because you are awakened now your spirit is awakened but if you would not meditate ...I will come back to the same point How that will enlighten your brains ...Which are very much complicated ...

The complication can only go if you again meditate ...I am insisting on that very much ...I am very much insisting because Shudy Camp [unclear.....] is a wrong idea ...This is the first step now ...The first step forward ...[unclear] is far off still.

So let's have some music ...

A little bit not much because I think we should sleep and again tomorrow meditate,... otherwise ...

[Music Performance]

[Shri Mataji's speech which was not audible]

1986-0803, Shri Bhumi Devi Puja

View [online](#).

3 August 1986

Bhoomi Devi Puja

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – VERIFIED

Shri Bhumi Puja, Shudy Camps (UK), 3 August 1986.

Today we have assembled here to do the puja of the Mother Earth. We call it as the 'Bhoomi Puja', 'Shri Dhara Puja'. She's called as 'Dhara'. As you know, 'dha' means 'sustain'. Ra-dha – the one who sustains the energy is Radha. And Dhara, which is the one which is sustenance itself, She sustains us. On Her we live.

As you know this Mother Earth is revolving with a tremendous speed, and but for Her gravity we would not have existed here. Apart from that, there is so much atmospheric pressure on Her. She understands, thinks, coordinates and creates. This only you can find out when you are a Realised-soul. You have seen how she sucks in your negativity when you are standing on Her with bare feet, respecting Her, requesting Her to suck your negativity; with a light in front of you, in front of My photograph. She knows Me, because She's My Mother. She's your Grandmother, we can say. That's why she nourishes you. She looks after you.

Early in the morning when we get up, when we put our foot on Her we have to say, "Oh Mother, please forgive us because we are touching you with our feet." But it doesn't matter - children can touch the mother with the feet or with the hands, makes no difference.

But she is the creator of the body of Shri Ganesh. She is the one who is represented within us as the Kundalini. She Herself moves in a spiral round the Sun. The Sun also moves up and down, and She moves around the Sun in a spiral. But because both are relatively moving, you don't see the movement of the Sun. The relationship between the Mother Earth and all other stars, planets, and constellations are kept constant, unvariable with great care.

When we talk of materialism, we are acting against our Mother Earth. Instead of learning from Her subtler qualities, we are trying to exploit Her, to dig Her out, to use Her for our selfish motives. What does She do to us? She creates these beautiful fruits for you to eat. She creates beautiful trees for you to make furniture, to make nice houses. She gives you green grass to soothe your nerves. She carries so many rivers and so many huge big oceans on Her being. She's always larger than the largest of oceans. Such a great thing as She is, what do we do to Her is to exploit Her fully, indiscriminately. Then the reactions are set in. The beautiful cycle of nature is broken by our aggressive attitude, and absolutely indiscreet. Then this Mother Earth doesn't do anything as such Herself, not much. But then the ether starts acting, and you have problems, what we call as acid rains, plastic - all kinds of problems that come out of this indiscreet creation.

When we started making machinery without any balance, we started producing machinery just like mad. As a result of that, now we have become slaves of machines. We can't do anything with our own hands. Because of machines people have become unemployed. As I have said many a times that - machines are for us, we are not for the machines. But today the situation is very different. We are entirely into the hands of machines – again the same indiscreet behaviour, again the same imbalances.

Mother Earth teaches us balance. If She was not in a balance we would have been all finished. She teaches us gravity. She teaches us how to be attractive to another person without the other person knowing about it, feeling about it, without enslaving, without mesmerising, without obliging to attract; and to give without expectations. Without any expectations she gives us. Whether we respect Her or not, whether we ill treat Her not, we give Her. But when she gets very upset; like, as you have heard that, in Mexico

She erupted out. You know what was happening in Mexico, I was telling you long time back - that they are using all kinds of black magic, they are producing all kinds of drugs. Colombia is doing the same. And if you do all these things to harm people then she gets into volcanic conditions, and then a volcano starts bursting out.

As you know, Los Angeles, and all these places, on the western coast of America are still in the danger of volcanoes. All kinds of gurus have gone and settled there. All kinds of black magic is on. There is witchcraft which is officially recognised. Officially they are registered. Nobody minds doing anything, because they say you have human freedom to do all kinds of devilish things. Under the name of human freedom they are doing all kinds of horrible things. As a result of that, Mother takes the respite. It is always a collective respite. It is always a collective respite. Please remember this. But when Sita wanted to leave Shri Rama, she opened Herself and took Her inside herself. That is a reception of the Mother, that is not the destruction or eruption. But the eruption harms collectively, and sometimes some innocent people are also killed in that. Death does not exist in the Divine language. Those who are dead can be reborn. But death sometimes could be used for punishing people, for destroying them, for taking them away from the scene. That's what the Mother Earth does. Sometimes Her anger can be so great that pin-pointedly she can destroy thousands and thousands of miles of earth, destroying many people who have been extremely irreligious and uncollective.

In Sahaja Yoga also, those people who are uncollective, try to be uncollective, are harmed by Her; but in a very secretive way which they must understand. Or we should say, in a very subtle way. When Sahaja yogis become uncollective, saying, "This is my house, my home, this is my privacy." "This is my wife, my child, my things." "I cannot come to puja because I have got this problem." "I cannot do this work for Sahaja Yoga because I have got that problem." When they become uncollective then, in a very subtle way, this Mother Earth, which is represented within us as the Kundalini, gets upset. And when she gets upset, she starts acting in a manner which can be very dangerous for people.

Possessiveness is not the quality of Mother Earth, she doesn't possess anyone. For example, if you are an Indian you can come to England, you can go anywhere, you can live anywhere. She doesn't possess anyone as such. We only, the human beings, have made this world into different countries, different places - all our own ideas of stupidity. There's only one world, there's only one world God has created. She has not created all these nations. Only there are ravines through which big rivers flow. Sometimes, wherever She has raised Herself there are mountains. These are Her different undulations and different varieties, just to create beauty! Supposing the whole world was like a bald-headed gentleman, what would have happened to us? First of all, we all would have slipped out, I think! (laughter) Or else, what would have happened if it was nothing but just all over the forest? Or all over only the mountains? Or all over just the rivers? To create the beauty She has used all these things to make us happy, to give us joy, to entertain us! She created all this beautiful stage for us. And what do we do? We have divided Her into parts, that, "This is my country," "This is your country," "This is their country." When we die what is our country? We are all dead bodies: whether we are buried in a church or in the open, you are all in the Mother Earth. What is our country is that we are the Mother Earth.

So we have to understand that this body is made out of that Mother Earth to which it has to go, and we are stupid to feel that we belong to this country or to that country.

Of course, this is the greatest miracle of the maya, that people know this but still they do not want to believe it. There are so many truths they know: they are sure, they know about it, but they don't want to believe it. Or they believe it, but they don't want to accept it. And even if they accept it, they don't want to know about it. It's a funny human miracle that they know that nothing belongs to us. When we come on this Earth our hands are like this, when we go, everything is like this. Despite that, despite this understanding, we still play games with ourselves, cheat ourselves, and try to believe that, "I am this country, I am that country, I am so great, and so that."

But the human beings were born in certain countries earlier than in other countries. That has definitely made a difference to the tradition and understanding of life, that is, human life. Earth remains the same, but this changes. The climate may be different, that's why the fruits may be different. It's all an adjustment. In the whole plan there is such a good adjustment: no quarrel, no problem. It's just a variety again. Supposing all bananas are produced all over the world, who would care for them? For example,

if you give bananas to Indians, they will laugh at it. But if you give them apples, they will say, "Oh, apples, great!" The other way round for the English: if you want to give somebody present as an apple, they will look at you, "What's the matter with this person?"

So this is again Her own style of playing and giving you different type of climates, different type of produces, so that you enjoy different things. If there is no variety, then you won't be able to enjoy it. How much She understands you, and how much do we understand Her?

For a Sahaja yogi it is important to understand that we are not going to take anything from here. It's all nothing but clay. And clay is going to remain here, and is going to vanish forever and ever. What are we going to carry with us? What are we going to have with us, all the time, is our evolution, is, now, our Spirit. So we are the Spirit. We are neither this nor that, nor that. What we are [is] we are the Spirit, and we are absolutely not [in] any way contaminated by anything that is called matter.

So we should see to the essence of the Mother Earth, that the Mother Earth uses Her matter to give joy to others. In the same way if we use Her to give joy to others then you have followed Her path. On the contrary if you try to exploit Her it's like making holes or digging at Her, who is your Mother. If you try to separate Her into parts, that means you are cutting Her body into different parts. All these human concepts are anti-Mother.

But the worst and worst of all is that we do not respect Shri Ganesha within us, which is the creation of this Mother Earth. Shri Ganesha, which is the innocence within us, we do not respect. We did not respect the innocence that has come to us. The way children are tortured and butchered and abused! It's amazing how people are not afraid that one day a big volcano might break into a country like this, where the children are treated like this? In that case the Mother Earth will destroy all the human beings who are behaving like this, and She'll take all such sweet children into Her lap, and She'll reproduce them somewhere else.

It is very important to understand that unless and until we respect Shri Ganesha within us - our innocence, our chastity - we cannot allow ourselves to call Sahaja yogis. That is the first beginning, the first step towards our ascent. We cannot talk of anything else, unless and until this foundation is laid in the Mother Earth. That is why, today, I have decided that we should have a Bhoomi puja in England.

I hope by this [that] innocence in this country will be respected, will be loved, will be protected and will be nourished. By this, innocence in grown-up people will be awakened, that they will respect their innocence, respect their chastity above all other things.

By this Bhoomi puja we respect the essence of the Mother Earth that is the Kundalini within us, and we respect our Self-realisation by that.

I hope [that] what I am going to do today may be able to transform this country into its real form that I call as 'the Heart of the Universe'. By this, I hope the Mother Earth will melt the stone hearts of this country into beautiful lotuses, into fragrant flowers of daisies all around.

May God bless you.

Today's puja is going to be very small, and we are not going to have a very long puja. It's just going to be Shri Ganesha's puja, and Gauri's puja. It's not going to be a very long puja.

Only thing is that today with full attention, you all should sit down with left hand towards Me and right hand on the Mother Earth, on the Mother Earth. Right hand on the Mother Earth. If you are sitting on the chairs, you can put the left hand towards Me and right hand towards the Mother Earth.

1986-0818, Raksha Bandhan Address

View [online](#).

18 August 1986

Talk to Sahaja Yogis

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) - Reviewed

So today is a very happy and a very very auspicious day for all of us. That we have to offer a just a thread to our brothers for their protection.

I've already told you the story of Alexander the Great. How many of you have not heard it? Raise our hands. Look at that! Ha ha ha. Can't be! All right. So I'll tell you the story of Alexander. Ha ha ha. You're very clever, I know. Ha ha ha. All right.

So the story of Alexander is like this. That Alexander the Great invaded India, you know, much before Buddha was born. Or we can say... No, we can say after Buddha was born. And he went with the idea of conquering the whole of India. He was very powerful man. But God did not want that perhaps, so he was once defeated and one king called Puru arrested him. Alexander had married an Indian lady. And when he was under the arrest of this king, that was the day of this Raksha Bandhan. Same day. So, she was a clever lady, she put one thread like this in a small little plate and covered it nicely with some nice cloth and sent it to the king Puru in his court.

When he took it to the court, somebody, and gave it to him, he had to wear it. Because that was the day of Raksha Bandhan. And that day anybody who sends you this thread is... you become the brother. So then he asked, "Who is my sister?" So they said, "She is the wife of Alexander."

And he [King Puru] got really upset with him, because a sister's husband is something very great in India. So he rushed to the jail and fell straight on his knees and begged off his pardon. He said, "I am sorry sir, I didn't know you were the husband of my sister."

He [Alexander] said, "What?"

[King Puru:] "Ya, you are. And I am sorry! I am very sorry for this thing, that I have jailed you this way and I put you here behind the bars. This was very wrong on my part." And he was so apologetic, that Alexander could not understand the whole thing. Not only that! He brought him back and put him on the throne, his own throne. And he said, "Now you rule here, I cannot say anything. Now you'll become the real king and I have to become sort of your subject."

So Alexander started looking at him. He said, "I... I can't understand this." So then he went to his house. Then he went to his house with so many things that the king had given him. He gave jewelry, he gave saris, clothes for him and all kinds of things plus horses and elephants. And then, when he reached home, he found that his wife was smiling behind the doors.

He said, "What's the matter?"

She said, "Don't you understand?"

He said, "No, I don't understand, these Indians are funny people. I mean, I am such a dangerous man, he had put me in the jail and now he has released me. I just can't understand these Indians. How can this happen to a person who is so dangerous?"

So, then she smiled and she said, "See, today is a day of Raksha Bandhan and this is the thread I sent him. And because this thread was tied to him, he became my brother and he had to release you. Because you are my brother." [Shri Mataji probably

means "husband", ed.]

He was so frightened. He said, "That settles it. I am going home! Because with this Indians who can leave a prisoner only on a thread, you can't manage these people, are very difficult." He could not understand.

Somebody can translate it in Italian, because there are some Italian people here. You can do it later on. The story can be told to them in Italian language.

So this is what it is. Is so important, that on this day if this is tied on your wrist, then you become brothers and sisters. Now, in Sahaja Yoga brotherhood is the most important. That is the friendliness among ourselves. When you are very good brothers and sisters, first of all, your left vishuddhi improves. This left vishuddhi. You get this left vishuddhi, because we don't have proper brother and sister relationship. Is not that we should have our own sister, but any woman who is a Sahaja Yogini is your sister. Except for your own wife. And this is the feeling. Unless and until we develop that pure feeling within ourselves, we cannot work out Sahaja Yoga. Sahaja Yoga cannot be worked out. I know it's rather difficult to digest, but is a fact. You have to feel clean and pure within your heart.

Now see, we are so many Sahaja Yogis together, live in ashrams. We have no problems. But supposing, if you had these problems, this girl is running away with that boy, that boy is running with that girl, could not have known with whom she is living today. And those problems can only be solved, if you have the proper sense of a sister and a brother. And that is our dharma. That is our valence. That we should know that we have a brother, who is our Rakhi brother, and all others are also our brothers. A pure relationship must exist between brothers and sisters and of course you have your own wife, which is your private thing. There should be something like private in Sahaja Yoga and that is the only thing that is private for you, that you are husband and wife. The rest of it is all collective. And we have to live in a collective way among ourselves in very pure relationships.

Now, as it is, we have to be in a collective way. At a slightest provocation people become non-collective. They cannot have rapport with other Sahaja Yogis, they cannot talk to other Sahaja Yogis, they cannot live with other Sahaja Yogis, then something wrong with them. They must understand something wrong with them and nothing wrong with others.

I know of a Sahaja Yogi who came and told me, "Mother, they are very unkind to me, they are very suspicious of me, they do this and do that." Nothing of the kind! It was his own mind that was working like that and giving him ideas against other Sahaja Yogis. So never criticize your brothers and sisters. There is no need to criticize. If you have to criticize, criticize yourself. Best way is to criticize yourself and see for yourself, what's wrong with you that you cannot fit into the collective.

As you know, it's a tremendous task and so important today, so vital, that we all should establish Sahaja Yoga properly. Without Sahaja Yoga, do you see any, any other remedy, any other solution for today's chaos? We do not see any.

Now, what do we have to do? I don't say you must bring Himalayas here, nor do I say that you must swim for seven miles together, nor do I say that you must take a plane which will take you round the world in one night. Nothing of the kind. These feats are not needed. A simple feat of rapport, of love being communicated to others. Just a simple thing it is, it's the simplest.

You see the children; how they are so simple, how they are so natural, that they immediately feel the love and immediately react. But we cannot. The why... what is the reason? Why can't we react in that way? Why our attention is not on that point where we should react in such a manner that we should be absolutely congenial, enjoying each other's company. The reason is, our attention is outside.

And the attention is outside in the West, as you have seen it, on something wrong, because there is no brother-and-sisterly feeling. Supposing, a brother and sister are walking, they won't look at each other, will they? Will they be watching each other? No. But the attention that goes outside all the time towards all kinds of funny things, because there is no pure relationship.

Purity helps you to understand the beauty of others. Otherwise there's a thought in between, always a thought. If it's a dirty

thought, of course the purity is not there at all. But even other thoughts like possessiveness, of criticism, say, of repulsion, anything like that can kill the joy. So try to understand that there is something wrong with you, that's why you cannot get truly collective.

We are one homogeneous big huge family. And for any mother, what is the greatest pleasure, which I have told you many times, is that to see her children enjoying each other, loving each other. And when I see all of you loving each other and pulling each other's legs and pinching everyone and enjoying each other's company, I really enjoy. And when you shout at each other and also sometimes box each other, I like it. (Laughter.) Because there is an expression of love in it.

And that is what we have to learn, how to express ourselves. First, express yourself to your fellow being that are your kith and kin, are Sahaja Yogis. They are your brothers and they are your sisters.

Like once Christ was told, "Your brother and sisters have come."

He said, "Who are My brothers and who are My sisters?"

These are His brothers and these are His sisters! [Shri Mataji pointing around.]

He is the eldest brother you have and you are all His brothers and sisters. That is how one should understand that this is a relationship of brother and sister. And that's such a pure relationship.

Now, when this relationship goes off, you get into troubles. Very much into troubles. Whenever I went to Cambridge, I found the Vishnumaya would just go on bombarding there. Every time there used to be lightening, lightening, lightening. This time it was at least hundred and eight times, there was bombardment when I was there. Whole night I couldn't sleep, I was wondering. But now I realized what was the reason is that in Cambridge University, it's a university just like Oxford, any other university, but Cambridge University is one of the most important universities. In that university there are young people, young boys, young girls studying.

In an university the relationship between brother and sister should be absolutely pure. So pure that generations together we cannot marry. As we have in our country, the gotras. What are the gotras? Are the universities. And people cannot marry in the same gotra for generations together. Even now supposing my gotra is Shandilya, which was, must be, thirteen fourteen thousands years back. And even today I cannot marry a person who is from the same gotra. So imagine, such purity was maintained and that is what it is. In a university, there is no purity maintained. That's the reason in Cambridge, I found, that whenever I go there, Vishnumaya goes on just... I don't know, She could just goes mad. And every time we have had this experience. And now I know the reason, so I am sure next time She won't do that.

Is very important, specially in young age, to understand that we have to keep our attention very still. If you do not gather wisdom in young age, you can never have wisdom in old age. In young age you must try to gather wisdom. Is very important. And this wisdom comes from Shri Ganesha, as you know. And what is Shri Ganesha? Is innocence, is purity and also is knowledge. From that it comes to you and that purity has to be kept the way Shri Ganesha had kept in His own incarnation as Christ.

So we have to understand that our attention has to be so pure, so pure that it should not waste anyone of our energies. You know that with purity in your eyes, even a glance, even a glance can create such a beautiful life for others. Even a glance. So, one has to try, is to get very pure eyes.

"Thou shalt not have adulterous eyes." This is what we have to follow, all of us, and our attention has to be all right. For that this Raksha Bandhan is a very good thing. Is a very good thing in which you create such personality of your own that you do not anymore try to put your attention on the wrong thing.

Now, this attention goes out with many other things also, like aggressiveness, can be possessiveness. But the main thing is this,

that if you do not have lust in your eyes, fifty percent you are all right. And half or fifty percent is greed, for which you have to work on the Nabhi chakra and which we'll work it out on Diwali day.

So for today, I think we have to remember that to get rid of all the lust from our eyes, we are celebrating today this beautiful auspicious day to celebrate the love between brothers and sisters.

Now, I don't know whom you have chosen to be your new sister today. But it should not be just a thing of a lip service. Sister is a sister and all your life you have to remember she is your sister. You have to look after her benevolence and her good life and she has to bless you or she has to pray to God that you should be always protected.

May God bless you all.

So now, if you have anybody between yourselves... Now, have you got the Rakhis?

Aah, we must... today I must say that poor Warren had to go back to Shudy Camps, because nobody is there and Shudy Camp is alone, so somebody has to go and tie Rakhi to him. But he tied a Rakhi to me, a first of all, you see, is very clever fellow. And taken away my watch.

Alright. In such a big group it's not easy to do all the rituals we did last time, alright? But -, now. [INAUDIBLE] Now, first of all, the girls who want to tie Rakhi should take it from here, one each, and go and tie to anyone you feel like. But tie to one person. And one person should tie to one person. Not that only everybody tying to one person, is not good. All right. So here it is.

Now, who it is, who will give it to you? So these are here, you can take anyone you like. Now. [Shri Mataji speaking in Indian language.]

So what you can do is to tie one to your... one each, everybody should have. And should tie... exchange it. Is it alright? This is to be tied to the brother only, but in North India they also tie to their sister. So that's here now. [?] So the sister's is on the left hand and the brother's is on the right hand. Now, how do you do it. Pass it on, to everyone. Now, don't run for one person.

You can tie it... [INAUDIBLE]. From Australia.

Somebody else should come here to distribute. Antonio, just take it. Take it, from here. They are only two, we can give it to the leaders or something, here, separately. I'm sorry for delay, but I was cooking for all of you well... You should read this after. It's alright. So I'll take this?

Now, should we... we can sing some songs also, while distributing. Perhaps some music? Today I am sorry, we'll not have any pujas because I am really... I'll have three pujas now, one after another. It will be too much. We had Bhoomi Puja and now we are going to have, I mean, alright? Krishna Puja, then Ganesha Puja, then Devi Puja, so it's going to be too much. So I would request you that this is... Today it's just like a puja after all, isn't it?

Very good. This one. Helen will take all my things. This is a... I don't think we'll need that. Come along, come along!

H. H. Shri Mataji Nirmala Devi

1986-0823, Morning of Shri Krishna Puja seminar

View [online](#).

23 August 1986

Talk to Sahaja Yogis

Hostellerie am Schwarzsee, Plaffeien (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Morning talk to Yogis, Krishna Puja seminar. Schwarzsee (Switzerland) 23 August 1986

It's so gratifying and joyous to see all of you here, today, assembled to do Shri Krishna Puja.

Can you hear Me there? No? Can't hear.

Gregoire: Phil, can you connect the back...

Shri Mataji: To see so many Sahaja Yogis assembled here, I'm sure the devil must have run away long time back.

And the caravan must have left but I hope we are aware of it and we forget about our fears of our catches, of our past, of all the nonsense we have done so far.

Suddenly in My presence, I think, people get into a sense of guilt. I am here to soothe you, to cleanse you, to make you beautiful, and not to feel guilty.

Actually, when we start looking at ourselves, the first thing we notice is that there is a block on the Agnya, but this block in the Agnya is the worst thing that can happen to us because it is the door of the Kundalini.

She reaches up to Vishuddhi, all right, and when She has to move forward, this Agnya stops it. That's why we have left Vishuddhi, we have all the Vishuddhi problems.

The flow cannot take place. Also, this is one of the reasons we feel guilty – because of left Vishuddhi. It's a symptom of a disease.

Today we are going to worship Shri Krishna. So we have to understand first of all, that we are Sahaja Yogis. We are not ordinary people or we are not people who have not known the truth; we have known the truth.

We have to be completely aware of it.

That's one truth if you establish, you have established yourself quite a lot.

Now the ordinary people as you have seen on Oxford Street, you see, they wear dress – Indian dresses funnily tied; they don't know how to tie it up, dhotis and saris, and they shake their heads and buy some of these, what we call them, shendis or bodis or I don't know what you call, tails, pigtails, and attach them with some glue and they start dancing.

When they dance, their pigtail falls off, and the saris and the dhotis, everything start opening out. That's a very funny, ridiculous scene, I tell you. One side you see the punks and another side you see this nonsense, in the name of Shri Krishna, that's even worse.

Punks do not do it in the name of, I don't know if they do it in the name of King Solomon.

But they do it in somebody's name, these people that is so great as Shri Krishna.

On the contrary, Shri Krishna's hair are described in all the books and in all the poetry that poets could sing about. He was never shaven-headed. It is impossible to understand how these people got the idea that you must shave your head.

So the Shri Krishna's aspect of Yogeshwara has been so misunderstood. It's absolutely misunderstood because we cannot understand that the truth is covered with maya, always.

And you should keep maya on one side and go to the truth. Instead of that, we get lost in the maya, like very simple example, as it is, that He is a Yogeshwara; so these people have idea of a yogi, that he should be shaven, he should wear that dhoti, dirty one, and must put on a pigtail. Another concept, maya is a concept. And when you start living on those concepts of your own, you may gather it up with something else, you may think that Christ was a person who was a sannyasi, who used to wear another kind of a robe and He had a beard and He had hair like this. All those ideas, "So if we become like this, we'll be very great yogis."

These are all our concepts about someone whom we have never seen, whom we have never known. And because we live in those concepts, we get limited.

It's very difficult for these people to break through because maya can only be broken through Realization.

That's why first thing in Sahaja Yoga is Realization.

Get your Realization. You are a drunkard, all right, get your Realization. You are a drug addict, get your Realization.

You are a bad man, get your Realization. Anyone, get your Realization first; put the light first into a person.

Let him see for himself.

So all this identification with different concepts is responsible for giving us a very mayavi or illusive personality. We live in an illusive personality, live with it, enjoy it and we think we are perfectly all right.

Now if you are aware you are Sahaja Yogis and you have come here for Shri Krishna Puja, what is the preparation we have to do?

We are Sahaja Yogis, we know about Kundalini, we know about Vishuddhis, we know about Shri Krishna.

All right, how are we going to prepare ourselves for the puja of Shri Krishna?

First of all, He tried to break all the concepts. First the concept He broke was that you have to be like a ascetic to look at. He broke this concept; He lived like a king.

In His childhood He used to go and play with the cows. And there He would use a peacock's feather to decorate Himself, and He would listen to beautiful music of the river Yamuna and reproduce it.

He was Leeladhara, He was the one who created all kinds of mirth. What is mirth in French? They don't have mirth, I believe.

Gregoire: I don't understand, Shri Mataji... Yogis: Mirth.

Gregoire: Mirth... they don't.

Shri Mataji: Eh? No?

Yogi: Fun.

Gregoire: No, it's not fun... Sweetness.

Shri Mataji: It's not fun, it's more than..., it's mirth. Mirth is sweeter than fun.

Gregoire: Sweet fun...

Shri Mataji: All right, sweet fun (laughter).

What a word! (Shri Mataji laughs. laughter) Sweet fun! This is mirth, now what is happening to you is mirth. I'm creating mirth in which you feel tickled, you know. Mirth is something where you feel tickled.

So, He tried to create mirth, never seriousness but He was not frivolous. He was Yogeshwara Himself. He was not frivolous.

So this difference between frivolity and mirth is to be understood only through Him because He's also discretion.

Mirth is joy-giving, frivolity is destructive. Anything frivolous if you do...

[Please close it, isn't it? There's something problematic.]

So, we have to be in a state of mirth, so no question of feeling guilty comes in, we are not prisoners, are we?

We are prisoners of our own concepts and our own ideas and our own degradation. We degrade ourselves, God does not.

So we should be in the state of complete mirth and enjoyment.

Now it has rained, all right. That's a very good thing to happen today. Yesterday I was listening to the program, I was just smiling, because I knew it would not work out that way.

Gregoire: Everybody knew, Shri Mataji...

Shri Mataji: And in India, on this day, when they celebrate, in the morning, children of the village or children of the particular areas gather together. And for them the house-holders tie up a little pitcher, which we call as a matka, and in that there is money, anything valuable they want to give to the children, sweets, everything put inside that, and is tied up in the air.

Normally it rains, if it doesn't rain then they pour water on the children to make them feel it's raining. Rain is very much connected with Shri Krishna. So the children come and they go in a way that the taller boys are first, then smaller, then smaller like a pyramid they go up till at the end there's one boy who's sort of representing Shri Krishna and then he breaks that. And from there everything falls down and flowers, everything on them, they take the money, they take all those things and start enjoying.

Then they go to another place, the whole day they are moving in the city like that and every good householder ties that matka for these children, for them to come and enjoy themselves. That's in the real sense, is the Krishnashtami in Gokul where He lived as a child. Now why is He so much connected with rain? Once all His friends and He were looking after the cows and Indra felt that He is very powerful, somehow, I don't know, He gets into jealousies sometimes.

And He (Indra) sent rain to test His (Krishna's) patience, His leela, His play, His mirth. And it rained and rained and rained and

they did not know what to do.

So there was a mountain called Govardhan. Shri Krishna lifted it with His stick or His finger and just put it up on top of His finger, like that (Shri Mataji raises right forefinger). That's why He is called as Govardhan Dhari.

And the whole mountain was on top and all the children joined Him and all the cows and He asked the children, "You also put your sticks up to help Me." And they all put their sticks and standing very sweetly holding the Govardhan. That is one of His names, Govardhan Dhari.

So the rain had to come and the cows with their bells have to remind us.

And imagine the lake has a name which is a black; Krishna means black, Krishna word itself means black.

How Sahaj the whole thing has worked out!

Can you see the coincidences are so Sahaj but are so planned?

And here we are sitting, it's raining, nicely enjoying everything. But on the contrary, when we start not enjoying, we play into, either into our ego or superego.

Supposing we are starved people, tortured people, then we start making others like ourselves. We like to make them suffer and torture them. That's why I always say, "Poverty is leprosy." Anybody who is in poverty can develop horrible things within themselves. It is never to be sided with, not to be sympathized but to be completely eradicated.

Another side is the ego where we try to dominate others and enjoy that. There's no joy, there's no joy in dominating others and saying things to others. I was sorry to hear yesterday that there are some girls who are married, some Indian girls who are married and their husbands are not respecting them and troubling them. It hurt Me very much.

That shows they're so low-level people, very low level. Such a mediocracy, such useless people. They should have never come to Sahaja Yoga and deceived us like this. They will go to hell directly; I can tell you this.

Now there are some who are caught up with their superego; they suffer from some sort of a funny Sahaja Yoga schizophrenia. And they don't want to get rid of it. They just don't want to understand that they are not normal people, they have to be perfectly all right. They make everyone miserable, jump on to all the places where they should not be.

Like a person who has got, say, example, tuberculosis, a disease which is contagious. Must understand he has got tuberculosis, keep out, don't give it to others, at least.

But those who have got badhas will definitely come, either they will give big lectures. I start seeing them like big bhoots speaking, or if not – they have badhas then they will come at a place where they should not be. They 'will put their hands in the prasada, they l wil be sitting in the puja in the front, all kinds of things they will be doing, catching people. And they enjoy it because they are identified with the badhas. How will they improve?

There is one fellow who is a bhootish fellow, we have had him for, I think, at least for a century I should say, and he is giving lectures to others, You must clean the shoes of all the Sahaja Yogis to get rid of your ego.

So such a gross, depraved and low-level people are still in Sahaja Yoga.

So the enjoyment of Sahaja Yoga becomes less. If you eat rice with stones in it, how will you enjoy it? And that's what it is.

We are here to enjoy the blessings of God, to have the mirth but still we are living with all joy-killing things that we have. How are we going to get rid of those things?

So, at least we do not become thorns in the lives of others. So the so-called free will, I am happy Rustom has told you about it, is nothing but your ego and superego because you are not in the center. In the center, you have nothing but freedom, that's all, nothing but freedom; nothing like free will, freedom, complete freedom. There is nothing like will or nothing like bhoots, nothing like bondage, it's entire avenue of freedom.

Then this freedom is the knowledge, this freedom is the love, this freedom is the discretion. Then you say God gives you freedom and others freedom equally; then you act which doesn't bound you nor anybody else because it is knowledge, it is discretion.

Age does not matter, what age you are. I have seen some also very old people singing beautifully and enjoying Sahaja Yoga and make Me enjoy also. Life is for us to enjoy, nothing else. But because we are not free people, we cannot enjoy. There is no bondage of any evil thought which keeps you down.

It is so subtle but penetrating into every that is gross, that is Shri Krishna's beautiful flute which creates a picture of the nature (Shri Mataji looks outside, ndt). The description Chitravatasi Thani (Marathi words), the whole thing becomes silent like a picture.

So, this evening we will have the puja, we will have all the enjoyment of Shri Krishna's blessings upon us. There is no end to the stories of Shri Krishna, all full of mirth and play and innocence that kills rakshasas, devils.

So today I have talked to you about His childhood, and the puja I will tell you about Gita.

May God bless you.

Some water.

Gregoire: Would You like a cup of tea, Shri Mataji?

Shri Mataji: Water.

Gregoire: Tea is ready... water...

Shri Mataji: Please, I'll have some water.

You all are catching from Vishuddhi, I must say, very badly. And I'm full of it, here. (She touches Her throat) All My vibrations are just flowing from here. So I would say that you all should say "Allah Hu Akbar" sixteen times just now.

Gregoire: We get up? (To yogis) Get up.

[Yogis say "Allah Hu Akbar" 16 times]

Shri Mataji: Feeling better now? (She laughs)

If you go out, keep your Vishuddhis covered, but I don't think anybody should go out today – in a way is good, for the puja – after the puja tomorrow. I want your Vishuddhis to be alright today, that's why it has rained, I hope you don't mind (laughter).

Gregoire: Please sit down, everybody.

Shri Mataji: Ah, you wanted to have some bhajans, something?

Gregoire: Would You like some bhajans now?

Shri Mataji: Could have it...

Gregoire: Good idea. (To yogis:) Can we have some bhajans? One or two first songs? "We are the world", okay.

Warren: As well as of saying "God is great", can we say "Mataji is great", somehow? Somehow is there some way by which we could say that? Because still it's catching.

Gregoire: Let's have "We are the world". Eh?

Shri Mataji: All right.

Gregoire: Ah? What is it?

Shri Mataji: When we say...

Warren: Mother, can we say "Shri Mataji" is great? Again...

Shri Mataji: Might be. Might be. Think it now, what they say?

Gregoire: Fantastic. Okay. We are going to sing "We are the world"... (video interruption)

[Sahaja yogis sing an adaptation of "We are the world" dedicated to Shri Mataji. Then yogis applaud and Gregoire makes a sign to stop]

Gregoire: It's not necessary to applaud at ourselves!

Shri Mataji: I was just waiting for Me to clap, but... everybody applauded (laughter). It's good, you see, a very good song. But I think little change would be needed, to be good from vibrations point of view. All right? Now. Let's have another one.

Gregoire: Can we have the Italian one? What is it? Wait one minute, because we are going to distribute the copies. Christian is going to distribute the copies. Shri Mataji, the story of this song, the music of this song is that there was this big musical which was organized to raise money for Africa. And they took the music and they changed the words. It's a song which is coming from America. And... one day....

[Shri Mataji (talks to the children): See how she's sitting? You sit all of you like that. Melania's sitting properly, like a yogi (Shri Mataji laughs).]

It's written in English or in... It's done in English or in Italian?

Yogis: In English.

Shri Mataji: Oh, good. How many of you know Italian?

(Shri Mataji raises Her hand) I'm going to join! (laughter, She laughs) Alright. That's all. That's one of the nearest language, I

think, one can learn very easily.

Gregoire (in Italian): Shri Mataji ha chiesto quanti sono quelli che parlano italiano, poi ha detto: "Io posso anche alzare la mia mano".

Shri Mataji: But you must learn English first! (Laughter, Gregoire translates into Italian) And the Spanish is another language one can learn easily, if the Spanish learn the English (Laughter, Gregoire translates into Italian, Javier translates into Spanish). Or Hindi, one of the languages that I know (Javier translates into Spanish). I also know American English, you know? (General laughter and applause, Shri Mataji laughs)

Vishuddhi is very much cleared out, can you see that? Very good.

Gregoire: We worked on the United States by singing this, Shri Mataji.

Shri Mataji: Yes. Good. I'm going there. Alright, start it now. Antonio is going to start...

Gregoire: It's coming.

Shri Mataji: Coming.

[Yogis start singing a song to Shri Krishna in English]

Shri Mataji: Beautiful song, eh? What a nice song. Beautiful. (Shri Mataji claps, applause) Wonderful! It's a real fast number(...), I must say. Beautiful. Very nice.

Gregoire: Which one next?

Yogi: Germany.

Yogi: Belgium.

Yogi: Belgium.

Yogi: We have a German song all in English.

Gregoire: What else?

Yogi: French song in English, Swiss song in English... (laughter)

Gregoire: Whatever you desire, Mother?

Shri Mataji: Anything, I'm alright for everything...

Yogi: The English, in English.

Yogi: We can start with the English in English! (Laughter)

Shri Mataji: Thank you (She is given a piece of paper, possibly a copy of the song)

This one English in English! (Laughter)

Yogi: Does everybody have one page?

Yogis: No, no.

Gregoire: It's one song to Lord Krishna.

Shri Mataji: Great (She laughs and applauds), wonderful! Nice power is shown! May God bless you all for this.

Now, who else? Another? French, of course! Beautiful. That's very nice song, I should say, like a marching song, is good idea.

Yogi: The French song.

Yogi: The French song.

Shri Mataji: Very good one! For the French to sing this I am very happy. You won't believe! "Les misérables", you see, people with the background. It's a great, eh? To see you all smiling like that! It's great! Imagine, what a transformation (She laughs). Real transformation, I say.

[The French song is about "the Joy of the Kingdom of God"]

Shri Mataji: That's a good preparation for the Krishna Puja, so wonderful, you see, to hear this from the French specially. May God bless you. Now, who else?

Yogi: Swiss song in English.

Gregoire: Swiss song in English, Shri Mataji.

Shri Mataji: Good idea. I should get one paper. That's a good idea, that every country should have one song, you see, to be sung, so that everyone gets a chance, and to make a nice positive song.

Yogi: In the page of the Swiss song you have also the German song, so you keep the page after.

Shri Mataji: Pen.

Yogi: So, the title is "Seed in the Earth". [Swiss song begins. End of video]

(May God bless you.)

1986-0823, Talk about Shri Krishna (before the dinner)

View [online](#).

23 August 1986

Talk to Sahaja Yogis

Hostellerie am Schwarzsee, Plaffeien (Switzerland)

Talk Language: English | Transcript (English) - Reviewed

Evening Talk, Shri Krishna Puja Seminar. Schwarzsee (Switzerland), 23 August 1986.

So we have decided... [A little further, should be brought little further (the microphone)], we have decided to have the puja after our dinner because Shri Krishna was born in the night, about twelve o'clock while I was born twelve o'clock in the daytime, same with Shri Rama. And also Christ was born twelve o'clock in the night.

I've told you that today I'm going to tell you about Gita. That is the second part of Krishna's life. It's so different and varied that some people, intellectuals as usual, say that the Krishna who played as a child in Gokul was different from the Krishna who was the king of Dwarika.

So when He became the king of Dwarika, there was a war between Pandava and Kauravas, one representing the good people, another representing the bad people. So they came to ask Him if He would join on their side. So He said, "I've got My army and I'm Myself, so whichever you choose you can have." So Kauravas said, "We'll have your army," but Pandavas said, "We'll have you."

And that is how the war started and, in the war, His greatest disciple was one of the Pandavas called Arjuna. And Arjuna asked Him to fight for him. He said, "I will not take any weapon in My hand but I will be your charioteer and drive your chariot."

And when He was driving the chariot, it so happened that Krishna saw Arjuna's depression. And Arjuna said, "What is this war? Why should I fight? I'm fighting my own gurus, those who have taught me all the vidyas of the battleship ... (She corrects Herself) ... battle, and also the vidya of archery and I'm fighting my own cousins."

So Shri Krishna said that, "They are already killed, they don't exist, they are already dead people, because they are not realized souls, I've already killed them. So you have to just play this drama of killing them."

So the foremost contradiction that people present about Gita is that those who read Gita should be vegetarian (laughter). Krishna told, Shri Krishna told Arjuna that, "You kill them." Human beings, his own relations, his own cousins who were bad people. What about chickens and goats?

But all those who start reading Gita in India give up all meat eating and take to vegetarianism, or they fast. So how contradictory these things are. So He never preached vegetarianism, at least in Gita. And He asked Arjuna to kill.

In the modern times there is a war going on between the evil force and the good. You don't have to kill them; even if you give them bandhan they are already dead, they are not realized souls, they'll be all neutralized. But you have to kill them in the sense you have to kill your connections with them.

Like I see many people who come to Sahaja Yoga, "But my mother is not yet a Sahaja Yogini, so she troubles me, how can I do Sahaja Yoga?" For anything else they'll fight the mother but not for this.

"Kill your attachments and your relations." That's what He said, if the case they are troubling you in your ascent. This is the message of Gita to begin with.

But on the contrary, I've seen there are people in Sahaja Yoga who once [they] get married want to get out of Sahaja Yoga, take out their husbands or take out their wives or want to live away and want to be non-collective.

So you have to kill. There are shad-ripos, there are six enemies human beings have, but in the modern times they have multiplied, I think (laughter).

The first one is the lust in you. Kill your lust. The lust that is today finishing the West more than the greed. So first is kill your lust.

Then kill your anger. There are certain people who have a built-in response that as soon as they see somebody they get into anger.

If a white man sees a black man he gets into an anger, a black man sees a white man he gets into anger, surprising.

I mean, God has made all kinds of skins; the life would be boring if you all have the same parched skins, all of you looking the same.

So he has made different types of beautiful people. But this anger can come from any source. This is what it is when you kill anger, actually you kill all your connections with the past, the responses, the conditionings you have had.

Then the vanity that people have; I find it much more when I go to places where people call themselves bureaucrats or they're "in charge," like matrons (laughter), telling people what to do, "Do this, do that, do that." This is the Krishna's finger, using Krishna's finger on others.

The vanity, the vanity that you are perfect, you are perfect, nothing wrong with you. You are the best people, English think they are the best, Germans think they are the best, Italians think they are the best, or, say, the best of all are the Switzerland, Swiss people (laughter).

This vanity, this falsehood, has to be cut out. What have you achieved by being a certain nation, let us see? What have you contributed, belonging to a certain country?

Those who only belong to the Kingdom of God have achieved something. The rest of them are useless people, just finding some way to fight each other, to denounce others and vanity is just like a balloon. If somebody just puts a pin into it the whole thing - balloon will collapse.

Now the worst of all is jealousy, and that is among Indians, Indians are very big jealous pots. Specially the Indians who are again in the government and the politics, but otherwise also there are jealousies. They'll always complain about the other people and will be jealous. And also in the West people are quite jealous, I must say. They are jealous of things which is most surprising.

One day I was going in the car and one gentleman was very furious for nothing at all. So the another one tells Me, "They are jealous because you are sitting in a Mercedes car." I said, "But that's not Mine, that's My husband's, you see." What is there to be jealous because I'm sitting in a Mercedes car? I mean, this is being a very stupid, nonsensical thing but still I can't believe you can be jealous of somebody because he has a Mercedes car, what does it matter?

To Me, it's a foreign idea absolutely, I can't understand. But there are stupid and stupid things like that. I can only understand one jealousy, that is between husband and wife - little bit (laughter).

Then the fifth thing that He asked us to kill is the attachment, very important it is. "This is my child, this is my..." This is Indian also, more Indian, "This is my cousin, this is my brother, this is my fiancé, this is my wife."

Also in the West, the other way round is that they do not care for their children. They do not care for their mothers, they do not care for their fathers. They do not care for anyone whatsoever, but for themselves.

That comes from the last one, is called as the greed. Because when you have greed, you don't care for anybody, you just want to have everything, from another person. You want to grab another person of everything. Whatever another person has, you want to have it. But when you don't want to have it everybody wants to give you, that's My case.

I'm very afraid to say even that, "This is nice," because immediately tomorrow I'll find it in My house (laughter).

So, this greed is the one which has done such a harm to the whole world. People have gone into great dominations and, on other countries, for what? For these diamonds and nonsensical things like that, they have ruined their own lives, the progenies of the progenies they have ruined.

All their cunning they have used to ruin so many nations, just to put them one against another, creating problems, doing all kinds of intrigue. Just for what? For greed which is absolutely like cancer, doesn't allow anybody else to exist. And then you start eating yourself out.

It's a disease, I think, greed. And with that goes the miserliness; people become miserly.

Then where does this greed end up? After all, the money that accumulates or things that accumulate in your house, what happens to them? You want to use them.

[What's the matter with this one? No... Try to be... not to be... I've told you, otherwise, I'll ask you to go out, all right? Concentrate.]

So what happens to the people who are greedy? They become miserly, they can't enjoy life, they cannot spend money because the greatest joy is in giving things to others, no doubt about it. And they cannot give any joy to anyone, they cannot create anything for the future progeny to see.

So what happens to them? Their children when they come in, they become wasters, waste. They waste all their money, they lead a wasteful life, they get into wrong things, and ruin themselves. So their children [who] are born become miserly. So the vicious circle starts moving. He has said, "Kill all of them, these are your six enemies."

Now the contradiction, again people use, about Shri Krishna, in so many other ways that it is surprising that not only Christ, not only Mohammad Sahib, not only Lao Tze, not only Shri Rama but even Krishna was misused by His followers.

He's the one who is Tatastha, the one..., Tatastha means who stands on the banks of the attention and sees everything, who watches everything, He is the one who is the witness. He described, "Sakshi rupena samsthita," He becomes a sakshi, a witness. That's what He has said, it's a play, it's a play. But in the name of Krishna you find all kinds of absurd things people do. They make dramas, they become Krishnas, they become (camflutes? Forse Camouflets?), they make people..., befool them, make money out of it or they sell books on the street.

Like if you go to Southall you'll find so many Westerners wearing funny dresses, going round, asking for alms from Indians and Indians say, "Oh look at that, these beggars, you see, they have come to get some, let us give them some money."

So, the contradiction of Krishna's life is such a miserable thing, is such a absurd thing that it hurts Me to see how such a great incarnation was misused in this world by human beings.

If there was anything lacking in that incarnation, was this, that He did not give Realization to people - but He did talk about it. He

said about it, talked of meditation; He did all that was needed to put the stage. But what is the result? All His incarnation was misused.

Throughout Gita if you read, you'll be amazed how people have changed Gita and its writings also. Same in the Bible and same in the Koran.

Things that they could never have said it. How could they have said it? Is a surprise, impossible, because they cannot contradict themselves.

For example, Gita is written by Vyasa who was an illegitimate child of a fisherwoman. But in the Gita it is written that your caste is determined by your birth; how can it be? A one who is a son of..., an illegitimate son of a fisherwoman, how can he say like that? See the contradiction. Same in the Bible, same in the Torah, same in the Koran, in all these books, all these people have tried to play a very nasty role by changing them. But you can find it out. Luckily, whatever they may try, the truth comes out in this manner and you can prove it that "whatever you are saying is wrong, cannot be".

The one Vyasa who wrote was the son of a fisherwoman and how can he say that Brahmins are the highest, when he's not born as a Brahmin and to say that your caste Brahminism comes from your birth? From your rebirth! Only they removed little bit – rebirth (laughter).

This is how they interpreted Gita in various ways, in such contradictory manners. His whole writings or sayings could not be changed, of course, they could not change it but wherever they wanted to put their own style, they did it.

Because ultimately it went into the hands of the Brahmins who were not really Brahmins, they were the people who were shudras because they were not even realized souls and behaving in such a dirty manner; they should not be called as Brahmins. But it went into the hands of so-called Brahmins and they misinterpreted it.

Same thing with Bible. It went into the hands of horrid people. Mr. John said something which was sensible, all right, but what about the other fellow, Paul? He comes in and spoils everything.

Then comes Augustine, he spoils everything, why? Because they are devils. There is a evil force; this theory that there is no evil force is a wrong theory, doesn't exist. There is a evil force; and don't play into the hands of evil force even this much. And that was clearly told by Shri Krishna. But even there the contradictions can come in.

Like if you are a Krishna bhakta then if you just start running on the street, "Krishna! Krishna! Krishna! Krishna!", like that, then you are a-celebrating, or like a madcap go on, "Krishna! Krishna! Krishna!", like that.

Or else, going worse than that, is some people say, "We are Krishnas". Like this horrible Rajneesh did. And he said, "He used to make the women naked, so I'm making the women naked." I started wondering, "When did Krishna make women naked?"

When He was a little boy less than five years of age, He used to climb upon the trees and the ladies used to take their bath in the river Yamuna. So, He used to hide their clothes just to raise their Kundalini and see how it works. At the age of five years what does a child understand?

This horrible fellow, was he five years of age when he was doing this nonsense? Using Shri Krishna's name like this?

And when He used to break the pitchers of these gopis, what was He doing? He was doing Kundalini awakening, because the gopis were taking out the water from the river Yamuna which was vibrated by Radha and He used to break them on the back so that the water would fall on their Kundalini and they would get their Realization, in this lifetime. That's what's His purification.

But first thing they will do is to separate Shri Krishna as a child and Shri Krishna as the one who talks to Arjuna, very nice. So

there is no relevance and use Him the way you want to. It's a very common thing that people start talking about Shri Krishna as if He's in their pocket, or they are the writers of Gita.

Like we have in the churches those bishops and things who drink a lot and then they take out their Bible and start reading upside down (laughter). All this priest class, whether this belongs to this or to that, all of them are hypocrites of the worst type, just money-spinning people. Even Indian temples which are not far-fetched are ruined.

All the ganja and all that is sold in Indian temples. All these popes and all these people are doing something that is never expected. Imagine, they make a kind of a wine called Benedictine in your Vatican. Can you imagine such a nonsensical thing like that? Tomorrow they'll open a beer bar (laughter), I wouldn't be surprised.

So, we come to a position to understand that all those people who talk of these great incarnations and profess a religion are all hypocrites. There's no religion there. Simple people who believe these hypocrites because they're so simple, so innocent. These cunning, greedy devils who started these religions, exploited these simple people, used them for making temples, churches, mosques, they have no religion within them, how can they talk of God? Their life is so impure!

So, we had to start our own innate religion, our own spontaneous, natural religion, which is the human religion, which is the Vishwa Nirmala Dharma, the one that will give you the inner ascent. Not just talk, no hypocrisy and all that which goes with religion, to malign the names of these great incarnations, has to be brought to the light for the people to see this nonsense that has been eating into our societies, eating into our families, eating into our children, has to go away.

"Yada yada hi dharmasya" - whenever the religion - dharma doesn't mean this nonsensical religion - falls down, that time, "Paritrana sadhunam", to save the sadhus, the seekers, "Paritrana sadhunam - Vinashayacha dushkrutam", and to destroy all these devils, "I take My birth again and again," - "Sambhavami yuge yuge": "Every yuga I take My birth." And this is what is an incarnation.

You must be very fortunate people that now you can see the cunning of all these devils and can exist into that purity, into that benevolence, the hita [contentment of the soul] which was promised by Shri Krishna.

He never told lies, what He told was the truth. He was truth. But those who tried to use Him had to take course to something which was falsehood, hypocrisy and cunning but that in no way should stop the truthful people from getting to reality.

May God bless you all.

Some water please.

Now, we should have some music after this. It was too powerful and...

My fan was just here somewhere. It's here. You can take this (microphone) now. I mean, if you need there.

[Evening programme continues]

1986-0823, Shri Krishna Puja: The Six Enemies And False Enemies

View [online](#).

23 August 1986

The Six Enemies And False Enemies

Krishna Puja

Hostellerie am Schwarzsee, Plaffeien (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Shri Krishna resides in our Vishuddhi Chakra. In the centre, He resides as Shri Krishna.

On the left hand side, His power, Vishnumaya, His sister, resides. There He resides as Gopala, as the one who lived in Gokul, played as a child.

On the right hand side He resides as the King who ruled in Dwarika, the King Shri Krishna.

These are the three sides of our Vishuddhi chakra.

The people who use their right side to dominate others, use their voice to put down people, to show their authority, shout at people, are the people who get affected by the right side. When the right side is caught up, on the physical side, you get a very big problem because the right heart cannot work out its flow. So, you get what you call asthma and all these diseases, but specially when the right heart is affected by the father's problem.

On the left side is the Vishnumaya, is the sisterly relationship. When the sister, who is your pure relation, is not treated as a sister, when the attitude of a person towards women is of indulgence and of lust, then he develops the Left Vishuddhi.

When he develops the Left Vishuddhi very strongly, and if he has a bad Agnya, or if he has eyes which are roving eyes, then this Left Vishuddhi causes lot of trouble. Left Vishuddhi can be also caused by, as you know, by feeling guilty about things, for nothing at all.

All these problems arise from Vishuddhi. But Vishuddhi chakra has a speciality. When the human beings raised their head upward, from Mother Earth towards the sky – sky is, ether is, Shri Krishna's nature – when it raised its head towards the ether, towards the sky, then this Vishuddhi chakra developed into a different dimension and people started developing their ego and superego. Superego was already developed, but ego developed in such a way that it started suppressing the superego. That's how you have got conditionings on one side of the Vishuddhi and ego on the other side.

When I told you the other day that you give up your free will, in the sense that when you raised your head, you did it through your free will, with your power of growing that you had as animals. After that, now you have reached to the human level and to rise above the human level, now, you have to do is to seek your complete freedom and for that, Vishuddhi chakra is going to help you a lot.

On this Vishuddhi chakra, we have to really pay full attention. It is such a complicated chakra. It has all the vowels of a Devanagari script emitting out of the sound of the Shakti that is passing through it, of the Kundalini that is passing through it. So all the vowels are heard on these chakras. These vowels are, as you know, 16 in number.

Without the vowel in the Devanagari, you cannot write anything. Vowels are the sustenance, are the power that supports every consonant. So, it's very important that our vowels have to be fully nourished and respected.

The movement of the neck, as you have seen, in all international life, if you see, everybody has practically the same. Even those

who cannot hear, those who do not understand your language, you can nod like this, can say no like this, everyone understands this is 'yes' or 'no'. In some particular area, of course, they have little different type of nodding.

But, too much of nodding of head is not a very good sign. I have seen people in the West, if you tell them something, to show that they have appreciated it, they'll go on, for quite some time. That's not necessary. Just have to say, "All right" or "I've understood it", that's all. You have to use your voice instead of nodding like this all the time. It's very bad, very, very bad for the Vishuddhi chakra.

Or, some of them are the other way round. That whatever it is, they'll put up their head like this ... and they won't talk properly, they will not say a word, they'll just keep quiet. You may go on pinching them, doing anything, they won't budge. This kind of personality is also very much detrimental to the growth of their evolution. Apart from that, their Vishuddhi becomes a very big problem.

Because of Vishuddhi, there are so many problems. Like angina, you develop because of Vishuddhi. You develop spondylitis because of Vishuddhi. Sometimes people lose their voices completely. Sometimes, they have all the time coughing. And there are so many physical problems out of Vishuddhi because, as I said, it's a very, very complicated centre, which looks after your ear, nose, throat, all the sixteen sub-plexuses are there, which are looked after by this centre.

But above all, is the centre of discrimination. The centre of discrimination only comes when you are free people. Till you are biased, till you have your own concepts, you cannot be discreet. And that's the one point where, one must understand that to achieve your complete freedom, you have to get your Vishuddhi chakra cleared out.

First and foremost thing is, that we must speak in a sweet manner. Speak to someone in a sweet manner, not artificially, but sweetly. Speak in a manner that another person likes it. 'Satyam vadet priyam vadet' (meaning: speak the truth, speak that which pleases). Speak the truth. Don't tell the lies. If you go on telling lies, after some time even if you tell the truth, it will become a lie. But if you are telling the truth, that, even if you tell a lie, it becomes a truth.

Now, some people think that they can be cunning, by their talks, they can cheat people, but actually, they are cheating themselves. All such people who cheat others by sweet talks, by artificial talks, or by some manoeuvring, go to such a horrible state, and in this Kali Yuga, especially, they are cursed and they get exposed and people know about them, that these are the greatest liars ever known. Now, the times are coming when all such people will be exposed, very much more than they have been ever exposed. So be careful, not to think that you can cheat. In Sahaja Yoga, especially, you cannot cheat.

Those who try to cheat sometimes think that, "We can befool Mother, we can somehow or other carry on. If we sit in front of Mother, She won't know what we are up to." It's not so. I may not say, I may use my discretion not to say. I may allow you to have a long way. But be careful, do not come into my illusions. I'm very elusive, and when I play my illusions, you will suddenly find yourself in a very difficult situation, and then you will say "Mother, why am I in this situation?"

So this is one of the qualities of Shri Krishna. That He is the one who becomes elusive. In His elusiveness – not cunning, but elusive – in His elusiveness, He exposes people to themselves. There are so many stories of Shri Krishna, in which He has elusively acted to give greater joy to some people, to give nice lessons to some people, and sometimes to punish you.

For us it is important that we are sahaja yogis. In this lifetime, we have a chance – our Kundalini has risen – that we can face ourselves, that we can correct our chakras, that we know about ourselves, that we know where is the problem is.

I have known of people who were caught up with Left Vishuddhis and have become devilish by nature, devilish. They have gone out of Sahaja Yoga, they have criticised Sahaja Yoga, they have tried to trouble me a lot.

So don't think that, if Vishuddhi is spoiled, there's nothing so special about it. It can be a very dangerous centre. Of course, Heart, Agnya and Vishuddhi, these three centres, one has to guard against, because three of them can allow you, or can force you, to

become one with identification of evil as your own. You might just feel that it's nice to be evil. You might just feel that it is a great fun to be evil, and you might become evil. So, at the Vishuddhi chakra, one has to be extremely careful.

Vishuddhi chakra looks after so many things, specially your skin, your eyes. Skin is now, I have seen people who have bad Vishuddhi, can have all kinds of funny troubles with their skins. Of course, it has to do with your liver, but skin is, the way it shines, the way it glows, depends on how you smile, how you look at the world. Many people have a habit of smiling for nothing at all, especially women I have seen, ladies I have seen, they just smile stupidly. That's not proper. One should not be stupid.

Stupidity is against Shri Krishna's principle. Like, you have seen the stupid people, how they are. Their tongue is always half way out. If you have noticed a stupid man, his face is that, his tongue is always out, mouth half open and he looks like a dumbfounded fool. Now, in this only, the Vishuddhi plays the part.

Another one is the one where you get the Vishuddhi's strains. So such a person has very pursed lips, angry lips, and he doesn't talk. The another one might even get the expression of an idiot but could be just making a face like that. Because, if he's cunning, he may take a, I would say, a kind of a rupa (form), a mask on his face, that he is an idiot and may try to deceive you.

So, nothing is definite about Vishuddhi. Whatever may be the expression of a person – a person may look very innocent, because that's the thing you can do with your Vishuddhi. You are free, because you have raised your head, at this point you have achieved this kind of a special aptitude, that you can deceive yourself and you can deceive others. Some people look extremely innocent on the face. They may look to be very simple people, but may turn out to be horrid. Some people may look to be idiotic, but may be very intelligent.

So, it is how you play with your Vishuddhi, which is responsible, but the main thing what I'm trying to tell you, that you can manoeuvre your Vishuddhi. The way you want to put your expression, the way you want to make your face, the way you want to suggest something – all you can manoeuvre and you can keep your heart away from it. In the heart, you may have poison for a person, but outwardly you may say to that person in a very sweet manner something that the person might feel impressed.

But in this, all this behaviour, pattern of behaviour, you are deceiving your Self, not deceiving the another person, because your Self is Spirit which knows you very well. And this will go on and on for all your lives that have to come. So there is no need, in any way, to be artificial in your expression. There is no need to hide anything in your expression. Of course, I mean, if you don't like someone, you need not just say, "I don't like you". But, in that case, you have to be not also so much appreciative of the person that he's deluded into your appreciation.

Now, eyes are very important, and eyes, in a way, are very much looked after by Vishuddhi because the muscles of the eyes are looked after by Vishuddhi. Now, the kind of muscles we have, which pull our eyes, which close our eyelids and all that, is very much suggestive. You must notice that there are some people who come to me, their eyes go on like this (flickering), when they close their eyes, they cannot keep it shut. There are some people, when they open their eyes to me, they just keep the eyes open, they just cannot close it. Both are in trouble. The ones which are just keeping the eyes open all the time, are the people having supra-conscious problems. And those who are flickering their eyes are having the sub-conscious problem.

Some people have also the habit of keeping the eyes in an angle all the time, they never see you straight but in an angle they'll see you (laughter). They think, it's sometimes, it's very fashionable, sometimes. Ladies think it's a very good way of looking at people. And some of them have such eyes that they'll go on, you know, looking and pouring their greedy eyes onto others, or their lusty eyes onto others. This is the worst thing you can do to your eyes because such people easily can become blind, such people might have trouble of the eyes, specially reddening of the eyes can come to such people, very much, very quickly.

So, one has to be careful to keep the eyes very pure, the eyes of an Yogeshwara, who was Shri Krishna.

He was a witness. He was on this earth, He played with Radha. He married five women, they were the Five Elements. Sixteen thousand women He married – they were His sixteen thousand Powers. But He was Yogeshwara, He was Yogeshwara. He had

no lust in His eyes, in His mind about them, at all. He was beyond that. He was Yogeshwara. That was the testing point of His, that He had no lust in His eyes about these women that He had.

Such an Yogeshwara is there. Of course, I don't expect you to be Shri Krishna. But, you have your wife, those who do not have wife must look forward to a wife. That, "We'll get wives and we'll have a wife," and think of a wife who will be your own, so that your eyes will not fall onto every woman who comes across with that kind of a thing.

I have seen people, even the photographs or anything they see, it's surprising! I mean there's nothing in a photograph, what is in a photograph? But even a photograph can attract their attention. I mean, I don't know what can attract their attention like this but they are so vulnerable and they have no control over their eyes, no control. They become absolutely lost and they have no control. That shows that they have no powers in them and they are slaves of their responses. So, the eyes are very, very important. As Christ has said, "Thou shalt not have adulterous eyes." There should be no adultery.

Some people have a habit of showing anger with the eyes. You see, if they have to show anger they'll just go on looking like this and show the anger. I need, dare not, do that to you but still. (laughter) And the angry eyes, you see, are another dangerous things to do, with your eyes, because then they can become mesmeric.

If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric, means bhoots will start coming out of your eyes. First of all, you'll catch bhoots in your eyes, they'll settle down there and then they will be falling on other people as bhoots. It's a very, very dangerous thing, to go on looking at something continuously with concentration.

There's another kind of a stupid thing, or a bhootish thing maybe, that people ask you to meditate here (at Agnya), it's absolutely wrong. In Gita it is written, still it is wrong. Nobody should put attention here. If they have to put attention, put attention at the door. What's the use of looking at a window? You can't get out of it, can you? If you have to look at anything, be on the lookout for the door. And the door is here. The door of Sahasrara is to be opened out, so you should not try to concentrate on this part.

Many people who have concentrated on this part have become mad. When they become mad, people say "He's a Yogi, but has got unmanitasha" – that he moves like a madcap. How can a Yogi be a madcap? That means he's united with God, is He mad? All such mad people are really mad! They have nothing to do with God, definitely. But, there are people who believe in such things – "Oh, he is in love with God, so he just jumps on the stage and goes into ecstasy, dances like a madcap." How can God be mad? First position is this, that the sanest personality is God. Has to be. From where do the sanity comes in?

So, this is one thing one has to understand, that any such practices can lead you to lunacy, and one should not do it.

Thirdly, the indiscretion that one has, comes from people who are good hearted, nice people, but they get carried away by the smiles of others or by the artificial goodness they show on their faces. I've known some people, they always have a face, like this, as if they are all the time smiling. (Shri Mataji tries to demonstrate) I mean, I can't do that way. All the time, if you look at somebody like this, you see, it means as if you are mocking at the person. And there are people, I have seen, who are just like this every time (a small child laughs), and then like this! (Mother laughs).

So, one should not be always in one pose. Sometimes these muscles can get very weak and start paining if you take one.

There are some others who always try to show that they are very miserable (laughter in the public). I don't know, what do they want to attract? Attract the attention of others? Attract the bhoots in themselves or, I don't know, what are they up to? Why can't they keep a normal face?

Even while sitting in dhyana, or meditation, I have seen them, trying to show me, or whatever it is, because my eyes are mostly closed, but doesn't matter. When I open my eyes, I find some people like this, like that (looking at Her smiling). Why? What is the need? (laughter)

You have to have a balanced face. That's what Shri Krishna has described the Stitha Pragnya (), the one who is balanced: who doesn't laugh like an idiot. Who laughs, but not like an idiot! Nor is he serious, like another kind of an idiot! So, both the things are not at all expression of your inner being.

Such a person is, as I told you today, is not frivolous, but not serious either. But full of joy within himself. He doesn't want you to be unhappy, never would like that you should be unhappy people. But, human beings, if they want to be unhappy, what can anybody help, because they have got the free will to be unhappy. They have got a free will to cut their nose, they have a free will to cut their ears, they have free will to commit suicide. They have this free will, so-called.

Now, the greatest free will comes from Vishuddhi chakra, as I told you. And that's why we call Him Yogeshwara. He is the Ishwara of Yoga. The establishment of yoga is possible when you surrender yourself to Shri Krishna. Completely surrender yourself to Shri Krishna, your yoga will be established. Means what? Means all your balances will be established. You go into complete balance, and that balance is complete because Vishnu, Who is the incarnation for sustaining the dharma, Who is responsible for giving you the balance, becomes complete in the form of Shri Krishna.

That's why is said that you leave all the dharmas – "Sarva dharmanam parityaja, mamekam sharanam vraja". That's why "Surrender all of them to me". So all the dharmas, if you put it at the lotus feet of Shri Krishna, means, if you follow His ideals, then all your dharmas are balanced. But, after realisation, you go beyond dharma.

Whenever you go wrong in dharma – dharma achyuta, as they call it – when you go wrong in dharma, that's the time you have to surrender yourself to Shri Krishna, so that He establishes your dharma.

There are so many dharmas. There is the 'pati dharma' – husband's dharma, 'patni dharma' – wife's dharma, father's dharma, mother's dharma, son's dharmas, then 'rashta dharma' means 'the nation's dharma'. Then you have all kinds of dharmas also, we can say, where one has to bow to the higher things of life.

But then He says 'Sarva dharmanam parityaja' – 'Forget all the dharmas', 'mamekam sharanam vraja' – 'Just surrender your dharmas, all of them to me'. That is at Vishuddhi.

At Vishuddhi chakra you surrender all your other dharmas. It means that it all gets sublimated. It all gets complete. The wholesomeness is achieved because He is Collective Being, He is the Viraat, because He is the integrated form of all the dharmas and He is the Viraata in our brain, He represents our brain.

And when this Viraata, in us, is awakened fully, then all the dharmas become natural with us. We don't have to do any dharmas. We don't have to be conscious of any dharmas, but automatically we become dharma ourselves.

For example, there are people, now say Christ – we can take example of Christ. He was dharma personified. He would not steal money from anybody, will He? Will He run away with somebody's wife? Will He? Will He do anything wrong? No, He cannot. Why? Because He was dharma.

So, now you have become dharmateet – means, you have entered into the Kingdom of God. Into the Viraata's conditions. And there, your condition is such, that your state is such, your state is such, that you are dharma. If you try to do Adharma, you'll suffer. If you try to do wrong, you'll suffer.

Here, I don't have to tell you to be righteous. I don't have to tell you, there's no need. I don't have to tell you that you tell the truth. I don't have to tell you don't steal. I don't have to do all these things. Only thing I can tell you, that get rid of your ego and superego, that's all. In a very general terminology. But you will follow Christ automatically. You will follow Krishna automatically – sahaj.

Because now you have gone beyond dharma, you have crossed the limits of dharma where you had to follow a dharma. Now you

have become the dharma.

Where you will stand, wherever you will be, dharma will stand with you. People will look at you and say, "Here is a dharma standing. He is the dharma to be worshipped." Not because of anything, but because your state is that of dharma, you have gone beyond that.

Supposing this is the loudspeaker I am using today, to talk to you. But supposing this loudspeaker becomes part and parcel of me, I don't have to use this (Mother taps microphone), I go beyond it. In the same way, you are using the dharma first of all to establish yourself, but when you go beyond dharma into this state of Viraata, then you don't need any dharma. You become the dharma of Viraat.

Now, what is the dharma of Viraata? What is the dharma of Shri Krishna? Is collectivity.

Krishna is the brain. Shiva is the heart. And Brahmadeva is the liver. Now, what's the faculty of this brain is that the Tree of Life, of evolution, grows downward, as He says. And this tree is growing downwards, of awareness from the brain. But, if you have to go to the roots, you have to ascend. And that ascent you have achieved, now you have gone to the roots of your brain, where all your roots are enlightened, all your nerves are enlightened, your brain is enlightened, you are an enlightened person.

When you are in darkness, you may catch hold of a snake as rope, but when you are in light, you will drop it. In the same way, when you become enlightened, your dharma is in light.

You don't have to take to any guru or to any book or to anyone – you know yourself, in your own light, that this is wrong.

Now the collectivity part of it's very important. Anybody who cannot be collective is not yet a sahaja yogi. Not yet a sahaja yogi at all. Collective in the sense that, anybody who cannot live with other sahaja yogis, who tries to find faults with someone all the time, who wants to run away with his wife and stay somewhere else or with her husband, who wants to get out, is not a person who is collective.

There's no need to say that, "I cannot live under the circumstances in which sahaja yogis can live." If you're a sahaja yogi, if you are a yogi, you can live. Look at me, I am such an old woman, I can live anywhere. You take me to a village, you take me to any place, I'm not bothered about any physical comforts at all, because I am comfortable within myself. My comforts are within myself.

In the same way, a person who is not collective, like many people just come to pujas, that's all. It's like going to the church only once in Christmas, and they'll say, "Christ doesn't look after us." Of course, we're not going to church, and you don't meet Christ, but I mean to say that, just to have a casual way of Sahaja Yoga, you cannot gain.

You have to be collective, and collective means that at every collective program, you should be there. You should always meet collectively, meditate collectively, live collectively and try to find ways and methods of being collective.

There are so many evil forces, which are all the time trying to attack collectivity. First they will attack the leaders. That's the first thing. Any leader tells somebody, "You shouldn't do like this," immediately that person will start spreading stories against that leader: "He's very bad. He's like this, he's very harsh. He didn't garland me, he didn't give me this, that..." How can you garland a bhoot? Can you?

Then, if that doesn't work out, then they have their sly methods of going round, and talking something here and there in the ears, to create some sort of a politics. All such people will be thrown out of Sahaja Yoga, as there is a centrifugal and a centripetal force – both acting equal and opposite.

Anybody who goes against collectivity, who sticks to their bhoots, sticks to their negativity, will have to get out of Sahaja Yoga.

And that is to be remembered – that to be collective is to be joyous, is to be progressive, to be going further.

It was all right when people were meditating in the Himalayas, it was all right at that time, they were all alone, meditating all alone to achieve something for the collective. But they also did not get their realisation. When you have got your realisation – remember this – now you have entered into the Kingdom of God, into the Kingdom of Viraat, where you are a part and parcel of a collective being. You are not alone. You cannot be singled out, you cannot separate yourself. Now you are awakened in the body of Viraata and you cannot get out of it.

If you try to get out of it, you cannot be nourished. Supposing I take out part of my body, will it be nourished by this body? It won't be! In the same way, you have now become part and parcel of that collectivity, and that collectivity, that Viraat, is going to look after you, going to nourish you, going to do everything that is necessary for your spiritual, physical, mental, emotional, even financial development. But, if you cut it short, if you try to block the collectivity, if you try to make problems for collectivity or even if you try just to get out of the collectivity, then that is not our interest, that is not our work.

This is to be understood, fully, in every way possible, and this when is understood, in a proper way you should know that collectivity is not only your advancement, is not only your development, is not only your achievements, is the achievement of the whole humanity. The purpose of your creation is fulfilled by that.

Those people who live in the ashram are better off, always, than the people who live alone. Always. They will always have better results than the people who live alone. Maybe they live alone because they want to have a little private life, or a privacy, but their privacy is not going to help them. That's not going to help them at all.

The more you live together, the more you reside together, the more you enjoy together – there will be greater chances of your advancement. The more you will try to make yourself private, the more you'll try to get out of it – whatever explanation you may give – God understands, very well.

So, all such things where you cut off yourself from the mainstream, you try to get out of the mainstream, then there is a big problem for you. Of course, for certain conveniences, you may. For your certain understanding, you may. But, you should enjoy more the company of sahaja yogis than your own private company in the dingy room of yours.

That is one thing you can judge yourself: do you enjoy the company of sahaja yogis or you enjoy the company of three, four of your family people, together in a circus? The judgement is your own.

Gregoire de Kalbermatten: "Not difficult Shri Mataji"

Shri Mataji: Nothing is difficult in Sahaja Yoga. It is the simplest thing to be a sahaja yogi and even more simple to be collective. To be uncollective, you have to do something. Like I said that, it is very easy not to drink, I mean drink some wines and things, because if you don't want to drink, you are sitting at home – is all right, don't have to do anything. But supposing you have to drink, then you have to go to a pub, or you have to go somebody, open the bottle, get a particular type of a glass, pour it down, this, that. In India, for example, where there is prohibition, you are sitting with a fright. But, for a person who just drinks water, he doesn't have to do anything.

So, to do wrong, one has to do something, but to be good, you don't have to do much – is absolutely labour saving, energy saving person. (laughing)

You see, to do bad, supposing, you see, I want to harm somebody, I'll have to go out of the way to find out ways, methods. If I have to tell lies, I have to think of ten lies to cover that one lie. But if I tell the truth, finished! I have told the truth, finished! With few words, it's done.

So, to be collective is much more easier. Of course, not for crooked people, because crooked people, wherever they move their

angularities trouble others, you see, like poking of thorns. But those who are flowers, they fit in anywhere, people like them, they like their fragrance, they look at them, they enjoy them. Beautiful things.

Now, see, today they are looking like lotuses. How is it? Without doing anything, they have become lotuses. How? How they have become like lotuses? Whether they are lotuses or they are daisies, God alone knows. But they have become lotuses – sahaj!

How? Because they are one with God.

When we stand in our own way, when we try to do something privately, then God says, "All right, go private!" (laughter). But, when we are public, He looks after us.

And then, in Sahaja Yoga, as you know, that collective growth is the only way we understand Sahaja Yoga. Somebody knows something, somebody knows something else, somebody knows something else. When we are collective then we really understand every aspect of Sahaja Yoga. Supposing there is somebody, a scientist, somebody's a musician, somebody is another thing. We cannot know everything. So you know something from this one, something from that one, something from there. So all the rivers, as they flow into that collectivity and you enjoy the ocean of all these other things. You don't have to go to all the rivers in India – like you go from Ganga, Yamuna, Saraswati, Kaveri, thousands of miles – go to the sea, all of them are there! (laughter). Like that, you have to enjoy the sea, where everything is. All kinds of beautiful things are there and you enjoy that.

I hope this puja – which is a very remarkable puja. Firstly, so many things are Sahaj. Firstly, they told me the telephone number of this place is '32 16 32'. And He's accompanied by 64 Yoginis – Shri Krishna, so 32 on this side and 32 on that side with Him, sitting [UNCLEAR in the middle] with them.

This place is called as 'Black Lake'. Krishna is black. This place they got suddenly, and this is the only place in this so-called military regime of Switzerland where people can sleep on the ground. You are not supposed to sleep on the ground. If there's no cot, you hang in the air but you cannot touch the ground. That kind of a stupid military business is here!

They had to find such a sensible, practical, such a cheap place for you, is Godsend. We are here surrounded by beautiful things. With the cows – so many cows, at the time when it is Krishna's birthday. So many cows, so fond of cows. And the cows, when their bells move – in the morning, I heard, in the evening – so beautiful. And when they are moving home in the evening, how the – as they call goraj, is the dust of their feet – was filling the sky. Is just Gokul here, I felt.

Today also, there's one thing more one has to say, that it's the 16th Shri Krishna Puja.

So, in so many ways, this is a very great puja which you are attending, for which people have to take thousands and thousand of janmas (births), do so many punyas, which you have got so sahaj, because there must be something about you people also.

May God Bless you.

1986-0906, Evening Program (Shri Mataji plays on harmonium) and Talk: Be Wise Fishermen, eve of Ganesha Puja

View [online](#).

6 September 1986

Evening Program

YMCA - Camp Marston, San Diego (United States)

Talk Language: English | Transcript (English) – Draft

Eve of Ganesha Puja talk. California, (San Diego), USA. 6 September 1986.

It is so very beautiful to be in such natural surroundings with you all. In the hubbub of the city, you don't find this peace and is very good for all those who are seeking their ascent. You all asked me to come for this Ganesh Puja. I thought it was essential that Shri Ganesha should be established and I am so very happy that there are so many Americans now who are Sahaja Yogis. Of course, compared to the population of America they are very few and we have to have many more. But they have basic problems and one of them I think is of Shri Ganesh and that's why it was necessary to have this Shri Ganesha's Puja in Los Angeles or you may call whichever places this one is? San Diego or on this mountain which I hope so, will be able to establish that essence of innocence which is so much in the sleeping state.

Today I just wanted to tell you few things as to how we should deal with the people who come around. The idea that we should deal with the seekers who are coming to see us is that we should try to belittle apologetic and to tell them about all chakras, give them a feedback, as they call it on the mental level.

But I do not think that's a very good style. You have to first give them the experience of realization and tell them that this is not any gurudom or any such false hocus pocus as they call it, nonsense here, but is the evolutionary process which is a natural progressive manifestation of the power within us and you have to tell about Me. We have tried not to talk about Me and we have tried to avoid the topic. Perhaps because you think that there have been gurus and this and that and the gurus have brought a bad name. It's not so. Even now people are going to those gurus in very large number and they start claiming they are semi-gods, demi-gods or gods or whatever it is.

So this kind of apologetic attitude will not convince them. You have to give them experience and say that this is the one whose grace has worked on you. Psychologically you'll be amazed it always works the other way round. Supposing tomorrow you arrange my program San Diego, we can easily get three hundred people. But when you want to have a follow-on, they don't want to come. Or when you have workshop if I am there they are so many and then they are not interested in seeing Me. So the reason for such a behaviour is only one, that they don't want to go through all that mental occupation and mental acrobats that you want to tell them. As they want to feel Me in a meeting, they want to feel Me through you people and I think you must change your tactics.

In a simple natural way you tell them that we were seekers, we went to many gurus, we never found it. We were cheated. Here is somebody who doesn't take any money, doesn't want anything, doesn't make you abnormal, you lead a very normal life, and gives you all kinds of blessings, direct. If you don't want to experience it, you need not.

You see, it is like a person who is not a realized soul. He says, "I must fight my ego," but with what do you fight? It's your own ego. So you add to your ego. In the same way, when you go on pampering these people you add to their ego and they become hard-boiled eggs actually, impossible to penetrate.

So your devotion, dedication to Me will prove the results, no way out. If you talk to them directly, they wouldn't listen to you. That's human nature. You can't help it. How do you explain that when I come and give a lecture in any place, there are so many because they think I am authentic, I speak with authority not with aggressiveness but with conviction and with a character? That

conviction has to be expressed. On the contrary, when you start telling them there is a chakra, this thing, that thing, it's all right. We can read a book. Why do we need these headaches? So you should be people of conviction, not of falsehood but of reality.

I must say today because you are all here we have got some very good Sahaja Yogis from India for you. I don't know how far you listen to them. Like we have got Mr Kharde. He is the man who started Sangam Neer and those who have been to Sangam Neer have seen that a complete big gymnasium, like a huge big football area, was covered by the people who came down in Sangam Neer. And he really established this Sangam Neer city into a beautiful center. But you have to listen to him; otherwise, they are useless. Secondly, Cheryl is a very good Sahaja Yogini. Apart from anything, she is very auspicious, knowledgeable.

Knowledge of Sahaja Yoga is not the way you understand. It's not the knowledge of chakras. It's the knowledge of attitudes. It's not the knowledge of any system. We don't want to have systems, because every system creates a bondage, a kind of a slavery. We have to develop attitudes within us which attitudes are tried and tested on experience. So it is not what you can talk elaborately about chakras and things is important, but it is what you express your personality in your attitude toward things.

All kinds of systems are built up and especially in the West is a common habit to form a system. Some sort of a norm is to be formed. For example, a system will be built up: we eat our food like this. All right, then everybody starts eating the same way. Or they built up a system long time back, say, have tailcoats for dinners. For dinner, you must change your dress. Morning another dress. Then people got fed up with it. They said, "This is no good." So they started anti-culture. So the anti-culture started with that they started hippies. Now hippies also had their system. To be a hippie you had to wear a dress like that, you had to be dirty, you had to have hair like that, you had to move in a particular fashion. Again another system was built in. When they broke that system then another. Now a punk system has come. Now that punk business is you have to have a dress like this. You have to have a particular type of a hair dress for which you have to spend so much money; otherwise, you are not a punk. So when they try to break also any systems they fall into another system and go on following systems and systems from one dead to another dead.

But the attitude is the same. Attitude doesn't change. I have seen the hippies when they became the anti-culture, they started behaving in such a funny manner that there was no change at all. They became very arrogant, without any self-respect. Then came these punks. They are just the same. So the change in your attitude is the main transformation that takes place. Your priorities change absolutely. So we should not form a system.

As I told you last night, you should not say that eight hours meditation, nothing of the kind. Eight minutes are sufficient. It's the attitude that is going to help your growth, not you are sitting for eight hours on one leg or something like that. There are some sadhus who just stand up and put one leg like this and they say, "We are sitting on one leg". That's not going to help. It's a living process, and a living process has to be worked out in a living way. Allow it to work out. Allow it to grow. So the whole attitude should be changed. And when you start finding your attitudes towards life is changing then you must realize that you have become a Yogi. [Interruption]

So the attitude of a seeker is to be seen. If there is a seeker who is very arrogant and he is taking too much time, better not worry about him. But if there's an attitude of a seeker who wants to get his Realization, you'd better do it. I think we have not yet touched those shores where there are real seekers existing. That's why we are getting very, very few people.

Like when the fishermen are taking their trawlers on these waves of the seas, they know where there are shoals of fishes and they direct their trawlers to those places and catch fishes. In the same way, we must also, first of all, find out where are those seekers where we can direct our attention and our efforts. Like in [interruption] I would suggest that you must develop a positive attitude towards attending to those seekers -very positive in the sense that they are coming to ask you for something, you are not going to them. You should not show that you have in need of something, it is they who are in need of something. Because human beings are like that, sometimes they are like donkeys. If somebody is ahead of them, they'll put their head to that person and allow their ears to be pulled out. If somebody is behind them, they start kicking that person. And I think in the whole of our attitude, in the West, we have been failing on this point. We have no need, if they want to come, let them come. If they want mental peace, they should come to us. "We don't want mental peace". All right, we have got compassion for them. We have love

for them, but if they don't want it, Christ has said, "Don't throw your pearls". And then once you start behaving in that way, you will see you will get the right type of people.

In Calcutta, when I went there, there is one Mr Jalan was a very wise businessman. He came to Sahaja Yoga. He sent letters to all the eminent people whom he thought would be seeking and he said he would like to go and meet them or they can come and see him. Out of all these letters, there were few people, of course, who answered and wanted to meet him. That's how he met some very important people. Then he told them what is Sahaja Yoga, talked to them. And when I went there, he made Me meet them. One of them was an editor of a big newspaper who came to see Me and he saw Me, how I was treating people and how I was looking after them, and he wrote a beautiful article and he said, "Mother, tomorrow I will come to the program." He came, he gave a very beautiful introduction and the whole thing started on a different line.

I can tell you about Italy. There's one lady called Alganesh. She went and saw somebody whom she thought was a seeker and he is a Director in the Broadcasting in Italy, the Government Broadcasting. And he is a television man. She told him that you can get your realization. When I went and saw him, he said, "First you give me my realization. Then I'll take your interview." I said, "He is the man", and I paid all my attention to him. I gave him realization. Also he had some experiences and then he just wholeheartedly came out as a big Sahaja Yogi and now in Italy, Sahaja Yoga is spreading very fast.

So you should not go about picking up some beggars on the street. "Please come to Sahaja Yoga. Please come to Sahaja Yoga". What are they going to do? They are just liabilities. What are they going to help us? I am not saying that we should go after rich people or people who are of eminence but people who are already recognized by public as something sensible, wise, whom you think have good vibrations and are capable of doing something in Sahaja Yoga. I think you should approach boldly and tell that that you have found out this and this. If you approach ten people you will find that at least three people will be happy to do something. That's a much better way of doing things than to catch hold of a one person here and a one person there and a one person there. They'll come to you. I was surprised when they told me that there were lots of people who came; one by one all disappeared. One fellow was taught the complete Kundalini yoga for eight months and he also disappeared. He never had the experience. Once you establish them up to a point where they start feeling the vibrations and feeling the joy, they'll never give up Sahaja Yoga. But you must also weigh a person, how deep he is. So the whole attitude towards spreading Sahaja Yoga should be that it is not a thing that is to be thrown away before people who do not understand.

I know you feel very much for the Americans. I, too, feel the same way and we wish we had more and more American people coming to Sahaja Yoga. No doubt. But it is only in our hand to work hard. We can't say what we'll achieve. We must also understand what are the problems of the American people, what sort of things that are obstructing them from coming to Sahaja Yoga. So perhaps maybe tomorrow I'll be able to tell you what I have understood about them. Then you keep that in your mind. With that, if you approach with a proper attitude of self-confidence then I am sure you can do very well. But there should be self-confidence in you. That doesn't mean that you should aggress but there should be a self-confidence. If you have to do something right, you have to be yourself, fully confident of it. Otherwise, nobody is going to believe you.

We want to get some more Sahaja Yogis from India to help you out. But first of all those who are here, I think you must try to listen to them. Instead of that I am she told me that you teach them. I am not saying that Indians are all very good, that they are very capable. One thing is that they have been with Me for days together. Apart from that, all Indians are not good than all the Americans but some of them are very good. And those who are very good must be respected, and try to understand the attitude of such people, what they have to tell.

The way you understand life is not correct. If it was correct, there would have been a different America. Lots of mistakes have been made. And to get to new life and to new styles, a new understanding of the new age, we have to understand that it is a new knowledge for us and we have to learn it and understand it.

So far we have had no knowledge about living processes. Whatever knowledge we have had is of dead, like you can make a house out of a dead tree, from dead to the dead. But living processes you have never understood. So the whole working of saintliness is nothing but your attitude towards the knowledge, how the living process of our evolution works out, and complete

confidence in your knowledge. I am sure you'll pay full attention to what I have said. Also, tomorrow you can ask Me questions about it. In this short time I cannot tell you everything elaborately. But I hope you understand that a new type of attitude is to be taken if you have to achieve that vision.

May God bless you.

1986-0907, Shri Ganesha Puja: Establishing Shri Ganesha Principle

View [online](#).

7 September 1986

Establishing Shri Ganesha Principle

Ganesha Puja

YMCA - Camp Marston, San Diego (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja, "Establishing Shri Ganesha Principle." San Diego (USA), 7 September 1986.

Today in the land of Shri Krishna, we are celebrating the birthday of Shri Ganesh.

It's something very unprecedented and of a very significant value that you should be celebrating the birthday of Shri Krishna's son in His own land.

You know that Shri Ganesha incarnated on this earth as Mahavishnu, and He was the son of Radha, who incarnated as Lord Jesus Christ. So by celebrating this birthday, today you are recognizing the greatest truth that Lord Jesus Christ was the son of Shri Krishna.

There's a story about it, if you read in the Devi Mahatmayam, how this Primordial Child took a form of an egg, and half of it remained as Shri Ganesha and half of it became Mahavishnu. In the evolutionary process, all these happenings of the antiquities have been recorded. But today, I feel so gratified that on the human level, people have understood, Christ is the incarnation of Lord Ganesha. He is the Eternal Child. But in the form when He came as Christ, He came as the son of Shri Krishna.

But when Parvati made Shri Ganesha, He was the son of Parvati alone. There was no father. Parvati Herself wanted to have a child of Her own. There were angels who were dedicated either to Vishnu or to Shiva, like Ganas were dedicated to Shiva alone. So She wanted to have Her own son who can permeate Her powers on this earth. So to begin with, when the Shakti created this universe and Sadashiva was watching Her creation, the first thing She created on this earth was innocence. And the embodiment of that innocence was Shri Ganesh. The whole universe was covered with innocence, which we call as Omkar. This innocence protected all the creation of the world and penetrated into all that is matter.

Matter is innocent. If you hit the matter, it will hit you back because it is built like that. It doesn't want to harm you by any method, except that if you try to hit it, it hits you back, in its own nature. So it was called as jada, the one that acts according to the built-in nature. Innocence in the animals is of another kind, where the animals do not know that they are committing crimes.

Animals, when they, say, kill an animal, another animal, or they trespass your properties, create nuisance all over, they don't know they are committing a sin or [that] they are disobeying some laws. They live with the laws that are built within them, that's why they are called as pashus – means bondage – the pasha. Pasha means the bondage. They are under the bondage of the laws of God. Shri Shiva is called as Pashupati. Up to that stage, the innocence remains intact because there is no development of ego in them. So they are innocent. A tiger may eat a cow, still he is innocent. Or an elephant may trample over a human body, still he is innocent.

But when going to a higher state, the Mother Shakti, the Primordial Mother, thought of creating a personality who will protect the innocence of human beings. Above the matter, above the animals, She created Shri Ganesha. And you know the story of Shri Ganesha, how He got the head of an elephant, symbolizing that Shri Ganesha, though He is a human being, He is like an animal as far as His head is concerned. That, too, of Shri Gajanan – in the sense that He has got the head of an elephant, which is the wisest animal in the animal kingdom.

So in such a head, which is innocent, ego cannot develop. There is no ego. It's an ego-less state. But human beings were created in a different manner, and when carbon was placed to create amino acids, it also set in motion a new type of evolution in human beings: that at the Vishuddhi level, human beings raised their heads like this. Animals' heads are on the ground, so the energy flows downward into Mother Earth. But when man raised his head above, against the energy of gravity, then a new complication started in the energy flow.

And that is how at the Vishuddhi, a problem started where Kundalini could not nourish or look after that problematic Vishuddhi. The reason is, when you raise your head from the Mother Earth, you remove yourself away from the natural power of Mother Earth.

When you take your Vishuddhi upward like that, you see the result of that in this country, which is the country of Vishuddhi Chakra: that you started going to machines, which are against nature, and extracting the nature, disturbing the nature by creating atomic bombs, by changing the atom, breaking it. That means you went against the nature itself by raising your head. But if it was done in complete surrender to God, with your bent head towards the Mother Earth, it would not have harmed you. But when you completely cut yourself off from that nature, which is so bountiful, which is so gracious—yesterday you saw the beautiful pictures of the nature that surrounds you in this country—[when] such a rich country like America, without any gratitude towards its Creator, raised its head upward, that's how the Vishuddhi problem started coming up.

In every walk of life, the whole social structure was built up to fight the nature, not to go along with the nature. So the first attack came on the innocence itself – on the Mooladhara itself. So the natural ways of Mooladhara were given up. The marriage system has been here [since] much before Christ, much before Abraham, much before Moses. And a sanctified marriage, which was blessed by the society, has been acceptable since long. But man, in his arrogance, raised his voice against the marriage, against the natural way of leading a life of sanity.

If it was natural to be the way people lead their private life, why do they get all kinds of diseases? If you are a natural person, you don't get any diseases. Because you are anti-nature, that's why in this country how many men and women were murdered for jealousy? If it was natural to be in love with ten men and ten women, then why jealousy? You should be happy. It's very natural. Because the head was raised at Vishuddhi Chakra without surrendering to Shri Krishna, an anti-life, anti-biotic atmosphere started growing.

And this kind of life has taken this great country now to the brink of complete destruction. The attack on innocence is the greatest weakness of this country. Not to value the power of chastity and a chaste life is the biggest mistake that was created by the people who started all kinds of trends and fads.

Ganesha is the root of creation. When you go against Shri Ganesh, you start losing your roots. You have no roots at all. Then you get drifted into anything stupid, anything new that comes up. So much so that a person like Freud was worshipped and they forgot Christ, who said, "Thou shalt not have adulterous eyes." Ganesha to that level – that even the eyes have to be innocent. There should be no lust in your eyes. But arrogance made them feel: "What's wrong? What's wrong in this? What's wrong in this?"

Now the whole country is facing a great crisis because of arrogant enterprises. Still, they make a martyrdom out of all that is destructive. It's a very great responsibility on the Sahaja Yogis who live on the land of Shri Ganesh. But for the people who live in the land of Shri Krishna, the responsibility is absolutely on your neck and you can't get out of it. Unless and until you understand the importance of innocence in your life, you cannot save this country, whatever I may try to do for it. It's only you who are going to save it. It's only you who are going to make it.

When the Kundalini rises, Shri Ganesha is awakened in you. The Ganesha whom you never respected slowly comes up from His slumber, out of the hurt and the injuries inflicted on Him. Still He stands up, but still weak. How are we going to nourish it? How are we going to look after its growth?

The responsibility of the Sahaja Yogis of America is very great. They cannot cheat themselves anymore. They cannot be satisfied with their arrogance. The mistakes have been grievous. So you have to take it up as a crusade against those mistakes, and to establish your Shri Ganesh in a full form so that He gives you the necessary balance and the roots to nourish yourself.

It is shocking, first. I mean, you just can't understand. It is impossible to see how you could accept such absurd ideas, how you could take to such funny things, which are obviously horrid. Are we not aware of certain words, like prostitution? And all other dirty words that they use, which I don't want to say just now? Or they have lost their meaning? We were all aware of it, we all knew about it. Have we lost all wisdom from our minds, that we cannot see what we have done to ourselves? We have no self-respect. Arrogance to that limit is very dangerous, extremely unpredictable. And God knows what can come through with all these ventures we have gone into.

I would say for Sahaja Yogis, I will give some instructions with people [for] how they should respect their privacy of life. Especially the women of America. If they have to be the shaktis, they have to respect their chastity. But it is so surprising that when we see outside all these things happening, even after coming to Sahaja Yoga, some of us try to be one of them who is going to hell. If you have to save them, then try to fix your positions, properly.

Shri Ganesha has four hands, and the hand that carries the destructive weapon of parasha is the one you have to be careful about. That is His job. And if you neglect Him, that force will act – and act so vehemently that despite your realization you may not be able to save yourself. Do not take your realization for granted. Unless and until your Ganesha is settled, your realization has no meaning at all. Watch yourself: have you got adulterous eyes? Have you got an adulterous mind? What is your expectation about Sahaja Yoga?

So many think that in Sahaja Yoga, God blesses you, then you must get a good amount of health, money, position, and power. The first thing you must ask for is the pure Ganesha, Nirmal Ganesha within you: "Oh, Mother, please give us the blessings of establishment of purity in our Ganesh principle."

In relationships, in attitudes, in behaviour, try to judge yourself: are you innocent? Christ has said that anything against Him may be tolerated but nothing against the Adi Shakti. But I must tell you as your Mother, it's not true. Maybe against Me some things may be tolerated, but nothing against Christ, the Lord. Nothing against Lord Ganesha. Everything that is done against Him after realization will tell upon you, and you'll be thrown out of the realm of God as absolutely degraded people. That is one thing that will not be tolerated, will not be forgiven, will never be acceptable. Whatever you have done in the past is finished now, because you are a new bird. But after becoming this, if you try to take to these wrong ideas or to indulge into them, I cannot help you at all. After all, Shri Ganesha is My son because He is pure.

Now He is not the only son I have. I have so many sons and daughters, and I have made you in the same way as I created Shri Ganesha, without the Father, on My own. To your Mother, nothing but purity of heart and purity of your body is going to please. Anything that is impure has to be thrown away. My name itself means purity. You can do it. You are empowered to do it. You have a Kundalini to do it. But the first thing you have to do is to cleanse that. And the rest, you don't have to worry, Shri Ganesha will look after it.

One chakra you keep clean, the rest is looked after. All your incurable diseases—right from all muscular troubles like myelitis and all that, all your incurable diseases right from cancer onwards, all your psychosomatic problems right from schizophrenia and everything—come because of the disturbance in Mooladhara. When the roots are not all right, how can you cure the tree? If the roots are all right, then any medicine can reach any centre, any area, any place, any fruit. But if the roots are not all right, how can you work it out?

Today you have called Me here to worship Shri Ganesha, within Me. Shri Ganesha within Me is a powerful identity. While worshipping Him, you have to know that such a powerful thing, you have to establish within yourself. And by that establishment, you have to manifest the powers of Shri Ganesha. And the power of Shri Ganesha's greatness is auspiciousness. It's a

coefficient; it's a formula, we can say in scientific language, that emits auspiciousness.

It's a magnet in the Mother Earth. The same magnet is within you, which is Shri Ganesh. You leave Me alone and I can tell you which is the north, south, east, west. Close My eyes, still I'll tell you. You know there are so many birds who fly out all the way to Australia, to Siberia, because they have that magnet with them. They have that innocence with them. There are so many fishes which have got an actual magnet placed in them. Scientists should find out.

In the same way, Shri Ganesha within us is magnetic. So a person who has Shri Ganesha awakened within himself becomes magnetic. And magnet attracts the steel – not dried leaves, does not. Steel. And steel is like the Guru Tattwa. Is a man with the steel, say, "man of steel." A person who has character, conviction, and who cannot be dominated by temptations is a man of steel.

So this magnet attracts the steel. Steel has only one bad thing about it, that it is not pliable. It's rather dry. But the magnet attracts, means it creates that special quality in the steel that it moves towards the magnet. In the same way, when this magnet is awakened within you, you'll be amazed: instead of people running away from your ashrams, they'll be running towards you. I find it impossible – I go to any house, if they come to know I am there, God save Me. Anywhere, any place. So what is this magnet? It is pure love.

It is pure love, and the concept of pure love is that it doesn't depend on anything whatsoever but on itself. It is the support of itself. It's like light that spreads just by its own nature: it doesn't want anything, doesn't expect anything. It just spreads all over and enlightens other people's hearts. That's why they get attracted. Those who have not even seen Me, those who have not even known Me, just with My name, I have seen [they get attracted]. Places like Calcutta, we had such a problem, such crowds, that they said, "We have to call the police." I said, "There's no need to call the police but we'll manage somehow."

In Poona we had such crowds that the fellow who gave us the hall got a fright. He said, "Mother, I'll give You a very big area where You can sit down in a big open place, but I am sorry, my hall, all will be finished." I said, "You don't worry, everything will be in proper place." We had such crowds that people were sitting on the ground, on the staircase, everywhere, and till I spoke, nobody moved an inch, you see, like a picture. And I spoke for one and a half hour. Just like a picture: no movement of hand, feet, eyes – nothing. Just sitting like a picture. And the gentleman who owned that hall had never seen such a thing before. Throughout, for one and half hour, no movement of any kind.

What it is that works is the magnet. Even if you are the steel, it will attract. But if you are a magnet, then it will attract in such a way that it will never leave this magnet. So, for yoga it is important that you fix up your magnets of Shri Ganesha, who is the child-like personality. A child, [if] there's one child, everybody is attracted towards the child. [If] one child gets stuck up somewhere in the air, whether you are a Russian, American, or an Arab, everybody would be worried about the child: What's happening to the child? They will not think, it's an Arab child or an American child. No. Unless and until it's a devil.

Why this attraction for children? Because their magnets are intact. Their ego has not yet developed. Our ego developed, had to develop, because we had to decide in our own freedom what is right and what is wrong. So the ego developed. This was all right. Up to a point we should have developed our ego. But we overdeveloped it and overdeveloped it – overlapped the superego also – no conditioning, nothing: we'll do whatever we like. Today we are wearing a half-pant, tomorrow we will wear a long pant, all right. Then we'll cut our hair or we'll do this, we'll do that. No conditioning of any kind. All superego was also covered – ego.

This ego would have been all right if you had kept your Ganesha Tattwa. And what that is, is the wisdom power of Ganesha. The second power of Ganesha is that He gives you wisdom. If you see a farmer and a big professor or a very well-educated man and talk to both of them, you'll find the farmer has much more wisdom than this m-a-d PhD. Why? Because he deals with Mother Earth every day. He knows the living process. He knows about the innocence of the Mother Earth.

So an innocent person is the wisest among [other people]. A child who is innocent is much wiser than ten ego-oriented people. So the second capacity of Shri Ganesha is that you become a wise person. When you speak, people start looking at you. You

speak like Kabira, you speak like Nanaka. You speak like something that makes people feel their spirit. This is what I call a Sahaja Yogi.

A Sahaja Yogi who does not have wisdom is good for nothing. He comes to Sahaja Yoga and he is like a bull in a china shop. [He] goes on hitting this person, hitting that person, and hitting that person. And when you ask these three wounded persons, they say, "That bull, the same bull." Everybody reports about the same bull. "Oh, that's the one, all right."

So it grants you wisdom. When you have the power of Shri Ganesha, your eyes are radiant. You get a spark in your eye, a light in your eye, when He is enlightening you. Then you cannot look at anyone with lust and greed. But this glance is so powerful that even one glance is sufficient to purify thousands of people. Just the opening of the eyes is necessary and you find the whole thing changes into a beautiful morning from a complete dark night.

[This] glance can awaken the Kundalini. The Mother Kundalini cannot move unless and until Shri Ganesha gives the permission. He is like the vice-chancellor sitting on all the chakras. He has to certify – "All right, pass, go" – on every chakra. And when the Kundalini rises, Shri Ganesha is awakened, otherwise Kundalini cannot rise. But then when He sleeps down, Kundalini is sucked by Him.

Now we think we have lost our innocence. That's not easy to be lost. It is not destructible. The only thing is, what you have done is to cover it with something that cannot allow Shri Ganesha's principle to manifest in us. You have pushed it down. You have brought pressure on it. You have brought loads and loads of nonsense on it. That's all. But it never dies. It is an eternal principle of the whole universe. Another quality of a person who is endowed with Shri Ganesha's powers is that he removes all the hurdles. If one person of this nature is in some place, all the rest of the people who are nearby will be saved if there's an accident or if there's any problem which is destructive. All of them will be saved. You will find this happening to you. He being the Ganapati, He is now the master of all the Ganas. He guides you.

Sahaja Yoga cannot work out without Shri Ganesha. He is the one who is Sahaj. He is the one who creates all the spontaneity of the world. He is the one who takes you to the right path. He is the one who gives you everything easily. He is the one who creates all the chamatkaras, all the magic, all the miracles of the world. He is the Ganapati. He is the one who is sitting on Ganas, in the sense that He is like the king of all the Ganas.

The one who has pleased Shri Ganesha has pleased all the Gods and Goddesses, because all the Gods and Goddesses are pleasing Shri Ganesha, so what is the need? And Shri Ganesha is very clever. He knows: to please His Mother is the only simple thing He has to do. To have all the powers of the world, just keep the Mother pleased.

There are so many qualities of Shri Ganesha which can be described. He is the one who gives us the joy of eating. If you eat some food, you may like it, you may not like it, but He is the one who will tell you this was made by Sahaja Yogis, made by your Mother. That means He gives you the taste of love in the food that is cooked for you. Because He is love. He gives you the ideas [for] how to express your love.

Once they asked Me to sing a song. I used to sing very well once upon a time, but then after lecturing so many times, you see I think I lost My voice. I couldn't sing well, I thought so. One day they asked Me to sing a song, and I thought of some song and sang to them. And after a year or so, in a program they said, "Mother we want to sing You a song." This was a song unknown to everyone. I don't know from where they got it, from where they made the tune. They started singing the same song. And such joy – I mean, it all became waves of tears in My eyes. I couldn't control My joy. Now all this feeling of joy comes from the devices produced by Shri Ganesha. He is busy creating relationships – beautiful.

How in a birthday, a child's birthday, what do we say? "All right, so tomorrow morning, there's a bird that is going to drop a present for you." And then the child gets up and sees there's no bird, it's only Ganesha who has given that. We can say He is the Santa Claus. He gives you ways and methods and He tells you how to delicately build up relationships, pure relationships. How you hide and how you wrap a little present, just put it there and the person who has to take it, sees it: "Oh God." And then you see

that flowers which you suddenly bring out, you put them out – this is all Shri Ganesha's efforts, His ways, His suggestions. Among the creation, flowers are expressing Shri Ganesha's essence. And the essence of Shri Ganesha comes from the Mother Earth's essence – it is the fragrance.

So a person who is endowed with Shri Ganesha's blessings has fragrance—sometimes chandan, sometimes roses, sometimes these gardenia. You just don't know from where the fragrance is coming. The fragrance is coming from Shri Ganesh. And that is what is the magnet within you. Such a person is fragrant, absolutely fragrant all the time. Shri Ganesha emits all kinds of fragrance from such a person. And you can only feel that when your Shri Ganesha is all right.

There's no end to the description of this great Deity within you. He's just settled down there. He's all the time there, waiting to be cleansed out, for Him to raise His head, like a lotus in the mud. You just help it out by respecting it and He'll be there, fragrant within you. This is so important for this country, where we have raised our head without surrendering it to the Virata, to the collectivity, to Shri Krishna. We have raised our head.

With Shri Ganesha, we bow down our head for all the bounties that God has bestowed upon us. All arrogance will disappear at the Lotus Feet of Shri Ganesha. He'll give us wisdom. He'll give us sense to understand. He'll give us power to overcome our arrogance that is within us. He's the one who is the giver of knowledge. He's the one who gives us light.

Many people in India also worship Shri Ganesha, and go on: "Shri Ganesha, Shri Ganesha, Shri Ganesha," and do all kinds of funny things. That's like cheating yourself unnecessarily. It's so simple to establish Shri Ganesh within you.

But understand that it is vital that you people who are Sahaja Yogis should establish Shri Ganesh, which is a silent power within you. It doesn't talk. It's a silent power, which acts. Just a power that's dynamic without any noise, without any show.

And that is what I would say that, today, when I have said all these things from My heart, you the Sahaja Yogis will establish Shri Ganesha within you. And from you, you will emit such powers that others will be able to establish their Shri Ganesha in this country.

May God bless you!

Shri Mataji calls for children to be named in Hindi:

Sahaja Yogi called parents with children to be named.

So we'll call her as Gauri. Today is Ganesha's day, it's a Gauri day.

Hello...

Which is now on a Diwali day to worship Shri Ganesh and also Shri Lakshmi on that day, so today as you are worshipping Shri Ganesha also, we have to worship Shri Lakshmi, so I'll call her as Lakshmi today. All right...

Look at this little baby, doesn't cry. You're such a big girl. But see the little babies do not cry. You're a big girl ...why are you crying? And what are you wearing on your feet? Let Me see. Do they make a noise? No? So we should get you better ones. Let Me see how big your feet are. Let Me see. They're very small, aren't they. You are a big girl or a small girl? Small? No, no, she's big, she can stand up, let's see? Let's see. Hello. Come along, come here. What's the matter with her? She is always like this? We'll call her Siddhi. This is the power. Siddhi is a good name. Just a minute, just a minute... May God bless you. She'll be all right.

Sahaja Yogi: Look at that. Take a picture. Take a picture.

Shri Mataji:

May God bless you. May God bless you.

Get up now. All right. You must get up. Come here. Come here. Aah. So now we'll call him as Vinayaka. That's the name of Shri Ganesha, Vinayaka. Good. Who else is there?

Come along.

Hello. We'll call him Ganapati. May God bless you.

Come here. We'll call them as Gauri and Ganesha. Gauri and Ganesha.

Can he come? Ganesha's another name is Omkara. We'll call him Omkara.

May God bless you. Come here. Good. You are Omkara now. All right? Good name, Omkara. Sahasrara is hot.

So now... Ramma, Ramma is name of the Devi, name of Parvati. Is the name of the Mother of Ganesha, Ramma. Ramma is the one that plays in the heart.

Janaki, Janaki.

Sharmila, Sharmadayini, Sharmila, Sharmadayani Sharmadayani is the bliss-giver. Giver of bliss. Giver of bliss. Sharmila is the name of the Goddess. She's the giver of bliss, Sharmadayani, is the giver of bliss. May God bless you.

You can come here just to help with the puja.

And send the children

Now come along, wash My Feet. Come along, both of you, come along. Now put up your sleeves first of all, put up your sleeves properly. Good. Both the hands...

Recitation of the Names of Shri Ganesha by Sahaja Yogis

Sahaja Yogi 1: Salutations to the one who incarnates as the past.

Sahaja Yogi 2: Bhuta Bhava.

Shri Mataji: All the left side. He's at the base of the left side, so you'll understand what is he telling. He's the left side, the past.

Sahaja Yogi 2: Bhuta bhava.

Collective: Om Twameva Sakshat, Shri Bhuta Bhava Namoh Namah

Shri Mataji: "Bhuta" is "past."

Sahaja Yogi 1: Salutations to the one who is the emotions of that so far created.

Sahaja Yogi 2: Bhuwaha

Collective: Om Twameva Sakshat, Shri Bhuwaha Namoh Namah

Sahaja Yogi 1: Salutations to the one who is the expert in all vidya so far.

Sahaja Yogi 2: Bhuta Karana

Collective: Om Twameva Sakshat, Shri Bhuta Karana Namoh Namah

Shri Mataji: No, Mika, you first say the meaning. Then he says it, so they will understand; it goes into the head, all right? The first you say the meaning. Now, second one you say it.

Sahaja Yogi 1: Salutations to the one who is the cause of all created.

Shri Mataji: Now Bhuta Karana

Sahaja Yogi 1: Salutations to the one who is the within of all created.

Sahaja Yogi 2: Bhuta Sakshina

Collective: Om Twameva Sakshat, Shri Bhuta Sakshina Namoh Namah.

Sahaja Yogi 1: Salutations to the one who enlightens all that is created.

Sahaja Yogi 2: Prabhuta

Collective: Om Twameva Sakshat, Shri Prabhuta Namoh Namah.

Sahaja Yogi 1: Salutations to the one who resides with all that is created.

Sahaja Yogi 2: Bhuta Sangha videha manah

Shri Mataji: "Bhuta sanghana videha manah"

"Bhuta sangha" means the collection of all that is created. "Bhuta sanghana videha manah": "videha" means "in the body", "manah" means "in the heart of that, precise, in the, as a heart"

Sahaja Yogi 1: Salutations to the one who resides with all that is created.

Sahaja Yogi 2: Bhuta Sangha Videhe Manah

Collective: Om Twameva Sakshat, Shri Bhuta Sangha Videhe Manah Namoh Namah.

Sahaja Yogi 1: Salutations to the one of whom resides the spirit of all that is created.

Sahaja Yogi 2: Bhuta Manah

Shri Mataji: Bhuta Manah. Atma is the Spirit. "Bhut" means "created", whatever is created, He resides them as the Spirit.

Collective: Om Twameva Sakshat, Shri Bhuta Manah Namoh Namah.

Sahaja Yogi 1: Salutations to the one who is truth.

Sahaja Yogi 2: Satya Namah

Collective: Om Twameva Sakshat, Shri Satya Namah.

Shri Mataji: Now here I would like to say that it is Shri Ganesha who is the Omkara, who is the vibrations. So He is the truth. What He says is the truth, so, what vibrations say is the truth. He's truth. So Omkara is vibrations, that is Shri Ganesh.

Shri Mataji calls married ladies...

Sahaja Yogi 1: Salutations to the one who is at the highest abode.

Sahaja Yogi 2: Parayadame...

Shri Mataji: "Paramadhama".

Collective: Om Twameva Sakshat, Shri Paramadhama Namah.

Shri Mataji: Says in Hindi to say Maha Ganesh mantra four times.

Collective: Om Twameva Sakshat,

Shri Maha Ganesha Sakshat

Shri Adi Shakti Sakshat

Shri Nirmala Devi Namah x 4

After Puja:

Shri Mataji: No no, I'm saying from the front, take one big photograph. You got a lens na.

Better take one with

Now, you have to tie up this

Just let them take photograph of my Feet you see. India will have high demand.

Now, just wait... Be careful. Now, Can you tie up?

Did you avoid in the photograph these things? Did you avoid?

Yogini: In some they were showing, they were showing.

Shri Mataji: No, no, take it out, take it out. Take a good photograph, all right? So that it's a formidable photograph, got ...the head of Shri Ganesha.

May God bless you all.

Opening of Gifts:

Sahaja Yogi: Only company in the world makes this Shri Mataji.

Shri Mataji:

Oh God...Wow! This is the limit of things. From Italy, from the people of Italy. This is the limit. It is too much for Me. Thank you very much. Thank you.

What is that? (a crystal heart) Heart, it's very beautiful! Thank you!

And what is that?

A chair...

Wow, beautiful, from where did you get it? Oh, I see, is very good. Its very beautiful for anywhere to be seated. What is this?

She's come from Austria all the way? ... From Austria! Thank you very much Thank you very much. How beautiful it is, very beautiful.

Thank you very much.

1986-0909, Moments with Mataji

View [online](#).

9 September 1986

Visit

Armonk Ashram, North Castle (United States)

Talk Language: English | Transcript (English) – Draft

Moments with Mataji

Because you people take more showers not baths I have seen, isn't it.

Can I keep this photographs, is it all right? You better keep it, you'll send me some more. But I think he was very shaky He was passing through a One has to steady down now you see he has seen so many miracles still he worries. I don't know what to say. He has called me this time now ...[inaudible: Vegwati] Because he says that I am doing everything very fast So many miracles, so many. [inaudible] alright, so should I get ready now May God bless you all. Still that has not gone. They washed these, they put everything. Still on and on and on... .

1986-0909, Excerpt from conversation On Chastity

View [online](#).

9 September 1986

On Chastity

Conversation

Armonk Ashram, North Castle (United States)

Talk Language: English | Transcript (English) – Draft

One thing is Mooladhara is good. Indians have one advantage; they have a good Mooladhara, you see. Eyes are good. That's what Salim [?] was telling me that they do everything that [sounds like: Sagaricles] are doing are doing but not chastity. That part they don't compromise. Naturally, the attention is good.

Once you know the Mooladhara is so important for everything, even for material gain, people will start to look after the Mooladhara. But logically you can see, it's very logical that if your Mooladhara is all right, you have a nice family life, you have good children, they become obedient, your attention is concentrated, whatever you work you grow, you do it with concentration. There's no diversion. There's no - sort of, nobody can befool you because your Mooladhara is all right.

Any girl who is good-looking can come and entice you, murder you, take away all your money. Or the other way round. Could be anything. I mean, you are solidly placed if you have a nice Mooladhara. You may go anywhere. Nobody can cheat you.

In India it's too much a strong feeling from tradition, I think. In our country we had three thousand women burnt themselves on a fire - Jauhar â' because the Muslims had won the battle and they would enter into the fort. So they burnt themselves up. Very common in Bombay also. So many cases where women jumped sixteen stories to save their chastity. For innately it's built in us this Mooladhara is very important. That's our property. That's our power. Mooladhara you save. They will cheat the Government, all right, very well. They are very good at cheating Government, tell lies, do what you like, but as far as Mooladhara is concerned there they are; as long as Mooladhara is all right.

Even men now, men have a great sense of chastity in India. Of course, westernized men may not be. They are very innocent. They cannot see many things that you people can do like I saw Kharde. It doesn't enter his head. He doesn't understand. Same with Me. Why should I laugh at him? I am just saying, but at least I am better than him. Now I understand little bit but Mr Kharde is absolutely an innocent person, you know, very innocent man. He said, "But why do they do it? But why?" They can't explain that why people do it.

The questions are like this one mister ... he was quite young. He came to me. He said, "Why do young people in the west leave their parents? Supposing I leave my parents, will their bhoots leave me"? He asked, "Will the bhoots of my parents leave me"? I said, "No, they will be with you. After all, you are his son. Then what's the use of going away?" "It's true," he said. "See, my mother cooks well first of all. I don't know how to cook." One advantage he gave. Second advantage he said, "You see, my father scolds me if I do anything wrong. See, if I want to smoke, I cannot because I am frightened of my father. I won't smoke but if I am alone I may start smoking. You see, it's a very bad thing to be alone. It's very dangerous." The brain works the other way round.

There is still a lot of innocence in our country [said in Hindi].) We are cunning as far as telling lies are concerned that also we don't do very well, I must say. We get caught [said in Hindi].

Over here they are more honest towards the Government. They'll pay their taxes [said in Hindi]. It's regarded very sinful not to give tax. In India they know how to evade. They are very honest towards Government. To us, you see, it's better to be honest to God and nothing to the Government.

Sahaja Yogi: They are honest about money matters as well.

Shri Mataji: Maybe now, but initially it was not like that. Initially if money had been taken from someone [said in Hindi], if you have borrowed the money from somebody and you have not returned the money, then it was said that you will have to become a bull in next life and you will have to plough his fields, if you don't return the money. So people were quite frightened about the next birth problem, you see, but it's nowhere written in the shastras that if you cheat the Government there will be any punishment and they say that, you see, this Government is today. Tomorrow somebody else will come. So what does it matter? By that time we are born again. So what? It's all right to cheat the Government.

Sahaja Yogi: Bribery?

Shri Mataji: Bribery happens a lot [said in Hindi] but that is at a different level. But bribery has come to us from the English. You'll be surprised. We never knew what was bribery. Going through the history you'll find Warren Hastings and all those people, they taught us. That time they started it, getting bribes and things. And because, you see, they had such an image they themselves created, they never felt that they were the servants of the public, never. So everybody used to give them bribes. They were like Raja, Maharaja (Nazrane` chalete` the` pehele)..... Robert Clive did. Hastings did ...I used to go into the annals of these people because my husband has been a collector [Hindi]. So we used to have their ancient things. So they used to take bribes. They taught us how to take bribes.

But this Chinese traveler who came to India says that these people never locked their houses and all that. I mean, I remember that till I got married, my father's house was a huge house, was never locked, never! Neither the main door nor the back door, nothing, and only once we had a theft in our lifetime. The fellow came and took away our gramophone. So my father was very happy, you see. "He must be some connoisseur, you see. So it's good for him. He should have asked from me. I could have given him some records," he said. Thefts were lesser initially [Hindi]. But theft is much less. We don't steal things from people. You see, this is the thing is, you see. To each other we'll not try to cheat but to the Government we'll cheat because the Government is changing. So it doesn't matter. Doesn't matter cheating the - this is the psychology, I think. But a person they will never steal because if you steal from somebody's house that's a sin but cheating the Government is not a sin because the Government changes tomorrow. And the Government itself is cheating. So what is a sin to cheat a cheat?

But in Sahaja Yoga I was surprised, you see. Nobody makes a mess of money in Sahaja Yoga. At least in Maharashtra, you see, very honest people. Now you people also go there. Nobody will steal your things, nobody, because, you see, they don't want to cheat God. That's the thing. This double attitude is something really funny. You are saints. So they will not cheat you. They will not take away your things. I mean, many a times it has happened with Sahaja Yogis, they have left everything there and just walked off. They just got into their buses and went off. And people had to gather all their things and bring them but nothing was lost.

So the feeling that saints should not be cheated is something great, really. First time when these people came, Australians, they had tied their money to a thing and this and that, just like as if someone wears the sacred thread [Hindi]. So I said, "What's this?" They said, "This is money and..." I said, "Why do all this? It's all right." And Kay, she was another, she was an air hostess at that time, she came and she came by taxi and that time they were staying in the flats for one day or so. They were in a flat and she just walked out, you see, without taking the luggage or anything and she went up and forgot that she has to take her luggage. The fellow waited there for half an hour. Then the taxi fellow went away. So then she remembered, "Oh, God! I had all my luggage in the taxi. I have forgotten there." Everything, even her purse she had forgotten and so she informed the police. So the police said, "Yes, the taxi fellow is sitting here for long now. Will you please come and collect your luggage?"

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How To Stop In The Present Moment?

Public Program

Hotel Gouden Wieken, The Hague (Holland)

Talk Language: English | Transcript (English) - Reviewed

In these days of turmoil and chaos, we feel we are waiting for some sort of a big shock and maybe that our last days will appear in our life time. When we think only from the human limitations, this is quite justified. But we are not created by ourselves, nor have we become human beings by ourselves. From amoeba to this stage we have come, without doing any research or enterprise. So there must be some purpose and it has been mentioned in many scriptures, that we have to attain our eternal life. But when human beings start reflecting on concepts like this, concepts become bondages for them. These bondages work as systems and when we try to get out of those systems, we again get bound by bondages.

Beyond the human concept, we have to humbly accept, there is reality. The main problem lies with our mind that we have got concepts which are limited. If you have to go to the realm of the unlimited, something has to trigger it in our awareness; something that is a living force, which is spontaneous. It cannot be that we human beings can manoeuvre it. We cannot put in efforts for it, nor can we pay for it and do all such things that human beings normally do. But in our understanding, in our human awareness, we think we can pay for everything. Let us think, how much did we pay to become human beings from the monkey stage? Then we can calculate how much we have to pay to become higher human beings.

To achieve reality in our awareness, the divine has already arranged and organised a force, a power. This power is called, in the Sanskrit language, Kundalini. Kundalini means coils. These are three and a half as the seers have seen them. But first to believe that there is some knowledge beyond science is very difficult. The knowledge of science and the knowledge of all these modern enterprises are the knowledge of the tree. We are talking about the knowledge of the roots. They could be somewhere else and wherever they are, they are for global use. If they are described in the Sanskrit language, one should not just abhor it because it is not in the Dutch language, because everybody has the right to know the knowledge.

About Kundalini, many western people have written books. They are horrifyingly false. As the western mind always seeks the pleasures of the body more, the people who went to India to find out about Kundalini, they jumped onto tantric knowledge. And I have to tell you very truthfully that tantrism is against God, against purity, against reality. And when the people went down to that level of knowledge, they described Kundalini as something like an angry serpent. Also I would not blame them because they are in the market. They are selling this knowledge, and as it satisfies the wants of the western mind, it just gets assimilated into their heads. But I have to tell you honestly, that it is not the way Kundalini has been represented so far. Kundalini is the energy of purest desire within us, and the purest desire cannot be the desire of sex.

Logically you can understand that the purest desire would be for eternal life. The purest desire would be for self knowledge and self truth. Also about the eternal life I find so much ignorance in the West. When we think that the purest desire is eternal life, and eternal life means that after death you move like a haunted spirit, it is absurd. Absolutely it is a wrong idea because the other day when I was watching a film about the eternal life, I was surprised that the person wanted to die, to come back to life in a way that he could visit like a spirit! It is horrifying, the idea that one wants to become a spirit. But the language has some problem. In the English language, there is no other word for this Spirit that is the Atma; that is the reflection of the divine within us, or the Self. So the Spirit is also a dead person haunting; the Spirit is also the Atma, and Spirit is also alcohol. How can we have one name for such contrasting things?

But let us see what the East has to say about it. If you say Christ came from England; then I must say it's not true, he also came from the East. So let us see what it was that was meant by eternal life. Eternal life means a life without any bondages. How do

we have bondages? Bondages they come to us. They come to us from our conditionings, which create a superego in our heads. Or they come from our efforts and our mental attitude which create ego in our heads. These two bondages come up in the head and go over each other and cover our fontanel bone area, and we get a closed personality of "I-ness". This "I-ness" makes us feel that our mind is the last word. When it is in balance, when we lead a moderate life, then they just meet each other in our brain, over our brain in the fontanel bone area.

Now they said we should not have any conditionings. All right, so they gave up all conditioning and the result of this you know what is happening in all these so called free countries. They have created forces which are self destructive. They do not destroy other people but they are destroying themselves within. And a kind of an arrogance they build in by saying, "Oh, we are martyrs." As I saw in San Francisco; I was surprised that the people who were suffering from AIDS were moving in the streets as if they were great martyrs who have conquered the whole world or something like that.

So when you give up your conditionings, where do you land, into which part? Either you land in the area where you start destroying yourself, or else you land in the area which does not give you any kind of control. You become ego orientated. Then you say, what's wrong? Even now in Germany, I met people who said, "What's wrong with Hitler? He was all right. Nothing wrong with him; he was looking after the interest of the Aryans." And that he was looking after the interest of Indians; because, according to them, we are supposed to be Aryans. And to such a limit they said "We are the devotees of Mother Kali, and we are killing the white-skinned people who went around the whole world to conquer." (Translator doesn't hear). You see they told me that they are looking after the interest of the Aryans and those who wanted to destroy other countries, like Columbus, and all sorts of people, all Europeans who tried to destroy the Aryans abroad, and other people. I was shocked at their understanding. I said "Now if you are trying to look after our interests let it be with us. We don't want violence. And when are you going to end this vicious circle?"

So on one side we have the bondage of the ego and on the other side of the superego. Now how to get rid of it is a problem; we cannot get rid of our habits, it's very difficult. We cannot get rid of our ego; it's even more difficult, because we cannot see it. Our habits are troublesome, but not ego. Ego troubles others. The whole chaos is because of this. All the problems of the world are because of these human limitations by ego and superego. That is why a special category of people who are seekers are on this earth. But they are entrapped; they are misled because it's a market. As soon as there is a demand, a superficial market is created, since long. This could be in the name of religion, could be in the name of a cult, or these false gurus, anything, it could be in the name of anyone. But what did you get out of it?

So to go back to the knowledge of the roots, we must know there is a force called Kundalini within us which can be awakened, which is the mother of every individual; an individual mother. If this has to happen, it's a living force. Anything living, you cannot expedite it, you cannot force it. Like you want to sow a seed, you have to put it in the Mother Earth who has the capacity to awaken it. You have the seeds of seeking within you from ancient times and these seeds are to be sprouted. That's why one must understand that it is a living process which has to take place and it has to be spontaneous, 'sahaj'. So the Kundalini is awakened spontaneously.

Now one may say "Why should I be there? We can do it ourselves." One can say "I can do it myself." I am sorry to say it's a thankless job, but I am supposed to do it. But once you get it, you can also do it. Like one candle which is enlightened can enlighten another candle. It's as simple as that. I'm not the first one who has done it. In ancient times there were so many people who did it. But maybe in modern times I have to do this job. Then there is nothing to feel so bad about it. In no way I oblige you. It's my job; a job which is not paid for, because you cannot pay for it. But then you also get the job yourself.

When the Kundalini rises and passes through your six chakras, piercing through your top chakra, you feel extremely peaceful, because there is no more quarrel between yourselves, complete integration. You go beyond thoughts. A thought may rise and fall off, and if you are in the water, you are afraid of the waves, of the thoughts, but if you are out of it, you can see them. We think of the future and of the past, but we cannot be in the present. It is the reality. How to stop in the present moment? It's the Kundalini which rises; its power rises, passes through your different centres and passes through the waves of thoughts and rises above your mind, takes your attention above your head; and then you start feeling the cool breeze of the Holy Ghost.

You don't have to discard the Bible at all. Nor do you have to discard Buddha, nor the Koran. They speak of the same thing. But when blind people start speaking about colours, what will they describe? So the second point of the reality is such that if it has to be achieved through a living process, then it is not coming from somewhere, some sort of a new thought, but it is evolving out of all these thoughts that were there before from the big, great incarnations. So it has to evolve, like a seed becomes a flower; not suddenly, that you put a seed and you get a flower in your hand, no. But a seed becomes the tree, then the leaves, then the flowers and out of the flower comes the fruit. And the fruit must relate to all the stages of its evolution. In the same manner, if our evolution has to take place it must relate to all the stages of our evolution which have come through these great incarnations of the divine.

But it cannot be some sort of a new idea dropping from somewhere. That must be plastic. But somehow we like something new, absurd maybe, doesn't matter. If it's new then it's all right. Like I had a discussion with an ambassador, and he said, "Why do you like Jung and not Freud?" (Translator doesn't understand). I said: "Why do you like Freud?" He said: "Because he gave us something new and Jung talked of something that was related to something that was old." (Translator hesitates) Jung, Jung. I don't know what you say in your language. Jung, you say? Alright. Some say Jung, some say Djung. That's good (Shri Mataji laughing). All right, now. I asked this ambassador - of course they are very big people, you know, with a stiff neck and all that - but I said, "Sir, if everything new is to be tested, why should we eat chicken? Why not eat the table; we have never eaten it before?" He was surprised at my comment, but I said that whatever is related to the old, has evolved out of it, is the proof that it has come out of a living source.

And so Sahaja Yoga gives you the full idea as to the great teachings of all the saints, the prophets and the incarnations. It is the flower of all their work. They are very much respected because they represent the same thing. Like we can say, the flowers represent here the beauty. Or we can say they are the flowers on the same tree of life. Those who have plucked them saying this is my religion, this is my guru and this is my thing, have deadened them. Even Christ has said, "You will be calling me Christ, Christ; I won't recognize you."

In every religion it is said that you have to be reborn. It's the actualisation. It's the experience of the rebirth that is being emphasized by every great religion. Right from Zen to the most modern Sikhism, from Buddha onwards, everyone has said you are to be reborn. Some have not talked about God because that was not the time to talk about it. Some have talked about it. But that selfhood is to be achieved - is mentioned by all of them. Of course, I would say that Kundalini was not so clearly described before. Even in India I would say that it is quite a mysterious stuff. Like in the Bible it is written, I will appear before you like tongues of flames. In the Koran it is called 'Assas', and it's very clearly described, the resurrection time before doomsday, that at the time of resurrection your hands will speak. I mean, you can see in the Gita and all other Indian scriptures, the only thing that is to be achieved, from the Vedas onwards, everywhere, everything, is for achieving self-realisation. Mahavira talked about it, Nanaka talked about it, Buddha talked about it, Zen talked about it, Lao-Tse talked about it. All this has happened. They were not insane people by any chance. They never harmed anyone by their theories as Freud has done. And we should not doubt them because we have limited intelligence.

But now the time for the actualisation of that experience has come. Of course, it may not happen to every one of you at the first instant. You are here because you are seekers of ages. You are here because you have felt that you have to find out something beyond. Maybe you have done all these things that are needed, of penance and all these things, in your last lives and it is over with. And so many have done it for you. Like in this room if you have to put the lights on, I would say just put on the switch and you'll get all the lights. But that does not mean that people have not worked for it, that there is not a history behind it and a big organisation. But to your advantage, a modern person, you have to just switch it on; you don't have to fight for it. That is exactly what has happened to you even in the divine. As the tree of life has grown outside, it has also grown inside, otherwise how will it reach its source. Otherwise how will it support that tree? So maybe most of you are on the brink of it and you do not know. (Translator hesitates) So many of you may be on the brink of it and you do not know. I'm sorry. You see the English language has funny, what should we say, expressions, which may not be in the Dutch language but you can use your Dutch language expression it's all right. (Translator: "But it is the echo Mother which makes it difficult for me to hear"). I see. Alright. But you can

use... of course; I mean language is for communication, so it's all right.

Now, so we have reached the point where we realise logically that it has to be spontaneous, it has to be effortless, it has to be benevolent, it has to be joy giving; minimum of minimum. And the benevolence must come as good health, also satisfaction and enjoyment of life. The most important point is that we must know what it is. It's not something mysterious that we are doing here. You have to know that your Kundalini is rising; you have to feel it on your central nervous system, the cool breeze of the Holy Ghost. All your evolution must show on your central nervous system. So, as described in the Koran, your fingers get enlightened, all the sympathetic endings get enlightened, your chakras get enlightened, your centres get enlightened on the finger tips. And you start feeling the centres on your finger tips as described in the English language very correctly, 'on your finger tips'. You get empowered on your central nervous system with a new awareness, which we call collective consciousness, which you can feel on your finger tips; first of all what's wrong with your centres, and what's wrong with other's centres. Now if I can decode it and tell you what these centres are, what they denote, then you don't need a doctor, you can just find out where the problem is, on what centre, the left side or the right side. If the left side stands for the emotional side and the right side stands for your physical and mental side, you can easily find out. And we have proved it. It has worked on many levels.

I'm happy to tell you that at Delhi University, they have accepted Sahaja Yoga as a post graduate course for doctors. The doctors will get a doctorate, a doctor of medicine. And the dean of the faculty of physiology has already submitted a thesis in which he has proved that physiologically a person becomes a much more resistant, powerful and healthy personality by Sahaja Yoga.

It's no miracle. It's all within. We do not know about ourselves. We do not know what powers we have. We get lost into artificial things, these man made concepts. But once you get to reality, you are the epitome of the whole creation. Now as we can say that we have a beautiful computer, but your human computer is much greater than these which are created by you. But we do not know how to work it out, that's all. Like, supposing you take a television to an Indian village, where they have never seen a television, they won't believe that on a little box like that you can see everything. But you plug it into the mains and it's fantastic. So there is no miracle about it. If you know how it is done, how it is working out everything is open to you in Sahaja Yoga. Then you know it's not miraculous; 'sat' - it is.

I love flowers, and when I look at them I wonder why people don't wonder how they get these colours, and how they get this beautiful fragrance. We take it for granted because we see it every day and for us everything is so common. Like the first time I came to Holland, there was a festival here celebrating some sort of a centenary and such flowers, beautiful flowers. I was really amazed at the Dutch, the way they really love flowers. I have never seen such beautiful flowers before, and to me it was something so mysterious of these people to create such beautiful gardens. But now I know, and it is so enjoyable.

In the same way, when we enter into that realm of reality we enjoy ourselves and we enjoy others. This is the first time you will enjoy other people. Not for lust or greed or sex; no jealousies, but just for the innate quality of another person. The innate fragrance of that person you enjoy, which is subtle, and when you become subtle you feel that subtlety. So many things are there. I think, I would say that, as I entered into that beautiful garden, I would say I invite you to enter into the beautiful garden of your own personalities. And as Dutch people who are so sensitive to flowers and have been sending flowers all over the world, I hope the day should come, they should send their beautiful hearts all over the world, which are fragrant with love and compassion.

May God bless you all.

This is not a very routine thing, but we allow people to ask questions all the time. But one should know that we are here for seeking our own powers and not my powers. So if you have to ask any questions, I hope you will be a true seeker to ask a question I would love to answer. But while we are raising the Kundalini, I do not want your mind to pipe in that you should have asked this question. That's the only function. We should do it so that your mind should be at peace when you are allowing your Kundalini to rise. But by asking questions or getting answers the Kundalini is not going to rise. It is going to rise by itself, spontaneously. So any questions you want to ask, you may please do so, but we should not waste too much time and I would say about three, four questions I would like to answer.

All right, one by one. Is she asking? Yes, please. Stand up madam (Long question inaudible). It should be a short question.

Question: Whether classical homeopathic medicines can support this experience; homeopathic medicines; of what value they are.

Shri Mataji: Yes, of course, of course. In medical science? No, no, no. (Lady talking – inaudible) Yes, of course in the classical books it is, but not in the medical science. I did that. There is nothing like that. They don't know. They talk of the parasympathetic nervous system and they don't know much about it, I must say, not much. They just know there is something. They are honest because they don't know. They confess it. It's all right.

R: The question was whether homeopathic medicine can stimulate the Kundalini.

H: Ayurvedic, maybe?

Shri Mataji: No. Ayurveda also doesn't. It was... in the ancient times, must have been, because Ayurveda started very near the 'tridoshas'. It is nearer to that, but still it doesn't... they believe of course, all the 'vaidias' believe in Kundalini, no doubt. But they don't know how to do it, so they are a little away from it. But 'tridoshas'; means the three defects of the body; they have shown are of these three things; the three 'doshas', are the three nadis which we call as Pingala and Ida and Sushumna. These three nadis we too have. And the Kundalini rises through the Sushumna, but they don't know how to do it so they treat it from outside. Still on that point maybe it's beyond them, even for the 'vaidias'. But some vaidias are realised souls; then they can. But they all know about it, I mean those who are knowledgeable. Nowadays there are modern vaidias also, so I don't know about them, but knowledgeable people of the ancient times, who know the knowledge about it, they know about Kundalini, everybody knows. I mean, that's one thing, Indians know about it.

Can you ...you wait for one minute, sir, she has to answer.

Yes please. Yes, my child.

Question: She asked, if you are not prepared to receive the Kundalini, can it be dangerous at all?

Shri Mataji: No, that's what I said! No! Not at all! She is your mother! When you are born your mother takes up all the load upon herself, all the pains. She takes up everything upon herself. Not at all! That's all wrong! That's what I was saying.

(Henno translates)

Sri Mataji: You say 'mudra' to 'mother'?

Henno: What is that?

Sri Mataji: What do you say to mother? Mudra?

Henno: (doesn't understand) Er... what did I say? (People laughing)

I don't know. I told her that, er...

Sri Mataji: No, for mother what do you say?

Henno: Moeder. Moeder.

Shri Mataji: Mudre?

Henno: Moeder.

Shri Mataji: Very near Sanskrit!

Question: She asks whether Kundalini is for the earth the world peace.

Shri Mataji: Of course! Of course! You've got the point! I didn't want to say it. A little understatement I wanted to make about it, but you have got the point, of course. Unless and until human beings are transformed, how are you going to get peace? Those who are in charge of peace, I've seen them, I know them very well, none of them are at peace with themselves.

With collective consciousness, you see, when there is nobody who is the other, when you are everybody. If you are my hands, my fingers, then how can I harm you? I cannot! And I don't help you either, there is no obligation, there is no charity, it's my own being itself! All right? That's it, talking about peace is again talks. Talk, talk, talk, that's what we do. Correct! She's hit the right point. Perfect! You see, I'm a little afraid to say big things because you might think, this is another one, hocus-pocus, so I'm a little bit careful. But it's a fact, you reached the right point I must say. I'm told Dutch people are very intelligent. If they are purely intelligent they'll see the point very clearly. Maybe the United Nations next will be formed here. To see the point, that's the point; you see, the thing is that you see the point. That it is the transformation of human beings which is going to bring forth all our ideas.

There is some gentleman at the corner who was saying something. Do you mind, sir, please.

Question: Why do some people compare this Kundalini yoga to the power of the serpent?

Shri Mataji: Oh, I see. That's correct. That's very true. It is not a serpent, I must tell you. It is not a serpent. But Kundalini is described as a serpent, because it is an energy; and energy moves in the same way as a serpent moves, you see. You have seen the waves in which the serpent moves, in the same way the energy also moves and that's why it is described, because it is an energy first of all. And secondly, it has another quality that it is coiled up and with the head downward. That's why it is described as a serpent. But it's not a serpent by nature; it's just the opposite of a serpent. But it's described as 'serpent energy' because it is coiled just like a serpent would coil and it moves in the same way. That's all, just to give a metaphorical explanation, you can say, at the most. But it can mean a very horrid thing in the English language; for us it is not. Indians understand what it is because we worship certain serpents also in India. So we don't think serpents are as bad as you think. We think some human beings are even worse than serpents; who we worship and put on thrones. Serpents have certain qualities, like serpents will remain serpents, but human being can be serpents, can be scorpions, can be lions, can be anything. So human beings are more dangerous sometimes.

Question: Do they derive any benefit from worshipping these animal symbols?

Shri Mataji: No, you do not. But you see in India, why we worship them is that they symbolise certain qualities within us. Like a serpent now, in a subtler form, symbolises an energy which moves in this direction, that's all, in a subtler way. The symbolism is not up to that limit, you see, it is just the subtler part of it, that's why they worship.

And that's how, for example, the cow is worshipped in India. And people might say; why worship a cow? Now the Indian cow, I don't know if you have seen, but the Indian cow is in every house, and she gives us milk like the mother does, and she always loves us, and she is very kind, so naturally you don't want to kill your mother. It gives you milk from childhood, you see. And also she sometimes sacrifices, doesn't give to her children as much as she gives to us. And every day if you see a little cow tied in your house, taking her milk and grow fond of her, you develop that affection, naturally. I mean you cannot be mechanical; like a cow is there, you take the milk, drink it and then cut it down. It's rather difficult, you know.

You must understand that the lifestyle is different. As you people love your cars, in the same way perhaps, maybe more than that, we love our cows, because cows are the ones, they give us milk. Then we don't have your modern facilities of tractors and things, and we use the bullocks for our villagers. So one must respect their idea about it, there is nothing wrong with it.

For example, I would say in the West people don't respect their parents so much. We respect our parents very much. And maybe it may not be very good from your logical point of view, but we must respect everyone that way. I mean, if you respect something, we respect that. I mean we may not respect many things which you respect, which are ridiculous to us.

The way people talk about sex in the West is ridiculous to us. The way women walk naked; it is ridiculous to us. I mean we really vomit when we see a naked woman, you will be surprised. If an Indian sees a naked woman on the street or anywhere, they vomit, actually that's the repulsion. So are we to discard you for that? No. It's all right. You like it, you have it. That's the way it is, you see. So one should not impose one's own idea about others. One should see... it's a thing having a respect for a cow because she is in the house and she gives us... it's nice to be that way.

And in India you'll be surprised that the cows, Indian cows, look very different from your cows. My grand-daughter when she came to England, she asked me, "All the buffalos in England are white?" I said "Where are the buffalos?" She said; "These are buffalos, aren't they?" I said "No they are cows." They don't look like cows, they look like Indian buffalos. That's a fact. Because, you see the treatment and the love and affection we give to them... like if you have a pet of a dog you won't kill it, will you? In the same way, they are our pets; they are in the household. Try to understand. The life style is different. And that's why people like them and I think one should not have any objection to these things, what others have to do. There is nothing wrong. If they were killing one could say, but they are not! There is nothing wrong in it.

Question.: (Man arguing about the idea of a serpent - inaudible)

Shri Mataji: I mean... it's true! For us also it is. You have shown it many times that way. But here the serpent is not described as a serpent which is a Satan, but is an energy. You see Satan is a Satan for us; we never compromise with a Satan, that's one thing. But I would say, you see, in India, as in every country, we have made mistakes. That has nothing to do with the philosophy, with the innate thing that is within you. Whether you call it a serpent or an energy what does it matter? It is there, you'd better have your realisation. What does it matter? You may call it... what will you call something that moves like this, upwards? What is the symbol? Is there any other animal you can say? Crocodile? No. You suggest to me. You tell me. What you will say to a thing that is coiled up and moves like that? Now tell me, you have to tell me. Please, I would like to get something else. But that's the only way it works out, but it is not a serpent. I will show you that it's not a serpent. That's your Mother. That's the Holy Ghost. (Man arguing) I don't know what to do with the English, it's very difficult. I'm sorry to say because English is a very confusing language, I must say.

(Inaudible interruption – man continuing to argue and get angry)

Now, excuse me sir, but will you be able to explain to me, what is the 'Holy Ghost'? Just what is the 'holy' and 'ghost'? Tell me, what is that? In the English language ghost means a ghost. Why do you call it the Holy Ghost? No, no, no, you just tell me this point. You see the language; you should not fight on superficial things. That doesn't show your depth at all. You must have profundity. No you are not a profound person. (Man continuing to argue) I tell you really, what are you going to gain out of this discussion? Nothing, what are you going to get? You see, it's superficial, it's so superficial. One has to be profound; one has to be profound to get to something. There is no profundity. I expected better questions than this. You see if somebody symbolises something as something, it doesn't mean you go to that extreme of anything, do you?

Actually, you'll be surprised; the Kundalini is shown as a serpent among the Egyptians. If you see on their head, you will see a serpent on the king's head. It's also shown among the Jain religion which is a 'Tirthankara' called as Parshvanath, there is a Kundalini shown as a serpent. You see, so the symbol of the serpent that you have is going to the extremes and that's the

western mind, it always goes to the extremes.

Now, if you say this lady looks like a queen, that doesn't mean that she has all the diamonds, does that mean? You see, don't go to the extremes. It's a very superficial way of looking at things, it makes no difference. In the English language now you call it the 'Holy Ghost', I have an objection to that. Why do you call it the Holy Ghost? It's the Kundalini. It's a much better word. Calling the Divine Mother a 'ghost', is it a very good language? I don't think so. 'Spirit' for the devil, and 'spirit' for the vampires, and 'spirit' for a person who is a realised soul; on language we should not fight on this platform. We are not here to fight for languages, are we? All right, if you want to have your realisation, you can have it. But what is this fighting for languages? It shows your superficiality, that's all. If you are superficial people, whatever you may discuss, you cannot get realisation, I tell you.... I verily tell you, you cannot get your realisation. You have to be a deep person, to understand. If you are a superficial person, you'd better go for a linguistic carrier and work it out there. This is not the place. We are talking of the divine language of love.

And if somebody doesn't want to understand it... that all this talk has nothing to do with your Kundalini awakening... It's a living process which has to work out within you. This has nothing to do with your Kundalini awakening. It's an actualisation. It is not an artificial baptism that you accept without asking "What is all this nonsense going on?" There nobody asks questions. Who is this Holy Ghost? Ask the questions. Nobody asks. They take the children for baptism, where so many have said... like William Blake has said, "I was cursed by a priest putting his hand on my head." I was myself born in the Christian religion, and I was also cursed like this. But you never asked questions, did you? Never! Now when it comes to something else, you start asking questions, that too so superficial, I would say. Very superficial! That's not the way. That's not the sign of a seeker. A seeker goes deeper into it. He has to seek. That's the main thing. He has to find out. He has to get to it. That's a real seeker. He is not bothered about the language part. I have not called it a serpent - if somebody has called it a serpent, you'd better go and discuss with them.

That is how one should not get disturbed with these things, you see. Why somebody calls it something...it's all right, we have nothing to bother about. We have come here to get our own experience. That's all. You have come here for something very special, which you have been seeking for ages, which you have to have and if you have these superficial ideas, I cannot work it out. I'm sorry. I am also helpless. By discussing you are helping no one.

Alright, so no more questions because it's some sort of an aggressiveness that's coming through, so it's better not to have any more questions. Because it is not the way, this is not the platform for that. This is no election going on, nor am I preaching for any religion against another religion.

I'm telling you the point that is subtle within you, your own powers. If I say, "You have a diamond." alright... you'll say "Where is it?" Isn't it? Won't you ask me? Will you say "But it is said in the book like this."? No, you will say, "Mother, show us the diamond, where it is." If you are sensible, of course; sensibility is important. There is nothing to...

Now, please be seated sir. I'm sorry, because we have wasted our time and you can write it down and I will answer it tomorrow. (Man talks). Do you want your realisation, otherwise you can go out. It's too much! You see these people are coming from some... (Man shouting loudly) What is it?

Henno: He is getting angry.

Sri Mataji: He's drunk?

Henno: I don't know Mother but he is not very kind.

Shri Mataji: All right. How can you have peace with such angry people? If you have to have peace, you cannot have anger like this. All right let it be, it doesn't matter. They'll be all right. They are ignorant that's all. They'll be all right. It's nothing compared to others I have faced, they are much worse. (Sri Mataji laughing) I mean if somebody calls it a serpent energy, all right, so he has no business to jump on me. I never called it a serpent energy, did I? It's terrible, you just see this ignorance, see this ignorance. So naïve people are. I feel so helpless sometimes in the West, not in India, no, they know.

They know what is a good guru and a bad guru. Now you have got bad gurus here, fake gurus. They did all kinds of wrong. So now they want to know how I am a guru. Guru means a person who makes you meet God. It's said in the scriptures. I've been talking against them since 1970. That make out a guru who is a real guru and not somebody who gives you something false. Give it up, after all you are not here to live with a guru, you are here to get your realisation. Of course I'm not a guru also, I would say, I am just a mother. But you have to be a guru yourself. You have to be master of yourself.

And it is not something Indian I'm teaching about. It's nothing Indian. India has lots of problems and lots of stupid things they are doing in the name of religion, no doubt, and in the name of philosophy. Horrible people we have in our country also. If you think I'm here propagating some sort of an Indian philosophy, you are wrong. But I must confess the roots are there, very deep down. Not in the English language but in Sanskrit. There's no doubt, we must accept it. As we have in India learned so much about science from the West, why not learn about the science of the divine. If it comes from anywhere whatsoever!

We are not 'East' and 'West', God did not create that. He did not create India and Holland. He created one world. You send flowers all over, so what's the harm? If it is good for us why not have it. If it can cure our cancers and can cure our diseases and it can give us balance and peace and joy and everything, why not have it? Let it come from anywhere. I've seen your tulips in Japan. I've seen them, lots of them; you do export, don't you? We are all one, it must circulate, it must articulate. Let's come to some sensible decisions about ourselves. Have we solved our problems? Have you got any way? Let's talk about it on those terms. I never knew English; I had to learn to talk to you.

I don't say you learn this language but you have to learn the language of the divine, that is silent and you can feel it as a cool breeze. It speaks to you on your finger tips. Just on your finger tips, you speak to the divine. Why not do that? You smile the same way as anyone does, you laugh the same way as anybody does. There is nothing like different nations, believe me, it's our creation. Human beings have created it. The whole world is one. From wherever you get good, you must get it. Otherwise some people go headlong or some people just don't go. So what's going to happen? Some people are misled or some people are not there. But why not see? We are sensible, on the look out to begin with. I've nothing to gain, I've already told you I don't take any money; you can't give me.

But I promise you good health, I promise you peace of mind and I promise you the benevolence bestowed upon you by blissful existence. I promise you that. If I say that, then what is there to challenge me? For what? What am I saying to you? Am I asking anything? Am I saying you have to give up anything? Did I say so? I didn't say. I said; as you are, it's all right. You are invited, didn't I say so? So why to challenge me? And why get angry with me? For what? Because somebody in olden times has called something a serpent? It's absurd! Just see the absurdity of it.

All right, so forget it, forgive. Only thing, you should not be upset and your mind should be settled down. In a way it is evil, I think it is an evil thing to do, when we are talking of something constructive, just to destroy it with your own ideas. It's very evil and it should not be done. Because the whole thing was very nicely built up, and you were all ready to receive it, and you will receive it. But don't pay any attention to what he said or anything, or to what I said, just you have to receive it, that's the point.

Now it will take hardly ten to fifteen minutes for this experience. If you get it today well and good, otherwise... tomorrow am I going to be here?

Henno: Tomorrow there will be follow ups.

Shri Mataji: All right, there are follow ups. And we have some very good Dutch people who are realised souls, and I have great hopes things will work out. All right, so those who want to go should go now. Don't disturb in between, it's only ten, fifteen minutes it will take. I would request you, those who do not want to have their self realisation, should please leave others in peace, that's all, nothing else. To be civil to us is the best way.

Alright (Some people leave – pause.)

There cannot be any force on it; there cannot be any promise that it will work out. We cannot force you. It has to work out itself. As I've told you it's a living process, it has to work out. And it cannot be also said that something is wrong with you because you did not get it. Maybe tomorrow, if not today, so you must give a full chance and have respect for yourself. And when you get your realisation, have respect for your self realisation. That's all I want. When you get the experience, then you should be honest. When you do not get the experience then you should be a little bit assiduous and work it out. Also, I cannot give you a certificate, you have to certify yourself. You are in charge.

Self realisation

...Slowly open your eyes, very slowly. Please put now your right hand towards me, like this, and the left hand on top of your head, right hand towards me, right hand. And with the left hand on top of your head, about two inches, you see if there is a cool breeze coming. It's you who has to certify it, not me nor a priest nor anybody; it's you who has to certify it. A little higher. Alright? You'll feel very peaceful because there is no thought; you are without thought most of you.

...Now all those who have felt the cool breeze, can you raise your hands, please, both the hands. Quite a number, quite a number!

After realisation

...If you have felt the heat, most of you will feel heat, because you eat a lot of cheese. (Laughing) Holland cheese, you see. I used to eat it in my childhood. Did you feel that, madam? ...You can put your left hand on your liver and put the right hand like this. The heat will be on the liver, you'll feel it. The Kundalini attends to your problems, you see. If there is a liver problem, she attends to it. Put your left hand on the liver like this and put the right hand towards me. Is it better now?

Henno: She felt the heat only for a little moment.

Sri Mataji: Then it's all right, you are all right. (Laughing) You are all right. It works that way, it works that way. Now you can feel on other's heads also. Just see; just see on other's heads. You got it? Good. There you are, just put your right hand. He has a liver, put your hand right like that. Yes. It's good, good.

That is how they help you. This is what the disciples of Christ did you see. They moved their hands in this way, they started speaking the language of the chakras, centres, and people thought they were mad. You see this is the trouble.

...Now after getting realisation, one has to work it out and know everything about it, otherwise it is wasted, the way if a seed is sprouted and is left alone. You all will become experts in no time. About a month's time is sufficient. You'll be all experts and gurus; the masters. That is what is promised. Everything will be known to you, all the secrets.

(Shri Mataji works on people)

(To yogis)... What do you say? I've done it in good time!

Sri Mataji: Yes, madam, you felt the cool breeze?

Seeker: Thank you. You are beautiful.

Sri Mataji: What work do you do? ...Now better? All right, may God bless you.

Please come for the follow on, please all of you come for the follow on. It's such a wastage I feel sometimes. Please learn about

it. Please understand that you are a divine person, that you are the Spirit. ...

Seeker: But I want to tell you, I am a German and I love cows, and I don't forgive the people who eat them. (Laughing)

Shri Mataji: No, no, no, no. That's all right. They are in ignorance. All right now forgive, forgive, forgive. Forgive, forgive, forgive, forgive, forgive, forgive. Now see. All right? It's working out? Forgive, just forgive. You see in the eyes of God, nobody is German, nobody is Indian, nobody is this thing. Everybody is a human being.

Seeker: But you were talking about the Germans like they are Nazis, you know.

Shri Mataji: There are some still, stupid people, you know.

Seeker: Yes there are, but...We are not all Nazis, and some of us even love cows.

Shri Mataji: Oh yes, I agree, we have so many Sahaja yogis who are German and you are going to be one of them. They are great people. Once the Germans take to Sahaja yoga, nobody can stop it. I know that. Alright? Still thinking! Now don't think. Now forgive, forgive. Forgive, forgive, forgive, forgive. Ha, better, much better, now you can't think. May God bless you. So hope to see you again. What's your name?

Seeker: Diana

Shri Mataji: Diana. All right, hope to see you....

Thank you. So beautiful the daisies... Ah, Dutch daisies are better. May God bless you

...Yes. How are you? May God bless you. Are you an Indian? You are from where? Oh I see from Indonesia! That's the place where Sita went. In Bali, isn't it? Good, you got it! You got it. Feeling nice? Alright. Hope to see you tomorrow. Come along, master it. You have to send it to Indonesia also. (Laughing) May God bless you.

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Talk to Sahaja Yogis

The Hague Ashram, The Hague (Holland)

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Now. (Hindi aside)

So. Now to, you see, to influence other people we must know how much control we have upon ourselves also; that's very important.

For example, some people, you see, have no proper image and they try to influence others, so it's a mockery. Nobody gets influenced by such a person who himself has no image of his own. So, before working out the exterior, interior must be worked out.

For example, a person who always comes late to the office, and is always delayed and has no time-sense, is never respected. So when you tell people that "you should be in time", you should be the first to arrive at the time, right time. You must always keep the time, absolutely, you should be known person for keeping time.

Say, supposing you have to go to the office at say ten o'clock, you reach office in such a way that you are there five minutes, wait outside and enter the office exactly at the time when you have to go. That punctuality is very important. That helps people, and people get an awe about you because they think that "This gentleman is so regular and I'm the one who is absolutely late".

Also, if you tell somebody that I have to meet at such and such a time, and should be arranged at such and such a time, then you should be absolutely punctual. That is very important, that the punctuality is to be maintained by you.

Now, I've seen in the West specially that people get up very late and are very lazy. They walk in a limpy manner; and the whole thing shows that, you see, they are not interested in the world. They are just pushed into it; somehow or other they are doing it.

Such a person can never influence anyone, because people also see your image, that you yourself you are dragging your life somehow; so why to do the same thing, whatever he is doing he cannot tell us anything.

So that's another reason you cannot influence people at all, if you are yourself a lazy person. So the person who has to influence others has to be early riser, he must have proper habits of sleeping, he must get up in the morning and be properly brushed, washed and everything, and should be what we call a smart man.

Now many people believe that if you try to be very sort of a person of a fashionable type, I mean that you wear dresses of fashionable style and all that – that will influence others, it's not true. Because they think you have no conviction of any kind, you see, so you must build up an image of yourself that you are such and such. You see, a kind of a character, as we have in a drama; it's a character. The person speaks with the same character, he talks with the same character. And the style should be absolutely known to people, that this is your style, that's how you are, that you do not sort of compromise on things.

That is very important that when you are talking to people you must have a proper style of talking; walking - proper style. This should be all trimmed down properly, that you don't walk in a languid manner, you see, in a manner where (you are) throwing your legs here and there, walking like that, but straight, and sit down straight. And let people see that you have faith in yourself first of

all.

If you do not have faith in yourself; I mean, your any behaviour shows that you have no faith in yourself, you cannot influence others.

So your self-confidence must be shown through your all behavioural programming, like talking, sitting, walking, communicating, there should be a thing with confidence.

But the confidence comes in a person when he realises that he is completely secured. And in Sahaja Yoga, as you know, that if your centre heart is secured... if you know, tell yourself that, "Mother is with me. Mother is helping me, and I'm with Mother. I've nothing to worry". Then your centre heart will be alright. Of course, this you cannot tell to others, but still if you have a personality, you can imbibe that into others very simply.

But if you are diffident about yourself then you cannot do it.

So confidence is to be established first of all within yourself. For sahaja yogis is very easy to say, "I'm the Spirit, and I'm the child, I'm the one who has been chosen by the Adi Shakti herself."

So there should be tremendous amount of confidence in you.

Now. Say, for example, when you are, say, with the people, how do you eat your food? Some people, you see, open their mouth all the time; eat their food with a sort of a sound and all that. All these things are watched by others; how you eat, how you talk. And also, normally, you should not keep your mouth open. You can never influence people.

But keep your – not pursed either, but in a normal way – closed, like that, so that people do not think that you are just gaping at them, or if you keep your mouth open all the time. Or they should not think also that you are aggressive with them or angry, but a normal face, a – what you call – a face that is neither aggressive, nor which is subservient. So it won't give - supposing you keep a gaping mouth, they'll think, "He is an idiot". And if you keep pursed your lips they will think that you are a person of aggressive nature.

So one has to understand how you are sitting before others, talking to others.

And to influence others, first of all, as I said, you must respect your own personality, and then respect the personality of others in your behaviour.

Like, you see, when somebody comes in, you should talk to them in a very gentle manner – knowing that this is another God who is coming in. If there's Spirit in me, is Spirit in him also. So you must see that he sits properly, he is comfortable, and ask to - if he wants any tea or anything. Make him comfortable. Let him feel that you are not in any way disturbed, nor that you are irritated, but you are very happy to meet him and that you should settle down with kindness.

Sometimes also in diffidence one might feel nervous about a person if he is there. That nervousness is a sign of insecurity.

One should not be nervous. If you are talking to someone, one should be in a way that another person should feel absolutely confident and should feel that this gentleman is going to listen to me.

Now the another way to impress people is; allow others to talk. Listen to them properly; not talk yourself, listen to them.

And once they have said something, then say, "That's true, no doubt. I agree, but..." Then you can start.

So you do not just stun them by your, "No! Not at all!", like that. But on the contrary, you see what they say.

I mean, you can watch Me, I do that many-a-times. When somebody says, "Oh, true, it's true, but, you see, this is it." So they don't mind. They think that you have seen the other side of the thing also. That you have a balance and you just don't impress your ideas on the other.

In a way you are, but in a way you do it that nobody feels that impact, that you are doing something of that kind.

Now, as far as possible never tell anybody to do anything. That hurts people.

Say for example, supposing, you people are there, I will tell you that, "Do this. Put the lights on." Because after all you are My children, it's alright; it's a different relationship. But when you are dealing with others, you see, like you should - somebody is there sitting, if you want to put on the light, slowly, while talking, you get up and put on the light. Ask him: "Would you mind if I put on the light?" Let him say.

But in any behaviourally aggression is the first impression.

Is the other way round in Sahaja Yoga. In Sahaja Yoga I first raise the Kundalini, then do this and do that. Is the other way round it is. You have to build them up from the foundation if you have to impress them outside.

To build them up from the foundation, the first is thing is that you must infuse in them a kind of a trust in you. They should trust you.

They should know that whatever you are saying is the truth. That you are not telling them something that is false or you have no faith in. So in the way you tell them, it influences them very much that this man is telling the truth. So the whole thing should start from your behavioural style, you can say.

Now the dress also, I would say - dress is very important in influencing others.

Now supposing you are connected with somebody in an official way, or in any way, that you want to influence in the business and all that. Best thing is to wear a business dress, not to wear a dress that is relaxed or casual. No. You must wear a dress which is a business dress, you see, like a - you can say, a deep blue suit with low strips, and a proper three-piece smart thing, and a smart, clean shoes, and hair nicely done, maybe little bit oiled, it's alright. Look like a smart business person.

But if you try to do the fashions of the world, you see, then it changes every day. Today the hair will be this side, tomorrow that side. So make the hairstyle as an official would do. Is to properly comb the hair.

In the olden days, if you see, even the heroes or anything of the films used to have oil in their head. They never had this kind of hair which was dry and this and that. But, I mean, it need not be oil, but should be properly groomed as they say. There are lots of things available in the market which can just groom your hair without oiling it. So it should be properly groomed hair. And you should not be something - so that you show that you have paid attention to your appearances, you have paid attention to your hairstyle and everything. So you make an image out of you which is absolutely suitable for a particular type of a job.

Now, for a cook, say for example, if cook dresses up like a, if you - supposing a cook appears in a swimsuit - what do you think of that? It's horrid! A cook has to dress up like a cook. In the same way a businessman also has to dress up like a businessman. Now you cannot go about in jeans in your office. You should not, because if you do it, everybody will do it.

And all these things are creating laxity. Laxity is alright outside the office, outside your business, alright, but not where you have the business.

Like we have drawing rooms; now drawing room is a drawing room, it's not a bedroom. You should not mix them up. Once you start mixing them up, there's no end to it. One can go to any limit. I have seen people going to office in dresses which really look like a swimsuit.

So this has to be revived, and can be revived very easily if you tell people that you won't be able to influence people unless and until you keep that kind of a form, and an upright behaviour.

In dealing with others is another point, very important; that you have to be truthful. Don't tell lies. But if you have to tell something, then you must tell straightforward. But everything need not be told also, that is not telling lies. Everything need not be told. Whatever you have to tell you should say; this much is this, that's all.

But you shouldn't tell one thing today, tomorrow another thing, day-after-tomorrow another thing. That creates a very big gap in the mind of a human being, unconsciously, and he thinks, "Oh, he is a cheat, and he is trying to evade the issue or something."

Supposing now I'm talking to you, and then I start looking at the watch (laughter), then it is insulting. Supposing you are talking about something, some particular thing, and then suddenly I change the topic; then it is again insulting. Because everybody is intelligent to see that you are trying to avoid the issue.

But up to a point you should take it, and then, the whole thing if it is ridiculous, you should bring to a point to show that.

Like yesterday, I said that, "You see, I never wrote about a serpent. If somebody else has written, why should I explain it? I never call it a serpent energy, because that confuses people. But if somebody has called it a serpent doesn't matter. What can we do about it?"

And when you say such a thing, you see, bring it to a ridiculous conclusion of the whole thing, so the person himself keeps quiet.

But you should not suddenly change the topic. That means you are evading the issue; you don't know how to handle it. You see? This is something sometimes people, just while talking, they'll say, "Alright, let's talk about this." You cannot.

And a diversion in talking like that can create a big problem.

Another is; while talking to others, don't talk about yourself; "I am this and I am (that)." No one likes that. It's stupid, to talk about yourself. "I have this thing. I am this thing."

Nothing! Now, you just all the time ask, "So what are you doing? What is your profession? How are you?", this, that; all sorts of questions to him. Now, if he says to anything - then you have to talk, say, about your organization, then you shouldn't say 'I', you should say 'we'.

You should always say 'we'. 'We don't do it. We are'. 'We' means the organization. You always refer to the organization and never to yourself. "I would not do such a thing. I hate it. I believe into it." It's absolutely absurd.

What you have to do that "We, we, we believe... We, we think this way, and what is your opinion? We have this kind of a thing."

Or anything that you want to tell them about your own organization or your own product or anything, you have to tell them that; "See, this is what is available to you. Now it is here, and we have seen that it has done lot of good, and it works this way. And we have got very good reports about it. You can see the reports. We have the reports here. You can see what is it. And, if you please, you can try it, and see for yourself."

The amount of services you give to the person is very much appreciated by another person. It's not only ego, but it makes a

person very comfortable.

Like, people would like to travel by Air India very much. Many people say they would like to travel by Air India. I tried to understand why; because these days it's difficult, because they examine you too much, and also because of bombing and this and that.

So I thought that Air India would be very difficult. And they have raised the prices of their – what you call - travel because they have to do extra spending on getting people checked and this and that. But the reason why people take to Air India is this - the ladies who work there are extremely modest type. And they look after the people very well. They are not cheap, they are not cheap women; and when they serve people, they take good care. And the food is lavish, absolutely lavish; eat as much as you like; a lot of food.

They give you five, six times food, whatever you like. And you feel quite happy to have all that. And the slightest - if you press the button, immediately they are available to you.

So what I'm saying, when you are really marketing things, you must know you are on the other end. You are not to be serviced, but you have to service.

Once you realise that you have to service others, your attitude changes. You see, you have to service others. Only through your services they are going to work out. I'll tell you how.

Like - specially with the English is a big problem. That's why they are losing so much. They are extremely arrogant. If you go to an Englishman and ask him that, "Can I see what product you have?"

"What do you want!"

"No, I would like to see the product that you have." "Alright; we just now don't have any arrangements here to give you anything. But if you leave your note we'll send you." Finished! That fellow is not bothered.

You should be properly equipped all the time to attend to people.

In the sense, in an organisation... now supposing you are having some product, then you should know all about it.

The brochures should be there. It's all the time available whenever you want it, it should be properly priced, systematically kept.

If somebody comes, if you know the person, if it has validity, you see, he is the one who can do some business with you, say: "Here it is. Please have it. You can see yourself" - explain to him what it is - "And this is what it is, and we can give you so much concession in that; could be this much." And all those things are going to capture the market.

The market does not capture - not because of the product so much, but because of the way it is put forward. The way it is put forward is very important. That you have a proper brochure done, by proper people, or you yourself see to it that it's done beautifully.

Little money doesn't matter on that, that whatever is spent is a proper of the capital that you have to put in for the product; is a part of it. If you think that just to put a production, then it won't sell.

These are part and parcel in modern times of any product being made or sold. Is a part of the product.

To influence people you don't have to advertise so much as you have to deal with them.

I mean, I can tell you this much, that when I have to buy something anywhere I remember the people from whom I bought, and the experiences I have had.

I think I would always go to a person who was kind to Me, nice to Me. He may take more money, doesn't matter. But he is kind to Me; he is not shouting at Me, who is well-behaved and his behavior is nice and he doesn't just try to make fun of Me; and also, on the contrary, gives Me all the information and everything. It's absolutely acceptable.

Like, I went to see Lloyds; there's a company I wanted to put some money.

I mean, it's a very big thing to put some money in some bank, they should understand there's a customer. Now, they had put a little girl there.

After all, the people who are to be contacting others should be people of personality. Some little girl was there.

As soon as I went there, then she said, "Who are you?", this thing. I told her, "I am this and this and all that." "Oh, no, we can't have you; you have to get this and, please - we can't do it."

So I said alright, in deference I said alright. I gave the name of the High Commissioner of India and all those things. I mean, she should understand that I would not say like that.

So, the only thing is that she did not realize that I was with a driver. I had a chauffeur-driven car. I had a Mercedes with Me and I was wearing an expensive sari. I looked quite respectable (Shri Mataji laughs), and she should have understood that the way to behave towards Me is different from you would behave for an ordinary laborer. Here is a real customer.

So she said, "Alright then, I would like to have your identification, then I'll have to do this, and - no, no, no, no, no. You fill everything"

I got so fed up with her; I went to another; that is NatWest, I would say. I mean, I have got a bank somewhere else, but I wanted one near My house. Though it is far, little far away, though it is not in such a good locality, when I entered in, as soon as I went, she was an intelligent woman, she could see that this is a good customer for us. She could see it from My - I was wearing diamonds, this, that. She could see from My personality that there's a good customer coming in.

Immediately she said, "Please, let us get into the VIP room." I didn't say anything about VIP room. She went, took Me inside and she talked very gently to Me, and she said 'Yes' and she asked Me, and she said, "Can I take one minute?" She went in and she told somebody to telephone and find out about My, this thing and all that, and she didn't say.

You see, it is not to be done in the presence of the person, but you can verify the person's personality and everything secretly, alright, in a way that he doesn't feel bad or something, and to know that who is this man and is he correct or not, whether he - but he should not know that you are inquiring. And you should not in any way show that you know about him.

So, you see, that kind of a secrecy helps a lot, because you do not become arrogant, you do not become blunt; or you say, blatantly if you tell somebody, you see, no-one likes you that way.

The likes and dislikes come when you insult another or you try to put down another person or you try to doubt another person.

These are the three things if you look after - that you put the person into a comfortable position and tell him everything; listen to him, what he has to say; trusting him. Then the person looks upon you.

So, in an organization, if you have to run any administration and organization, your personality has to be absolutely sensible.

Secondly, what you talk you must follow.

Supposing I tell you: "You shouldn't take money", and I start grabbing money from you; supposing – then what will you do? You will have no faith in Me, will you?

I mean, actually, when you give Me money for pujas I keep them in a packet, you see, like that; and use that money for buying the silver and all that for your... something.

I need not. I mean it's out of question. You have given Me in puja, it's supposed to be Mine, and I've said, alright, to keep the protocol alright, you put all this silverware... it is My own, you see, but you can use it.

I mean, it's just a joke, but everybody knows that Mother is so clear cut, is so clear cut.

You have to be clear cut with people.

They should understand that you do not play tricks with them, or you are doing some sort of backhand outwitting or something.

Some people do it, you see, at the back of a person they try some sort of a trick and...

Such a person is never liked; nobody respects such a person; but straightforward dealing with a person as he is.

If somebody is not alright, in a mild way you should say: "See, this is the problem is. I'm facing this problem. Now you tell me what is the solution". And then the person doesn't feel bad. If you tell a person directly they won't like it. No, they won't.

You won't like it, I know, if I tell you something so directly, but I tell you everything. But I tell you in a way that is mild...

[Gregoire enters the room. Shri Mataji says: "Come along, I'm now on administration..."]

... something that is mild, that is congenial, that is easily understood and assimilated. That is very important, that you must have a style which people understand, and a kind of a proper behavior.

[Shri Mataji (aside to Gregoire): "Just giving them some lecture on administration, and how to influence..."]

Gregoire: "Should I go out or leave?".

Shri Mataji: "No, no, no, no, it's for every one of you".]

How to influence others, you see, how to - actually by not influencing others, you influence others. Art lies in hiding art.

There should be no deliberations exposed about it. And if you understand how to do that... (Hindi conversation aside)

So, you see, you should (Hindi conversation aside). So (Hindi) Now, so, while talking to someone also, even if you don't understand what they are talking, you should show you are understanding them and listening to what they are telling you; also may be absurd, this thing, that thing.

Now, when you have to deal, say, about with three persons, or five persons, or ten persons like, then you have to understand that you should always try to create a good feeling among them, what you call.

Like supposing now, I would like you to marry say Mary, for example, take a position; then I will tell you about her, what she is, in a way that will not hurt you, not hurt her, but prepare you.

Because later on you may hear about her that somebody was saying so, and Mother never told you. So in a way, in a very gentle way you should say, "You see, she has little of this thing, but it's alright, she can be very, very gentle, you can manage it. And it depends on you, how you manage it."

And then - so that he feels informed, knowledgeable about a person, and also responsible about it, that "Now it's my responsibility."

So, to make people responsible is also a very important part of administration. If you start doing every work yourself, then people will never share your work, you see. They will never do anything. Now to make them responsible, the best way is by rewarding them.

You must reward them if somebody has done a good work. "Oh, you've done such a good work." But not directly like that; in a very indirect manner, very indirect manner you must reward that person. Not only in words, but in kind words – you can do it in kind, small things.

You see, like, I'll tell you an example of Rajesh. Rajesh is very sweet, and he doesn't need anything. I mean, he is such a rich man, and what can we give him?

But once he, what - he had taken Me somewhere and he had these Swiss knives, see, Swiss penknife, and he gave it to the driver to cut the fruit or something. And then it vanished.

You see, he got very angry, you see, with him because he couldn't bear this fellow cheating him like this. We took him to the police station and all that (Shri Mataji laughs), but he couldn't get it.

The driver had managed it, you see. It was a taxi. So he was very angry with the driver. So I saw that, I said, "Let it be. It's alright, doesn't matter."

Next time when I went to India, I took a very nice knife for him. When he saw it, he just melted away. He said, "Mother, how did You remember?"

I said, "You were so upset at that time!"

He said, "Not because of the knife as such, but because of the way this fellow cheated me."

But the whole thing neutralized, you see, and he was... So, little, little things if you watch of a person, it's very sweet.

Like I'll tell you about Gregoire; once we went to a shop to buy some saris, you see, for Myself I was buying some saris. And I thought, "I've bought quite a lot now."

And I liked one sari very, very much, but I didn't buy it. I thought it was too much money, I shouldn't waste all this money, it will not be needed and whatever it is – I gave it up.

And next day Gregoire bought that sari as a present to Me, and really I treasured that sari. I remember...

You see, every incident can be made into some sort of a very valid thing. You can say kind of like a puja we can call it; but like a very valid thing that: "Oh, this was..." So all these things make a difference in an organization where you are working.

Little, little things like that. Also they should feel that you are responsible for them in an organization, very important.

I'll say, like once in My husband's office you see, one fellow joined another organization. And he told not to join another organization, but he joined it because there was more money.

And when he went there he found it was all a very horrible thing. There was nothing good happening only except for the money, he was very unhappy there, so he wanted to come back. When he came back – you see, My husband was very annoyed. He said, "I told you not to go there. Why did you go? And, what was the need to do such a thing? Now I cannot take you back."

So the fellow came to Me. I don't know (Shri Mataji laughs) why he thought of it, but he came to Me.

He told Me: "This is what has happened but I want to come back to shipping corporation, and I've made some mistakes. I think I've made a big mistake. But Mr. Shrivastava is somehow or other is angry with me. He doesn't want to take me back."

So when Mr. Shrivastava came home I said that he came to see Me.

"Oh! So he came to see you – as if you are my boss!". And, you see, he got very angry.

So I said, "He wants to join your organisation. I think you should give a consideration to him."

He said, "Why did he come to you?"

"I think - I said - he thought I'm more forgiving than you are, perhaps".

That put him right. He said, "What do you mean? I can be forgiving too."

"So then forgive him!" (Shri Mataji laughing, laughter)

These are the tricks, you see, which I have natural, but you can imbibe also.

Not difficult to impress others, you see (laughter). Such little, little things make a difference, you see. When they are sick you must look after them. Find out if their children are sick, if their wives are sick.

You should be concerned and you should be identified. In an organization you must treat it like a family; absolutely like a family. "What's wrong with her? Is she all right? Do you need any help?", this thing, that thing. Send sometimes the flowers if the husband is sick, or wife is sick, or about the children make enquiries. All these things mean a lot.

But while - normally people what they do, on a Christmas Day at the most they might send a card or something. But you can have in the organization a proper card system. You should sign them at hand (unclear) yourself, and one line somewhere in the thing if you know something: "I hope your wife is alright. I hope the children are alright". If you know the wife: "Please convey my regards to her".

There's no need to make them drink like fish, but it's more to make them feel that they are loved and they are liked in the organization, they are very important, this kind of thing.

Even the suggestion, like say, you see, changing a position of a person; now, supposing, now if I want now Christine to be the leader in America and Gregoire to be the – to be there, to have you, but not to interfere with Christine, I said: "Gregoire, see now, she is there, she is handling people better, she knows them, people have love and respect. Suddenly you are a new person going

there. So I don't want - and you will be her husband - so, as it is you are one of the world leaders, you see, and you should have nothing to do with the local stuff, you see." He understood it.

But had I said, "You don't talk anything there! Now you keep quiet!" (laughter) I mean, it would not have worked out. And that he is, he knows that very well. That he is that way one of the world leaders, and we have Warren like that. Some of you have come up like that, that anywhere in the whole world you can go and do anything you like.

Like I would say Rajesh is another one who is coming up.

But unless and until you make proper arrangements you should not shift a person suddenly. See, you should try to see that this person suddenly shifted won't be alright. But you must also find out if you really want to shift a person or not.

If you are uncertain, better keep it hanging.

You see, time is the best way to allow things to happen like this, you see. Allow little time to pass away. Give a little hint to a person, "You see, people are complaining. What to do? I'd like you to help me out, like."

So that he also thinks that you've given him the sufficient time to improve. You know, that way.

But if you don't give any time and you just tell a person: "Now, you get out!", he'll become your enemy.

But, on the contrary, you should say, "I'm sorry, but these people are such, they are trying to, you see, trouble us and trouble me all the time, and I don't know what's wrong with them, but, see, please take care and all that."

And things work out. People take it, you see, they understand that you are responsible for yourself, and that I am putting that responsibility on them.

That is how it should be worked out.

There's a shop in Lucknow and he makes very good sweets, very famous for its sweets, you see. And now his father is gone but the son is sitting with his big stomach he has got there, he is sitting there. And everybody goes there to his shop to buy. And you cannot take a car; you have to walk quite a long distance.

Now his trick is such, which I have noticed that. What he will do that he will take your first order, then you said, "Alright, please this".

Then you are sitting there. Then he'll say, "What are you doing? Why don't you give her things? She has been sitting for such a long time."

He'll tell Me: "Look at these people you see. They just go on taking so much time of people. Now I hope you don't have to go by the airplane just now."

I said, "No, no. I'm alright, it's alright." So, on an apology all the time, you see. So then he'll say: "Why not taste some of these things I've made specially, just try." So you eat something; "Alright, give me this also more" (Shri Mataji laughs) - like that he goes on, you see, giving time.

And then, after some time, again he'll say: "Oh now, look at these people, how horrid they are. They don't know how to finish the work. Hey! What are you doing there? Why don't you give some, Her sweets to the lady? She has to go now. Why are you taking so much time? I'm sorry, but will You taste this till then, they'll bring it". So he gives something else (Shri Mataji laughs). So you say: "Alright, give me this".

By the time you go from there all your money is finished and (Shri Mataji laughs) you have bought all the sweets of the shop! And that's the trick he plays.

And it's - then after some time you discover it that, and you say that, "I know all these tricks. Now, will you please give Me whatever I want and I'll leave!"

So what I'm saying that a relationship of sweetness and this thing develops when you see that a person how sweetly he is selling his things, products to us.

On the contrary: "This is my product. If you want you have it. Otherwise, get out!"

"Yes, alright, you get out first". (Laughter)

The whole attitude of selling is now turning back to a proper relationship between the person who wants to sell - seller - and the purchaser.

It's just the relationship that works, not the product. Let the product go to hell! Nobody is bothered about the product.

Of course, I mean, if you just cheat them is alright, but between A, B, C, D, E – if you have five products, people will take - and they are equally about the same, equally good - then people will go to the organization which is sensible, which receives people sensibly, respects them and delivers the thing in time, and a thing that is not so useless.

Of course, you must find out what is the good in the other organizations, what they are having, and what they are selling. You should find out. That is important. And why people like that. But mostly I've seen what works out is nothing but your relationship with the customer.

But also your relationship in the office should be good. That's both the things should work out. The relationship must be good. First of all your personality should be good.

I was telling him, you see, people who wear the fashionable dresses in the office, you see, cannot be good administrators, cannot.

Because, you see, they become little loose, and people start taking advantage of a loose personality. But you should be tight, in the sense - wear an official dress, always, you know. People have an awe about that.

I was telling him, supposing a cook wears, a lady cook wears a swimming dress: no one will like it, will they?

In the same way, this new idea, like you see now, in the offices people will call the... everybody, the driver will call the boss: "Tom, how are you?". Then no respect, it starts like that.

Or if the boss takes, say, drugs or something, like in India they take what you call tobacco. Is a tobacco they eat. So what happens, that even a peon goes to the boss and the boss says, "Have you got little bit of ...?". "Yes, yes, yes." So he takes out his own and gives it. Finished! The whole relationship is finished.

So at that time, if you're taking drugs, if you have – if you take drinks or anything, whatever habits you have are really detrimental, but try to cut them. But even if you cannot, you do not expect your subordinates to support that.

No one likes cheap type of jokes and things, but, you see, these subordinates they pass a cheap type of jokes and they think they

are popular. They are not. Popularity is to be gained by aloofness and singleness. Not by just becoming like them.

Like, another incident I'll give you that in CP's office there was a lady who came in a jeans, you see. And CP called her. He said, "Madam, I will not have this. You can wear trousers, or you can wear something, sensible dress, but not these jeans." She said, "No, but sir, now these days it's good."

He said, "Yes, it's alright. You can wear it on the streets. You can wear it in the house. You can wear it anywhere – but not in the office."

She said, "No sir, it cannot be so".

He said, "Alright, then will you please resign. I won't have you."

Then she started wearing proper dresses. Because that really makes a difference, you see. Always a dress makes a difference for proper articulation. Absolutely you see that.

Now, yesterday I didn't have a white sari.

Just imagine! They never put any white saris for My programme.

So, I said: "Now, I always wear a white sari for My programme".

But I had one, this one, the white with the red border. It makes a difference. If I had worn some other sari it could not happen.

But supposing I am coming to see you, what sari I wear has an effect on you. "Oh, Mother wore this sari while coming, you see, just to meet us." It's like your light; you see, your dress, your behaviour is like your light, whatever you are inside shows out with that.

And all these compromises that people are having nowadays is spoiling the administration. You must keep to yourself; you must keep to your position.

Like, now there are, in the offices I've seen, people answer back, you see. Your own people will sit down and answer back. But if you see a Japanese firm, one person will speak, nobody else. They'll all sit tight.

When this one person asks him a question, he says, otherwise he doesn't speak.

A kind of an absolutely unison exists between them. Now what they do – the trick is like this – before going to any programme and all that, he'll call all his five people, "This is what we are going to discuss there. Now you have to say this and you have to say this. And when I ask you this, you have to say this." It's already decided.

Nobody is free to talk in the presence of others. All the freedom is before, you see, before going. We do the same with our children.

When Indians have to go to somebody's house, now, they'll tell the children, "When you go there, you are not to ask for anything. You should not touch anything there. You are not to eat much. I'll say no to that. And even if you have to eat, take very little. And then, before going, you must say; "Thank you". When you go there you must say, "Namaskar." All these things are taught in the house first of all. "Otherwise next time we'll not take you!"

So by that thing, you see, what happens that they are already warned. Actually they are knowledgeable what to do.

Supposing you take five people, come along for a meeting, sit down there. Then they start arguing among themselves, in the same organization they do.

Now, for example, now, Sahaja Yogis in the beginning used to do the same. I have seen that. They would argue with Me in the presence of others and it created a problem. So I had to tell them: "Now in the presence of others don't argue. If you want to tell Me, you tell Me".

And between them to create a good feeling, you see, no sense of jealousies or anything. The jealousy is another thing that plays very much among your own people.

So you just have to tell that, "Everybody has their own job. Everything has to be done, and is to be done well – and we are all together; we are one. There's no question of having this hand having a jealousy with this hand, but you are on the left hand, you are on the right hand. Alright, do your right-hand work and you do your left-hand work and the whole thing will work out. The whole organization has to come up. If the organization goes up, we'll all get the advantages."

So always build them up into a unison as far the organization is concerned. "If we all work out well, if we have more profits, we'll have better bonuses". So...

[Tape interruption]

...innately perhaps maybe I understand your Kundalinis very well. Innately I know how to deal with people; innately.

Now, sometimes you have to say about someone – say, I may say about you to him, that, you see, "Look after him and do this and..."

Maybe he is rather careless. He won't understand what I've told and he might just say, "Mother was saying so!"

So I have to warn him: "You just say yourself. Otherwise it won't have any effect. If I have to tell him, I can tell him directly. Why I'm telling you?" But all these things must be made clear before he speaks. Because once he's done it, then what's the use?

Then, if he comes to your explanation to you, you should be prepared to say, tell him why you had to tell him, and I didn't tell you directly. So that the another person who has tried to be stupid is put into his own place; and your relations remain alright.

So relationships are to be maintained good by your own dignity, your own sense of respect of yourself, and the respect of others.

You see, as you treat yourself, you treat others. But first you have no respect for yourself, how can you respect others?

And I personally think that, you see, this fashion business - that this is very fashionable, that is very fashionable - is a beggarish stuff.

You see, it's beggarish. Is the beggars who create the fashion in democracy. Democratic countries, you see, another I've found out, is a left-sided stuff.

And when they create a fashion, what happens? That, say, there are ten beggars who have nothing, so what - the ten people start wearing a dress like that, and even a rich man will start behaving like that.

So it is in the same way there are ten stupid fools, you see, idiots, they behave like idiots, so even an intelligent man thinks something wrong with him.

So in a democracy you have to be like the rest of them (Shri Mataji laughs), so you start behaving like an idiot. Yes, it's true! (Laughter)

I mean, like I have seen some very senior people, sensible people cracking very dirty jokes. And the reason is, you see, when they came to England they found everybody talking like that. So they thought: "Am I something different with me? Oh, I'm also like you."

So they will crack a joke. So they stoop down, you see.

You don't have to stoop down, you have to rise higher to attract them. This is the difference; to stoop down to their level or to rise higher.

But, while rising higher, you should not suggest that you are rising higher, create any jealousy, or kind of a feeling that this one thinks no end of himself.

But in a very gentle manner you should show that you are higher than them; then only they will follow you. Otherwise they will not.

If you are lower than them, or of their style, how, why will they follow? Many people do these things, I mean, such a common thing in the West; see, they have lost their sense at all.

But in other countries, like say, any country which is a fascist country, or a, say, a Communist country, where they are right-sided, what they do, they build up their own images.

I would say, even in Japan is the same. They have their own images. The leader is a leader, you see, you cannot talk to him. If you have to talk to him, you have to talk in this manner; there's a system of that kind, and you cannot behave like this. But the leader himself has a projection of a personality, where he treats everyone like a father.

But here the father behaves like a child. The child comes and says: "I want some drink." So the father pours some whisky and gives it to his son. Finished! That relationship is finished. As soon as you try to come to the level of your child - is finished.

They must know, there should be an awe.

That's a part you have to play. You should be very friendly, you should be kind, you should be everything. But you must know you are a father out and out. Otherwise children will never respect you.

In the same way, in any organization it happens. You must keep that distance.

For example, I would never like anybody to call Me by name, at all, never. But in the office or something I don't like someone to call Me by name, so I'll call others, say, in an office or so, I'll say 'Mister'.

CP's driver also I'll say 'Mister' to him. So he dare not call Me by name.

R: Yes, at school it's become a fashion that the students call me with my name.

Shri Mataji: That's it! They have no respect. They have no respect.

R: All teachers, I mean.

H: Shall I go and take a look downstairs and see whether the bell...[indistinct]

Shri Mataji: Beg your pardon? Is there somebody who has come?

H: Well, I heard the bell ringing.

Shri Mataji: Alright, go and have a look. Then I'll go and see. It's eleven o'clock now, exactly.

Now let Gregoire listen to the first part of it. Let's see what he has to say.

You see, Gregoire, this one....

[Tape recorder is switched off.]

1986-0917, A feeling of confusion

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17 September 1986

A Feeling Of Confusion

Public Program

Saint-Michel College, Etterbeek (Belgium)

Talk Language: English | Transcript (English) – Draft

We are living in these modern times which are very eventful In last 50 of 60 years so many things have happened and the churning should bring forth many truths before us First we have to realize that man has separated from each other. The relationships that existed once upon a time are no more to be found today. And on the collective level we are waiting for a shock. God knows what sort of a disaster is going to fall upon us. Loudly. God knows what sort of a disaster is going to fall. You can come here, better. And in these uncertain times only we have to realize that there must some way out. The way we understand through our mental projections, the solution is not in the view. The solution that we think is the solution becomes a bondage, a system. We try to break one system and build up another one and that's how we find ourselves miserably caught up into these systems. So there has gone something wrong in our understanding of the problem. We have to a little bit stand back and see what mistake we must have committed. Once upon a time I came to Belgium on a ship, it was a very thriving shipping company. All that is showing us that even our economic enterprises come to a halt. Now other enterprises on the emotional basis or on the physical basis are giving us a feeling of confusion. Like today only a gentleman told me that allopathic medicines are rather dangerous. So I said what is the solution you have for it. The reason the cement is very dangerous because it retains lot of moisture. The reason the plastic is very dangerous ... Ultimately it looked as if everything that we eat or live into seems to be a dangerous spot. Now we should understand that the progress that we have made so far is recoiling back upon ourselves. As if the progress was linear. I went to Houston 10 years back nobody would look at you. Nobody would look at you, there were so rich you see. Dynasty and all that, in Houston. And today they told me if anybody is willing to pay even the amount you have to pay to the bank we are willing to sell our houses. This ask for oil, oil, oil, oil, now they don't want oil. Then in the science we discovered atomic bomb, hydrogen bomb, all kinds of things. Then we have discovered our computers. And now we are worried that this computer will take over us. Everything is getting out of control. Where does the control lie? We talk of peace but how will you establish it? There is a control within us. We can control everything. First we have to be in control with ourselves. First we have to know ourselves. And this feeling is very fashionable I should say. So many people are seeking the truth. Is a special quality of human beings who are seekers. And when they try to seek the idea goes to the market as usual. It goes to the market, the idea. So the demand is there for somebody to guide you in your seeking. So you have people who provide a kind of a market. You get so many money spinning gurus, they talk to you about peace and happiness and emancipation. But you have to pay. Today somebody told me in the car that the people who were telephoning asked how much do we have to pay. How much did you pay to Christ? How much are you going to pay for the love of God? Is nothing human that you can purchase it. The seekers if they realize one little point that you cannot pay for it, for your evolution you cannot pay. That's one point, if you realize, half of the work is done. The second point is that it is your evolution which is a living force, of living divine. This living force which has made you from amoeba stage to human being is going to make you something higher. The living force that has created these beautiful flowers, how much did these flowers pay to that? How much did they pay for it? Or how much did they exert for it? So this evolution has to be spontaneous. Effortless. And that is what is Sahaja. 'Saha' means 'with' and 'ja' means 'born with you'. It is born with you, the power. And 'yoga' means 'the union with the divine'. So every human being has a right to get to that state where you become one with the divine. We have heard about the all-pervading divine power. Right from Lao Tse to Christ to Buddha, all of them have talked about it. We did not know about the ether before. But we have heard about the Divine power, which is all-pervading. Once you are united, connected, then only you realize that you are a part and parcel of the whole. But before that it's only talk, talk of religion, talk about all philosophies, it's just a talk. Without any experience of this Divine power, if we are going to believe into these talks and these dogmas also these mental projections we reach a state where we will say we don't believe in it. But this is not the way to know the Divine. In the Bible it is said I will appear before you like tongues of flames. In the Koran it is said that at the time of resurrection your hands will speak. You'll be surprised in the Koran, more chapters are dedicated to the resurrection time than to the doomsday. They talk of the doomsday because that is how you frighten people. So

this resurrection has to come first. Of course in all the Indian scriptures it is described that the only way to be in charge, to be in control yourself is through Self-realization. We do not know ourselves. People get cancer, they don't know they have cancer. People get mad, schizophrenic, they don't know they are mad. They don't know because they don't know their body, they don't know themselves. So to find out about ourselves we have to go inside. By going outside you cannot find out. How do you go inside? You are all paying attention to me. But if I say please pay attention to yourself, you'll say, "How?". You cannot take your attention inside. But you must know: the One who has made us has put all that in image within us. As the one who has made this instrument has also left the connection there. So it has just to be plugged to the mains, that's all. Then it works, fantastically. Only we are not connected to mains, that's all. There's nothing else to be done. Once you are connected to the mains you'll get all your physical benefits, mental benefits, emotional benefits and spiritual benefits. I'll tell you about the spiritual. The spiritual benefit is that you get awakened to a new awareness. That on your central nervous system you can feel the collective consciousness. That you can feel yourself and you can feel others within yourself. We have a force within us which is the power of pure desire. Is not an impure desire. As you know in economics it is said that the power, the satisfaction out of anything passes on from one to another. Like I want to buy a house then I want to buy a car then I want to buy that, I am never satisfied. So in general it is never satiable. But the pure desire within us is the desire to be one with the divine so that we get into the eternal life. This desire has to be awakened. Once it is awakened in this human awareness you can feel on your central nervous system these centers that are within your body which are subtle centers and when they are in any way in trouble you get all these problems. You can feel them on your fingertips. It's something in English, to feel something on your fingertips, means it is very easy. So you feel it on your fingertips, your own centers which are in trouble. And you feel the centers of another person. Then if you know how to correct them in a very simple way, maybe just rubbing. And which are these centers. You can correct everything that is physical, mental and emotional. That is how you come in control of yourself, control yourself. We are at a stage which I can describe you with an analogy. Like in the car you have got a brake and an accelerator. in that way in our body also there are two nadis, two systems, two channels, left and right which act as the brake and the accelerator. In the autonomous nervous system the left and the right sympathetic. The central part is for our evolution. So once we learn how to use the accelerator and also the brake we become a driver. That means become in the center. That means we become evolved enough to be automatically driving the car. But then there is the master sitting behind. Second stage you become the master. And you see the driver in you and you see the brake and the accelerator. And you are in charge. In the same way today I hope today many of you will become in charge. It is a very simple spontaneous matter. Like I would say if you have to put lights, so beautiful, so many beautiful lights you have to just put on one switch and then everything gets light. But behind that is a big history. Behind that there is a big organization. I need not explain all that to you. It's better to put on the light first. And it has worked. Yesterday it worked and I am sure today it must work. And this has to take place in a very smooth manner. There are people who have read some books on Kundalini, I believe. First when I read them I was shocked. They are really absolutely against what is Kundalini awakening. They say it creates heat within you. They say that it burns you. Just the opposite. The reason is those who are trying the Kundalini awakening are not authorized people. The one who doesn't understand about electricity and puts his hands in the plug will get a shock. You have to be authorized. These people have no authority. It has to be a divine authority. A person who leads a life of taking money from others in the name of God is not a pure person at all. And moreover he has no self-respect. Or we can say he's a cheat. Such a horrid person, how can he raise the Kundalini? That's the purest form of energy, for that a person has to be a pure person. He talks to you about God and accumulates Rolls Royces. It's nonsense. But what happens to people I don't understand. That they accept such situations and such people as their leaders, who are cheats, who are fake. It's very agonizing, to see the way people accept them. You'll be amazed in 1970 I openly denounced all of them one by one and told them, "Be careful about these cheats." And I said it on a very big platform. People were very frightened and they said, "You shouldn't have said it, they will prosecute you or they will kill you". I said, "I'll have to see a person who can kill me". They have no courage because they are cheats. And they have cheated you people, you must understand this, that you cannot have a fake person to raise your Kundalini or to give you a rebirth. Buddha has said that ignorance is the biggest curse. Though we have progressed very much outside, like a tree we are very ignorant about the roots, I think. And very beautiful people, seekers are lost because they did not know about the roots. In India we know the category of gurus. Therein a guru who is called as Kuguru means is not a guru but a bad man. And they are all out in the market, in the West. Because they can't exist in India. If they try to spread their ideas in India a farmer will say, "All right, you get lost. We know all this nonsense." We have had this absurd in the sixth century sometimes but we have known all this, we have gone through all this. Now, one has to realize that you have to become your own master. That is the sign of reality. So they say that there are gurus which are just called gurus but they are agurus, mean they are not gurus but they do the job like priests and all these people are not gurus but they do the job you see

they are paid for it. But the sat guru is the one that makes you meet the Divine. That's the thing. So now what happens if your Kundalini is awakened. What happens when you get your realization, what should happen? When the disciples of Christ were blessed by Holy Ghost what happened? they felt the cool breeze of the Holy Ghost. They started the language, speaking the language of centers, chakras. And people thought they're speaking some Latin or Greek. If you become divine person you don't speak human languages do you? Then you speak divine language. And the divine language is the language of the chakras, the centers. The people thought they were mad. I mean if you go in the madhouse everybody thinks you are mad, isn't it. No use talking to the blind people about the colors. But here now we are to prove of the existence of God. And existence of this divine power. Existence of the divine laws. On your fingertips. The time has come, the blossom time has come so thousands have to become the fruit. The other day another gentleman just raised a question for nothing at all. That it is called as a serpent power. I mean I never called it, but somebody must have called it. Because I think in the west people are very allergic to the word serpent. But this energy is coiled into three and a half coils. And in some people you can even see the pulsation, just like a heart on the triangular bone. When there is obstruction in the stomach on the solar plexus but it rises it pierces through your fontanel bone area. And you get a cool breeze coming out of your own head. It's an experience which is just the beginning. Then you have to feel your own centers on your fingertips. This is the actualization of that teaser. It's not something artificial, that you put some water and somebody there and now you are baptized. And we accept it. We accept all these certificates we accept. William Blake said, "A priest cursed me on my head", because he was a realized soul. We had so many realized souls but they could not convince people about it. At the most they were called as mad people. Nobody tried to understand. Doesn't matter. Now when we will know the truth, that we are the Spirit, that we are in charge. Then you will see for yourself that whatever all these great incarnations have said, all these prophets have said is the truth. We may that is the knowledge of the roots. To know the knowledge of the roots we have to be at a subtler situation. We have to become a subtler personality. And when we become that subtler personality we know that we are collectively conscious. Truth must be experienced, one thing. And everybody must say that that is so. Like say you can say that I am wearing a red shawl all right. Everybody sees it's a red shawl. It is not that for some people it is green. In the same way truth should be universal. And truth should be expressed on our central nervous system. Like for a dog to go through a dirty lane is no problem. He cannot smell the filth. But he can feel a thief. But for a human being it is difficult to go through a dirty lane. But he can trust a thief. So the central nervous system is the one that tells you the truth. Our central nervous system as it is at the human level has to be enlightened by the Spirit. Lots of confusions there are already, I find, about the Spirit. Language problem. Like the Spirit could be dead body which is haunting or could be the Spirit, the Atma the reflection of God almighty. Or could be alcohol. Now which one I am talking about. It's the Spirit in your heart. Same about eternal life, there's a confusion I think. Some people think that if you die and become a ghost or a vampire, you have an eternal life. It is not. Eternal life is a life where you become the Spirit which is eternal. I must confess in this short time is not easy to explain everything about this ocean of knowledge. I must have given thousands of lectures before so I would apologize for not explaining everything but need not explain at all As I said that you have to just switch the button on and you get it. So why not have it. May God bless you.

1986-0918, The tree of life is upside down

View [online](#).

18 September 1986

The Tree Of Life Is Upside Down

Public Program

Hall Cocteau, Ghent (Belgium)

Talk Language: English | Transcript (English) – Draft

Public Program, Ghent, 1986-0918

I bow to all the seekers of truth. The truth is absolute. But human awareness has not reached the state to be aware of the truth. To know the truth, one has to know it on your central nervous system. You cannot know it by your mental projections. Whatever you have discovered so far, was already there and that's how you have discovered it. The truth that we have to know, is a very simple thing. That we are the Spirit. The Spirit which is the reflection of God Almighty. We are the reflectors of that Spirit. So far, the reflection is not so clearcut, and to become the Spirit, we have to understand that it cannot be done by our efforts. It's an evolutionary process, which has brought us to this stage of human beings. We have come from the amoeba stage to this stage without putting any efforts whatsoever.

Now if we have to go higher, we cannot put in any effort for it, nor can we pay for it. Many people think that paying money you will achieve God. God doesn't understand money. These are all man-made ideas. You cannot pay for it, you cannot think about it, you have to become, becoming is the point. The actualizing is the point, it's not believing, that I belong to this organization or to this kind of a group that you think that you have achieved anything. By certifying yourself, you do not become. For example, if I say I am the governor of Belgium, do I become? And the becoming has to be on your central nervous system.

As I told you yesterday that you can take a dog through a dirty lane, but a human being cannot pass through that, because a human being has a higher awareness that he can feel the dirt and filth and can smell it. And there is a higher state, where you become absolute and there are no temptations. No enslavement to any kind of drugs or alcoholism or any habit whatsoever, you become your master. That state one has to achieve. Now, how do we achieve it is the point.

In the scriptures, not much is written, except that it is written that, "I will appear before you like tongues of flames". These are the centres, the chakras. And it's also said that there is a tree of life. Also, we have heard that the disciples of Christ got the Holy Ghost upon them and they felt the cool breeze of the Holy Ghost, and they got Realization. They started talking the language of the chakras and people thought they were mad. And when they started moving their hand, moving the hands the way the energy is moving, the people thought that they are really lunatics. That Shri Krishna has described in Gita, that the tree of life is upside down. The roots are in the brain and the branches go down in all directions.

So, when the human awareness grows in its own, on its own, it goes downwards. That explains why our science has made a hydrogen bomb, an oxygen bomb and other kinds of bombs. How our human awareness has taken us to so many diseases. How have we gone to our destruction through creating machinery or creating all these things indiscriminately out of proportion? How we have created the ecological problems of imbalances by our wrong attitude towards the Mother Earth. Because mental projection is linear. It moves in one direction and then recoils back. It has no balance. In the same way, emotionally we are ruined people. Our societies are broken. We feel like an orphan all the time insecure. Politically we are confused we do not know what to do. So, there must be some point, that finishes this relativity. What is that absolute point? They say, that within us there is an autonomous nervous system. But who is this auto? This auto is the spirit. He resides in all of you, and the machinery which is going to work out this evolution is also within you.

Whatever he has described to you about the chakras, are the different milestones of our evolution. So now, we have to understand that the last triggering has to take place. And the residual energy which is the kundalini is sitting in the triangular

bone watching that. Now I have heard that many people asked me lots of questions regarding kundalini. That some people have written that it is a dangerous thing, for Kundalini awakening. Yesterday as I told you that somebody who is not authorized, who does not know electricity can put his fingers inside the plug and say that it is dangerous. The person who has to awaken the kundalini has to be an authorized person by the Divine. Such a person is called as Sadguru, means the Guru who makes you meet the Divine. This cannot be marketed and a person who doesn't himself lead a detached life cannot do it. The one who is interested in your purse or in your wives cannot be a man authorized. He has to be a pure personality and those who write against kundalini are the unauthorized people.

Actually, kundalini is the primordial Mother expressed in you. We say there is a trinity the God Almighty, and the Son and the Holy Ghost. How can you have a son without the wife, without the Mother? So, what is this Holy Ghost? It is the energy of God which is the Primordial Mother. Which was not explained at that time because of certain reasons but we can logically understand this is the primordial Mother accepted everywhere in all other scriptures. This primordial Mother which is expressed within you is the kundalini. How can any mother trouble her child? But this is the Divine Mother. Divine Mother who will give you your re-birth without giving any trouble to you, She takes up all the trouble. And you all have got your own individual Mother coiled into your triangular bone at the base of the spine.

So, it is all there within you already. In the triangular bone you have the kundalini and in the heart the spirit, the spark. Now, the in the heart the reflection of the God Almighty comes from the head here, the top of the head. So, when the kundalini rises, she pierces through this fontanel bone area and heart enlightens your awareness.

This is the real baptism, not artificial that anybody can put a hand here and say in the name of God Almighty I baptize you, it's artificial. When this enlightenment takes place, then the first thing happens to you that in your attention you become collectively conscious. Now, just now we are all sitting here and we do not know what problems we have within ourselves, till we become very serious we don't know anything about our body. Till people go to the lunatic asylum they don't know what their mind is up to, but once you get your enlightenment you can feel it on your fingertips as soon as there is some imbalance in you or something is going wrong within yourself, you diagnose it. You don't need a doctor, you don't have to go to a pathologist, you don't have to do all the test, immediately you will know, that you are suffering from this trouble or that trouble.

Now if you know how to correct it, you are alright. Then another point is that you become aware about other's problems also, that you can feel other's centres. You don't suffer but like a barometer, you can feel another person on your fingertips. And if you know how to correct those you can cure people. Without any operation without any injection, without any of these horrible things that they do therapies. You don't have to insert pins and things in your body, with acupuncture and all that. Moreover, as you get connected with the all-pervading power of vitality, you feel extremely energetic and satisfied. As a result of this, you feel extremely peaceful within yourself.

The kundalini strings all your centres, mental, physical, emotional, and you feel absolutely integrated. When you feel that peace within yourself, a transformation comes in, your priorities change, and you start seeing things from a different perspective because you become the witness of the whole play. It is like this that if you are standing in the waves, you are frightened of the waves, but when you get into the boat, you can see the waves and you can enjoy them. This is the state you can easily achieve, but people don't want to eat the food this way, they want to go round and eat it. It has to be simple, whatever vital has to be simple. For example, for our breathing, if we have to go to a library, read the books and then learn reading, none of us will exist. In the same way, our evolution has to be simple. But we have complicated ourselves. There are lots of yarns in our head. And lots of cow webs around, cow webs when we think of the past. You have to be in the present. Either we are in the future or in the past, we cannot be in the present.

If I ask you to pay attention to yourself, you cannot, you can pay attention to me but you cannot pay attention to yourself.

Now I would suggest like this is the attention you have for example, and the kundalini rises from down below, goes up and pierces through at the apex, here, the whole thing gets filled up with light, and with that light, you see things which are absolutely true. It gets enlightened and you start seeing things in a different perspective in an absolute way because your attention is

enlightened. So, you become master of yourself.

It is something as I told you yesterday a very simple analogy of a motor car where we have the break and also the accelerator. So, we have got the left sympathetic and the right sympathetic to work it out, and we try that and learn driving and we become drivers, we drive automatically. Now, this is the third stage where you have to become a driver in a balance, but still, the master is sitting behind, by this happening you become the master, and you watch within yourself the driver, the break and the accelerator. And it happens, it happens to many people. Of course, some people it does not happen, maybe it is a very profound thing. And a little profanity is tested, perhaps you physically if you are not alright it may not happen. Or mentally if you are not alright it may not happen in that first beginning, but it happens in many people, spontaneously.

There are two problems or we say conditions, the first is you should not feel guilty, forget the past, you are not to feel guilty at all, because if you feel guilty the centre on this side gets very much caught. There is a big constriction, one very difficult for kundalini to pierce through. After all you are human beings and there is nothing to feel guilty after all you don't have absolute awareness. You make mistake it's alright, is all forgiven. So please don't count your mistakes, but think that you are the epitome of this universe. You are the epitome of this creation because you are a human being. You are created very delicately, with great care, all the centres are made within you very properly and you have every right to get it, so why feel guilty?

The second condition is that you have to forgive everyone. They say it is very difficult, logically it is a myth. Whom, when you forgive or if you don't forgive, what do you do to them? What do you do yourself? Nothing, it's a myth, it's a myth that even you forgive is a myth but when you do not forgive then you play into wrong hands. So, if you see it clearly, both of these things are mental projections, that I am guilty or that I cannot forgive. It's a very easy thing just to say I forgive everyone, and let God look after all those who have troubled you. Then only you can see the powers of the Divine. For the first time when you get realization, you feel the all-pervading power of God's love and you become fantastically expressive, expressive of your personality. For example, this machine has to be put to the mains to work out, in the same way, we are to be connected to the mains. We are carrying our loads out of ignorance like some people were told not to take too much luggage in the plane, so they put it on their heads. It's that stupid. So now we have to have respect for ourselves, we have to love our self and laugh at these things that we were doing. That is not important. I am sure today also so many of you will get your realization. I would like you to ask me few questions if you have, but don't be aggressive with me because I don't want anything from you, I don't want money, nothing, I have just come to give you something and you need not to slap me for that.

Sahaja Yogi: Everything is clear Shri Mataji, everything is clear.

Shri Mataji: Hmm all clear?

Sahaja Yogi: Everything is clear,

Shri Mataji: Clear? Good, hmm. There's somebody who's not yet clear ya.

Question: What is the result of the awakening of the kundalini when you are expecting a baby?

Shri Mataji: Oh! very great. (laughs). You'll get a realized soul as your baby. Actually, you have come, perhaps you have a realized soul already there, here, because he must have driven you to this place. There are great saints who want to be born on this earth. But people are so confused, that they don't want to be born to the parents who are confused.

All those people who have got realization through Sahaja yoga have got children who are born realized, of very great quality. Yes, here is she.

Question: Is there a difference between self-realization and enlightenment or self-realization refers that.

Shri Mataji: No, no it's just the same. You see that it is when you put the light you get the light, that's all. Alright? So when there's

a light, you see the light. There is no difference, it's the same thing. And self-realization is the same thing when you know yourself, you know everything. But now you might get your kundalini to awaken, now, you will get your realization, but to make it steady you have to little bit keep it working it out at least for a month. It's very simple to work it out. To keep it there you have to little bit work it out because as I said we are complicated and the `kundalini starts attending to all our complications, so we start feeling where is the kundalini lost now, so best thing is to understand how to raise the kundalini and you could be there. Now we have here a very nice centre in Ghent and you all are invited to it, you do not have to pay for anything. You just have to come, spend some time and get it fixed. (Laughs). I have been to America recently where they fixed everything. Everything, fix breakfast, fix this, fix that, fix kundalini, fix your realization (Laughs). Ya.

Sahaja Yogi: Another question?

Shri Mataji: There's one gentleman.

Question: How can it, how can one fix it when you are, one is at home and there is no centre?

Shri Mataji: That's very simple, they'll tell you, he has fixed him, and he'll tell you how he did it. (Laughs). He is all the time here. Yes, please. What's he saying?

Question: Without a Guru, he says it must be difficult to have the enlightenment.

Shri Mataji: But you see you can have a Mother as a Guru. It's better. Sadgurus, who are real Gurus are very difficult people. They are not in the market. They are very harsh people. I sent one, there was one Guru, Sadguru, who also called me Mother, and there was a difficult man so I, he the Guru said alright you send him to me. So I sent him to that Guru. Now this Guru doesn't take any money, or anything, lives in a jungle, we call them avadhutas, and when he went to that Guru, he started telling them, that about me that Mother is giving realization to every Tom, Dick and Harry, it's not good and it's a very wrong thing She's doing, like he started criticizing me. Now, this Guru has a tiger with him, he lives with a tiger. So this tiger, this fellow, he was sleeping on the ground, of course, there's nothing to sleep also, so he threw this man into a khud about 18 feet down, in the night. So, so this third day he was lying there, the third day the Guru tied some bread and lowered it down at him, and gave him that bread to eat and lie down there itself, after two days then he sent some people to bring him up. And his both legs were broken. So he told him in the Marathi language that you put these legs around your neck and go to your Mother and She will put you right.

One day I was having a program like this, when I saw two persons bringing him, hanging like that you see, holding his legs, I got really such a frightened, tears started coming out of my eyes, I said what's this? So, I said what has happened? He told me the whole story. I said that's very bad. But what did you tell him? What was the thing? What did you criticize me? He said, "I just said that you give to everyone self-realization and all that, that's all I said, I didn't say much but what for did he punish me"? So I treated him and he was alright, then he never went to that Guru.

Another one I sent was a Doctor, I mean I should not have sent, but you see the Doctor was horrid, so I said alright go and see the Guru. And after say one and a half month the Doctor came, he was lean, absolutely thinned down, and was looking like a TB patient, I said what have you done? So he said "Maharaj", that was the Guru, "told me to wash one Shiva temple which I had to climb 3 miles up with two buckets in my hand". I said every day? "Yes, every day". I asked this Guru, what do you mean by doing like this to the people I send you, this is too much. He said, "to the donkey give donkey's work". He said, "I am not a Mother to spoil him". I said I am not going to send anyone to you. He said "you will, because you'll have very hard people" (laughs), no no no no, I am not going to, if anybody wants to go, I can give you the address. (laughs). Alright, that's good.

Question

Shri Mataji: What's he saying?

Sahaja Yogi: He prefers that kind of Guru.

Shri Mataji: Hmm?

Sahaja Yogi: He likes that kind of Guru.

Shri Mataji: Oh! That's it. Better have him (laughs) Alright.

Question

Shri Mataji: What's he saying?

Sahaja Yogi: Shri Mataji could you explain what is the true relation between a mother and a son and is there a scientific relation to it.

Shri Mataji: Spiritual way you want to know? Alright. Now the spiritual way is like this there is God Almighty alright? The whole thing starts when God Almighty thinks of creation. So, He becomes separated from the energy or his desire to create. Now, this energy is the Primordial Mother, and in the Sanskrit language it is called as Adi Shakti and in the English language as Holy Ghost. Then they produced a child in the way, what we call it as Omkara, is the one which is the purity, which is not the human way, but in a spiritual way which I can tell you, later on, it's a long process I mean thousands of years have taken to do that but, still you can say the innocence is the child which is produced. It is the immaculate way of producing a child.

Now when I say I am your Mother spiritually, I put you in my heart, and put your re-birth through my Sahasrara is we can call this is the limbic area in my brain. And from there I give you the second birth. But when you get it, the power flows through your hands also. You also become empowered and you can raise the kundalini of others, and give them realization.

Like one light can enlighten another light. Like one candle which is ready can be enlightened by any candle which is enlightened. So, this is the relationship where the Mother, that is your kundalini, that is the Mother Kundalini in you, She rises and gives you your second birth. Now in this small lecture I cannot explain the whole creation and everything but if the gentleman comes to Sahaja yoga, you'll be surprised, I must have given at least 3000 lectures in the English language alone, maybe more I don't know, minimum, I don't know. I mean for the last 16 years I have been talking, and now I am 64 years. I don't know for how long I have to talk still. So, in any case, you can listen to my lectures or you can come and they will explain to you, alright?

But in any case, if you are hungry you better have your food. You better get your realization. Because any amount of questioning and explanation is not going to help that. That's a spontaneous thing a living process. It is a living process again I say, like a seed sprouting, a some may sprout, some may not.

Sahaja Yogi: There is something Shri Mataji you can say about Christ, what he says Christ consciousness.

Shri Mataji: Christ consciousness. Christ consciousness is at this centre, where we call it the Agnya chakra, this is the Christ consciousness, when you come to the Christ consciousness when the kundalini comes up to the Christ consciousness, as they say, is the gate, you have to pass through that gate of Christ. Christ is nothing but the reincarnation of the innocence, the child that was created by the primordial Father and the Mother. And when you reach that state of consciousness, at the consciousness where Christ is awakened within you, you have a tremendous capacity to forgive others. By your forgiving you cure others. And you become absolutely peaceful and thoughtlessly aware. Zen has talked about it. You become thoughtlessly aware at that point. That means you stand in the present moment. I can talk on this also for hours (laughs). Krishna consciousness is at this level.

Sahaja Yogi: There is one more question Shri Mataji.

The gentleman asks if you can say something about the Shri Chakra.

Shri Mataji: Shri Chakra (laughs). You want to know about everything. Alright, the problem is like this. When you come in this room you see lots of lights, now if you have to put on the lights, what do you say, "Mother please let me see the switch?" And put

on the switch, comes in and you get the light, all right? But if I have to tell you all about the history of electricity, all about the mechanism of electricity and all about the organization behind it, you will get bored, but still I will tell you if you want to know. There is something definitely a big organization, there is a big history also no doubt. But what you have to do is switch on. The people who have never known about the Goddess or the Primordial Mother to them it might be a new knowledge that She has on Her right-hand side the centre called Shri Chakra, which works all creativity. On the left-hand side, She has another one called Lalita Chakra. Now why Indians knew about it? Because in the West as we can say that it was a too much struggle with nature and people took to extroversion and the knowledge of the West is the knowledge of the tree. While in India, the knowledge was of the roots because they didn't have to fight the nature so much. And that's how they came to know about all these centres. But doesn't matter whether it is from the roots or it is from the tree, they should be interchanged. Only thing what we have to do is to understand that now we need roots to grow more than the tree.

Now, so already many have got. Now there a few things one has to do, is there a carpet?

1986-0919, How do we get to the roots?

View [online](#).

19 September 1986

How Do We Get To The Roots?

Public Program

Antwerp (Belgium)

Talk Language: English | Transcript (English) – Draft

Public Program, Antwerp 1986-0919

In the world today, we find an uncertain fear of a great shock. (I think little louder, they are not hearing) It could be from the atomic explosion, could be from some financial catastrophe, but the destruction is now going to come through our inner being. We have paid attention to the outward world, but we have paid no attention whatsoever to our inner being. In the west, the search has been outside, how to master all the elements. And the whole thing has grown as a big tree out of proportion to its roots. And we do not know what our roots are. Such a tree which is so much outgrown has not grown its roots and has not been able to supply the vital energy, is about to collapse. But this tree is within every individual. Which grows downward from the head. And the roots are in the head.

When we go on using our human awareness, we start building up mental conceptions.

There are mental conceptions about God, there are mental conceptions about eternal life, there are mental conceptions about the spirit. Mental conceptions are not the reality. Reality is what it is. We have to very humbly accept that we have to know the reality. But to know the reality we have to get to the roots. And how do we get to the roots? That means we have to be subtler human beings. That means this human awareness can only go up to a gross level. But it has to go to a subtler level where you can feel and understand reality.

The reality is that the whole world is created by God Almighty. Whether you believe it in it or not He exists. Now the time has come to prove His existence, that is not possible by raising mosques and temples and churches. That is not possible only by singing His praises. That is only possible if you can be connected with Him. And so far, you are not connected with Him.

Supposing sitting in Ghent I have imagined I am sitting before you it would not have been so. I had to come to Brussels to meet you, in the same way, we have to go into the realm of God Almighty, to feel Him and not to just believe that we are one with God. So whatever Gregoire has told you is the knowledge of the roots. Even the knowledge that he's told you remains just a mental conception for you because you have not had the experience. Till you have not reached that stage it is all just talk, talk, talk, talk.

At the beginning of life, the people started talking about God Almighty, those who have felt His experience as a living God. They were very few people, and such few people could not impress on the masses and people thought they were mad people, gradually whatever they said started showing result so people started believing in them. But all the great incarnation and all the great prophets, who came, to tell the truth, were either crucified or tortured or killed. Nobody believed them, not only that they did not believe but they tortured them, this is the curse of ignorance. Compete for ignorance, now, how to make people understand, is a big problem that whatever they said was the truth.

One has to go beyond this human awareness to see the truth, that's what they said. When they said so, people started going to the left and the right as shown in the picture here, on the left side and the right side. And on the left side is our subconscious and collective subconscious. On the right side is our supra-conscious and collective supra-conscious. By going to the collective subconscious they got possessed. And they thought they were leading a very eternal life.

For example, if somebody starts jumping in his chair, they think they have achieved God. Like the other day, one gentleman told

me that he has read in an Indian book that if your kundalini is awakened you jump like a frog. Now, we are not going to become frogs in the evolutionary process. So, if you go to the subconscious and the collective subconscious you get into different troubles. When some of these fake gurus mesmerize you, you really get captivated and mesmerized and you forget one simple factor that you cannot achieve God by paying money to them. And God does not understand money and nobody can take money in the name of God. Nobody can live with the earnings of money in the name of God. There cannot be any livelihood by which you preach people and make money. So, one simple ignorant thing is that you cannot pay money for all your ascent.

It is the evolutionary process which is a living process of the living God. Now, this living process acts in a way which is living like a seed sprouting. When you put the seed in the Mother Earth, then it sprouts by itself because the Mother Earth has got the power to sprout the seed, but you cannot pull out the premule of the seed and say now the seed has sprouted. So, you cannot put in any effort, it has to work spontaneously.

Some people think that if they stand on their head, their kundalini will rise. Supposing you put the seed upside down, will it sprout? So, second understanding should be that you cannot sprout a seed by artificial means, it has to be through some living process. In the same way, our evolution will take place in a living spontaneous manner.

Now, thirdly we have to understand that when you achieve a higher state of your evolution then you should not suffer. When we became human beings from the monkey stage, the tail was cut, did we feel the pain? It happened smoothly, without any trouble. But one needs a profound understanding that living process takes its own course and works out in its own way.

Many people say that there were very few realized souls in the olden times. Alright, at the beginning on a tree there can be only one or two flowers, but there could be a blossom time, and at the blossom time many flowers get transformed into the fruit stage. Perhaps that blossom time has come today, and that many flowers have to become the fruits.

So many ask me, what is the advantage of getting self-realization? Self is the auto within us, who is at the human level is just flickering like a little flame in the heart. He knows the field in which we are working, but he is not in our awareness nor in our attention. How to bring him into our attention is the problem, once he ignites, the attention, a person becomes an enlightened person. As a result of that, the first thing that happens to him is that he becomes in-charge of himself. No temptations, no habits, nothing can dominate such a person. He becomes fearlessly compassionate. He gets complete integration of his mind and his body and is absolutely at a point from where he witnesses the whole play of the Divine. As a result, he becomes like a peaceful witness who is not bothered about what is happening around him.

When we are standing in the water, we are afraid that we might be drowned and we are afraid of the waves. But if we go on to a boat, then we can watch the waves without getting disturbed, also we can solve the problems much better because we are now detached from that problem. But the really most obvious thing that happens to us, is that we become collectively conscious. That means our own awareness which did not even know about ourselves can know about others. On your fingertips, you can feel the centres of your own being and also the centres of others.

Now you must have seen a radio working and television working through the ether. Ether we never knew before, but say there is another ether which is enlightenment, the all-pervading power of God's love and you get connected with it, then there is no problem. You become fantastic, as this instrument when connected starts acting, in the same way, you start acting according to that all-pervading power. And when that happens you are amazed at yourself, how? I never knew I was so great. You are at the epitome of this creation. Ready to be connected. As soon as you are connected you realize that you are great. But that connection has to happen. As a result of this happening your attention gets enlightened and in connection with the all-pervading power sitting down here, you establish communication with everyone.

All the telecommunications and all these things you have developed by human awareness exist in a much more efficient way in that all-pervading power. But in our own effort, we are so frustrated that we can't believe it that we can be that fantastic, in our effort we are so frustrated. But all the mental projections are limited. They are linear in their movement and they recoil back.

I remember I came to Brussels in 1965, and at that time shipping was booming here. And today you find shipping is in a downward movement, the reason is all these enterprises move in a linear way and then recoil back. And then we get so much frustrated and disappointed that we think this world is no good. We can't believe that even we can get self-realization. The other day one gentleman told me that he does not believe there is that absolute truth either. But your spirit is the absolute, and whatever it tells you on your fingertips, is the absolute truth. The all-pervading power feels on the fingertips as the cool breeze of the Holy Ghost. Actually, you feel the kundalini coming out of your fontanel bone area as the actual baptism. That one has to experience because the time has come, and because you are deserving.

There are only two conditions I can say on you. One is that you should not feel guilty or in any way inadequate. Because after all you are human beings and if you have committed mistakes what's wrong, you are not God. So, you should not try to feel guilty at all by any chance, do not count your sins and all this nonsense. And the second condition is that you must forgive everyone else. Many people say that it is very difficult, but it is a myth. We do not forgive, in reality, we also, when we say we forgive, we do not forgive or forgive, it's the same. Actually, we do not do anything, but when we forgive, when we say we forgive we do not play into the hands of the wrong people. You'll feel a great load lifted from your head when you say that. So, you have to forgive yourself and you have to forgive others that's all, both are mental conjectures. So please have respect for yourself.

I think the time is rather short and if I prolong the lecture it can go on for hours but I must have given thousands of lectures in the English language, the lecture is not going to explain it, you have to have the experience.

Would you like to ask me questions?

The audience asks a question.

Sahaja Yogi: We have laid out what has to happen, but how can he have the proof that he has the real practice, the real practice that he is doing.

Shri Mataji: the Real practice of what?

Sahaja Yogi: the Real practice of the truth. He says the theory is alone is nothing, not the real practice How can we experience that we are really practising it.

Shri Mataji: What?

Sahaja Yogi: If that we are really doing is right?

Shri Mataji: I didn't follow it

Sahaja Yogi: He says theory alone doesn't satisfy him, how can he be sure that he is really experiencing something real?

Shri Mataji: Oh! I see, Now, there is a very good method of finding it out. There is a method called a method of relativity. Like I once I went to Puna and there were some people who were very much boasting that they were Brahmins and things like that. So, I said brahmins are those who have known the Brahman, the all-pervading power and those who have had their self-realization. So, they got very angry with me, and they came forward and their hands started shaking like this. So, I said why your hands are shaking? They said because you are shakti that's why our hands are shaking. I said but do you think there is nothing wrong with you? They said "No". "See these people who are sitting this side, their hands are also shaking," I said, "go and ask them who they are"? So, when they went and asked, they said "we are certified mad people, from a lunatic asylum, and that's why we are shaking", the rest were not shaking.

So, to make it out whether it is real or not, whether the kundalini has come up is the real or not is by using it for others, for

example with this happening many people have got cured of many diseases. One of the things, one of the things I am saying. In Delhi University we have a doctor's who was the head of the physiology, he got cured and his granddaughter got cured, and then he started working on different patients to see who were cured with Sahaja yoga and he was amazed, how many incurable diseases were cured. So now Delhi University has accepted Sahaja Yoga as a subject that will give you a doctor of Medicine after doing your MBBS, the graduation. It is not difficult for Indians to understand what is real and what is unreal, because we know that there are gurus who are fake, there are gurus who are not gurus and gurus who are crooks, and there are gurus who are real gurus. The whole Indian life is based upon the idea that one must get realization, if not in one life in another life, one has to get realization. They are knowledgeable about this. But in the west people are not knowledgeable. That's why all kinds of fake gurus have come here to make money. These gurus cannot make money in India. Even an ordinary farmer will tell him you get lost, I have had, I have known all sorts of things like this. The real guru does not take any money, that's the first thing.

I happen to come to the west because my husband got elected to a post, that's how I am here. But here everybody pays money so they can't understand anything that can happen without money. The guru is at such a position that you cannot give anything to the guru, he is not on the receiving end, he is on the giving end. Those who are on the receiving end are parasites, have no self-respect. Living on the earnings of others in the name of God. Whatever they may call it, any sophisticated name they may have, but it's true it's not a very respectable life.

Audience asks question

Sahaja Yogi: The gentleman asks that the colours that are surrounding you Shri Mataji do they have anything to do with the colours that one can see in auras and that one can use to cure.

Shri Mataji: I can't hear because of this, it vibrates too much, can you tell me again

Sahaj Yogi: He Asks that the colours that surround you like yellow, and blue, whether it has anything to do with the colours of the chakras that they use to cure.

Shri Mataji: No, no, no, you shouldn't see all that. If you are seeing that, then you are on the right side in the supra-conscious. You should see me as I am. That is the best to be in the centre. Some see yellow, some see green, some see anything, that has nothing to do with me in reality. Yes, of course, there are colours but you shouldn't see them. That means you are getting little out of focus. Better see me as I am, that is better. If you are futuristic, if you are right sided, then you start seeing colours. But please try to avoid them. It will all work out don't you worry. Human beings are either on the right or left all the time. So, there's nothing new about it. They are in the future or in the past not in the centre, in the present. Only after kundalini awakening, it happens.

Is there any other question now?

Sahaja Yogi: The question is, can we see inside our spirit when we are.....

Shri Mataji: You should not see when you see you are not there. If you can see the light then you are not the light, but when you are the light, you give light to others, you have the powers of the light, if you see the light then it is a short circuit, the flow is not alright. Those who see the light are on the supra-conscious. You should not see, you should become, empowered.

Audience asks question

Sahaja Yogi: Translates the question

Shri Mataji: He says markets are full with ideas my child, these are all marketing you know Indian sadhus, gurus marketing nonsense. I am sorry for that, that's true it is, a lot of it is going on, but it is like any other market. Everything should be logical and after realization, you should know each and everything, there should be no secrets. Now, all these people can give realization, all

these people know about Sahaja yoga, completely about everything, about the chakras everything, better than doctors know about parasympathetic. They know all about mantras, what mantra is to be said on one chakra, where to take it, what is the problem, what is the block, everything they know, but while these gurus will tell you one mantra, you sit with this mantra, why this mantra, why not ask a question, what is this mantra special for, and some of them are so stupid if Indians are there we can understand, some of them I heard were like inga, pinga thinga, these are not Sanskrit words, you tell some Indian he'll laugh. That's it, I tell you I am sorry but, something has gone wrong that people are being misled, I know I am very sorry for that but doesn't matter, whatever it is you'll get your realization. If you are a seeker, you'll get your realization, doesn't matter. You just don't worry. Alright.

So now, there's one more question.

Audience asks question

Shri Mataji: What is it, it's a long question.

Sahaja Yogi translates the question

Shri Mataji: Physical level, lots of it. It's there. It requires another lecture, but I can show you, alright? If you have somebody is sick I'll show you how to cure them, that's the best, yesterday we cured so many people, and I was there till 1'o clock in the night curing people, it's very simple, you don't have to do much it just works out, but now for this you need a big lecture on all these, sympathetic nervous system, parasympathetic nervous system, and everything about it. You just have to touch and you cure people, you have to just look at people and you can cure them, alright? It's a big lecture you need, there are lectures on that also, I have given lectures in the universities, medical, you can go through them, alright let's have it. And as I say if you are hungry, you'll ask for your dinner that's all.

Now, just one thing I have to tell you that this cannot be forced on you, your freedom is going to be respected, because you have to achieve your ultimate freedom, so those who do not want to have it, should leave and should leave us alone and should not disturb, it will hardly take 10 minutes, nothing will go wrong with you, and you will get the experience because you are just there, most of you will get it, if don't get it, we will work it out. But please, after getting realization you must respect it, it should not be that after sprouting the seed it goes to waste or lies on the street for drying out.

In Brussels, we have a centre? We have a centre in Brussels, and I would say that it may be a very humble place now because as you know we don't take money, must be a humble place but where ever it is please locate it, and attend to it for a month or so and then you will know that you have become the master.

Alright. To help out in every way we have to understand that we take help from nature, especially from the Mother Earth, so you have to take out your shoes, just to touch the ground. You may also take out your spectacles if you want to because you have to keep your eyes shut, later on, when I tell you, or you can loosen your ties if possible if it is tight if it is not it's alright.

Those who want to leave should leave now, but in between please do not disturb. All of you must do this, otherwise, others feel disturbed.

Now as it is the left hand represents your desire to achieve anything. So please put the left hand towards me like this, this means you are desiring to have your realization. Now the right hand represents your action physical and mental. Now you have to raise your own kundalini, and only I will guide you how to do it.

You'll put your left hand towards me all the time and you'll have to close your eyes later on. First put your hand on your heart, on your heart which is the centre of which is the residence of your spirit. No, left hand towards me, left hand towards me, left hand towards me, right hand on the heart. Now you don't have to move the left hand keep it as it is. Now the second position of this right hand is in the upper part of the abdomen on the left-hand side, we are working only on the left-hand side, now this is the

centre of your mastering.

Then the second position is in the lower part of your abdomen, on the left side you have to press it, this is the centre of Swadishthana, which works out the divine laws. So, you have to have pure knowledge for that. Now, then you have to raise your right hand in the upper part of the abdomen on the left-hand side. Now please raise your right hand on your heart, now, raise your right hand after that in the corner of your left shoulder and your neck, like this from the front and turn your head to the right. This centre catches when you people feel guilty. Now, raise this hand on your forehead across like this and press it on both the sides. Now, take back this hand on the back side of your head and put the load of your head on that and look upwards, now stretch your hand and the palm is to be put in the centre here just on this bone which was a soft bone called as fontanel bone like that. Keep the left hand towards me, now press it hard by stretching your fingers and move it seven times. That's all, that's all you have to do.

Now please close your eyes, please close your eyes, you don't have to open your eyes till I tell you. Please close your eyes because your attention should not be outside, please close your eyes. Now, keep the left hand towards me constantly and right hand on the heart. Don't open the eyes, please. Now here at this position you have to ask me a very fundamental question. Please ask the question, Mother am I the spirit? If you can call me Shri Mataji or Mother, am I the spirit? Ask this question three times, please.

Now take this right hand down on to the upper part of your abdomen on the left-hand side. Now here you have to ask a question, another question, which is very fundamental. If you are your own guru or not, or you can say, Mother am I, my own master? Because if you are your own spirit, you are your own master too, this is a very important question, please ask three times. Now, please take down your right hand in the lower part of the abdomen on the left-hand side please, on this centre, I am sorry but I cannot force you, you have to ask for it, this is the centre which works the divine laws. So please ask a question or say, Mother may I have the pure knowledge? The lower portion, you have to say that six times because this centre has got six petals, you can say six subplexuses as represented in the pelvic plexus.

Now, raise your right hand back on the left hand side in the upper part of your abdomen and press it hard, abdomen, not the heart, abdomen, here is the centre of the guru, of the master, of your guide, the kundalini has now started because you have asked for the pure knowledge, so here please you ask or you can say with full confidence in yourself, Mother I am my own master, to give cooperation to the kundalini to rise in the opening centre. Please say this with full confidence, ten times please because there are ten subplexuses, as the ten commandments. Now please raise your hand on to your heart and now to help your kundalini to rise through this centre again with full confidence please say twelve times the greatest truth, Mother I am the spirit. Twelve-time please with full confidence.

Now, we have to know that the Divine is the ocean of compassion, love and bliss. But above all, it is the ocean of forgiveness, and there is nothing that it cannot forgive. So now please raise your right hand in the corner of your shoulder and neck and put your right, head towards the right side, here you have to say with again full confidence in yourself, forgiving yourself, Mother I am not guilty at all. You have to say it sixteen times.

It's terrible though if you still feel guilty, you better say it 108 times just to punish yourself that is better. After all, you must understand that we are entering into the kingdom of God and we should be pleasantly placed towards ourselves. Now raise your right hand over your forehead across and press it on both the sides. Now here you have to say from your heart, not how many times, Mother I forgive everyone. From your heart.

Take this hand on the back side of your head, hold it and push back your head, here without feeling guilty, without counting your sins, just for your satisfaction you have to say Oh Divine, if I have done any mistakes, please forgive me. But don't feel guilty about it. From your heart, Now stretch your hand and put your palm the stretched one in the centre on top of your head on the fontanel bone area. Press it hard, and move it seven times, here again, I cannot force you, so you have to say seven times, Mother may I have my self-realization? Seven times.

Now take down your hand please slowly, open your eyes slowly. Slowly open your eyes, now put your right hand towards me please and left hand on top of your head about 2-3 inches here, may bend your head and see if there is a cool breeze coming out, from your head, some people get it at this length also, you can bend your head, it is better to bend a little bit, ha, good, now put your little higher, little higher about 2 to 3 inches. Now please put your left hand towards me and put your right hand on top of your head, about 2 to 3 inches and see for yourself. Now try with the right hand again once.

Hmm good, you can put up your hands like this towards the sky, push back your head and ask a question is this the cool breeze of the Holy Ghost? Is this the all-pervading power of God's love? Is this the Braham Shakti?

Now take down your hands, please see if you feel the cool breeze in your hands. Watch me without thinking, you can do it now, without thinking you can watch me. You'll feel very peaceful. All those who have felt the cool breeze either in their head or in their hands, please raise both your hands. Both the hands, both the hands. So many, most of you, thank you very much. May God bless you. Now those who have not felt, I would like to meet them and those who have felt can be checked by Sahaja yogis.

1986-0920, Bhajans Evening

View [online](#).

20 September 1986

Evening Program Mahalakshmi Puja

Oude Stadsfeestzaal, Mechelen (Belgium)

Talk Language: English | Transcript (English) – Draft

I am very much touched by the way this folk dance was presented. They must have done this dance long time back, many times in many ages. I felt all the village folk are sitting here and enjoying the folk dance. All the Belgians are sitting as if, there's a tremendous feeling of unity with that, the joy they must have enjoyed throughout and today they are enjoying. That time they must have been very simple people, not so complicated, and must have been people who believed in God and who led a very dharmic life, today again you are back here, with the same quality, with the same understanding, with the same capacity to enjoy something so beautiful, spontaneous and joy-giving. I Thank you very much for all this, very happy to see you all here and that you are enjoying this all together, it's a very good thing, we are all universal beings, but in that universality, we have different, different individualities which we have to enjoy each other beautifully. Thank you very much.

Sahaja Yogi: Can we now please re-arrange the room in this way, that we look with our faces towards this screen and we can fill up the centre point.

Shri Mataji: Before, before we do that just a minute, I have few presents to offer to our leaders here. I couldn't get anything you see I was going down, then I was surprised to see that in Belgium they don't make anything, everything was Italian. And it is such a nice meeting and festivity we have, that we can meet each other in Europe very easily and enjoy ourselves. I really didn't expect that all of you would be here for the puja, but it is a very big thing, perhaps to feel that, you have so much understanding of puja and that you enjoy. I worked very hard for three days in Belgium because I feel that Belgium is the country of people who were very simple people and good people, neutral by nature, but somehow there has been a problem here and these things must vanish now and they should all prosper and come back to their normal selves. I am sure it will work out. It has worked out in Italy, it should work in Belgium also, and we all should support all the Belgian Sahaja Yogis and Dutch Sahaja Yogis so that they are completely strengthened by us. We should not get rude to our own countries, but try to help each other, try to help people who need help, it has to be in that way if we belong to one being, it must circulate so before going I hope you'll make good friends with the Belgian people and the Dutch people and then enquire also what you can do for them, what help if there is anything to be given we should try to give them, very sad but I could not find anything made in Belgium very much and because they said we just sell, we don't make anything, so I got something, I don't know. I would like to give to the leaders one by one if they could just come.

This is the only thing I could get in number otherwise I could get anything, I hope you will like it. You can use for puja.

1986-0920, Talk to Sahaja Yogis: The Role of Belgium and Holland & Speech To Leaders

View [online](#).

20 September 1986

Talk to Sahaja Yogis

Trees and Willy Maes's House, Mechelen (Belgium)

Talk Language: English | Transcript (English) - Reviewed

Role of Belgium and Holland, Malines/Mechelen (Belgium), 20 September 1986

And in Belgium I must say that the ladies have to be very good. Because Belgium and Holland are Left Nabhis. Actually, I didn't say but it is so. Not to frighten (you), it's very important. And in Left Nabhi, there are two very important organs are. The one is the spleen and another is the one, what you call that, which makes the sugar of the – [Gregoire, who translates into French: "The pancreas?"]. Pancreas.

Gregoire: That is Austria?

Shri Mataji: That is – pancreas is sharing. You see, what I'm saying that pancreas is Austria and also Holland we can say, because the style is the same.

Gregoire: It figures because Austria ruled here, it was part of the Austrian empire.

Shri Mataji: Yes, that's why, this – so the Austria, is the Austrian influence is there. And more in Holland, it is more in Holland or...?

Gregoire: No, more in Belgium.

Shri Mataji: Oh I see. So that is how it is, it's a sharing thing. So, the ladies of this place have to be good housewives, it's very important. They have to be the Gruhalaxmis. The one is the Goddess of the household. And a very good example of that is this lady. You can't hear her.

[Somebody says something.]

Shri Mataji: What he said?

Gregoire: But then we'll make only one translation, because it's no point in translating in two languages.

Shri Mataji: Flemish...

Gregoire: So more people need Flemish than French?

Yogini: Yes. Yes.

Gregoire: OK. So you please translate in Flemish.

Shri Mataji: All right. [Laughter].

So, you see, the ladies have to be very good housewives. And housewives does not mean that you keep your house very well, everything very well, for yourself selfishly. For example, I see an example here, she's such a nice housewife and a very warm lady

[Laughter]. I have had a very bad experiences of Belgian women before, when I went to their houses, but now I feel that there is someone I can see that who can form an image for others.

[Ask him to keep his eyes open, eyes open].

And Gruhalaxmi is a very powerful – is a very powerful institution. In India it is regarded as the highest, in a way. More than any prime minister or more than any highest position – a Gruhalaxmi's position in the spirituality regarded the highest. Because, you see it is said that a Sati, a Gruhalaxmi is higher than Yatis, Yatis means who are realized souls of a very high level, Avadhutas. But they can also, if they curse somebody, they can even curse an Avatara – (She repeats to the translators, French and Flemish) curse an Avatara. I'm always very frightened of them [Laughter].

But they have to be Gruhalaxmis in full ways. That is, they have to be very open-hearted, loving, devoted personalities.

Now, there are many stories about Gruhalaxmis in India, we can tell you thousand and one where they have shown the powers of women. Women as in – you know that we call them is the embodiment of Shaktis. But the Gruhalaxmi is the most powerful Shakti. And She is the power of tremendous love, and compassion, and forgiveness. So in this country, or in Holland, the women have to try to learn that they have to play a particular role in life. Now of course, the women have to be very dharmic and chaste. They have to be innocent by nature, not cunning and crafty.

Flemish is quite difficult! [Laughter].

All right, so. Now the responsibility is so much on them, like in the body, when the spleen goes out of order, hectic, then blood cancer is caused, blood cancer is caused. Now it comes hectic because, you see, the man or the person does not know how to adjust his food timings. (She repeats to the translator: "Food timings") Now, the hectic-ness starts early in the morning, when we get up we read the newspaper.

Gregoire: See Shri Mataji, this is the beauty of this country, Belgium (laughter). This you have to know Shri Mataji, this is a small tiny country, but there are two languages here.

Yogi: Three, three.

Gregoire: Two, I mean, really basically Flemish and French.

Shri Mataji: And one doesn't understand another?

Gregoire: And one doesn't understand... and they are very proud about it (laughter). So the French are very proud not to understand Flemish because the French-speaking people used to think they are a little bit better than Flemish. (Laughter)

Shri Mataji: Yes, yes, I understand that. (Laughter) And no one understands French.

Gregoire: Yes, this is true.

Shri Mataji: So Gods also don't understand French, it's better that the French learn one more language. [Laughter].

Sahaja Yogi: C'est mieux [It is better] [Laughter].

Shri Mataji: French is out of question. They just make it difficult for nothing at all, you have to take out the from here the sound there – see you should take out the sound from the proper places, but they want to take it from nose, from here, there is no need you see, straightforward... Ah. Say that.

Gregoire: We'll do a little bit of Flemish and a little bit of French, all right? A spirit of compromise.

Shri Mataji: All right. [Gregoire translates into French the sentence of Shri Mataji that sounds in French are too nasal. Shri Mataji adds: 'Guttural'].

The R, and the word that – R, you see R is the one which is R, stands for Ra, it's for energy, you see, the R. Should be Ra, you say ER, ER, ER [Shri Mataji teaching French people to roll their R's. everyone imitates that. Gregoire: "I cannot do it!"]. R! R! R!

Sahaja Yogi: I cannot do it!

Shri Mataji: Cannot you say R? But you see, in America, you have to say R there.

Gregoire: All right, so ER is no good, it should be something else.

Shri Mataji: R. But even taking my name is not straightforward. It has to be Nirmala, if you say Ni[r]mala, it doesn't look nice, [Laughter]. it has a different meaning all together.

[Sahaja Yogis saying "Nirmala"].

Gregoire: "They do it very well, Shri Mataji"

Shri Mataji: Nirmala. Nirmala yes, Flemish will, not the French.

All right. So. So we diverted little bit, but now I would say that our main thing is that how a housewife is important. The main thing is that when the husband gets up in the morning he reads the newspaper. Must read, all the men do. [Laughter]. All right, so when they read the newspaper they get their first shock [Laughter]. So they are very upset, because newspaper always have horrible things in it. Now after that, if there's a nice wife, she'll tell him, "Doesn't matter, it's not happening to us, why are you so upset?" [Laughter].

You are, first of all, you settle down and then the whole world will settle down with you. Then, then after that, you have to go to work, so they have no time, they just get into their trousers and running up the steps they go to the car without taking the breakfast. And the wife runs after them with the breakfast [Laughter].

And they are somehow or other, you see, pushing the breakfast inside while they are driving; and there's a jam on the road, they are upset and saying all kinds of things because they are getting late. Another shock starts.

Now, when you are eating your food, you require red blood corpuscles to attend to it, to digest. The energy must go to that. But as you are driving and having your breakfast, as well as you are already in a shocked condition, you see the poor, that spleen, which has to create this special thing for you, which is the red blood corpuscles, doesn't know. It thinks whether she should produce now or when? Because there's no timing, there's no proper pacing, no rhythm. Now once that has started wobbling like that, it becomes a crazy one, and it starts behaving in a very crazy manner.

All right. Now, with all these happenings, you become vulnerable to blood cancer. Because this is a speedometer, and that is the one that gives you peace, because it works on a complete system of a universal rhythm. So at this time, you find that you meet somebody who is bhootish, or something wrong with that person, then you might catch cancer. So left Nabhi's catching with this finger. But when it joins with this left Swadishthana...(She corrects Herself) left Agnya or Left Swadishthana, both, anyone, you can become vulnerable to blood cancer. And the cancer is set in, of the blood cancer style.

Now, the mothers who are hectic by nature, very anxious, "Do this, do that", you see, they want to all the time be very hectic with

their children also, they can give blood cancer to the children who are not even born, when they are pregnant. Now, say, in India perhaps people realized this long time back, so the system is, supposing your office is at 10 o' clock, the wife will get up about 4 o'clock, she'll do all the cooking, everything. The husband will get up and we don't have newspapers you see; nowadays of course they are bombarding us, but our newspapers are also thank God censored, not so bad. We don't have dirty women's photographs and all dirty things. They have all, I mean, censored.

So then she cooks her food in the morning time, she sits down with him with a fan and fans him and he takes his food. So the fan gives the rhythm you see. The fan, the fan.

Gregoire: I think I'll translate this in French, it's a good idea. [Laughter]

Shri Mataji: Very important for French people.[Laughter] I have not to use the fan for hitting them.[Laughter].

Now, so that makes the rhythm for the whole day and the husband doesn't go into hectic styles you see.

Shri Mataji: (Aside) He's not yet here". Now anyone who is not feeling the cool breeze? No, not much... (Shri Maraji gives the person suggestions about correct posture that are translated into French by Gregoire). Or the sole. Yes...

So now, this is then the housewife sets in a peaceful mood for the man and does not discuss early in the morning horrible things of the household you see, to disturb him. That's very important, otherwise you are another newspaper [Laughter].

But what she actually does is to create a feeling of peace in the house. So how she does it, by bearing up things, by absorbing things like the Mother Earth does, everything she absorbs. She is a very mature person and she can see the futility of quarrelling and fighting and of unnecessarily arguing. She is so powerful that she cannot take anything, she just gives, she enjoys giving. And the giving is her only enjoyment. And that is how she gets her energy, from that joy.

That's the reason in Belgium you had such great painters and such great creativity, and beautiful Delft work and all that from Holland. Because the Mother Earth's beauty they converted into something fantastic. It is not China, they make porcelain, you see porcelain comes from the Mother Earth. But when this principle works out well, like if it starts working again in Belgium and in Holland, the whole world can be brought to peace.

Gregoire: Shri Mataji, ah, yes, Shri Mataji so, so, let me just say, it's very interesting because the Dutch people are very concerned by peace questions, in politics.

Shri Mataji: I know, I know, and in Holland already, this Nagen Singh has established one peace mission for that, yes, so called (Yogi: "Yes, yes Shri Mataji" – somebody laughs), so called.

And also World High Court is here, for the same reason, to give you justice. So the justice, sense of justice comes from this special quality of Left Swadishthana – (She corrects Herself) Left Nabhi. You see in the justice, the main thing, you see, that you do not harm the innocent, that's the basic quality. That is the basis of law. It is to be seen that who are being blamed are innocent or not, that's the point is, not those who are criminals, but those who are innocents must be saved. That is the law for, protection of innocents.

So now, you can see that wherever such wrong things takes place, you see, in the whole world, this can be condemned by the Dutch mentality. So going on the subtler level we find how great responsibility you people have towards peace and justice. And justice does not deter from anything which may threaten other securities. So a person who believes in justice has to be a very courageous man.

An example is see, Nicaragua, is a thing you see where America was challenged and America is a "powerful stuff", you see, and I must say it's a very great thing that the Hague high court said that they have no business to trouble Nicaragua people like that.

And as usual America has withdrawn their monies, typically, they have no [??]. But you cannot buy justice with money. The people who want justice should be willing to sacrifice also.

So now, the responsibility of Belgians are the peace, so the Holland people is the justice. And they are interdependent, so the both the qualities must act between both these countries. Now the speedometer, which is Belgium, is going slow, because all (Shri Mataji laughs) all your factories are closed. It should not go very fast and it should not go very slow. It should be in the middle, middle. As a result of that, now, the shipping has come down absolutely, steel come down, and all over the world all the shipping steel is stopped now, the ships have stopped.

So though Belgium may look a small country, it's a very important instrument in the universe. And same with Holland that they are to look after the justice of the world. As you should criticize America, you should also criticize Russia, and all such countries who want to fight among themselves. And you should have nothing to do with them, you should stand on your own legs.

So, the first freezing of the Nabhi started in Belgium. Now I don't know if the people of the West understand that Belgium is to be looked after. And they have to restart the cycle again.

Now, with Sahaja Yoga, with so many people over here, I'm sure, as your Mahalaxmi principle has been awakened, I'm sure your activities will start. And that people will come to some sort of a middle path of progress as well as emotional understanding of family life. But for this, the women of the households have to understand, have to mature and not to bother their husbands with nonsensical things. And they should try to nourish their husbands and encourage their husbands. Like the Mother Earth nourishes the tree. With this kind of an attitude, I'm sure we'll have peace, justice and prosperity in these two countries.

Also men must respect women who are respectable. In Sanskrit it is said, "Yatra narya pujoyante tatra ramante devata", meaning, "Where the women are respectable and respected, there reside the Deities". Means the women should be respectable, they should not lead a life of a unrespectable character. Understanding this vision, I'm sure you will realize your great powers and your great position.

So there is no domination on each other, but to realize that we are like two wheels of a chariot. And that the two wheels are equal but not similar. For example the right cannot be fitted into the left and left cannot be fitted in the right. They are equal, if they are not equal then there will be no movement, they'll just go round and round, fighting. [Laughter]. But they are also not similar, so if the left starts coming to the right it will never fit into it absolutely. Nature has made us with two legs, not with one leg.

So we cannot change our legs like that [Laughter]. But there could be horrid husbands and horrid wives, could be, and only in the religion of Vishwa Nirmala Dharma, only in this religion now we have a idea that under such circumstances they should divorce. Only in this religion. That's an advancement.

Gregoire: Oh yes.

Shri Mataji: Or a degeneration, I don't know.

Now the very simple method of enjoying a married life is to know that he is your husband and she is your wife. Now if you consider: "This is my house, this is where I have to live", then know that you have to live in this house happily. Not to hanker after somebody else's house. "This is the reality, that this is my house, I have to live here and I have to enjoy it. But if I start seeing other houses I can never be happy". There's no end to it. This is stupidity. What we have, we don't want to enjoy and we want to have something else, then you can never be happy. Now that's why economic laws work out, because they make you feel that you must have more and more and more.

But after Sahaja Yoga all these laws should fail, only Divine Laws should work. And in married life also, if you start seeing at other men or other women that they are better, I mean you have your own husband and your wife, enjoy among yourselves. It is stupid to try to enjoy somebody else's which is not yours. It's stupid. So make the best of this life by enjoying it. (Aside to

somebody: "... Nice, thank you. Yes, so, now say.")

To see to somebody else's wife, somebody else's husband and all the time think, "Oh, she could have been my wife", "He could have been my husband", it's nonsense, it's stupidity absolutely. It's like you see somebody's hair. "I wish her hair were mine". Why? You see the stupidity. Or her nose should be mine. This is your nose, all right? It's as stupid as that [Laughter]. In the same way, your family, your household, your children are your own, your part and parcel. So if they are your part and parcel, what is there to grudge and grumble that, "I could... You don't do this, you don't bring this, you don't do...". What is it? "This is my husband as he is". That's all. (Explains further to the Flemish translator) As simple as that, that this is just to say that whatever is your husband is your husband, he is that style, what to do?

Now you try to understand your husband also, or your wife also, you must try to understand – how the husbands, you see, can be very funny with the wives, like, you see men are men, they always have watches, they will reach there for two hours earlier. They are like that you see, very forward-type people [Laughter]. No doubt ladies should laugh [Laughter]. They hurry up their wives, "Come along, how much time you are taking, you take always too much time." [Laughter]

Now men have to what, they have to – they have no problems, they have solved their problems of dress, you see, it's very simple, the tailors have done the job [Laughter]. They just put on and walk out! They don't have to worry about hair, they don't have to worry about things. But a woman has to dress up in a proper way, she has to find out a proper suit to wear, where she's going, because she represents the colour and the beauty of creation.

(The translator into Flemish stutters... ladies laugh – translator says: "Learning a lot...!". Laughter)

And the man is very anxious about his, say, official relationships or whatever you see, he is forward, all the time shaking hands with everybody, shake hands (unclear), "sorry, sorry, thank you, thank you" (Laughter). And a woman is a shy thing you see, she is not so anxious to create all these relations (Shri Mataji laughs, laughter), so she lags and he pinches her, he pushes her, he gets back in his – it's a wrong idea. Normally woman won't understand much of banking, not much of banking, that's of course after all you see it's quite all right. If she doesn't understand of banking it's very good, the man can hide the money [Laughter]. He should not [Laughter].

Now the men are the other way round, they can be very aggressive with women, and – but they too should also understand what they have to change themselves. But the women also should know that they should never try to aggress their husbands in the presence of others, in the bedroom is all right [Laughter].

The woman must understand also what sort of a husband he is. For example now, I would say about my marriage, you can see that I got married the day my husband went to office, and came home, got married at 6 o'clock in the evening time and then next day went to office. And since then, he went to office for years till we came to London, he did not take even one day leave, even on a Sunday. That's my dear husband. And at home also now, he has to come on Saturdays, there's such a big files he brings, and work it out. And according to him, because he's worked hard, he's got a big job. But I don't know what advantage I had from his big job, it's all disadvantage. But I did not complain about it at all, all my life, you can think, I've never demanded anything. On the contrary, I helped him in his work, whenever it was necessary, I gave him company.

And now on the 25th of this month, it's a holiday calling as –

Gregoire: "Maritime Day"

Shri Mataji: "Maritime Day". On that day, I may have to shake hands with 800 odd people coming in, and 800 drunkards walking out. [Laughter]. But he is entirely dependent on Me. The day I tell him that, "Now I'll have to take Sanyasa, I have to do my birth", the whole or everything, whatever is his built-up image, shatters down. And by no means he is a model husband, I must say. But in any case, I would suggest that you have to be a model wife. Because you enjoy your own virtues, not somebody else's virtue.

Say – supposing there is a thief, and he will say that I enjoy the virtue of an honest man, and not mine, then how will it be? (Explains to the translator) There's a thief, you see? He says, "I am a thief, but I enjoy the virtue of another man." So what's the use? And the man who is virtuous does not enjoy his virtues, so who's going to enjoy, the thief? I mean, we have to enjoy our own virtues, isn't it? If there's a chaste lady, she must understand her chastity and enjoy it herself. Instead of that, do you think a bad woman is going to enjoy it instead of you?

I'll give you an example like this, to understand this, human nature is very complicated. Like a honest man, say, in India, an honest officer who does not take any bribes, he will always complain, "I'm like this, because I'm honest." Now, if you are honest, enjoy it! You are honest, that's why you are enjoying it. Or you are honest because you prefer it to anything else. It's the greatest difference, the priority for you, is to be honest. Then enjoy, be proud of it. Instead of that he'll be always saying that, "Oh God, I'm honest, that's why I'm suffering". Then one would say, "All right, become dishonest, why are you so miserable I mean?" [Laughter]

Yes – and the another thing is, that same with the women who are chaste and good and they are nice, you see, they make a big ado out of it. If you think it is difficult for you, better give up, isn't it? I mean, virtue is your ornament, it is not a noose round your neck. Only people who enjoy their virtues are great men. They don't suffer it, they don't feel unhappy, but they are proud of their virtues. So this is what it is for you to understand, now whatever are your qualities, for which it may appear that you suffer, doesn't matter.

And now this- our new race that is there of Sahaja Yogis, have to understand that you have also a universal nature. But you are individually Belgium people and your existence should be inculcating all the qualities of peace and of justice within you. So, we have to understand what we have contributed towards the peace of our family and justice in the family and also outside. We have to have justice. Justice is not to be demanded, as soon as you start asking for justice, then there is no peace. So, we should not ask for justice, we should do justice to ourselves and to others, and we should be peaceful to ourselves and to others.

All right. So, may God bless you all.

1986-0921, Shri Mahalakshmi Puja: Keep a balance on the Nabhi chakra

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21 September 1986

Keep A Balance On The Nabhi Chakra

Mahalakshmi Puja

Oude Stadsfeestzaal, Mechelen (Belgium)

Talk Language: English | Transcript (English) - Reviewed

Shri Mahalakshmi Puja. Malines (Belgium), 20 September 1986.

Today we are going to worship the principle of Mahalakshmi in Belgium. Belgium has a speciality that it creates glass bangles for the Mother. That is, the bangles which are used as a beautiful musical accompaniment to the gait, to all the movements of the Goddess. It brings a delicacy in a woman; and gives a consciousness to the man or the men that there are ladies around. And the ladies are around who are married ladies, are very auspicious. And this auspiciousness is the one that is going to bring in this country or in any country whatsoever all the blessings.

Also in Sanskrit language a bangle is called as Valaya, and that is the last stage which one has to reach in one's ascent. That means the complete. Also, we are having here a puja for Holland which is the Jala Devata, is the Goddess of water. It comes from the word "marine", the word Mary, Maria. All these words come from the word "marine".

In Holland as you know, the sea is above the land. We can say that the Guru is sitting at a higher position than the chela. And His knowledge is channelized into various channels. And all the wealth, the money, that is earned out of marine activities flow through the greatness of this ocean. So Dutch people are highly blessed people. They are very tall because Dattatreya is a very tall personality. (Laughter) And if they become conscious of their position, one day Dutch can do a lot in the realm of God's work.

But all the time trouble in both the countries has come because they have not paid any respect to their Guru, which is the ocean. They exploited and took advantage of the sea, but never realised what the sea means in the religious aspect.

The Lakshmi came out of the sea; that is the wealth that has come out of the sea. But the wealth has to be like a Lakshmi. The Lakshmi has a motherly nature. She's a mother. She's a mother. She is standing on a lotus. That means She does not throw her weight anywhere. Like people go and occupy other territories and use them for their own purpose will never give them Lakshmi principle. Only thing that may happen to them is to get some money for the time being. But they say Lakshmi is chanchal; means She is all the time shifting and She shifts. Such a Lakshmi is chanchal, is shifting.

Lakshmi has got one hand which is giving, like this. Another hand She has got by which She protects people. In two hands She has got pink lotuses. The pink lotus suggests the warmth. A person who has got Lakshmi has to have warmth in his household. He must have in his heart warmth to receive people. A lotus flower receives even a horrible beetle, black beetle which has got all kinds of thorns in it and allows it to sleep overnight as a nice guest. In the corona of the lotus there is beautiful spread of the yellow coloured pollen on which this beetle rolls and enjoys the comfort.

And the lotus watches the enjoyment of the beetle. It does not get disturbed. It does not get upset and when the lotus opens out, the beetle just goes away. And the lotus still grows, it doesn't die out.

In modern life, we don't want guests and if some guests come in the house they dare not even spoil the carpet. We clean the house; we polish all our silver and all our brass, but we don't want even a little rat to come inside. For whom are we doing all this work? There are no children in the house and the old people are in the old house. Children are in the hostels. And the husband, wife are in the divorce case. But they are very particular about their brass being polished. So the whole polish has come outside.

So the beauty of lotus flower is that it is all embracing. It's a very motherly principle. It tolerates any type of nonsense from the beetle. So, one of the aspects of Mahalakshmi is Gruhalakshmi: is the one who is the housewife. And if this aspect is spoiled, then we cannot have Lakshmi in our house; we cannot have wealth in our house. The Lakshmi will disappear from all such houses where the housewife is not respected or the housewife is not respectable.

The another aspect of that Lakshmi tattwa is that She gives protection to some people. That means ashraya means there are people who are supported by such a person. I do not know how you people run your orphanages here or how you manage your charities. But in India, if a man or a woman gets money beyond a certain point, she will take out at least one tenth of that money for charities. And she will also have or he will have money or any shelter or anything for people who are working for him, ashraya, working for him.

I have seen many people who are rich, but they are extremely beggarish. They have no dignity of any kind. They will come to your house and they may even ask for an empty tin.

Translator: An empty tin?

Shri Mataji: Empty tin, yeah. There are people.

Translator: What is empty tin?

Yogi: Empty can.

Shri Mataji: Empty can.

Translator: Oh! Oh, sorry. I didn't understand.

Shri Mataji: Or else if you go to their house they'll give you or offer you something which is leftover. So there is no dignity of any kind in this. It's without any self respect. Because if you have self respect, how can you behave like this?

Then there is another aspect of Lakshmi where She is proud like an elephant. She has a propensity. She is not like a mosquito. I mean, many people think that these days to be mosquitoes is very good, but, I think, if you have mosquito-like personality nobody respects you. They all think you must be some sort of a typist or maybe some sort of a person or doing some sort of menial work or working very hard that you have lost all your weight. So, a Lakshmi has to have a gravity.

But nowadays, the whole thing is changed. I knew Belgian people long time back; they were all having some propensities. They were rich people. Even the Dutch. But now both the countries have perhaps become poor, so people look like mosquitoes to Me. (Laughter)

So a person who has got money doesn't jump like a monkey, but walks like an elephant; in a dignified manner. But sometimes, I have seen in the Western people walk like horses.

In India, we had a wedding and we all ladies were walking in the procession, and we saw one lady in the middle of the whole crowd just coming up and down like a yo-yo. (Laughter) So we couldn't understand what was this, who is this lady. Then we discovered that one Indian had married an American lady (laughter), and when she was walking she was walking like a horse between all the Indian women singing, she was walking like a horse, you see. (Laughter, Shri Mataji laughs)

So you have to be like an elephant when you walk, Gaja Gamini. That's one of the names of the Goddess; She walks like an elephant in a swingy way. The reason you see also...

(Aside to the translator) Did you say that?

Translator: Yes, Shri Mataji.

Shri Mataji: ...and the Kundalini also, you see, doesn't agree very much with the horse movement. Because, if you move the Kundalini up and down, up and down, She doesn't know where to go! (Laughter) But you see elephant's walk is left, right, left, right, left, right. It goes up, properly, keeping the central path. So it's not very, very good to walk in that fashion, if you have to establish Sahaja Yoga properly.

Now the Mahalakshmi principle comes out of the Lakshmi principle. That is when you have wealth and when you have acted according to the image of the Lakshmi then the Mahalakshmi principle rises within you. Now the Mahalakshmi tattwa, the principle is that you start thinking only about your Spirit. When you are absolutely satisfied with the material wealth, then you start coming to the Spirit. It was nice that people were seeking material wealth and had industrial revolution in a way. But as a result of that you do not find that the greed has gone down, on the contrary, it has increased. And...

Translator: Sorry, Shri Mataji.

Shri Mataji: Sorry. And the lust has become so perverted. So we can find very clearly that we have failed the principle of Lakshmi in our societies, in our families, in our governments.

So the understanding of Spirit is only possible for people who have understood the meaning of Lakshmi principle, first of all. So the purpose of Lakshmi is only fourfold; first is, that you have to give. It is not like in the church they will say: "All right, you have to give your money, give it to me", it's not that. Because I don't want anything. But you have to be generous by nature, and not miserly.

Supposing you have one door open, no air will come in. Only the air that is sufficient for the room will be there, and there won't be any entry of new air or more air or any draught inside. But if you open the door, another one, then you will find there will be a circulation of air. So by generosity, the circulation starts and you solve your material problems.

The another principle which we should follow - one of generosity - another of supporting others. Especially among Sahaja Yogis, we should try to help each other. May not be with money, but with moral support. But if you have to support sometime, someone with money you should do it voluntarily without even thinking that you are doing any obligation on that person. Or else, you can think that, "I am doing this just for my own pleasures. "

The third great quality of the Lakshmi tattwa is that it is respectful to everyone. But we see the other way round, everywhere. A person when he becomes rich, he becomes very arrogant. That's a sign as we say, of a nouveau riche, a person who has suddenly got the money and he doesn't know what to do. Supposing somebody is sitting on a donkey, and suddenly he gets a Cadillac; then what will happen to him? He won't be able to bear that. So this quality is we have that we should respect others, and we should understand that if we have money we haven't got everything. For example, in India a saint is respected higher than anybody else; higher than all the artists, higher than all the painters, higher than all the kings, all the governments, highest is the saint. So if you are a rich person, you will be known by your respectful behaviour towards everyone. This respectful behaviour, you can also show to things of others.

But such a person would respect the all auspicious things. Like, there could be a small monkey nut, but is say vibrated; should be much more important than the diamond of the same size. So this quality, when it develops in a human being then we can say the Mahalakshmi principle has started.

Now in all of you Mahalakshmi principle has been awakened. Mahalakshmi resides in the Sushumna nadi and Sushumna is developed only up to a point in human beings. It is later on, like a bridge built in, is created by Mahalakshmi principle; that means

a person who is satisfied, who is in balance, who is dharmic: his ocean becomes desirous of becoming the clouds of this Sushumna nadi or the path of Sushumna. This desire creates this path, this bridge of Sushumna within us.

Unless and until Mahalakshmi principle is awakened within us, we cannot make the Kundalini pass properly because it will always get lost in the Void. So the dignity, the respect of a Sahaja Yogi will always help him to build this path of Sushumna over the Void. It is not some sort of an artificial respect, or an artificial etiquette, but is a feeling from inside, a kind of a state human beings reach where they feel that it is important that we have to be respectful to everybody.

But the Lakshmi principle disappears with certain things which we must know. First of all, it is said in Marathi language, that if a bottle [of alcohol] comes from the door, the Lakshmi goes, runs away from the window. So the bottle must be kept out if you want to keep Lakshmi inside.

Then another thing is the 'badha'. When a person gets possessed anywhere if there is darkness, then Lakshmi runs away. In these circumstances, one must try to clear out so that there is no problem. If there is a 'badha', then money-wise you cannot be all right, whatever you may try. These two things if you look after, the Lakshmi will stay. And on the satisfaction of that Lakshmi, you will build up your path of Sushumna.

So for today, I have told you what is a Mahalakshmi principle is. Now if Mahalakshmi principle is awakened within us, then the Lakshmi just runs after us.

In the Western culture, what we have done is to bring Lakshmi to the level of only money, that also in paper. And it is so artificial, that people don't know how suddenly they become bankrupt. So the innate Lakshmi principle is to be understood that you Sahaja Yogis have a special responsibility for all these Western countries which are slowly (Shri Mataji laughs) losing all their wealth and the Third World will have all the money. (Laughter)

Translator: We are responsible for, Shri Mataji?

Shri Mataji: Nothing, I'm just telling.

I'll tell you what; we didn't create so many machineries in the Third World, because these machineries are just like devils. They go on taking away all that is materially important, all the matter they eat and create all kinds of nonsense like plastic, this, that. And once something goes from their mouth and whatever comes out is of no use later on. So all those things are becoming useless. So all the indiscriminate use of these kinds of policies have exhausted all your material wealth which was there from the Mother Earth. Now when that is exhausted, then on which you can depend is your paper money.

I've always said that machine is for you and you are not for machine. So why go into the complete subjection of the machinery like this? Now the computer has come. And after sometime our computer will be useless, and we will be just using the other computer.

But situation may arise that there will be nothing to eat, there will be nothing to create, only you will be making 1, 2, 3, 4, 5; and add them up and subtract them. (Laughter, Shri Mataji laughs)

So now one should stop and go back a little bit and see where have we gone wrong. Let us correct at that point. And once one realises that it is important to keep a balance on the Nabhi chakra, then the Mahalakshmi tattwa is properly manifested. Also it is vice versa. If your Mahalakshmi tattwa is awakened as it is awakened in you; you can create balance, being auspicious in nature.

Through you, it will happen that the prosperity will come back. When I went to Italy first time, they told Me there are three problems. One is mafia, another is violence and the third is poverty. And all that looked so great like a mountain, has all dissolved into thin air now. And the day may come when Italians will enjoy the greatest of wealth. And... (Laughter)

Translator: We'll send the tape to Guido, Shri Mataji. (Laughter)

Shri Mataji: And, and we will discover one more thing that so far, all the Europeans used to laugh at Italians, look down upon them, though they were the source of your art, your music, all kinds of beautiful creativity. But you all used to laugh at them. Because they were rich in their heart and simple hearted, dignified, they did not put their pressures on you. So their Lakshmi tattwa has become Mahalakshmi principle.

In the same way, I would request you the Sahaja Yogis, not to worry as to what is happening around, but to worry what is happening inside and build up your Mahalakshmi principle. Once you have built up your Mahalakshmi principle, you will have no problem at all. Then through you the Mahalakshmi Herself will work and fill your countries with great bounties and great joys.

May God Bless you all.

Now, for today's puja is very simple, we can have little Ganesha Puja with the Atharva Sheersha, anybody knows Atharva Sheersha? (hindi) Come along.

Now get some people from Holland and... Some men, some men, ladies will come later. Come here, may God bless you. Come along. Johan, you also come. May God bless you. Come along. To them also, come along, come along. Put.. to wash my feet, you see. May God bless you. They will give you everything, whatever... alright? Now, if you can put that... it's alright. You'll have to hold it.

Now. Gregoire, you start the mantras. First of all Ganesha's mantra and then the Atharva Sheersha.

(21 names of Shri Vishnu are recited)

Now we must have some ladies here. You've got My names? (Gives instructions). Unmarried ladies.

Gregoire: We, the Sahaja Yogis of Europe, are celebrating this puja to Sakshat Shri Mahalakshmi – please we all join our hands – By the most auspicious praise of Shri Adi Shakti Bhagavati Mataji Shri Nirmala Devi Namoh Namaha, on this planet Earth, in the land of Europe, in the country of Belgium, to propitiate the Mahalakshmi Tattwa, that through the enlightenment of the sahaja yogis may bless all the countries of the earth. Amen.

Shri Mataji: Come along, Unmarried girls. From Holland or from Belgium, unmarried girls.

Where is that kumkum and alta? Just bring it, for putting on my feet. Ask David.

Shri Mataji: Ah! I didn't see it really. And from down below looks like cross. Now (hindi) Ya Devi Sarva Bhuteshu.

Put the red towel there.

You've put it? No, all full, down below also. Put a towel down, under my feet. Yes (...) And a swastika has to be put. Yes, swastika has to be put, yes, yes. In the centre the swastika is. Yes. First, make a cross, is the best way. Yes now, down below. Yes. (...) Purse.

You've done it? All? Little, little things she will do something. Now. Put it in the big toe. Now (hindi) this one is for the Vishuddhi. You have got also yours? Oh, I see. So you put them first, you'll get... All right. Put this, then they will put them also.

Agnya. Ah! Should be... Yes, that's it. That's all right. Good.

Higher, higher.

The fingers are there.

This is falling off. You have to press hard.

My feet... you have to take a photograph, so you'll have to put something higher... That's better. They are not properly put, you should press them because they are all falling on all sides.

Now get some flowers. Put them. Flowers. Put flowers from here. Yes. Better. Take them out. Yes. Down there. It's alright, it's alright. Here. Put them in the centre. Down below. Down below. Also in the centre. (...) Yellow ones. That's all. Put on the sides. Put some big flowers, small flowers... right, big flowers. If you put the small flowers down, big flowers down, little away so the photograph comes out. Good. You can put it all round, it's a good idea. The blue flowers should be on the sides, I think. On the sides. Small flowers should be on the sides, so that... the big flowers on the sides, so the small flowers... yes, that's better. Yes. Good. Put it there. Alright. David? Put them anywhere (...) small flowers. Now beautiful. Sari. Sari. The sari you give them to open. Done now, all right? May God bless you. Now all the ladies let them go.

It is Sahaj. It goes with that.

Double, open it up, all of you. This is the higher side, hold it from here, hold it here. Here you hold it, double. Just hold it. You all come on this side and hold it here. All of you, come this side.

It's all right now. This is all flowers are here (...) Put the flowers.

Some little boy.

Thank you. Beautiful.

You have to bring on the sari and... on my head. Alright. You can move out a little bit. Sit down. Sit down. These bangles you have... . Take out. You can sing some song.

Please go down. (...) Ok, alright (...)

May God bless you all. May God bless you. May God bless you all.

This one is really remarkable.

Is made from what? Cane? Is it cane? Cane? ("Laminated wood, which has been glued together, and...)

Is too big, eh?

Beautiful. Very beautiful. I wish I had time to write letters!

Yes, what is it?

Just imagine. So Sahaj and beautiful, isn't it? Beautiful it is. I mean, really remarkable. Can't get these things done so easily, in such a short time: is only love! Love gives you the creativity, no doubt.

Just imagine. Thank you very much and thank them also very much. May God bless you. Beautiful they are, thank you, thank you.

Beautiful artwork, beautiful.

From where? (From Belgium) (Yogi: From Belgium. A real Belgium lady.)

A real Belgium lady.

Beautiful. Thank you very much. Tremendous work.

(Alsace) How do you spell it? Well, this is all beautifully made, hand-made printing, beautiful.

One for me! One for me. Thank you.

All right. So I bless them, all of them. Just imagine. Sahaj!

No, you can do one thing. You give them to the people who have come and not to the people of Holland... (yogi: And Belgium).

That you can manage. Eh? Thank you. I'm from Holland, and also from Belgium, but I can take one!

Just imagine, eh? What a description.

Where was it? And there's an elephant sitting. It looks like an elephant sitting in front.

Just imagine, throwing vibrations. I told you. Can you believe it? When I told you this was Shri Ganesha here, you would not believe me.

(...) Absolute vibrations. Tremendous. May God bless you. Beautiful.

Where has mine gone? It 's here.

Beautiful, beautiful. Very beautiful.

What has happened to the Swiss photography? Coming. Oh, beautiful. Very beautiful. Now better then? Beautiful. Thank you very much.

So very sweet! Good, good. So I'll call him Devindra. Devindra means the king of Devas. Devindra.

He's laughing!

It's a girl! (...) just the same, just the same! That's why she's laughing! Alright. We'll call her Draupadi, Draupadi. I haven't given this name to anybody so far. Draupadi. No no no. Sorry sorry sorry. Oh oh oh. That's your sister?

She was Vishnumaya, born again.

Hallo! We'll call him Devindra! Oh, that's a girl! Again? I asked you, Gregoire! Alright. What's her name? Elizabeth. We'll call her Lila. Alright? Lila. Gregoire, tell them the meaning of the word Lila. It's the play of God. Alright? Do you like the name Lila? Do you like the name Lila? Lila?

She likes it. May God bless you.

That's also my name, Lila is, one of my names. Actually my baptised name is that: Lila, Lalita, Nirmala, Daisy, four names. By

Lutheran church, by Lutheran church.

1986-0930, Talk to Sahaja Yogis: The Attitudes

View [online](#).

30 September 1986

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – Draft

Please be seated.

I will be going to India for a puja, as you know, because they say in the West most of the pujas take place and they never have a chance. That's why I'm going to India. And Navaratri starts from the 4th.

I hope in these nine days we'll clear out so many of your chakras. Of course, I'll be working on them but you have to also cooperate, watch yourself, find out what's wrong with you, why the different chakras are catching.

Now the attitude that we have towards ourselves and towards others has to be now changed in these new circumstances and in this transformation. The Sahaja Yoga lifestyle is not a system. You know that. We don't want to create any systems, any norms in Sahaja Yoga. But what we do here is to transform ourselves into Selfhood, into the Spirit state. By that we change our attitudes. If our attitudes are not changed then we have not achieved much in Sahaja Yoga.

The attitude first should be that we have to know that we are on the giving end not on the receiving end. If that happens to you automatically, spontaneously then you have achieved it. But supposing it does not happen, then you have to be on the watch out. First of all you must feel the joy of being in the Sahaja Yoga. If you cannot feel the joy then there's something wrong with you, something wrong with your heart, heart is not clean, you have to clean your heart.

If you think of your past all the time, or the past of others, then it's a wrong attitude completely. You have to be in the present. And the gloom and unhappiness, all these things are signs that yet you have not become your Spirit. The attitude should be: what joy I can give to others? What I have given to others? And the giving is such a great joy that it cannot be surpassed by any other joy.

So one has to think: what did I do for others? How did I help others? How much love have I given others? How much understanding I have of others? Unless and until you develop that kind of an attitude you cannot enjoy life.

People think enjoyment depends on others. "The atmosphere is bad. I'll be happier in India, not here" - very common. It's not so. If you are fully aware that you are the Spirit you can enjoy all the other Sahaja Yogis which are here.

So a person who cannot be collective shows that he is yet very much developed. It is not how much you have studied, what personality you have got, what kind of education you have had, that's not important. How much you can enjoy in whatever may be the circumstances, that capacity shows your identification with the Spirit. You can see me, you have seen my life, how I can adjust myself to any circumstances. A thousand and one things I can do without getting worried about it, or upset about it. I am not saying that you can achieve all that but still you should have your ideals before you.

Now the part where we fail is that we start finding faults with others. This is the worst attitude. That makes you angry because you think that you are in charge of everything. I've seen people going on the road, they see, say for example, a funny person passing through or they find somebody who is not wearing a proper dress, or maybe he is walking in a funny manner. Immediately they get angry. As if they are the policemen, as if they are in charge of the road, as if they have to correct the whole world and as if they are perfect. In Sahaja Yoga if you try these old tricks, you can never be happy.

Here you don't have to see those things, just close your eyes when you see any defects of another person. Such a person is always an angry person because he finds the whole world is after his life or he finds that he has to get after the whole world: one of the two. It's a funny existence. It's a very disgusting, frustrating existence where you are all the time either angry with others or angry with yourself. This anger goes on multiplying and once it goes on multiplying then you become nothing but a mountain of anger. With the slightest touch you get angry.

Then they say, "This is our conditioning." It's not but this is what you have gathered in this lifetime. It has nothing to do with your previous lives or anything, nothing to do with your bhoots. Now there's one common thing in the West [which] is, "This is my bhoot!" As if to have a bhoot is a very big honour! In India nobody would say that, nobody would accept they have a bhoot. Because to say you have a bhoot means you are a nonsensical person. How could you have a bhoot? That means there is something definitely wrong with you, you are a weak person, there's something missing in you.

So one has to understand the attitude towards life is to be like this that you give others joy, not find faults with others. This attitude has to be completely changed, of finding faults with others.

Now, finding faults with yourself is also not necessary, because every day you are changing, every day you are blossoming, every day you are evolving. So it doesn't help to find faults with yourself. Like many people tell me that, "Mother, you know, I am a very miserable creature and I don't know what to do with myself and this and that. And I have been always like this. I have been always an unhappy person." What is the need to be like that? If you have been like this you have been a stupid fool! That's what you have been. (laughter) By God's grace you have everything: what is there to be miserable like that? "From my childhood I have been like this." So what? If you have been from childhood you have been a stupid fool, that's what. It doesn't give you a better place in society if you say, "it is from my childhood." Get rid of it!

So complaining like this all the time that, "You see, I'm good for nothing. I'm a failure. I cannot fit into this." We have no norms I have told you. We have no norms. We have no systems. It's nothing like it should be a Georgian house or it should be a Victorian house and if it is not then it is fussy; that's not in Sahaja Yoga.

There's no pattern set for Sahaja Yogis. But what is set is that you are the Spirit. You are free people. You are yogis. You are kings. Not like these modern kings where even their dress is decided by parliament. You are free. You are free people; free people to understand what makes you happy and what makes others happy. So respect the freedom of others. To be overpowering on someone, to all the time say, "Oh this is it!" asking hundred questions - not necessary.

I have seen myself people torture me like this. Like I went to a place and there's a lady who comes to look after me. Very sophisticated she is. So she'll ask me, "Mother, will you sleep on the right side or the left side?" I said, "I don't know! Why is it necessary?" "No, I would like to know which side I should place the lamp." I said, "Whichever side you place I can turn round and put it on!" (laughter) Then she'll ask, "Which hand you use for the soap?" I said, "Whichever is needed! What is so great?" She said, "But then I should have put it on the left or the right?" I mean, I am not a machine that I go to the left only! I can go to the right as well! (laughter) And she pestered my life; I told her that, "Please, will you please now do not make me into a computer. Will you please go and leave me alone. I can manage myself."

So this kind of a system we don't have. We are not to computerize ourselves. We are free people. This is one thing we forget: we are free people. When we are free we respect the freedom of others and we enjoy their freedom as we enjoy our own freedom. This is a very important principle of Sahaja Yoga. That you do not put your things onto others.

Now for example, it's a very common thing, "I can see your vibrations, you are very bad." That's no good. If you feel somebody's vibrations are bad or anything try to be away from that person, it's different. But you need not say that to them because that hurts the personality of that person, that person feels hurt and then that person goes to another person and say that, "Alright. I can see the vibrations. You have very bad vibrations." Then he will say to the dog, he'll say to anything That's not the way the make it cheap like that. You shouldn't talk for vibrations so cheaply. "Let me see your vibrations." You are not to judge other's vibrations

better judge yours.

Have you understood your own vibrations? Have you corrected yourself? But that doesn't mean, again, you condemn yourself, "Mother, I've been catching throughout my Left Agnya, what to do." Why don't you get rid of it? It's very simple. Left Agnya is the easiest thing to get rid of. You know the mantras, you know what to do then get rid of it. But, no, you see That's a kind of an indulgence also some people have, "Oh, I've got a Left Agnya." Then everybody should worry about that person, sympathize with that person, bring candle, burn his clothes, burn him, burn everything. And then they start crying, "Oh, God, what is this."

This is the habit which has come from [UNCLEAR] I should say, that we have had parents like this, we might have had grandparents like this, we must have had someone like that and also now we are following their footsteps. And might be we must have read some novels of that kind where we must have seen some people are all the time miserable and we want to be miserable like them. We might be just trying to become like them, it's just a miserable creature because I read in a novel that such and such person, like in Wuthering Heights, somebody was a very unhappy person so I'm becoming like that. Now you are not in the times of Wuthering Heights now nor anybody is writing about you, nothing. You are a normal Sahaja Yogi. These are all abnormal characters which have been painted just for you to see these are abnormal characters. Now immediately you become identified. So all these identifications are justifications and it's nothing but a means of troubling others, that's all. They are so boring, such people are extremely boring. You don't like them really. People just shun away from them because they think these people are all the time bothering us with their own personal nonsensical things or some sort of an identification they have or they read some book - immediately they become that. How can you become like that? Why can't you become the Spirit which you are?

All these misconceptions, misidentifications, misappropriations are to be given up. We have to take to reality. We have to take to truth and truth is joy giving.

Now the word, as I said, "problem" is a recent word in the English language, they never had it before, I tell you. In geometry only we used to learn when I was young. In geometry only there was a problem. We never had a problem otherwise.

Now there is problem. This is not a thing one can eat, this can be soaked. Who brought this one? This is too much. [Shri Mataji laughs] They expect me to eat this, eh. Rather too much. Hard bhoots, I must say. [Everybody laughs].

So when we laugh we should laugh aloud, open, we are free people. Now there should not be a laughter which is signed by some Elvis Presley or someone that, "You should smile like this: only two teeth must be seen" and this and that. That's not for Sahaja Yogis. They are mukt (liberated), they laugh, they smile the way they like. But what I find is so many people, you see, just to show me that they are very happy are just grinning at me, like this. I said, "What's this? Is a bhoot grinning or you are grinning at me? Which one is?" So, you see, it's a natural spontaneous bubbling joy that should be seen on the faces of Sahaja Yogis.

Now if you want to take, say a simple example I'll tell you. I went one day climbing up a very high hill with my son-in-law and daughter. And there was a big temple there so we had to go there. It's called as Palitana. And by the time you go there you really get absolutely sick because three miles you have to walk and go up. We went and set down, the hot [UNCLEAR] so we set down. And then suddenly I saw all the beautiful elephants they have made in the stone and every elephant has a different type of a tail twisted. When my son-in-law and my daughter were absolutely spread, both were fed up and they were sitting there somehow waiting for the water to come in and I said, "Look at these elephants. See how they've done it. Every tail is differently twisted." They said, "Mommy, this is really At this time how can you see the tails of the elephants?" I said, "This is what I see because I just now There is no water so better to see the tails of the elephants."

And that's how you feel better, you feel younger, you feel happier, you feel dynamic, you can do ten things without bothering. But it's the human nature I think to show off that you are extremely unhappy to gain some sort of sympathy. That little work you will do and ten times you will tell that, "Oh, God, I went down to the shop and then I climbed up, and then I went to the counter, and then I bought this, and then I had to pay the money. Then I had to ..."

[Laugh explosion from the children and Shri Mataji.] Look at the children, that's what it is. Children are enjoying this because they know they do it like this, all these nonsensical things should not be done at all. It has to be a very simple joyous state. It should be said, "You have brought something. That's alright." Eat it nicely, happily. You don't have to say, "I did this." Better not give but keep it with you, it's like that.

So every time I'm going I have to give you some sort of a message and this time is that you enjoy yourself. Every time I say this, "Enjoy yourself." I hope you understand why I say that. It's a mantra. There is a mantra today that "enjoy yourself", your Self, your Spirit. Enjoy your Spirit in Nirananda. You should drench yourself in that. You'll be surprised all so-called problems, all so-called pressures, all these things just will die out. It's only your mental conception, your mental ideas and the forms and systems from which you are coming out, that's why.

You have certain ideas about people which are not truth. They are all evolving, they are all coming out of it. Even the societies which are not Sahaja Yogis are changing around you. You are the ones who are changing all this. You see, like a little child, one little child and he runs - he makes you so happy. That's is sufficient to make you happy. In the same way so many Sahaja Yogis in England should change the society of England, no doubt. But let us see how much we have transformed, how much dynamism we have.

Now, I have no problem, as usual. But there is one thing that you could call a problem for England - the Shudy Camp. Now Shudy Camp to become Shudy Camp needs people to work it out. But those people who have some talent should go, everybody for a picnic. Still it is not ready for picnic. It is ready for some work, people who want to go should enlist their names with Gavin or someone. Or I think Dr. Spyro can look after that side. And you inform them that, "We would like to go." and "We can do this work." Go there and work it out. And I'm sure it will be ready very soon for us to have picnics. But before having picnics we have to work and working is same as a picnic. Working is same to a picnic if you know how to enjoy it. Everything is picnic, everything is enjoyment. Nothing is a pressure for your, nothing is a dull thing for you, nothing of the kind.

So you are the ones who can make the whole country very joyous and the whole world very joyous.

May God bless you.

So today to make it joyous still I thought I must make the children joyous first of all. So we've got for some children For children I've got some small, small things. Now what do we have for children.

[Shri Mataji gives gifts first to the baby girls - a doll, and the little girls - paper umbrellas.]

Those who are going to have babies and think they will have girls can also have. [Laughter]

[Shri Mataji then gives gifts to the boys; the bigger girls receive cloths for puja dresses.]

[Few ladies that have been cooking in Shri Mataji's house receive kitchen aprons.]

I could have got you something better but just for the time being, it's just a consolation prize.

Now I want all of you to write letters to each other and to other people in India. You come back from India and nobody writes to them, they can't understand. You must make more friends. For that I've got you something. Now those who really promise they will write should come. You should be below, I think, thirty years of age. Come along, below thirty years. Write some poems. You must start writing all of you. Write some poems, some good letters to your friends. Must have some friends also. Very simple but symbolic. [Sahaja Yogis receives writing pads.] This is Kingdom-bound. You are bound by the Kingdom of God. Now you must write. You are all writers. Write about Sahaja Yoga. Now that's the last, exact, can you imagine. [clapping of hands].

All those remaining below thirties. Below thirties remaining people. Below thirties [few Sahaja Yogis receive a pen]. Anybody exactly thirty? [laughter] Exactly. [applause after the last pens are handed out].

[Shri Mataji puts in her lap the shawls to be gifted.]

Now we have to respect the elders, the leaders, you see. First of all we have to respect the architects and people who have come all the way from Australia and other places. That's very important. So first of all I would say we have got Michael [UNCLEAR family name] who's come all the way, give him a hand. Now we have Paul who's done tremendous job, I must say. Who is the third person, Robert? This one is for Mark who does all my framing, everything and who is really working very hard. Is he here? He is not here. [arrangements are made to give the shawl to Mark.]

[next gifts are watches].

Now the last ones who are working there, one is John who is doing very good work, John Watkinson. [UNCLEAR name]. Pat is here? Laurent? Ken, is he here? And this is Anita for cooking for all of us. [long applause]

[walking canes]

We thought of Djamel, Ean.

One for [UNCLEAR, name]. How are you? Yes, of course, complete freedom, absolute. Nobody can [UNCLEAR] [The elder Sahaja Yogi: I am a free man.] Of course, you are, absolutely. Not many but you have so many powers. You have so many powers of giving freedom to others, liberation to others. May God bless you. Thank you.

Which is the fourth one? Zim? Be comfortable.

This is from Mrs. Gupte who has come from India. She wants to give it to seven married ladies who are not Indians. [saris]. I'll call, sit down, I'll call one by one. [Names sound like: Antoinette, Dilmet, Esther, Lora, Ruth, couple of ladies came directly to Shri Mataji.].

These ones are for other married ladies. Those married ladies who are collective are to be really praised. And there should be more of these because we had only seven saris so I didn't know. But there are so many who are very collective and good married ladies. This is for all the married ladies. Somebody can pass on, raise your hands. But those who have been good wives, keep your fingers crossed. Good wives. Valery come along, you can make a panjabi out of this.

Who else? All of you tell me unanimously one name of a good wife who is being very, very good. Pat? Come along, Pat. [last sari]. I didn't want to do it because people may say that I'm favouring her. So it's nice that you all have acclaimed, I'm very happy.

[carpets]

One for Gavin, one for Doctor , one for Doctor Spiro.

I hope all the ladies got these pieces. And for the men, we have got here khadi curta cloth. And I think those who want can come and collect it from here, those who haven't got anything. But they have to be good Sahaja Yogis without any baddha. [laughter]

Only married people. Must improve your marriages. It should not be given to Indians, because Indian can always get it.

[Names mentioned: Benoit, Alan, Derick].

Now you decide whom to give this one. The best husband, not henpecked. [Name sounds like Nevit Paul] Very good husband. [applause]. Now, you see, both of them have got an acclaimed position so they will not argue with each other. [laughter].

Now finished? Should we go?

[Shri Mataji receives a present.]

This is from all of you to Mrs. Gupte. [gift is handed to Mrs Gupte]

This is from my land. [Shri Mataji touches a plate with soil on it.] You can put it here for anybody Shudy Camp, somebody should take it. You can take it, Robert.

If you allow me I will buy out of this ticket money all the brass. Where is the list?

So I have to tell you one thing before I go. We have to give hand to Michael who has come all the way from Canada. [long applause]. He has come here all the way to help me to do my book because you know I'm so busy as doing nothing. So he's come to help me. I would say if you people have tapes or anything, if you can do some transcription and can send him over whatever you have done in printed form or in typed form. He will be able to adjust it. Anyone who has done anything so far, please send it.

What about Douglas? He is not here? Alright. And we must really say that it has been bit too much the way people have been asking him. Now he's spent so much time about you. This one is tremendous task which we have to somehow manage. And Douglas if you can help me, I'll be very thankful. Alright.

Now the people who came to Sahaja Yoga in the beginning like Douglas, Gavin, Moreen, all these people have been of very great help to us. And they have been really, really being the foundation. Now we all have to create an atmosphere of one unity, one huge house of benediction, house of benevolence. It is to be built in the way William Blake has described. All of us are important, right from foundation to the roof. And the symbol is Shudy Camp just now which we have to work out.

Everybody is here, it's all symbolic. I don't want to take everybody's name who has helped so much from the very beginning of Sahaja Yoga. But understand that everyone matters, everyone is important and any brick which is weak will make the building weak. So we all have to work it out in such a way to find out what have we done for Sahaja Yoga. It's not necessary money, it's not necessary any kind of labour but it's the attitude, again I say. What sort of attitude you have had and what sort of attitude you are going to have.

There may be someone who didn't get anything. I mean I didn't give anything, nothing worthy but they will start, "Why didn't Mother call us? Why didn't Mother say ...?" That's not the way. There is nothing wrong with you. After all, it's just a symbolic thing. If this hand has got it, this hand also got it. We are all one. Just to have a little fun we arranged this thing and we all enjoyed the fun. And go with the same feeling of enjoyment. Not to think, "Why Mother didn't do this for me? Why she didn't do it?" Nothing of the kind. Alright?

You promise that you all will enjoy yourself. May God bless you.

So many people have been of help, that's endless. I mean, I cannot take their names to this extent. And in every way they've been of help to us. We should just see how much we can help, just enjoy that. And see for yourself that you should be able to enjoy ourselves so that others can enjoy.

Any questions?

You are from Bristol, are you? Where do you live? You are the doctor? I met you, isn't it, before? You're looking very much better and younger. What about your problem, it's alright?

What is it? Thank you very much. [children hand gifts to Shri Mataji]

There is Midlands I'm worried about. I'm worried about the whole of England I should say, but more Midlands. This problem is there. Let's see how it works out. It's all politics, I think. Politics, nonsensical politics, that's all.

Thank you very much.

[Sahaja Yogis talk to Shri Mataji about purchases to be made for Shudy Camp and exchange rate of the pound.]

You all who want to go [to India] should immediately tell Gavin about it. Or you want to get married. He is going to give you a proper form for the marriage. I have told them to make one. Those who want to get married should fill in the form properly. And see for yourself that whatever you have said is the truth. Those who are already engaged will be married but those who want to get married also should say that, "We want to get married." and everything should be truthfully written down.

May God bless you.

[Sahaja Yogis sing: Mataji, your face shines like a thousand suns ...]

1986-1005, 2nd Day of Navaratri, Shri Gauri Puja

View [online](#).

5 October 1986

Navaratri Puja

Pune (India)

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

1986-10-05 Navaratri, Shri Gauri Puja (Hindi/Marathi)

First, I will talk in Hindi and then in Marathi language. All of you should try to learn Hindi as it is our national language.

[Hindi Translation]

The name of Pune is famous in the Vedas, Puranas and many other such places. It is called as Punyapatnam. The river which flows in this place is called as Mula river. It has been flowing here for thousands of years and is making this place full of punyas. We do not have a complete knowledge about punyas. Many people feel that if we give something to the poor, distribute some things, tell the truth or have certain desires then we get punyas. Maybe this collection of punyas takes place but it is like filling up a lake drop by drop. The meaning of punyas that is known is doing the work by which God is satisfied and becomes happy. We should do such works. A person who does this kind of work is really Punyavaan (one who has punyas) because when he pleases God, then God's blessings fall upon him and he gets punyas. The powers of God which flow into such a person create something like a new consciousness or a new personality or a new status in him. This new status is such that when this person goes to any house, any country, any place, there the blessings of God start raining down. It is as if he has an umbrella and those who come under it are blessed by God. Wherever such a person lives, if there is an imminent problem in that place then it gets solved. If such people move about in cities or forests then any accidents that would have taken place don't do so. So, those who have taken birth in Pune are special people with lot of punyas and now they have to earn more benefits through these punyas.

But when a person with punyas is born in Punya nagari, he starts comparing himself with others. He says that as I have done so many punyas I am born here but those people over here who have riches and money over here are different. They don't know God, they don't believe in God yet they are so rich and happy. So why am I unhappy if I have done punyas? Such thoughts come into his mind. Once these thoughts come into his mind either he says, 'So I have not understood this thing, but no problem' and continues with his dharma or he changes himself. He changes himself by saying that making money and having material possessions is the greatest thing. So he starts running in this new race. At this point, all his punyas get destroyed.

It is very surprising to see that a person with punyas gets a desire for money. Anything can happen in Kaliyuga. It is surprising to see that in Kaliyuga, even if a Realized Soul is born then he can drink alcohol, take drugs or take to violence. It is astonishing that a Realised Soul who is full of punyas can do such things. This is a kind of a pull of Kaliyuga, its effect and its environment. Once a punyavaan person's sees something, then his attention goes to that thing and develops a weakness for it. This is a great tyranny of the Kaliyuga upon us.

But there is a bright side to it also. If you ask that what was the need for this tyranny of Kaliyuga to come upon this earth? If Kaliyuga has come then it too must have a reason. On this matter there is something written in Damayanti Akhyaan. Once Kali came into the hands of Nala, Damayanti's husband. Nala said, 'You separated me from my wife and caused me great pain so I am going to kill you now!' Kali said, 'It is alright if you kill me but I too have some importance.' Nala asked, 'What importance can you have? You put everyone into illusions and people take to the wrong path because of you.' Kali replied, 'There is a great importance. When such a time comes then it will be an Agni Pariksha for man. Only then he will know who is true and who is false. This is the only way to judge how much punyas a person has. A person cannot be judged until he goes through this Agni Pariksha.' It is also written in the Bible, that the person born in the Kaliyuga, his Last Judgement will take place. It will be seen how much punyas and apunyas he has. So, the importance of the Kali Yuga is that our Agni Pariksha takes place in this time. Apart from this Agni Pariksha, there is also a great blessing in this time. Nala was told that when this time comes, thousands of people will get their Realization, they will be emancipated, they will transform. Kali said, 'Those who are seeking God now in the hills and valleys, will ultimately find Him in Kaliyuga.' This is the blessing.

In the middle of this time, we have come to this Punyapatnam where a person can understand the effect of punyas. But you may feel that here too the same Kaliyuga is present as everywhere else. It should be agreed upon that it is useless to talk about those things which are hidden and which are not seen. But now your awareness has opened up and when you use that awareness to know about things, then you will be surprised that in this Pune there have been works of such a depth as many saints have done penance and meditation over here. A great man like Tukaram came and lived near Pune. So this place attracts those people who seek punyas and who want to immerse themselves in punyas. It is not for those people who are seeking money or other material wealth. That is because when we collect money, power or fame, we are collecting it for ourselves. But punyas have an effect on others. For example if you have a lamp, you can polish it, make it out of gold or silver or anything else, but all that is useless if there is no flame in it. Only when the flame is lit, the lamp is useful. In the same way, man is useless, whatever he is, until the light of the Spirit is present in him. When the flame is lit in him, he becomes a punyavaan atma and the light emanating from him can enlighten thousands of lamps in the world. That's why, the call for this puja in this punya nagari today is a very great thing.

When the Shakti is distributed through punyas, then punyas get multiplied by thousands and become extremely powerful. Punyas have many powers but if the Shakti Herself is distributed through punyas then what a great thing it is! Until now people have seen that those who are full of punyas, are troubled by others, they don't have any wealth, they don't have any form of protection, they are always oppressed by others, any person can take them away, any person can fool him. But when the Shakti is distributed through punyas, then a tremendous energy flows from these punyas that none can dare to touch a punyavaan person. If someone touches then he will know that there is some tremendous thing. In the same way, if a person feels that he can snatch money, cheat or trouble such a punyavaan person then he can't do so. This is a very great blessing of Kaliyuga that this light can come and as soon as this light comes then no one can even touch you with the wrong intentions, no one can trouble you, no one can kill you, no one can snatch anything from you. You are completely protected. You will see that you will become so powerful that you can end any form of terror or problems just by standing up to it. So, the vehicle of today is the distribution of Shakti in punyas and this is what has to be achieved in today's puja.

[Marathi Translation]

Now everyone would have understood what I have told in Hindi. Who didn't understand? Among languages, Marathi is quite good because it does not have.... (speech unclear). Especially, I can explain Sahaja Yoga properly only in Marathi language. I told all those things in Hindi because, you will be surprised to know, Hindi people know quite less about our culture. It is not there in their language itself. They don't know anything; they don't know what punyas are. So, I talked a little in Hindi as you all know a lot about this. One thing I must say that the great teachings of the saints that we have got over here, is a very great blessing. Due to this blessing, we know what culture is, we know the meaning of punyas, we know what is good and what is bad, we know. We understand but do not recognize. Everyone understands that this is good and that is bad. We have done many punyas because of this. That's why from those punyas, this punya nagari was born.

But when we see others we feel that we Pune people are not as rich as the Mumbai people. Then we feel that Delhi people are richer than Mumbai people. As Delhi is the capital, we see that the people are more respectable. But all this is on the outside. We feel that they are very great people in comparison to us. But you are Punyavaan.

However, I have seen many people in Pune who don't believe in God. I have seen great intellectuals and vidvaans who don't believe in God. These people have become so sophisticated and their minds are so spoilt that they say God does not exist. But if you have not seen God, you have not known Him, then how can you say so confidently that there is no God? First try to see. What are you going to lose? Nothing. So many people have talked about Him before you, were they all foolish and you are the only clever one? Without knowing Him, how can you conclude that He is not there?

It is alright if someone says, 'If you can prove that God exists then I am ready to believe in Him.' But if someone says, 'I don't believe in God at all!' then it is very difficult to make him understand. Many people of this sort are present in this Pune city. Nowhere else there are so many people who deny God so openly. You have so many Ganpatis, so many Marutis (Hanuman) but these people are the Maha-Marutis sitting on top! Oversmart people! These people feel that whatever they say is correct and that they are extremely clever people. They think that they know all the Shaastras and they conclude that all of it is false and meaningless. So, where this punyas are spread like the fragrance of a lotus, there this ugliness has taken root. Due to this, people's minds are full of illusions (Bhramanti) in Pune.

The people who don't understand whether Dharma exists or not, God exists or not call themselves great leaders over here. They

eat money all the same and do all the wrong things. But they have an excuse. They say that if we don't have faith in God and in dharma, why should we take to righteousness? We have become 'modern.' Such people are seen more in Pune than in Mumbai. There are many people here who make fun of God, who deny God's existence and who ridicule the people who believe in God. Now, a boat drowns if there is just one hole but if there are so many holes like this then what will happen to Pune?

Some of the holes are caused by people who have a beggarly attitude. This beggarly attitude is seen in Sahaja Yoga also. Sometimes people are afraid of it. If Pune people have to be called then they say, ' Mataji, many people of this type will come, you see to it.' They are afraid of this beggarly nature. I have experienced only this attitude. When we come here then people enjoy eating for free saying 'Mother is doing everything, She is giving the money, why should we?' This attitude shows that the heart is not rich. The reason for this is that those who teach about punyas, who ask us to do punyas, who give big lectures are themselves after money. So the rest of the people feel that this person is sitting here to teach me 'BrahmAgnyaan' but himself is beggarly by nature. So, all the citizens bear the results of both these things.

The first is that those people who talk about Dharma are eating your money. They ask, 'What do you want? A boy? Alright, pay me 100 rupees. But if you give 50 rupees, then you will get a girl child!' Then the 'customer' gives 108 rupees saying that he wants a boy. Why does he want a boy? That's because tomorrow he will earn money. Nobody sees the contribution of the daughter-in-law. They want a son just to get more money. Actually, the poverty increases because of that and people become poor by nature.

Even then, now there are thousands of temples, and in every temple you have to give money to God? But does God understand money? Has He even seen money? The priests say, 'give four rupees to this God', 'give one rupee to that God.' 'If you want to do Puja, then you bring a big coconut out of which we will give you this small piece and the rest goes into our stomach!'

By seeing these two sides, the faith in man's mind, which should have depth, purity and trust, only has the feeling that 'Oh now I have done this thing in the temple and that is enough. There's nothing more to it.' So because of this nature and this desire for money, man feels that it is alright to get money in any possible manner. Nobody thinks of self-respect. They think 'what do we get out of self-respect? Why should we take to it?'

So because of this strange situation, we see from the nature of the people that in such a place full of punyas, we cannot see the saints. We cannot see the qualities of a saint. We cannot see a person living like a saint. A saint has so much respect! Even to invite a saint to your house needs your penance of lives together. Otherwise, he won't even come to your door. But this is for a true saint and not for the false ones. In order for him to come to your door, you should have some punyas. But the so-called saints who are roaming in the streets nowadays do not have the sainthood. This Punya Nagari is not called so because of its temples but because of its people. How many people have the qualities of a saint here? So the punyas come here based on the qualities and character of the people living here.

So, if we earn the punyas of self-respect and self-realization and if we grow in it then there is no difficulty over here. The land in Pune is very fertile and there is no land like it in the entire universe. But if there is land then plastic trees won't come up. What is the use of planting plastic seeds? It is a very fertile land. Also, the heads of people are very fertile! It is so fertile that you don't know what has gone out of it and you have to be told about it. People say, 'don't believe in God', 'who is God?' etc. All such extremely nonsensical things have come up over here. Some people make fun of God as if they are very great. They don't have any respect for Him. The second kind of people is of those who have earned so much money in the name of dharma and who have misled so many people. I have seen many varieties of people over here.

The first time I came to Pune, there were many people and this woman was also there. A bhoot came into her and immediately she started shouting. Immediately, all the women ran to apply kumkum on her. It was the first time I saw ladies running to put kumkum on a woman in whom a bhoot had come. They then started falling at her feet. Luckily, the lights went out at that time and I came out from the back door. What could I have explained to them? So this is a greater stupidity than the other kinds. People see that something has come into her body and assume that it is the Devi. Let me ask you, is it so easy for the Devi to come into anyone's body? It is extremely difficult. Is there any kind of body that can bear the Devi? They say that the Devi has come in her body and later if you see then this 'devi' is washing utensils, washing clothes and stealing money! How can Devi come into the body of such a person?

You can call this ignorance or innocence but I would call this extreme stupidity. Due to this, the people are not only misled but they are under an illusion. There are many people here in whose body the Devi comes and they faint when they come in front of Me. It had become difficult to conduct programs. I said, 'How did so many bhoots come into this Punya Nagari?'

(Recording ends abruptly)

1986-1009, There is a very big power which is protecting this universe

View [online](#).

9 October 1986

There Is A Very Big Power Which Is Protecting This Universe

Public Program

Lions Club of Calcutta, Kolkata (India)

Talk Language: English | Transcript (English) – Draft

Public Program. Lions Club, Calcutta (India), 9 October 1986.

... and to all the Sahaja yogis who have come all the way to attend this program in Calcutta. It's so heartening that I find it difficult to express it in human words the way I envisage the vision that your founder must have thought of. I'm sure he must have been a realized soul himself. Apart from that, he looks like Confucius to Me. As Confucius has talked of humanism, in the same manner he has organized this beautiful organization of Lions here. The name he has given, "Lions", is something so remarkable and so symbolic that as you know the Goddess always uses lion as Her vehicle. That is the vahana specially used when at different levels She has to be compassionate as well as very harsh to the people who are trying to destroy humanity.

The lion is a great animal. I don't know how many of you have seen a lion from looks. But it's such a majestic animal. When it dies in a forest, the forest becomes absolutely desolate. No bird would chirp. You feel the complete silence in the forest because they think that our king has died now, such a great catastrophe has fallen upon us, "Who is going to protect us without the lion?" Apart from that, it's a very dignified animal. It will not eat every day. Whenever he's hungry, he'll go and kill some animal and eat after some time and after that he leaves that animal for other animals to eat that he never interferes with the people who tried to eat his kill. When he walks, the way he looks around is so gracious and so beautiful. Is a very compassionate animal. He's not ferocious at all, but when he's hungry, in the nature, he has to eat the meat. So he eats that, and there should be no objection to that from vegetarian people. The compassion is so great that he allows all other types of animals to eat the animal which he has killed.

In the same way, this "lion" word makes Me understand that the gentleman who has founded this, Mr. Melvin Jones, must have been a great personality and in his vision he perhaps has seen that one day you might come to Sahaja Yoga to understand the working of this organization. Just like Confucius wanted to establish a quality of people, a category of people who would have a feeling for others and we say in samajikata or the public-minded people. Mostly human beings are selfish. They live for their families. At the most they may live for some relations of theirs. But some of them are of a category who rise above that limited sphere and become conscious about the needs of the society. Now when we see somebody dying or getting drowned in the sea we find somebody jumping to save that person. In that case who saves is not that person but the collectivity that is within this gentleman. He feels something of his part and parcel is getting drowned and he must save that part and parcel, so he jumps to save that. In the same way in the fire, in any catastrophes when we find people dying to save others, we can explain that innately we are collective beings. Within us there is a collective feeling, and when this collective feeling is expressed in this manner, you prepare grounds for Divine to work through because Divine is something that is absolutely collective.

For example, we see that ether is spread out everywhere and if I am releasing a lecture here, you may hear it even in London. This ether itself has a principle which can be enlightened. Every element has a principle or the causal which can be enlightened. And when that is enlightened, the collectivity within us, if it is enlightened also, it reacts and it helps and condones, nourishes whatever a collective personality wants to do. Through Sahaja Yoga what happens to you, that you become a collective personality. You are in a way but in a dormant state, in a *suptavastha*. But when the Kundalini rises through you, you become a collective person who is enlightened about. In the sense on your central nervous system you start feeling another person on your finger tips, on your finger tips. That is a very good phrase also in English language that on your finger tips you can feel yourself. First of all that is your own centers, and you can feel the centers of another person. Now for that you need some decoding. What I'm doing is just I'm decoding it to tell you that this center means this and this center means this, and this center means this. All

this works out spontaneously because it is a living process. Now we have become human beings. Who has made us human beings from the animal stage? What energy has made us this? We scientists must try to find out. If our attention goes to that then we will realize that spontaneously it has worked out, sahaj, it has worked out sahaj. We never even felt that we were coming from animal stage to this stage and then the question must be asked, why are we human beings. What is the purpose of this very well planned evolution, which started from the stage of carbon to this stage? What was the ultimate? Where did we have to reach? And here we have to take advice or recourse to those great seers we have mostly in our country and in many other countries.

According to timings people had to talk about it. The times were there when they could not talk about Kundalini because people were not so much in a receiving stage. There was not so much maturity. There was not so much understanding. That's why you find most of the saints have been tortured, poisoned or killed. If you look at Mohammed Sahib, He has said it very clearly in the Koran that at the time of kayama, that is the resurrection time, your hands will speak and your feet will speak and they will give the witness about you. That means at the time of your last judgment, you yourself will be giving witness about yourself. Now when he talks about resurrection, he has talked for so many pages but nobody wants to listen to them. What they want to listen to is that when the doomsday is going to come. Because of this kind of an attitude towards religion, that to use it to suggest that one has to be frightened for the doomsday and put this pressure on their head, is a very wrong attitude. After all this whole universe is created by God in His compassion and love, and it is more than anybody else He is worried about His own creation. He's not going to allow it to be destroyed by any chance. Can you think of somebody who has created this beautiful hall here would allow anyone to destroy it? If He has the power to stop it, He'll go out of the way to stop. So we have to understand that there is a very big power which is protecting this universe and all the goodness about it.

Now it is difficult in these modern times, especially in the West, to talk about God, because they don't believe in God, without knowing much about it they don't believe. Like I can say I don't believe there is England. I can say that. I have not seen it. In the same way they say we don't believe in God. But I think it is very unscientific to make such a statement. If you are a scientist then you must have an open mind. And open mind, that supposing whatever I'm telling you is a hypothesis, then you have to see if this hypothesis works out, all right, then it becomes a law. But if this hypothesis is so, as a scientist at least with all humility of a student, you must try to understand it and try to listen to it. Guru Nanaka has talked about it, sahaja samadhila, very clearly. I would say Guru Nanaka has done a maximum for us in this respect. Kabir Dasa has written all about Kundalini and everything. Like he says that when the Kundalini rises, it breaks the epitome of your physical being that is the brahmarandhra and you go into a complete nirvichara samadhi. Clearly he has said it, absolutely clearly. There cannot be more clear writings than Kabir's. But what human beings have made of all the incarnations they have done the same to Shri Kabir and to Nanak Sahib.

Like I was surprised that Kabir worked in Bihar. And there, in Bihar, he called Kundalini as Surati. They call tobacco as surati. Just imagine, tobacco which is against It's a virus. Tobacco is nothing but a kind of a virus, is a kind of a vegetable which has gone out of the circle of evolution. But he has put it Surati for Kundalini while people use this word surati for tobacco very openly. This shows how we have misused all these great incarnations and all their great teachings. And now people say, "Look at this. This is religion." What is this religion? It makes you fight. Is this religion that makes you do all kinds of nonsensical things? Is it religion that makes you sick? This is not the religion which was propounded by those great people. We should not bring bad name to them. We are doing a wrong thing just to use the word religion to bring really a juxtaposition religion on this earth.

The religion is within ourselves. They also have said that unless and until you are a realized soul, you will not know what it is. "Now I'm reading my Gita". All right, now you are reading your Gita, then what you find? "Now I'm reading my Gita and I'm leading a very good life and I'm leading a very balanced life. Now what more, Mother, should I do?" Is a very common question from all the great intellectuals of our country. Now I say, "You are a happy man?" "Yes. I'm very happy person. I'm very self-satisfied and I don't want anything in this world." What good are you doing to others? "Little bit, I do some good also. I give some money, donations here and some charities there and all that." Even then, if you are like that, even if you are thinking that you are doing little patch work here and there, still there is something missing in your life and the missing in your life is that, that your awareness is not yet complete. It's a human awareness and human awareness is not absolute awareness. This is the point we should know. When we say we want to add value to ourselves we should know what is the discretion, to find out which is the right and which is the wrong. Now we have no sense of discretion of that kind. For example, now I am standing before you. Mr.

Mehta has told you of something about Me. All right. But how do you know that I'm not a fake person? I could be a fake person myself. Or anybody could be a fake person, a bad person, wrong person, wrongdoer whom you are helping. You might be doing some apatradan. Also, possible that you might be helping a thief or murderer, anyone. How will you know about it? Because your awareness, human awareness can go only onto mental level by which you judge people through a mental level. "He's well-dressed, he looks fine, he speaks very softly, he's very humble, he's very kind." That's not the point. The point is you know it through your mental judgment superficially, outwardly. How will you know about the person inwardly? Because your attention is not inward you cannot penetrate into another person to find out how he is.

The absolute awareness only comes when you become the Spirit. When you get your realization and you become the Spirit. When you are the Spirit, then what happens that you start feeling on your central nervous the centers of all the people who are around you and your own centers. That's how you can say this is so, this is so. Now on a temple you go to. Now somebody says this is a swayambu temple. How do you know it is a swayambu temple? How will you judge it is a swayambu temple? You see that there are some people sitting, selling hashish and bhang in a temple. And how are we to believe? Then we find that from some gurudwara? somebody comes and murders someone. Then we find from the Masjid people come and do all kinds of wrong things. What is this? Then how is it that we have to believe in God? And these confusions create an anti-God feeling within you. The reason is you are not at the absolute point and the absolute point is your Spirit which gives you the absolute truth. And there is no compromise. No compromise. I mean if somebody comes and asks Me, "Mother, what do you think of such and such gentleman who is a guru or something?" I may not say anything about the person because, you see, that time is better to keep quiet. But if it comes to the harming of the person I'll tell that person whether they like it or not, openly, that this man is a devil. I have to do that. I'm your Mother and I'm not going to tell you lies. There is no compromise.

Like you will see in Christ's life when there was this Mary Magdalene who was a prostitute, and Christ has nothing to do with the prostitute. He was an absolutely the purest and the holiest. But when people started throwing stones at her, He came up with that courage of truth and He stood before them and He said, "Those who have not committed any sin can throw stones at Me," and they all dropped the stones. This kind of courage only can come when you know that you are standing on the truth itself. And the truth itself is the nourishing factor within us which nourishes us, which gives us the real quality of genuineness. That you believe in the truth. There's no doubt about it. Because you see the truth acts, it works and it loves. This truth is in you. Through Sahaja Yoga you will find flows like chaitanya lahari as they call it or you call it as vibrations. But you have to little bit know about them, what are they. This is the all pervading power of God that enlightens everything. It will enlighten even a little lamp, if you have. You'll be surprised if the enlightened light is there, then you put a hand towards it... Supposing you are suffering from cancer. Take a position of cancer. How will you find out you have cancer? In Sahaja Yoga you can easily find out. If you see when you put your hand towards the photograph you will find all these would be burning. All these would be burning that is these centers will be all burning that means in the Void there's a catch. If you put hand to a candle, just to the candle, that's all, and My photograph of course, and you put your left hand towards the photograph and put your right hand on the Mother Earth. The Mother Earth will suck in that which is jada in you. Because She is the one who absorbs that. You put the hand like this, and you can cure the cancer. You may think that, "Mother, it looks very simple." It is very simple. When you go to the fundamentals, is very simple. The complications come later on. Cancer is caused, for your information is, by some sort of an attack from the collective subconscious. Now on our left hand side we have got our subconscious and a collective subconscious.

Freud is, I mean he was a half-baked person, absolutely half-baked. So in his brain I don't know what he saw and how he said it, but he said that we are nothing but our conditionings, and our conditionings must be removed. And to him left side, what we call as the Ida Nadi, he took as psyche. I mean it's all They have seen from outside and absolutely so many things are missing, absolutely. You cannot relate it to Sahaja Yoga but I can say that whatever he calls psyche let us say it is the Ida Nadi on the left hand side. Now this channel looks after your subconscious mind. Whatever conditionings you have are in that, plus beyond that is your collective subconscious. Whatever has done is there in the collective subconscious. Now when there is an attack comes from this collective subconscious, anything that is dead since the creation is there within all of us. So whenever it is attacked from that, what happens that it triggers, it triggers a person's malignancy. Because the person is using too much of his energies. I would say this is My left hand and the right hand, there are two nadis, one is the left side and another is the right side. The left side Nadi is the one called as the Ida, this is the Pingala Nadi. So those who are right-sided are hard working people, who work in their physical and mental being and the left-sided are the emotional being. When they start using too much - the chakras are in

the center - they get affected because they move on to sides. Because this is disconnected, we are disconnected from the whole. At that time you are vulnerable to any disease, whatsoever, but more so for cancer. At that time when you are too much active or if you are too much crying type, any way, what happens that you move out from the main brain centers which are within us and you are lost because you become independent at that point. Then from the left, it is always from the left, cancer comes always from the left. From the left the attack comes in. Now what do you do? You put a candle. Put your hand towards it and put your right hand on the Mother Earth. So what happens the attack that has come by the entity, which they call in their ... you see, medical terminology is always little [INAUDIBLE], like they say that it is protein 52 and protein 58. But we call it in our languages as bhoot, as something that is dead, that was created in a way that died but it is still existing in the collective subconscious. And the hand will start showing you ... It is surprising that the candle will go on flickering. It will make also sound "khat khat" like that. You can see it clearly happening and then the cancer is [INAUDIBLE].

Now it looks too much. I went to a cancer hospital the other day to see some patient there. This fellow had a galloping cancer. He had a bone marrow cancer. So I told him, "Was there any accident or anything?" They had forgotten about the accident and just remembered, "Yes, there was a serious accident," I said, "That's how he got it." When you get a shock, you are thrown on [INAUDIBLE] collective subconscious. It might be through somebody who mesmerizes, somebody who tries to give you some sort of a mantra or could be some sort of a wrong guidance in religion. We call it un-adhikara chesta?, we can say the unauthorized behavior of someone can - towards the God? - can cause this problem that you are sucked into the depth of subconscious, and you get it. Now if your attention can be brought in the center that is lost, that is finished and that's gone, and you are cured of your cancer. It's not a difficult thing to do. Now the gentleman whom I went to cure, I saw him and I said he's not curable and he's going to die very soon. The reason is, when I had met him before three, four times and I told him you better take your realization. His wife took it. But he was an intellectual, he used to always argue with Me. He said how can it be possible? How can it be that easy? I said supposing I say here is a diamond, and you can have it free. So will you refuse? You'll take it. You'll definitely take it. Not only you, but people from Australia will fly out and take it. In the same way, if I'm saying it is so simple, why don't you accept it? He said, "How can it be simple? It should be difficult. One should pay for it." Just imagine! How much are you going to pay for Me? This is the concept that is in the intellectual mind that the one who makes you work hard, makes you run about and also takes lot of money is the real guru, is the real man who can give you what you want. It is a spontaneous living process which acts. But he would not accept. He was just arguing and arguing with Me and he said, "No, no, it cannot be that simple. I'm reading Gita, and in the Gita there is no mention of Kundalini." Naturally, that was not the time. Krishna talked about it in the place where there was a war on and He was talking to Arjuna. There was no time to talk about Kundalini. So He didn't talk about It but He did say that you are to be born again, you have to be, He suggested that. But when Gyaneshwara wrote the treatise and he translated Gita into a simple Marathi language, he has in the sixth chapter very clearly, pointedly, absolutely substantially said that it is the Kundalini which is going to solve the problem. He said it. Now, when He said that, the people who are in charge of religion said, "Sixth chapter you are not supposed to read. You are not supposed to read." So people were so misguided. They said "Oh God, then this is not to be read!" So people used to paste paper on the sixth chapter and read the rest of the Gyaneshwari. This is a very common experience of Maharashtra.

Then another style came against Kundalini was these foreigners who came to this country, specially the Germans and all: all their attention is adogati. As Krishna has said that the human awareness always goes downward. In the brain you have got the roots of it. So the western ideas are all towards adogati because they do not want to ascend. They have no idea of moksha. They have no idea of Self-realization. The adogati is so much today. It is so self-destructive that sixty-five per cent people in that great America are schizophrenic and they go to a psychiatrist and very proud of it. They will tell you, "I went to a psychiatrist, I paid him so much money and I gave him so many dollars." They are very proud of it. I said in India, if somebody goes to psychiatrist, he'll never get married. I mean we have innate sense. We are so wise, perhaps may be because we are such an ancient country, through our seers and all that. We do not think that to be psychologically disturbed is something great to be proud of. Everything is upside down. They are like anti-[INAUDIBLE]. There's nothing to learn from them. If you see their ideas, you'll be shocked. Now I have lived there and I feel that this country is not only a yoga bhoomi but the people who are born in this country are real yogis. Must be the great people of great punyas. Otherwise why these people would not be born here. There are some great people born there also, but they are hankering after India. When they come to India, they touch the Mother Earth and put it to their head. They can feel the vibrations. We are not aware of what we have got, where are we born. On the other day only I read about Ravindranathji who wrote a beautiful poem about that, "The Mother of India is now awakened. Come to the shores of India from

everywhere." Such a great poet he has written about Sahaja Yoga. This Calcutta itself is a very great place where Devi had come and is, what we call according to our Sahaja Yoga is, the Center Heart here. The sternum bone of the universe. Is the sternum bone of the universe is in Calcutta, of the universe. Now so important is the sternum bone within us. If you are doctors, you will know that till the age of twelve years all the antibodies are created in the sternum bone. And afterwards these antibodies go all out in the whole being and protect us. Now in the disease of AIDS what happens that antibodies are absolutely weak because they are committing sin against the Mother. Here resides the Jagadamba, the Durga, the Devi and that is the place for Calcutta. So you can imagine what an important position you are. I always used to feel that once I could somehow or other approach the people of Calcutta, I can manage India very well. And first time when I came, I've come here many a times, you'll be surprised in a big hall there was one single gentleman sitting who also ran away after two minutes. I think I approached a wrong area. But we had advertised, we had done the same way as it is, but it's My great fortune that I've been able to meet the Lions people, who are just there to take up the Shakti, Divine Shakti within themselves. They are just a special category of seekers. A very high quality of people. Now with the Sahaja Yoga what will happen, you will not feel you are doing anything.

Now, supposing this is my hand I know, and this is my hand I am aware of it in my collective consciousness. Then what happens I know this is my hand, and I'm not helping my own hand. If it is paining, I am just rubbing it because this is my own hand. So with this happening what happens that you feel, "Who is the other? Who is the other? Whom am I helping? Whom I'm trying to help?" So the ego-part, the compartment that, "I am trying to help that person, I am trying to do that person." I've seen people who are known for great social work also, and they have got peace prizes, this, that, big, big prizes, but such ego that I have seen them jumping from here to there and there to there, for a little thing like a suitcase. That means inside there's nothing. I have seen people in the United Nations and all that, those who talk of peace, there's no peace within. Those who have no peace within how can they give peace to anybody else? Peace Foundation, peace this thing, peace, peace, how can you have? Is there peace within you? Everyone has that area within them where they can enjoy their peace and their satisfaction. That is to be felt. That is to be aware of. In Sanskrit we can say to be *vida*, from where the word *Veda* has come. *Prabodha*, *prabodha* or we can say that *gyana*, the word is used, is nothing but what you know on your central nervous system. You feel the peace within yourself. The whole turmoil is there and inside you feel that peace. You are not disturbed any way. Like you are standing in the water and there is a wave of water coming and going. And there are waves and waves coming. Then you are frightened of the waves. But supposing you reach a state where you are in the boat, you can see that and you are not disturbed. This is the state to be achieved. And this state you can achieve it because it is within. It is just like this instrument which is before Me. Now, it has also got something to connect. As soon as you connect it you see the fantastic behavior of this instrument. In the same way, God has made you a great instrument. And this instrument when it is put to the mains, starts working dynamically. Not only that it gives you energy, it gives you health, wealth, because *Lakshmi Tattwa* is awakened in you. It gives you all kinds of prosperity, but you don't become like a mad business man. No. Neither you become like a greedy rich man. But you become satisfied personality. And that satisfied personality brings forth all kinds of fruits which are not thought. If you believe that God is almighty, I don't have to convince you. But even if you don't believe in it, why not see it? Why not feel Him? Why not take advantage of Him? You see, even a Prime Minister comes in, everybody wants to run and shake hands with him, but I say is very easy to shake hands with God. Why not do that? And when I say that, I mean it. It can happen to all of you because you all have got that power within you. All of you can get your realization. All of you can achieve that state and then already you have an organization, great organization like Lions where the energy will start flowing. You will help people. You will do everything for them but you'll never feel you have done it. You will say "It is done, it is happening," and the amount of help you will get from all the sources of the Divine, you'll be amazed how things are working out.

There's only one thing as you have mentioned to Me that you have created the eyes, eyes for cataract. Now in cataract case the thing is it is a dead tissue as you know it very well. So by Sahaja Yoga you don't develop it. It's on the prevention level that Sahaja Yoga helps. You just don't develop any diseases to begin with. As your chairman was saying to me that they are thinking of having a school and also they want to start it at that place where there are children. And I think that is the best idea. So the children don't get into any troubles, they become realized souls and they can help you. This is the best idea, is to give it to children. But even to other people, if you give them realization, they cannot get into diseases. They cannot get into mental problems and the whole personality will be awakened in such a way that you will know that you are part and parcel of the whole. You'll be so secured, you'll be so satisfied, you'll be such a happy person and this is what is the purpose of your life, is to become the Spirit. This is the purpose of your life. Now the questioning can be many, With the mental activity people have too much

questioning. Like in England specially or other the places, they ask Me, "Mother, why should we do it?"

I said, "You better do it. Is a very good idea." Because, you see, to do this I have to run about too much sometimes, you see, I have to neglect My family also. So it's better you do it.

But supposing this is what is My lot - I have to do it. What is the objection for that? Is all the [kind?] funny thing about it is, that it's such an ego, in human beings, to accept someone that the another person can do something. But when I'm doing it, I'm not doing it anything, it is actually you will be doing it. Once you get it, you will be doing it. Like one candle which is enlightened can enlighten another candle. What is this candle has done? Nothing, that another candle was ready, it has enlightened. Like this many candles can be enlightened. What one candle has done is nothing.

But this is something which hits people, and they do not want to have that kind of a thing. But if somebody tries to mesmerize them, takes away their freedom, then they completely empty their purses to that person. But if somebody says, "You cannot pay for it, you cannot purchase me, nothing of the kind, you better become something." So the second problem comes in when I say, "You have to become something." Because it is you who has to become. It is you who has to gain. And in that portion only people fail that they have to little bit work out themselves after realization. Before realization you don't have to worry. The seed can be sprouted easily. But after sprouting it is to be looked after and that is where I would say you have to put in a little attention to that. But if it solves all your problems, all your future, all the progeny, all the humanity, why not do it?

I'm very thankful to you all for inviting Me for this beautiful function here and I want to thank you all people to give Me such an opportunity. I never knew that I would have to face Lions one day. I wish I had known it before, but I always felt that this Lions is something, rings in my ears. I've spoken to Rotary Clubs but of no avail. And though I said Rotary itself is a word, is chakras. Rotary itself word comes from chakras. And I have made hope, maybe after you have achieved something, they will also come down. Also their aims are the same as yours. Of course from Rotarians I have got Dr. Talwar himself, which you can see very clearly and there are many people who have come. But all of you should get it because it is your own. It's inside. Your own, the whole property, the sampada, is within you. That you have to have. Only thing what I'm doing is to give you the key, that's all is My job. I hope all of you will have that much wisdom and that much understanding about Sahaja Yoga and that you all will get your realization.

May God bless you all!

1986-1010, 7th Day of Navaratri, Shri Mahadevi Puja

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10 October 1986

Navaratri Puja

Kolkata (India)

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

1986-1010 7-th Day of Navaratri, Shri Mahadevi Puja Pt 1 Talk, Kolkatta, 10 Oct. 1986

[English translation from Hindi]

I bow to all the devotees and seekers who have assembled here for the Puja today. In this Kaliyuga of today, when so much devotion and homage for the Mother, and so much love comes into the hearts of human beings, then we can understand that Satya Yuga (the Age of truth) has begun. This is my good fortune also that on a Shashthi Day I came to Calcutta. As in the shastras (scriptures) also it is written that the Mother comes to Calcutta always on Shashti day. 'Shashti' Day (sixth day of Navaratri) is of Shakambari Devi; and on that day the whole nature should be covered with lush greenery. Although I have heard that there were severe floods here, which caused great hardship to everyone; still, I see that everywhere the nature is so green. The roads got broken, but no trees appear to have broken or uprooted. This means that there must be some hidden and secret happenings behind whatever is done by this Creation. The situation in Calcutta, due to many reasons, has become disturbed and impure too. From this we should understand that it has become very necessary, and that is why Devi's displeasure is being expressed, or we can say that a thorough cleansing has taken place.

In Calcutta, where Devi Herself has taken Her incarnation – this is Her place where the Heart Chakra of the whole world is placed. In such a sacred place, we have given importance to a lot of a-dharmic (against dharma) activities - and the worst adharmic activity is to believe in tantrics and tantrism. In reality, 'Tantric' is the Mother Herself because all the tantras (the essential knowledge of the workings) are in Her hands. She is the One who created the Tantra, and all the knowledge of it's workings are within Her. But whoever does all the adultery, indiscretion and conduct in the name of tantras, I must say that they should give up all such activities. In Satya Yuga (the Age of Truth), there will be severe oppression and injustice against such people and such people will suffer a lot. In this city of Calcutta there are so many tantriks, so many people who have taken deeksha (initiation) from them, that how will we find a way to tell them and convince them that all this is evil and wrong things. By doing this we can never be benefitted. This is an activity of evil forces, and they are the Rakshasas (demons) who keep taking birth again and again. In spite of being destroyed so many times, they keep reappearing in this world and continue their evil ways, and that too in the name of God, in the name of the Devi. Our perceptions in this matter must be corrected. Because Sahaja Yoga is established on absolute truth and not on lies, and whatever is truth that I have to tell you. If you are running toward the blazing fire to get yourselves burnt to ashes, it is My duty to tell you clearly that it is wrong, and you should not go that way. That is why I become so anxious, and think about how to explain that if you really want to lift this land which is cursed by these people, then it is important that firstly you do not move towards them. It seems that in their distress people think that these people will help them. But instead of help, they will cause you greater harm and damage. You should consider them as poisonous and stay away from them. Unless you start this work here in full swing and expose each one of them, this land will remain cursed.

I have incarnated here many times; but in this incarnation I am seeing that slowly and gradually it is heading towards destruction. This land has achieved such a great height of spiritual attainment, where even the Ganges, after flowing, reached the abyss and where, through the efforts of Bhagiratha, so many of his ancestors were freed from the curse. She (Ganga) could do this work by taking the dust of this land. But many such sinful acts are happening on that holy land. We should know that because of these very subtle things; Our Bengal has been hurt in this way. When I used to hear that a lot of political matters and government rounds are happening here, due to which a lot of conflicts have arisen among the people. They are cutting each other's throats. This person is being beaten up, that person is being beaten up, there is no solution. Murders are happening, thefts are taking place, dacoities are taking place. So, you see it from the outside. The root cause of all this is tantric activities. They think

themselves to be very smart by using such extremely harmful smashaan vidya (activities connected with burial grounds), preta vidya (use of dead spirits), and other extremely dangerous activities; and befooling people, extracting money from them and they introduce evil spirits and negativities into them. Because of that negativity, one falls into a deranged state and gets entangled in that situation and becomes totally confused. In this confusion, he becomes unable to distinguish between dharma and adharma (truth and untruth) or between good and evil. Under such circumstances, if I do not clearly tell you the truth about them, how can you be saved? Many people have tried to advise me that "Mother, You should not talk about them so openly". But if the Mother does not tell you, then who will? It is important for Mother to tell you all this. Can you imagine your mother saying, "Ok son, go and put your hand in the serpent's mouth." Is there anyone's mother in India who would say, "Ok this is a snake, put your hand in it's mouth". Only those who are interested in contesting an election, or want to gain something, they will speak like this, they will compromise. They will compromise. A mother who sincerely loves her child, she can never say such things that are harmful to her children and she is not afraid of anyone. What can these people do? They can't do anything except catch hold of our lost children and torture them. In this way many false gurus have taken birth in this Kali Yuga. These too, have taken birth in greater numbers than those who were Mahishasura, Narakasura and all the Chandamundas that you are naming in their previous lives. Out of these, there are sixteen main rakshasas (demons) who have come to this world. Ravan has also made his entry. They are all on the stage. Now how can they be killed? The time for their destruction has come, but how to kill them? I can take a sword in My Hands and cut them off; that's not a difficult job. But they have entered into the hearts of common people. They have entered into their brains. They have all gathered inside, and are sitting there. Common people are accepting them as gurus. What am I to do? Can I cut My children's throats along with them? So, it is better that one day they will have to face defeat from the public itself. This will be completely and clearly explained to everyone, there will be exposure and people will see and understand that every single thing that Mother used to say about them is true.

In Germany one gentleman has written against gurus, that this is such a thing that if people have one guru, then they are not prepared to accept or listen to anything else. Now these are half baked people. They do not know that for many years, since eternity it has been told about Gurus in our country, that it is only a Sadguru (true guru) who can unite you with God. "Sadguru wohi jo Sahib se milai"(an old proverb in Hindi). The one who unites you with God is Sadguru, then there is 'Guru' who talks about God and instills dharma in you. But those are 'a-gurus' (false master) who have no qualities of a guru (guru tattwa), and who are not even realized souls. Still, considering themselves as Guru, they tell things to people and also might take money from them.

For instance, the priest and even the Pope, they are all a-gurus. Their kundalini is not awakened; they have no qualities, and are talking about dharma. In our country there are lots of people like this. Most of our Shankaracharyas (priests) are like this. Except for the Shankaracharya of Kanchi who is an earlier one, all the other Shankaracharyas are a-gurus. Their Kundalini is sitting at the bottom and those whose Kundalini has not risen yet, we consider them as Guru. Why do we accept them? They have been elected – can there be any election for Gurus? It should come from Paramatma (God almighty) Himself. This is something we have to understand that this should come from God Almighty. Then after that, there are those who are called 'Ku-guru'. They are those people who are these Tantrik, who have demonic tendencies and are of extremely evil nature. They profess to be gurus; and there are many such gurus whom we consider to be extremely wicked, evil, such people have become our gurus today. Nobody knows how all of them came to this Bengal, just like the Ganga reached here with all its herbs from the Himalayas, God knows from where all of them came together and settled in Bengal and made this place poor and looted the people. I know what evil deeds they have committed on this green and verdant land because you cannot see what is happening in the subtle. You are under the impression that it was the Naxalites who have done this; or the Communists; or the Congress, who have done this. It is not the fault of any of these things. This environment which has become polluted, it is these Tantriks, these evil people who are spoiling this environment. Even more evil and powerful demon who was said to have been killed by Devi Herself too are worshipped here by the people. Mahishasura is still alive, and Mahishasura is also worshipped a lot here. You have worshipped the devil who was killed by Devi herself! Even Narakasur has been worshipped so much that you have given him money in crores (millions). No one knows exactly how many jewels and diamonds [unclear] he has. Such evil people have been nourished by you. Then you people will definitely become poor. It is as if you invited this doom, by standing in front of a bull and asking it to hit yourself. You cannot understand with your intellect how evil these people are. Today on a Puja Day, as a Mother I have to tell you all this. Before the Puja it is important for all of you to know that you are your own Guru. You don't need to make anyone else your guru. I am not a Guru either. If I was, you would have been in great trouble.

But who is a greater Guru than a mother? Mother is the mother of all the Gurus as well and if you want, you can sit at My Feet; or sit on My Lap; or even sit on My Head. You are My children, that is a different matter. Yet it will never be accepted that any Rakshas (demon), or what we call negative personality, can come and influence you or possess you. If ever this happens, I will immediately warn you to give it up for which you should not feel bad. Because I am a Mother and it is in My Nature to give you moksha (salvation). There is nothing special in that but I do not want to cause you any kind of pain. But if you are not told the truth, later on you will have to suffer. The truth does not seem dear in the beginning. That is why Shri Krishna has said – “Satyam vadet, Hitam vadet, Priyam vadet”. Whatever is for your benevolence, I have to tell you because you are My own. Maybe you will be upset for a while but that doesn't matter. At least you will be saved and things will settle down in your brain. This is exactly the cause of the destruction of this place. You can see them in such abundance that it is surprising how these people are still alive. These too shall be treated. But first of all, you should get out of their clutches, otherwise my hands stop. They can be collectively treated. But you people become a fetter (confine) for Me. Because of My love and concern for you, I am telling you that please break all your connections that you have with these people. Get rid of any kind of their articles, like their photos or their prasad given by them which are all poisonous.

Today before the Puja what should be said? The Heart is so 'Gadgad' (being so full of emotions and love that it becomes hard to speak). Such beautiful compositions; such beautiful Aavahan (Invitation to bless with presence); such a beautiful welcome that all of you have done from your hearts. The Heart is completely 'Gadgad'. It is said that “the Great Mother is 'prasanna' (pleased)”. But I don't know why the eyes are full of tears and the throat is also full thinking that so many of My beloved children are living here. All your problems or calamities can be finished, all your troubles can be wiped out, because that who is Paramatma is all-powerful. Neither there is anyone more powerful than Him and nor anyone also who loves as much as He does. With such a loving and powerful God being your own, why do you need anything or fear anything? The only defeating factor is your freedom. I cannot take away your freedom. Because when it comes to giving you 'Param' (ultimate) freedom, then this freedom is fully respected. But in that respect itself, human beings get lost. Human beings go astray and get close to such people who are enemies of your life, they are your foes. For many thousand years, these wicked people have been tormenting these devotees and are still continuing. They have joined forces and come in camouflage so that no one can recognize them. Even Sitaji was deceived by the disguised Ravan, and you are mere human beings. If they mislead you, it is not your fault. But after realization, after becoming a realized soul, you should be able to stand on your own feet. You should give up all these things, brush yourselves clean, and become absolutely pure. Then none of your problems will stick on to you. The power of love is the greatest, you should know that we have not used it till date; and when you begin to understand that you have been endowed with this power of love and when you start using it, you will be amazed, and you will begin to feel that the stars and planets are at your feet. All the Shaktis are around you; the Ganas are protecting you and all the angels are showering flowers upon you. You are the ones who have come to (standing on) this theatre, on this stage today. This whole creation is for you, and it is you all who are the supreme people in the universe. For whom else has God created the universe! But whatever wrong deeds have been done, whatever wrong things have happened, we have to forget them all and stand in the present time. We have to stand in this 'present' and enjoy that pleasure. You have to enjoy that nectar which is longing for you. God Himself desires that you should come into His 'Darbar' (Royal Court) and take your respective seats so that He may respect you appropriately and bestow you with all kinds of happiness. This is what a Father would want and this is what He wants and He is completely with you.

Today this greenery that we are seeing, it is a very beautifully designed garden. Understand that the 'Garden of God' is similar. His 'Garden' is full of all kinds of flowers, joy, happiness, and fragrance. But the only thing that is required is that (you) have the ability to sit in it, and have the depth to enjoy it. Just this much is sufficient to get everything all right. What can be said about the Lions Club here! I think in all My lives I have had some connection with lions and sitting on a lion, so much has been achieved. That is why this connection has been made with the Lions Club! This is a very beautiful grove and you can make this park even more beautiful.

Once an American lady asked Me, “I don't see any flowers in Your country”. I said, “Here in our country we have very small flowers, but they are extremely fragrant. They are not very showy unlike the flowers you have. There is a miracle and a mantra in every flower” So she said, “OK, tell me some varieties of the flowers which You have here.” While sitting there, I told her the names of forty flowers and every flower has the most pleasing fragrance. Now I see that here also you need such flowers like

Jasmine, Champa and Parijatak. These flowers have been described in Devi Mahatyam. There are many kinds of such beautiful flowers. There are flowers like cape jasmine and night jasmine. There are many such flowers in our country, which grow huge branches, and in the morning if you see, the courtyard is all covered with those. You see, what we call 'Bakul', in U.P. (State in India), it is called 'Maulsiri', that tree is also very beautiful. Its flowers are extremely fragrant. You can also plant 'Jaswant' and many other such aromatic trees. I once said to a lady in Japan, "your garden is very beautiful! I like it". She said, "Yes, it is beautiful; but it is artificial, they are not natural." If you go into any garden in India, you will find intense fragrance. Fragrance is the speciality of our country, the speciality of this soil. You will be surprised that we are unable to understand that even grass has such a fragrance and everything has such a fragrance. We are not aware that in other countries, one cannot even put one's hands in the soil. If you put your hands, you will get blisters and boils. Because the land of that place has, due to all the sins, has become heated up. Because of that 'heat', it (soil) is like lime there. You can't put your hands in the soil unless you wear gloves. In London I had at first thought that I would do gardening there. Because I am fond of Shakhambhari (greenery). So, I had a desire that I should make a garden there. But when I saw the condition of the soil there, I gave up the idea. I lost interest in that. I thought I would go to India and better do this work there. This land is something else. This land, on which you are standing, every grain of it emits fragrance. Even after a light shower of rain, such beautiful fragrance emits out from this earth. And you also must have taken birth and settled here because of your 'punyas' (virtuous or meritorious acts) of your past lives. Only you have to enlighten these virtues and manifest them to become effective, which you can do through Sahaja Yoga very easily.

Now, regarding Myself, I keep on coming and going. To every place, I come and go. But My love for Bengal is very old, very ancient. It is a story (connection) from several years ago, many of (these stories) you are aware of, and some you are not. Very difficult things have happened. I faced a lot of problems and made it so prosperous and made such a beautiful garden here. And after all that (work) now I see, so much poverty, difficulties, and distress is prevailing in this place. Wherever this bhoot vidya (black magic) is practiced, poverty will pervade there. Now you may say we have typhoons here, and that is how we get destroyed.

Now I'm going to tell you a story. Once I went to visit Thrissur (in Kerala). A lot of people came to welcome Me. Very rich people live there; they brought cars etcetera. I was surprised and wondered why they had come to meet Me. I discovered that they were cultivating tobacco plants in that place. Their houses were built with English tiles, and they had English (style) bathrooms. These people export tobacco to England, and from there they import all English goods and with great pride put those in their houses. But I have to speak the truth, whether you like it or not. So, I said, "You have come to welcome Me with all these big cars and other fancy things, and I should not be saying this. As a guest, I should certainly not be saying this. But, being a Mother, I have to tell you that you must stop cultivating tobacco. It is a wrong deed." They said "Goodness! Mother. If we don't plant tobacco, what else can we grow?" So, I said, "Plant cotton. High quality cotton shall grow here. But don't grow tobacco. It is a demonic thing. Do not cultivate it." So, they said, "But we don't smoke it. We send it to England". So, I said, "Oh! if you send it to England, there is no sin in that?" They answered, "They troubled us a lot. Let them consume it and die!" I said, "Is this any solution? Can this be the way (to act/behave) of saints and holy men? That they should die? They did trouble us. But those (people) who did it are long dead and gone. These are other people that have come. What is the use of punishing them!" But they were not prepared to listen or accept. And when I insisted that they must stop this; it is not right; they got very angry with Me. Afterwards, when I went around that place, I saw there was a lot of poverty there. On one side there were the very wealthy people, and on the other side were people in dire poverty. Even greater poverty than in Bengal. People were living on trees. When I asked why it is like this, they told me these people practice a lot of black magic, spirits and spells in burial grounds, and this and that. They earn money through that. I said, "what money do they earn! They are living on trees in such bad condition. After that I tried to convey to them in signs, "See, you are living on the shores of the ocean. Be careful what you do. The ocean is your Father, and this Father is the holiest person. Sitting on the edge of the ocean, don't do such wrong things. If He gets angry you will be completely destroyed." So, they said, "How can this be!" I said, "This will happen, you'll see. I have warned you. After this warning if anything wrong happens then do not come and ask Me". That same year, one huge (the grandfather of all) typhoons hit them and destroyed everything. They were all hanging from the trees. Thousands of people died. After that I went to Delhi and they all came to Delhi in their big cars and asked for forgiveness. "Mother, please forgive us." I said, "Sons, what is there to forgive? Whatever was there, has been lost. What you did was wrong. I gave you a warning". This is what I am telling you now that the warning signs are indicated here. You should remove these evil people from here. All those poor people there, who were practicing these evil spells and black magic, were seen 'hanging from the trees. So, whenever these kinds of dark knowledge and evil deeds are practiced,

they suck in. They (dark energies) attract/draw towards themselves a kind of destruction that comes from outside and destroys everything.

Although usually before My visit, these things happen; in England also, I have observed. Wherever I go, thunder and lightning strikes, and there is heavy rainfall. After everything is cleansed out, and then I arrive. Despite all this, people do not realize that we ourselves, should do a thorough cleansing of ourselves. Why ask Nature to do it! Sometimes it can happen that a lot of destruction may occur. That is why it is necessary for you to recognize the truth; accept the truth, and cleanse yourselves, and bring yourself on the path of truth in all purity. Otherwise, if truth has to prove itself from the outside, it comes in terrible form. It rises with great force, gathers momentum, and in it's wrath it destroys even those who are helpless, unprotected, unsheltered, and sometimes, innocent people. That is why it is better that human beings come into the path of truth, and they cleanse themselves. Rather than spreading the word in the entire Creation that now we have to finish off Calcutta and so, kill eight or ten people. There is no benefit in it either. No one understands. No one can understand the language of Nature. They start wondering that we go every day to the temple and do puja to the Devi, then why has this wrath come upon us. But even in the temples of Devi, there are rakshasas sitting. They are sitting right in front of Her, sitting with great courage. However, when Devi awakens, then they will know and each one will be destroyed. Once when Ganga got awakened, all these so-called 'Pandas' (priests) gathered all their beds and belongings and ran away from there. I saw all this on TV, and said "Very good! Ganga has thrown them out!" All of them, from Haridwar to Patna, whoever was there, they all packed their bags and ran away. In spite of all this, human beings do not learn a lesson. If Nature presents a remedy, he does not learn a lesson from it. He only responds to his spirit. So it is better for you to accept Sahaja Yoga.

There is no such disease that Sahaja Yoga cannot cure. There is no such calamity that cannot be removed. All kinds of difficulties can be resolved. But after getting realization, you should have Shraddha [enlightened faith], which is not blind faith. It is a thing that has been seen, you have got it. You should settle down within yourself, you should sit on your own throne. You have received it, why are you still sitting like a beggar? You should understand comfortably and accept the fact that you have entered into the kingdom of God, and sit on His throne. And with His blessings, completely, without any worries, get the best of your life. I do not mean that you should become an ascetic, or that you should forfeit whatever you have. Nothing like that. But your own power of enjoyment increases. For example, you see here a beautiful cheetah skin is spread out. Now you people must be thinking who killed it, who made it, what is this, what is that. But as soon as I saw it, I became thoughtless. I do not think anything. I only see the miracle (wonderful handiwork) of the person who made it. What a wonderful thing he has made! I do not think anything. All the joy runs from top to bottom. So, I became the 'enjoyer' - in the real sense. All this is made so beautifully. There is nothing to think about it; and I merely look at it. The moment I just look at the subtle power of the artist with which he has expressed this joy in it, all that joy started flowing inside Me. I did not think or try to know anything about it. I was only enjoying the subtle artistry of the person who made it, and has put so much joy into it, I am receiving that joy within Myself. So, you will become the enjoyer. You can get enjoyment from everything. Till now whatever property you have it is a big thing. Whatever goods you possess, it is all a big deal. You have got it registered in insurance, registered with that person, writing it here, writing it there, making a Will, and you keep doing all sorts of things. Always worried that some burglar might take it, or you may lose it. For Myself, it may be in anyone's name, let's say, this (place) belongs to the Lions Club, but I am enjoying it fully. Whether it is in your name or in someone else's name- I am enjoying it fully. In the same way you should also improve (develop) your power to enjoy. What is there to let go of something when you are not holding on to anything, what is there to give up and what is to be renounced? This may be a bit of a stretch but it has to be said to you because you are Sahaja Yogis. This can be only told to you. If I say this to the general public, 50% of people will get up and run away.

Another thing to say is that you have to enjoy everything. But even further, I would say that you do not only have to enjoy but you have to live in this life, right here, with enjoyment and not run away! There is no escapism. If you come wearing saffron robes, you will lose your vibrations! Even Ravana came disguised in saffron robes. I am particularly irritated by saffron coloured clothes. Why should you become an ascetic? Don't you have a mother? Your Mother is sitting here before you. How dare you take 'sanyas'! (renunciation). What can be more painful for a mother than this? If you want to hurt your mother, tell her "From tomorrow I am going to become an ascetic". She will say "son, take whatever you want, but please forgive me (do not do it)!" Understand that I am your Mother. You should also understand what will please Me, and what will cause Me pain!

Now, there is another thing. This disease of fasting, which has been developed (introduced) into us. It is absolutely wrong. This conditioning that today is my Saturday fast, tomorrow is my Sunday fast. God knows on which day you eat! If you are so fond of fasting, then do it. God says that if Indians are so fond of fasting, let Me finish them off by starvation. Because that is what you desire, so have it. But if a child wants to hurt his mother he will say, "today I am not going to eat my food". Finished! The mother's whole day is spoiled. The child says he will not eat. (If) he will not eat today then, it is such a sad thing (for a mother). As if her life is going to end. Oh dear, what is going to happen. I can't live. My child has not eaten food today. She will sit all day worrying saying that my child has not eaten. She will tell the whole world, she will tell the trees, she will tell the leaves. She will tell everyone that my son has not eaten food today. And in this country, I notice that everyone is observing a fast. So I do not understand what should I do. How should I explain, 'Why are you doing this?' Eat comfortably and drink happily. But drinking does not mean taking it the wrong way. One should not do anything which goes against consciousness. This fasting business was introduced, so that you remain hungry, and whatever you save on food, put it in my (tantricks and all) pocket.

So, fasting is forbidden in Sahaja Yoga. But, for some health reasons, if you have to give up eating for some time, that is ok. And when you feel like eating, you should eat. For example, if you are invited to someone's house, and you do not want to eat in that person's house, it is ok to make the excuse that you are fasting. That is alright, and they will not force you. If you fast like this, there is no harm. This means that you are fasting for your own self. You are not living under the rules of fasting. Everything is in your own hands, you can fast whenever you want, otherwise you won't. Who is going to say that this time is like this, that time is like this. We are sitting and enjoying ourselves. And if someone asks you to eat, if you feel like it you will eat, or if you do not, you won't eat. Because your attention should not be on eating. If you ask Me what I ate, then I will have to think, whether I ate it or not. It is only when attention is on food, that person fasts. If his mind is not there, he will not fast. Because many times he fasts, he does not even know whether he fasted or ate. One should just take his attention off food. Because there is one thing about our Indian people that they are very interested in food. Even the wives are very smart, the women are very intelligent. She says, 'Let's cook such food for them so that they remain trapped in our clutches.' No matter wherever he goes, he will come running back home. Because, Indian men do not know how to cook. The women have made them such that they just cannot cook; and their attention is always on what their wives are cooking. So, the wife will impress you on this and that is why our attention remains mostly on food! But this is not so in other countries. Like the Japanese people, they will see how the thing is made, whether it is beautiful or not. Whether it has form or not. Their attention is not on the food. But in our culture, the main interest is in food. What food has been cooked at home today! If anyone announces that a special dish has been made in my house, all the rest will arrive with family. The whole neighbourhood will arrive to have that food; and because of food, women also express their love very openly.

Like, one day I asked my granddaughter "What would you like to be when you grow up?" So, she told me, "I would like to be an airhostess, or a nurse". When I asked "Why", she said, "(Nani) Grandmother, it is only in these two professions that we can offer food to others". So Indian women love to serve food. This is something wonderful. And, it doesn't happen anywhere else. Nowhere else! If you go to London, in three days you will lose half your weight. The ladies there only offer boiled food. This is another quality in Indian women, that they like to make different kinds of tasty food and feed people. Sometimes, in their love for Me, I have to bear their excessive hospitality. "Mother, with great love I have specially made Rabdi (thickened sweet milk) and brought for You". But my dear, I do not eat Rabdi. So, there is a beauty in our inclination towards eating and drinking. But what I am saying is that we should remove the attention from it, then you can get into that subtlety. Like how Shri Rama ate the berries offered by Shabari. How did Shri Ram grasp the subtlety of hers? Because inside her he saw her love, her reverence, her respect, her thoughts and he ate it with great pleasure. If this subtlety comes into us that instead of paying attention to the food, we pay attention to the feeling behind it, then we become Sahaja Yogi.

In this life I have given up all the things I used to like to eat and drink in My previous births. For instance, it is described that the Devi is very fond of Shrikhand (sweet made with hung curds). Now I don't eat it at all. Also it is mentioned that the Devi likes Puranpuri (puris with sweet chickpea filling). That too, I do not eat at all. And I do not drink milk at all. All the things that I liked, I have given up. Because I have finished with it in My previous lives. Now what is there to eat in this life? Now in this life there is so much for the bhoots to eat that I no longer have space in my stomach to eat anything else.

I am very pleased to have met all of you. As if I have been reunited with all those (devotees) who were long lost. If there can be a spiritual awakening in this Calcutta, then you will see how beautiful everything can become. That should happen also, God Almighty is eagerly waiting to shower His blessings on you. It's just that you can handle it. Don't feel hurt or upset with anything that I have said. Whatever I have said, is the absolute truth. You must graciously accept it.

My eternal blessings to all of you.

1986-1011, Public Program Day 1: Sahajyog ke Anubhav

View [online](#).

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(Experiences Of Sahaja Yoga)

It is very easy to say what the truth is. Truth is what it is, and that is you are the spirit. You are the spirit, which is beyond the notions of mind, intellect, body and ego. But the light of that spirit hasn't been reflected in your awareness. Or you can say that the light of that spirit has not yet dawned upon you. But when we put our attention on truth, then we think that truth is very harsh. A very difficult thing. Like a long time back it was said, "Satyam Vade, Hitam Vade". (Truth that is said is beneficial). So how do we connect it? So Shri Krishna said it very beautifully that, "Satyam Vade, Hitam Vade, Priyam Vade". That is what is beneficial and loving to the spirit is what has to be expressed. Maybe it is hurtful at the time, but later might become beneficial and loving. Even with all this understanding, sometimes we forget that God is love. And the truth is also love. As a mother when she loves her child she knows all about him. From that love arises that truth which is her child. And the emotion of love is also the product of human awareness.

In reality, truth can't get attached to anything. It is similar to sap from a tree, which climbs to the branches, the leaves, the flowers, the fruits and nourishes them and goes back down to the roots. If it decides just to go to a flower and gets stuck to it and says that this flower is the best, the tree might perish and as well the flower. So this attachment of love can lead to peril. That's why when you see that if there is love between two human beings, might turn into animosity, similarly, if the two countries love each other, might turn into animosity. Also maybe the love between two communities might turn into animosity.

How this love turns into animosity is something one must think, and the reason is we have not felt the true self within. God's love is flowing, giving and then does not get attached to anything. But we can't show that the two things love and truth are like the moon and the moonlight or the sun and sunlight. Like a word and its meaning are together, similarly truth and love go together. Those people who are seeking the truth go through a lot of hardships and difficulties. They think if they torture their body then they will achieve the truth. You don't have any authority to torture your body. Because this body is made by God and it is a temple and that has to be enlightened. Like in the west there is a craze that is setting up that everyone wants to look very skinny like a mosquito. For that, the people there work very hard to look like one and with that many diseases develop in them. And it does not look like these people got any happiness, nor did these countries have any joy in them.

So the outlook has gone to a very gross thing. Which doesn't make any sense. One who has gross sight will only seek gross things in life. But if you think subtly, has one achieved Divine following such stupidity? Will the divine feel happy that you torture yourself? The Christians have crossed all the boundaries where they have made Jesus Christ very skinny and have put him on the cross. I feel very sad about it. One should ask, that a person who lifted and carried the cross over, would he be so thin as they show. But people feel satisfied to project him (Jesus) that way. But if you go in the sixteenth chapel.. (someone has a problem or not well in the audience, Shri Mataji is asking what's happening and saying one should not bring sick people to the programs and also they are not allowed to the pujas unless and until they are fully established in the collectivity as it is not good for the new people and the people who are established due to imbalance in the vibrations).

So to understand the power of this divine love one needs a large heart. The person who does not have a large heart would not understand, for example, if you go to Rome, to the Sistine Chapel, there, a great artist, Michael Angelo has painted the kundalini and on the Agnya he has placed Jesus Christ, (as if Shri Ganesha is standing there) and he is uprooting all the negativity and for that he (Michael Angelo) has said it as the Last Judgement and depicted Kundalini that if you know about kundalini, one would

be very surprised what vision this great artist would have had to depict and painted the kundalini (universal divine power) in that way, but under that, they have placed a very thin Jesus Christ (statue) that one feels saddened.

At least, in India, we haven't portrayed any incarnations very skinny. And neither do we believe that there would be a skinny God. The reason is that we don't have an insight into pure love. Either we have lust or cruelty in us. The one who has love within would be the one who would go deep within. As I said that we need to have a large heart, but it does not mean that we without any reasons would go on donating to frauds and donate to the false gurus.

Krishna who was a divine diplomat has depicted dharma very beautifully. Karna who was a very charitable person and did pujas, who was a great warrior and a brother of Pandavas, when the wheel of his chariot got stuck in the earth and Arjuna raised his bow. Karna said to Arjuna to stop and reminded him that he is a brave warrior and I am as well. It is not righteous to kill a warrior when he is in trouble and not ready. It wasn't a sign of bravery. At that moment Shri Krishna pointed his finger towards Karna and said to Arjuna to kill him and did not talk of non-violence. Krishna said to Karna where was his sense of righteousness (dharma) and bravery when Draupadi was molested in the court openly. Where was he (Karna)? Your sense of dharma, charity and bravery might have importance but the dignity of a woman is extremely important. It is a big thing. Looking at his country of Shri Krishna, when we torture women in the name of religion are we capable of us being Indians? We go on trumpeting about Indian culture. But are we capable of calling ourselves where we go out (to the west) and project ourselves about burning and killing our daughters-in-law and so the outsiders say that your country is such spiritual place, so much knowledge is there, people talk about righteousness and lecture about it then how is it so that such horrible events happen? What answer do we have on this? Only one answer is there, that Shri Krishna has said, "Yogakshemam Vahamyam". There is a catch in this. First, there should be yoga (Divine union) and then I will look after their benevolence. Why Did He not say, "Kshema Yoga".

First, there will be yoga and then benevolence. This is the depiction of dharma. So first you achieve your 'Yoga'.

So if you glorify the Indian culture, then the most essential and important essence of this culture is that you achieve your Self Realisation. For this, controlling our attention, ashtanga yoga (eightfold path of yoga), a lot of other rituals have been suggested, where one can achieve Self Realisation. Jesus Christ has said that you have to be born again, but how many Christians understand this. Someone will put their hand on the head and will say you are now baptised and have become Christian. Similarly here if some priest places a sacred thread around the neck and says you have become Brahmin. Who is a Brahmin? The one who has understood Brahma (Divine consciousness). It is said that a Brahmin is called 'Dwijaha' meaning the one who is born twice. Even the bird is named 'Dwijaha' meaning first it is an egg and then it becomes the bird. Unless and until the human being is not born again, that means unless he does get his self-realisation, he won't understand the Brahma Tattva (Divine essence). Till then no one has the right to call himself Brahmin. This is supported in the shastras (scriptures).

People say that in Geeta (I haven't read Geeta) the one who is born in a particular caste belongs to that caste. I say it's not possible. The author of Geeta, Ved Vyaasa whose son was he? A fisherwoman's. The author of Ramayana, Valmiki. Who was he? A dacoit who wrote Ramayana. Rama who ate Shabri's berries, Krishna who had food at Vidura, to understand all these incarnations we must know that this outward superficiality we have created is all wasteful doings. We feel secure in all these false ideas we have created that we belong to a certain sect or religion. All this is a trick of our intellect, our mental projection. Which does not spread around but goes only in one direction and then comes back again. All such beliefs are of adharma (non-righteousness) and not of dharma (balance, righteousness), just not possible. Any person who puts another person down, or says I am placed higher than others can't be right, or in dharma. Today our country needs a big spiritual revolution. In this auspicious country of India, where I (Shri Mataji) was born, is in reality a Yoga Bhumi (spiritual land) and there is no doubt about it.

But if we haven't achieved our Spirit (Atma), then just by saying that this land is Yogabhumi, won't justify that you belong to this land. If you haven't achieved your yoga then how would you say this is Yoga Bhumi? It's like walking on any street. Which even the animals do. But if you are truly an admirable child of this land then yoga should be established in you. Just to talk about or in the name of religion discarding away things or putting down others in the name of religion is in no way a righteous notion (in dharma). One very hurtful thing is that in western countries the way we are pictured is very disgusting. About western society, I don't have much and nor do I think they have sense.

A lot of people are useless to enter the kingdom of God, there is no doubt about it. Few who come across makes me think, ok maybe some hope is there. But then when they come across then they ascend very fast. Like you have seen Dr Warren. And so like him, there are thousands. The reason is that they have achieved a pure intellect. After getting battered intellectually they have now achieved a pure intellect. Now they can see that with this pure intellect one can understand what truth is and to hold onto the truth the untruth had to be discarded. The reason is once their spiritual willpower is awakened then they hold onto the truth without fail. You people understand Shri Ganesha and so do these people (western Sahaja yogis). But then when I come to India people tell me to either cure someone sick or get someone a job or money.

And amongst these, someone of religious authority would stand up and start arguing with me. Such religious fanatics should think that Shri Adishankaracharya at the end only wrote praises of the Divine Mother. They should ask themselves with all these arguments what have they achieved? What have they achieved? They just keep on lecturing others without achieving any self-realisation. There is no meaning in a gross body and big talks, what's the meaning in it? You haven't achieved anything. If only once you accept the truth, a lot can be achieved. Because when a person is standing on untruth then he develops a big ego.

You have heard Mahishasura, you have heard about Ravana. In that ego, human being thinks he knows everything about the Divine. And some people even think that they have created God and are easy to fool all. Some people even go beyond that they say there is no such thing as God and don't believe in it. Like this, we have some intellectuals in this country. So maybe when some outsiders come to talk some sense in them then they will take notice maybe. Till then they are getting ready for their destruction. You better understand that the destruction is on the way towards this country. The reason is not that we think we are sinners or bad, but we take ignorant knowledge as true knowledge. If you do so then what will happen. Say if you move into a dark area and walk there then one will hit the other, or walk on top of each other and so on. Such blindness and ignorance we are heading towards because we don't have the true knowledge. Now if we want to know then where should be the focus? Who would know? Now here all these people are lecturing on scriptures, doing lots of Yagnyas (fire rituals) and so on, but don't know where the Supreme Divine is (Paramatma).

People think that if they give money to Paramatma then they will become happy. But God does not understand money. Now at my age, I can't see that well without my glasses, so I ask them to sign the cheque on my behalf. My mind just does not wander to that (money). It's as if you give the money to God and you get a ticket to heaven, like the pope. He says to give money to get the ticket to heaven and himself going towards hell and taking you along with him. Like this kind of attitude we are heading towards makes us think that, Wow! We are going well. But the ground under us is shifting. You understand well. Don't stand on such shifting ground. The earth that you are on is very auspicious. This is auspicious land, but you have not achieved anything filling this land with inauspiciousness.

Now that you have explained this Kundalini in detail. You will achieve it and will know that there is power within you called Kundalini and is pure knowledge. You might master it intellectually and may give a lecture on it, but unless and until you experience it, with such inexperience, what will you achieve? No matter what you think you are, you are completely void of the experience of this power. And to experience this within should be our prime duty. Because only in this country the knowledge is of the roots. It is the foundation of knowledge. It is our responsibility to know this which has been already established by the divine and the divine incarnations within us. We Indians have that responsibility on us, where we say to ourselves that we have to achieve this knowledge. To submerge in this knowledge. But it does not mean reading books, that's not what I mean. If Dr Warren by reading books would have achieved this knowledge then he would not have said anything. But the knowledge of self he has achieved by experiencing it. He has a PhD in a few subjects. Now I will tell you a small thing about science, which is very scientific. I know someone who missed out on nobel prize narrowly, he said that Mother in Mooladhara chakra there is Shri Ganesha. In it, there is Omkara and Swastika (Hindu auspicious symbols). So I said to him, "You are a modern person, so why don't you make a model of a carbon atom. Make one from the right side and the other from the left. So he called me one day and said Mother you won't believe what I found. When you look at the carbon atom from the right side you see Swastika and from the left side Omkara. So I said it's all written. Chatwari means 4 valencies. But you don't believe it. You will bow to the Ganesha statue, but if I say to a doctor that because of Ganapati your pelvic plexus works, he would say, oh it's ok and won't believe. Now I will give you an example. We had a Sahaja Yoga called Agnihotri. And they had performed lots of Havanas, very traditional

people and a high-class Brahmin. He came to me from Pune and said to me, "Mother, surprisingly I am having problems with Mooladhara chakra. Having a problem with a gland in the chakra." I said, how is it possible? You are a Sahaja Yogi. Not possible. I gave him chana (roasted chickpeas) to eat. He started fidgeting. I asked why he was like that. You have a prostate gland problem. He said to me, "Mother, I will eat them tomorrow. Today is Sankashti (Ganesha's birthday). I am fasting". I said to him, that is the reason you have the problem. The day Shri Ganesha was born, you are fasting. That's why you have a problem.

So he ate the chana. And by the time he reached Pune, his prostate problem had disappeared. Like this, we make so many mistakes. On the day of any deity's birthday, we do such wrong things. Like this the puja and other ceremonies we do, we don't understand. The same is the problem with westerners. When somebody dies, they will drink champagne. When Jesus Christ was born they would drink champagne. So I asked them why do you drink on His birthday?" Drinking is unacceptable at His birth. Drinking alcohol is against once awareness. They will say, it is in your religion, not in ours. They say that Jesus Christ made grape wine from water at a wedding. Now tell me, can anyone make wine in one day. Unless you let it rot for a while, can one make wine in one day? But they justify it by giving that example and drinking. Same in Hindu religion about fasting in the name of God. Then God says, well have it your way, I am not responsible. The Divine cannot be grasped with a crooked brain. God is what He is. You would be in big delusion if you organise God your way.

You think you have achieved freedom. Even I have struggled towards our freedom. You think you all are free, but I don't think you are all free. You have got your freedom, but not the real understanding of free spirit. You need to understand that. Shivaji Maharaj, who was a realised soul, who was a true Indian, said that one needs to understand the inner working of the soul and the spirit. His guru, Shri Ramdas, said to him that unless and until the innate religion is not established in this country, till then this country won't be benevolent. Now people are creating big problems in their names. The inner self they talked about, no one is trying to achieve that. This dilemma is in all religions. Mohammad Saheb, who was a great personality, said at the time of your resurrection, your hands will speak. Which is known as Quyyama, the resurrection time. So much has been said in the Quran. My father who translated the Quran has mentioned it, which I have read. The whole of Namaz depicts the awakening of kundalini. And in it He (Mohammad Saab), mentioned Allah Hu Akbar, that Akbar is Himself Shri Virata. If I say this to the Muslims will come after me. Even the Hindus will come after me. And because we have manipulated the truth there is delusion in all religions. To remove this delusion, as Dr Warren has mentioned, is first you achieve your self-realisation. This is not a play that can go on about, and if you go on it that way you are playing with your inner self. But the time we are in is such that we don't want to miss it (Realisation). If you are honest and you understand your life fully then you must accept that something is lacking in us. You are not the whole truth and to go in that direction, kundalini awakening is the only way and so why not achieve. If you read Lao Tse, Confucius and all the great philosophers, they all have talked about achieving self-realisation. Now people come to me and say that they follow Zen. Zen itself means meditation (Dhyana). One does not do meditation but is in meditation. Once a great head priest of Zen was in trouble. He asked me to cure him. I asked, "how come that you are Zen and you have such a problem? You have not achieved self-realisation, and that you are carrying such a big responsibility of Zen master." So he said, that from the 6th century to the 12th century, the zen masters were all realised whom they called Kashyap (Mataji says how they were called Kashyap for the son of Sage Kashyap, who were realised) and then nobody succeeded. So I said that you better not do Zen because if you are not realised then it won't work and you won't understand. After self-realisation, the social work that happens, one understands what real joy and happiness are, the human being understands what is the real value of the other human.

Here in Kolkata, in the beginning when I arrived staying in a hotel. Some stranger heard my name and came to ask for self-realisation. I said ok. And when he bowed towards me, his kundalini shot up very powerfully and the Sahajyogies who were in the next room came in and said Mother , who did you give realisation to? I told them to check the man on my feet. They felt very joyous and happy. Like this, there are lots of experiences one gets in Sahaj yoga. Sometimes we think that someone is a very great person, but when reality surfaces up then it becomes clear that he is worth nothing. And say what a horrible person he is, really worthless. But to recognise a true person, one really should have the real truth, that when you put your hands to it one knows through vibrations what he is. And sometimes for some people, we think what a useless person he is, but then turns out to be a very deep person from within, who is a very great soul. This we can only understand after we get the real truth, that when we put our hands towards such people we know what they are.

These days going to Kumbha Mela is a big thing. Why? What's the need? Can you recognise Ganga or Yamuna? If someone puts the water in front of you would you be able to recognise that this is the water from the Ganges? You won't be able to recognise it.

Because you don't have the real truth. But for any Sahaja Yogi, they will be able to tell that it is Ganges water, by saying that there are vibrations (Chaitanya) flowing. From Shiva's head, Ganga flows, so the vibrations certainly will emit from it. Now we pray to Ganga, but we don't understand Ganga, as what she is. Every day one bathes in it and then goes about stealing things. Same with the person who goes to Hajj (pilgrimage) and becomes Haji with a beard, but no one sees the transformation in them. As if they go and come back blank, with no change within. What are the reasons that one holds onto the Ganga and that too without understanding? Now they say that this place is sacredly awakened. And I say yes it is sacred, and it has been written in the Bible, that whatever is produced from Mother Earth and the Sky, you don't replicate it and pray it. It does not mean that whatever has been produced by the earth, you don't pray to it. Now all these auspicious places that have been produced by Mother Earth, how will you know that they are auspicious? No one places a stone anywhere and says this is auspicious. Now this Rama's birthplace, is it true or not if the Hindu or Muslim when they get their realisation will agree that it is Rama's birthplace. It does not mean that the Hindus fight over there. And even after getting it, what will we achieve from within? All these outwardly things won't give us our inner salvation. When that inner salvation is achieved, then even the Muslim will understand that it is Shri Rama's birthplace. And this Shri Rama is not alien to Muslims and for Hindus Shri Mohammad. These are amongst themselves very close to each other like relatives (Shri Rama and Shri Mohammad). They will never fight with each other, helping each other. Only we humans foolishly quarrel amongst us in their names. They are like flowers on the big tree and have been plucked by people saying that this is my flower and fighting each other. But what speciality have you achieved? What special things have you expressed? But when it comes to destruction everyone comes together. Like this, we have created all these different religions. Such stupid people. Isn't it the sign of stupidity that we say, this is my religion and so on. When the kundalini awakens within us and comes in the Void (Bhavsagar) and gets enlightened, then Dharma (innate religion) spontaneously gets awakened within us. We go beyond religion (Dharmatit). A saint like Tukaram never had to be told not to drink or steal. The saints never had to be told about not drinking and so on. Nanak Sahib did not have to be told not to steal. They never knew about these things, because they were beyond the boundaries of religion. And such people came on this land and said something. They were not the people who would lie. Why shouldn't we follow them? These saints were of a different calibre. We go on about caste, but a lot of these great souls came from a different caste. In Maharashtra, there was a saint Namdev a tailor by profession who was a great poet visited another great saint Gora Kumbhar, a potter by profession, and said a couplet in Marathi that, " I went searching for the formless, but the formless is in front of me in the form." Addressing Gora Kumbhar. Such a big thing to say. To understand them one needs to get self-realisation. We can't say such things. But now some such scholars say that Namdev, who Shri Nanaka knew and asked to put his poetries in Guru Granth Sahib, was a different one than the one who went to see Gora Kumbhar. Such kind of arguments they have. And another thing they argue is that Adi Shankaracharya, who wrote books like Vivekchudamani, has not written Saundarya Lahiri and so on. Because these scholars can't grasp Saundarya Lahiri they make such assumptions. In it, there is the praise of The Mother Goddess. Such immaturity they have. And listening to these people who also befool ourselves. Kabirdas has said all this bookish knowledge makes one a foolish scholar. I (Shri Mataji) used to think how did he say that? But when I see people like these it makes sense to me why he said so. There was a lot of injustice implied on Kabirdas. He mentioned Kundalini as Surati. On that the attack we have is especially in Bihar they relate tobacco to Surati. Don't know where else they say these things. Where is Kundalini and to relate it with this evil tobacco? Now the scholars of Hindi say that saintly language is very difficult and not in symmetry. What can I say? I say that we talk in simple day to day language to people otherwise how will people understand. I am from Maharashtra, and the Marathi language is very difficult and the saints have written things in simple language with such depth and beauty, which is quite incredible. All the saints have done that. There was Sajan, the butcher. He was a butcher. There is a story about him that once a great sage was going somewhere and he rested under a tree, and he killed a sparrow, then went to the village and knocked on the door of a woman's hut to ask for alms. The woman came and he said why she was upset. So she said she knew that he had killed a sparrow. The sage was surprised and asked her how she knew. She said to go and ask Sajan. So he walked further into the village and asked people for Sajan. He was guided to Sajan and Sajan said to the sage all about the sparrow and the woman. The sage said to how did he know? Sajan said he knows. He was a butcher. Like that, we have so many saints, but we follow the false ones, who have come from jail and have committed fraud. They would come with a big mark on their forehead, wearing saffron clothes and talk big talks. Or they would affiliate with politics. Or do similar business. Like this, they go on falsely and we get enamoured and entangled with these lots. Where would one end up in all this? The time of destruction is about. You don't know how the time cycle is moving very fast. It will spread very fast (falsehood) and the full responsibility falls on you to stop this falsehood as Indians, who are the followers of the Goddess and are in dilemma, but follow Mahishasura.

Today what I said is in all compassion which is the love of a mother. Shivaji Maharaj's mother made him. Mother Mary, who was the incarnation of Mahalakshmi, saw Her son Jesus Christ go on the cross. We had so many great women, that if we talk about them, we get goosebumps. But today we see that there is darkness following the western culture and in destruction. Please at least look within and achieve your self-realisation. No benefit in knowing the chakras intellectually, but get your self-realisation. I hope you all achieve your self-realisation, not only by staying home following rituals but collectively get in Sahaja Yoga. You will only grow in collectivity, otherwise not. Therefore understand this. People then say that they get depressed. Following rituals at home won't do anything. You have to get into the collectivity. This is collective work. We don't take any money. We can't achieve God with money. We don't have any grand place, with air conditioning like hotels where we say to you get your self-realisation. But leave all your luxuries and with simplicity, you have to come for this. Like Akbar when he went to offer the golden umbrella with no shoes. He said all my ego is what I have to give up.

Come with all humility, with no conditioning. This is yours, what I have come to give you. Like mother will imply all the tricks of the trade to it give to you. If it had been Shri Krishna, he would have cut off the heads of worthless people. If it had been Jesus Christ, he would crucify himself. Muhammad Sahib would draw his sword. But it won't work that way. Need a lot of patience. I have a lot of patience. But you must have the keenness. And with God's grace if it works out, even if we get twenty people, this Bengal will become golden Bengal without any doubt and a lot of other countries will fall at your feet. But don't follow today's trend of cheapness, but get to a certain inner depth. May God bless you with sensible intellect and with that, you achieve the Divine. Tomorrow we will have another lecture and now you achieve your self-realisation.

1986-1011, Public Program

View [online](#).

11 October 1986

Public Program

Kolkata (India)

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

Public Program, Calcutta, India, 11 October 1986

Sahaja Yogi Compere Dr. Talwar introducing Sahaja Yogi 'Yogi Mahajan' on the stage

Not very audible till 11 secs.... His father was none other than the Chief Justice of India, Mr Justice Mahajan, Mehr Chand Mahajan and Yogi himself (not very clear) in the field of spiritual. He has worked long in this field because he is a yogi by heart without anything to do with his name. Yogi came before on the request (sounds like) of Shri Mataji a few years ago and ever since has done the (not very clear) because he found something there which he had not been able to establish in an oldest seeker (not very audible..) I would not like to say anything more. (not very clear from 00.01.03 to 00.01.16). The person who has established himself in the field of generosity (not very clear from 00.01.22 to 00.01.33). And at a very young age he was exposed to such a divine (not very clear from 00.01.38 to 00.01.43) and today has vast (not very clear from 00.01.46 to 00.02.05). So I request Shri Yogi Mahajan to come and address us first and then call (not very clear from 00.02.11 to 00.02.15). Shri Yogi Mahajan. You can come from this side. 00.02.54

Sahaja Yogi 'Yogi Mahajan' addressing the gathering in English

Respected elders, brothers and sisters. It is most auspicious that start of in Calcutta and welcome Shri Mataji Nirmala Devi to seek her today on the day of Durga Pooja celebration in Calcutta. For she herself is a subject of this celebration, the Mahakali celebration and Sahaja Yoga flows from this very subject, as you will hear in her lectures. We have experienced this through Sahaja Yoga how the Mahakali Shakti which is being celebrated here today flows through us. As people in Calcutta are celebrating everywhere, we can see visually the sense of joy, the sense of experience of beauty, in this celebration. Where people from all walks of life, whether poor or rich, are together in their hearts when they pray to the Goddess. There is no other motive in their hearts but to facilitate her and in that celebration they are together. They share with each other that Shakti and that is none other than their pure desire. The pure desire to facilitate the Goddess. Because in that facilitation they touch their own innate connection with her as they are born of that and it is this connection that they remember and that they celebrate this great Pooja. In this pure desire there is no other desire. There is no material or ulterior motive but the pure desire to celebrate this great Shakti and through this is their strength because it unifies them and what is in unity is the seed of strength. And it is this strength when it is built upon that great deeds are done, that men become great and through them the nation become great. It is through this Shakti that this nation became great and this nation was born. As you know the struggle of independence emanated from this pure desire and it was from Calcutta, from Bengal that this pure desire spread to the rest of the nation. And it was this pure desire that united everyone, that integrated everyone in their diversity. And it is exactly this that happens within us which we will understand if we apply our minds to what Sahaja Yoga tells us about ourselves. This Mahakali Shakti is our left side Shakti through which our pure desire manifests, the pure desire to know who we are, to again connect ourselves with our source that is the Mahakali, the Goddess herself and when this Shakti awakens in us, we become dynamic and we touch the deep undercurrent of this energy which is within us and which is in the cosmic. And through that we realise the great Shakti that is the Goddess herself. Now as this Shakti is awakened it proceeds to grow and manifest into another Shakti which is on our right side which is the Shakti of our development, of our material planning and progress which is the Mahasaraswati Shakti. This Shakti when it emanates rather when it is in harmony with the pure desire Shakti, then we are in balance and we grow in a harmonious manner in the welfare and in the interest of all concerned. Through that is our welfare and the welfare of our nation. But when development is isolated from the Mahakali Shakti then it can be self-destructive. Instead of creating things for the collective welfare, we may be creating things for the collective destruction, as has happened in the nuclear race in the more developed

nations. Despite their development they are not happy because they have neglected the pure desire, the Mahakali Shakti. So these two powers, these two Shaktis', have to be together for our ascent. This ascent takes place through the third Shakti which is the Mahalakshmi and this is the centre channel which flows from the middle of our spine to the top of the head called the Sahasrara. Now in Sahaja Yoga you would learn about these three Shaktis, you will learn about the great power that awakens these three Shaktis and it is the subject of Shri (Mataji) Sahaja Yoga, how to awaken this. And what is that force within us that is to be awakened? This is what Shri Mataji will tell you about and this is what she will awaken within us. What this course is called she will tell you herself. But sufficient it is for you to know that till this force is awakened we cannot bring these three Shaktis in their ascending state and we cannot grow spiritually and we cannot grow mentally and we cannot grow physically. While we talk of trying to find solutions to our multiple problems we ignore the wider pattern of things and try to solve each problem in isolation to the collective problem. Thus in solving one problem we may create another problem and in this way the problems go on rising. So how to integrate, how to grow collectively, this is what you will learn in Sahaja Yoga. Thank you. 00.11.00

Claps in the background.

Dr. Talwar is back on the stage

Thank you very much Yogiji for having given a wonderful introduction to the subject. And may I now request Shri Rajesh Shah from Bombay to come and give a little more about Sahaja Yoga to us. Can you adjust (the mike) (not very clear) Thank you. 00.11.54

Sahaja Yogi Rajesh Shah addressing the gathering in English

Fellow seekers, it gives me very great pleasure to have this opportunity to be able to address you today. I would like to thank The Lions Club international for making it possible for us to come and talk to you on the subject of Sahaja Yoga.

(Whispering in the background Shri Mataji comes inside so you continue). Shri Mataji has arrived, she will be coming in any minute. (Rajesh Shah asking Dr. Talwar – "Should we wait?" Dr. Talwar replies "Carry on, carry on till she comes in." Rajesh says "But I think it's a bit, let her come through." Dr. Talwar replies "She is outside keep on talking now. (Something said in these lines). "Carry on, carry on.")

Mr. Yogi Mahajan has already talked to you and explained certain aspects of Sahaja yoga and how auspicious it is that we are having these programs at this time of the Durga Pooja in Calcutta. I would like to mention a few things which are more connected with the background of Sahaja Yoga and what I as a person have come through in Sahaja Yoga and then try to relate it to the subject of these three lectures which are going to take place today. I am fortunate enough to have come from a good family and which has a Vaishnav ('followers of Shri Vishnu') background. My mother is a Jain ('sect following Mahaveera'), quite learned in her field and in our family there is always been a tradition of worshipping the deities. Since I was a child one is being taught as any other good Hindu family or the good family in our country, more about God and God's relationship to man.

Perhaps we should all stand to welcome Her Holiness Shri Mataji Shri Nirmala Devi.

Shri Mataji arrives in the hall.

The Compere talks to Rajesh "Carry on, carry on. Its documenting, can you make it short after that. Carry on two-three minutes." Rajesh replies "I will do specifically to." The Compere talks to Rajesh "no, no, two three minutes, it's alright, because you can't make it (not very audible)." 00.14.50

Rajesh seeks Shri Mataji's permission "With you permission Shri Mataji I will carry on."

So as a child one found that one learnt a lot about the deities, especially as we have been taught in our country. But as I grew older and I looked around and I saw the different people and whatever they were doing and I visited, I had visited many temples,

talked to many people and read many books even before I was fifteen years old. And I found that it was quite obvious that these people who claimed that they were following a religious life or were following a life where they spent a great amount of time in ritualism, in learning more and more or going to the temples. When one looked at their lives one really did not see that kind of a difference. One did not perceive that they were doing something which can make a difference to themselves or a difference to the society. Perhaps it is true that a person who might be following a more dharmik ("religious") life as we know it, he might be doing better acts of good deeds and other such actions which make them appear to be good people. But looking at them seeing whether these persons in fact achieved any silence within, whether they have achieved any power by which they can give the, they can give comfort or they can give spiritual upliftment to others, this I could not see anywhere. And of course everywhere you see the poverty, you see the misery, you see the unhappiness. At about the age of eighteen, I was singularly fortunate in having the opportunity to go to the home of Shri Mataji Shri Nirmala Devi where her husband at that time was the Chairman and Managing Director of the Shipping Corporation and Shri Mataji's house was full of people who were coming to her for 'sakar' (sounded like that – maybe means for pushover), for comfort, to get themselves healed. Just to be able to be in her presence, this was nearly seventeen years ago, and the first thing on the very first meeting, that struck me was her enormous love and compassion. Her immediate recognition of another human being who wanted to know something and her motherly love just pouring out. This was not only for me, this was for the hundreds of people that used to come at that time to her residence. Thereafter I happened to go and study at various universities outside India and saw many things in the world, saw how in the west, people could not steady their minds. There was no moment where the tension in their lives would go out, you always felt it. There was no satisfaction. And again thanks to Her Holiness Shri Mataji Shri Nirmala Devi, she taught me and thousands of others the message of Sahaja Yoga. The message of learning science, which is a very old science, which only she has made possible for all of us and through which we can experience, not only the, not only the this all the shastras ('religious scriptures'), that what all the shastras has said is the truth. But that we know this on our own hands, we know it through our own bodies. We learn not only a very detailed science which as you take interest, you will also come to gradually know of it, but more than that you are able to recognise that this is truly something very-very great, very serious. Once we as Sahaja Yogis have recognised it different times in our lives, at different times of this whole movement of Sahaja Yoga, that here is something very important, here is something very serious and here is a person so incredibly genuine, who only wants to give and who wants to teach us, who wants to share all that she has with us, that we have become serious. And in that seriousness, we have wanted to listen more and more to Shri Mataji. We have listened carefully and she has taught us. She has taught us in the same way as Christ had once, had promised that he will send the comforter, the redeemer and the councillor. Shri Mataji Shri Nirmala Devi has been that for all of us who are Sahaja Yogis and today she is there for all those who are the true seekers. As you know that in any, in any change that has to take place, the first change has to come as a change in the concept. It has to happen as a change in one person who we say is the leader and from the leader the change emanates and society can change. Shri Mataji is not a political leader but she is a great leader as there is so much to learn from her and, she as so much to give us and guide us. I hope and pray that today you will take advantage of this unique opportunity and listen carefully and gain the maximum from the presence of Her Holiness Shri Mataji Nirmala Devi. Thank you very much. 00.21.36

Claps in the background.

Dr. Talwar is back on the stage

Thank you Rajesh. As I promised you, I am sure you also felt that the young man who spoke to you just now, he oozes love and beautiful vibrations and you can see every word that he spoke came from his heart. All by the grace of Shri Mataji. Shri Mataji we crave your enine (could be divine) indulgence and seek apology for being slightly late as you came dot on time but we were slightly delayed. Now in the presence of Her Holiness we are going to see a dance recital by an eminent artist of an exponent of Bharatanatyam Srimati Neerja G Paul. She is going to perform two dances, the first one is Pushpanjali ('offering of flowers') followed by a short slokam ('a couplet of Sanskrit verse, especially one in which each line contains sixteen syllables.') on Shri Ganesha. This is an invocation item in which the dancer prays to God and offers flowers to him. This is followed by s Shloka on Ganesha requesting his blessing and protection for the success of the dance presentation. The lyrics are in Sanskrit. This is to be followed by another dance very befitting to the occasion on this very auspicious occasion in the presence of our divine Mother and that is Shri Jaganmata Stotram ('Jaganmata' means the Mother of the whole world) in raag Malikai and set in Taal Malikai. This is a dance on the four aspects of the divine Mother Mahamaya. The four aspects are Shri Maheshwari, Shri

Mahakali, Shri Mahalakshmi and Shri Mahasaraswati. These four aspects merge into one, the form called Jaganmata. Goddess Shri Maheshwari is described and depicted as the Goddess full of dignity and grandeur. The second aspect is Shri Mahakali, she is depicted as the source of all the Shaktis, her strength is the universal compassion. The third aspect is Shri Mahalakshmi who is soft and graceful and the force of our evolution. The fourth aspect of Jaganmata is Shri Mahasaraswati in which she has the power to act and create all arts. In the end she shows as the fusion of the four aspects in to one that is Jaganmata or Shri Adishakti. We present to you Srimati Neerja G Paul. 00.25.03

Cultural program 00.25.04 to 00.52.40

Dr. Talwar is back on the stage

The artist will express her regards, come down and garland Her Holiness Shri Mataji. Claps around as the artist garlands Shri Mataji and seeks her blessings. 00.53.22

[Dr. Talwar's speech is not very clear.. In the background can hear another person talking in Hindi – have translated that section]
In the background:

Don't cry, don't cry now. 00.53.24

We need to bring that as well on the stage, a stool/chair to sit ("chowkee"). Bring the chair on the stage to sit. Use this blanket to spread it on the stage. 00.53.49

Dr. Talwar is speaking again: 00.53.57

I would like to share with you my experience in Sahaja yoga. I am a doctor by profession who has been in practice since for what about over (not very clear) for over thirty years and as this became with anyone who considers himself to be successful in life and I was always running after more money and recognition and this for what people look after most in the mundane world and that it does happen. Not necessary it did come (not very clear), but my intention was more on the fame and recognition and it worked long for that trying to occupy as in sharing (not very clear) the responsible or professional social welfare organisations, even for that matter, family welfare or family planning, not so perhaps with very important people or shall I say DG, IG (not very clear). Still something was found missing in me and after every success that as I thought it to be, I found there was a void and during that void I used to feel depressed. Probably there was some yearning, some learning desire within to know myself. But I didn't know how to get to that point where I would really be able to make out what was the missing link between me and my happiness? Till just two years ago I was exposed to Shri Mataji and knowing behold such a transformation which makes me feel that whether this is the same Dr. Talwar who was there in 1984 or is this some new person? I can only say one thing at the feet of Shri Mataji, at her holy feet, she brought about that transformation within me which each one of us can attain. Because she awakened that within me, which was mine, which has been within me all the time, only I didn't know how to awaken it and through her grace, with her benign and very loving help, today I stand before you in all humility, in reverence to my Mother and dedicating myself totally to her and through her to God Almighty, to be utilised in any way that she wants for the work which is common interest for all of us and that is the upliftment of man to the level where he understands himself and becomes that what he is and that I shall leave to Her Holiness Shri Mataji to tell you during the process of her address to you this evening. As we are all set now, I am going to request them to raise the curtain and then request the Lions International Governor Tulsianji to kindly escort her Holiness on to the dais. Dr. Talwar speaking in the background "Could we have the curtain up? Curtain top." 00.58.42

Shri Mataji arrives on the stage. 00.59.06

Dr. Talwar is speaking "May I, May I also have with us Dr. G.K. Saraf (name not very clear), the first citizen of Calcutta, Sheriff (not very clear) of Calcutta and he also happens to be a Lion. So may I sir request you, Lion of the DVS Sarai (not very clear) kindly come and garland Her Holiness Shri Mataji on behalf of us (not very clear). Dr GK Saraf, Sheriff of Calcutta. Claps in the background. On behalf, thank you very much, on behalf of the Lions (not very clear) to me (not very clear) come and garland Shri

Mataji. Claps in the background. On behalf of various centres, Sahaja Yoga Centres spread all over India we have Sahaja Yogis come to be here with Shri Mataji and we first invite on behalf of all the International Sahaja Yogis, we have with us here a young lady from Houston, Texas, United States of America Ms. Bhagwati (not very clear). Should I request her to kindly come and garland Shri Mataji on behalf of all the other Sahaja Yogis spread over the world. May I request Mr. Tulsianji to come and occupy the chair on the dais. Thank you so much. Claps in the background. On behalf of the Sahaja yogis from Delhi Mrs. Kaushik Talwar. Claps in the background. From Madras we have Mr. Jayant. Claps in the background. From Maharashtra Mr. Raja Bhai Modi. Claps in the background. Hyderabad Shri Manish. Claps in the background. From Dehradun Shri Pawan Goyal. This young man has a history behind him as far as Sahaja yoga is concerned. Claps in the background. He is here today because of Sahaja Yoga. He is bending his story from Mother's backing (sounded like). We have last but not the least Shri M.K. Jalan from Calcutta. 01.03.45

I know time is flying and you are all very keen to listen to Shri Mataji. I think with the permission of the organisers, I may say that from tomorrow we will have the entertainment cut down slightly with the permission of Shri Mataji. The program has been set now for today. But before Shri Mataji addresses us we have amongst us a very young and a very interesting and a very exuberant artist Shri Rajendra Kumar Jain, a well-known Rajasthani singer. He is not only a singer from Rajasthan, he is going to first garland Shri Mataji. Claps in the background. He also happens to be a tremendous talent where music is concerned because he has sung about in 18-19 languages of India and he recently performed before the President of India in Calcutta for which he got the President from the Rashtrapati Bhavan (the "President's Residence"). I would not like to stand between you and him. I will request him to kindly sing two devotional songs only today because time is being very fast going on and after that I will request (not very clear). 01.05.06

Shri Rajendra Jain before his performance

Today is the day of Navaratri. Mother's court is ongoing ("Durbar"), I will first offer few stanzas of Durga Chalisa at the feet of the Mother. Taking permission of Shri Mataji, on instructions of Shri Mataji, I ask all of you to sign with me these stanzas of Durga Chalisa. It has simple words, you all can sing easily, you will feel as if you are in front of Mother Durga, you are at her feet.

The performance begins. 01.06.00 to 01.11.50

Shri Rajendra Jain speaking: I have prepared a welcome song for Shri Mataji. I would like to present this in front of you. Yesterday, I had presented this welcome song to Shri Mataji, I could see a divine smile in Mother's face, so I would like to again spread some joy and present some stanzas as a garland at the feet of our Mother. You all can sing one-one line with me. It is a welcome to our Mother and it is a welcome of such a Mother who has brought a message that happiness, peace should flow in abundance, such wish who has brought, it is a offering at the feet of such a Mother. This is my devotional offering.

The performance continues. 01.12.32 to 01.20.26. Let us all hail the court of truth. 01.20.30

Shri Mataji tells Rajendra Jain "You have raised everyone's kundalini by singing this." Rajendra Jain tells Mother "If I can present something to Mother tomorrow afternoon as well." Shri Mataji says "Do come tomorrow as well. Come at 10 o'clock. You have done wonders." 01.20.50

Shri Rajendra Talwar back on stage. Rajendrajai has created a magical environment ("sama bandh diya"). Thank you very much. Now I request the Tulsianji to welcome Shri Mataji. Not only on behalf of Lions District, not only on behalf of people of Calcutta, but on behalf of all the people of India. 01.21.19

Mr. Tulsianji to address the gathering. (In the background, a Sahaja Yogini is asking Shri Mataji for water to drink). Her Holiness Shri Mataji Nirmala Devi ("Param Pujya Sadhye Shri Mataji Nirmala Devi"), all the Lion(ers) who have gathered here, Sahaja Yogis, sisters and brothers, today is a very auspicious day, it is a combination of eight day and night day of Navaratri ("Ashtami and Navami"). The land of Bengal is our Motherland and on this auspicious day, I bow down to Mother Kali, Mother Saraswati, Mother Durga, Mother Lakshmi. I bow down to Shri Mataji and I greet all of you that you have come with such a beautiful feeling here. I

would like to thank Shri Mataji on behalf of all the Lions(ers) that on our invitation and to give joy to the people of Calcutta for coming here and we were able to hear a very beautiful discourse from her day before yesterday. Today in front of you, she will tell nice things through her heavenly words. You know that Lions is involved in the area of service. The area of service is very big, our requirements are very large and keeping that in mind, we like a ticking clock, try to fulfil the motto "we serve" ("ahise sevamahe") by serving the humanity, serving the people and we would like to give a small grant that I would like to let you know as a count on a daily basis. We at Lions every day do 25 eye operations, 10 blood donations, nearly 300 trees are planted every day and every two days we install a tube well, these are the types of services we are involved in. Other than these prevention of diseases, other things, like the floods that had happened now, then we came forward and took steps that we could take and will continue to do so. Now the question that will come to your mind is that Lions along with contributing in the area of service, how did it come to Sahaja Yoga? So friends, Lions is not just involved in the area of service, Lion's motto is that people should have an overall development, all round development and if a person does not have a good health physically, then the mind and attention will also not be healthy. In that direction, we have formed a committee to look at Yoga and when I came to know about Sahaja Yoga, then I was very happy, that a path which is very simple ("sahaja"), which teaches us to follow a very beautiful path and the other thing that I liked very much that the motto of Lions which is service and universal brotherhood ("vishwa banduthva"). Somethings are so similar between Lions and Sahaja Yoga, that looking at them, I felt that we were travellers on the same path. Like we do not give importance to "I" in Lions, we at Lions refer as "Us", it is our collective efforts, we work together and Shri Mataji through Sahaja Yoga as well preaches us the same theory of collectivity. A person is not defined by "I", I is only part of the God Almighty, Adishakti only. The other thing is that I liked very much that her vision is global. Her message is spread across all nationalities and even our Lions movement as you can see has spread across the world in 161 countries. So in this way, we have similarity in this as well. It is her motto also to serve sad people and like we cure sick people and we try that people do not get sick as well, in that direction also Sahaja Yogis are fully emphasizing and in reality through Sahaja Yoga they tell us that if a person does Sahaja yoga every day for 10 minutes, then sickness will not come near a person. So this kind of environment that we are getting, this my friends, we all are responsible to take it ourselves, it is an ocean. When you dive in the ocean you get pearls ("motis"), then someone gets one pearl, someone gets no pearls and others get more pearls. It is a matter of feeling. Sahaja Yogis tell us that whatever is there is only humanity. I want to tell you a small thing, that when a person is restless, is aggressive ("aakroshi"), then for the satisfaction of their ego, they will never hesitate, will take the complete humanity on the brink of destruction, like Hitler had done, only to satisfy his ego. In a similar way I would like to give an example of our country, Ashoka (a King) when he was restless, he was aggressive and when he was pampering his ego, he got many people killed, through fight. But when he got his self-realisation, we look at the same Ashoka with lot of respect. So friends, if a person recognises himself, gets his self-realisation, if he understands his inner power, inner desire, then for our society, such person can be praiseworthy ("gunn gae") and we at Lions are trying for the same that our friends are prosperous in every field and we go on removing any shortcomings within us, we should be with humble heart be in the service of the people. All of you have gathered here to listen to Shri Mataji's speech, you all are very excited. I do not want to stand in between anymore. In the end only want to recite the prayer that we have for Mother "Ya Devi Sarva Butheshu Matre Roopena Samsthita, Namastasye, Namastasye, Namastasye, Namastasye". Claps in the background. 01.28.27

Dr. Rajesh Talwar back on the stage (in Hindi)

Thank you very much Tulsianji. Before I request Shri Mataji to address us and give us her message, I would like to share something with you, which in the field of knowledge and especially in the field of medical research, what is the relation between Sahaja Yoga and Medical Science, for this in Delhi University, three students have been taken, one has completed the thesis in Delhi University on Sahaja yoga and its physiological effects. And the other two students for this same work are preparing for their PhD and MD. With this the Cambridge University also for its PhD course has approved Sahaja Yoga to do research in this scientific field, has given recognition. And four doctors of UK have registered themselves in Delhi University, which Delhi University has also accepted, they will do research here and in UK simultaneously that how Sahaja Yoga impacts and its success in curing physical diseases, in curing mental diseases, for this the research is being undertaken. As I say this, I request Shri Mataji to come and give her message. 01.30.10 Claps in the background.

Transcript of Shri Mataji Talk in Hindi

Members of the Lions club and all the men, women and children who have gathered here, in what words can a Mother say in this Kaliyuga, so much respect and welcome has been given by a distinguished and known organisation like Lions Club will do. What can I say, that such a day will come when it will be tried to know about Mother's prestige, her powers in this Kaliyuga. In reality, from eternity, the Mother's powers were worshiped in India, has been forgotten to a large extent. Because what was continued as a practice ("paripathi"), people did not get to know the truth within such practices. If there is a power, where is it? People say that God's powers are ubiquitous, then where is it? We cannot see the effects of this power, we cannot see the action ("kriya") of this power then, why should we believe in such a power? But even after so many years, today we still believe in the eight and the ninth day ("Ashtami and Navami"). It is thing of many thousands of years, when on the eight day and the ninth day, the Goddess had done very important work, she had destroyed, she had killed many demons and had protected the devotees. Even today we strongly believe ("jor shor se maante hain") in it and we are devoted ("bhakti") to the Devi. But even on this one eye of doubt are cast, people think that is this all followed as traditional methods to follow ("param paragat gati vidhiya") or is there any meaning to this? Today in Sahaja Yoga we can prove that the power that is spread across is the love of the God and to know that within the human consciousness ("chetana"), human awareness is not possible. For that a higher, something which is deeper, something which is subtler need to be adopted. And this is something we get to know that humans do not want to accept it. They want to know that it should be proved now in front of them that where God is, that it should be proved now in front of them that where is the power of God? That is the reason from my childhood I was aware that there is need to find out such a thing from which from a societal perspective, people should get an amass self-realisation. When the electricity was discovered, then one person had found it out, but till it was not put to use for the society, no one was ready to accept it. Similarly, this process which we call as the awakening of the Kundalini, which has been implemented ("karyanvit") in our country since eternity ("anadi kaal") and used to be followed very discreetly for a very limited people, we need to now give it to the society. 01.34.55

Today the society's status is covered with genre and fallacy ("vidha aur bhranti"). The society does not know if the western culture is alright or the eastern culture. They do not understand whatever we have heard about God is it the truth or false. In the east it has had such a loss that people have started believing in ghosts ("bhoot pret") and the Churches for Saturn have also been built there now, there are churches of black magic also. In our country also there has been a lot mistakes that has happened and in that mess, people are so entangled that they don't know what the truth is and what is false, in this which is the right path and which is the wrong path. Like science is very concrete ("thos") thing I front of you, you can see it in front of your eyes, similarly in human consciousness till the time God is not seen in a very concrete form, they will not be ready to believe that God exists. Today's youth, specially are very tensed ("pareshani"), they don't know if they should accept the talks about tradition or leaving all this aside just believe that God does not exist. I will give you an example of this, the fundamentalists in Algeria, who basically called themselves as Muslims, and they introduced the new Shariat in a way for Muslims, which they started as a new system, they were running it, many people who were afraid of it decided to become communists and in such a away some five hundred people created in a discreet way a communist party. One of them reached London somehow, they are all very intelligent people, professionals, well-educated, doctors, architects, engineers, all are scholars and the person who had come to meet me was an aeronautical engineer. When he came to me, he did not come with an intent to attain salvation but he wanted to see what was jumbled up ("gadbad") in this, what was right, what was wrong and the surprising thing is that he got his realisation instantaneously ("khsan") and instantly he was able to see the spirituality spread all around ("ruhani"), the divine power that he could feel, that he came to know. He started getting cool vibrations on his fingers, like Shri Adi Shankaracharya has mentioned "Salilam, Salilam" (like flow of water). After that, he stayed there for some time, he learnt Sahaja Yoga and then he went back. After that he mentioned that there is no need of communism or capitalism, there is no need of any "isms, there is God ad he proved that. And you will be surprised that all the five hundred people became Sahaja Yogis, not only that they came by plane to meet me in London.

01.38.26

But in this one thing is fixed, that I have always seen that human beings need to have the pure wisdom ("shudha buddhi"), this is seen very less. Only pure wisdom is required, it is possible that you can call it pre-accumulation of virtues ("purva punya sanchay") or call it anything else, but to have pure wisdom is very important. Now the people who have spoken before you today, they are all people complete with pure wisdom. Having pure wisdom means that you should have a vision like a scientist, that

they have an open mind, you should have the open mindedness. If you keep any belief ("dhaarna") in front of it, any hypothesis in front of it, then they don't say that this can't happen. One who says so is not a scientist. He however says using the wisdom of Chanakya that, ok if you say so, we will see, if it is proved, it will become the law. Similarly, people who look at Sahaja yoga in a similar manner, will very soon get their realisation in Sahaja. But in whose vision is filled with unnecessary curiosity ("kautoohal"), unnecessary ego, unnecessary their superstitions ("kusanskar"), it will take some time for them, but they all got their realisation. Some people ask me, why some people get their realisation soon while others take so much time, on some people you need to struggle a lot ("haath todne padte hain"). What to say about Bengal? I have mentioned so many times that this Bengal is a great blessed ("punyavaan") country and in this country only saintly people should take birth. 01.40.12

In this people think, Mother we are so poor, there is so much poverty here, what is the reason of this poverty? The only reason for this is that you have left God and are chasing ("anusaran") those people who are not God. You are following ("anusaran") those people who are against God. You should throw the thousands of Tantrics who are sitting here, Lakshmi will come in your country. This is due to devoid of Lakshmi ("Alaksmi"). I am telling openly about them that every Tantric should be picked up and thrown out from here, you will see that Lakshmi will come here, because Lakshmi runs far away from the place where ghosts ("bhoot"), spirits ("pret"), burial sites ("shamshan") reside. I myself am like that, if there is any tantric he fears in front of me and I don't want to meet any Tantric. The tantric practice ("Tantric vidya") that has started here, the reason for that is that these Tantric(s) know that this country is very much blessed ("punyavaan"), and if this country is enlightened, the whole world will revere ("dahnega") Bengal's land. That is why they have cemented themselves here and you people have encouraged them so much ("sar par chada rakha hain"), you have given them so much respect, that the Goddess has left this place. This is the same thing, I have seen a similar thing happening in Kerala. All such places where Tantric(s) are given importance ("mahatmya"), there can never be richness in such a place, there can never be prosperity in such a place at all. Now, you will ask, then why is it so in America? You can ask me what the situation of America is, they are sitting on debt. You will come to know of their condition ("haalat") by staying there, that there are in so much filth ("khichad"). We don't have anything to learn from them. They have no culture, they don't know either their mother or father, neither their mother nor sister. They have got such terrible diseases, even then they have not got their senses that they should live with discipline, should walk on the path of righteousness ("dharma"). They have no feeling of righteousness within. In the field of science as well all that they know, one demon ("bhoot") is of a bomb and the other is poison, and both are instigating one another ("ek dusre ko chadana"), and both they have made they are afraid of the same. Those who have done this kind of great foolishness, what is the benefit to them even after getting science, what common sense ("akkal ki baat") they have spoken about? Today the whole world is having a fear that another war will start if these two foolish countries start fighting amongst each other. These are great fools who have made up such things and have created demons with their hands. Till today humans had not made demons, they have created it and have given it so much importance and made it sit on our heads and they want to use it to keep the world on its tenterhooks ("dandanake"). But why are you unable to see this foolishness? This is the surprising thing. If you look at their lives, it is so sad ("dukhad"), they are in so much problems ("takleef"), they are in so much trouble ("pareshani"), that it is surprising that we are afraid of poverty, but this poverty is in a way blessing on us, understand it, that we have not become rich like them. If you look at their manners ("taur tarike") you will come to know that they have fallen down from humanity. Their lives have become like animals, and they live like animals. Staying with them today, I don't know how my husband went there, hence even I had to live with them for twelve years. When they come to Sahaja Yoga, my hands break while giving them their realisation, my hands break. For four years, I broke my hand on seven Englishmen and then after wavering ("dagmagate hue") they were able to stand up. Today I can see that all members of the Lions Club have got their realisation, you all will get your realisation in one moment. Understand this is also the blessing of this spiritual land ("vanga bhoomi"). In this land of yoga, this spiritual land ("vanga bhoomi") is considered as the Heart Chakra and in this Heart Chakra is the seat of Shri Jagdamba. Being the seat of Jagdamba, you people should not be going to such demons means you are standing against your Mother. Till the time you don't leave this, even Mother cannot help you. 01.44.26

But in Sahaja Yoga you will come to know what I am telling. Before that you will not be able to know, because till now you have not reached the one only, absolute fact ("tathya"). The essence ("tattwa") is that you are the spirit ("atma"). When you become the spirit, when your spirit is enlightened, you will know the absolute, the absolute truth, which is the only truth. In this there is no duality ("issme do baatein nahi hoti"). How can you tell which person is good, which person is bad? Which person is a thug, which person is a saint? There are many indicators for this which has been told, but who reads this? No one reads this, people

only read things that helps them to absorb ("palvalit") their weakness, which will increase it, which will make them weaker, which will put them in such habits which will ignite ("prajvalit") their bad habits even more. This is not going to result in their welfare ("kalyan"), it is not going to result in well-being ("hith"), it is not going to give us our benevolence ("bhalai"). And tomorrow our children will also walk the same path in which today the children on Americans and other countries are going. You know that the disease of drugs has increased so much, especially in England that they want to bring in the military to stop someone from taking drugs. Shri Krishna has said that our human awareness ("manushya chetna", maanav chetana) goes downwards. Its roots are in the head and when our awareness goes downwards, then we get into a declination ("adhogati"). Unless we rise vertically ("urdhwagati"), if we do not take ourselves to our ascent ("urdhwagati"), if we want our regeneration ("utthan") or we want our resurrection ("punarutthan"), we get our resurrection, it is not possible. Our, this ecstasy ("utkranti"), our evolution, its climax ("charam seema") has come. Humans need to attain this peak ("charam seema"), otherwise he does not become meaningful ("sartha"), this life is not successful, they, remain incomplete. Because of their incompleteness humans are today in confusion ("bhranti"). This needs to be removed and to remove it is very simple ("saral") and spontaneous ("sahaja"). Now you will, Mother you are saying this is so simple, so spontaneous, how is it possible? It is said that you should fast, you should stand on your head for so many days, and after that you should shave your head, and then stand in water for so many days, take up all sorts of difficult tasks ("aatak"), after doing all of this, you will get your realisation. That is not the case. 01.47.15

Now you think that a Father is full of love, who is only filled with love. Will he ever want his children to be in trouble? A Mother who loves her children, will she want her children to have so many problems? Will she want her children to be hungry, do fasting for her? This is all fallacy ("bhranti") of imagination that is filled within you that you should trouble your body this way, you should trouble your body that way, by doing this you will get God. If this is true, then in the countries, where people are afflicted ("peedith"), like you know there are countries where people's bones can be seen, who are deprived of food, they should have obtained God Almighty ("Paramatma") by now. But, this is a matter of God Almighty, who is not only the most powerful, but is the ocean of love. That ocean of love is your father, and if he has created this world, then do you feel that he would like to see you struggle like this and take trouble in order to meet him. But on the contrary, if you do this, he will be very angry. This means that you have not understood his blessings. You are living in such an evergreen country, and living in such a beautiful atmosphere, when you get up early in the morning, you can see birds chirping and children are laughing loudly, in such an atmosphere, have you ever thought what is the God Almighty's blessings? In Sahaja Yoga a mantra is told to us "Count your blessings one by one" Now think what all has been given to us by God Almighty, what all have we have got from God Almighty? He will also feel happy that his children has accepted all that I have given, I should give them more. 01.49.15

But now this type of process ("paripathiya") has begun due to which humans have started walking on the wrong path. And if you want to fast only and you have a very strong desire for the same, the God says, ok die with hunger. This is what your desire is right to fast five days in a week, then why not fast for the whole year. It is matter of understanding that the God Almighty who loves you so much and who is the ocean of love, how can he even think in such manner about you and how can he give importance to such a thing? Another matter in us is that we are after science. Ok, there is a lot of utility from science. Without Science, I could not have given such a discourse. Because of Science, photography has emerged. From such photography, many things that I did not want to say is available for us to see with our eyes. Because of the different lights many people know who I am and what Sahaja Yoga is. There are many things about science, if I stand in the television. Once when we were in Hong Kong when I appeared in television, whoever saw me on television and put their hand in front of the television, got their realisation. Science has its benefits but when it is put to use in any such work which is constructive, where it binds people, where it benefits people. And not for those things which will kill, which results in destruction ("naash"), which is total destruction ("maha vinaash") and which causes total destruction ("samhar"). Because these things are man-made. Whatever has been made by a human being comes from his mind ("manas"), comes from his mind, and when it starts progressing as stated by Shri Krishna, it grows on only on one side, which is called linear, one-sided. When it reaches a particular point, then its destructive ("samhar") powers, destructive ("nasht") powers and evil forces become strong and will pull down the person, and then returns to them. 01.51.29

People used to say capitalism is good, tried and seen. Some say democracy is very good, then demonocracy (maybe Mother meant 'democracy') came. Some say communism is very good, I have been at both the places three to four times in China and Russia, they are in very bad shape. So what is the matter, whatever they think why does it come back to haunt them, why does it destroy them. The reason is that their awareness is still not of (towards) God Almighty. Now they are not yet in the empire of God

Almighty. They try on their own, when they try on their own, they reach at such a place from where they need to return. Then the same thing bothers them as evil instinct ("dusht pravritti"). That is why it is important, very important, that we understand this that whatever we have known is by the grace of God. He has given us the power to know this that today such a time has arrived which will change the whole world, for that whatever we have achieved from science, whatever we have achieved from devotion, and whatever the saints have written, whatever work has been done by all the big incarnations, all of it should be used to bring in change, for our ascent ("urdhwagati"). Now the declination ("adhogati") is happening as we have not kept our eyes on our ascent ("urdhwagati"), that one day we should achieve our ascent ("urdhwagati"). In the name of this and on this thought, many logics ("tarkik") have been come who use argument ("tark"). You cannot have any argument ("tark") for God Almighty because it is a live power, it is a life course ("jeevantkriya"). Can you tell about a life course ("jeevantkriya"), that how can a flower become a fruit? Can you tell if a simple seed is planted in the earth then how come it becomes a big tree? From these live powers, you can work from a lifeless thing, like once a tree dies, from the wood you have made the table, stage. You brought stones which are dead and placed it and you feel that you have done a very big job. From this other than ego, nothing else can come for human being. They will think, I have done so much of work, I have arranged two stones and have made such a big palace. Not only that when pride comes in human, he gets used to the feeling of inertia ("jadta"). Like those people, who start sitting on a chair, cannot sit on the ground. Those who are used to cars, cannot walk. Those who are used to living in good houses, cannot stay in simple jungles. 01.54.10

All inertia ("jadta") is hovering over us. It is not very difficult to remove this inertia ("jadta"), but, that which emanates from the brain, which we call as ego and the grip ("jakdan") which is linked to our falsehoods ("kusanskar"), like there are many false things that have been told to us that we have accepted. As an example, I would like to tell you about one person who was a prominent Sahaja Yogi. His name was Agnihotri Rajwade. Before, he used to be an Agnihotri, but later became a Sahaja Yogi. One day, he came to me and said 'Mother, I have a problem of prostate gland.' I told him this is not possible. I asked him 'How could you get this problem of prostate gland because you are a devotee of Shri Ganesha, and Shri Ganesha only takes care of prostate gland. So how can you have a problem of the prostate gland?' He said 'Mother, Doctor says that operation is essential, as it is a very serious matter.' I said this is not possible. On the day when he was about to leave, I said 'at least take the Prasad and then go.' I gave him 'Chana' (Gram). He started looking here and there and I said 'What is the matter?' He said 'today it is Sankhashti and it is my fasting day'. I said 'Oh Okay, sit down now. I understand why your prostate gland problem has occurred. You are fasting on Sankhashti right? On which day is Sankhashti celebrated? He said, on the day when Shri Ganesha was born.' If a son is born to you, will you fast on that day, will you be sad ("sutak")? Who told you to do this that on the day Shri Ganesha is born you have to be sad? He said 'Yes, I understand this now'. I said, 'Ok, eat this Chana.' He ate the Chana, and you will not believe that when he went back, his prostate was cured. All the Gods and Goddesses are present on our chakras subtly ("sukshma"), this is the knowledge of subtle. If I start talking about it, people will say 'please stop, leave this matter alone. We have heard all this, this is not the truth.' But now this knowledge can be proved. At the time when Kundalini is rising and when it stops, at that time you will have to take the names of these Gods and Goddesses. 01.56.28

Like the seat of Jagdamba is behind our sternum bone which we call as the Heart chakra. Many people call it 'Anahat', Anahat chakra because the sound of the heart, it is called Anahat because the sound of the heart does not resonate when it bumps into anything else. It creates sound on its own without percussion. It is here in the Heart, of the spinal cord towards the back. From this our sternum bone works and till the age of twelve in our sternum bone, you would be aware that such powers are getting ready which spreads across the whole body and when these antibodies get ready then it fights ("ladna") against any external power that enters in the body, it fights against it ("jhagadna") and destroys it. Just like, if there is any person who reaches near a disease and the disease wants to enter into the person, this fights with it, hence you get a fever ("jvar"). This is the power of Shri Jagdamba. When this power becomes attenuated ("ksheerna") then many diseases come, like breast cancer (Mother repeats in English) amongst women, is also because of this. This chakra of Jagdamba is very important. When this chakra is harmed ("haani") then such a person shivers ("kampith") with fear, becomes very fearful. Especially in women, when their Motherhood is jumbled up ("gadbad"), like when a husband is raffish (has no morals) ("badchalan"), his eyes are on another women, or the women in her mind starts doubting ("sanshyaith") him, and inside her there is a feeling of insecurity ("arakshita"). Because of that insecurity (Mother repeats in English) this chakra gets spoiled and because of that she can get breast cancer. Now you should think how subtle this subject matter is, but it should be said that the women should be kept (feel) secured. She is your wife, your wife not of anyone else. If you cannot give joy to your wife, if you cannot keep her alright, then you are useless, then

you have less common sense ("akkal"). The thing which is yours, if you do not use your own car, but you start looking at the buses on the road, then what will people tell you, "Is he mad or what?". Like this human beings do many such stupid ("murkhta") things and because of that they get lots of diseases. If this chakra of the women gets alright, her breast cancer can be cured. The treatment that happens, happens at the root level ("moolataha") in Sahaja, not from outside. No medicines or medicine drugs ("dava daaroo") are given. Like there is a tree, if the tree has some problems, suppose it is shedding leaves, then if you give treatment to the leaves, it will not give any benefit. You will have to get to the roots and you will have to provide the medicine to the roots. When you treat the roots only then the medicine can reach everywhere and everyone will get it. But for that you need to become subtle and getting that subtlety means getting your realisation. 02.00.06

That is what is called Aatma Bodh, self-realisation. What has been mentioned in Bible as Baptism is a pretence ("dhong"). Because if the Baptism as per Bible is alright, then any one can come and keep the hand on your head and you will get your self-realisation. Similarly, in our place the sacred thread ("yagnopavit") which is worn is another farce, it also is similar. It is also the same thing which is called a twice-born ("Dwij"), which is called a Brahmin. A Brahmin is called as Dwij. Only after attaining Brahma, they are considered to be Brahmin. If he has not found the Brahma, then the person is just roaming around with a false certificate, any person just wears the sacred thread ("yagnopavit"), neither are they Brahmins nor are you. You people should not feel bad, but what is the truth I am telling you. To give you an example, who has written Gita? The one who wrote Gita is Vyas who is considered as a Maha Brahmin. But no one knows who his father was, his mother was a fisherwomen. Valmiki wrote Ramayan, deliberately God Almighty has got such people to do such important things so that you can be taught that you should (not care) for such useless ("faltu") foul play ("dhakozlabadi"). If you want to think yourself as a Brahmin, you will not become a Brahmin. If you think of yourself as something else, you will not become so. What you are, what your caste is, is reflected in your wishes, in your aptitude. What has been said for the Goddess "Yaa Devi Sarva Bhuteshu Jaati Rupena Samsthitha", the caste ("jaati") is your aptitude. Are you going to search for God Almighty? If you are truly seeking God Almighty and the truth and if you are going to search for it with pure heart, you can become in essence ("tattwa") a Brahman. One who knows Brahma is only a Brahmin, they are called as twice-born ("Dwij") because it is their second birth and one bird is also called twice born ("Dwij") because it also is an egg first and then becomes a bird. Similarly we are also in the form of an egg. Till now our brain ("dimag"), our head ("mastishk") is covered with ego ("ahambhav"), hidden by it. Till such time it is not opened, our second birth cannot take place and till we take our second birth till then we will not have any kind of security and neither can we take the flight ("udaan"). 02.02.14

For us to even spread our wings, it is necessary that we break our blind condition ("andha dasha"). You cannot break this on your own. Some say that they want to fight with their ego, others say they want to fight with their super ego. But you cannot fight because this is your shadow, how can you fight with your shadow? There is only one way to fight the shadow, by standing below the light, then there will be no shadow. If you yourself become the light then there cannot be a shadow. It is going to remove everyone's darkness. In this manner you all should be getting your self-realisation ("Aatma Sakshatkar"). In this spiritual land ("vanga bhoomi") there have been many great-great people. We have heard about them, we have read about them, and were very respectful ("aadaryukta"), I say from my heart that lot of work can happen in this land. But little politely ("namratapurvak") try to understand this fact that we are going towards a new path, and we are on a new level of talk, it is a matter of micro world ("sukshm vishwa"). After seeing Lions Club, I was very happy to see how much work Lions Club is doing. But if they get enlightened within then their cost will come down. In Sahaja Yoga there are no expenses at all. We do not take any money, there are no expenses. Because you just raise your hand and awaken the Kundalini, it is done, people get their realisation and they get cured of their illness. You just have to just teach them a little about Sahaja Yoga and all kinds of illness is cured. Their brain ("mastishk") gets alright, mad people get cured. All those things which looks difficult ("durbhar"), which looks sad ("durdhar"), and gives lot of trouble, all such things, spontaneously ("hatat"), in a moment can become alright in Sahaja Yoga. In this you also get the blessings of Shri Lakshmi, because Shri Lakshmi is also present in one of our Chakras and I will tell you tomorrow about this that how much blessings of Shri Lakshmi you can get. 02.04.23

There is so much of poverty in this country, people say that the country is very poor. The reason for this is that we have left our Yoga, our tradition, we don't know what (culture) we have adopted, nor western nor eastern, something hanging in between, we have taken in a state, from that we need to change and understand that we have a heritage ("dharohar"), our heritage, we have to achieve this, we have to awaken ("jagana") in this and we have to rule ("raj karna") in it. The whole world will be at your feet. You

may be surprised that Sahaja Yoga has spread more in the Western countries, because their intelligence ("buddhi") is more incisive ("thikshna") than us, and not only that, they are worried ("pareshan") with, and are distressed ("tanga") with the world. They want to run away from that world, so many people commit suicide there. So many countries which are very rich like Switzerland, Norway, Sweden, are all very rich countries, there they indulge in competition ("spardha") that who will commit maximum number of suicides. Similar fate is about to come here also, if you get wealth and you don't get God Almighty. Without God Almighty, to take anything is deceitful ("dhoke ki baat"). Human being will have no control on himself and will not be able to enjoy ("upabhog") the same. That person who has lot of wealth and does not have the blessings of God Almighty, that person cannot enjoy the same, he will somehow get into wrong path and will destroy themselves. Such person will never be satisfied ("samadhan") within themselves. 02.05.57

Tomorrow, I will tell you about all Chakras in a systematic manner. But before explaining all this, I want to tell you that this is not necessary. Suppose someone asks you as soon as they come into the room and asks you how to light the room, you will tell just press the button, and all the lights will be switched on. In the same manner, within you a complete arrangement ("intezam", "vyavastha") has been made by God Almighty. You just have to connect with the Mains. Now you will also ask me what the history of this electricity is, like who has discovered it and what all organisations it is associated with, and due to which organisation does this all work, then it will cause a headache. It will take many years for you to listen to it. Instead of that, it will be better if you get it done quickly, people who had to do the job have already done it. Just light the lamp, why are you breaking your head? But it is the habit of the human being not to eat straight from the mouth, but to go round the head and then eat. Before I explain all this, you people first get the awareness. It is a very auspicious day, it is the Ninth day ("Navami"). Goddesses' special blessings are there on the Ninth day ("Navami"). You should get it ("paiye") and after getting it you should establish yourself in it ("jameeye"). In a way that when a seed germinates ("ankurit"), it naturally ("sahaja") sprouts ("ankurit"), you need to take care of it, in a similar way, in Sahaja Yoga after getting your self-realisation, you have wind ("dhanjawad"), and similarly you have to protect the lamp lit in your heart and you will have to carefully ("sanjokar") correct the light ("jyot"). Then from this light, you will be enlighten many lights. What are we, we are just here in the middle who is telling ("keh rahe hain") you and informing ("bata rahe hain") you about this, because you need someone to talk about all this. Because am talking about a subtle subject ("sukshm"), to explain this I had to talk to the Doctors, so I learnt about medical science ("doctor"). Then I had to talk to psychologists I learnt psychology. But after looking at all this, it seems like everyone are children only. 02.08.19

Now they have to know many more things, they have to know about many things, because they have not yet entered the Kingdom of God. The Kingdom of God is most beautiful, is very skilled ("kushal"). Those of you who think here electricity may fail, somewhere telecommunication may fail, but, in the Kingdom of God, nothing ever fails. Nothing will ever fail. Everything will be excellent and perfect ("achuk"), you will not see anything messed up ("gadbad"). You will not find any defect in it. You may be surprised ("aashcharyachakit") that sitting here, you can tell the state of any person and while sitting here you can make them alright. But you will have to comprehend it ("dhaarana"), you will have to take the power within. Somebody asked me a question that "Mother, why everyone cannot get this?" I replied that "The matter is, there are many things, but if you put a pitcher ("ghagar") in the Ganges, the pitcher can fill. But if you want to take water in a stone, how will you do it? Those who are stone, first need to be moulded into a pitcher, then only it will work out." So, at the outset, the work which is lively ("jeevanta") is always that it first does the straight forward ("sara") work, then it goes about doing the difficult task. By this the simple ("sara"), spontaneous ("sahaja") people easily get their self-realisation. I have told them many times that move out of the city limit of Calcutta ("Kolkata") and go to the villages, then here very quickly so many people will get their self-realisation, so many people will get it because it is the land of Ganges, it is the evergreen land ("sashyashyamalam bhoomi"). In this land don't know, so much of work can be done. Similarly, I had gone to Rajasthan, the land of Rajasthan is amazing ("Kamaal") and when I saw that when the people come from villages over there, they have so much faith ("Shraddha") and the power of their desire is indomitable ("adamyta"). Once I was travelling in a bullock cart, you move around in the village in a bullock cart, then the person sitting in the bullock car was talking like Kabirdas. I said, look, how come Kabir is sitting here and talking. I asked him, "Brother, from where did you get to know all this?" He said "Mother, you only have given us our self-realisation ("paar kaya hain"), and everything is within. I am talking from within, I am not talking anything from outside. I was very much surprised ("aashcharyachakit"). A man driving a bullock cart, was talking about such an ultimate thing ("param"), with so much sense ("samajhdhari", in such a sorted manner ("sooj booj") with such wisdom. There was so much of knowledge and understanding in him. I said "God Bless You" ("dhanya ho tumhari"), and blessed ("dhanya") is my Mother India, where there are such people, who

even now believe in that devotion ("bhakti") and the power ("Shakti") and are respectful ("maan") of their innocence ("abhodita"). May God Almighty bless you all and from you whoever get can your self-realisation in sometime, do get it. And please come tomorrow as well, and bring your close friends. I seek your apologies, because the hall that we got, in that all people, many people who wanted to come could not get accommodated. The reason is that a lot of unrest is spread everywhere, and the police people are afraid people are afraid that someone doesn't fire at me only. That is the reason they said that it is better to arrange somehow for such a hall where the safety ("intezaam") can be taken care of. Although I am standing here in my protection, I do not need any external protection. But it was their thought ("vichaar") which I respected and then we said, it is ok. Hall is small, I seek your forgiveness ("maafi").

Mother bows down to everyone and returns to her seat. Claps in background. 02.12.00

End of Shri Mataji Talk in Hindi

Dr. Rajesh Talwar back on the stage (in Hindi)

Shri Mataji speaking in background: "If anyone wants to go out and come, they can do so."

Dr. Talwar speaking: "Shri Mataji has ordered ("aadesh") that any brother or sister who would like to go out and come, can do so and come back. After that Shri Mataji will give self-realisation to you all.

Now we will be starting the program. Shri Mataji will now be giving you all your self-realisation. Tulsianji has given us a suggestion that I should say two words about Shri Mataji.

Shri Mataji speaking in background with Tulsianji: "Such people are like in-laws of your children (samdhi)".

Dr. Talwar speaking: Shri Mataji came in this joyous form on 21 March 1923. Her 64th year is going on.

Shri Mataji speaking in background with Tulsianji: "63rd year, actually 64th year.

Dr. Talwar speaking: Shri Mataji is sitting here in person ("saakshat roop") and if you look at her face, you will not be able to see a single wrinkle and every time she will be in a state of joy ("anand") and glee ("ullaas"), that after seeing her, in reality you can feel that whatever be your age, you will be a small child in front of her. Now how she does this, you can get your experience today, rest you yourself will be able to understand. Shri Mataji. 02.14.16

Transcript of Shri Mataji giving realisation in Hindi

First of all I have a request to everyone that please sit with an attention that is happy ("prasanna chitta"). You don't have to be very serious, keep your attention happy ("prasanna chitta"). I can see that you people have become quite serious. If I have said something because of which you have become serious, then forget about it. You don't need to (be serious). Happiness in attention ("prasanna chitta") means that first you should forgive yourself. I have done this mistake, I am like this, I am fallen ("patit"), etc., all these things are absolutely wrong. Because God Almighty is the ocean of mercy ("daya") but even more he is the ocean of forgiveness ("kshma") and you cannot make any such mistake that God Almighty cannot forgive. Hence you need to forget these kind of things. These kind of things are told by those people who after making you sad ("dukhi") and want to extort ("ainthana") from you. You sit with a happy attention ("prasanna chitta"). With happiness only God Almighty will be happy with you. In this more than half of the work will be done if you sit with a happy attention ("prasanna chitta"). It is important that while keeping a happy attention ("prasanna chitta"), you should have faith in yourself. You should not be thinking about what you did in your past birth, what is written in my horoscope ("Kundali"), etc., etc., so many such things ("baatein") which are burdened upon us ("laad de jaati hain"), or I am of higher caste or I am of lower caste, or I have these drawbacks ("kamiyaan") or that drawbacks. I will forget all these things today and I will get ("prapta") my spirit ("aatma"), in this gladness ("khusi"), in this happiness ("anand"), in this hope ("aasha") sit in a relaxed manner. On the Ninth day ("Navami") in your Mother's court ("Durbar"), sit as a

king in your seat ("aasan"). You should not have any deficient feeling ("nyoonata") towards yourself, many big questions arise from the same and I see that one chakra here which we call as Left Vishuddhi, the left side of the Vishuddhi gets caught up very badly. Due to that a person gets many diseases, one of that is Spondylitis and the other is Angina, like that many other diseases can come from this. Hence one should not consider themselves lesser in any way. This is the only prerequisite ("sharta"), there is no other prerequisite. And keep your mind open as a scientist. You will have to remove your shoes because this spiritual land ("vanga bhoomi") is very amazing and this is the Goddess who removes sins ("paap haran"), removes heat ("taap haran"), she will remove all your troubles. So take out your shoes. If you are feeling uncomfortable ("kasan"), feeling aches ("kasak"), feeling constricted ("kasa") because of anything, then please loosen it up. Like I am speaking to you in an everyday language ("rojmarra ki bhasha"), am using a simple ("sahaja") language, so if it comes out partly ("tishtatha"), you should forget it and think that our Mother is only speaking to us, in such a simple state you should sit. If anyone is wearing a cap you need to remove it. No one goes wearing a cap in front of their Mother. Just as in a simple way that we go to our Mother, in a similar way, in a similar emotion ("bhav") you should sit and it is your complete right for you to get ("prapt") this. It is your own thing, it is your own power, you need to awaken it. All that is yours needs to be given to you. In this there is nothing to give and take between you and me. There is no question of favour in this. This relation is such in which there is only practice ("chalan"), there is movement, but there is no this kind of thoughts that someone is doing a favour and not, etc. This does not bring obstacles ("rukavate"). It is a flowing ("bahati") thing, in that flow ("bahav"), everyone should flow away ("bahajaana") and should enjoy it. Nor can anyone give money in this, nor have you to try anything in this, directly ("seedhe") straightforward ("saral"), you just flow with it ("bahav mein bahajaana"). And what you need to leave is your ego, and to leave it also you hold on to it too much, just leave it, don't think that you have an ego. You need to break that thought. You will start looking within yourself the first time. Before this our attention was always external. You don't have to look at others. Today for the first time, we will look within ourselves, we will know ourselves and we will rise in its grace ("gaurav"). That is why there is no question of looking at others. Today is the day when we behold ("niharna") our own power ("Shakti") and our own dignity ("shaan"). We have to behold it ("niharna"), know ("janana") it, recognise ("pehchanna") it and then bring it to use. It is a very simple thing. 02.21.43

Now Shri Mataji is initiating the self-realisation

Now keep both hands facing towards me with palm upwards. Keep it simple and straight, because these five fingers, the base of the palm is six and centre of the palm is seven, are the seven chakras in the right side and these (Mother is counting on left hand), One base of the palm, two, three, four, five, six fingers, and centre of the palm seven, are the seven chakras in the left side. I am saying left and right in English because all of you can understand it and all these chakras on both sides, in this way (Mother is illustrating how they come together) come together and make the chakras in the central channel. So these are the seven chakras of the sympathetic nervous system and through its union the chakras of parasympathetic nervous system is formed in the central channel. Hence keep both your hands, both your legs separated from each other. The power on the left is the power of desire and the power on the right is the power of action which gives power to our physical and mental activities. The right side is called as the power of life ("prana") and the left side is called as the power of the mind ("mana"), the power of desire and the Kundalini is the pure desire ("shuddha iccha"). All the desires of the world are impure because whatever we desire does not result in wish fulfilment ("icchapurti"). In Economics it is said that, in general desires are not satiable. In particular it is possible, but not in general, as (people will have desire) for this today, then tomorrow that, then other, then another, then another. Hence it is an impure desire. There is only one desire which is pure in human being which is their Kundalini and that pure desire is that one should become the spirit ("aatmaswaroop") get connected with the love of the God Almighty, to get dissolved ("leen") in the power of Brahma ("brahmanshakti"). This is the pure desire and this is what should be awakened which is in the dormant ("sookta") state within you. 02.24.12

Now keep your hands like this, keep both hands (palm facing upwards towards me) and when you keep your eyes closed keep your right hand on your left heart, it is the heart chakra, the heart which is, the chakra is in the centre, the heart is, in the heart resides the spirit. After that keep your right hand here on the upper abdomen on the left hand side, all work will happen on the left hand side, you have to press it like this. After that the same right hand bring it down to the lower part of the stomach and keep it. Then bring the same right hand to the upper part of the abdomen. Then bring the same right hand on your heart. Then keep the right hand here (Mother is pointing towards Left Vishuddhi) and tilt the neck (towards the right) like this. This joint between our neck and the shoulder, you need to keep the right hand like this and move the neck like this and this chakra is catching

somewhat for all of you. In this humans always consider themselves guilty for something or other. Today it is catching a lot. You have not done anything wrong, you are not guilty at all. In English you should say "I am not guilty at all". Then keep your right hand on your cranium ("kapaal"), on your forehead ("maathe") like this slanted ("aada"), press hard on both the sides. And then (keep your right hand) on the back, back window of the Agnya chakra while bending your head backwards. Then keeping your right hand completely, putting some strain ("tanaav"), keep the palm ("hatheli") right here properly on the Brahmarandra, which is called the fontanel bone area, where there is the fontanel bone area ("taalu"), keep it on the fontanel bone area, press it and move it seven times (in clockwise direction). That's it, you need to do all this properly and the job is done. 02.26.24

After that you will see that your Brahmarandra will be pierced and the Kundalini will raise and on the top of your head cold-cold, cold-cold breeze will start flowing. Then in your hands as well, you will see that the energy which is spread across all the four corners, this spiritual ("roohani") power will be felt by you, you will know the cold-cold breeze flowing through your hands. This power is the power of Brahma, with this only all the work of the universe is carried out. Now all of you close your eyes, if you want you can take out your spectacles as well because now you don't need to open your eyes at all. Till I tell you, don't open your eyes, please, because your attention has to be within yourselves. All of you should do this, please all of you should do this, then it will be a favour ("meherbaani"). It will be a great favour ("meherbaani") if everyone does it with complete reverence ("Shraddha"). I just came to know of an experience, by which I felt very bad, that a husband and wife came to a Sahaja Yoga program and the woman got her self-realisation as she tries to get her awakening, and the husband did not get it. It happened in Riyadh. There were not many people. I don't know why, he said I am not going to do all of this, he was just sitting and today he died, he got a cancer. When I came to Mumbai, I came to know that he was very ill, when I reached there his condition was so bad that I could not save him. I felt very sad, his wife was very much composed and was saying "Mother what you can also do?" I don't say that by not coming to Sahaja Yoga it happened to him, but by coming to Sahaja Yoga cancer cannot come, it is difficult and if it starts to happen, it will be immediately known. Any illness that comes, it will be known very quickly and you will be able to cure it as well. Not only illness, many things. Ok. 02.28.38

Now keep left hand towards me and right hand on the heart. Now keep your eyes close, now after this don't open your eyes, no person should open their eyes please. It is a Mother's request that everyone should do it and get your own powers. Now keeping the hand and with full heart ask one question to me, you can call me Mother or call me Shri Mataji or whatever you feel right. "Mother, am I the spirit?" This is a very basic ("moolabhoot") question, not loudly but in your heart. Ask in your heart, ask in your heart (with attention) on your heart. You have to ask "Mother, am I the spirit?" This is a very basic ("moolabhoot") question, ask it three times. Like by asking a question to the computer you get an answer, similarly you are also a computer, it has not started working yet, this is the only thing. 02.30.00

If you are the spirit, then you are your own master ("Guru"). Hence ask the second question, keep this right hand on the upper part of the abdomen, on the left side all the work needs to be done, on the upper part of the abdomen keep the right hand on the left hand side, keep it pressing, and ask the second question which is very basic ("moolabhoot"), "Mother, am I my own master?" "Mother, am I my own master?" All the true Gurus ("Sadgurus") have given us this boon of this chakra. It is the chakra of Guru's knowledge. Ask this question three times. Keep pressing it, on the upper part of the abdomen on the left side keep pressing it. 02.31.18

Now keep this (right) hand on the lower part of the stomach on the left hand side. On the lower part of the stomach on the left hand side, again press it, this is the chakra which implements ("karyanvit") all the rule and regulations of the God Almighty and from this we get to know the pure knowledge ("gyan"), pure erudition ("vidya"). This is the pure erudition ("vidya") by which we know all about God Almighty's science, God Almighty's power of science. Now you are independent and I need to respect your independence because you have to be given the ultimate independence. Hence you will have to say that "Mother, please give us pure knowledge". Without asking, I cannot force something forcefully on you, hence please tell six times, "Mother, please give us pure knowledge". Six times, pure knowledge. Please say six times completely. You after telling six times with your full heart, the Kundalini starts rising. Need to say with your full heart, then the Kundalini starts awakening. Now the Kundalini has started rising, I am now teaching you how to raise your Kundalini going forward, how to awaken it, how to keep it awakened. Hence, I am getting you yourself to awaken your Kundalini. 02.33.25

Now it is important that you know that when the Kundalini rises, it has to pierce all the chakras, so the chakra which is above it which we call as the chakra of the knowledge of the Guru, now keep your hands on the same, which is on the upper part of the abdomen on the left hand side, there with your right hand grasp it hard. On this chakra with complete self-confidence ("aatmavishwas") to help the Kundalini energy, you have to say that "Mother I am my own Guru." You need to say this ten times. Here there are ten chakra, what I mean is that there are ten sub-plexus here in the solar plexus, in a similar way here there are ten chakras. You can consider them as the Ten Gurus or the Ten Commandments. This is the chakra of righteousness ("dharma"), hence here you have to say that "Mother I am my own Guru", "Mother I am my own Master." You have to say this with complete self-confidence ("aatmavishwas"), in this all the hard work of the true Gurus ("Sadh Gurus"), you have given it fruits now. Only they are the true Guru who connects you with the God Almighty ("Wahi Sadh Guru hota hain jo Sahib ko milaata hain.") One who connects you with the God Almighty is only the true Guru.

02.35.15

Now the Kundalini has crossed this chakra and reached the chakra above it which is the Heart chakra. Hence, keep your (right) hand on your (left) heart again and press hard with your fingers and here you have to say with complete self-confidence ("aatmavishwas") "Mother, I am the Spirit ("aatma")." This is the biggest truth that you are the spirit, the body ("sharir"), mind ("mann"), wisdom ("buddhi"), ego ("ahankar"), e.t.c. are all rife ("vyapta") and in reality you are the spirit. You have to say this twelve times that "Shri Mataji, I am the Spirit ("aatma")." Tell with full confidence ("vishwas") that you are the spirit. Tell this twelve times. I had told you earlier as well that God Almighty is the ocean of mercy ("daya ke saagar"), is the ocean of compassion ("karuna ke saagar"), but of the most he is the ocean of forgiveness ("kshma ke saagar") and in his forgiveness all our faults ("dosh"), all our sins ("paap"), everything just gets dusted away ("dhul mith jaate hain"). 02.36.58

Hence, now keep your right hand on the joint between our shoulder and neck and press it and take the hand back as much as possible and move your neck towards one side (right side). Move your neck towards the right side. While holding the joint between the neck and the shoulder, hold it from the front and not from the back, hold it from the front, hold it from the front, hold it tightly. Take the right hand to the left side, this is the chakra of Shri Krishna. At this place you have to say that "I am not guilty". If you are the spirit, if you are the spirit, how can you be guilty? How can any guilt come in you, it is completely spotless ("Nirmal"). Hence you have to say "Mother, I am not guilty at all." "I am not guilty at all." You have to say this sixteen times, because Shri Krishna has sixteen arts ("solah kalaen"). 02.39.02

Now, keep this right hand on your forehead ("maatha"), keep on your cranium ("kapaal") and keeping it across ("aada") press it with force on both sides. This chakra is the chakra of Agnya, here we have to forgive everyone. With full heart you should say "I forgive everyone". It is not about how many times, many people say that Mother it is very difficult to forgive. But this is a myth ("bhram"), this is falsehood ("mithya"), this is a myth that what we forgive someone and what we don't forgive someone. But if we don't forgive someone, then we play into the hands of the wrong people. Hence to erase falsehood ("mithya") from falsehood ("mithya"), you need to say that "Mother, I have forgiven everyone with complete heart." Then see, the God Almighty will do whatever treatment is required for that person. You have to say from your heart that "Mother, I have forgiven everyone." If you wish you can bow down your neck (head) a bit and say. The left hand should continue to face towards me. Now you have to say this with complete heart. 02.40.34

Now, this right hand should be placed at the backside of the head and push your head backwards, this time for your own understanding, you need to tell God Almighty that "If we have done any mistake, knowingly or unknowingly, then please forgive us." But don't feel guilty about this, don't count your sins. Kindly say this only for your understanding, that "God Almighty, if we have done any mistake ever, then forgive us." Tell this with complete heart, but don't start feeling guilty due to this, don't look at your sins, please don't look at your sins. Let God Almighty look at it, it is for him to see. What is the benefit by us seeing it? 02.41.31

Now, this hand, this right hand should be fully spread open, the centre of the palm should be kept properly on the centre of the head, should be kept at the centre, where in our childhood the fontanel bone area ("taalu") used to pulsate ("spandan"). Keep

your hand here, press it hard and move the hand in a clockwise direction seven times, clockwise press it hard, you should move the skin of our head, seven times. And again here, I cannot question your freedom of choice. I accept your freedom, here you have to yourself tell that, "Mother, please give us our self-realisation." This cannot be forced, hence you have to tell yourself that, "Mother, you please give us our self-realisation." If you want you can bow down your neck a bit and say, but seven times you need to move your hand (in clockwise direction), not less than seven times, if you do more than seven times it is not a problem, but not less than seven times. Press it hard, stretch your fingers completely, then it will happen. Stretch your fingers completely and press your hand hard. Hmm... 02.43.11

Now, bring your hand down. Please put on the lights, I think. And slowly, slowly open your eyes. Please put on the lights, please put on the lights. Outside lights (in the background can be heard "lights"). Put on the lights. Slowly, slowly open your eyes. Look at me, without any thoughts look at me. Keep both your hands raised like this. And now raise both your hand towards sky (Mother is illustrating with palm facing upwards) and putting your neck backwards (tilting your head backwards) and ask, "Mother, is this the power of Brahma ("Brahma Shakti")?" "Mother, is this the power of love ("Prem Shakti") of God Almighty?" "Mother, is this the power of Adi Shakti?" Ask with your hands completely open (outstretched), ask this three times. Now bring your hands down. 02.44.21

Now, keep your hands like this (facing towards Mother) and see if cool vibrations are emitting from your hands. Before that, keep your left hand towards me and, keep the right hand towards me and left hand on top of your head and see if you are feeling cool vibrations there. Keep your attention here (Mother is pointing towards the fontanel bone area), look here, cool-cool. For some people the cool vibrations are felt till high up here, look at, just move your hands like this and check. Many people have not forgiven only. Once again, say in your mind, "I have forgiven everyone." Please say it, many people have not forgiven only. It is very important to forgive, very much important, forgive with full heart. Now keep your this hand towards me (Mother is showing left hand), left hand and keep right hand on the top of your head, on top of your head properly, here (Mother is showing), right in the centre. Bow your head down a bit, bow down a bit and check. Once again with your right hand (towards me) and check with the left hand (on top of your head). 02.45.45

Mother is blowing air through the mike. 02.46.14

Now we have to see, how many people got cool breeze from the top of their heads and how many people got it in their hands. Anyone who has felt the cool breeze on their hand or on the top of their heads can raise both their hands up. Raise it higher, like this, so that it can be seen, up till here. Many of the people have got it, it is still coming. Many people have got it, but when you come tomorrow and day after tomorrow, we will establish it ("jama denge") then and another thing is that, after this you should be quite ("shaant") for a while. As soon as you think, the Kundalini will come down. As you have gone above the Agnya chakra now, the thoughtless awareness state ("nirvichar") has been established ("sthapit") now, you are now looking at me without thinking. Now you are watching me without thinking about anything, this is your state now. I will talk about this tomorrow, but to protect it now, you should remain quite without any discussion or argument. To get this established ("prasthapith"), there are more two days, in that everything will be alright. May God Almighty bless you all with innumerable blessings ("anant aashirvaad".) 02.47.40

End of realisation program by Shri Mataji

Shri Mataji is now talking in the background: You don't go to Lucknow tomorrow, Mr. Saraf. Tulsianji also calls out Mr. Saraf. Shri Mataji is now talking in background talking: You don't go to Lucknow tomorrow, listen to me, don't go. I need to establish Lucknow through you. I need to establish Lucknow through you. I had told him (pointing to another person) that he will be looking after Noida, it's a miracle, ask him, you can ask him. He didn't go. Only two days after that you can go, only two days. For Lucknow this needs to be done.

Mr. Saraf is telling Shri Mataji: I can attend day after tomorrow.

Shri Mataji is now talking to Mr. Saraf: Come day after tomorrow.

Mr. Saraf is telling Shri Mataji: I shall surely attend day after tomorrow. Tomorrow will not be possible, day after tomorrow I will come.

Shri Mataji is now talking to Mr. Saraf: Ok, come day after tomorrow.

Dr. Rajesh Talwar back on the stage (in Hindi)

Please let us have your attention, tomorrow morning 7 o'clock, at Lions Safari Park a workshop has been arranged since last thirty days, that program will continue, please come there. Tomorrow morning at 7 o'clock.

Shri Mataji is now talking in the background: There is no need to touch my feet. You remember not to touch feet. When you get your realisation you should touch the feet, why to touch the feet just like that? When you get your realisation, can see the sparkle in all your eyes. It is sparkling right? There is no need to touch my feet. First this mind gets you all to touch the feet. If I say no, everyone will get upset.

A lady is speaking to Shri Mataji: Mother we can't come here.

Shri Mataji is replying to the lady: Why? You have got it now, what else do you want? Forgive me.

Shri Mataji is now talking in the background: Come up now. You all come up now, you all come up.

Dr. Rajesh Talwar is now talking to everyone: Please make a line and come up.

Shri Mataji is now talking in the background: What to do, no one is going to listen. Everyone, everything happened but we didn't get the darshan. Thank you, yes am thirsty, am very thirsty.

Hello, you have got your realisation very well. Now next. Got your realisation? Now let everyone come, let everyone come.

Dr. Rajesh Talwar is now talking to everyone: Please take the (darshan) and go from this side. Is the route open? It is open. Please go from here.

Shri Mataji talking: One by one, one by one. After getting their realisation the saints are going ("Paar hokar gaye sant janane".) Please put on the music. If there is music please put it on. With music it will be better. Is it alright? What will you say now? When you are in drenched in happiness then what will you say ("Mast ahu to kya bole.") Be peaceful ("shant"), peaceful.

Dr. Rajesh Talwar talking in the background: Please come from this side. Please come from this side. Please go from this side. Please take out the chappals, shoes.

Other volunteers are talking in the background: Please take the blessings and move ahead, there are many people who are standing. Please don't take much time, please. Please go on moving forward. Everyone should get a chance.

Shri Mataji talking: Everyone come, tomorrow will establish everyone. Then you all, you all can give.

Other volunteers are talking in the background: Please keep moving, thank you. 02.51.56

Shri Mataji talking: There in Maharashtra, if they don't come to touch the feet of Mother, then they will come to hit everyone. No son, don't do like that, on the feet, on the feet. Don't rub my feet so much son, my feet will get dried.

Other volunteers are talking in the background: Please do not do this on (Mother's) feet. Please don't wait on the feet. Please don't wait for long. Please don't touch the feet. Please there are many brothers and sisters waiting in the line. Please tell them not to touch the feet.

Shri Mataji talking: What is it for you, you have got your realisation very well.

Dr Rajesh Talwar talking in the background: Please can you do it from a little distance? Please don't put hands on the legs. Please, in front, in front.

Shri Mataji talking: There is no problem in touching, but thy go on rubbing the feet. If they rub off the feet, how will it be?

Dr Rajesh Talwar talking in the background: Absolutely touch (the feet) with gentleness. Please move, thank you. Please there are many brothers and sisters waiting in the line. Not too much, please come.

Shri Mataji talking: Come tomorrow, it will be done. It will done for everyone. Who do you pray to? You can stand here, whom do you pray to? Who do you believe in?

Person in the background: Pray Hanuman.

Shri Mataji talking: To Hanuman. Ok keep your hand like this and ask "Mother are you "saakshat" Hanuman?" I am also the power of Hanuman. Ask "Mother are you Hanuman?"

Dr Rajesh Talwar talking in the background: Please pay your obeisance and move ahead.

Shri Mataji talking: I am also the power of Hanuman. Ask "Mother are you Hanuman?" "Mother are you Hanuman?" Ask.

Person in the background: Mother are you Hanuman? Mother are you Hanuman? Mother are you Hanuman?

Dr Rajesh Talwar talking in the background: Please don't stop. 02.53.18

Person in the background: Mother are you Hanuman? Mother are you Hanuman?

Shri Mataji talking: Tell with your heart, what is this? "Mother are you Hanuman?"

Dr Rajesh Talwar talking in the background: Please go on walking as well.

Person in the background: Mother are you Hanuman? Mother are you Hanuman?

Dr Rajesh Talwar talking in the background: Please don't wait. Come on sister you also move ahead.

Shri Mataji talking: So you have arrived? You got it now. Now tell, "Mother you are Shri Hanuman."

Dr Rajesh Talwar talking in the background: Please don't wait on the dais, go down.

Person in the background: Mother you are Hanuman. Mother you are Hanuman. Mother you are Hanuman. Mother you are Hanuman.

Shri Mataji talking: Done? Got it? Did you get or not? Hanuman is in the coolness. He is sitting here in the stomach.

Dr Rajesh Talwar talking in the background: Please. Let us move ahead brother.

Shri Mataji talking: What do you eat, tobacco? You can't take the name of Hanuman and eat tobacco. Ok no worries. Now you tell, I will not eat Mother.

Dr Rajesh Talwar talking in the background: Please come, please come. Come son, well done.

Shri Mataji talking: Mother please forgive me. Did you forgive? Now did you get it? Are you feeling it? Got it now. You got it now, or still didn't get it? Tell, "Mother please come in my head." Tell, "Mother please come in my head." Felt it in the head now.

Dr Rajesh Talwar talking in the background: You please, you please do a favour and go down. Please, please.

Shri Mataji talking: Tell, "Mother please come in my head."

Shri Mataji talking: What happened, do you have paralysis? It will become alright. Which side is it? It is more on this. So bring a bucket of water tomorrow.

Dr Rajesh Talwar talking in the background: Don't let anybody come on the stage.

Shri Mataji talking: You have asked and I have come now in your head. (Mother is laughing) Ok, no worries.

Dr Rajesh Talwar talking in the background: Come this side. Wow, this is amazing ("Kamaal").

Shri Mataji talking: Now it will be amazing ("Kamaal"). What is so amazing in this, it is you who is amazing. Now you must come to the program, you must meet them, you must talk to them. What is happening to Bengalis? Surely, you have to now work with everyone together. Ok give your brains to them. I will be free. May God bless you.

Dr Rajesh Talwar talking in the background: Whosever brother or sister's spectacles has fallen here, please take it. Is it yours? Tomorrow it will be here only in the evening. Yes.

Someone talking in the background: This is a very senior person in our Lions club. He was not keeping well.

Shri Mataji talking: haa.. ok.. How is your health now? What happened? Ok you had fever.

Dr Rajesh Talwar talking in the background: Let us move ahead brother.

Someone talking in the background: He was out of sorts ("mann marke the") at home. He was out of sorts ("mann marke the") due to his illness.

Shri Mataji talking: haa.. She knows about the rule ("kayda"), it was the rule impacting, it is her way. Now the coolness has come in the hands. Very good. Immediately the eyes sparkle, eyes light up. You can see each other's eyes. There is a sparkle in the eyes. Is it done? Got well. It is ok. Why, what happened?

Someone talking in the background: It is not like it will not happen by doing, it will surely happen.

Shri Mataji talking: What do you have to do? The doer is someone else, right? Everything is done. Now the only thing to do is to cherish it ("sanjona"), you have to take care ("sambhalna") of it. The lamp has been lit. Now tomorrow morning you all go to Safari park.

Someone talking in the background: I stay in a place (name is not clear), so don't get a train from there.

Shri Mataji talking: Then come in the evening. Ok. Then you can come afterwards as well.

Dr Rajesh Talwar talking in the background: Please come in the evening. Please move ahead. 02.57.39

Shri Mataji talking: They have all got their realisation. Do you all always touch feet every day? What is it with you. You people touch feet every day. The Pooja went very well, good, absolutely. Hmmm.. It is alright. Very good. Very good, very good, what to say about you? Mr. Sarkar is doing a amazing job, really. How are you my child? You are fine. You are looking much better, you are looking much better. May God bless you. This time bring her to Ganapatipule. Ok. Got it. Did you get it? After getting their realisation the saints are going ("Paar hokar gaye sant janane".) All of you should be in joyous state, what else. Is all the drama over now? What was his position, look how he is now. In one day how much he has improved. In one day there is so much change. (He is Mr Karl's father). Can you believe it? May God bless you. Amazing it is. Very good. 02.59.54

Someone talking in the background: He is the real pandit of Calcutta.

Shri Mataji talking: You must come to Ganapatipule also. Require? Yes, please, please.

Someone talking in the background: He is the brother of Ashok Mehta.

Shri Mataji talking: Is it? Good, good. Ashok Mehta got his realisation many days ago. Had you taken initiation ("dhiksha") from anyone? No, you had not taken? But you have a problem in your left side. What is the matter?

Someone talking in the background: Sometimes my head pains.

Shri Mataji talking: Yes, in the void I felt. Ok, tell her tomorrow, give her photo and other things and tell her. Tomorrow this Doctor Sir will tell you. Will you be going tomorrow morning for the program? If you go they will tell.

Dr Rajesh Talwar talking in the background: If you come in the morning, at 7 o'clock at Lions Safari.

Shri Mataji talking: How are you? Did you get your realisation? What have you worn in your neck, Rudraksha? No, what is it? Is it Rudraksha? Is it the sacred thread ("Janeyu") only? Nothing else. Did you feel on your hands? Did you feel the cool breeze? It is there a little bit. Come here, keep your hand here and stand aside. There is a little problem.

Dr Rajesh Talwar talking in the background: Come this side, come this side.

Shri Mataji talking: Keep the right hand on the Kundalini. It is good otherwise, but little bit there. Where is it, in Liver? Did you have a problem in the Liver? Yes there was some problem, a little on the upper side, a little above. Keep your hand on the Liver. Ok it is alright. What to say bout him? They are all coming to Ganapatipule, aren't you? Ahhh.. thank you very much, what is it?

Someone talking in the background: It is a painting of it. She made the painting by her hand.

Shri Mataji talking: She made it, alright, thank you very much. May God bless you. Thank you very much. How are you, are you fine? 03.02.17

1986-1011, Shri Mataji Visiting Pendals To The Devi with the comments

View [online](#).

11 October 1986

Visit

Kolkata (India)

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

[About a statue of Shri Kali/Durga]

Shri Mataji: You always say, 'ne', "Mother you always sit on very little portion of the thing, straight, [Hindi]" And she is so straight. Narani is so strong.

Sahaja Yogi: One leg is on his tail.

Shri Mataji: One is resting on there and on his tail.

Another Sahaja Yogi: One of her knees is on the back of the lion.

Shri Mataji: Right side [Hindi]. Left side [Hindi] tiger [Hindi]. So, she is using - because Mahishasura is from the left side - she is using the lion. From human point of view, he was a handsome man but not from the Divine. Look at his muscles.

Another Sahaja Yogi: She is almost non concerned. Her face is

Shri Mataji: Detached. This pause is wonderful. The pause is really wonderful [Hindi].

You see, you can feel, also you can feel the movement, you see, because of the-all the garlands have moved.

Sahaja Yogi: She doesn't look very aggressive.

Shri Mataji: Not at all. She's killing him. Satisfaction, you see, of killing him.

[Cut in the video]

[About a statue of Shri Ganesha]

Kundalini, these snakes are. These snakes are pink kundalini.

[Hindi]

But he rises up to her.

Mahalakshmi, Mahasaraswati, Mahakali.

[Hindi: Let's go].

[End of recording]

1986-1012, Public Program

View [online](#).

12 October 1986

Public Program

Kolkata (India)

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

1986-10-12 Calcutta Public Program (Hindi)

And I request you, that all those who are wandering in search of God, they too will have to take support of music first.

Without that the work will not be done because the speciality of our Indian music is such that it can only be attained only by austerity and hard work. Human beings can have vision of the Divine in it's various aspects such as it's gravity, it's flight, it's spread, it's depth, it's delicacy. And all music emanates from that Om(AUM), which is known to people as the Spirit(Atma). Therefore, when man becomes engrossed in this music it is easy for him to find(get to) God. Maybe you find my words a bit poetic and they seem somewhat far from reality, maybe it feels, that I'm saying like this just to please the musicians, but this is not true. We also have seven energy centres(chakras) within ourselves and in total there are twelve chakras, similarly music also has seven notes and including five other notes the whole scale is formed. When Kundalini moves on our chakras, it produces a sound(note) The same notes are considered in our music. Our Indian music was founded by great visionaries, sages and saints. They may be belonging to any religion, be born in any part of the country - North, South, East, West - wherever they may have taken their birth, but considering the Spirit as the foundation, the whole musical edifice is built. They didn't let things fly in the air like the Western music.

Western music keeps on flowing like a cut kite, sometimes it'll get cold, sometimes it'll get hot, sometimes it will flow somewhere, sometimes somewhere, somewhere else. But our Indian music has always been bounded by one thing and that thing is our Spirit. Now-a-days I see that people don't particularly like this music, nor do they desire to understand it. The reason for this is that something new has come to us which appears to be easy. But man has forgotten to attain the Spirit(Atma) as well. Even talking about the Atma has become ancient and is not in fashion nowadays. Nowadays if someone talks about the Spirit, people think that Mother is also talking of something of the ancient times. Is there something like Spirit etc and whether there is such a thing as God or not? But even now, no matter how many people in this India may have turned their faces away from God, their string is still in His hands. And howsoever far you may go, this land of India is such that you cannot forget God.

Superficially you may keep on saying that there is no God, He has no power, and we do not believe Him, and we believe only in our own power, but I have never seen such an Indian till now, who upon reaching a limit doesn't say that, "Okay, there must be a thing called God." And we say that God is not a thing, He is an All-Pervading Power. And we are not eager to get to that Power and to know that Power, neither do we yearn for it nor do we understand that there is any such power that can flow from within us. The reason is that very little has been written on it and whatever has been said, has been said very secretly. The thing which we consider as the wealth of this country or property or what we consider as great traditions, even in those traditions, it is said about this thing but very less light is cast on how does this thing happen or take place. That's because this thing will only be revealed when it's time comes. Thus thinking and understanding this, people have kept this a secret. Everyone has said that the All-Pervading Power of God Almighty moves around in this world. And we also see that whatever everyday living arrangements there are, whatever living work there is, is done by some one Power and that Power makes a fruit out of a flower, a tree out of a seed. All the living works are done by the Power and whatever that Power is, we do not know it, and we can't find or attain it.

We can't do this and this is a thing higher than us. To achieve this, if man has decided such a thing that, "Sir, this thing does not exist at all," then it is futile to talk to such people. Because if people sitting in the dark say, "There is no such thing as the Sun," then how will they move forward? But certainly, there can be other people who think that, "Well, all these people have said that, there is something known as the Sun, so why shouldn't we see it, why not know it?" And what has everybody said, how do we get

to know it? No one has said that, if you stand on your head, then you will get to God or you will get to the Divine by putting a rope in the nose and pulling. By doing such deranged activities, the Divine can be achieved, no one has said so. Some new things continue to emerge everyday. All remain engaged getting to their proper physical body, in making arrangements for land, properties and gathering all the useless items around the world. But our vision is not on what has to be collected because we don't even find someone like this who has gathered it.

Whosoever comes and talks, only I know, is either some absconder escaped from jail or someone who is eager to make money. He talks of God but cheats at home that's why it's absolutely correct to loose faith in God - absolutely correct. But what's the fault of God Almighty in this? The Divine has made us into a human-being from an amoeba. He has created this beautiful creation for you. All these colours and these notes and all that sweet music, has come only from the feet of the Supreme Soul. It is only He who has given us the power within to enjoy it. Only He has given us the power to recognize and love our parents and children. Only He has made arrangements for our eating and drinking and everything else. But if we quarrel among ourselves and break our heads, what should God do?

These are all man made problems. God has not created any problem for us, none at all. But it's just a question of asking once and you'll come to know what is that God Almighty and what is your Spirit? So beautifully He has placed the whole instrument within us. Gradually, as we evolved, evolution kept on happening in that way, slowly-slowly, all these institutions kept on adding within us one after another and all these energy centres placed within. This instrument was made with great effort, it was cherished with great care. The ultimate goal is that, the way a human being is visible outwardly, he becomes a super human being. The one who is considered to be common and trivial and inferior, becomes a very high quality instrument of God. But the nature of man is such that he wants to make everything his means but doesn't want to be a means of anything. It's contrary to his nature.

Why should he become someone's instrument? But the One who made you as a means, you will definitely have to become His instrument. If you are not ready to be His instrument even, then whatever resources you have collected, all of them are futile. You have not achieved any happiness and bliss from them and neither can. You go and see in those countries where those people have gathered thousands of means. A variety of resources have been collected. If you go, there are such cars, that you can open it's door while sitting, make it into a room, make something else out of it - what's in all this? What's the point of all this spectacle? Such houses are there, where if you go, there in one place only will be a swimming pool, and while sitting in the same place itself, you can start the motor(car), get everything done - then what's the use? What did man achieve by all this show business?

Did anyone get joy out of it? Leave aside the joy, I even go on to say, has anyone developed any kind of wisdom? And even not talking about wisdom, does anyone have peace within? When there is no war, there are preparations for war and then after that, after the war, again the war preparations. Such has become the wisdom of man in these countries, and the matter of peace is such, in these countries, two people can't stay without quarrelling, for more than five minutes. In such a situation it should be thought that whatever is precious to us, what we desire, even those little things can't be found there, like, a mother's love, a father's shelter, children's caress and their obedience - nothing. You are living in an artificial, flashy world, made with this money, untouched by everything. Beyond this is the true world of God Almighty, His true Kingdom, His true love. You haven't known Him yet, You haven't seen Him yet, that's why all these things appear of great importance to you. But these things can in no way make you happy.

See just now, you were listening to music here - those who played to give pleasure to others, that would be a comfortable thing. But if you're rich with this carpet today, then it becomes a headache for you. You think that it may not be spoilt, it may not be soiled, Mother is sitting like this, it's fibres may break, don't know how much it cost, Oh my God, how to spread it now! If you didn't care for this, the other thing would be, what else to be bought? The neighbours have this thing, when will it come to our place? The whole life will pass in this confusion, in this puzzle. Finally found out that the person has left the world or is admitted in the mental asylum. In view of these circumstances, a person should think, are we born for this? Did God make us humans so that we go to a mental asylum, and keep on fighting with each other, getting angry, not enjoying anything, not enjoying other human beings - what has happened after all? What is left in us, remained within, which is untouched, because of which we have become such, that we can't see anything in the world beyond ourselves.

Why has so much selfishness, so much blindness, so much tyranny come? Sometimes a person should sit aside and think about this also. All the time he keeps thinking how much he has been wronged, how much loss they gave him, how much they troubled him? And what have you done? Then also start thinking how much trouble I have caused, even that was a thought and this too is a thought. Either ways man is immersed in grief. So did God make you a human so that you sit here and cry all the time and mourn? Was this the will of God that He makes such people who are grieving, afflicted, unhappy, patients? Or people like this, who are drowned in their ego, do whatever they want? Great idiots.

A gentleman came one day wearing a coat inside out. I said, "Sir, why did you wear your coat from the wrong side?" Started saying, "What's wrong with it, why do You say so?" I said, "Nothing wrong but the right side looks nice, what's the problem?" "So what do You think? I'll do whatever I want, who are You to say?" I said, "It's all right. The thing is, it's visible to the eye that's why I said, will not say again." Came to know that he is a very rich man. So a rich man thinks that he can do whatever he wants. Because he is very rich, he thinks, doesn't matter what others think.

Others who call themselves poor, their condition is even better. Now-a-days it is, 'Help the poor, help the poor'. Really, I do not see anyone poor, because if we give someone a hundred rupees, he goes straight - where? To the liquor shop. If this man was poor, why would he take the hundred rupees to the liquor shop? He should go home to his children and family and give them something to eat and drink but instead he goes straight to the bar. Does it mean they are poor? 'Go on strike, go on strike, allowance should be increased, big inflation has happened, there has been a lot of inflation.' Okay, the allowance has increased. Where are you going? Same bar.

Asked, "Why did you have the allowance increased?" "Mother You know, the cost of a bottle of wine has gone up a lot. You don't know, You don't drink, what do You know?" "It's all right, I am ignorant." So what to do with such poor people also? And the poor have an ego that, 'We are poor.' This is also an arrogance among the poor. Like a beggar comes, "Sir, give me two rupees." "I don't have two but one, take one." "Hey, what do you think of yourself? Keep it for yourself, have some cigarette etc." Such arrogant people like this, all of them.

Nowadays the poor have also taken a stand that 'We are poor'. What poor are these! The humility of poverty is not visible anywhere, on the contrary, they're sitting on the head. How are they poor and how are they rich, can't understand anything? Neither is there respect and dignity between father and son, nor any concern for mother or sister. Upon seeing, these things seem to you, that Mother is talking about very ancient things, but whatever of ours was old, was very important for today. Is very important. Once again you turn around and think about it. Whatever we've lost, today I'm searching that within you. Without that this work cannot be done.

The people, who in their arrogance, think themselves to be very great, Sahaja Yoga is not for them. And those, who being poor, think that they can sit on everybody's head, there is no Sahaja yoga for them either. Sahaja Yoga is for those who are wiser, deeper, solemn and religious people. Religion doesn't mean that from morning to evening one chants God's name but religious means those who live in balance within themselves. Do not aggress. Those who consider themselves to be fanatics, are useless. We are not concerned with them. Now it should be thought, that the habit we have got into, that whenever there will be an audience, the speaker will always think that he has to win over the audience because they will vote for him. If vote is not required, then some money has to be collected. Audience gathers for some motive only, not unnecessarily.

The speaker has some personal motive from the audience, then only the audience gathers. But when there's music, that audience gathers which wants to enjoy. When someone is a connoisseur of art, then that audience gathers, which thinks the importance of the artist is more than them. In such a situation, going a little further think, that when you have come here for the awakening of Kundalini, then understand, that you have come for your gain, not mine. You have to see your benefit. The Ganga of Kundalini is within you. She can be awakened and you can get your realization also. There's nothing new in it any more. Because the time has come. If this work is not done in such crazy times, in such terrible times, then when will it be done?

This is the time that this work was to be done and will be done and at this time man is in great delusion; He is trapped in a great deal of confusion. At this time he is not able to understand who out of you is right and who is wrong but you should know one thing that when I have nothing to gain from you, then it is for Me to see, who out of you is right and who is wrong? You don't have to see whether I'm right or wrong because I don't want anything from you. This must be understood first, because mostly, we come to see whether the person is right or wrong. But at this time we should look towards ourselves whether we are correct? What a great thing it is for which you have come. Self realization, which is the greatest thing. There is nothing greater to be achieved in the world than this. And if Mataji is sitting down here to give that thing, then are we really worthy of it? I say yes, you are, and you absolutely are.

Have faith and this work can be done. God made you very thoughtfully. Has made you such that I have seen man, no matter how much he may have fallen down, no matter how difficult he is, his Kundalini can be awakened. Don't know how! Such is the wonder of God, His Grace is so amazing, I'll tell you, for which people come and tell that, "Mother, this person is so useless, You please leave him," even that person transcends. How wonderful it is! In my opinion, this is what God must have thought that, if these people are not awakened at this time, then all these people will be wasted and the superb thing I made, man, who is My best creation, in it's annihilation, all My creation will come to an end and that's why this work is going on in full swing. But what does man seek and want to know, he decides it with his intelligence. All that you have decided with your intelligence, is a limited thing, it is a thing of your own making. But what is the Truth, what is real, to get to that reality, one must first think of knowing it, seeing it, testing it, Because reality is fixed in it's place.

You can't achieve it until you believe in It and consider that It is in it's place. It's stationed in it's place and in order to achieve that thing you have to reach there. Not that that thing will fall at your feet, 'Sir, you please lift me up on your head.' I am a Mother and Mothers sometimes give suggestions to children and make them understand and sometimes, sometimes even have to scold them. Children are mindless. They have to be led to God with much love and wisdom because apart from this I don't see any other choice. Without getting it, man will be devastated. Without attaining the Spirit(Atma), you may do whatever you like, you may distance yourself, whatever you may do, you'll be finished. Wherever you go and see in foreign countries, you'd be surprised how fast these people going to hell, going to hell, where the life is ending, what is their condition, because they haven't found their Spirit. A tree is visible from outside, it should not be taken for granted as everything - we have to seek/find the roots that are there. As long as you do not get down to it's root, this tree has no value and that root is inside us, especially in this land of yoga.

Whether you wear a suit or put on a tie and even change your name and address too, after all, you are the children of this country and this country is a land of yoga. There is such a power in this country that the people living here, have a special kind of right, that they can attain the Divine. You won't believe but as long as there is no light inside, you may find My words to be probably not true and probably may not even like them. But whatever it is, it must be understood that you have a special kind of right, that you can achieve God. This is your legacy, this is your heritage, this is a boon given to you by the Divine, that you can attain this great power within yourself. Even after getting this Great Power of love, you lose it quite quickly, like we are now bent upon giving up our freedom after getting it. But it is very easy for an Indian to get to it. It's not that easy for this work to be done abroad. But I travel abroad a lot. The reason is that there if a man gets his realization, he stands up like a tree.

And thousands of seeds may be sprouted in India, only one or two somewhere become a tree. We have no dignity about ourselves. We don't value ourselves, don't understand ourselves, we don't know ourselves. We have wasted our lives in small-small things. It doesn't appear in our life, in our goal, that in it we have thought of something great, something lofty and something wonderful. Today the time has come that man has to think and if he doesn't think about it, then the situation ahead is very bad. What is gone wrong now, can also improve, that too can be corrected, so first of all, you achieve your Spirit. How to get it? Everyone will ask, "Mother, how?" You don't need to worry about that.

This Power lies within you, the Spirit is inherent in you. As soon as this Power is connected to the Spirit, you start feeling this All-Pervading Power of God within you. There is a seed, how do you make it grow? Just leave it in the Mother Earth's womb, and it itself, by itself, Sahaja – Sahaja means, Saha means 'with' and 'ja' means born - born with you is this right, that your yoga, your union, will happen with the Power of that God. And as soon as the yoga takes place, for the first time, you get that power in your

hands, which is All-Pervading. You start knowing it, you start understanding it. Gradually this power increases, and you understand it's working that how does it flow, how should it be used and as you grow, like that a seed grows into a tree. The special reason for this department is, that we don't know how we got a place for an ashram here? The government had given us a place earlier also, but it was given such, that nothing can be understood. We were given a place in the vegetable market, where the bullocks sit and there are abandoned cars.

Don't know how the government's brain is. We said, "We are going to meditate here, so what is this special place you have found for us?" Thus they had given us a wonderful place. However, they are still trying to find a better place. God knows where else they will take us now. The Government's intellect will work as it works, now we can't do anything. However, by the Grace of God, we've got this place here - it's a small place. But when did we get this. In this enclave of yours, having this place means something. It's one or the other past virtue of yours, one or the other speciality of yours, that's why this place here has been given. You don't have to pay money for this.

Understand one thing, that God doesn't know anything called money at all. This man cannot understand at all, it cannot penetrate his head that the work of God happens without money. Do you give money to a flower when it becomes a fruit or if you put money in front of a tree does it understand whether it is money, or it is mud, or what it is? God didn't make money, you made money, only you know it's state. You cannot give or take money for this. Yes, that's another thing, that you brought me flowers, that's alright. You spent some money for the flowers, it's okay. You made this, you paid for it, it's okay. But for your Kundalini awakening you don't have to give money - this people don't understand. Especially, when we go to the villages, people come with five paisa.

An old woman came gave Me five paisa with great love. I said, "Oh, what are you doing?" So the administrators said, "Don't give money." She said, "Okay, Mother doesn't like five paisa, take ten paisa." Now what to say to her? Wisdom is so great that they can't understand that how will money work in the living work? Suppose someone's breathing is not proper. If you show it money, will it work? Yes, in another way you can do, if you get medicine from the doctor, do this, that's another thing. But when breathing is improper, which is a living work, you can't pay to change it. The second thing is that, whatever is the necessity of man and which are the most important works, they happen automatically.

There is no need to do any hard work for it. For example, just consider our breathing. For this if we need to read books, then how long can we live? Many people think that after reading a book they can find God. This is a matter of even more madness. Kabirdasji has said that, "The more a person reads, he becomes foolish". So I couldn't understand at first, how the learned(pundits) could become foolish. Didn't understand. Now I see a lot that, 'It is written in this book, it is written in that book' Hey brother, what is written in the book of life, see that. Book can be written by anyone who has a little money.

Nowadays, we can find such people who write books - a gentleman also told Me that, "You give me this many thousand rupees, then I will write a book about You." I said, "You please let it be." So writing a book is not a big deal and finding God by reading a book, these fantasies are also absolutely wrong. It's written in this book, it's written in that book - how would you know whether it is true or not? Be it any book, I say, of the world. Your children will not believe in any book in the times to come. You take any book and keep in front of them they will say, "From where did you say this thing? Where is this book from?" because what you have read, what have you achieved? After reading this, has your thinking improved? Which qualities have you acquired? You are as you were earlier.

Must be just the burden of books and money from home.... instead of being humbler than before you've got a lot more vain and you've become very loose-tempered, and you think that you are even greater than God, so why should we read such a book? Whichever book we read, whether it is correct or not, there is even no way of knowing this. There is only one way for everything. The Spirit within, it is One, which is Absolute. By knowing That, which is the only One thing, which is not interrelated to others, That which is complete, That Thing will be understood. Like now, there was music happening here today. I saw some people walked away from here, must have been upset too, those who do not like classical music, they must be thinking, "What has Mother started? She had come to tell about Kundalini, has started this music." Now the foreigners who are sitting here don't even understand this music, what melody it is and what rhythm is it.

But they were listening with pleasure and many of our Sahaj Yogis were also listening. The reason for this is that, this music was touching their Spirit. Until It is awakened, this music appears to be like this only. The day It is awakened, on that day how will you know how it has affected you? It's effect is understood by a Sahaja Yogi, that vibrations started flowing from within and kept on increasing, increasing and the joy kept coming. So the Divine power is activated, it does not speak, it manifests, does the work. Like a man thinks that, "Now sitting down I have thought, thought well." So what? By thinking will your motor run? Run and show it. Sat in the car and kept on thinking, kept on thinking, kept on thinking.

"I thought," - gone. You thought, means from your intellect? Do you know it's boundaries? "We think." How do you think? By that thinking, what work can you do? At the most, a dead thing from a dead thing and by repeatedly using them yourself, you too become sort of dead. Means, like that now you have made a car, now you've started moving in the car. You've become a slave of the car. Because your two legs are useless and if someday the car fails, then your condition is bad.

Then after that it is very difficult for you to walk and you sit down at one place. Whatever such things you have made, they're loaded onto your head and by loading them, you think you've grown a lot. So you've grown outside - you've become very small inside - you have no strength(power) of your own. Our power comes only from the Spirit and it must be achieved - this one desire must be had first. It must first desired, "Mother, I am the Spirit and let the light of the Spirit come in my attention." Unless you have this desire in your heart, till then My hand will not work. At first there should be a desire that, "I am the Spirit and I will attain this Spirit." Now as a mother's condition is, that even if she wants to feed castor oil, then by telling some story for it, and mixing something sweet, she gives it. But let me tell you the truth, that once the Spirit is achieved, you will find that your physical, mental, intellectual, whatever the tribulation and whatever the struggle, everything will end. Whatever few are suffering, it will be all over and you will be on a different level, different world, will become a different person.

That's why the one who knows the Brahma(Spirit), is known as twice born, means the one who has got the second birth. And I have seen many people in America who roam around with advertisements on them that, "We've got our second birth." "Okay, how?" Okay, you said, 'Second birth has taken place', so some symptoms of it should also be seen, how can you say that you've got your second birth? So when a person gets his second birth, then his consciousness, his awareness, whatever he feels, becomes common, becomes of the masses, becomes collective. As you can tell, while sitting down here, as to which chakras of such-and-such a person are caught? All information can be had from this because your Spirit is the knower of everything. Your intelligence, this is also intellect as well as that. This is what makes man dignified. But what is Only, the Spirit knows and what is the truth, the Spirit tells. We have been hearing this a lot.

Till now, many people have explained in different ways. Among them there were many who spoke the truth and there are many who told lies. Many people who tell lies, copy the one who speaks the truth in such a manner, that the one who speaks the truth remains speechless, that how can he be repeating my own words, so loudly and with courage. And the foreign people think that, "Oh, when he is saying, then it must be true, how can he tell lies?" They don't know that we are experts in telling lies. Therefore whatever is said there should be reality about it, it should be experienced. It's too much time now. Whatever work I wanted to do, I have done in music itself, in 10-15 minutes only, you people will get your realization. I have no doubt about it, but another meaning of Yoga is, the trick or technique - 'Do such a trick Nandlal(Shri Krishna)' such a trick by which you know everything regarding your Spirit, recognize It's powers, make use of It and give It's benefit to everyone. Until this happens, It's skill, which is called deftness, unless you learn, then it's like, a car that's brought and kept for you and has rusted while standing. Such is the state of yoga.

Mostly among Indians I have seen this kind of yoga only, like a rusted car is standing before Me and saying, "Mother, I came to you twenty years ago, came ten years ago, but I've become as I was." So this is not the point. You have to engage yourself, will have to work hard, will have to know, because this is the One Only thing to be known, the rest is nothing to know. If you know this, then you have known everything. Even small children can know this, even illiterate people can know this. A very illiterate man, don't know how many thousands of people he has healed through the practice of Sahaja Yoga, cured their diseases, even diseases like cancer were cured. He is not a doctor, he has not learnt Medicine but going down to the principles, he has worked it

out. You all can do it too. First of all, you cure yourself, attain the principles through your Spirit and later you learn about it. Especially for you people, the temple has come so close by, that even if you walk you can reach there. Here you do not have to pay any money, as has been said earlier.

Just with faith, with attention upon yourself, you have to put in some effort. Mostly there's a program here every Sunday at ten in the morning. You have to give nothing, you only have to take. And that's why come here after emptying your pitcher and learn slowly whatever you want to learn. You'll be surprised how limitless is the Grace of God and the person who is realized how much The Divine cares for him and how important he is. I hope you people pay attention to my words and every Sunday at ten o'clock come to this place and know and learn about Sahaja Yoga. Now you people just sit with your hands towards Me, like this, with your eyes closed and take off your glasses. I bow to all the (INAUDIBLE) people of Bengal. First of all, I thank honourable Mr. Bhagwati Prasad ji Banerjee very much, that even after this chaotic and troublesome busy life, came among us today and spoke so many words of deep wisdom to you. Nowadays there are very few such people.

I have always believed that people who are in the legal or law profession, in them, the religion somehow persists. My father was also a lawyer, my husband was also a lawyer, My father-in-law was also a lawyer. I come from a family of lawyers and everyone in my house is a lawyer and I have seen a kind of religious awareness in many lawyers, here and outside as well. From the system of religion (Dharma) within us law is made. The ten valencies within us are our ten religions. As Carbon has four valencies, human-beings have ten valencies. When man came towards evolution, when he evolved, he evolved, when he became a human-being from Carbon. Many incidents happened at that time, many Incarnations came into the world, and in the end he reached the stage of a human-being. It is necessary in the human condition that we have religion established within. I would say this about Lenin, that I have seen his body, I have gone to Russia with my husband.

You will be surprised, that he was a realized man, realized person. Later with the coercion of the party he fell into this but the reason for what he said about religion is this, that there was no religion in Russia at that time before. And then the Tsar said, "Everyone has some or the other religion, we should also get some religion." These people don't know anything about religion, nobody has seen in-depth among them, they had no visionaries. As there have been great saints and sages here, such people have been very few there and when they used to speak, people only considered them to be mad. The religion that was there, was said to be made very organized, well-organized. They have also tried to organize the Divine, that's why, in a way, what Lenin said at that time, is correct. Because when they had no religious system, Tsar said, that there must be some religious arrangement. And I have checked it Myself. When we were there I said, "Well, I would like to go to these priests you have here and I want to see the churches here." When we went there, you'll be surprised that, there was only one religion there, which you call as Orthodox Greek Christianity.

And there are two types of orders in it - one Black and one White - it's a very over-organized thing. And when we reached there that gentleman came himself because we were VIPs. And the chief there told us that, "Nowadays, since we are fasting, we will eat vegetarian food." So we said, "That's great, will eat vegetarian food." But they didn't mind eating vegetarian food, means there was no harm in eating non-veg, but that gentleman drank so much alcohol, drank so much, that when we started coming back, he didn't even realize that the chief guest was returning or they should see us off - so much alcohol they drank. So I asked, "How are these people here, what is this?" So they informed that when the Tsar expressed his desire that there must be some religion there, these people started saying, "Which religion should we follow now?" Thus they asked the Catholic, so the Catholic said, "There is one thing in our religion, you can drink alcohol but you cannot remarry. Tsar said, "This is not possible because we have so many proposals for marriage, so this cannot be, it will not work for us." That's why he refused them. Then he said, "Well, if not this thing, we should see some other religion." Muslims came. Muslims said, "Okay, among us there is an arrangement of having more marriages but we don't have the system of drinking." Can't drink alcohol.

He said, "This religion cannot work at all here." Then third, a Greek Orthodox one, a new religion had emerged, came. It said, "Okay, it doesn't matter to us. You do what you want, just keep giving us money." Like the gurus nowadays. When Lenin said this about them it was the truth. What he said was an intermediary thing. We are neither Capitalist nor Communist and in fact are both. When you have all the powers - suppose that we have all the powers, so we became capitalists, but can't rest in peace without sharing, so we have become Communists. When there is no peace without sharing, thus we become communists.

In fact, whatever are your theories, it's reality, actuality, you'll come to know, when you will attain enlightenment. Because all these are also from assumptions that come from your Unconscious, that we are communists, some say we are capitalists - all these are external things – what capital do they have - these stones? If they had any capital then why would they be crying today? Those who have become huge capitalists, you can know three such countries as Switzerland, Norway and Sweden. There's a competition among the people of all the three countries that who will die first and who will commit suicide? Is this capitalism? They didn't have any enjoyment from it. The one who hasn't enjoyed, what's the use of his capital? So our imagination too, that by getting money or with the improvement of our economic condition, we'll be absolutely fine - is a complete misunderstanding. Because we can't bear money.

You give Rs.100 to any man, immediately he will go to drink alcohol. Any wrong deed. People with much money remain engrossed in wrongdoings. Have you seen any wisdom coming to them because of money? Then people think that let's get power. Those who have got power, become absolutely insane persons. You can't even talk to them. So those whose attention is also towards power, that after attaining the power they'll be happy, that is also not the case. Some say, "Okay, they should take care of our mother and son, our mother and sister." There's a madness in our country regarding this.

'My son, my daughter, my, my,' it's so much that it's also exaggerated. Shri Krishna has given a very good insight in this matter that in the world there are three types of people, there are only three castes. We who fight for caste-caste, there are not so many castes - there are only three castes. Fourteen thousand years ago Markandeya Swami had said, 'Ya Devi Sarva Bhuteshu jaati rupena sansthita' there are three Goddesses, Mahakali, Mahalakshmi, Mahasaraswati - there are three Goddesses. According to that we have three qualities. One is Tamasic(Left-sided), one is Rajasic(Right-sided) and one is Sattvic(Center). Those who are tamasic, they believe wrong things to be true only. Mostly people in our country, I think, are tamasik. Any man released from jail, wears saffron clothes, they start touching his feet. Who is that man, from where did he come, what does he do – don't know.

I think, Calcutta is full of occultists. Whomsoever I meet says, "I am initiated." And Kundalini is frozen, how are you initiated? Pursuing the wrong thing is a tamasic trait. Believing the wrong to be right and giving one's life for it, is a tamasic trait. Then some people do it for their wife, some do it for their son. Doing one or the other wrong thing, which has nothing to do with the collective, which is not related to the collective, to act like this, is a tamasic symptom. And the rajasic characteristic is that as of the people of the Western countries, who don't even know the difference between right and wrong. If you - like some people in London came to us, with pink hair, pins here, 4-5 pins hanging here, I said, "What personation(avatar) is this?" so they asked, "What's wrong, what's wrong with it?"

Now what to say to the idiots, what's wrong with it? You hang all the pins from here, so what could be bad in it? But this is what these people do not know - why are you people following the Western people? They don't even know what is good and what is bad? It's a great foolish state, extreme foolishness. If you listen to their talks, you'll be surprised. One greater than the other. We had gone to Boston. There it was said, "Mother has come, we will put an advertisement for Her." They asked, "How many Rolls Royces does She have?" "So, She doesn't take any money, from where will She have the Rolls Royces?"

Started saying, "Then we are not interested in such a person who doesn't have Rolls Royce." They've commercialized so much, that even God has become commercial. And that's why all the commercialized gurus from here went and sat there, it was their fate. But now it should be understood that the third one was Saatvik(virtuous). The person who is virtuous knows what is good and what is bad. What is religion(Dharma), what is unrighteousness(Adharma)? The one who understands both, is a virtuous man and such a man can be evolved. And only such a man attains the Spirit. Lot's of people also ask, "Mother, why establish the religion? The ten valencies that we have within, why should they be kept established?" The reason is this, that if you want to be the Spirit, if you want to fly in the sky, you should keep yourself in balance.

And that's why the rules we have, the law, is maintained in equilibrium(balance) that we may not go to extremes in imbalance. We go on the right side when we become rajasik. then we torture others inhumanly, misbehave with them and dominate them, are aggressive to them. And when we become Tamasik, we kill ourselves, do evil(wickedness) to ourselves only. Don't eat, don't

drink, observe fast, do a variety of things so that our bodies get destroyed. So many misconceptions persist in our country, that while breaking them one by one, My twelve to fourteen years have been spent but now I know, that today for the first time I have come in front of you, so I request you, that you only have a concept(belief) within, that what we will know from experience, that is the right thing. Any talk devoid of experience, remains only a talk, to which Shankaracharya said, 'Web of words'. Then a lot of pompous show the people do, all farce of the world - some dance like this, jumping - it's all a sham. Yoga is within, inner yoga. Inside us a happening takes place, which is the awakening of Kundalini.

I have even seen such books in which it is written that this disease is caused by the awakening of Kundalini, that happens – it's never going to happen. Because Kundalini that is, is your own mother. Every person has his Kundalini sitting in the triangular bone awaiting, waiting for this chance, when will my son turn this way and when can I give him rebirth. This is your pure desire. Rest all the other desires of the world, are not pure. The reason for this is that, you know it's believed in Economics that the desires that are, your desires are, in general, means, never fully satiable but yes, one or two be in particular, are fulfilled. Means that today we will say that, "We need a car," the car arrived, then we need a home, a home needed, then this is needed - these desires will continue. But the Pure Desire that is, is your Kundalini. It is the power of God. It is the reflection of Adishakti in you.

This Adishakti needs only one thing. She asks only one thing, that She be united with the formless Brahma. That I be united with the All-Pervading Power of God, this is the only Pure Desire. Until that desire is fulfilled, till then all other desires come, go, and are finished. But when this desire is awakened - then man is called a seeker - And after it's awakening when man achieves it, after attaining it, there is nothing left to be achieved, then it is about giving. Like a lamp, until it is lit, it is cherished, made, oiled, wick is put. When it is lit, then it's work of giving starts. Similarly, God so beautifully made the man, cherished it so much. To say that there is no God, there is no problem in that also. Say it or not, He is, so He is.

But even when someone says, "There is no God," then too he says there is. Even saying 'No,' means there is. And that's why, today is the time has come to prove, whether there is God or not. Yes, earlier only one or two people used to be realized, only one or two used to be a saint, only a person or two used to achieve it. Because just like on a living tree, at first, only one or two flowers bloom on it But when spring comes, many flowers blossom on that tree, then many fruits emerge from it. That's why today Sahaja Yoga is done in the community, the collective. This is not for one or two, it is society-oriented. It has a vision towards the society. If there is no purification in the society because of this, then Sahaja Yoga is futile. It is a path of purification, of the transformation of man, absolutely is a way for him to be reborn, due to which man changes completely.

What the respected trustee has said, that equality should come in us. Equality from the outside and only from mental projection or thought, will never come. Whatever will come, will only appear to be. I have not seen such equality anywhere in the world. But when your Spirit is awakened, then, on your Central Nervous System, a new dimension within you, is in your nerves and you feel that you have been awakened with the Collective Consciousness. This is not a mental projection. This reality you feel, that where your chakras are catching, where the other person's chakras are catching. Where is his Kundalini, where is your Kundalini - as if no one other remains. You must have heard that, many people do missionary work. They do things like, bring the poor and do this for them, do that, there is no hand of God in this.

Poverty has been created by you. God has not made anyone poor. Picked up the poor and gave them medicine - there is no need to give the name of God to this act. When you are self-realized, there is no need to give anything to anyone, it happens automatically. Maybe, a lot of people sitting here today get well. Your Kundalini will be awakened in such a manner that your health will be fine. Most of the troublesome diseases, such as cancer, which are called incurable diseases, many such diseases get cured through this. Since your Kundalini Power has been awakened, it has nourished all those energy centres(chakras) and because of that, the deities sitting on those chakras, with them being awakened, you become healthy again. There's nothing special about it, nothing is to be done in it, I don't seem to have anything to do with it. I have to say that if there is pain in one finger, and it is rubbed with the other finger, so will this finger be obliged to it or something?

That has to be done, it has to be done because (when) it has become an integral part of the body. Similarly you don't remain the other and when this condition comes, that I have done you a favour, that I have done good to you - this feeling is no more. It just keeps on flowing in inaction, just like the light of the Sun but even then our intellect that is there, is very sharp. We see everything

with our intellect and keep trying to know it through our intelligence. Although Sahaja, Sahaja means, 'Saha' – born with you is the right of such yoga, which is your own. It's your birthright. Freedom that we call, we haven't got that freedom yet. If we had got it, then this would not have been the condition of our country. Shivaji said at the time of his coronation - then Ramdas Swami himself was a Brahmin - but he came and told Shivaji that, 'awaken Self dharma (indistinct)', awaken dharma of the Spirit. Until the religion of self is awakened, there will be no welfare of the country.

Independence is gained but he said that this is freedom of the Self(Spirit). There should be the technique of the Self. 'Swa' means the technique of the Spirit. Unless you awaken it till then this work will not take place. Although in Maharashtra, a lot of work has been done on Kundalini. The reason is that in this state great saints and sages have worked hard on this. Especially Gyaneshwarji has said that, he has said that 'Now The Universal One should be happy with us and being pleased grant boons to us.' Toshi - Give us pasayadaan with Toshi. It means give these vibrations, give this Chaitanya. And 'Swadharma Surya Vishva Pahuk' – means let the whole world know the Sun(light) of the religion of Spirit.

Until this awakening of the religion of the Spirit doesn't happen in us, we only verbalize, in mental projection keep on saying, that we are brothers. We used to say 'Chinese, Indians are brothers', where has it gone? We are not brothers among ourselves. Not among ourselves. Amongst Indians, it is a speciality that, until they cut each other's neck, they will not be at ease. So how are we brothers? It's just to say that we are brothers and there is friendship. There can be no friendship anywhere until you can't be awakened in the Spirit because the collective individual in you, which, the collectivity that is within you, can be sought for by the Spirit itself. The collective being which is within you, is the Spirit. Until you have found it, you're all different-different, separate.

And there's a reason for that. Everyone was created different, so that each person in his individualistic direction, firstly should know, what is good, what is bad? Check your freedom first. If he is on the central path, then he can attain his Spirit, the Spirit with which he awakens in the entire collective. Thus the things that we think should be for the whole society, how would they be? Is there any method, you tell? Some person, whom you put in power, can never live without any single dogma, absolutely selfless, absolutely someone without ideology, at all. It will go on forming in his mind, because his Brahmarandhra has not yet been pierced. When the Brahmarandhra is pierced, one becomes united with the infinite, absolute, sole power of God Almighty. There are no two questions in it.

There are never two Truths. Now let Me tell you like this that if you see a man, can you tell whether this person is good or bad? Can't tell. One person would say, "He's very good," one will say, "He's bad." But when you get the realization of the Self, vibrations start flowing within you. If that person is bad, then your vibrations will stop completely just as if you are a computer. Otherwise too you are a computer. Such a special computer that without thinking about anything, without any programming, seeing something, you know what you are. But that computer starts working only when it gets connected to the mains. Just like this is also an instrument here.

Till it will not be connected to mains, it is useless. Similarly, we should also be connected to the mains. Now in devotion people take the name of God, shout, scream. Now if you see in Oxford Street, you'll die with shame, that those people wearing dhoti, and putting the bodis available in the market, beating drums all along the way, and all their dhotis also fall, sarees also fall, no manners, nothing, like idiots, beg while chanting 'Hare Rama, Hare Krishna'. That Krishna who is Lakshmiapati Himself, these devotees beg in this way. Begging does not suit the son of Lakshmiapati. But they are not, it is some other community which is after wrong things. Shri Krishna has clearly said 'Yoga: Kshema: Vahamayam'. We forget that Krishna was a diplomat. He was an embodiment of diplomacy.

They knew that man would waver a little. Ghee cannot be taken out directly from this. He had clearly said, 'Yoga: Kshema: Vahamayam'. First achieve yoga, then there will be welfare. Never said 'Kshem Yoga' or even said 'Kshema' that at that time (UNCLEAR - carries?) 'Yoga: Kshema: Vahamayam' On Bhakti(devotion) also He has said, 'Patram, Pushpam, Falam, Toyam,' whatever you give I'll take but which devotion is needed - 'When there is not the other'. That is, when in Self-realization you are part and parcel, when someone – ananya means, when there is not the other. So the state is such, that at that time there is not the other. You must have oneness with God. Upon seeing this people think, "Mother how is it like this, how can it be so simple?"

Especially those who are intellectuals, they say, "How can it be that simple?" But this is a living process. The living work of The living God is always Sahaja Yoga. You think, that for our breathing, if you have to go to a guru and read a book and take initiation for that, then what's the use, can anyone live? Look at any living process. There's a seed. If you just put it in the mother's lap(sow it), it sprouts on its own. How does it germinate, can anyone tell? Why it sprouts, can anyone tell? No one can tell.

Science can't tell about this that how, why, due to which power does it sprout? What power does it have which sprouts it? We don't do any living work but there is so much arrogance in us that there is no limit. We - understand now - that a tree has fallen down we made something out of it, suppose, made a stage, then we think that we have done a great job. These stones were lying there, made a building - You made dead from dead - What living work have you done till today? Only when you are Self-realized, then you can do living work, because with your hands Kundalini is awakened. Now no matter how much is said about it, you won't understand until you get the experience of it. There must definitely be an experience. Talking about it, without experience, is just a waste of time. Like, suppose, you have to come into this room, and you asked, "Mother, how to turn on the light?"

I said, "Okay son, turn on that switch". You go and switch it on - it's done. But it doesn't mean behind this light there's no other light, there's no other huge organization behind it, there's no great history behind it and it doesn't have any big discipline - everything is there, but everything is made easy for you, because when work has to be done on the collective, it has to be made easy. As long as Kundalini awakening is not available to the common man, maybe God's name may be erased from the world. The common man should be benefited from it and this has been my effort. When I was born, father knew about Me, what My work was and he told Me that, "Daughter, you don't need to talk right now, don't say anything about it, because no use writing another Gita, Bible and Koran. You please do this that first find out how the common people can be awakened, which is Your work, for which You have come into the world. At that time I saw the arrangements/system within man, saw his modus operandi, saw all his ways, and then I thought, why can't we find a method that only by doing it the common man should be realized immediately. And such a system was made and I understood one thing because of which this work was not happening, that man cannot be awakened without breaking the Sahastrara because the peethas of all the seven chakras are in this Sahasrara and until this integration, this Oneness is established, this work cannot be done. And when this work was accomplished, I am greatly surprised, I Myself am surprised, that thousands are realized in a moment, thousands of people, but it's a little difficult in the city.

The people of the city are a little too smart, and think too much of themselves than required. As you said, ego comes in us and there are many such things and those who do not get into ego, are trapped in some or the other misconceptions. But the simple people of the villages - in Maharashtra ten-ten thousand people get their awakening all together. It's an amazing thing to look at, but it happens. It happens, there's no doubt about it. How can you give money for this? Does God know money? It's something made by you. Those who take money from you in the name of God, never consider that person to be a man of God.. Only the man who unites you with the Divine, is the man who has come from God because what does money mean to him? That person, you just tell me, that when you understand, that you are a seed, if you want to make it alive or a tender sprout comes out of it, then, do you give it money, do you give money to this Mother Earth, do you pay the Sun, or the air we live on, to this water, what money does this Ganga understand?

The sacred thing of God Almighty doesn't understand money. The first thing to be understood, that the man who asks for money for something and calls it God, is a wrong thing. Secondly, that it is effortless, it is spontaneous. It should happen effortlessly. Now someone will say, "You stand on your head, your Kundalini has been awakened." Such books have been taken out by people and especially those who are intellectuals, they like these new fashion books a lot. Anyone may come in this new fashion - Rajneesh has come, various others came. There's no scriptural basis for them. All of this is evolutionary. The scripture that is, is evolutionary. It started with this, then that, then that happened next - There must be some basis or support for it.

Someone says something straight out of the air, people start believing into it. Just like in our Maharashtra, some Brahmins are very intelligent, for them also a equivalent man has come out. He has written a book called 'Karunopaya' Arunopaya Karunopaya' I said, "Now, what is this, what is this?" Says, "We pass on the power(Shakti path) to them." I said, "Where is this word, where is it in the Scripture?" Shakti Path is not a word at all. What word is this, 'Shakti path'? What a dirty word, Shakti Path. How is it possible? Means to show one's importance - that we pass power to them.

I said it has no Scriptural basis. This is all your apocalypse. And those who came to us, had High Blood Pressure, paralysis, various diseases of the world. I said, "If your guru, can't even fix your health then why do you bother about him? And that, one person had cancer in his lung. I asked him, "How did you get lung cancer?" He said that, "Our Guru, who was a great devoted person, He didn't eat from anyone's hand, and to us, he lived on the fifth floor and we people brought food with wet clothes to him on his floor and used to give him. In that first I had pneumonia. I thought, well, such a sacrifice should definitely be made for my guru. After that, now cancer has also happened."

I said, "This too, are you sacrificing?" Think that the Guru, who makes you sacrifice, is wrong. Sacrifice is not of anything external, it doesn't happen outside. That it's seen, dressed in saffron clothes, 'I've sacrificed this, I've sacrificed that.' What are you sacrificing? - stones. Sacrifice is an internal thing. The man who is free from inside, has no attachment to anything. To be attached is a difficult thing for such a man. He finds it very difficult to take anything from anyone. I can see only one reason for these things.

You can give these things to someone, fill your love in it. A small thing, like Shabri fed berries to Ram. Everything in the world is just like the berries of Shabri. If they're given to someone in the love of a Mother, then I'm very happy. Things get reversed, don't they? So until this thing comes in us, till then we should not believe that we have found anything. But there are many such people who say that their Kundalini has been awakened. There are many such people as well. Some say, "There is a lot of uneasiness in this and such and such trouble happens." Those who have no right to it, who are not pure, who look at it with dirty eyes, and those who don't know anything about it, if they attack the Kundalini, so this is the hand of Shri Ganesha, which hits hard - what we call the problems of the Sympathetic Nervous System, they arise.

And in this way many kinds of abnormalities in man - yelling, screaming, various other things of the world. A gentleman came, he sat with both his feet towards Me, so people said, "Don't sit with your feet like this towards Mother. You know, you are an Indian, sit comfortably." So he said, "No, I can't sit, my Kundalini has been awakened. If I sit like this, crossing my legs, then I start jumping like a frog." So I called him, "Come here. Are you going to be a frog? What is going to happen to you now?" You have to become a Super human being. The one, who has to become a super human being, how will he jump like a frog?

Similarly you'll also find many such texts or treatise, in which various contradictory useless things have been written. But everything that is written is not a scripture, should not be accepted. What some people say, it is not a Divine statement. First of all, until you have the Spirit awakened within you, whatever you know, whatever you have found or achieved, you have found nothing because everything is false. Everything is false without attaining the Spirit. First achieve the Brahman(Spirit), then you will get to know the reality what is this thing? Now we say that it is Kamakhya Devi's temple, such and such temple, so what? There's nothing in these temples because there all the evil spirits are sitting and earning money. So it is important to see, that someone said, "What is this temple of Kamakhya Devi, it's good for nothing." But this is not the point. A Self-realized man will see and say, "Yes, it is Self-manifested."

They are self-manifested, born from the earth itself. Now whether these things are true, or false, or how are they, how would you know? You shouldn't believe what I say? You yourself should take it's experience, you yourself should get those vibrations and you go and see for yourself what is this thing? You become so much aware, so much awareness comes, that you immediately understand, where you are and where is the other and what is his state? Secondly, the Lakshmi principle is awakened in it. Especially when Lakshmi is awakened in us then man receives his welfare. In London you know how much there is unemployment, there is too much unemployment, but our Sahaja Yogis – approximately there are about three to four thousand Sahaja Yogis - not even one of them is unemployed. Everyone has livelihood, no one is unemployed and there is a rule in Sahaja Yoga, that whosoever comes, will try to get a job and they do get a job. The Divine helps us in so many different ways.

The reason for that is, what we call reason and the consequence, you go beyond cause and effect. The Kundalini that is, is beyond that. You go into that Kingdom of the Divine which is beyond cause and effect. We keep struggling because of the cause or it's consequence Like now there is poverty, because of poverty it is bad. So the only way to rise beyond poverty is Kundalini

awakening - it's the Truth. As long as these tantrikas remain here in this Bengal, the kingdom of Lakshmi can never come here. You do not know that if a Tantrika comes from one door Lakshmi leaves through the other. This Bengal is so full of Tantrikas, how will it be here. I saw the same condition in Kerala, that in Kerala people bury the dead at home and so much black magic they do there. Wherever there will be black magic - you may go to any corner of the country wherever there is black magic - there cannot be the kingdom of Lakshmi.

That's why we, you know, turn on the lights everywhere on the day of Diwali, so that Laxmi should stay inside. She doesn't like at all that we go to such people, but here the emphasis is so much on this and there are so many wrong gurus that I was very afraid of coming here. You know I've started Sahaja Yoga in India around fourteen years back but the reason for coming here after so many days was this, that I thought I should get place to set foot here, then I'll definitely come. I hope you people will look towards this, because you are the clean, pure, eternal, imperishable Spirit. Attaining the Spirit, is your own birthright. I am not doing anything for it. It is with you, fully prepared, you just have to achieve it. But at that time your brains should be kept open. If you are a scientist, then a scientist wants to keep an open mind. Keeping that mind open you should think whether what Mother is saying is true or not.

What we call as the hypothesis or dharana, in that way you listen to me. After that you should believe only when it is proved to be correct. But from the very beginning if you start saying 'no, no' then how will anything enter within? Although it has nothing to do with intelligence. I have also seen such people who did a lot of opposition to Sahaja Yoga. Our own Doctor Warren himself faced a lot of trouble in the beginning but see today, where he has reached, from where to where he has reached. Because this is experience. Even if you say to the experience, "Yes, so what, what does it matter if I get cool breeze in my hands?" The only biggest drawback of Sahaja Yoga is that it is open to everyone. Every kind of person comes into it.

The doors are open to all for this. It's possible that even one or two wrong people may come into it. One or two hypocrites may also come, one or two dupes could also come. But when you are awakened and are in that state, you will know immediately how is this man, how are his vibrations. But this is not possible until there is an upliftment within you, evolution doesn't take place, you remain incomplete, you remained in the condition of a human being. The reason you were made a human being, you didn't achieve it - that is to attain the Spirit. And then it should be said that this is our heritage, it is our heritage. This is the heritage of our India. No one has this. Whatever great development you have seen in foreign countries and it is just as if a tree has grown big without any roots and one day topples down, and everyone's brains are not right just now and they are somehow headed for their destruction straight away, because you haven't found your roots and the roots are in the country and we are falling at their feet, then what will happen?

When the roots are in this country, you must get to (find) them. There I have to start with the 'G' of Ganapati, one has to start with righteousness. My hands break getting people realized there.

1986-1013, Public Program Day: Vishuddhi Chakra

View [online](#).

13 October 1986

Public Program

Lions Safari Park, Kolkata (India)

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

Sahajyogi: Why? Because it is a practice. They don't read anything else because, as Mother says that after reading many religious books they try to show their importance and don't do anything.

Shri Mataji has come and when She will come, you stand at your own place and when Shri Mataji will sit, then you sit at your own place. From there only you offer your salutations and sit down. And if you have brought, any flowers or anything like that and when the programme will be over please do not touch Her Feet. Here the flowers that have been kept in front of Her you offer your garland of flowers on that. That itself is enough. Every body tries that they should garland Her on the stage. Please be kind enough not to do so.

Shri Mataji has come, please stand up all of you.

Bolo Shri Bhagwati Mataji Shri Nirmala Devi ki Jai.

Bolo Shri Adi Guru, Shri Adi Shakti Mataji Shri Nirmala Devi Ki Jai.

On behalf of all of you, I offer this small garland to Maa.

Shri Mataji: Dhanyawaad!

Shri Mataji: In Sahajyoga when the Kundalini gets awakened, She one after the other

(Put it (fan) off, it is producing lot of sound)

Sahaj Yogi: Close this, close this.

Shri Mataji: It is too noisy. It is actually the noise of Air mill.

So, one by one, crossing the chakras, Kundalini moves upwards. This is the UDHVAGATI of Shri Krishna. The work Shri Krishna has done in His own time is very intricate and to understand it is the prime duty of Sahajyogis. During the time of Shri Rama, when Shri Vishnuji incarnated, he had come to the world specifically and as Socrates has described a benevolent king, one who thinks of the good of the people.

He came to this world as a symbol of that. He was a symbol of a very loving husband, was a father as well as a brother, devotee of Mother Land as well as of parents. He followed all the religions of the world. And at last, He fulfilled even the duties of a king with great penance. He lived in the world like an ascetic. And he set an example, how a king should behave? From His ideals let our politicians learn something. That will be very helpful. But after that Shri Krishna's birth took place in a totally different way. Whenever any incarnation takes birth, the same incarnation, same (not clear) the object which we take as containing special material, For example, as many Shri Vishnu's limbs are there. Whenever there are incarnations, they perform their different types of duties within that period, fulfill the needs of that time. That was the time when Ram Chanderji had to show how an ideal king can be? How an ideal husband can be? He with His own character, with His own goodness and with His influence laid a foundation of His feelings within us. With that only, the right side of our heart, He made what we call our right heart. When the

same incarnation had to come during Krishna's time, the thing that He had made, established so much detachment, became so prevalent. There were kings like Harish Chandra who went to the extremes, went to the extremes. The matter turned out to be extreme. What they had taught, turned out to be extreme. All the kings turned out to be ascetic, became saints, discarded their wives saying, " We are Ram Chander Ji." Then Shri Krishna's birth took place.

About Shri Ram Chander Ji , it is said that His incarnation too should be on the human level only. He should be a benevolent king. So, He had deliberately forgotten that He is an incarnation of Shri Vishnu. And that is why , He is not on the middle path. He is on the right side. But when Shri Krishna came on Vishuddhi Chakra to correct the same concept, He took a completely different form. Now when He came in the form of Shri Krishna He said that all this seriousness should be given up. In those days, there were shocks from all sides. In those days only there was Neminaath Ji who was very serious. He made people to stop eating their food. Every type of bond of religion had clashed. This is your religion, that is your religion. As if some military of religious people had become. In the military, after giving up food and drinking all of them were sitting after being greatly distressed like Parshuram ji. So, same Shri Ram took his birth in the form of Shri Krishna. And because of His own conditionings, He made an effort to break it.

The same thing happened at the time of Mohommad Sahib. When Mohommad Sahib came, the place where was born, people tortured Him much. Even poisoned Him, killed Him in a way. Bothered Him a lot. He taught that to save your life, you can even go for a war. That was the need of the time. That time many people were killed. There were many wives. If they would have only one wife many women would have been without marriage. And there was no acceptance for unmarried relationship. So He (Mohommad) said, "ok, you have four or five, but marry them". Marry, keeping God as witness. Because, if the rest of the woman would not have been married they would have lived in some irreligious relationship. To correct it, He said, "ok, marry four to five times, doesn't matter". The young girls with whom nobody marries, even marry those. Doesn't matter , but marry. Means that by marriage, there has to be rightuousness and bonding.

Then it was calculated that unless every Muslim marries five times he is not a Muslim at all. We calculate everything. And many people, specially I have seen in Uttar Pradesh, that there they torture their wives a lot and turn her out of home on filthy issues. And say, even Ram Chander ji had turned out Sita Ji. Are all of you Ram Chander ji? In this way, in every Yuga, all the great incarnations that came man expressed something like this that they held their ears about what did they say. For example, Dr. Sahab said one thing that don't take Mother's flowers. Gannas have their right over these flowers. Two hundred and fifty people gave up Sahajyoga and left. Because he said that it is the right of the Gannas you should not go during the night. You will be in little trouble. Gannas will bother you.

Whatever we say, how to look at it in the reverse direction man knows very well. Don't know, what it is? There is some such thing in his eye, some inverted device is fixed in his mind that whatever you say for his benefit, he takes it to his own advantage. So, Shri Krishna tried to eliminate many things. When He came into this world, He said it is all leela. All this is leela, leela dhar, it is leela! What is there to be serious about any thing? It is all a play! It is all play, what is there to take it so seriously that you are sitting in this way, like Dudhacharya? Why to take to asceticism? Or why to torture your body? It is all Leela. And He started showing His Leela from His childhood only. Behind him, his maternal uncle was engaged in the form of a demon. But the leelas he did, you can understand their subtleties in Sahajyog.

For example, a person would call himself, Shri Krishna, "I am Shri Krishna, so i take off their clothes."

I said," Oh! what to speak of you?"

I asked, "Sir, what business have you sought that you take out ladies' clothes?"

Sahajyogi: Said,"I am Shri Krishna!"

Shri Mataji: I said,"ok!" Since when you are Shri Krishna?

I asked him, "When Shri Krishna would hide ladies' clothes how old was He?"

Only five years. What does an innocent child of five years understand? And your age is just nothing. Whatever it is, your hair has already turned grey and you have become bald also. Now, how can you be Shri Krishna?

Shri Mataji: I said so and within eight days, somebody took off all his clothes and he was just jumping here and there.

So, Shri Krishna showed such leelas. In each of His work you look at it from subtle point of view, you can understand. What did He do by taking off (their) clothes? When He took off their clothes, they took a dip in Jamuna ji, taking their bath and in Jamuna ji, He had already sunk feet of Radha ji. So, that power was already transferred to that. and He wanted that let the effect of this water be on them for a very long time so that their kundalini would awaken. Even then it didn't happen. Then they started walking with pots on their heads. He threw stones from the back. Threw stones from the back! Same water which was vibrated started dripping slowly on their back. So, that activated their kundalini.

Experience it just now. If somebody's kundalini doesn't awaken apply vibrated water, kundalini will rise. Can't say if it will stop somewhere, but it will rise.

He found a playful method to awaken their kundalini. That hit a stone from the back. The water will absolutely fall like this, will fall on their back. Because of that, they will get completely wet and that will awaken their kundalini.

These are the jobs of Leeladhar. Then why would He steal butter? Why does He like butter?

Those days, all the butter from Gokul would be sent for the soldiers of Kansa, who were demons. All the women would not give butter to their children, would take that butter and give it to those soldiers.

So Shri Krishna said, "Let us steal butter what will they sell then?" So, He taught everyone to steal butter. You eat everyone's butter. Because their children would not get butter the soldiers would get it who are demons. We too do our work like that. We will not give to our children, but we would give it to demons. We raise them only. So He taught to steal butter. It is very bad to steal and is considered as evil (Paap). But no body considers stealing butter as evil because when cow has given milk at home and when there is butter at our home, children at home may not take while the demons who are outsiders may take. what type of mannerism it is?

Here at this very place Krishna has done a very great thing. What is moral and what is immoral has talked about it later. What we consider as very moral that it is very moral and is like this and like that in reality has no special virtue. Now suppose somebody is saving his income tax. It is good, no problem!

By giving it to the government, otherwise also government gets it. But to do government's work also, money is required.

So we should pray like this that let there be such an honest government to which paying income-tax is no problem. But you will be surprised that Mohommad Sahib has said that you cannot charge tax from people.

"I will give you everything." And when he stopped charging their own tax oil came out there and people are living happily. There nobody charges tax. There is no custom, no tax, nothing. Rest all the madness is there but these two three things are very good. There nobody charges tax, no custom, whatever yo may carry except wine. In this way, the clash between moral and immoral what is moral and what is immoral? Shri krishna laid much stress on that. in this way that Manu had said 'Satyam Vadey, Priyam Vade' Speak truth and speak sweetly. People questioned Krishna, what does it mean?

If we speak truth, people don't like it, they feel bad. Say anything, it is felt bad. Because a human being has so much ego tell him something. You see Mother is sleeping right now, leave it, not this time he feels bad. Who has given Mother the right to sleep?

She can't sleep. She doesn't have the right to sleep. Why She has come as a mother? It is a question of brain. They will feel so bad. They will never understand that one who is working for twenty four hours should be allowed to take a little rest, it doesn't matter. No, She is Goddess, She doesn't need to sleep. Oh! God also sleeps! You go to any temple there they say, " All the Gods are sleeping now. They will not wake up". It is correct. All the dieties go to sleep. Once they sleep that time if you awaken Mother She gets perplexed. But there is no one who can understand.

Now how to tell the truth? It was told after mixing sugar , even then they are angry. So He said that the truth cannot be dear. Many a times, very unpleasant sounds bitter, very harsh! So how to tell, how to tell the truth?

Shri Krishna said,"See, SATYAM VADE, HITAM VADE, PRIYAM VADE." Whatever is for the betterment of the spirit, talk about that. Today, they will feel bad, tomorrow they will understand.

They go to a wrong guru. After being hit, they came to me.

Shri Mataji: I said," you see, that guru is not ok, he is a wrong guy. Don't have any relation with him." They feel bad. But when we suck their negativity then we understand that Mother told it for our betterment. Shri krishna said that for the benifit of others if you have said something for the benifit of spirit, may be you will feel bad today, tomorrow they will thank you. And if they have to feel bad, why to worry about such people? Forget them! leave them! Then somebody said, suppose somebody has come to murder someone and he asks "Do you know where is the person hiding, whom we want to kill?" Now you know as well, should you tell or not tell?

There is no need to tell! Because it is an unauthorised attempt. What right he has to ask you? He has no right in it. He is asking forcefully. You may tell him or not, that is your right. It is an unauthorised attempt and for an unauthorised attempt, you are not answerable. It is not your responsibility. In this way, Shri Krishna said openly many things and to say openly there has definitely been one thing that people did not understand Shri krishna at that time. Had they understood Him , there would have been no war. And neither the harshness that Duryodhan did, would have taken place. But the fight between evil and good continues. This is how the whole Mahabharata was created. And by that creation man started seeing good and evil. Draupdi has a very high status in Shri Krishna's life. She was his sister who was called Vishnumaya whose birth had taken place and that had flashed in the sky like lightning and who had announced his incarnation. That Vishnumaya was Draupadi. That is why, He had high regard for Draupdi. When Duryodhan put his hand on Draupdi's cloth (Saree) and when he started to pull it, Draupdi also out of feminine modesty clenched the border of her saree with her teeth like this. After saying 'kri' she stopped. 'Kri,' by saying 'shan' it would slip. It stopped at 'shan'. She could not say 'Shan'. But when she saw that now the situation is getting worst that now my saree is being pulled. As soon as, the word 'shan' came out of her mouth Tulsidas ji has described the situation beautifully. It is worth listening. Shri Krishna's love for his sister. Dwarika main Shor Bhayo, Shor Bhayo Bhari (There was a loud noise in Dwarika). He was sitting in Dwarika. Dwarika Main Shor Bhayo, Shor Bhayo Bhari (There was a loud noise in Dwarika).

Carrying His (weapons) conch, wheel, mace (not clear) was present there. He reached there in no time to protect the dignity of his sister. Now you ask these gentlemen if he had no concern for women's modesty to keep his sister's honour, why should he have come running from there to here? The work he did at the early age of five, same when in youthful stage was sitting like a king for the sake of safeguarding the honour of of his sister, why did he come running from there? There is no contrast in it. There is no contradiction in it. These are the qualities of only one character. The work a person does in childhood is done easily in innocence. And then, He was Yogeshwara. Yogeshwara in reality.

He was Yogeshwara like this that He wedded sixteen thousand women and then five more. People will say,"What type of yogeshwara was He?" On the one hand, He married sixteen thousand women and above that He wedded five more wives. God save from such a Yogeshwara. Like this we too can go on doing like that. Why do you call Wajad Ali Shah a bad man? Now a day's wisdom will be like that only. Some take everything on the same platform. They are His sixteen thousand powers. He was a male, I am a mother. Nobody can tell Me anything. Nobody can blame Me in the form of a Mother. He was a male. Where from could He get sixteen thousand powers in the world? You are My sons. Sometimes message My feet, sometimes message My head. You touch My feet. No one can blame Me for touching My feet. I am only a Mother! Some of My sons are hundred and

eight years old. Still, I am a Mother, mother is just a mother!

Mother is always pure. Who can touch her? But to get Her sixteen thousand powers in the world is not so easy. And at that time there were no such people ready as Sahajyogis, who could be given the responsibility. So, He gave birth to His sixteen thousand powers in the form of women. And told a king to take them all away from here and then after pretending, It is all a drama. And got His sixteen thousand powers to Himself. And the five wives He had, those Panch Mahabhoots and made those Panch Mahabhoots also His wives. Now this subtle thing you will understand in Sahajyoga. You check it on vibrations, if I am telling truth or a lie.

Whatever I am telling, you will get vibrations, if it is true. These sixteen thousand powers and five elements He kept them in such a form that people could not blame Him. Now poor wife may be sixteen thousand or any number, she is after all a wife. In His playful life there are such beautiful melodious moments which cannot be explained. Radha ji is His power Ra-Dha, Ra means shakti, energy Ra, Dha, that which attained it, that which retained shakti, is Ra-Dha. And then when He with that energy When He played that RAAS, then again that Ra-Sa..... 'Sa' means along with that. With that power, that 'Ra' in this way He played Raas. In that also there was arrangement for raising of Kundalini. If you are holding your hands and if two people get connected to My two feet at that time, if some music is going on if any Tala is being played, in your hands there will be same Tala. If Jap Taal is played then Jap Taal will be in hand. If three Taals are played, three taals will be in your hand. If one Taal is played then one Taal will be in hand. You can watch it. That is why it was called Raaaas. To move it along with energy (Shakti) this work He did. But once Narad Munni played a trick. and he told Shri Krishna "Do you really love all these wives?" He said , "Yes, I do." He (Narada) mesmerized those wives.

Shri Mataji asks somebody:What is the matter?

He went and told these wives You see, Krishna doesn't love you. He loves only Radha." He has left you as His wives just like that to be free from any stigma. He doesn't love you as such! They got mesmerized. Ok! It must be so. He doesn't love us at all. He loves only Radha ji. They told Him,"You don't love us. You love Radhaji." Shri Krishna said,"Don't say like that. My stomach has started hurting too much. Don't ask me how much it is hurting me". Why did you feel pain? He said,"I feel pain when you talk like this." Now they got panicky. They asked Him to tell the treatment. The treatment is very simple. Do it like this, give Me the dust of your feet give Me that to drink and I will be ok!

They said,"Cheers!" Already you do not love us and you want to deprive us of our virtues also. We should drink the dust of your feet. That You will take the dust of our feet. That will not be possible for us to do. All this is to make fool of us. Don't make us fool. He said that this is the only way.

Saint Narada said,"Narayan, Narayan! What should be done now?" He said okay! you go to Radha and tell her. So, he went to Radha ji. He said to Radha ji,"Shri Krishna is very sick." She asked , "Why?" He said , He is having pain in His stomach. Because , He is DHANVANTRI He said the treatment is the devotee who will send the feet of his dust for Me by drinking that I will get well. Radha put her foot forward and said, "Ok! Take away the dust of my feet." He asked, "Why?

Are you not bothered about your Sins and virtuous deeds?" He said one who makes us to commit sin and one who makes us to do good deeds is He only. You go and take it and relieve him of his stomach pain. So, he took the dust of her feet. The soil of Vrindavan is yellow coloured, you must have seen. He took it and reached there. And said, Yes, Radha ji has given it, and now drink it. He mixed it and drank it. Shri Krishna asked him , " Why are you standing like this?" He said," Radha ji said something which i could not understand.

That You only make one to do virtuous act and you only make one to commit sin." "Oh! Did you not understand it?" He said , "No." Krishna said,"Okay! look into My heart!" When he looked at His heart, he found Radha ji sitting in His heart. And Her feet were touching the nectar of lotus and turning yellow coloured. Then Narad ji understood that if She is sitting in heart then, what does feet or head or hand matter? This imagination of sins and virtues was changed by Shri Krishna.

What we consider as great sin and great virtue its complete knowledge its discretion has been given to us by Shri Krishna. That is why, when Hamsa chakra gets impaired man loses his power of discretion. He doesn't understand sin and virtue doesn't understand good or bad. And there is same treatment for both of them. If there is something wrong with Vishudhi chakra or Hamsa chakra there is a very simple solution. The sahajyogis who have knowledge, let them not speak. But those who are ignorant, can feel that there was one thing which Shri Krishna liked and that was , butter. Its tretment is butter. I daily apply a little butter with a little salt to My Vishudhi chakra because it goes on talking whole day. It doesn't bother Me.

You also do so. Take a little bit of butter on thumb with a little salt on it then at the back there is lower part of the tounge apply it thrice to it. Your throat will be absolutely okay. Cough etc. will vanish, everything will be okay. And Hamsa chakra catches because the place where we live there is dryness and because of that a great question arises is that our inner skin which is just like a membrane and its epithelial cells because it dries up As the skin of hands dries up in winter, in the same way it dries up inside. And because of that, you get all these diseases like sinus and all the worldly disases. That too has a very simple treatment. If you put butter after melting it in the nose your job is done. If not, then you make ghee from butter then you drain it in a cloth and add a little salt to it keep it and then and put it in the nose.

All your sinus troubles will be clear. This is the simple solution of Shri Krishna. You do it and then tell Me. Daily in the morning, every Sahajyogi must take a little butter in his hand, add a little salt and offer thrice to Shri Krishna. Then put two drops of ghee in the nose. Put it at the time of going to sleep. your cold will be over. Those who are having problems with each other, having troubles and fights are going on in a way, don't know what confusion you are in. You did this wrong, he did that wrong either he did that wrong and he did that wrong And all those who are banging their heads among themselves this is just a drama. And who is the stage manager of that, is Shri Krishna.

He makes you fight, He makes you break your head. And what does He prove, is that Bramha is the only truth. Bramha means the all pervading power which you have felt. This is the truth, this only tells the truth. From this we will know what is the truth. Whatever else is there, is just a joke. Mutual quarrel, mutual conversation, mutual this thing is all useless. Now this sports instinct is more than necessary even among us. And I also play variety of tricks. Now you will also realise and will come to know that Mother plays variety of tricks.

That is why it is said SHASTRARE MAHAMAYA. My advent was at Sahastrara. I am also Mahamaya. It is difficult to recognise and catch hold of Me. One who will try to catch hold of Me I will run away from his clutches. And the one who will not want to catch hold of Me I will enter into his system. So in this way, My life style goes on. But even then I will surely talk symbolically so that, you understand. That here we are talking about collective consciousness. Whatever is in RAAS, it is there.

Whatever is outside is not your own. An attempt should be made that everybody comes to RAAS but those who are not in Raas, they will be out.

So, there are two types of forces in Sahajyoga which you regard as Centripetal and Centrifugal force in Physics. If we hold a rope in hand with a stone tied to it and rotate it one part of it remains pulled inside which we hold with hand the second part runs towards outside. One who desires to come inside and is stationed inside and one who establishes connection (with spirit) within himself he remains inside. Rest , others are thrown out so badly that it is a matter of surprise. and we are not sad about that. Those who can stay inside, let them stay inside those who can stay outside , let them stay outside. It is written in Bible that only, one lakh and forty four thousand people will get their realization. Now you tell, the population of our country is so much that Mr. John has written very nicely that more than this number are not going to get realisation.

Now you tell how many people are going to get it? What is the population of kolkatta? What is the number of public?

Sahajyogi: Three lakh.

Shri Mataji: So two lakh is the population of Kolkatta. So, how many people have gone? And what is the population of our

country? Don't talk about Crore. They have stopped the vehicle at one lakh only. They are not allowing it to be two lakh, from one lakh.

So, tell Me how many people are going to get realization? HAZIR SE HUZAR NAHI AUR GAIR KI TALASH NAHI. Those who will come to the center, will survive others will just vanish. You may be Lakhpati or a Bakhpati. It's not going to matter. Those who will come to the center only they will survive the rest are not going to survive. It is not of this place it is the experience I am sharing of America and England and every other place. I went to America. Took out a lot of money from bank reached there, spent a lot of money. In total we spent forty four thousand Dollars. I spent a lot of money and people also spent their money.

Meanwhile, after doing all this when we returned from that place total four Sahajyogis came from there for the programme, just four. Ten thousand Dollars were spent for one person. Out of those three stood outside. With a great difficulty one came and he ran away at that time. I come and thousands of people come because, didn't get ticket at a cinema let us listen to Mother's lecture. Couldn't go to watch a play, let us listen to Mother's lecture. The play was not played. Will get atleast something at Mother's place, it is free, let us go! You will get lot of free eaters. You will get lot of useless people.

First we will feel, yes, they are coming just like a sea. But how many are there drops of SWATI (the purest first drop of rain) which give satisfaction to CHAKOR (a bird enamoured of the Moon). If your atma is CHAKOR, it will consider only drop of SWATI. So, you must not bother so much about quantity. Let the quantity be benefitted by Sahajyoga but we must fix quality. Until quality is good, quantity is useless. When Shivaji would go in for a war behind him, many such people would join in a line. Ramdas Swami told him See! those who are called Bazaar (not clear) all those people who are sitting in the market you sort out them.

If they go away, it will be very nice. Because these people carry paan, bidi, match box and cigarette, everything. Apart from that they carry all eatables too. Because of that those who are soldiers, their attention gets fixed on that itself. Remove all this market then you will win the battle. But Muslims did not do so. That is why Shivaji won the battle. With very few people he won the battle. At last when Aurangzeb invaded Tara Bhai defeated him in Kolahpur and he had to return back. So it is a matter of quality.

So its quality must be multiplied. In Sahajyoga, the person whose quality will multiply as a result of spiritual connection only he can do some work. He only is of some use and he only is a Sahajyogi. And then there are usually some people my mother is sick. I treated his mother. or, my father is ill, treated him Treat my father's father. Father was cured and he was okay. And then, my daughter is sick, plz cure her. Plz cure my son. Then when you say, it is too much now, they start crying.

They cry so loudly. Hello! what happened to you? You have cured everyone and now why you are leaving him uncured? Why don't you cure him? You will be fine. In the beginning it will be so. You will see that mostly it will be, that you will cure cancer patients all over the world. I will say the same thing to the people of Lion's club also that first of all, you yourself be strong Sahajyogis. or when you will go to cure them, you will have headache .

First, be a perfect Sahajyogi and then use your hand. And there is no need, give them photo. Photo will do everything. That will give them faith and they will get cured as well. More than you, they will be ok with photograph only. Because if you are there, they will be after you, "keep your hand on my head." Even now you see, wherever I go "Mother, please put your hand on my head." "put your hand here." They will pull My hand (and say) keep it here. okay!

take it. keep it there. What to do? leave My life. You will also face such a compulsion. To be away from this compulsion, the best way is to that you give them (My) photo and tell them to use the photograph. If they have Photo, let them use it. One who does not consider photo as valid, cannot recover at all. My dear, you take the photo, work on photo. We will see if it goes well.

You just see that, that person is doing well. Because, you will be caught. In our Sahajyoga, Dr. Warren worked most. When he went from here to Australia, he was in high spirits that now Mother's work has to be done. And he also had some experiences like this. In a few days, the petrol also was exhausted There was not much petrol in the car. and people said that strike is going on and petrol will not be available now. He said, we will do our work just on this much petrol only. They said that they used only

that much petrol for one month and when we came to the petrol pump they asked have you come to get the petrol filled but the tank is full of petrol. They he got convinced that Mother had given him great encouragement and that we are doing this work.

But there they made a mistake. Instead of giving realisation to the people, they started curing them. There used to be a crowd waiting for them to get well. There used to be such crowd that it became impossible for them to live. After that he said, "Mother, I am feeling lot of pain in my head. my body is falling apart, feel heart attacks don't know, palpitation is going on."

Shri Mataji: I asked him, "What business are you doing there?" He said, "I cure all the people." I asked him, "Why do you cure them?" Here even the wrestlers come and say, "Mother, Please grant us peace."

What is the use of making them even wrestlers? They will be about to say, "Why didn't you give us peace first?" Give them realisation. Why are you curing them? Then he understood that he was doing wrong. But as soon as he said, "Curing is over." The whole crowd could be seen, nowhere. It could not be traced where from that crowd had come. Just like a ghost disappears in that way, they were out of sight. Then, it stuck to his mind that these people are.....KAMARTHI They are useless people, useless for God's work.

Then he started from one to two people. Even in Sahajyoga, first only one lady got realisation. First only one, just one and after that, only twelve people got their realization. And I worked very hard for those twelve, very hard. When I started the work first in England I worked with seven hippies for four years. I worked very hard with my hands for them. My husband would say, why are you so engrossed in transforming these fools? Nothing can transform them, they are just stones. Just see, I made them to stand up and it is because of them only, that Sahajyoga has established there. The foundation stones are never visible.

Some people have the habit of showing off a lot. Let them do. They will themselves diminish. Either they will be fine their show off business would come to an end If not so, then they will come to an end. Otherwise also they won't come to Sahajyoga. You should not worry so much about it. You should be in collectivity. Those who will be in collectivity, there only shall I reside. Where four people will be sitting in my name, I will reside there only. Many people will say, we worship at home.

Mother, we have kept your photo, still we will have cancer. Yes, it will definitely happen. If you don't come to center, it is none of My responsibility. You can get heart attack, you can have cancer whatever disease others have, you too can have. You are normal people for Me. Realisation makes no difference. Your tree is not built yet. And specially , after realisation the responsibility is all the more in the beginning. Because if a seed has been sprouted you have to take more care in the beginning. If you don't take its care, there can be any problem as is the case with normal people (Not clear).

You are normal people. You don't have any place in the kingdom of God nor can I give you any consent. Those who come to the center, they should come to the center. This is about collectivity. We got collective consciousness. We can see a tree, we can see this. Immediately you start giving judgment. This is not collective consciousness. Collective consciousness means that we have become part and parcel of Virat and there is no one else. And till he does not awaken till he doesn't become Sahajyogi, he is another.

But I have seen also Sahajyogis like this, that they are good with others come, sit and do this and amongst themselves (Not Clear). It is very surprising. Only one mother has given birth to all of you and you are sons of only one mother. Every body has little understanding amongst themselves. Why do you fight for others? Why do you quarrel over others? That cannot give any peace to Me nor to God. Don't fight for others amongst yourselves. Those who are others, are others and you are one and the same, because you are awakened. You, who are part and parcel of that virat are awakened and the rest of the people are not awakened.

Now as there is a heart, a liver, a brain, a spleen there are different organs. In the same way in Sahaj yoga, at every place, each person is appointed. For example, for Bengal, I had asked about Jalan. " You can do it for Bengal. Are you ready for this?" He got ready. I told him, " You are the leader." Now, if there is a leader, the whole responsibility is on him. Whatever work you have to do, you talk to that leader about it. If the leader does something wrong I get so much angry with him and set him right.

That is My responsibility. That is not yours, you cannot blame a leader. Somebody was talking against a leader who happened to be his younger brother. I could not tolerate that and big boils appeared on my back due to the heat. I told him, " You're causing boils on my back." He was surprised. These are My sons whom I have established there they are my favourites. And don't challenge them, please don't challenge them. I am managing them. My feet are on them.

Don't disturb them in any way. The day they start moving, I will move them Myself. That responsibility is on Me not on you. This should be understood that he who is the driver of this heart If you tell him, you go away, I will be there you don't have to compare yourself with them because I am watching them. I can't check each and every person. But through them , I watch everyone and I know and recognise them. And this is a very drawback of Sahaj yoga that they criticize a leader. Criticise him that they become leaders and why did they do so? You don't have to judge that, I will judge that. And you don't know very senior leaders have been thrown out by Sahajyoga.

Very senior people such leaders, whom world would consider that they came to Sahaj yoga first of all they are great leaders. And a leader should be all the more cautious. They get caught up beforehand. Sometimes, they feel proud of themselves. They think of themselves to have become very great people. Don't know what they think of themselves. Leaders should be very cautious that before leaving, we have to unite everyone. The man who will try to break it and doesn't do the work wisely he loses his leadership. To take the post of leadership is also a great task of responsibility. And all of you must understand in collective consciousness that Mother has appointed them and that you don't have to challenge them.

There are quarrels between two leaders too. This is, AHAM BRAMHAS MI Bramha stands up to fight against Bramha. Have seen this also. But there should be nothing like this. Have an understanding amongst yourselves. Mostly people fight over me. Tell me how bad it is. People fight over me. Why did you do so to Mother? Somebody say, "Why did you do so to Mother"?

Your Mother is a very strong woman. She doesn't have a fixed place. Today she is here, tomorrow she is there, what fixed place She has? Leave Her! Nobody can make a fool of Me. I appear to be a simple person, innocent but I am very clever. Nobody can make a fool of Me. This you try to understand. Now, outwardly I pose but since I am Mahamaya keep it in mind that you need not be anxious at all on My account. What is the need to take care of Me.

I Myself take care of you, what is the need to take care of Me? Stick to this belief. Whatever Mother does, there is some reason behind that. We will have to see what the matter is? Because I play a much deeper trick than Krishna. Because if we have to get them to Sahaj yoga, there is a need to mince them. It has to be churned thoroughly, only then you will come up like ghee. Otherwise how will it be done? In collectivity when you have collected the whole thing and you have churned it now the whole butter is ready, then what do you do? You add a little butter to it.

Now whatever is collected around that is butter, and the rest is thrown away.

Shri Mataji: (To a seeker) "Better be seated, everybody gets disturbed."

Shri Mataji: So, what you should do to that butter is just go on tying up in one circle so that everything goes on clinging to that butter. That butter itself is the leader. That which will not cling to it, will be destroyed. In the same way, Sahajyoga has done the work till now and by and by they have become such strong Sahajyogis that you will be surprised. but you basically have everything at its base. You know you have got heritage, you have Shri Krishna. You know everything, there is no need to tell you anything special. Your roots are thousand years old.

There is no need to tell you anything. You don't have to do anything. I am telling you so about foreign countries where we had to start from who is Shri Ganesh ji. Is there anything like Ganeshji who do not know? those who don't know about it Those who don't know anything even about that have become such perfect Sahajyogis that they can give seven lectures about Ganesh Tatwa. They learnt Sanskrit, did everything went there , read all the books and and have presented it. People from Australia have

mentioned about Ravinder Babu and sent to Me you will be so surprised. In which he has mentioned about Ganpatipule, about Mahaganpati. Till now no Bengali has given it to Me in writing. They are great admirers of Ravinder Babu.

At least some one should have written about it. It has been written from there what has been written by Ravinder Babu that Mother has awakened. People will come on all shores from here, everyone! He was a great seer, he saw this. All this description these people have sent to Me in writing. So in collectivity, all international people ran about and collected whatever was written about it. He may be European, Chinese or a Russian any one who has talked about Sahajyoga, noted down everything. What can be done to support Sahajyoga? How can we make Sahajyoga collective? Because there is no brotherhood among them.

Now they have got fed up of that, it is all over. There the politics has become just rotten. They said, leave it, let us put an end to it. They don't have brotherhood. Brotherhood is awesome. I feel so joyous when I see them slapping each other, talking to each other loudly with love. I feel such a joy. Brotherhood is very important. That itself is collectivity. Brotherhood itself is collectivity.

You are brothers of each other. And a brother quarrels with a brother till he is not a Sahajyogi then he understands everything. We should do the work which Mother likes. Who are we to quarrel with each other? And you will face this because there is a curse to our country that we are ok when we are alone. But when ten assemble, the work is undone. Useless! The moment you get the solution, you go and you are no more there. Till the Indians are single, it is the best. If ten assemble, it is a problem.

It is a curse on us and it is said in foreign countries also that if ten Japanese will sit for a meeting only one man will speak and the rest will nod their heads. Rest of them will just nod their heads, they won't speak. Whatever they have to say, they will discuss and finalize in the background. A single word nobody will speak, only one person will say. And tell Indians to join that meeting it seems, that where is the proposal they have started mutual dispute. You had abused my sister. That day you had told my father so and so all this starts. In international meetings the Indians do so. So, there is a great thing in our life that is we don't get along with each other. Everybody is Bramha swaroop. Everyone is superior, Bramh fights with Bramh.

what to do? In our country, there is a saying that if there are two utensils they will definitely collide. If there are utensils, ok then collide with each other but if there are pillars, and they go on colliding where will the people sit under it? Everyone is not a utensil. There should be some pillars as well and not only utensils which go on colliding lifelong. The disease to collide with each other is very difficult. And that is why our collectivity breaks down. There are many ways of breaking collectivity if we look at these from the practical point of view. For example, regarding vibrations people say your vibrations are not good. Suppose a new person has come to your programme.

Hope that all of you are Sahajyogis. What I will say just now, it is sahajyogi's internal matter. He told him, "Oh! you are a great bhoot." A lady came to Me and told Me "They tell me that i am a bhoot I was not bhoot before coming to Sahajyoga. How is it that now i have become bhoot?"

Shri Mataji: I asked, "Who told you, you are a bhoot?"

Lady sahajyogini: "Everybody was saying, you are a bhoot. I have become a bhoot." (The lady Started weeping bitterly).

Shri Mataji: I said, it is not so! You are not understanding. You should think that That person is the same that we were previously. Now he is coming to Sahajyoga. We are sitting at a higher level. While he is coming, if we kick him, how will he climb up? You are sitting at a higher level pull him by offering your hand down. Not because you kick him Many people are oversmart, too much over smart. They ride on bulls. Mother, sit here, get up here, do this, get up here. Then after that, he only can be seen standing and sitting.

Many people say, Mother said so, Mother said like this. Nobody has to say that Mother said so and so.. You say what you want to say. For example, Sanjay said In our Geeta it is like this: Sanjay said, Krishna said Have you to say anything or not? You say what you want to say. What do you mean by saying, "Mother has said." Whatever mother has to say is already known. It is already written. Why are you talking about your Mother? They say even contrary to what Mother has said. Mother had said so.

Now people feel that Mother must have said so. Mother, had you said so? I told them, I can't say so. There is something wrong in it. By and by after being in contact with Me You will understand My style. Then you will understand that Mother cannot say so. This is not possible. We will have to tell Mother in a round about way. They will come out of it. She is not going to be trapped into it.

But people do it. Mother had said. There are many people for example, Oh! that Rajeev yes, who? He who is Prime Minister. Ok! He had come to my house yesterday.

Yesterday, he was in London.

No, no, no, no, not yesterday, He had come to me one month back. Ok, then what about him?

He said , "I am going to appoint you as a minister shortly." Ok! which portfolio will be assigned to you? About that i have planned that i will become finance minister. I told him, it is a good news. If you become finance minister, it will be beneficial for us. Now whatever the income tax we pay, you will not do anything to us. I don't have any income, still No Sahib. There is no income tax involved with regard to finance ministry. I asked, then what does it do?

It takes care of farming. I told him, "Then you will surely be the minister." This is the habit of the people of our country. And we too have got the habit of listening. Ok! Ok! You are surely going to be the finance minister. People usually go on talking like this. The same way, they do about Mother. I am a poor woman.

I am a very ordinary, very simple person. If you tell Me, I can even roll down and sleep here. No body can harm Me in the least. Everyone speaks ill of others. Who is such in our country whom we do not speak ill of? We are smart in doing that. If you want to speak ill of anyone, go to India Wow! advertisements will be put up. He has this drawback, the other one has that drawback. One gentleman asked Me, "You are married, why do you wear white sari?"

I told him,"I am wearing it given to Me by My husband, not by you." Laughter Everything will be criticized. Why is She like this, like that? How are you concerned? And we don't criticize them. Never! But what happens is that they start trembling. And those whom they want to criticize, they do it openly. I am not going to run away on account of being afraid of anyone. Whatever is wrong, I will definitely tell.

But if I don't have to tell anyone I make him understand with love and affection. This is called discretion. And when a man gets this sense of discretion then I consider him as a sahajyogi. We have one leader in our room, named MEDO. I have lot of regard for him. Because he is like a very resolved and balanced sage. And he understands so much and there is so much seriousness in him Till now he did not create any problem for Me. And in everything, he solves a problem like this. And in the whole of Europe, even better than your India. You will be surprised that our work has been done in Italy.

We got a lot of publicity in all the televisions there. There the municipalities, where we go. They print our photographs and paste advertisements themselves. When are we going to have such days here? And the Mayor of that place himself comes to see Me. Not only this, now they are going to print a book in which six great people of modern age, who are Italians are publishing about them. They are also publishing about the Vice Premier of that place. They are six people. And there is a great writer, they are publishing about him too. And I who is not an Italian, they are publishing about Me too in that book.

It is not possible in your country. Just now Times of India will come and will publish something wrong about Me as if they are our great saviours as if I am snatching something from you and they are great care takers. And they will offend just over trivial issues. In Italy no body has this type of habit in the least. And if I don't go to somebody's house, they will feel offended. It is not your house, it is only My house! Then why do you feel bad? Come to My house, come to My house! As long as this love lasts it is too much in Indians. Come to my house.

This is against collectivity. Which one is My house? Wherever I am, that is My house. Come to my house, come to my house. Every one says, come to my house. Till this feeling of mine will not go away this collectivity will not be there. These are my sons, my children. This is my husband, my home. This is my car. In this you have to give up the 'mineness'.

You should give up attachment. It comes to man from darkness, from ignorance. This is ignorance. Be away from this ignorance. The speciality about collectivity is that you can know other's vibrations and also your vibrations. But the discretion is that don't tell which vibrations of others are bad. Be in bandhan, in Mother's bandhan, be in Nirvicharita nobody can harm you. You keep any mighty ghost in front of Me. If I don't want he has no right, no power that I should invest My money. But if I, out of kindness, take away his problem, I can do so.

Then I suffer for a little while, doesn't matter. I look at Myself in the witness state. So, one who wants to be Sahajyogi of a higher level he has to look slowly slowly internally to his own self and outwardly to give to others. These two hands are collectivity. Because the plexus we have here (Shri Mataji points to Her vishudhi) are called survival plexus. It flows from there. If you don't feel vibrations in your hands you should understand that there is something missing in your collectivity. Here the peetha is of our Vishuddhi Chakra (Shri Mataji points to the center and top of Her forehead) which is the place of Virata. If you rotate this Virata, your collectivity will increase. I had been to Nepal.

Everybody had applied kumkum here also. (Shri Mataji points to Her Virata Chakra) I asked, "Why do you apply here?" They said (Pointing to Hamsa Chakra) here we apply for Shiv ji and (Pointing to Virata chakra) here for Krishna. This is the place of Virata. You rotate here (Virat chakra) a little, you will feel lighter here. This is the place of Virata. This is his peetha. Shri Krishna reaches here and comes to His Virata state. Mohommad Sahab said, "Alla Ho Akbar!" Akbar is Virat.

He talked about Akbar, that Akbar is Virat. He talked about Shri Krishna. He called Allah to Shri Krishna. And He whom he calls Kareem, is Shivji. He called them by different names. He called One Allah, and the other one Kareem. He calls one Rahim and the other one Kareem. And in the same way they individually named all of them and changed the name a little bit. And whatever was understood in that language in Arabic was given that name. But its mantra is Allaho Akbar.

With this finger (Index Finger) which you know is of Shri Krishna put your finger in your ears, put your head backward and say Allaho Akbar sixteen times your collectivity will awaken. Everyone will have to become Muslim a little. Muslim means to surrender. Poor people worked very hard for Arabs, but they remained only donkeys. How much have I worked hard for you but you are involved in ritualism and this and that. After coming out of this mud, you have to become lotus. And the quality of lotus is that it passes on fragrance to the whole world. While giving it, he doesn't think whom he is passing on the fragrance but at his own time he thinks that there should be no flaw in my fragrance. There should be no flaw. People on seeing must say A person need not speak of his qualities.

This is Musk. Whatever you say, it is musk. We cannot agree that it is not Musk, because we are getting fragrance. What is need to take an oath for a fragrant person? He is fragrant. With that fragrance only people will come to you. No matter how far a Bumble bee may be, he will have to return back. Because when you have fragrance, everybody will come to you. And to keep this fragrance alive how is internal transformation connected with external yoga transformation try to understand this in collectivity. keep yourself attached to collectivity and please after coming to the center, alleviate the center.

By staying out of it now you are rich people, may be of the world! But for God, you are one and the same. Another thing to learn from Muslims is that he may be a king or anyone else while offering Namaz, a person will stand wherever he gets a space. Not that there is a special place for a king. Never! He may be a king or a beggar. All of them will stand in one line. If a beggar comes first, he will be the first of all in the line. This they have set as an example to learn from them. We should learn that.

And in our country it is believed that this is higher and this is lower. For this there are numerous examples that Shri Krishna took his meals at the house of Vidhur. Who was Vidhur? The son of a charioteer! Who was Karan? The son of a charioteer! Even to

Karan they respected so much. Vidhur, who belonged to a Shudra tribe what was the need to go and to have his dinner at his house? He (Shri Krishna) discarded Dhuryodan's nuts and took green leafy vegetable at Vidhur's house. Why did he take?

to show that a sahayogi is a yogi who are great saints sitting in the court of God. Nobody is greater than them. Previously it was a rule that if a saint would come, the king would stand up and stand separately. It (this rule) was prominent till Shivaji reigned. After that don't know what happened in our country. Once Ramdas Swami went to king Shivaji's residence And said," Jai! Jai! Raghuveer Samarth." When he reached, Shivaji wrote a letter. In that letter he wrote,"Your majesty, all this whatever it is is my wealth, is my power and is my empire this is only what i can offer to you.

I have nothing else to give to you. He read it, saw it, stood on the bottom of doorway And said," Shiva! I am an ascetic what shall i get from you and what shall you give to me?" Can't give anything to an ascetic. I am an ascetic! But what you said is true. So do one thing. Make flag of my saffron coloured chest. The same saffron flag is there today. That means there are many atrocities going on under that flag of stupidity.

But there is Shri Ram Das Swami's role behind it. Shivaji Maharaj was a king. But he went to Tukaram's house. And for his wife, he took lot of clothes and jewellery. His wife was very happy to see this as she had never seen such a beautiful jewellery. In the mean time, Tukaram came. He (Shivaji) hid himself behind him (Tukaram). He (Tukaram) asked his wife,"Who gave this?" She said that Shivaji Maharaj has sent all this . He said,"You see, you are my wife.

If I were a king, it would look good if you wore this. Now I am an ordinary farmer and you should live like that. You return this to him." King Shivaji came and kept his turban at his feet. Your Majesty, what can we give to you? As such, people like Shivaji Maharaj are kings in the true sense. They only can understand a king. Sages and Saints are no doubt kings because they don't respect anything. they don't need anything. Put them to sleep anywhere.

They have gone to sleep. What do they need? Who is there to tell them anything? I am sitting in My queenship. Wherever I am sitting, I am sitting. Who are you to give to Me? This is real kingship and you too join this kingship. and those who consider themselves kings they try to understand that real kingship is this itself. If you want to get innate (knowledge) by joining it your collectivity will become stronger. You don't have to see the defects of each other.

This is possible by loving each other see the good of each other by fraternizing with each other through brotherhood by creating brotherly bond. May God give wisdom to all of you! And it has lot of fun. The greatest fun of collectivity is that if you have to do anything for Me. Don't fight with each other at all. I feel very sad. It gives Me lot of pain. If I come to know that someone got upset got angry at someone and had a fight then I feel very sad. If you have to do anything for Me love each other very much. I only want that all My children amongst themselves should with great love, happiness and sensibility, keep each other in mind.

We are about to start a very beautiful New Era. May God give wisdom to all of you! If you have some question, please ask. Because it is high time for you all to leave it is quarter to nine you leave at nine o'clock. Ok, if there is any question, please ask. Give Me water. If you have any question, you should ask it now. What is the use of asking after I go? After that everything happens. Yes, ask now.

Now ask. Give Me water. Now you switch on the fan. You do one thing, you give in writing, they will read it aloud. No, no, it is ok There is no need to speak loudly, I will tell you. You see to it. You read aloud the question. Keep it here. You sit down. Write it down.

Bring it in writing, My dear, give it in writing. Take paper and pencil. To ask question you should bring paper and pencil.

Seeker, Satyanarayan ji Kejriwal : I am hanging like a tissue, please tell me how to win (your) heart.

Shri Mataji: How do you know you are hung up? (Not Clear) Please sit in the front. Who are you hanging between? What?

Seeker: Tell me the solution to conquer the mind.

Shri Mataji: OKay!

you go in for meditation. In meditation, kundalini awakening The thoughts we live on we should be away from that and come to vilamb (a little space between thoughts). The space that is between thoughts you should stay there. It is a situation. There is no solution for it. This is a situation that should take place within us. It will be through meditation. You learn how to meditate. In a simple way I tell you that you take My photograph. It should not have a black frame.

In Kaliyuga, we do not use black. You lit a lamp or a candle. Now a days there is no restriction that you lit a lamp using pure ghee. Candles are cheaper. You lit it. Sahaja Yoga is done with the cheapest products. Put your left hand towards that (light) and right hand on Mother Earth. keep it now. And after that observe if you are getting cool breeze in the left hand or not. left hand towards Me and right hand like this (Towards Mother Earth) Now there is no need of keeping a photo because I am sitting here.

Many people bow down to photograph even when I am here. And I go on watching, where are they going? It happens doesn't it? Many wise people do so. Now keep your left hand towards Me and right hand on Mother Earth. By keeping right hand on Mother Earth this Mother Earth sucks everything. First of all, bow your head to it. This is a wonderful thing. Bow your head three times. Now put your right hand (towards Mother Earth).

Now say, Mother suck every thing of mine. See it will go.....khat khat khat, into the Mother Earth. Now watch, is it going? Are you feeling it in your hands? If you are not getting it then you should work on left hand. As far as possible, first of all you should get it in left hand. slowly slowly work for one finger then second finger, then third, then fourth, then fifth wait for half an hour. Till you don't get cool, sit there only. Sit for one day, sit for two days. By and by you will get cool.

You will get cool from that candle. After that, once the left side is fixed, fix the right side. Whoever's left side is fine, start from the right side. For right side, take a little water. Now a days you can get of plastic, very cheap. What is that called? Bowl. Tub, not a big one, a small one. Put a little salt into it. Take cold water.

A little bit luke warm in winters. And put right hand towards photo. And left hand like this (Shri Mataji shows towards Ether). Don't use light now. Because a right sided person has too much light, more than required. The Sun channel is working there. It should be reduced. You do it in the Chandrama (channel) not in Sun Channel. You can recite even the mantra of Chandrama. You can recite the Mahakali mantra for the right side.

You can say the mantra of Himalaya as well. And for left side, you should say the Gayatri mantra. But when you start getting even in this (Shri Mataji shows towards right hand) Now many people will get from below (the arm) They will feel that coolness is coming from below. It means that you had gone to some wrong Guru. It is someone's misconception. Vibrations are coming. lift it up like this (Shri Mataji Shows). Maa, we know only you! Say like this three times. We believe in you only and you only are our Guru.

So, if some dosha has come from some Guru, it goes away. Lift it and bring it here (Shri Mataji shows with Her hand). You only are our Guru. Although I am not a Guru, but what is the harm in saying that? Pick it up from here and bring it here (Shri Mataji shows with Her hand). This will fix your right side.

Shri Mataji To a Sahajyogi: You did this only at your back side. It doesn't make any sense. Not even the air is coming towards Me. Just for a little while. Forward it . Please move it a little this side. It is coming, now it is okay.

After that you put both the hands towards photo. And you lit the lamp as well. And put your feet in water. When your both the hands are okay. Daily in the evening, even if you do it for 5 minutes, all the heat will go. It is very comforting. Whatever may happen, this you should do.

Just as we do not give up our food the same way, we should do it in any case. Because, this is meditation. Then in the morning, with folded hands in front of the photo just meditate for 5 minutes Say , Mother please take me to collective consciousness. Plz take me to Nirvihar Samadhi. By saying so, whatever you will order for, I will do that. If you have a problem in your hand, say, Mother please come in My hand. Mother , please come to My head. Wherever you will ask for , I will come. If your relative is sick Say, my relative is sick, he is a nice man, gentle man, please cure him. I will cure him.

Whatever you want to say I am your servant. And if you are being bothered by someone just write his name falsely (on your hand) and give bandhan like this (Shri Mataji rotates Her right Hand on Her left hand). One, two and three. These are the bandhans of love, power of love. That power of love is so amazing that the man who was about to attack you with a stick will come with a garland. You do it. There is no harm in trying. Because till now we have not used the power of love we have used only of hatred. Try using the power of love. Its use is very powerful.

So do like this, Maa, Maa, Maa. Do it thrice, Maa, Maa, Maa. Mataji, Mataji, Mataji The job is over. Mataji has taken charge of him. By doing this you will be in meditation Then you should come to the center, whatever it may be. Don't make excuses. In the beginning, make it a habit. Just like, to get into the habit of drinking people are first dragged into the bar. When it becomes a habit, you cannot give up bar. This court of God's love will not be missed either. You won't enjoy without it. After that your friend circle will change. Your conversation will change. You will talk about Sahajyoga only. You won't talk about anything else. You won't enjoy it (other than Sahajyoga talk). Because when you get the nectar, who will talk about nonsense things. Leave it! You will feel as if you have wasted your life so long. Now our friends have changed.

Now it's just fun. And people will get impressed by your character only and will see that you are something great. A kind of glow appears on the face it has already come. Just on seeing that only , people are taken aback. For example, in a city like London when Sahajyogis come to the airport, people go on watching them. How is it that they have such amazing faces? Such a clean face, shine and glow like a lotus. The shadow on their face is always like this colour. Everybody says, where are they and where from they are coming? Impressed by your personality only, people will come and nothing else.

And be peaceful! If like other people you too go on grumbling, then they won't recognise you. Peacefully you say, it is like this, it is like this.

Sahajyogi: Shri Mataji, four questions are related to each other.

Shri Mataji: Okay, just tell Me only one. NOT CLEAR OK! OK ! read it.

Sahajyogi, reading question of a seeker: Mother i just declare that i meditate in the morning and evening for kundalini I cannot understand what shall be our attitude for the rest of the day. Recently i tried to keep up the consciousness.

Shri Mataji: In the morning and evening. which is the fourth one, is it this one?

Sahajyogi: All are different. Let us read all the three. this fourth one, these are all together.

Shri Mataji: Read these.

Sahajyogi reading Seeker's question: Mother, i have been trying to get vibrations since you have come here last time but i am not getting it. I can't practice much because of my ill health. I am working.

Sahajyogi: Third question: How to control the mind?

Shri Mataji: That I have told.

Sahajyogi reading question of a seeker: How to proceed in Sahajyoga? Is it possible to go for regular practice with some senior Sahajyogi? Is there any Sahajyoga in Jamshedpur? I am staying in Jamshedpur. Shri Mataji: You better start it.

Seeker's question: So that i can practice it.

Shri Mataji: Start it in Jamshedpur.

Sahajyogi reading Seeker's question: Unwillingly many times bad, evil thoughts come to my mind. How to get free from those bad thoughts? (Not Clear)

Shri Mataji: That I told you that in thoughtless awareness you must just extend the state of VILAMBH.

For that I told you the simple method. You should be in Vilambh by way of meditation. Then you must practice one more thing that while looking at everything that you must be in witness state in thoughtless awareness. Take the case of this garland. Now I looked at it. Somebody will think Where from did he purchase it? For how much did he purchase it? Who must have purchased it? All types of thoughts will come to his mind. Can also bring some bad thoughts as well.

And what do I do? I simply witness it. And he who must have made it he who must have threaded it and he who must have created it the joy he must have expressed in it Is he enjoying it? I am the enjoyer. I am sitting and enjoying. Where do I have the time to think? Because if you think, then you will think that it should not get spoiled. I should take these and store in fridge. I should do this. I don't take this botheration. I am just enjoying someone else's thing. The same is the case with anything like that. Now look at a tree. God has created each leaf differently. Each leaf is different. It is amazing! Millions of leaves have been made in the world. Each is different. It is amazing to see all this! How strange it is!

Go on watching! Some new things will attract your attention. And you will be stunned, will be stunned! One who feels stunned after watching it he only is in VILAMBH (present). If there is a person, look at his goodness. They are such nice people, such wonderful people will be absolutely stunned. There you are in VILAMBH (PRESENT). In this way you make the habit of watching each and everything in a witness state. It is too easy. I am the witness.

Simply go on watching . You will have a great fun. The most enjoyable beings are humans. You will be surprised! The best thing of all are humans. The top most of all is a human. Only our vision moves from the opposite direction. If we look at it properly a human's beauty can be seen. And as that love comes into your sight man's beauty goes on increasing further. Look at everything in a witness state.

It is Shri Krishna's blessing, not mine. Whatever questions you asked, I think I have answered all of them. Now, if you meditate during the day and in the evening what will be the state during the day? The STHITI you are in will be maintained. You keep an eye on that situation. Gradually you will be surprised that the STHITI has already become inside you. You are already in the witness state. There is one state For example, take the case of curds. From curds we have got butter. Now, can we get curds from butter again?

Once the butter is made, it's done. In the same way, you have now become butter. Enjoy it! It is a state. AS soon as you get that state, it happens. What you have to do is, just meditate. One thing more! Suppose somebody couldn't meditate in the morning. We should not think that i did not meditate, i did not meditate. You should not think like that.

We don't have any system, I told your earlier, there is no system.. It depends upon your attitude. If you were not able to meditate, no problem. Close your eyes for one minute, meditation is done. Some people meditate for four hours. Oh My God! Why you have to do so much? Five minutes are enough. You don't have to meditate for four hours in Sahajyoga. When shall you do the work?

It is like making machines and storing it. It is machine's job, it has to be done. What for the machine has been made? But there should not be this feeling, that we are working. Otherwise you will feel tired, you will get diseases. (Not Clear)(some sahajyogi speaking). No, No, sit down. See, now you are guilty. You have stolen something, just take it that you have stolen something. According to you , you are guilty.

When you go in front of God Let Him use His wisdom and decide if you are guilty or not. Don't use your brain. If He thinks, you are guilty, He will take away your guilt. Why do you say? Is there anyone who goes to a doctor and says, I have cancer. I am suffering from cancer. Nobody will say like that. May be he has cancer. He will go to a doctor and say,"Please check if i have cancer or not." I feel i don't have.

Everybody will say like that. In the same way, you should not cry in front of God "I am guilty, i am like this" God says, Ok! you go". He doesn't like this. I am telling you the right thing about God. I have to speak on account of God as well. He doesn't like such people who cry day and night. Once Vallabhacharya went to meet Surdasji. Vallabhacharya is an incarnation. You know Vallabhacharya, who established Vaishnav Dharama. (Ashtachaap valle)

He tells Surdas ji,"Why are you crying?" He was very upset by his crying. Why are you crying? You are sitting in front of God, take it. He is sitting there to give. Why are you considering yourself incapable? If you must have stolen anything, it must be of the Government. Did you steal anything of God? Government is not of God. That doesn't mean that I am teaching you to steal. Everything will be okay!

Sahajyogi: Mataji, you told yesterday that when a Lion eats somebody he is not conscious of the sin or virtue. In the same way, when a lion eats a deer, the deer also must be feeling bad. Is it so or not?

Shri Mataji: No, it doesn't happen. Is it not injustice? See, we have wrong concepts. A deer doesn't have any awareness of that. In the human awareness the sufferings, mental anxiety and pain that we have that awareness animals do not have. There have been many experiments regarding that.

And now it has been proved by experiments that there is a great difference between their awareness and human awareness. For example, there is a gentleman named Dayal Watson. He has recently written a book named SUPER NATURE. Although a few people got mesmerrised get mesmerrised still, whatever was talked about that there was a female monkey. Her child was sick, and she was very anxious. Was screaming and screaming. But, as soon as the child died she left her child there and went in a different direction. It has died. No concern (with that dead child). After that all crying is over. As soon as they see that the child has died, it is over. Now what is the use of crying? They move forward.

But with us, as long as we are alive, no one will cry. Nobody will even ask where are you sitting? When he dies, people all over the world will come. Oh my God! Wherefrom they have come? The place where we lived in London, a gentleman died. Nobody knew. He was lying dead for one month. The milkman who used to deliver milk saw that so many bottles had accumulated. Was he dead or alive? He gave the information. It was found that he had been lying dead for about a month back. The last date that he had written in a letter, it was one month back. He has children, children of his children, grand children. Afterwards we saw that he had a big compound It was filled with people. All people were mourning. What is the use?

The awareness of an animal and our awareness We are very anxious about deer. But the human being, who is sitting next to us We don't know how much pain we are causing him. A human being must first of all take care of a human being. What is the need to take so much care of an animal? Now the people are taking care even of bed bugs and want to save mosquitoes as well. God save us! Can I give realization to them? Save hens? what for? Am I going to give realization to hens?

Govt. of India has banned the export of crocodile skin from here. Now there are so many crocodiles that they can't understand how to solve this problem. Whatever is the utility of a thing is to be accomplished. We feel that the animal must be feeling that he is being slaughtered. It is not so. The level they follow is a different level. Our level is different, our awareness is different.

What we feel as great, animals don't. A lion does not think what will a deer think.

And if he eats a deer after killing him, this is his food. He will take only what God has told him to eat. You eat a deer only. Can a poor lion become a vegetarian? What shall he do? Will he become a vegetarian and take grass and leaves. Durga ji has to eat all the bhoots. She had to drink the blood of Rakhtbeej. You will say, why did She drink the blood of Rakhtbeej? She is not a vegetarian, so that's it.

The matter is over. Will you drink (the blood of Rakhtbeej)? Show Me, who is there who can take the blood of Rakhtbeej? Useless talks. Leave the deer in the wilderness. You look at the human beings. In Sahajyoga there is respect for a human being. It doesn't mean that you go on killing every goat. I have to tell you repeatedly. But for Indians I will definitely say that those who are strict vegetarians should start taking protein food in any case.

Otherwise you won't be able to walk. Here you see many ladies cannot lift their feet after getting fifty year old. It is very important to eat protein. This I will tell repeatedly. Even if you are a vegetarian, that doesn't matter but take protein in any case, otherwise your feet will become weak. You will suffer from Angina. You will have heart trouble. All your muscles will be weak. You will have all muscular problems, Parkinson, Mellitus. And those who take too much in foreign countries I tell them to be vegetarians.

There is a great need to be in balance. I am telling you again that it is very important to eat proteins. Those who are vegetarians, should include proteins in their meals. They should eat it the way they like. But they are very fond of taking rice. They are vegetarian, but the food should be tasty. I asked somebody why don't you take this new soyabean that is available. She said, "Maa, It is not tasty." Then, how are you a vegetarian? Till we are fond of Rasna, we are neither vegetarian, nor non vegetarian. Rasna should be given up. The Indians will give up Rasna with a great difficulty.

Sahajyogi: Mataji, please i wish to know Mataji (Not Clear)Fasting?

Shri Mataji: Oh! no fasting at all! When you want to torture Me, you can fast. This is how we torture our mother. When we are angry with her, we say "Alright, i am angry with you, i will not eat my food." Finished, that mother is finished. No fasting allowed in Sahajyoga.

But for your health sake if you fast, don't tell Me, you can fast. For your health, if you have to fast, Mother feels bad about it. Why to fast? What is the need? I have fasted for you. So many have fasted for you. Finish! Now you don't do fasting. Now you really enjoy! I have done the cooking for you!

But overeating! That doesn't mean overeating! Mother has said,"Don't fast." So, let us have competition in eating Rassogulla.

Sahajyogi: Shri Mataji, Please tell us how to conquer anger? For what? Anger! Anger! Truth is that it comes. Tried many methods, but that didn't help. Please tell it, from the beginning.

Shri Mataji: Anger comes because of Liver. (Not Clear) That we are always right and other people are wrong when we think like that, we always get angry. Now by showering anger accumulates and becomes like a bomb. And as soon as somebody comes just for nothing, our anger is showered on him. and then we justify that i got angry this was right, that was right. We should get angry, but it should be under our control. You have mounted a horse. The horse should be under your control. But you get carried away by the horse, I do not consider it as anger.

It comes from Liver. Its treatment is that, rub a little ice on liver daily. It will be very helpful. It will reduce heat. Rub ice in the void in foot. Rub ice on the liver. And right hand towards photograph and left hand like this (towards eather). and sit in ice cold water. It will make you cool. Coolness will subside your anger.

It all happens because of the liver problem. If a person has liver problem and if you have to see him, you should carry a rod with you. And if such a person is sleeping you should never wake him up, never. He will get up and slap you two to four times. So

when the liver is damaged, a person gets very angry. There are some people who murmur a lot and bore you. There are some people who do not talk at all. And when they speak, they roar. You should be in the center. Talk when you have to talk, when you don't have to talk, don't talk.

Anger is treated by treating the liver. To treat your liver I tell you to take LIV 52. This generates heat. And next put ice on your liver. This will cure your cold and cough. Many people do not put on undershirt. You don't know, in Sahajyoga there is compulsion that you have to wear undershirt. For Sikhs, five things are compulsory whereas in Sahajyoga, everyone should wear undershirt. That causes chest congestion and heat That too damages liver. Alcohol causes liver damage.

Those who go on thinking about future I have to go now. If i go from here i will take a bus. Then take a bus and go there. A person who thinks everytime about future his liver also gets damaged and he also gets diabetes. Both the diseases are caused by over thinking. You see, the people take so much sugar in villages they say that spoon should stand straight in sugar. We need this much sugar, it may be five or six spoons. In Maharashtra, I observe that they put six spoons of sugar in one small cup. People drink but nobody gets diabetes, because they don't think. We get diabetes only because of the disease of thinking.

Those who have got diabetes, whenever they start thinking should say, not this, not this, not this Ya Neti, Neti Vachne Nigmo..... Nothing, not this thought, not this thought, not this thought. Instantly you see, God will think about you. The more you think, the more your liver will damage.

Seeker: Shri Mataji, how to attain self realisation? (Not Clear)

Shri Mataji: After reading the whole Ramayana who was Sita's Ram and who was Ram's Sita? You didn't have even an idea of their gender.

Seeker's Question: Shri Mataji: Is it that with Sahajyoga or do all diseases go away by doing Sahajyoga? And is there no need of going to a doctor?

Shri Mataji: No, there is no need.

But you see there are some diseases, like I said about cataract. The thing which is dead, has to be taken out. For this you should see a doctor. We should see a doctor for many things. If you are doing Sahajyoga, you won't have any disease why will the question of doctors arise? Did you get the thought of doctors like deers? These people will die of hunger. They are not going to die of hunger. How many Sahajyogis we are? At least let our health be good.

They need some free time, let them go. Dr. Talwar is sitting here..... (Laughter).

Shri Mataji: I will tell you one thing which is meaningful. One book was printed by Brighumani. One which he has written is Brigu Sangeeta. And one more book he printed. He has written clearly in that book that such a time will come when Param Chaitanya will incarnate Himself. And when Param Chaitanya will incarnate then everybody's Kundalini will awaken spontaneously. The name of that book is Nadi Granth. If you get that book anywhere in Sanskrit, read it.

But I have seen its Marathi translation. People's kundalini will awaken very easily. And in that book, it is also written that there will be no need of hospitals for those people. SY: But there will be maternity homes.

Sahajyogi: But there will be maternity homes. (Everybody laughs.)

Shri Mataji (Not Clear) your consent is requested, if you permit on 16th and 17 th

Shri Mataji: Do it surely! You people enjoy doing it, why should I say 'No' to it? Do it surely. But this announcement will be extended up to 17th.

Are the question over?

Ask, you are asking something.

Anyone has brought anything, some salt, water? Salt, sugar they have brought. So, i think we should make.

Shri Mataji: I will make it. Take salt from everyone. Give it to everyone, salt, water.

Shri Mataji: Have you brought? Get some water, not separately.

Give it to Me. Wait ! Please sit down. Get salt and water. Collect salt and get it vibrated. Please!

Sahajyogi: Here also we can have center on Sundays, from 8-9 in the morning.

Shri Mataji: Yes, yes sure, why not? Yes, ask Kim. I after taking permission from you, can I give them permission?

(laughter!) You are saying that on Sundays from 8-9 here we can have one center. I permit you for that

Sahajyogis: (clapping). Lot of thanks! Very Good! It is very convenient, if you give permission to do it on Sundays.

Shri Mataji: Yes, it is ok! Then from here, the word will also reach the market as well.

Sahajyogi: PLease pay attention! The brothers and sisters who have got sugar, salt or water with them let them collect it in some big vessel.

Shri Mataji: No, No! You do one thing, get some water Yes! It will be difficult to do for everyone. No, No, through adding to that (Not Clear) Now, give Me the salt.

Shri Mataji: They will pour it.

Sahajyogi: Please, all of you do not come here. If you sit at your place (Not Clear) You please sit down. (Not Clear)

Shri Mataji: You do one thing, he is giving to all, he will give it to you. You get it to him.

Sahajyogi: You assemble at one place. I am coming there. Shall we keep it here. Will you stand in the center, instead of coming in front of Mother. Please stand in queue on one side.

Shri Mataji :Take a spoon. I will give them a little.

Shri Mataji: Listen,take a spoon. You please make queue, that will make it quite easy and you will get it there only. Please sit down.

Shri Mataji: No, No, No, we will put it into yours. Give up worrying. It has water. Have you got a spoon? Let us have a spoon.

Shri Mataji: Find out a spoon, take that spoon. Now it is okay! It is ok! Even a drop is enough. Don't worry.

Shri Mataji: Take it in this pot, pour it every body's pot.

Sahajyogi: You keep your things here. Don't worry and sit in your place.

Sahajyogi says: Have you kept it?

Shri Mataji: You go there, go there and take it.

Shri Mataji: Please help them and take these there.

Sahajyogi: May i please request. Excuse me you take your.....

Shri Mataji: No! No! Wait for a minute! Pick up this stuff and keep it there.

Sahajyogi: Keep it on one side, keep everything on one side. PLease empty this space. Please come down, please.

Shri Mataji: Take it.

Sahajyogi: Please come down. It is all (not clear) vibrated. You come down please, please come down. It will be all the more better.

Shri Mataji: Somebody please help them.

Sahajyogi: Please don't give suggestions.

Shri Mataji: Take this water, take this water there. You take it and please help them. You also take this, it is over now. You go out and put it in everything. Take the water etc. there.

Sahajyogi: Shall i pick it up?

Shri Mataji: yes, yes pick it up. Go one by one and everyone will get it automatically. You can yourself understand it.

Shri Mataji: Please listen to organizers, otherwise it is not possible.

Which books are these? Yes, I have heard, but it is of no use.

Shri Mataji: (Answering a seeker's question)

Why do you connect with the subconscious mind? It is not necessary to connect to mind. You get connected to God. It is all useless. See how their disciple's hands are shivering. You see this is wrong, don't do so. Why do you do so?

Connect yourself to God. All this is very wrong. You yourself see how much your hands are shivering. Leave this. You come and put both your hands towards Me. Tulsi Das ji, I know he got cancer and died. Shri Mataji: Who is he?

Sahajyogi: Those who have kept their belongings here take their belongings and be in a queue there. There Mother has given vibrated products. You have got all your vibrated things.

Shri Mataji: He was the guru of Rajesh's mother. You see all this is useless, you get it, get it, get it. See your hands are shivering. There can be something wrong.

Sahajyogi: Shri Mataji is telling

Shri Mataji: Your case is very much clear. Your hands are shivering. Tell Me what shall I say now? In this way everyone mesmerizes. What is the need to go to subconscious state? My dear, don't mind, you look after yourself.

You are not born for anyone, you are born for yourself. I am Mother. I won't tell you anything wrong. You fix your problems. Why are you worried about others? Fix your own problems yourself. See your selfishness. Follow the selfishness and become selfish. One who has found the meaning of 'Self ', has become selfish. Leave all the people of the world. You get your self realisation. You get your self realization, sit down. We will get you your self realisation. Give him his self realisation. Give up all this. It is all useless. Why run after someone who doesn't give any benefit? Here is a mother, ask her if she has got any benefit? Have you got? If you haven't got, leave it.

Sahajyogi: Those who have taken(Not Clear).

Shri Mataji: Take it your's. You have brought such small bottles the mouth of the bottles should be bigger. Now pick up these things kept in front of mother and come in a queue. To whom does this belong? Let this also be kept with that.

Sahajyogi: They will take themselves.

Shri Mataji: No, No, the lady whose they have taken, it belongs to her. Keep it with that only.

They are requesting to vibrate this and then distribute it.

Water is done, but to vibrate everything it will take a very long time.

Sahajyogi: Yes, keep it there only.

Shri Mataji: Put it in that also. Open that too. They have brought such small bottles.

Sahajyogi: You have brought such small bottle, how can we insert hand into it? The can is big.

Shri Mataji: It is ok! Yes, the cans are there. It is ok now.

Now get rid of this one. Can we move now?

Shri Mataji: How are you?

Sahajyogi: Fine.

Shri Mataji: Your husband is alright?

Alright! May God bless you! keep it there only.

Sahajyogi: Please don't put your hand or fingers into the vibrated water (Not Clear)

and continue to use it without touching it with your hands. Ask somebody to bring this oil for vibration.

Sahajyogi: All of you are requested not to touch Shri Mataji's feet, while leaving. and second thing, those who haven't got self realization, can wait. Will talk to Dr. Talwar and he will give everyone his self realization.(Not clear) Salt, Salt! Not clear

Shri Mataji leaving the pendal.

Sahajyogi: Take a little water. Get some salt.

Everybody leaving.

SahajYogini: Give him Sugar.

THE END

1986-1013, Public Program

View [online](#).

13 October 1986

Public Program

Kolkata (India)

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

Public Program, Kolkata, India, 13.10.1986

Translation from Hindi:

I bow to all the seekers of the Spirit. I don't understand how to tell that I don't go or come anywhere, I am always with you. But with the thought that you people think that I will go away, I feel bad too. In the entire world there are many Sahaja Yogis, when I leave one, I think of all of them. And wherever I am going, there people are enthusiastically and joyfully waiting for Me. This is a dilemma. But this coming and going is the way of life. What we achieved in that is only important. And the most important is to achieve your Spirit.

One person asked Me today, "I did not understand what the benefit of doing Sahaja Yoga is. So you please make me understand in simple language". I told him everything, but if you want to understand, I'll make you understand with a simple analogy. Like how a car is, think of our life also the same way and God gave us this life. There is an accelerator and a break in the car. We don't yet know how to drive the vehicle. So if we suddenly apply the break, the vehicle stops immediately and if we accelerate, don't know in which pot hole we will land up in. Slowly we learn how to balance it and in balancing we learn how to drive the vehicle. When we learn this balancing completely, and when we develop faith in ourselves, then we can say, 'now I am a driver'.

Now unknowingly you are driving, even if your attention is somewhere else, still the vehicle is in your hand – you immediately apply brakes, immediately accelerate. For this you don't have to question yourself. Without thinking you are able to drive the vehicle. Like this someone can say that you are a very relaxed, very intelligent driver. But still, your master is sitting behind you. He keeps instructing you from time to time - 'drive slowly', 'drive fast', and 'do this, do that'. But you are not yet the master of your life. Now that you have learnt to drive, its possible that someone gives you more money, you leave present place and go there. Or you could have a misunderstanding. Or you may feel that if I am not the master, then why should I drive this vehicle? Why don't I become the master? When this desire is awakened in you, then you should understand that the essence of Mahalakshmi is awakened within you.

Then you started seeking. Then you are trying to understand that what is the matter that I am not the master of this life? You became balanced when you were on the righteous path. You are righteous and on the path of dharma, then you are in balance. But still you are not the master of your life.

In Sahaja Yoga, when the Kundalini rises and pierces the fontanel bone area, then the Spirit in you is awakened, and you become the master of your life. And this master within your, will watch at the driver in you, the accelerator and break – all the three. And He just watches and everything starts working. Being this master is being Sahaja Yogi.

Like human being gets stuck in temptation many times and gets stuck in many types of slavery. He doesn't want to be in that temptation, he doesn't want to do wrong things. He hates those things, but still he doesn't have the strength to overcome it. Many things he doesn't want to say, but it just comes out of him and he repents later, 'why did I say such a thing?' He doesn't have the control over his tongue, doesn't have control over his taste. He doesn't have control over his anger. All the six enemies are not under his feet but over his head. But when he becomes his own master, then even if he gets angry, he does it in his splendor. The anger doesn't consume him, but he takes control of the anger and plays with it and uses it. To achieve this you have to know your Spirit because, Spirit is the Master of our life.

It keeps watching – ‘what are you doing, keep doing’, ‘do whatever you want’. It sees that this person is not paying any attention here, so he removes the attention and the person dies. This Spirit – that is living in our heart, is the reflection of the shadow of the God on our head. To attain that Spirit, “What are we to do?” When people ask like that, then I tell them, “You first come in balance”. Be in balance, be in moderation.

There are some people who talk so much that the other person gets bored and thinks ‘now I have to jump into the ocean to save myself’. Some people don’t even talk, they are called as ‘silent bores’. No matter what you say to them, anything you say to them, they don’t talk. Some people do so much of work that in 30-35 years, they run away from worldly life. And some people do not do anything they just keep fighting and sit at home and while away their time, they also die early. Either they are at this extreme or that extreme. They are at one extreme or the other; we were told to give up extremities; to be in the center we are to give up extremities. But till this balance is not established in us, till then we can’t even fly. That’s why we see that some person gets Self-Realization immediately, and someone takes time, because there is imbalance. Balance has to be established only then this can happen.

When you take of - like how your attention is, like this saree is spread over the void, when Kundalini raises and here when She pierces the fontanel bone area, all this attention of yours will be enlightened. It is enlightened in such a way that you come in the light of the truth. That’s why I told you that the only one truth, you will know. Sitting here if we want to know about any person, we can understand what is his state.

In the beginning when we started this work in London, we had to face difficulties. We had to face a lot of difficulties. In that one person who got his Realization said, “You tell us that sitting here we have the telecommunication of the God, and all the Ether is enlightened. Can we know about anything?” I said, “Yes”.

“My father has not written to me for many days. Neither have I got a call from him. What is the problem?” I said, “Open your hands like this and see”. He said, “It’s very strange that I am feeling burning in this place”. [Shri Mataji showing the area just below the fingers] - I said, “All this place is of the father and this is the Vishuddhi finger” [Shri Mataji showing right index finger]. It’s possible I said in English, “He must be down with very bad bronchitis, you better telephone”. So he picked up the phone and called. His father lived in Scotland. His mother came on the phone. He asked, “How is father?” She said, “He is down with very bad bronchitis”. The words I had told, the sentence I had told, same sentence she told. He was surprised, “Mother sitting here how did we come to know?” I said, “You came to know, I didn’t know”. He said, “Its remedy?” I said, “I’ll tell you the remedy, I’ll tell you the bandhan, you say a few mantras. He will become alright now”. After half an hour his mother called and said, “It’s very surprising, his fever came down, he became alright and he is moving around”. And he spoke to his father, he said, “I don’t know what happened after I received your call, I recovered in half an hour”.

Now how does this happen? We find it surprising that it is not possible. Why is it not possible? If you are in front of a television, then anywhere in the world you can see what is happening in Kolkata. How does this happen? If you go and tell a rural person that this television - this box, you can see many things about the world in that. He’ll say, “Leave it, leave it. Many people had come like you – magicians. How can it be possible? This is just a box. What useless things you are teaching me?” If you get hold of it and connect it to the mains, then they see, “Aree! This looked just like a plastic box, where did all this come from?” So what happened? The ether that is all around us – that catches the waves and if you catch it, from your radio or from your television, you can catch all these things flowing through it.

Similarly, the same ether, like I told you yesterday – you can even enlighten the light of a small candle, the ether is enlightened. So when you think of something, because your attention is enlightened, you understand that you have become like a television centre. The message goes from there, and immediately at the moment you get the news about what happened – at that moment.

Once Shri Shivaji Maharaj asked Shri Ramdas Swamy, “How much time does it take for the awakening of the Kundalini?” He said,

"That moment, in that moment it happens". But for some people it takes some time because something in them could be 'loose' or it may even be 'over tight'. Supposing you get a television, in that moment you can see everything. Or if it is not even connected to the mains then what do you do?

In the same way, whatever you need to know, all that you can know in that moment. This is called as knowledge. Knowledge doesn't come from the books. Whatever is in the books that is only external knowledge. Like the knowledge of the trees – this is outside knowledge. But the knowledge of the roots you can understand only after you achieve upward movement. There is no other way other than upward movement. Till the time Kundalini doesn't rise and pierce your fontanel bone area till then it cannot enter that ether or that subtle - that which is in five main elements. Once you enter into their subtlety, then you can use everything.

As I tell you, when you are meditating, remove your shoes and place your feet on the ground. The Mother Earth – is also an element. Earth is an important element. When you place your feet on such an important element – then its subtle energy is awakened and from your feet She sucks away all that is negative in you.

Then sometimes we tell you that if you place your right hand towards Me and the left hand towards the sky, the reason is that on the right hand all the questions that arise there is from your ego. What sucks the ego very well? – It is the sky. You look towards the sky [pointing left hand towards the sky] and placing this hand like this [opening right hand towards Shri Mataji], it goes away.

Sahaja Yoga is very scientific, but because it is fundamental it is very easy and simple. Then it is told if you have any emotional problem. Or if you are emotional. Or something that we can say that the person is depressed or there is some dejection within him – to such people it is told that you keep your left hand towards the light. Light scares away the negativity. The minute you place the light – the light is enlightened and the light [illumination] from that flows into you. From the light, whatever negative that was within you, it came like this [Shri Mataji raises moves her right hand from the left hand side, crossing the Agnya chakra and down to the right hand] and from the hand you have placed on the ground, it gets sucked from that.

The third thing that is told that you place both your hands open towards the photograph. Burn a light and place both your feet in the water. Because of that lamp, the negativities that are on both the sides, within you, the water sucks it. Just by putting some salt in the water, it becomes a big ocean in a subtle manner. There is a scientific reason for this.

Whatever actions that are done in Sahaja Yoga are not done in stupidity. But it is so simple and easy that people don't understand it. When the Holy Ghost – Adi Shakti blessed Issah Masih's [Jesus Christ] 12 disciples, then they started talking about the chakras and moving their hands and telling people. Then people thought that they are mad people. They started calling them mad. But its meaning, the Christians thought that they were talking in Greek or Latin. They were talking about the chakras, not Greek or Latin. If some dead Greek spirit enters, then they speak Greek or some other language.

But the language they were speaking was of chakras which ordinary people did not understand. One person came and they told, "Mataji please see, his Agnya is catching. What is the meaning of that?" I said, "I will not tell you the meaning now, I'll tell you later". It means that the person's ego is bloated. He is egoistical. If I tell him, "You have ego, he may hit Me". So this language of the chakras, you have to learn. Because now you have become subtle.

This knowledge is the knowledge of the roots. All the knowledge that is on the outside, western knowledge, science etc., all this is the knowledge is of the trees. But the knowledge of the trees increased, the trees increased and the roots were destroyed and slowly they are becoming unstable. Now they fear that they will be destroyed. Its roots are in India. Since ages, the Sadgurus and the incarnations gave us this culture and talked about it openly.

When Adi Shankaracharya came, when Guru Nanak Saab, Kabir Dasji – when such people came, they completely initiated talks about this. In the South – Gyaneshwarji has spoken a lot about it. I told you yesterday that Markandeya had spoken about it fourteen thousand years back.

There is always an argument about 'nirakaar' and 'saakar' [formless and form]. It is good to throw some light on this subject also. First when they spoke about meditation, they said, "There are Gods residing on our chakras, you meditate on them". When they started meditating, then without proper understanding, they started worshipping an idol. Someone made the idol of Lakshmi, someone made another idol, then someone else made a third idol – do puja, do arti, do that do this. There was no meaning to all this.

Then people said that if you have to get the honey, the nectar, then what is the use of talking about the flowers? The person gets stuck in the flowers. Then they said, "You talk of honey, you talk of nectar". Then started the talk of Nirakaar [formless]. In this many people came like Mohammad Saab, Nanak Saab, like Kabir dasji. But it was not that Nanak Saab was not accepting, as Namdev was an idol worshiper. How did He [Nanak] accept Him [Namdev]? If Mohammad Saab did not believe in idol worship, then why did He worship Mecceshwar Shiv? But what He had told was with a lot of understanding, that accepting or not accepting [idol worship] is not the point, but that Stone – it has been written since ages that Mecceshwar is Shiv from which vibrations are emitted.

Similarly in Iran also there was a beautiful temple of Hindolika Devi. It has been written in the Purnas and I have seen that. Most surprising thing is that we don't know these things and we understand them [Gurus] wrongly. Nanak Saab, according to His time, He said that you talk only of Formless. Talk of honey, talk of nectar, forget the flowers. Even that remained in talks. People converted that also to mere talks. What Mohammad Saab did, the same thing Nanak Saab did. But everything remained in the talks and people only talked of Nirakaar [Formless].

Whether you talk of flowers, or you talk of honey, all that remains are the talks. To attain the nectar you have to become 'madhukar' [bee]. You have to become the bee. Till the time you don't become the bee, you cannot reach the nectar. This is Sahaja Yoga.

Give up the fight between Nirakaar [Formless] and Sakaar [Form], you achieve the nectar. First you attain the honey, then we will talk after you get the taste of it. Then you will come forward and tell, "Mother, this joy we have never achieved". This is 'Niranand' [absolute joy], this we have not achieved. It is so peace giving, it is so joy giving. And on seeing the simple change in you, you will be surprised that 'I was such an angry person. What happened to me?' 'I was a drunkard, what happened to me?'

Whatever you say, Muslims say, that alcohol is forbidden in Islam. But I have seen such Muslims that they can empty the liquor shop. And all the poems written on liquor shops have all been written by Muslims. Nanak said about liquor, in that time, in the time of Mohammad Saab cigarette was not there. He condemned cigarette. Because there was no cigarette, He only spoke of alcohol. He [Nanak Saab] condemned cigarette and alcohol. If you see in London, the Scotland people say that Sikhs's drink more alcohol than us. If the Sikhs go away from here, who will buy our liquor?

Christians are another example. One better than the other. For Christian, once Isaah Masih [Jesus Christ] went to a wedding and made wine out of water. The meaning of wine in Hebrew is 'grape juice'. It is very easy. So people considered it as 'alcohol'. You tell Me can anyone make alcohol in a minute? It has to be fermented, soaked for years, then only it converts to alcohol. But they will not think like that. They think that Isaah Masish [Jesus Christ] allowed us to drink alcohol. It is surprising that when someone dies, they drink alcohol, and when someone is born, then also they drink alcohol. What do you tell such people?

In the same way, if we talk about Jains – they got it in their head that they should not eat meat and fish. But there is no problem in drinking alcohol. Jains drink so much alcohol that it is surprising. Whatever goes against the vibrations – that is alcohol, they drink that. Every person, has searched such examples of their religion that whatever is their weakness - where they can get support for their weakness.

From this you people will become weak and powerless. With all this, no goodness will come within you. From which you can become strengthened, able - that is knowing your Spirit and standing on the truth. Standing on the truth. The truth is that in all this eyewash, you can never attain God. From thousands of years such eyewash has been going on in our country. We have done

many types of wrong things, you know that. We tortured widows, we tortured women; whoever we came across we tortured them. We troubled all the saints, even Nanak Saab. Whom have we left? We tortured Gyaneshwarji, we tortured Tukaramji. We have cheated all the great saints. Now we are only worshiping them and pacifying them.

Secondly a great person like Kabir Das – as good as an incarnation. He was a great person, considering Him of lower caste, nowhere in India a temple was built for Him. Where was the temple built for Him? In England. I feel shy when English people taunt that His temple was not built in India, but was built in England.

Third thing is that based on caste we set up a falsehood. Caste of a person is based on his desire, on his aptitude. The person who does the work of shudra [considered a low caste]. 'Shudra' meaning those who run after people – like people who go after ministers and go on nodding their head saying 'yes' 'yes', they are 'shudras'. People who beg at temples are the biggest 'shudra'. This is the quality of 'shudra'. And those who want to know the Brahma - he is Brahmin.

The others who put tillak [a long red mark on the forehead] and roam around, who take money from us – they can never be brahmins. They are your servants.

Yesterday someone was telling Me. To our place one priest comes; priest of our family, we consider him our guru. I said, "They live out of you. You pay them money. How do you consider them guru?" No one can buy a guru. If you purchase the guru, then the guru becomes your servant.

The gurus who have come up these days, there is one more significance in them. They don't do any business, they live out of you. They don't make a living of their own, they just live out of you. If you are told you come and live freely in My house, you will never agree because you have self-respect. But these people don't even have self-respect. They are parasites. Take money from one, take money from the other, buy big Rolls Royce and roam around the world.

We have to keep our thinking strong. We have come at such a millennium that it is dark Kaliyug. In dark Kaliyug, people are in delusion that he considers anything as the truth. We think this is the truth and carry on. "But what benefit did you get out of that truth?" – "Nothing, this is our truth". It's like they say '3 legs of a goat' – "This is the truth for us and we are not prepared to listen to anything else". Then go in the same way!

Truth is as experience on your central nervous system. Again and again I will tell. Just accepting something by your brains – this is truth and holding on to it; it does not become the truth. You have to feel the truth on your central nervous system. Everyone has written this. Especially Mohammad Saab has written very clearly that when the time of Resurrection [Kiyama] comes, then your hands and legs will speak. But Muslims don't believe that. They will only do five times Namaz mechanically. They don't gain anything out of that. Later they go and drink alcohol. "We did Namaz, so it's done – asked for forgiveness". What is the use of asking for forgiveness once? Again next day they will drink and again ask for forgiveness. 'We just have to ask God for forgiveness'. So do whatever one wants and then asks for forgiveness. Ok when everyone has told – 'don't drink', they were not your enemy. It goes against your consciousness. You get many diseases because of that.

English, who think themselves to be very intelligent – are all the time drinking, any time they are drinking, wherever one goes there is alcohol. Now they are also awakening. These days I see that in the papers 'cigarette has been stopped, now stop alcohol also'. Doctors say, "By any means stop alcohol". Earlier they used to say, "It's good to drink a bit". But now they say, "We should think of giving up alcohol". As soon as the advertisement was put up, then the businessmen there got worked up, "What will happen to us?" Just for a few business people, should we destroy the world?

But the most surprising thing is that Pope himself gives out alcohol. You may not know. They have named it Benedictine – meaning blessings. And it is a special alcohol, given only to a few people, not everyone. You have to wear such a big cross and go. Then you get that alcohol. After that you will be crucified – you can think like that.

Such nonsense people do and if I say something, they don't like it cause they get a stomach ache. I just want to say only one

thing to everyone that keep your mind straight, simple and strong and think what is the truth? - Achieving the Spirit is the truth.

When I went to America for the first time – there was a Choudhary saab, he is no more. He said, “Mother you get your lectures registered” something like that.

I said, “Why?”

He said, “Anyone will pick up Your words and talk about You”.

I said, “Let them say, it’s a good thing. I tell many good things. If someone says the same, there is no problem”.

I said, “You should be ‘born again’, ‘you have to be reborn’”. There a new thing has started - ‘born again’. Born again.

“Who are you?” “I am born again”. Falsely they are roaming around with a certificate.

“‘Born again’, then what powers do you have? What is your specialty? If you are born again what is your power?”

“No, we are born again”.

Once I was giving a lecture in Calvinistic Church, in Switzerland, there was a huge crowd. One lady, with a Bible in her hand, came to hit Me. I laughed so much that she got scared. ‘This lady is not scared that I am going to hit Her’. I said, “Of all the things, you found the Bible to hit Me. Bring something else”.

So whatever the elders have told us, from that the intelligent people these days find out many flaws. Because whatever happens these days is because of the weakness of the people. Who has what weakness – find out. There was an ayurvedic doctor who told his apprentice, “Find out such a place where they eat curd without cumin”. The apprentice said, “There is a place”. So they went and settled there because if they eat curd without cumin, then they will fall sick. They can be cured by the ayurvedic doctor.

In the same way, these days the manifestation is such that they try to find out how they can trap people in their grasp and make money. When money has become God. Like the people of America say that – the Gujaratis who have gone to America – “Dallar is our God”. They say ‘dallar’, they don’t say ‘dollar’, is their God.

And all the Indians who have gone out, I see them and tell that if you get a mango tree from India, from that you don’t get mango – how is it possible to grow in that kind of atmosphere. But from that you don’t get apple too. That is the state of these people. They have gone there and become so caught up that old women wear trousers and roam around. They wear weird make up and roam around. I won’t be surprised if in some time even Indians will roam around as punks. They have completely lost their minds. They have no personality of their own, they just blindly follow whatever someone says.

Now we have to think that once we achieve the essence of the Spirit, the truth in us is enlightened. We know the truth from the brain.

Like Shri Krishna has told that the roots are in the brains. When the roots are awakened, then we know them in our brain. When we have to know the truth, the entire machinery in the brain tells us that this is the truth. The knowledge is felt on our fingers. Like we know and can say with our eyes closed that this is the miki, in the same way we can say with closed eyes, ‘how this person is’ or ‘what is our state’.

The truth – the knowledge which was limited becomes unlimited [without boundaries]. That is why it is called as Prabuddha. This is known as becoming ‘Budha’. Budha has also told, ‘Budham Sharanam Gacchami’ – you surrender to ‘Bhuddha’, meaning you achieve the state of Budha. Budham Sharanam Gachhami, Dhammam Sharanam Gachhami – be in balance, ‘Dhammam Sharanam Gachhami’. In the end He told ‘Sangam Sharanam Gachhami – meaning come in the collectivity. ‘Sangam Sharanam

Gachhami' – meaning 'be in collectivity'. Everyone said the same thing. The same thing – one way or the other. To make stupid people understand, one must use a lot of methods, not one listens to simple language.

Sometime make them understand from one side, sometime from the other side. There is no difference in them [Gurus]. Isaah Masih [Jesus Christ] has told, "Those who are not against Me are with Me". But Christians cannot understand this. Because they think that they will rise and go straight in a plane to the sky and there they will get 'Benedictine' to drink.

This state of ours, where we are blind and blindly following these things. Dharma is in our stomach. [Shri Mataji placing Her Hand on the upper abdomen] Dharma is here. There are ten valencies of this. When you go away from that, you become adharmi [someone not following dharma], amanav [non human]. But when this Dharma is corrected properly, only then can you rise.

So you know the truth. You know the truth. Your attention spreads and you become attention. That's why you become 'Sat Chit' [true attention]. And your heart is filled with joy.

Happiness/ sadness are the two faces of the same coin. One rupee – one side is the King, other side is written, in the same way one side is sad [crying] other side is singing [in joy]. Happiness / sadness move together. Today if one person raises in happiness, next day he comes down in sadness. Again he'll go up and come down. A human is always fighting with hope/ despair. But the joy is only one. There is no bifurcation of happiness and sadness. In joy the person will be calm and look at everything like there is a game being played. Like there is some drama going on. He will see everything. And even something that looks frightening – he sees that also. And the reason because he can see it in witness state, he can set it right too. He can take care of it. Also the reason that he is a great soul, all the Ganas, Devdhoot [messengers of God], take care of it in such a manner that people will ask, "Arre Baba, who was this among us who saved us?"

There was a Sahaja Yogini, she was coming from Rahauri, and her bus summersaulted 3 times and then came back on its wheels on the ground. Everyone got scared. There were kids, they got scared. Driver got scared and ran away and the key was in the vehicle. Then everyone saw that no one was hurt, no scratches, they were shocked. They started saying, "Among us there is a saint sitting, otherwise it's not possible. Such a big accident and none of us were hurt". They started looking around. They were wearing a ring with My picture. In Maharashtra they know Me. "You are the one, because of you.." and started touching her feet. She said, "Don't touch my feet". Then one person knew how to drive, he went and got the vehicle on top. And they straight away reached Mumbai.

Like this many, many miracle people will tell you. There are no words to describe it. But these miracles are not that they remove the rings and give it to you. Or get babhuthi [ash] from top. All this ash has been obtained from the grave yard, where else do they get the ash from? And you got carried away by that, that 'we got a diamond'.

One man I knew, he came and showed Me, "I was given a diamond". I said, "Why, is there any dearth of diamond with you".

"No, no I have a lot of diamond, but I got it as a blessing".

"Then why did you come to Me, I don't have any such diamond".

"No, no, I came to you because the diamonds in my house are vanishing".

I said alright, "Call your wife".

His wife came, I asked her, I gave her bandan and asked her, "Tell Me what you do?"

She said, "I don't do anything. One babaji comes in me and tells me 'all this diamond and everything is just stone, give it to me'".

I said, "Wah! You are a householder. In the place you live, you belong, the family you belong to, you have to wear a few diamonds.

You are the Lakshmi of a big house, you cannot roam around bare hands. And you are such a big doctor, you don't understand that if it is a stone for you, then for this sanyasi baba [unmarried baba] it should be absolutely useless. Then why is he taking it from you?"

Then it struck her, "Yes there is a point".

I said, "You have gone and it's done, now kindly, you don't have to go there again".

Even after that her husband got a heart attack, this sickness, that sickness. But people are crazy that they go to take diamond. Till today have any great Saints or Incarnations have given diamond – I have never heard. Don't know from where this came into being.

Once Sai Nath of Shirdi had lighted a lamp with water. That is true, it is possible. Now I had gone to Italy. The main person there of the television, he said "Mother you first give me Realization, then I'll take your interview". I said, "Alright". He got his Realization that moment.

I told him, "Before you get your Realization, I wish that before you get your Realization, you do something. I will give you some water, you drink that".

He said, "Alright" and called for water.

I just moved my fingers in it and said, "You drink this".

He said, "This is not water".

I asked, "What is it?"

He said, "It is wine".

I said, "It's not wine, its grape juice, you drink it".

He said, "How is it possible? How can water become grape juice?"

I said, "Why can't it happen?"

This miracle can happen. But giving someone diamond and making a fool of them, is no miracle. The joy that is in your heart – to achieve that, you should awaken your Spirit. Spirit is the KshetrAgnya – one who knows all the Kshetra [places]. From there it is watching. But when the strands of Kundalini reaches there, then the entire plane is awakened. The person's life itself changes. All his priorities change. And he starts living a different kind of life – he is transformed.

It is absolutely necessary now for this transformation to take place. I see that in the world nothing catches on. Don't even understand where the ground is and where are we standing. This land is your Spirit which you have to seek and attain. And stabilize after achieving it.

Many people come in Sahaja Yoga when I come to give a lecture, no idea why thousands of people come to listen to Me. But after that those who get stuck [stay] is very less. Even after using adhesive they don't stick on. And they don't grow. Don't know what is the reason?

So I asked someone, "What is the reason?" "I had gone to your program, I got Realization and now I have got cancer".

I said, "Now what is the use? Why didn't you stick on? Why didn't you stay?"

"No, one Sahaja Yogi saab spoke to me rudely".

Why should you bother about that? You sit and meditate. And if there is something that someone spoke rudely – no one is running for election there – that 'brother please come, sit down, I will garland you'. You have gone there for yourself, not for them. You should have the understanding, 'I have come here to achieve something'."

But first if you come and say, "There is no chair for me, there is chair for them". "Did not get a place to sit here", "Could not find a place to sit there", "Why are you sitting on the chair?" This is not the way to enter the Kingdom of God.

That is why Nanak Saab told that make them serve first. All the Gurus used to do the same thing.

There is one Guru, he lives on Gagangad. I had gone to meet him. He told everyone, "Mother is here now, no need to come to me". I had gone to meet him. He said, "If you come across anyone improper, you send them to me". I said, "Alright, I'll send". I didn't know how these Gurus are. One person troubled Me, I said, "The Guru has called you, you go – Guru Gagangad". "Ah Ha Ha! Guru Maharaj has called", he went running.

After one month I see, I am just sitting, and before Me two people are carrying him and getting him and his legs are around his neck hanging. I got tears in My eyes. "What happened to his poor man? What has been done to him?" They got him and placed him on a chair. I asked, "What happened?"

He started saying, "Mother I went there. Guru Maharaj made me like this".

I said, "Why?"

"I just said one thing, I told only this, against you to Guruji that 'Mother gives Realization to anyone and everyone, this is wrong'. That's all I said, I did not talk badly about You. I only said, 'Mother doesn't think, She gives Realization to all'.

So in the night his – he moves around on a tiger.

"His tiger came and he pushed me down. I fell 18 feet below. I fell and broke my legs. He left me there for 3 days. From top he would tie a bit of roti [flat bread] and say, 'you die there, you die there, you die there only'. I got tired and didn't know when he would lift me from there. He sent 2-4 people, brought me up, bathed me and said, 'you go to Mother, but put both your feet hanging around your neck and go. She will only make you alright, I will not make you alright'."

I sent one more person, he came back in 15 days becoming very skinny. I asked, "What happened?" He said, "Mother that Guru is not my cup of tea". I asked, "What happened?" He told me that there is a temple of Shivji here, take two buckets of water there and wash it. One has to climb for 3 miles to get to the temple. I used to wash it. Washing it in 15 days this is my state. My hands are shaking." He was a doctor. He used to show off. The doctor was in a very bad state.

I asked Guruji, "What all you do? Why do you do?" He said, "Donkey is given donkeys work". I said, "What is the meaning of this?" He said, "They are all donkeys. If You want to give them Realization, You give, they will not stick on. How can You stick them on? You throw them away. If they don't go away, You send them to Me". I said, "Now I will not send any one Maharaj, now it's over. Now I don't want to send any child to you".

They are very difficult people. It's not easy to get them. They don't allow anyone to go near them. Neither do they give Realization to anyone. Because they think that everyone other than them are donkeys. But I am Mother. A Mother never thinks of Her children like that. She thinks, 'let all My children get Realization, everyone should achieve it. Everyone should become 'Sat Chit

Anand' and live in this world joyfully. Everyone should be comforted. Everyone should get a place in the God's kingdom. And they should occupy higher and higher positions'. This is the desire of a Mother. Other than that what does She want?

Now it's up to you. Do you people have this pure desire about yourself or not? Because this desire is less, the pure desire which is the Kundalini in you, which you have attained – till that pure desire is not completely established in you, you won't be able to achieve anything. And next year when I come here again, it will be the same state. Till the time you don't go to the centre, your progress cannot take place. Because this is the work of collectivity. This is not the work to be done sitting in the jungles or staying at one place. This is the work of collectivity. I keep telling you again and again. Again I am requesting you, don't fall behind this time. Go to the centre.

In a few days you will come to know how joyful it is, what it is. There is no restrictions on you. But you yourself will give up what is not right for you. Supposing there is some dirt here and am not able to see, then I can get angry on you. But if I can see it, I will feel like washing it off.

Supposing you are holding a snake and standing in the darkness. Someone says, "There is a snake in your hand", "No, no, no, it's not a snake, it's a rope". But when there is light, you yourself will give it up. My work is to bring you to the light and leave you. By itself all the questions will be resolved. In Sahaja Yoga and other ritualistic things, there is a lot of difference because it is Mother's Sahaja Yoga. I thought – clean each and every chakra, work on each and every chakra, will take a long time. The life is so full of sorrow and problems. Better to awaken the Kundalini. Even if a little bit of light comes in, then in that light a person can see what faults are in him then he will become his own Guru and clean everything.

With this faith I started Sahaja Yoga and it has succeeded. And now thousands of people have come and settled in Sahaja Yoga and have become great Sahaja Yogis. Remembering all of them, and saluting all of you, I bless you that you keep your pure desire awakened. And after a year when I come here, not even a year, after 5-6 months I will come here again, I want to see that each and everyone who is sitting here has established his Kundalini and has reached the state of 'Nirvikalpa samadhi'. May God give you all knowledge.

Sahaja Yogi: Please, if you want you can go out for about 2-3 minutes. After that Shri Mataji will give Realization to all of you. After 2-3 minutes.

[I thought I will tell you, Shri Mataji..... Mike.]

Before Shri Mataji gives Self Realization. Before the programe ends, because today is the last day, on behalf of Lions International district -322, their captain Shri Sushil Kumarji Kejriwal will give vote of thanks.

Shri Mataji:

Be seated. Like I told you yesterday that we have to have pleasant attention. The meaning of being in pleasant attention is that whatever God has given us till now, for that we are thankful to Him. We are grateful and are thankful. Those who don't have a pleasant attention, who keep crying [complaining] – they will continue to complain. When we are entering the Kingdom of God, then we should have even more pleasant attention.

I have seen that when people come here to the pandal, everyone wears new clothes, women wear their jewelry, men have pleasant outlook, along with their families, they go to see Devi. Today you are going to meet [see] yourself, going to see your true self. That's why you should be peaceful because you yourself are the Spirit – extremely beautiful thing. Extremely joy giving, the true representation of truth. That's why you should do this work being peaceful.

Today we will try to awaken the Kundalini. First let us come in the balance – like I had told you. For balance keep your left hand towards Me. Don't close your eyes. Look at Me, without thinking and place the left hand towards Me and right hand on the earth, towards the earth.

Remove your shoes, please remove your shoes. Look at Me, left hand towards Me and right hand towards the ground. Don't have any thoughts. Looking at Me, Don't have any thoughts. Be in thoughtlessness. You can be. Keep both the feet separately and completely on the ground. The bottom of the feet should be completely touching the ground. Sitting straight keep left hand towards Me and right hand like this [Shri Mataji placing the right hand towards the ground]. Don't close your eyes, be in thoughtlessness.

Now place the right hand towards Me and left hand towards the sky. Not very high. Just normal, don't strain yourself, like this – with ease. Look at Me in thoughtlessness. Towards the sky. Again left hand towards Me and right hand towards the ground, towards the Earth, towards Mother India, towards Mother Earth. And be in thoughtlessness.

Again the right hand towards Me and left hand facing upwards. Now close your eyes and keep left hand towards Me and right hand above the head. Close your eyes and slightly bend your head. Close your eyes, be thoughtless. Now see if you feel any cool breeze, left hand towards Me, slightly bending your head.

[Shri Mataji blows Chaitanya seven times]. Now place your right hand towards Me. And placing the left hand on your head, bending your head, in humility check if there is cool breeze coming out of the center of the head – [fontanel bone area], at this place.

Now lift both your hands towards the sky and ask 3 times, "Mother is this the loving Power of God?" Ask the question 3 times, "Mother is this Brahma Shakti which is in everything?" Ask the question 3 times. Now bring down your hands.

Today while speaking about the Spirit I understood that all your Kundalini are awakened. All those who got cool breeze on your hands and on the top of your head – all those people please raise both your hands. Most of the people have got their Realization very quickly. Those who have come only today, they may not have felt it. Some people may not have felt it. All of you go to Safari Park in the morning. If you go there, those who haven't got your realization, and tell them, they can make arrangements to give you Realization. All of you achieve it. Think that all of you got your Realization. I call this the greatness of Bengal or greatness of you people or God's love. It's very joyful.

Tomorrow I will be leaving, will definitely come back to you people. But remember, whenever you face any problem, just remember Me – that itself is sufficient. You will get My fragrance and you will know that I am with you. Whatever problems, whatever difficulties, just remember Me and call to Me and tell Me, you will get whatever you want.

While leaving today, I have to tell the committee of Lions club, I am having to search for words. It has never happened so far that such an organization has felicitated a Saint. I appreciate their understanding and the way in which they have understood Me and accepted My words and tried to bring it to their organization, this is a very new event in the History. And how can I thank them? They are thanks worthy, appreciation worthy. If similar organization come up in our country, then that day is not far when India is spreading the kingdom of love.

1986-1014, Press interview, followed by health advice

View [online](#).

14 October 1986

Interview

Kolkata (India)

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

Shri Mataji: 'Sahaj' is born. Sahaja means born with you; is the right to get to your yoga. Yoga means the union with the Divine, in 'Satya Sakshat kumar' [unsure]. So, everybody has a birthright to get to his yoga, that is your union with the Divine, all right?

Interviewer: So, Sahaja Yoga means born with yoga?

Shri Mataji: Born with the right to have the yoga, 'sahaja'. Sahaja Yoga means by which - also sahaja also you know in Sanskrit-

Interviewer: Means simple.

Shri Mataji: Means simple. It is spontaneous, spontaneous. Whatever is living is 'sahaj'. Our breathing is 'sahaj'. The flower gives the fruit, sahaja. The seed is sprouted sahaja. All living processes are sahaj. In this way, also it means a living process of yoga.

Interviewer: A living process of yoga.

Shri Mataji: These are living forces. A living process of yoga through living forces, within ourselves. All right?

Interviewer: Is it some- there are - I attended last yesterday's evening, we have discussed, is Sahaja Yoga means some of the mudras, or hand gestures? You told to raise the left hand up and right hand down or to keep the palm as an earthen lamp, you told yesterday.

Shri Mataji: Yes, this is not a mudra. But this is how you have to handle your sympathetic nervous system on both the sides. We have got sympathetic nervous system on left and right, and how to clear it out, how to clear out. Just like electrical mechanism, how to clear out? Is that you put the light in front of your finger tips and what happens that the light is the one which drives out all the 'jadatai' for you and then passes through here, comes to this side and goes to the Mother Earth.

It's just a scientific, but science of the Divine.

Interviewer: But if anyone suffers from mental anxiety or depression, if he does this thing to just go show the arm, show the palm of the hand.

Shri Mataji: They are left-handed. There's a left-hand problem. Yes, left side problem. That is mental, all these kinds, so called mental, English language is a funny one. You see, better depends on Sanskrit. Whatever the problem of the 'manasa', [Hindi] that problem is to be solved by left hand.

[Hindi] or physical right side, you see.

Interviewer: And what are the connections of Sakshat Chakra, because I saw a picture illustration of Sath chakra there.

Shri Mataji: Yes, yes. See, these are the subtle centres within ourselves. When the Kundalini rises through them, then she connects them, not only connects them, but also establishes the awakening of the Deities on those chakras. And these are the Deities which look after those different chakras.

Interviewer: So, in Sahaja Yoga, we should try to stimulate our chakras by tackling the Kundalini?

Shri Mataji: Yes, that's what it is.

Interviewer: That's not good. And how long will it take to achieve that?

Shri Mataji: Some people take it in no time. But you see, the city people are rather complicated. They take more time. You cannot say how much time. But it is just, what happens is, that you get it. That's all I can say.

Interviewer: And Mataji, is Sahaja Yoga is connected with Patanjali Yoga?

Shri Mataji: Of course. Patanjali is the same. But Patanjali was practiced at a time when we had this Chaturashram, you see, Yavastha in our country, where we had Brahmacharis staying in the ashrams. And so much so, the Brahmacharya was, that the Gotra is nothing but the universities, and you could not marry in the [unclear], till today. So you can imagine how much was the Brahmacharya in those days.

And in those circumstances they practiced yoga in the way that, they selected some people, raised their Kundalini, tried to clear their chakras one by one, gradually. Because it was a gradual process. But now the time is of a jet age, so we have to have a jet Kundalini. And we have to give it to the masses. The time has come to give to the masses, not for one inch.

Interviewer: So you need to modify it.

Shri Mataji: Yes, I have magnified it, you can say, that it can be used by all the masses. Unless and until any discovery is used by the masses, it is of no use. But the time has come. This is the same as, the Blossom time, I call it, but as the Bible says, it's the Last Judgment. And also Koran says, this is the resurrection time, the Qiyama, that your fingers and your toes and your hands will give witness about you. This is the time. All of them have said, this is the time.

Interviewer: But Sahaja Yoga then has the root connection of the Patanjali Yoga.

Shri Mataji: Of course, I mean, it's the ancient thing, no doubt. Patanjali used the same thing, but he used the gradual method, because that was the slow method, like, "Use zamane mein bailgadi use karte the na". [In Hindi: - in those times bullock carts were used]. Now we are using motor cars, so that is there. But the time has come. This time has been predicted in Nadi Granth, if you can get hold of Nadi Granth written by Bhrigu Muni, long time back, that such a time is going to come.

Interviewer: Mataji, here Asanas and Pranayams are very popular. We do the postures. In Sahaja Yoga is there any place of doing the Yoga postures?.

Shri Mataji: No, no. We do it whatever is needed. Here, you see, this is a half-baked knowledge. And what happens that like, any half-baked person will take all the medicines from the medicine box. Like that, they go on doing it without understanding whatever is suitable to a personality. Every personality is different.

Moreover when the Kundalini rises, you know at what chakra it is stopping and that is the Chakra you work out. Supposing now there is a chakra in the centre heart, we call it. It is caught up. Then there is an asana you can do. Some people have to do Paschim uttāsana if their Nabhi is caught up. But all these asanas are done according to the need of the chakras which, wherever is the Kundalini stopping. But the modern yoga is so funny, that it is just-they just do all kinds of things, left and right ,without understanding what is the matter with them. It's very indiscreet and it causes problems. It can give heart attacks.

Interviewer: So all these, only those asanas are important, which are heart connected.

Shri Mataji: No, we use all the asanas, but which are related to some sort of a problem within us. Otherwise, we don't do any asanas.

Interviewer: And Pranayama?

Shri Mataji: Pranayama also is all right for certain type of people. But not for all. Those who have certain problems can do pranayama. But everybody does pranayama, they will develop into big problems. They will never get Realisation also. It's very imbalanced.

Interviewer: So pranayama helps, but it is not the central point.

Shri Mataji: No. No, pranayama helps according, according to the chakras. If supposing, your right heart is catching, then you have to do pranayama, but beside. It's a very complicated thing. It is to be adjusted. That's why they said it is to be done by an enlightened guru. Patanjali would not allow anybody who is not enlightened to do all these things. Here everybody is teaching everything, isn't it?

Interviewer: One thing I have noticed that, everyone here, all devotees there, they are all always sitting with their palms upwards.

Shri Mataji: Yes, because this is a sympathetic nervous system. You see, these are one, two, three, four, five, six, seven. All right, these are seven chakras. And these seven chakras get vibrations. This is the All-pervading Power, you see, everywhere. And when they put their hands like this, this power starts flowing into them. In My presence specially, it works faster. So, they want to feel it because it gives you energy, vitality. These are three Powers in this one Power.

So, they want to take this Mahakali, Mahalakshmi ,Mahasaraswati and Maheshwari. All the Powers are flowing in this

atmosphere. And they just want to take that.

Interviewer: And yesterday you strongly tap into alcoholism and cigarettes.

Shri Mataji: Did I? [Laughter] Normally, I avoid. But that was the last day. So, I said, I'd better so tell them.

Interviewer: It is very important. So, do you think that Sahaja Yoga also will help to eradicate the drug addiction?

Shri Mataji: Of course, it does. It takes away all your habits. Because you see, Spirit cannot have any habits. It takes away every - overnight people have given up drugs in the West. Overnight.

Interviewer: So, did it just start teaching Sahaja Yoga from London?

Shri Mataji: No, in India only.

Interviewer: Which year?

Shri Mataji: That was in 1970. And then My husband got elected to this job. He got elected to this job of Secretary General of International Maritime Organization.

He was chairman of Shipping Corporation. Then he became the Secretary General of International Maritime Organization. It's like, you see, there are fourteen Secretary Generals in the UN. One of the agencies. Like WHO is one agency, this is one agency. So, I went down there. That's how I was in England.

Interviewer: And then it started.

Shri Mataji: Yes, it's very difficult though, with English. Horrible nuts. [Laughter]

Interviewer: And English here, they are very much involved with you, with your philosophy, with your teachings, with your ideas.

Shri Mataji: Who? Who are involved?

Interviewer: Here we see and there is so much-

Shri Mataji: Ah! I'm sorry what I'm saying about English.

[Laughter]

Yes, yes, it's all right. They don't mind. They know that.

They have themselves facing them. You see, every day they are. [Laughter]

They, poor things, have broken their hands, you see, doing this raising of the Kundalini. They themselves know, they don't mind what I say.

[Laughter]

They are no more English. Now they are international.

Interviewer: They are human beings.

Shri Mataji: They are human beings.

[Laughter]

Interviewer: And is it important, Mataji, to be vegetarian for practicing Sahaja Yoga?

Shri Mataji: No, no, no, no, not at all. The vegetarians are difficult also. They are going to another extremes also. You must have balance. You must have protein food in your body.

Interviewer: And is it important, Mataji, to be vegetarian for practicing Sahaja Yoga?

Shri Mataji: No, no, no, no, not at all. The vegetarians are difficult also. They are going to another extremes also. You must have balance. You must have protein food in your body.

Interviewer: As the Gita said, the satvik food.

Shri Mataji: Yes. No, satvik is the- I don't know what they mean by 'satvik'. What we say that 'satvik food' is the one that is vibrated, which is vibrated, which is being even vibrations. That is for us what 'satvik food' is. Not this kind of satvik food that if you eat only 'bhaji falahar' [vegetables and fruits in Hindi] then you are satvik. No, they are never satvik.

Interviewer: So, whatever diet should be?

Shri Mataji: Whatever is the balance in one. You see, some people, like in England, I say, "You should become vegetarians". And India, I say, "You'd better become non-vegetarians ". Especially Marwaris, because their ladies have such weak muscles, you know. They can't even walk after fifty years of age. So it's very- and they get all troubles of the muscles. They get the shaking of the muscles. The heart becomes very weak. They get angina, all these troubles come because the muscles are so weak. So they must take protein diet. That's the main point.

And the subtle point, you can say they must have more protein diet. [ab jyada ye khate hain bekari cheez ghee vagarah- they eat all that useless stuff more- clarified butter etc.] That must be given up.

Interviewer: Can you, Mataji, tell me something about your early life?

Shri Mataji: My life?

Now what should I tell you? I slept at four o'clock last night.

Lady: I wanted to know something about that too.

Shri Mataji: Now what should I tell you? I -

Lady: When did you started to feel this?

Shri Mataji: 1970, I started. Actually, I was born like this, in a very enlightened family, I should say. My father, a very enlightened man, and he was member of the assembly, Central Assembly. He was the member of the Constitution, Constituent Assembly, Parliament. My mother was a honours of mathematics and my father was a scholar of Bangala [unclear name].

Interviewer: Acha.

Shri Mataji: Very much, from him I learnt all this.

Interviewer: What was his name?

Shri Mataji: He was Mr. P.K. Salve. We have a road in his name. We have got his statues.

Interviewer: Mr. P.L.?

Shri Mataji: P.K. Salve. S-A-L-V-E.

Actually, we come from, originally from Rajputana. And my - I mean, there's a dynasty called Shalivahana. We are from that dynasty, Shalivahana. You might have heard the name of Shalivahana.

Interviewer: Yes, I have.

Lady: Shalivahana?

Shri Mataji: Shalivahana dynasty. They have also a calendar. Now this dynasty ended up in Ahmednagar, near Ahmednagar. And then my father's mother shifted from there to Indore and that's how we were. Then they came down to Madhya Pradesh. That's how I was born in Chhindwara in Madhya Pradesh. Because that's the central point and is the- is on the Tropic of Cancer. That's one, very few places are. Mecca is also on Tropic of Cancer. And this Chhindwara is also on Tropic of Cancer. Cancer is the mother, you see. That's why I was to be born there and in that place.

Interviewer: And from which age you started practicing spiritual practices?

Shri Mataji: No, I was born like this only. And I never practiced anything. Because I was born like this, so what is there to practice? [Laughter]

Lady: When did you started to feel that you were

Shri Mataji: From very childhood. From very childhood I was born like that. I felt, as you know from your childhood that you are a human being, I knew I was something else from My very childhood. Very conscious of it. Very aware of it.

Lady: And your parents knew also?

Shri Mataji: Of course, My father was very much. Even My mother was.

[Sahaja Yogis give the addresses of the Sahaja Yoga centres.

In 24th and 18th street, on Saturday, 6th, 13th. On Sunday, Saharipa, 9th, Saharipa.] [Shri Mataji (in Hindi): Namaste, Aye! Jag hai bhi.

Other people: Jai Shri Mataji.]

Interviewer: Mataji, who is your guru?

Shri Mataji: Guru? I have no guru, I am Ma. Ma doesn't have guru. Ma is the guru of the gurus. How can she have guru?

Interviewer: Mataji, can you give us some meditation, easy meditation techniques for our readers which they can practice by reading this article?

Shri Mataji: You see, you give My photograph, all right?

Interviewer: We have taken your photograph. Yes.

Shri Mataji: So, you give My photograph, ask them to put both the hands towards the photograph. They might, most of them, feel the cool breeze in their hands.

Interviewer: They should put their hands like this?

Shri Mataji: Yes. And say that, "Mother, are you the, are you the Divine Mother?" That's all. And they get the cool breeze in their hands, most of them. If they don't get it, they should try to write to these people and they will tell them what is the problem, with their photographs.

Interviewer: With their photographs. Your photograph, they will get from our magazine.

Shri Mataji: Yes, no, that's all right. But when they want to find out what's wrong with them, or if they are sick, supposing they are sick. Jalaal saab ke paas apna photo khud ka photo bhejo [In Hindi: send you own photo to Lalaal saab]

Interviewer: Acha! His own photograph.

Shri Mataji: Yes, their own photo.

Interviewer: And how long they should practice this concentration?

Shri Mataji: No, not necessary, you see, five minutes in the morning, five minutes in the evening. Very simple it is. If they write to him, he will tell them what is to be done. So not much to be spent, because you are in meditation all the time. You are in meditation, don't have to do meditation. You just do a little cleansing, like this, that's all.

Interviewer: Thank you, Mataji, for everything.

Shri Mataji: May God bless you.

In kato, jaraya hai, samne me aapko parkar aade hai. Abhi yoga karte hai kya? [Hindi: Come here in front. Let's give him Realisation. Are you practising yoga?]

Interviewer: Yes, Mother.

Shri Mataji: Ah! That's why! It's only, you see, you are catching on the right heart, as we say. So, try to understand what is the use of yoga. Because like if a car is moving, and then you know where is obstruction, you know how to turn your car, isn't it? But if you just keeping the car here standing, if you move the car, what's the use? In the same way, when the Kundalini is not moving, you see, if you try to do something about it, then you spoil your chakras.

Se hai bhi aapko jo hai left heart pakar aade, isle paasi naar hai. Isle paas, or left heart jo hai [In Hindi- like now you are catching on your left heart that's why you are sweating and left heart] is very important in Sahaja Yoga.

So we have to pay attention, actually, to our Spirit, not to our body. If we pay attention to our Spirit, everything is looked after. You get rid of all your diseases, we have cured all kinds of diseases like cancer, this, that.

Interviewer: Cancer?

Shri Mataji: Now of course, of course.

Interviewer: Of cancer?

Shri Mataji: Of course. And those who get Realization never get cancer.

Interviewer: It's very good.

Shri Mataji: Why? That is your own power. I'm doing nothing. You have got it. Just you have to be awakened, that's all. Then you can awaken others.

All right?

Interviewer: That's very good.

Shri Mataji: May God bless you.

What's your name?

Interviewer: My name is Mukulda.

Shri Mataji: Mukul?

Interviewer: Mukulda.

Shri Mataji: Mukulda Acha.

[END OF INTERVIEW]

[To the lady] Are you from some newspaper?

Lady: No, I'm not. But I could be.

[Aapka ya, batai yeh, kunkan yeh?...]

[Conversation in Hindi about a present]

Shri Mataji: Aapka bahag thik hai? [In Hindi: Your home is all right?]

Sahaja Yogi: Two hundred per cent.

[Laughter]

Shri Mataji: I think you should not sit next to him. You sit this side. Because both of you- No, no, but you sit this side. Why I'm saying? The reason is this boy has been affected by the same as you were affected. So you should not share, hana? Yuhusko bhi takli ho jayi. [In Hindi: You should not be affected by the same.]

Sit anywhere you like. And now you move out. Where is your wife?

Sahaja Yogi: She is here. She's just getting up.

ENGLISH TRANSLATION OF HINDI [uncomplete]

[Shri Mataji now speaks in Hindi]

Shri Mataji: Thank you? It is good, many people. I am very grateful to you. Many people have participated in this programme. You have done it so successfully. And I have a lot of hope. You are our companions who collectively help us in problems. I think that some people are suffering. I am feeling that many people are suffering. What should be done for them? So, for that you all help each other, it is not enough.

In Sahaja Yogis, the problems that are collective, I think it is because the eyes are weak. I kept seeing, lots of people have weak eyes here. What should we do about this. So, for this, you have to help out each other.

After certain age eyes become weak anyways, so give strength to the eyes, so that it doesn't deteriorate too much. Keep a light in front of the photo, and keep a light in the hand, in any candle stand, and on the back of your head here (on Back Agnya), like you do aarti [bandhan], here do the aarti. The one who is sitting in the front, he will keep his right hand towards the photo and left hand towards ether. And from behind, his Aarti has to be done on Back Agnya. And after the aarti, sit on the ground for some time, keep your hand in front of the light and right hand on the ground. You have been given vibrated water here, add little vibrated sugar and mix it with spoon, and put two drops in your eyes. You can add both to rose water as well. And add it to your eyes. And keep your eyes closed for some time. After the water has come out, it'll be fine. You can add Honey instead of sugar as well. Vibrate the honey and apply it to your eyes and leave it for sometime. Water will come out of your eyes after a while. Then wash it with vibrated water added to rose water. The light of your eyes will keep on improving. If you are above 50 years of age, your eyes will remain as is, it won't deteriorate or improve. It'll stay as is. And this weakness comes from eating too much fish. Fish has Phosphorous. Phosphorous gets burnt in our Back Agnya, hence this issue arises. So, eat a little less fish. It's difficult for Bengalis.

Sahaja Yogini: Mataji, should we do this before sleep?

Mother: Yes, do it anytime. Do it in the morning or before sleeping. Better do it twice in the beginning. Those who have good eyes, even they can do it. Your eyes won't be hampered quickly then. There is a question that many people ask me, Hamsa Chakra is hard. To make Hamsa Chakra soft, take a little ghee and make it soft and put it in one dropper. And put it on the nose twice a day so that Hamsa Chakra becomes soft and all the dryness is removed.

Those who are dry and have all kinds of ailments, use this and your Hamsa will be cured and you will be fine. Those who use this will feel a lot of sweetness and will sleep well at night. Even those who have allergies due to dust or smoke will be cured.

[Hindi ...]

45:16

[IN English] Sahaja Yogi: Shri Mataji, those who have a heart attack.

Shri Mataji, there are two types of heart attacks. One comes because of the lethargic heart and another comes because of the overactivity. Now depends on. If it is an overactive heart, then you have to put your right hand on the thing, and your left hand towards the photograph and you have to say, "Mother, I am the Spirit ". Am ji na, ho ja. If it is a lethargic heart, then you have to put right to the left, like this. Lethargic heart, right to the left, like this. Then it works out. And you should say, "Mother, I am not guilty".

45:48

[Hindi ...]

56:15

[IN English] Sahaja Yogi: I have a kidney problem.

Shri Mataji: Kidney.

Sahaja Yogi: I have only one kidney.

Shri Mataji: It's all right, doesn't matter. After Sahaja Yoga, there is no problem. Take a lot of [bali? unclear] water, that's all.

Sahaja Yogi: Blood pressure is going up because one kidney is only working.

Shri Mataji: Take [bali? unclear] water. And for blood pressure, which kidney you have got?

Sahaja Yogi: They removed the left, left is completely removed. And only right kidney is working.

Shri Mataji: Left to the right, all the time.

Sahaja Yogi: Left to the right, baas.

Shri Mataji: Left to the right.

Sahaja Yogi: And there is a difference between left hand and right hand?

Shri Mataji: Right hand, left to the right.

Sahaja Yogi: Left to the right. 108. That, doctor Warren told me last time.

Shri Mataji: Left to the right. Left Vishudhi [unclear].

Sahaja Yogi: And footsoaking.

Shri Mataji: Footsoaking.

57:03

[Hindi ...]

1986-1101, Diwali Puja

View [online](#).

1 November 1986

Diwali Puja

Pune (India)

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

Diwali Puja (Hindi/Marathi). Pune (India), 1 November 1986.

Ask them to stop bursting the firecrackers, otherwise how can I talk?

[English Translation from Hindi]

On this auspicious occasion of Diwali, we have arrived here at this Punyapatnam (Pune). Since time immemorial, the festival of Diwali has been celebrated in our country. However, the 'Deepavali' (arrangement of lamps) of Diwali started with the beginning of Sahaja Yoga. The lamps that were lit during Diwali used to get extinguished in some time. The next year, Diwali would be celebrated by putting oil and a wick in a new lamp. In this manner, every year, new lamps used to be bought. The speciality of the lamp was that at first, it would be put in water and made completely wet and then dried so that the lamp does not absorb the oil in it. It then used to burn for a long time.

But we have been celebrating the Diwali of the heart since Sahaja Yoga started. The heart is the lamp which has the wick and we light it by putting in the oil of love. But before putting in this oil, we have to cleanse the heart completely of all impurities and then decorate it beautifully. When this love is firmly established in our hearts, then the heart does not absorb it. When someone loves you, for example, at first your mother loves you, your father loves you and then some others also love you, you absorb that love within yourself. The love that you get from your husband or your wife, settles down in every pore of your body. However, that love is just restricted to you and others don't get its light. If a mother loves her child, then her love is restricted only to the mother and her child. Sometimes, the result of this love is contrary to what we expect. If a mother loves her child more than that is necessary then sometimes the child can behave badly. His behaviour may become 'dry' or even evil; he can trouble his mother or even insult her. If a child is too attached to his mother then she might possess him and sit on his head. In the same manner, it has been observed that if the love between a husband and wife goes out of balance or if the love is not shared appropriately between the two then the outcome is often ill.

However, when the soft love of Sahaja Yoga is filled in the lamp of the heart, it is no longer restricted to oneself. When it starts burning with the light of the Spirit, it has the ability to light up the entire universe. Such a heart becomes empowered then, to light up the entire universe, to radiate its light throughout the universe, to destroy ignorance in the universe and to spread joy in the whole universe. The same lamp that was broken every year (after Diwali) now becomes an empowered and a special lamp that does not get extinguished at all. This lamp lights up many other lamps and even those lamps burn for all eternity. One can ask then that what material is such a lamp made from that it never dies. But there is no such material in the universe from which a lamp can be made which shines eternally and continues to light others – others, which instead of dying out, shine eternally like a galaxy of stars in the universe.

Many such lamps came in this world but they were isolated. In some places, as you have seen, great saints were born. In this land of Maharashtra also, there were many saints. Isolated, these lamps were shining dimly in some corner of the world but even today, they are shining like a galaxy in the universe. But they were alone, there was no 'Deepavali' (a group of lamps), they were alone and used to meet each other rarely. But today, we are a Deepavali. All of you are those lamps whom I am describing, those same beautiful lamps who are now enlightened and are enlightening many other lamps. Each lamp is enlightening a thousand others and this is the only way by which the darkness and ignorance of the universe can come to an end.

But we have to remember one thing – the oil with which we are burning is the oil of love, unconditional love, a love that does not expect anything in return. This love does not stick to anyone, does not have any desire, does not want any reciprocation and continuously keeps the lamp burning in a beautiful manner. The gracious beauty and elegance of such a lamp also reflects upon your lotus faces. These lamps shine through your eyes. If you observe, a Sahaja Yogi's eyes sparkle like diamonds, diamonds

which radiate their own light. Just like these diamonds, the eyes of a Sahaja Yogi shine with their own little, sparkling flames. What a great transformation it is that in a heart of stone, a special kind of lamp has been lit, one that is immortal and infallible and not an earthen one. The heart that was once upset with petty problems, the heart that used to suffer when pained even a little has now become a mighty lamp which neither fears the draughts of happiness and sadness nor concerns itself with comfort and suffering. Its job is to courageously drive away the darkness and it is fully aware that it is a special kind of a lamp in a special form. He knows that he can light lamps of many others with this special lamp that is burning in his heart. Also, if he sees his own defects in the light of this lamp, then he gives them up completely. Gradually, his life too becomes full of light and this light emanates from every part of his body, from every pore of his body, from his eyes and from his face. His entire life gets illuminated and he becomes completely identified with that light. He enjoys surfing the waves of this light. Smiling to himself, he says "how beautiful have I become! How much beauty is flowing through me!" For the first time, a human being gets completely satisfied with himself.

Dissatisfaction comes into a person when he is not satisfied with himself. You may say, "I am not satisfied today because I don't have this thing" but when you get something tomorrow, you will still remain dissatisfied. You will remain dissatisfied. When you become satisfied with yourself, you won't have to search for satisfaction outside. Also, you will never find it outside. Satisfaction can only be obtained within, from the Spirit. We are seeing now that this light has spread to a great extent. This light has spread to a large extent especially in Maharashtra and Poona (Pune) is the heart of Maharashtra. So, when you leave this heart today, take lots of love along with you. This love is such that its light will generate waves after waves of beauty in you for all eternity and it will guide you to such a pedestal of virtues which you could never have imagined as possible for you.

You would have heard about many great and famous personalities but you can do a much greater work than they did. You can easily reach much greater heights than these people did. The only difference is that those people were tired of continually fighting and confronting their desires for importance and you will find your path to be so easy, so secured and so illuminated that you won't face any obstacle in your way. The only thing to be remembered is that this is the lamp of love. This lamp burns only with love and nothing else. Whatever work you do, do it with love. When you are teaching someone or talking to someone about Sahaja Yoga, you should ask yourself, "Am I explaining Sahaja Yoga to these people because I love them? Do I want them to achieve whatever I have achieved? Or am I explaining because I know something about Sahaja Yoga and I know how to talk well? Am I explaining to them to impress their intellect?" One cannot spread Sahaja Yoga with these thoughts in mind. Your behaviour towards others should be like the moonlight which moves slowly and slowly illuminates the objects in the dark. There should be no form of attack or arrogance in your behaviour.

One thing to note is that we have to take care of this lamp. We have to look at it as if it is an extremely important thing that we have received. If this lamp is now like a child then we have to make it grow gradually. There should be a kind of respect towards it that 'today we are Sahaja Yogis.' If we are Sahaja Yogis, we should have special qualities. You should not do Sahaja Yoga with the fear that if we do something wrong, we will face an accident, we will suffer a loss or that God will in some way punish us. But it has to be done with joy. It should be an enjoyment that Mother has taught us how to swim and now we won't drown. We have to know this love without any fear or doubt in our minds. We should try to know how an ocean could fit into this fist-sized heart. It seems strange that an ocean is contained in this small fist-sized heart. How is it possible? A subtler understanding of your heart will reveal a myriad of beautiful emotions within this small heart which is just the size of your fist; emotions, which are so great, so magnanimous that we can emancipate the whole universe by their help.

I am seeing that there are many people now in Sahaja Yoga and many are taking to it and they should do so but every person should have a special form and a special understanding. It should not be like, "Everyone is sitting there so let me also go to Sahaja Yoga." You are special people and you have a special part to play in Sahaja Yoga. Now see, this mike won't work if even a small thing gets damaged. Every little part of the instrument is so important. In the same way, any person, man or woman, who comes to Sahaja Yoga, is extremely important. So, everybody should know that they must maintain their health in such a way that the instrument made by God continues to work. We should look at our lives and give up the mistakes that we made and the ways in which we had accumulated the 'Shadripi' (the six enemies) one by one. It is very easy because now you can see the snake present within you. When it was dark, you were holding the snake but as soon as there is light, the snake falls down. When you start looking at yourself in this beautiful light, you can see your beauty and your ugliness both. But the ugliness has to be cast away at once. People who say, "We will get rid of it today", "We will get rid of it tomorrow" or "We will try to get rid of it" are half-baked and cannot really achieve anything.

In Marathi language they say, "Tyala paahije zaatichi" (For that work, you need people of a particular caste). Which caste is this? That of Sahaja Yoga. We have only one caste. Just one. It is said, "Ya devi sarva bhuteshu jaati rupena sansthita" (The Goddess who resides in everyone as 'jaati' or caste). Everyone belongs to a particular type of caste. There are many castes which the Devi has created. One caste consists of people who don't even think of God. That is one caste, alright, no problem. The second one has people who are always going against God. That is one caste, alright, no problem. The third caste has people who want profitable businesses and not God. That is also there, no problem. There are others who are simply doing rituals in the name of God and have been doing it for many births together. They are not able to leave that habit no matter how much you advise them. No problem, let them be. But apart from these, there are people who are genuinely seeking God. Their intelligence is pure and they know very clearly what it means to attain God. Such people belong to our caste. They can come into our caste. It is not possible to explain Sahaja Yoga to every person. You need a special class of people even to understand Sahaja Yoga.

I have seen that Sahaja Yogis, after taking to Sahaja Yoga, try to tackle all kinds of people. Sometimes, they go to rich people. They say, "Mataji, this person is very rich and wants to meet you." Then what next? "He says he wants to meet Mataji once." Then, what does he want? "Nothing, he just wants to meet you." I say then, "Let him wait for some time longer." People don't understand. They think, "How could Mataji say so, that person is so rich!" The reason is that they are not fit for meeting Me. Having money does not mean that you are fit for meeting. Then some others come saying, "He is a very big politician so You meet him." I say hello from a distance and say that I don't have time. "But when an ordinary woman comes, Mataji rises to meet her. How is it so?" Now, what seems ordinary to you seems extraordinary to Me. What can I do about it? If My head is like that what can I do about it? Similarly, Sahaja Yogis should have a head like that. Don't waste your time with hopeless people. Go only to those people who are seeking God and who are ready to surrender themselves at the feet of God at a moment's notice. Now, you have lit this lamp and all the other lamps. But if you show a lamp to a drunkard or a possessed man, he will run after you to attack. What is the need to show a lamp to him? But there are many people who know clearly that they are in darkness and that they want to meet God. However, there are many others who simply want some material gain out of God.

I must say however that you get material prosperity. There is no doubt about it. The reason for having this Lakshmi Puja here is to defeat the 'Alakshmi' (opposite of Lakshmi, in this case it means poverty) in Pune. Unless it is defeated, this Alakshmi won't leave Pune. So what is the reason for its existence? The main reason why this Alakshmi exists is because of the charlatans sitting in the numerous Hanuman and Ganesha temples in this place. These people have to be thrown out first. These people who make money in the name of God and put kumkum on your foreheads have to be stopped. "But it is such a difficult thing Mataji." It is. But we have 'cures' for these people in Sahaja Yoga, many cures. We have to put these cures into practice and learn them. Such people sit in the temples and attack your Agnya chakra by putting kumkum on your foreheads. They can destroy a Realised Soul by this method. They seem to be very ordinary on the outside and it is to these people that we must pay attention. Those nations which have such people doing their work suffer from poverty. The reason is that they are working out the Pretavidya (knowledge of dead spirits) and Smashanavidya (knowledge of the graveyard). They sit in temples and do this. They don't have the slightest fear of God. They practice this Pretavidya and Smashanavidya in the temples.

When I went to Calcutta, on seeing the situation there, I was worried whether Sahaja Yoga will spread there or not. Every person who came had some negativity or the other. There is so much poverty in Calcutta that it seems to be a city made of completely ruined villages. So I asked them that how did this happen? Did you go to such a person? They said, "Yes and now we are dikshit (the ones who are initiated)." There they don't say dikshit, they say dikkhit. All over the place, there were 'dikkhit' people. Obviously, there will be 'dukhi' (sad) people along with these 'dikkhits.' But there was no way I could tell them that this 'dikkhit' thing which you are doing is wrong and these people are charlatans. If they had taken only money, it would not have been a problem but the things which they do are extremely cruel and evil. In every religious place, this confusion is present. Whether you go to Jerusalem or whether you go to Mecca or you go to Mahalakshmi's temple, you will find this confusion. This Alakshmi comes when we get involved with these things in every place.

The thing about Lakshmi is, if a badha (negativity) comes from here, She leaves from there. The second problem is addiction. If someone is addicted to something, Lakshmi will never enter that house. It is said that if the bottle comes from here then Lakshmi leaves in the opposite direction. We have so many addictions apart from alcohol. Now, all kinds of addiction can be gotten rid of through Sahaja Yoga. It is true. You just need to put in a little hardwork. If you have any addiction, then not only will Lakshmi leave but also you will never get success in life. Your success will not be established. If Lakshmi goes away, Rajalakshmi and Gruhalakshmi also leave along with her. No matter what bad desire a man falls prey to, Lakshmi leaves the

house. She won't stay in the house. No matter how many lamps you light, She won't come inside. You are not able to see what is there in the house but She is and that's why She remains outside. Then it is of no use doing even a lot of aarti (offering of light) or reading the Sukta many times. On the contrary, you fill the pockets of those people who give lots of 'advice' on what to do to improve your situation. Then you become like them.

So, firstly we must give up those thoughts that take us to these kinds of people or those thoughts that take us to Vama marg (the path of evil). Now, you might say, "Mataji, Tukaram did not have any Lakshmi (wealth), how is it so?" You might say that Tukaram was not rich. If you see it superficially, it seems that Tukaram was not rich. He did not have a lot of money like the others, so how could he have any Lakshmi with him. He did not seem to have Lakshmi with him. But to see how rich he was, look at his character. When Shivaji Maharaj came to his door with all the riches, Tukaram said, "I am just a humble farmer, what is the use of all these riches for me? Keep it with you, you are a king so you use it." So, how rich he was! If you see any rich person of our times and you give him some riches, then will he not want to have it? You show me one rich man who won't want the riches. Apart from Me. So, the person who has a desire to lay his hands on everything is actually a beggar. He might just seem to be rich. Also, it is the rich people who behave more like beggars. If they leave something worth two paise (Indian currency), then they will come running back to collect it. So, who should decide whether such a person is rich or a beggar? Therefore, those people who are rich from their hearts are the truly rich people in Sahaja Yoga.

There are some people who have nothing in their house and yet when I go there, they say, "Mataji, whatever I have is just this much. We haven't made anything for You but there is some bhaakri (a form of dried bread (not baked) made in villages.), will you have it?" How rich they seem to be! They offered whatever they had in a house where there was nothing. Their richness expresses itself in the sweetness and love of the food they offer. Whatever they have, they offer all of it. Now, if you go to a rich man's house, then they won't even call you inside. Even if they do, they will first ask, "Are you sure you will have tea? If you want, good and if you don't take, it's better!" In what way are such people rich? When Shabari offered 'bor' (a kind of small berry) to Shri Rama, it is evident from His praise of those fruits, how rich Shabari was. When Shabari came to Him, He ate the berries which were already tasted by her only to respect her richness. This kind of richness is in reality the richness bestowed by Lakshmi. Whether or not a person has money, he can be rich and behave like a king.

But in Sahaja Yoga, you will definitely get the blessings of Lakshmi. You won't be in the state that Shabari was. You will get Lakshmi (prosperity) in Sahaja Yoga. There is no doubt that everyone will get this. It is not because you are beggars but the world should see it. If the world sees that you became poor after coming to Sahaja Yoga, then nobody will take to Sahaja Yoga. To give them the 'bait', you have to be given Lakshmi. (laughter) Unless it is so, these blind people won't see. That is why, Lakshmi has to be given and you will get it.

You can get Lakshmi when the Nabhi chakra opens. The first place in the Nabhi Chakra is that of Gruhalakshmi (the Lakshmi of the household). We can say that Tukaram's wife was a very rude woman and if she had been more humble and had respected God, then perhaps Lakshmi would have come to their home. The coming of Lakshmi depends upon the Gruhalakshmi of the household. If she has some negativity and the husband keeps on falling prey to her negativity, then Lakshmi will never come to such a house. But if she has some negativity and the husband says that this negativity of yours has to go away, then Lakshmi can come. Also, if the husband is a drunkard and the wife, showing that she is 'pativrata' (devoted to the husband) says, "You want alcohol isn't it? Then have my jewellery and sell it to drink alcohol." Then what? She says, "Take my mangalsutra (necklace which is a sign of marriage) and take whatever I have because I am a 'great pativrata'!" Lakshmi cannot stay in the house of such a woman who pushes her husband into hell in this manner. A Gruhalakshmi should be a scintillating woman. Her life should be such that the husband should feel that there is something tremendous in the house which will not allow me to take to wrong ways. In the old days, men used to call their wives as 'maalak' (master or owner) and 'sahib.' There used to be great respect for the wife. How was it so? It was not because the wife used to shout but it was because of her brilliance. It was because of her nobility, composure, generosity, devotion, service and love. A woman has a scintillating character because of these qualities. But today, all that is lost and I don't know with what I should compare the Gruhalakshmis of today. That's because I can't understand what goes on in their heads. I accept that the wife should take care of the husband, the children and the in-laws but this does not mean that she should give importance to the bad and stupid things that they do. She should not behave as she likes or follow whichever path she likes just to please those people. Some say, "He is just my husband, Mataji, what's wrong?" Is it so? Then you and your husband..... (laughter), I am not saying anything but you can understand. The state of a Gruhalakshmi should be exactly like a lotus. The lotus is the abode of Gruhalakshmi. She should be like a lotus that blooms above the water, spreads its fragrance and is the complete support of Shri Lakshmi.

She should also be a Rajalakshmi (the Lakshmi of Kings). She should not go and beg for things from others. Like, "Can you give

me your sari today? I want to show it to everyone.” There should not be any kind of false pride or any kind of secretive businesses. A woman who has majesty and a firm character is Rajalakshmi. You might be feeling that Lakshmi Puja means giving a lecture on women, but it is not so.

The third is Gajalakshmi (the Lakshmi riding on an elephant). Gajalakshmi means, the principal form of Ganapati (He has the head of an elephant) is that He is the sinless One. So, she should be sinless. Despite having a very sharp intellect, an elephant understands what is good and what is bad. The wisdom is of an extremely good quality. Even while walking, the elephant does not run helter - skelter. I have seen many women who don't walk like women but walk like horses. They are in such a hurry, “grab this, grab that.” Two days ago someone asked me a question that how can children get blood cancer. I said, “Look at his mother, she must be running helter-skelter.” Those women who are always running about cannot have Gajalakshmi with them. But this does not mean that you don't do anything. All things should be done with grace and beauty. Look at how this big elephant puts a garland around Lakshmi's neck with such grace that it does even touch Her anywhere! This grace should come into you.

If all these qualities are present in woman but the husband does not respect her, does not respect these qualities, goes after dirty women, goes after women on the street or is afraid of a dominating wife, Lakshmi won't come to such a man's house. Lakshmi cannot stay in the house of men who trouble their wives. Men feel that only women should have a respectable character. They feel that they don't need any respectable character. He feels that however he behaves, he is dharmic (virtuous). He does not feel that he is doing anything adharmic (unrighteous) by looking at others with bad eyes; this is before Realization. After Sahaja Yoga, your eyes turn completely in the opposite direction and even the thought does not come in your head. You don't get the thoughts of these 'attractions', that's how your eyes turn. When this happens, it means that all these Lakshmis are awakened within you. Wherever you stand, your attention won't go towards these things. Just as the flame of a lamp always moves upwards, your attention will always be towards God. When this state comes in, Lakshmi will come to your house.

She is in many forms. You might know that Krishna built a house of gold for Sudama in Dwarika, you might be knowing how Shri Krishna protected the modesty of Draupadi when her dress was being pulled off. So, you will be completely immersed in these miraculous events. Your life will be full of great miracles. Every day, you will see new miracles and you will be surprised as to how these miracles happen and bless you. All this is the grace of Shri Lakshmi. All these blessings are by the grace of Shri Lakshmi. There are many kinds of blessings. Day before yesterday, I bought a sari for 3,000 rupees. When I showed it to someone else, he told me that such a sari would cost a minimum of 15,000 rupees. I said that I got it only for 3,000 rupees. So, this is the grace of Lakshmi! Now, another man told me that he had decided to come to Ganpatipule but he did not have any money and the next day itself someone sent him money saying that it was his which he had given some time back. Now this is from the perspective of money but there are many other aspects also. Now, someone was sick and he told me, “Mataji, I am unwell.” The next day he was alright and the doctors refused to believe it saying that it was impossible. This is the grace of Lakshmi. When Shri Krishna said, “Yoga-kshema-vahaamya-ham”, the 'kshema' (benevolence) part comes from the grace of Lakshmi. You get all types of benevolence, not only economic. Now if you are unwell, then the doctor will take away all your money. So, She gives all kinds of benevolence and as a result, the Mahalakshmi principle gets awakened in you. This Mahalakshmi principle is nothing but the desire to be one with God. When you get the Mahalakshmi principle you feel, “Mataji, we have got everything and we have understood that God is with us and that we have come into the kingdom of God but yet we feel that something is missing.” What is missing? “We have not yet given anything to someone, we have not shared and eaten, we feel that we have eaten alone.” At that point, the Mahalakshmi principle gets awakened in you and when it gets awakened, if you slowly make your flame taller with balance, not with imbalance, but with balance, then She will sit in your Brahmarandhra and your whole life will get enlightened.

Great people, the likes of whom have not been seen in the world till now, are going to come from you people. Great personalities who have never been known or thought of till now are going to come from you people. But you should not leave your balance. If you are not in balance, then this love will either fall here or there and get destroyed. You have to make this flame taller with balance. When this happens, then all these things get their meaning. All these sounds that you are hearing are announcing the arrival of these things which will sound like thunder in the whole world. Bugles will sound and everyone will know that a new age is dawning in which man won't face any kind of suffering and the miracles of God's kingdom will be uncountable and people will just want to keep seeing them and not know how to describe them. Such a beautiful state of mind will prevail. It is in the hope that you will eternally benefit from this joy that I have agreed to have this puja here. It is my greatest hope that after today, people will establish their Lakshmi principle from their hearts and will awaken the new desire of the Mahalakshmi principle and completely understand it, bring it in their behaviour and spread it. May God make this Diwali a joyous occasion for all and infinite, infinite blessings from Me.

1986-1103, Garden Reception

View [online](#).

3 November 1986

Conversation

New Delhi (India)

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

Garden Reception, 1986-11/03, New Dehli, India

No, in that, so many dimensions have been shown.

I am SHE knows Yantra Vidya, Tantra Vidya, Yagnya Vidya. SHE knows Adhyatma Vidya. SHE has mentioned all the qualities of Devi. There is not even one such quality in these gurus, not even one! Except Economics, they don't know anything. They are modern gurus.

Sahaja Yogi: How do they establish themselves even for a short period?

Shri Mataji: Don't know! You people only establish them. If we observe, they are actually pocket mars. You people only establish them. What can I do? Can't understand anything!

Sahaja Yogi: They are numbered in lakhs.

Shri Mataji: They are in lakhs. Recently some had come. There were some diggers. They didn't dig anyone in Delhi! I said as they say when jackal's death awaits him, he goes towards city. I said, he has exactly come out towards the city.

Now let him jump. He has accumulated crores of rupees. Now you sing a song. [Music].

I have written a new song for New Year.

Shri Mataji to a Sahaja Yogi: See he (singer) has become a spontaneous poet. He has become a great spontaneous poet.

Singer: But I am not writing anything.

Another Singer: You make me to write.

Shri Mataji, "Go on writing."

Van Pyar Jag Mag karta Hai Sansar, Aao Aao Re Saare Hil Mil Ke Swagat Gao Re Aaya Deepon Ka Tyohaar (2)

Paaya Maa Se Pawan Pyaar (2)

Jag Mag karta hai Sansar (2)

Aao Aao Re, Saare Hil Mil Ke Swagat Gao Re Saare Hil Mil Ke Swagat Gao Re Aao Maa Ka Darshan Pao (2)

Singer: Sing together

Aao Maa Ka Darshan Pao (2)

Aa Ke Shradha Suman Chadhaao (2)

Saa Re Shri Charnon Ke Das (2)

Rakho Mata Par Vishwas (2)

Puri Hogi Sab Ki Aas Aao Aao Re Sare Hil Mil Ke Swagat Gao Re (2)

[Music]Clap Wo Dil Dilli Ka Muskaya Dil Dilli Ka Muskaya Jagey BhAgnya Ye Shubh Din Aaya O Jagey BhAgnya Ye Shubh Din Aaya O Dil Dilli Ka Muskaya (2)

O Jagey BhAgnya Ye Shubh Din Aaya (2)

How? Dharan Kar Sahaj Yogion Ka Vesh (2)

Magan Hai Bhakti Mein Mera Desh (2)

Dharam Mein Leen Hai Jo Darmesh Aao Aao Re Sare Hil Mil Ke Swagat Gao Re. Aaya Deepon Ka Tyohaar (2)

Paya Maa Se Pawan Pyar(2) Jag Mag karta Hai Sansar (2)

Aao Aao Re Sare Hil Mil Ke Swagat Gao Re (2)

[Music] And now MATA has come to Delhi and our desire, our request at the Lotus feet of MATA is that the whole of Bharat Bhoomi may be blessed. How? O MATA Ayee To Jaagi Aasha, MATA Ayee To Jaagi Aasha Raa Jender Ki Ye Abhi Lasha (2)

Bane Sab Bharat Wassi Nake (2)

Bane Sab Bharat Wassi Nake (2)

Anekon Ho Kar Bhi Ho Ek (2)

Badal Dein Ham Kismat Ka Lekh Aao Aao Re, Sare Hil Mil Ke Swagat Gao Re Sare Hil Mil Ke Sare Hil Mil Ke Swagat Gao Re Aaya
Deepon Ka Tyohar, Paaya Maa Se Pawan Pyaar Aaya Deepon Ka Tyohar, Paaya Maa Se Pawan Pyaar Jag Mag karta Hai Sansar
Aao Aao Re Sare Hil Mil Ke Swagat Gao Re (4)

Naya Varsha Aaya , Nayi Bhor Laaya. Nayee Aas Jaagi Hriday Mus Kuraaya Aaya Deepon Ka Tyohar (2),
Paaya Maa Se Pawan Pyaar(2)

Jag Mag karta Hai Sansar, Aao Aao Re Sare Hil Mil Ke Swagat Gao Re (3)

Clapping How great!

Sahaja Yogi: Very Good!

Shri Mataji: Call Mrs. Venu Gopalan also in the front. The elder one has never come. Come!

Sahaja Yogi: Please Come Mrs. Venu Gopalan!

Shri Mataji: She is a very good singer. All these Singers sitting here are one better than the other.

Sahaja Yogi: Will you keep it in the front? (Telling to some other SY) In the front Then only if you consider, that's right.

Shri Mataji: You also sing a song, let them too sing a song and then you too sing a song.

Sahaja Yogi: (To some SY) Put it this side.

Shri Mataji: The thing is, he is a composer. Composer and a singer with it from his heart just makes the whole thing is- vibrates.
That is the main thing. [Music]

Shri Mataji: You sing only on one, only one.

Now it is there. [Music].

Om Twamewa Sakhshat Shri Ganesh Gauri Mata Sakhshat Shri Adi Shakti Mata Shri Mata Nirmala Devi Namoh Namaha
Ek Dantam Maha Kayam Lambo Daram Gaja Nanam Vighna Nash Kam, Devam Hairram Bham, Pranava Uham, Shri Ganesh
Gauri Maata Matta Shri Mats Nirmala Devi Namoh Namaha Lambo Darray Laghu Nitnay (2)

Ambha Sutay Amar Vintaaya Lambo Darray Laghu Nityanay, Amba Sutay Amar Vintaay Lambo Darray Laghu Nitnay, Ambha
Sutay Amar Vintaay Shri Gan Dattaya Shri Gan Dattay Sindura Varnay, Karuna Sagaray, Ravi Varday Sri Gan Nathay (6)

Sindura Sindura Sindura Varnaay Karuna Sagaray, Garivarday, Lambodaraya Modak Priyay Muskak Wahnay (2)

Mangal Daykay Sidhi Vinayk, Modak Priyay Muskak Wahnay Mangal Daykay, Siddhi Vinayak, Lambodaraya Lambo Darraya
Lambo Darraya(2)

Ek DanTaya, Prassana Vadnaya (2)

Advaita Purnaya, Mushak Vahnaya, Lambo Darraya Lambo Darrayaaaaa, Lambo Darraya, Lambo Darraya Laghu Mijray, Ambha
Sutay, Amar Vinutaay Lambo Darraya

Jai Jai Bhawani, Jai jai Shiwani, Nirmal Mata Jai Devi (3)

Jai Maha Laxmi Nirmal Ma (2)

Jai Maha Saraswati Nirmal Ma (2)

Jai Maha Kali Nirmal Ma (2)

Jai Jai Bhawani, Jai Jai Shiwani, Nirmal Mata Jai Devi (2)

Mangal Dayani Nirmal Ma (2)

Vidya Dayani Nirmal Ma (2)

Shakti Dayani Nirmal Ma (2)

Jai Jai Bhawani, Jai Jai Shiwani, Nirmal Mata Jai Devi (2)

Jaghit Karani Nirmal Ma (2)

Jag Do Dharini Nirmal Ma (2)

Jai Maha Laxmi Nirmal Ma (2)

Jai Jai Bhawani, Jai jai Shiwani, Nirmal Mata Jai Devi (2)

Bhuvan Mohini Nirmal Maa Jag Do Dharini Nirmal Ma Jaghit Karani Nirmal Maa(2)

Jai Jai Bhawani, Jai jai Shiwani, Nirmal Mata Jai Devi (2)

Nirmal Mata Jai Devi (4)

Jai Jai Bhawani, Jai jai Shiwani, Nirmal Mata Jai Devi (2)

Nirmal Mata Jai Devi (2) (UNCLEAR)

Pratyakhsha Mateshwari (UNCLEAR) Pavan Kari, Kashi Puran Ishwari, Bikhsham Dehi, Bikhsham Dehi Nirmala Mateshwari, He Nirmala Pita, Nirmala Mata Jag Mohini Clapping Shri Mataji: May God Bless You! May God bless You!

(To Another Singer): Yes, Sing a song.

Sada Muskao Jeevan Mein (2)

Yahi Ashish Hai Maa Ka (2)

Sada Muskao Jeevan Mein Yahi Ashish Hai Maa Ka (2)

Bahe Sukh Shanti Ki Dhara (2)

Wahi Mam Tatwa Layee Hai Bahe Sukh Shanti Ki Dhara , Wahi Mam Tatwa Layee Hai Hriday Anand Hai Chaaya (2)

Puja Mataji Aayee Hain [Music]

Chalao Chalo Ik Chand Mein Bandh Kar Sunayein Geet Swagat Kay (2)

Singer: Clap for one verse (Chand)

Shri Mataji: Clap like this. Clap like this and will get it. See Qawwal clap like this.

Chalo Ik Chand Mein Bas Kar, Bajayein Talliyen Milkar Chalo Ik Chand Mein Bas Kar, Sunayein Geet Swagat Kay (2)

Bahaati Dhaar Nirmal ki Bahaati Neer Nirmal Ka Maat Nirmal Kahayee Hai Bahaati Neer Nirmal Ka Maat Nirmal Kahan Aayee Hai Hriday Anand Hai Chaaya, Puja Mataji Aayee Hain Clap

Swayam Ko. Swayam Ko Janna Nay Ka Path Sahaj Yey Yog Dikh Laata Swayam Ko Janna Ney Ka Path Sahaj Yey Yog Dikh Laata Sahaj Yey Yog Dikh Laata Sahaj Yogi Bano (2) Maata Yahee Sandesh Laayee Hai Sahaj Yogi Bano, Maata Yahee Sandesh Laayee Hai Hriday Anand Bhar Bolo, Badhaayee Hai Badhaayee Hai (4)

Very Good! Bolo Adi Shakti Nirmala Maata Ki Jai!

Shri Mataji: Great! Singer: Jai Kara is too short. Let it be Punjabi Jai Kara.

Sahaja Yogis: Bolo Adi Shakti Nirmala Mataji Ki Jai!

Laughter Singer: One Jai Kara we will make Bolo Adi Shakti Nirmala Mataji Ki Jai!

Sahaja Yogi: Who will take out such a long breathe?

Singer: Take out your breathe to say Jai for Ma. The breath that Mother has given, keep it on. Ma gives you breathe; Ma will give you breathe. You try it and see how far your breath will go.

Shri Mataji: Good!

Singer: Say, Adi Shakti Nirmala Mata Ji ki Jai! Shri Mataji: it went on for a pretty long time. Everybody laughs.

Shri Mataji: You see one thing is there that Your Sahasrara opens when you clap.

Check it with your hands, because the whole Sahasrara opens. Vibrations improve absolutely. This is the benefit of clapping. See, immediately the Sahasrara opens. Sahasrara is in our hands and feet. But here (Shri Mataji shows on her palms) when you clap, you are hitting your chakras. Actually, when we clap like this (Shri Mataji shows on her palms) chakras are surely hit by chakras Immediately, this Sahasrara opens. Specially for Void, a person who has problem of Void, or have been harmed by some gurus should clap their hands rigorously in Qawwalis and those who used to be Qawwals, used to sing in praise of Gods.

For example, bhajans, but now they have changed the format of Qawwalis. Earlier ladies would not sing at all and even if they would sing, they would sing collectively. But now the format of Qawwalis is absolutely vulgar This is not the real format of Qawwalis. Amir Khusro Sahib introduced Qawwali. Amir Khusro Sahab. He was the disciple of Aulia Nizamuddin. And he in his daily language and daily life introduced poetry in such a way For example, Babul Mera Naihar Chuto Jaye, It has all been written by him. In daily songs, marriages and all other functions he has written about Gods in such a way that it cannot be understood but a person sings in appreciation of Gods.

Very Beautiful! He introduced it. He introduced that by hitting all it will be okay He introduced Qawwalis. And it used to be first at their Dargah (Shrine). and then at Chishti's And today a great Qawwal had come there Most probably named Nusrat Hussain Sahab from Pakistan As soon as he saw ME, he said, "Mother How are you here?" In the midst of all he said, "Mother, please sit in the front." He took ME and made ME to sit in the front seat and started singing. And said, "Today i am singing in my true form as you are sitting in front of me." You see he doesn't even know anything about ME But he is his disciple. At Aulia Nizamuddin Sahab's Dargah also the earning hands reached there too.

In the beginning I said nothing. I told somebody that this Nizzam Sahab was a self realised soul. Some people went there And since that day they started offering money. His relatives started collecting money there. Oh! you are sitting at their door, collect something else as well. He is collecting the same thing. Here Nizzamuddin Sahiba. And Chishtis also, they were all Awllias. And Awlia is the same, who is called 'Pier' or what we call Realized souls. It is one

and the same thing.

There is no difference in that. It is one and the same thing. It is only we who quarrel unnecessarily. Let them do. As many heads they break, is good because it is a nuisance. Those who are fools, let them break their heads Later they will all come to their senses.

Sahaja Yogi: Same thing is going on in Punjab.

Shri Mataji: They are all fools. Now just tell, Nanak Sahab, He only was Muhammad Sahib. All of them said one thing only Mohammad Sahab thought that now they have started fighting as He had come as Nanak Sahab Worked so hard, did everything and now see what a show is going on. They will come to senses. It is necessary for them to learn a lesson, I think.

Unless fanaticism doesn't get exposed openly till then it will not be visible. Hindus must observe it, Muslims must observe it Sikhs must observe, what a foolishness it is. They will understand only when they will observe it. Otherwise, the Rakhshasas will not be visible and will thrive deep inside So, what is called starking in the front It is existing in the forefront How much foolishness is it! Where have we landed in the name of religion? Is it a religion? Is it God? One who is the Giver One who is God Rahim, is Ram, how can He be like that? There is no comparison between Nanak Sahab and these people. Among Hindus also there is too much of cruelty That is why recently I used MY TEEKA ASTRA (weapon to criticize openly) for the Brahmins.

(UNCLEAR) felt that I was sitting in the slums of Brahmins. (UNCLEAR) You have created such a mockery of God's images have ways and means of earning money. But now it has its somewhat effect on the people. It is showing its effect. It will have to be said! Otherwise how will Dharma be established? We have established Vishwa Dharma all the dharmas will merge into that. Because all this is adharma in the name of Dharma. It is bad name of God. Whosoever sees it feels what a foolishness it is!

That is why many people have no faith in God. The same thing happened in Algeria There the people saw that they are fundamentalists They are forcing they are very cruel, they are killing everyone Iraq is killing Iran and vice versa. They thought that communism is better. Five hundred people took to communism. Out of them got influenced by us in London. He said, God exists, Communism is telling lies. We have not to be scared of any fundamentalism. We are standing on our own ideals. Five hundred people got their realization came by airplane and got their realization. It will be like that only Many Sikhs are also there.

Many Sikhs had come to Birmingham They still come here. Everybody will come to senses. They see what is it! Where are they unnecessarily jumping into the sea? When the talk is going on about God one should rise towards sky. All are jumping into the sea fighting amongst themselves Is it a joke? I mean to say the way they are getting agitated like this and especially those who are Sikhs, like Maharashtrians they are in Maharashtra. They got scared that they will kill us too. They are already killing them, they will kill us too. But now they will be alright.

Let them be sensible. They have become too much fanatics. There is a need to be sensible. Everybody needs to be sensible. They will be better now. For some time let them get punished. No body dies. Nobody is going to die. You give up this worry. This should happen to show it to the world so that it becomes clear.

Just now I read in the newspaper a Sikh has been arrested. He says that all these Sikhs do smuggling. Binderwallas smuggle drugs. and i do this work to catch hold of them. You see, they have been arrested. Those who talk about God talk about temples talk about mosques what concern they have with smuggling. It is just a contrast One is darkness the other is light. Both these can never be together. Can't understand how do people accept it. This is the situation.

But it is so! Not only this, all those who are great Popes. Popes and others like mafia. Mafia and Pope are just one with each

other, do you know? and they have got one bank and all these owners of Switzerland banks are great thieves. Have collected the unauthorized money all over the world and you will be surprised the place where our program was organized in Calvinist church just in front of that was the bank and they were arrested there only. There only all the three were arrested. All of them, very fraudulent mafia, pope and Swiss bank all the three in competition. Most fraudulent had collected and created a problem are getting exposed, they are getting exposed. This is the best way now a days that let all be exposed and come to an end with that. In these swiss banks the money is of the fraudulent of all over the world roam all over the world with a red cross. It has the money of people all over the world.

How should such people be recognized? The question is that these people have settled themselves all over. And who are these people? They are from masonic lodge. They are mesons. Those who were secretive earlier, they are those thieves. They thought if you have to steal, better steal something worthwhile. By secretly participating in masonic lodge they became secretive and by mutual help ruined Swiss bank. This is the situation. In such a world if they have to establish Sahaja Yoga then with a great effort, set its foundation deep first settle down their mutual differences and come up.

The greatest thing is to put an end to their mutual differences have to spread Sahaja Yoga all have to do it collectively. It is not possible without that. It cannot be done without joint efforts. We can win only by collective efforts and by nothing else. Only with the collective efforts we can win over such things. They are all alone everywhere. But how can we win is by collectivity. And in Delhi there is a great need of the growth of collectivity. Here everyone is Prime Minister of India. That is a great problem.

But it is good that now a days bhoots are after the Prime Minister. They will be after you too. Shri Mataji laughs: If you think that you are Prime Minister you will have to walk with four Aides.

Singer: We will proceed with Mother Shri Mataji: Yes, it is so! Shri Mataji: yes, now you sing one more song.

Singer: A Sahaja Yogi proceeds forward with Mother's energy Doesn't have to be a Prime Minister. That is what I am telling. By being in such a falsehood, it is not possible to move smoothly. By living in simplicity kundalini has no problem. There should be no crookery in any case. But you see what type of crooks are in the world?

They are dependent on God. If anyone follows Sahaja Yoga, then he settles down. I am not the responsible for that. You are responsible for that. If you yourself want to go to filth, what can I do? How long can we stop them? You take your decision, where to go? You take decision on the New Year's Day that we have to follow Sahaja Yoga only. We have to follow Sahaj yoga. What is the meaning of "Sahaj mein uttarna hai"?

After acquiring your own power knowing your own glorious tales you have to move forward. What is so great about it? Tell ME what is the other way apart from Sahaj? The rest are all misleading routes. I can't see any other route. The path which is going to give you everything is SAHAJ MARG Then follow that. Leave everything else. That is why I said there is no need to fast. Fasted on Karwa Choth They were ladies of U.P Are the rest of the ladies bad those who do not keep this fast? For the time being told her not to keep fast.

They vomited so much that next day they stood in front of ME, holding their ears I asked them, "What happened?" They said, "Mother by mistake we observed the fast of KARWACHOTH yesterday and fell sick." I said, "You see I didn't make you fall sick. I had beforehand told you not to keep the fast on KARWACHOTH." They said earlier they would not have it like this. I said, "Earlier you had caught hold of snake in ignorance. Now don't hold it when you have knowledge." If you want to fast, do it there is no problem. But don't do it in the name of God. You don't gain any thing by defaming HIM.

HE is giving you everything Even then you want to fast, do so. So, whatever Mother says even though you may feel it strange but try to understand that this is the truth. This has been going on for the past so many years. It has no meaning. If there has been any foolishness going on for the past so many years are you still going to do this foolishness? Has it helped you in any way? Another thing is as I was telling Dr. Sahab Everybody says, It has never been so earlier. If it has not been so, but it will be so someday. It will take place some day. Whenever it will take place it will be said that it didn't happen earlier.

Should it take place just after its birth? Should it take place just after the world creation? Such type of arguments go on like this. Because of that If a person wants to run away from Sahaj Yoga the door is open for him but he who wants to sit there is a seat reserved for him. All of you settle down. I want all of you to settle down perfectly in Sahaja Yoga. This is the first thing.

Everything happens later on. and settle down people. As you said: Maa you came in the form of flame. What will flame do single handed? Many flames are required. We need many flames from one flame. Only then there will be light. Had it been possible by Me alone Why would I have requested you people to settle down? One who prays to God for the betterment, move ahead smoothly You only are on the stage, not I You are on the stage. The world is watching you. Understand that the world is watching you, not Me. They have taken that out, saying that this is Devi. I cannot be Devi.

The point is that they have made a Devi Rest you handle. Delhiites are otherwise also sitting on the stage on their own. On the throne Bakasurs are sitting on the stage. They are sitting in the gallery. You are sitting on the threshold of God You sit there. People will watch you only. People sitting on the threshold will watch what are people living in Delhi doing? It is a great responsibility. There is a great responsibility on people living in Delhi. What do you have to say?

Lekhakh ji (writer) Yes, say! Yes, write down (UNCLEAR) It is the best. Deepa didn't come today? She is in Dharmshala
Shri Mataji: She is in Dharamshala.

Sahaja Yogi: She is much better. Yes, you come! Open it. Fix it at bottom. [Music].

Shri Mataji to the singer: Your face has changed. Singer: Everything has wholly changed.

Shri Mataji to a Sahaja Yogi: Just see! His face, saintly!

Musician: Yesterday there was a great miracle. People have defamed me. Tomorrow i will tell on the stage. Rashtrapati has given me in written, result and certificate (UNCLEAR) I got President's award, people talked all nonsense. They are talking like that. They cannot defame MOTHER'S son.

Namastestu Maha Maye Shri Peethe Sur Pujyite Shankh Chakra Gadda Haste, Maha Laxmi Namostute Namaste Garuda Rudhe,
Kaya Sur Bhayankari Sarva Pap Hare Devi, Maha Laxmi Namostute

Sarvagnye Sarva Varde, Sarva Dusht Bhayankari Sarva Dukh Hare Devi, Maha Laxmi Namostute Siddhi Buddhi Prade Devi, Bhukti
Mukhti Pradayani Mantra Murte Sada Devi, Maha Laxmi Namostute

Adhyantar Hite Devi, Adyashakti Maheshwari Yog Dey Yog Sambhute, Maha Laxmi Namostute

Shul Sukhshma Maha Raudre, Maha Shakti Maho Dare Maha Pap Hare Devi, Maha Laxmi Namostute

Padmasan Sthite Devi, Parabrahma Swarupini Parameshi Jagan Matah, Maha Laxmi Namostute

Shwetambar Dhare Devi, Nana Alankar Bhushite Jagat Sthite Jagan Matah, Maha Laxmi Namostute

Mahalaxam Sakam Stotram, Yeh Pathed Bhakti Mannarah Sarva Siddhi Mavapnoti, Radyam Prapnoti Sarvada Ek Kalam Pathey
Nityam, Maha Pap Vinashnam Dwi Kalam Yah Pathey Nityam, Dhan Dhanya Samanvitah Tri Kalam Yah Pathey Nityam, Maha
Shatru Vinashnam Maha Laxmi Bhavay Nityam, Prasanna Varda Shubha Namastestu Maha Maye, Shri Peethe Sur Pujyite
Shankh Chakra Gadda Haste,

Maha Laxmi Namostute

Maha Laxmi Namostute

Shri Mataji: Beautiful! You people have started singing in Sanskrit. It is great! Don't become pandits now. It is really great! Actually, voice is vibrating. Because of the vibrations, it is cooling. When you sing you feel vibrates, your voice reverberates. The same is the case with him too. When he had sung earlier it was not so but since he is in (Sahaj) his voice vibrates. It is like a echo It is called PRATISATH in Sanskrit. Beautiful! He is doing so great! Such pronunciation of Sanskrit I have not heard such pure pronunciation among Punjabis.

I am telling you the truth. I too have studied in Punjab. The language of that place is such and even Hindi speaking people pronounce SPASHT as ASPASHAT But I have never heard such pure pronunciation in Sanskrit language. I am telling you the truth. It is great! It is great! It should be so.

Sahaja Yogi: Basically, Mother it is the effort of Rajesh. He has started after coming here only. (UNCLEAR)

Shri Mataji: Look at Rajesh as well! Nowadays he is studying Dnyaneshwari.

Sahaja Yogi: He is the one who started (UNCLEAR) Last time when he came, Rustam and he came that was the day this whole started.

Shri Mataji: Oh! Really!

Sahaja Yogi: About a week ago. Then started Sanskrit. Rustam didn't know Devanagari lipi (script)

Shri Mataji: Can you imagine? He didn't know Devanagari. He never studied Devanagari. He studied in English school then stayed

in England.

He didn't know Devanagari. He studied Sanskrit and is writing my Names in Sanskrit. He has already written one thousand names.

Sahaja Yogi: Has Rustam written?

Shri Mataji: Yes, He has written one thousand names.

Sahaja Yogi: He is a Sanskrit scholar.

Shri Mataji: He has become a Sanskrit scholar

Sahaja Yogi: And very inspired.

Shri Mataji: Yes, even Gregoire! Gregoire has become a Sanskrit scholar. Absolutely Sanskrit scholar.

How does the result of Sahaja Yoga come out? Because one who doesn't know even Devanagari Gregoire never not even Hindi words It is worth noticing, how beautifully he writes! One who didn't know even A,AA,I,EE (Devanagari Script) How did it happen? Our Babamama doesn't know Urdu at all. I still know a little bit of it. not even a little bit of Urdu. But the poetry he has done in Urdu You listen to him. My brother, he is a Chartered accountant. He didn't know even the name of poetry, what is poetry He was just like a stone hearted in this field. He writes (Poetry) so beautifully, so marvelous.

(UNCLEAR) He has started writing very deep (poetry) He has named himself 'Dilosh' means NIRMAL named himself, very good (poetry) he writes. My brother himself wonders, where do you get these words from? He says: "I don't know". He says I gave them to him. I said, "Some words I too don't know". How does one know? It is so great! He has started writing very nicely. It is so surprising how. How does one bloom?

(UNCLEAR) poetry I never expected from him. He is a Chartered accountant. Except Math and counting he has heard no other sound. I don't know from where he got this thing. And says, i go on writing. Now he is writing in Marathi. His Marathi language was so weak, that I used to write his essays. He is writing in Marathi. He is writing in Hindi, but out of all, the best he writes in Urdu. [SHERO SHAYIRI] poet's expression in poetic manner and there are no rhyming words at all.

It should be said that there is actual poetry in him. Actual poetry! There is nothing useless Nothing useless! Do you see this MILAN KI SHAYIRI (poetry of union) we have got? The earlier poetry was all about gloominess VIRAH KI SHAYIRI [poetry of separation] Now it is poetry of union. You set it in his song There are so many but they were not so popular.

Sahaja Yogi: It is coming right from the heart. He is writing right from the heart.

Shri Mataji: It is remarkable for him (Babamama) to write poetry. I know he is conditioning poetry very well. Because of Marathi he had little difficulty. I used to sit with him to teach him poetry. I would tell him that by telling you, I will lose my poetry. It doesn't enter even your head. He would ask, "Why do they write? Why don't they write in a straight forward manner? Writing about moon and this and that in a twisted manner it is better to say it seems". (UNCLEAR) When he was young when he was in Matric (UNCLEAR) Would say why did they need to write all this? It has caused my headache. If one has to learn this Marathi language it is a great headache. I would tell him, "Don't learn Marathi." He would say, "It is compulsory, what to do?" Such was his condition.

In Marathi he would just pass or fail. He is good at Mathematics. But I could not understand from where this new flower has bloomed. It happened like this that somewhere you can say for example that a lotus has bloomed out of a rose (UNCLEAR) It is like that, can't understand anything But it means, what an unusual, strange and an unprecedented event is going on. but like this something must come out of everybody. some miracles should take place, then it will be recognized. He (singer) is also saying that he will tell some miracle A great miracle he has come across.

Sahaja Yogi: Yes, really!

Shri Mataji: What you are saying the reason for that is only that you are Nishkalanka (pure). Nobody can disgrace you! If somebody tries, he cannot disgrace you.

Nobody can disgrace you, even a little bit. Even if you think that this person is disgracing you You will see that this disgrace will be on his face. In Illustrated Weekly Rajneesh sent a woman bribed her, to interview Me. and made a third Muslim lady to write and in that some wrong statements were that SHE is such HER ways are such that SHE mesmerizes. All nonsense. My husband got very angry. Especially, my brother took a dagger. Both of them said, "Now we have to drag them to the court." I told them, "I am not going to the court. If you want to put up a case, you go, I am not going to the court". (UNCLEAR) I asked them what will

you do?

There in London people told them that they should put up a case for ten lakhs. I said, "I won't go to the court." You do whatever you want to do. It is not going to pay you any dividend. I made them to understand a lot. I told Rajesh to talk to them. Tell them to ask for forgiveness so that this matter will be over. I don't like this court business. When nobody came to any agreement The Illustrated Weekly came to closure for six months. And they had a loss in terms of Crores.

Then their employees went on a strike. Then they sent a message. They are saying why you had written against our Mataji we will go on strike. I said that they have written long back. Why are you going on a strike now? Already they have been punished But they won't change. You have to set right first of all, newspaper agencies. Now you tell Me what is the need to write what Rajneesh is saying? Nowadays, it is "Ravan Uvacha" (what did Ravana say?)

Sahaja Yogi: That is a fact.

Shri Mataji: This is the Gita of modern times. What useless he is talking? They get a lot of pleasure by publishing it. Don't know why? And nowadays, he is in Goa. Nowadays we can see some more people. As bed bugs multiply so can be seen two to four such people in Poona. They will all be taken into account. They will surely reach Poona. Poona! They are coming out at wrong place. All this Their techniques are like it appears to be like a group. They help each other.

We too should have our strong group. Question doesn't arise that anybody can touch you! We should live like this. We are all one. We should have one aim. We should know this aim. Then you will enjoy your dividends yourself. But when we don't know that aim, we face problems.

We have come to Delhi. We have to do something or the other here. It is New Year! You do whatever you desire. In the evening we have puja. We will see then. But all these desires should be for the betterment of everyone. Not for yourself, I take care of you. There is no worry about you. It should be for everyone. It should be for the group.

It should be for others. Not for yourself. You for yourself have (surrendered to Me). You said that you have surrendered yourself to Me. I am already managing you.

You have to take care of the whole world. Specially, we have to take care of Delhi. Is it OK!

1986-1103, Shri Mahalakshmi Puja: The Importance Of New Year

View [online](#).

3 November 1986

Mahalakshmi Puja

New Delhi (India)

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

Shri Mahalakshmi Puja. Delhi (India), 3 November 1986.

On this auspicious occasion of New Year, I happened to come to Delhi and all the arrangements that you have made, it should be a very important event. When the New Year's begin, at that time some new thing, new concept, new understanding awakens within the human being. That happens spontaneously. Whoever has bought the idea of the New Year must have been a great visionary that on such an occasion a new enthusiasm, a new thought, a new movement should be awakened symbolically in a human being. Many such new year's came and went, new enthusiasm came, new ideas came and got finished. Whatever concepts man has had till date, except for that of God, all others were mental activities or intellectual activities. Whatever a man thought was right with his intelligence, its movement went on for some time as something new and then, for some unknown reason, that same movement harms that particular person and that society or the people living at that time. The reason for this people couldn't understand. But today we are witnessing this very clearly. Like say religion was established. Whenever human beings have used his intellect and mental powers in the system of religion, they got bound in a field of debate on the basis of his intellect and many debates started. If truth is one.... then why were there so many sects? Why were there so many religions? Why were there so many caste distinctions within those religions? By making such distinctions, so many groups have been formed in the world which is hard to understand. If you ask someone, Sir which religion do you belong to, he will tell you the name of such a religion which you have never heard of. In my opinion, such new religions keep arising in every new year because the human beings come up with a new enthusiasm in every new year.

Similarly, our intellect has brought enthusiasm in the political field and has told new things every day. Like in the beginning it was believed that it is good if there is only one king. The king will understand everything and everyone will benefit greatly from the king. Then I saw that the one who was made the king turned out to be evil and he started torturing. Then they said, 'King is not good. Instead of this, make arrangements for democracy. Then they established democracy. In democracy it was seen that every person considers himself as the founder, organizer and doer of that democracy. Now you are seeing how much terror is spreading in America. What level of violence is there? If you read it, you will wonder why have the conditions in democracy become like this? Why is this whole system in a mess? Afterwards the communism that came, think that it came up a new enthusiasm in the world. Now we will build a new world in which all humans will be equal and there will be no difference between them. They will be the same in everything, including the food and drink, and apart from that they will not have any freedom of any sort. If he becomes independent, then that knowledge of the self creates problems of its own so remove its independence. This can happen only when a human being is considered completely stupid. But man is not stupid. The more you try to dominate him, the more he will sit on your head. So this thing also could not be made. That also could not be made, this also could not be made. In this way wherever we see there is terror. In the matter of religion, looking at the condition of any religion, it does not seem that such a God can even exist, which is only one. For which everyone is cutting off everyone's head, killing them. So what is this reason? When something has come into this world in a very subtle form, in a very new way, then why is this new thing appearing so dirty and filthy before the eyes of the world? Why is its condition becoming like this? What is the reason that something which is so noble and great and the people who started it were also so noble and great, where have all of them reached today?

Like in America, there is a great man whom we call Abraham Lincoln. He was a great man, a realized soul. He brought such a simple thing, such a wonderful thing to the world, did such a great job, but now when we look at what he has done, we wonder how these people have distorted it and made it so ugly. This is one thing, secondly if you see, communism was also created by Lenin and Marx, they too were realized souls. Whatever he had thought was also a beneficial thing, now instead of the benefit it

is harmful now. Or even the founders of the religions were also very noble and great people and no one can say about them, no one can point towards them that they have done something wrong or they have started this thing with some wrong belief. It is not like that but why did the thing turn out like that later on? How did the diamond get mixed with the dirty mud? The diamond should stay where it is but this diamond came as if something had been done to it and it had been completely broken and twisted and it was turned into mud and after seeing these things from a distance; everyone gets surprised that all such sublime things came into existence, now science came into the world, people said that now science has come, now all our questions have been solved and after all those questions are solved, now we should not worry about anything and everything will be fine. That is not the case, we have created a monster. We have placed atom bombs and hydrogen bombs on our heads. Here this plastic and nylon which are made from it have created mountains of it, all these things which were made for convenience have become inconvenient. Because of them, diseases and calamities spread all over the world. What happened after all, why did it happen like this? All these things were made with the intention of being beneficial. This is what inspired man to create new things. This is what made him think of creating things for the betterment of mankind. What could be the reason that instead of saving him, it is destroying him completely? The reason is that as Shri Krishna has said that the conception of man or the thinking of man, the consciousness of man is going downwards and slowly it gets reduced to dust. This he did not say; I am saying this. Because today he is in reality. The assumptions made by Krishna also went to dust. Whatever Ram had put forward, that too turned into dust. After that, whoever put forward any belief which was the form of truth, which was every part of truth, all of that turned into dust.

The reason behind this is that when it falls into the human brain, there is some poisonous substance in it due to which all these things get mixed with poison. What is this poisonous substance that causes such an act? That is its limitation. Everything has a limitation and similarly the intelligence also has a limitation, that is why by being confined in this limitation, it gets suffocated and destroyed. For example, if the delicious juice of grapes is closed in a pot, then it turns into wine and becomes intoxicating. Similarly, the human brain, which is limited, gets completely destroyed if these unlimited things are put into it. This does not mean that the human brain itself is bad. It means that the limitations of this brain will have to be broken. Its limits will have to be expanded. Human consciousness will have to be broadened. It must be broad enough to accommodate the truth and it must be open. What is its aim, our attention gets disturbed? When things get limited then what is its aim, our attention does not go there. The aim of everything was benevolence of man and what is benevolence. Shri Krishna himself has told that benevolence is that which is benevolent to the spirit. Now the spirit itself is the bestowed of benevolence, but to get benevolence means through the spirit to get our benevolence. But when the spirit itself is lost, then how can we get our benevolence? Today, which is the new year, is special because the things that we are talking about today, the work of Sahaja Yoga that we are doing today, we are expanding our brain, making it great. To which Shri Krishna has said that the place of Virat is in this brain. Its roots are inside it. We are awakening those roots. Only when those roots are awakened can they fully absorb the truth. The limited nature of man can open up.

It is very easy to give lectures. It is easy to say that you should do this for the benevolence of mankind, do that for the benevolence of mankind, but it does not happen. In the end, man does not do good for himself, on the contrary, he can harm himself and harm the whole society as well. To expand this brain, there is only one way and that is to awaken Shri Atma-Ram (Spirit) residing in our heart and awaken our intellect with his light. Awaken our brain. So how it happens is that the spirit that resides in our heart is sitting as a witness and watching everything. When the Kundalini, which you call Gauri Mata, gets awakened, then after piercing the brain and piercing the Brahmarandhra (crown of the head), piercing the Brahmarandra here, the seat of God here, it enlightens that.

The reflection of God in our heart is in the form of the spirit. As soon as our spirit gets enlightened, then all around this spirit, the light of the seven chakras around this spirit, the mandals of the seven chakras also get enlightened and the peethas (seat) of these seven chakras are in our brain. Because they also get enlightened, so these seven mandalas also get enlightened in our heart. By the enlightenment of these mandalas, our nerves or our brain opens up in a very subtle way and the power of absorption in it increases. Only by the increase in the power of absorption can man stand on the truth. Till now man has not been able to stand on the truth. He hears the truth, knows it, sees it but cannot stand on it. To assimilate the truth, the spirit must be enlightened and that has happened today in Sahaja Yoga. It should be said that it happened in sahaja only, that so many people have got their spirit awakened. By awakening the spirit that power awakens within you. Within you, through which you can

absorb the truth. The truth of democracy today can be awakened within you, meaning who is the other? who is the other? Everyone is us itself. Everything is within us. Now that you have attained your collective consciousness, then the truth of communism has also come in it.

When that truth comes within you and is revealed within you, after seeing and knowing it you can say, "What are the faults in this man?" And when you start knowing yourself, when you start looking at yourself, when you get your own freedom, then the truth of democracy also gets awakened within you. So freedom has come and in a way the power of others has also come in your hands. The system of others has also come in your hands and your freedom too (unclear) because you have learnt the system of your own self. Shivaji used to say that 'swadharm' (Self-religion) olkhava (recognize). Know the religion of the self. 'Swa' meaning know the dharma of your spirit, and the dharma of the spirit is called self but it is universal, it is the spirit of the world, the spirit of the universe resides in our hearts. As soon as it awakens, the spirit of the universe which we used to consider as a great lofty example and a great philosophy, which we knew as a philosophy, is present within us. He shone within us. We don't need to read any book for it, we don't need to find out anything about it, we know as soon as we see him, where he is, what is happening with him, what is his case, sitting here you can know the whole world. There is nothing very surprising about this. There is nothing special, if you say this about me then I will say that I have not done anything because I am what I am, I have been like this since time immemorial. So I have no specialty. The specialty is in you people that you have known, accepted and achieved this. But once you acquire the knowledge of Sahaja Yoga, it does not end. The knowledge is attained, to have the knowledge means to know it on your nervous system. This is done. On the nervous system, you know what problems others have and what problems you have. This is the knowledge attained. Those who follow the opposite path think that acquiring knowledge means that we have to know with our intellect. We have to know with our intellect. Knowing with our intellect means that we will know by reading books or we will know by sitting with a guru or we will know by listening to someone's teachings. They cannot know. Gyan (Knowledge) means knowing it in your nervous system. This is the word 'gnya'. This is the 'veda'. This is the 'vid', this is enlightenment. This is Buddha. That is, today you are a Buddha because you have got enlightenment.

To have enlightenment does not mean that someone has forced the enlightenment upon you saying, yes do it this way, do it that way, do that, and whatever was told to you before that all that has gone to waste. Someone told me, yes sir, don't eat in the morning. Eat in the evening. Someone said, eat in the morning, don't eat in the evening. People kept talking about all this and such things that sir couldn't understand. Some say eat in the morning, some say eat at night, some say do this, some say do that and nothing gets done but the one who says this has not developed any special quality in his character. His nature did not change at all. So just yesterday I found this thing in Mahavirji. Mahavirji has said that first acquire knowledge, so all the Jain people thought that acquiring knowledge means reading books. Read this, read that, right knowledge, so and so. Should right knowledge come just by saying right knowledge? It will come from inner awakening, right? Right knowledge means integrated. Till the time all your chakras are not integrated, right knowledge cannot come. So, their thoughts were also destroyed. Firstly, he said that one should acquire knowledge. Then started moving towards knowledge. Here, there are many scholars. In Marathi it is said 'padhat murakh' (one who reads is fool) One became a fool by reading. "padhee padhee pandit murakh bhaye" (By reading a priest becomes a fool). So it does not come out of the head. It is so well taught that sometimes when some educated people come, I tell them to do this, you keep saying this for two days. Whatever is there in your head, you must first tell me. It will come out of the head, then we can talk because others have already entered their heads, so how can these be made to enter?

This is how our intelligence starts moving in such a way that apart from the thing that was told, which is the goal, the first thing that they told is 'knowledge'. To get knowledge. What does it mean to get knowledge? To get knowledge means awakening. So how will it happen? No one asked how knowledge will be attained? Even Shri Krishna did not say clearly that the Kundalini should be awakened, that was not the time. He only talked to Arjuna, did he not say it for the world that he would sit people people down and recite the Gita, only to Arjuna he said it. Arjuna was a realized soul. He talked to him and he did not talk to the non-realized. He talked only to Arjun and you tell all those in the world who have not realized, who are blind, you tell them that you have a snake in your hand, leave it.

You should leave them. You can never leave them. So it hasn't even started. Nothing has started yet, when it started then you saw that yes, okay, as soon as you opened your eyes, there is a snake in your hand, you let it go. On the contrary, people keep holding on to the snake as long as there is blindness, blindness means that there is no awareness in your veins, till date that

awareness of the collective consciousness has not come, till this awareness is a new dimension, a new dimension, till this is not awakened within you, any truth feels very good to hear. What we call is entertaining. It is very entertaining. But it does not enter inside. It does not settle inside. You will listen to the lecture for the sake of listening and when it is over, you will be back to where you were! Now the first thing that you had realized is that after realization, your character is formed automatically. They have even confused that. Build the character, build the character, while building the character, build their character too. Somebody said wear a turban, somebody said wear saffron clothes, somebody said keep a ponytail. Some Christians told them to wear a hat like this and roam around. Who knows what all? Now they are doing everything. They have done all the rituals and now they see that they are moving towards hell. After doing all the rituals, everyone is making their way towards hell.

I have not seen any religion till date that is ascending towards heaven. All are going straight towards hell. When its been asked from the Christians, "why do you drink alcohol?", they replied, "what is wrong with alcohol? Jesus Christ made alcohol and gave it to people. I asked him when he made it. He said, "he went to a wedding and he served wine to the people there." Now in Hebrew language it is called wine – its juice – grape juice is called wine. In the Hebrew language. Now think, this is a matter of using intelligence, think if something is created in a moment, how can it be alcohol? How can it be wine? Alcohol has to be rotten. Alcohol is a non-rotten thing. Only from rotten grapes can be made. It takes time to rot. He just put his hand and gave it to me. Like what happened with your mother also, we had recently gone to Rome. So the government there helped a lot and they asked me to broadcast it. The director said, "First you give us the realization. Then we will do everything for you." I said okay. So I said first get water. I put my hand in the water. He drank it and asked, "Is this water?" I said, "Yes, why?" "No, it tastes like wine." He kept asking me again and again whether it was water or wine (unclear), I just gave him water. Then he drank it. Then he kept saying it again and again. Then he even announced.

After that, he also said in his TV show that, "when she put Her hand in the water, it tasted like wine, but wine means not like alcohol. It was like grape juice. So it was made. Now, when they talk about Christ, it seems as if he was in-charge of some bar. Similarly, it is there in every religion. Now in Sikhism it is said that you should keep a Kirpan (Saber) for your protection. Because at that time they were all kinds of attacks on them. Now there are guns, cannonballs and all the violent things in the world. as though they are worshipping Hitler. Nanak sahab did not say this. Although Nanak sahab did not say this either, but if we look at it from the perspective of everything else, it was never said anywhere that you should keep an artillery. What calamity befell you? When there was a calamity he had said that just keep a kirpan (Saber), it is enough in the name of God. And no one used the kirpan (Saber). No one used it. For protection, he said, as a symbol you keep it. Earlier, when we were small, people used to teach us that the kirpan (Saber) was so small. Now I see its size increasing. As it increased day by day, nowadays the situation is such that it seems like an artillery house is kept. It is this much as I have grown in age, even at this age I am amazed to see that when did its size increase to such an extent. Now he had told me to keep a kanga (A small woden comb). The comb has become so small that it cannot even be seen. And these cannons have become so long. So why do these circles of the intellect always go into the wrong things because the consciousness of man always goes downwards. But after Sahaja Yoga you have to make your character your own. Now if someone says no sir, we will not make it. It is not possible. It will be formed on its own. Your kundalini will keep making you. Slowly slowly slowly you will have to become like that. She will say that you do not become good like this. Those crooked fingers will even extract ghee and will treat you in such a way that you will say, "I am defeated, whatever you say".

There was a gentleman who gave up alcohol on the second day itself, so after that he went to Germany. He said, let me taste it a little. He really liked the wine. He said that when I drank it, I vomited so much, mother. I asked, "Why?" He said it as if, "I ate some buch (hindi word meaning unclear) " "Have you ever eaten buch (hindi word meaning unclear)?" He said, "No, we are doctors, so when we open food, the smell comes from it, I thought I ate it all and I vomited again and again, vomited again and again, I vomited so much that I bled." And I said I hold my ears , from today onwards I will never touch this liquor." I did not say anything, nor did I make anyone vomit. You yourself are standing on the absolute truth. What can I do about it? If you become clean, then you do not like anything dirty after that. Things start happening on their own. There are a lot of problems in the beginning. Some people face a lot of problems. While getting into this, someone gets egoistic and starts jumping around strangely. I keep watching, right now he was sitting comfortably and now he starts jumping like a monkey. Then I see in some people a kind of wickedness comes, in some people a lot of anger comes, in someone something but slowly slowly they become soft and things get under control. How it is formed, what it is formed, that I will not tell you. But it is formed because if I tell you, you people will

get scared. Its ways are very delicate. But they are very difficult. For example, we never think about how flowers bloom? How do thorns come with them? How are trees formed? How do beautiful leaves get there in shape? We never think about this. When it happens, we see, "Ah! How beautiful nature is! We have come to such a beautiful natural place!" Everyone keeps thinking this but they do not think how it was created? Which power could have created it? With what beauty it was created? And what an explosive what a am dreadful power there can be behind. There can be something in it which can stop this thing from being made, so there must be something to kill it. Some such power is also associated with it which is always standing for its protection and safeguard. You will keep having such experiences and your character will keep developing. There was a person who left everything after Sahaja Yoga but could not leave smoking. So one day he was travelling in a car with some other people. He was smoking a cigarette. While smoking, he met with an accident in the car. Nothing happened to anyone. Nothing happened to him. Only his finger which the Vishuddhi was cut a little. Then he understood what the matter was. In this way, gradually through things, through teachings, you learn that this character of ours is going a little here and there, the motor is not on the straight path, it is slipping a little here and there. Then you fix it, then you fix it. While doing it, you come in such a state that you become an expert in both the things, the accelerator and its brake. You become a master. When you have that mastery, then you should understand that you have become a driver. Now you have just become a driver. To become a master, you should get into the state of Nirvikalpa . When you descend into Nirvikalp then you are Guru Maharaj. I do Namaskar to all of you. All of you will become Gurus by acting as your own Guru, teaching yourselves and explaining to yourselves. You have not become Gurus just like that. It is very easy to teach others. But just like in our colleges we first study from teachers, then we study from professors, work hard and then we become a Guru, similarly in Sahaja Yoga also, first we experience it all, experiment with it and then we become Guru and when we reach the gravity then we know everyone that yes we were also like this, we know you. Yes, yes ours was like this, it was like this. This was the case. We all know. Then it becomes very easy. Then you become a Guru and it should be said that the character of Sahaj is formed and by getting knowledge in Sahaj, it(unclear). Until this thing does not come, the specialty of the person does not come.

But now you see, when you become a Guru, then you realize that there are shortcomings in you and then you have to do some penance and that penance does not mean that you die of hunger in it, mother would never want this, because if you want to give pain to mother, then you should stay hungry. There is no need to stay hungry. It is not necessary to remain hungry. Yes, if you do not want to eat then do not eat, that is another matter but what kind of penance should you do in the name of God? What kind of penance should you follow? You should do only one penance in the name of God, which means that you should make your state thoughtless.

You should cleanse yourself with meditation and make your state thoughtless. Only when you become thoughtless can this plant of yours grow. That is why many people say, 'Mother, we cannot meditate.' Then dear, you will remain half. Meditation will have to be done daily. Unless this penance is done, you cannot become completely enlightened. Till then the Darshan that is said you cannot achieve that Darshan. Till then you cannot even achieve me. Until then you will not understand us at all because as long as you have flaws, you will see through the window of those flaws. For example, if you tie a blue curtain over your eyes, you will see us as blue, if you tie a yellow curtain, you will see us as yellow. And similarly, if there is any deformity in you, you will see us in the same way. You will not see us in reality. That is my way. So, you have to think about these four things in this new year that now we have gained knowledge. Now we have to make this our character. And to make this character we have to do penance and meditation. We have to do that under any circumstances. People will say that we don't have time, but that is not the case. In a city like England where it is so cold, people get up at four o'clock, take a bath and then meditate. But in India people say, 'Okay, we will do it next year, not this year.' And as we move towards the north, we think, 'What is the need? We are sitting on the side of Kailash. What is the need for us? People from the south should keep working hard, we are sitting in the north. In the northern regional area, all the people sitting in the north should know that although Kailash is in the north, their vision is towards the south. That is why he is called Dakshina-murti (one who faces south). Therefore, you people should also bring his vision towards you. To bring their attention towards you, you should have some capability and in that capability you should have pure desire. This is the Gauri Swaroopa Kundalini, the pure desire that is inside you, you have to awaken it. This is the thing that is missing here. About which we have to be alert. That is called discipline. We know the rules and regulations of the world. How to say respectfully and say things like 'Please come to our poor house'. But we do not know that we have to bring the inner discipline. The inner discipline. It has not come because the Ganges flows here. If we live on the banks of the Ganga, who can touch us? We are residents of the country where the Ganga flows. Now who can touch us? Due to such feelings of ego, the discipline part of

man has gone away. It is very important for it to flow here.

And the second thing is that because of political movements here - which have increased a lot these days - I don't know how many parties have taken place, I see every day. Today this party has come. When I come I ask, "Now, how many parties have been formed? Tell me everything, I don't understand anything." Day before yesterday I met a gentleman, he asked, "Which party are do you belong to? I said, "I said am not in any party." He replied, "I am in so and so." I said, "Okay, please tell me whose party is this. I did not even hear whose party it is." So he said, "First there was that party, then this party of his, then he had so many parties. While doing this I reached sixteen parties, then this is one of them." I said, Namaskar"! (Hello) I did not have this knowledge about all these things." So because of all these things we also become party people and today the second day is very beautiful. I had told you earlier that we now understand the relationship between brother and sister but not brotherhood. The relationship of brotherhood is less. Sisterhood and brotherhood are less. People say that if two women live together, even if they are sisters, they cannot live together but I see that men are no less. Now their fights are of a different kind, women are of a different kind. When men's fights start, it is difficult to understand where their form has come from, it is a bit strange. Like now a gentleman came and said, "Mataji, now I have a big question that this gentleman who has come, he did come to Sahaja Yoga but he came a few days ago. Now that he has come, how did he start talking so much about Sahaja Yoga?" Now he understands more, so if he has started talking, what is the harm in that? What objection do you have? You also speak. Why don't you speak? Now they all started organizing and we did not get any chance. You do it. You also do it. Everyone can do it. This is the way of man. Women it's different-, she was singing a song and didn't even give us a chance to sing. Both are confusing for me. So I wonder, we are talking about the sky and what are you talking about. We are going to make you stars and make them shine in the sky and you people won't even talk like an earthen lamp, then what should I say next?

I am speechless when I hear these things, I am very surprised that they are pulling my neck, they are pressing me, they are going there, they are doing this. The first thing to do to please Mother is that first of all you should live with brotherhood and sisterhood.

The first thing I have to say to you is that if for me if really want to give joy, then first of all brotherhood. Now this is how the brotherhood of Sahaja Yoga works? Someone came like this, as soon as he came you have caught bhoot, you go. He came to me, Mother, I have been possessed by a bhoot.' I say, who told you? 'I went there, they told that you have been possessed by a bhoot . Mother, take out my bhoot.' I said, you go tell them that you take out my bhoot . You have not got any bhoot why are you after?'No, they told me that I am possessed.'Then the second person comes, Mother whoever sees me he will tell that this Chakra is cathching. Mother, is this Chakra of mine is cathching? I said, why do you tell him that? You do this, tell him that, please get your enlightenment, gradually you will become sensitive and then you will come to know yourself. Why are you after him that you have caught bhoot, you have got that bhoot , you have caught this chakra, you have caught that chakra.

Secondly, are you Sahaja Yogis who are examples of daintiness! If a bhoot came in one house, all the Sahaja Yogis ran away. When it was asked where they were running, they said that a bhoot has come., I was not going to talk about bhoots at all. From the beginning I had decided that I would not talk about bhoots, but when I went to America, there was such a Deviji that when she came to me, I told her, "Look, your Guru was very evil. They will give you some Siddhis, so stay away from them. When I came back, I saw that three thousand to four thousand people come to the Deviji's place. There are big silver pitchers at her place, they washed my feet with them. I took them to their house and I see bhoots sitting there. Then I said, what are you doing? People told me, "She tells the number of the horse and if someone loses money, she tells them and beats people with a whip in her hand." I said, "Mother, you come home." Called her home. So I said, "Okay, tell me about them, tell about them." Whatever she told was a lie. She got scared and asked, "Mother, did you take away all my powers?" I said, if you have your own powers that's to be respected but this was someone else's power that ran away in front of me." But, "I want the ultimate." I said, "Okay, that's fine! Say it three times. I want the ultimate! I want the ultimate!" But she was possessed by the bhoot of popularity and she became that again. Now she is in a mental asylum. So what I mean to say is that you people should make yourselves so powerful that the bhoots run away. You saw that when a Sahaja Yogi was coming, all the bhoots got up and ran away from Delhi. Thousands of them will run away. But you must be powerful. You are afraid of bhoots so what will happen if they don't sit on your head? One man with a bhoot came and all of them cowered away. That bhoot person came inside. So this is a matter of brotherhood. Now what is the reason for this? Why are we weak? Because we do not have the power of Sangha within us. That is why Buddha said

'Sangham Sharanam Gachhami'. The power of Sangha should come within us. Whatever we are, all of us should together(unclear) . You must have heard so many stories about how many people from the Sangha have done great work. You must have heard about a bird that there were many birds and they got trapped in a net. They thought that if we all spread our wings together then we can be freed from this net. We will take it by flying. And in this way it flew away and then they said to the mice that if you help us then we will be free from this trap. Then all the mice together bit it and they got freed. Similarly, we should also think that if we increase our collective strength then why will any bhoot come here? He will run away beforehand. Not just one but thousands of his caravans will get up and leave from here but our collective strength is less. That is why we are weak. We do not think that Sahaja Yoga is growing. So let us join hands. Sahaja Yoga is growing; they are growing it. Let's go and attack him. He is so and so, write a letter against him. To your Mother, Mother's head gets stuck in this, if you read the letters you will be surprised. Seven-page letters come to tell that he who is working is a bhoot . Now do I understand or not who is a bhoot and who is not. But this kind of talk that we are having in Sahajayogi that their vibrations are not good, this is not theirs. I say that even if thousands of such people come here, there is no need for you to be afraid.

We have a gentleman named Dhumal here in Maharashtra, so I started saying, where do you people catch bhoots from? You catch the bhoots! How do you catch bhoots ? So once in Rahuri a man came, he was possessed. So when he came there, he started saying, "These three Sahaja Yogis go through that route. That's where we stay . So tell them not to go from there, otherwise where will we go and stay?" These three Sahaja Yogis go from there. On that, he said that we are the ones who live on that tree. If these people go from there, where will we be? This is the miracle of the three Sahaja Yogis, so you are such so many Sahaja Yogis and if you are, then who has the courage to go to any Sahaja Yogi. Increase your collective strength.. Inside whatever fear is there , remove it . With fear you go to the left side and you get possessed by bhoots.. What is there to be afraid of? What is there to be afraid of? Many of our fights would end if we were not afraid of anyone. The fight between us will end if we do not fight with that person. There is a fear among us that our position will be spoiled. There is no politics here, there is no position here, whether today someone is going to become the Prime Minister, or someone is going to become the Deputy Prime Minister, or someone is going to change the minister, or all those who are holding their own positions in the situation. Here the job is to establish everyone's chair. Whoever has been given a seat, it will be your job to establish the seat. So when you are going to be established by brotherhood, then why stay in brotherhood? Last time I was joking with everyone. I said, tell me whom you are making your brother. Now leave it , you have made many sisters ., Now make brothers and sisters should also make friends. Earlier, having friends among sisters had great importance. These days, the word saheli (friends among women) no longer exists. Ask any woman, "do you have any Sahelis ?" "I don't have any Sahelis". I said, "Why? Why don't I have Sahelis?" "The thing is, who can keep up with a Saheli these days?" And that is why it is impossible to have bondings among women. If there are two women then I will lose my head. The difficulty becomes that I don't know from where they get all the bad things, then the second thing is that the manner of a man is very open but sometimes very explosive. His mannerisms can sometimes cause great harm. But the way women penetrates is deeply from within. For example, recently one woman came and told us, "A Sahaja Yogini had come. So she was telling us that a girl in Australia who was married, left her husband." I said, "This and the fifty-one marriages that took place, which went well, are not news. According to the way of newspaper, whatever is bad should be written in big letters in the very first line. Then she will go here, 'See, you heard, that so-and-so's marriage got broken.' Now, fifty-one marriages took place and they went well. Where did you hear from? Then she will go to another place, 'Did you hear? This happened'. No one says, talk about the arrival of God.' Sometimes talk about the coming of the Lord. Not that. All these people say is that that went wrong. "You know that, that happened to them. I was stunned, how did this happen?" Because of this, women are very afraid among themselves, they have fear .. They are afraid of how to tell them? If they make something at home, they will keep it hidden. If they see this, it should not catch an evil eye. Fear starts among themselves and because of this fear, so many women tell whoever needs to be told that they are in trouble. They are in trouble. They are worried all the time. You leave it. Keep trust in each other. Trust each other. Trusting each other is the rule of Sahaja Yoga. It is a rule. Now see that so much money is collected in Sahaja Yoga. We also give a lot of money and there are trusts for this . You will be surprised that I have never seen the accounts of the trust. Till today. I don't even know how much money there is .. However, our brother is a chartered accountant. I tell them you see what you have to do. He comes to me and says, "Hey, what are you doing? People are so miserly that they don't spend even a single penny and why are your Sahaja Yogis so miserly ? Income tax will be on them." I said, "We will also bring income tax under Sahaja Yoga." So Sahaja Yogi says that where to spend the money, no one is ready to spend. I said, "Make some arrangements. Spend some money so that it becomes alright." But I am telling you, trust . People used to tell me, "Look mother, you should look after the accounts." I said that I never knew accounting. I didn't even see it.

Whatever has to happen, let it happen but never a single penny was misappropriated from here to there. There is no problem. Here in this Hindustan, you ask anyone, "Will I get the land?" "No, he eats money." Went there, "Will that work be done? Will we get the tap?" Then they said, "He eats money." He eats money. I said, "Does he eat some food or does he only eat money?" Everyone keeps eating money. So even in such a situation, not a single penny of Sahaja Yoga goes from here to there. Not a single coin from here to there. Our brother himself is surprised that 'we do so many such chartered accountancy work in thousands of places. There is no hanky panky, no mess, nothing. All the legal works. 'Where did this come from? Where did this honesty come from? Where did this come from? This is the character being formed inside automatically and second this is the trust of mother. Mother trusts. This is how you trust each other. Don't look at each other's mistakes. Don't exaggerate them. Tell the goodness of others. Just think, what is good about that woman or our friend from morning to evening? What are the good qualities? This does not mean that you should blame yourself. Many people also have this habit that I am the one who is bad. not at all. You are very wonderful. The first thing is that you should not look at your faults but look at what is good in the other person. What are his good qualities? You will be inundated by it. You will be nourished by it, but if you keep counting the faults of others every day, then all the faults will be visible within you. Therefore, in making friends, in loving others, in conversing with others, with a feeling of love, if you work it out then Sahaja Yoga can spread very easily. You can achieve this very easily and Sahaja Yoga can spread widely all over the world. You can achieve this very easily and Sahaja Yoga can spread all over the world. All my responsibility is on you. What can I do? If I could do something, why would I ask for help from you? But I tell you that today, on this auspicious occasion, is such a beautiful occasion that today is also the new year and today itself it is matter of brothers and sisters. Now there is no need to tell much about this in India, there are one or two such people who are useless people. They do not understand brothers and sisters. Leave them alone. They will not understand today. If they don't understand it in India, they will never understand it, but whatever you people want to understand, the brothers and sisters you are making today, Bhaiyya Dwij (festival of brother and sister), whatever you are celebrating on this day, you should think that it is a matter of brotherhood. Many stories have been written on brotherhood in this country. How people worked together. The entire Gandhiji's revolution, the entire Forty-Two movement. Imagine how much sacrifice people made. My father was involved in this .. I told you earlier also. So the situation was that while we were living in palaces, we went and lived in huts, but the whole city supported us. The whole city. Go to a shop, 'Hey, what money are you giving? You will give the money later when your father will come. Go to buy a saree,' 'Hey, sister, take the saree, what's the matter.' Give it when your father comes.' They did not allow anything to be missed. Everyone used to take it in their hands. That is, government servants, policemen all together. We will inform you in advance that we are going to come to your place today. So, we have received orders that we are going to come to arrest you or we are going to come to your place to search, so remove everything. In advance. The news would have come twenty-four hours in advance. Remove all the things from here. They themselves would bring their car pick up the stuff and take it in the same car. Where did they go? Where did those Indians go today? If you did all this for that freedom, then there is a need to do penance for the freedom of the whole world and the biggest penance is mutual love, mutual understanding, mutual unity, congeniality. If someone falls ill, run towards him. If someone is in trouble, everyone run. There should be sharing of anything. It should be remembered. For example, when you sometimes give me sweets or give me something, then I have a thought that, 'I am eating but Sahaja Yogis might not be getting sweets everywhere' and sometimes I have a thought that, 'The Sahaja Yogis of London like these laddus very much, so they will not eat them today. Leave it.' I also feel like 'What is it, all the Sahaja Yogis of London eat these laddus (Indian Sweet) very fondly. Now if I go, I will make them and feed them only then I will eat them.' So I am not able to eat. This kind of heartfelt closeness is so satisfying and so blissful in a way. When one gets rid of the way of living for oneself and gets the way to live for others, then only man becomes vast and you can achieve this vastness through Sahaja Yoga. And today on this new day, we should keep this special message in our heart that from today onwards we will become vast and this vastness should settle in our heart and through this we all can see all the Sahaja Yogis we are. We all brothers and sisters are sons of one mother. Tied together by a thread. Very beautifully, connected with togetherness all are lovely-lovely flowers. When we will have such beautiful feelings towards ourselves. And towards others too, only then can a beautiful necklace be prepared. If any single flower gets spoiled in it, it will create a problem. So everyone should follow this belief and my eternal blessings that all of you will achieve this special form.

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You Have To Have An Open Mind To Understand God's Love

Public Program

Mavalankar Auditorium, New Delhi (India)

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

Public Program

[Starts at 53:42 on video]

I bow to all the seekers of truth. Today, in these modern times, we are face to face with lots of complicated problems, lots of shocks that are awaiting us. And then we look back to understand why have we failed. What has gone wrong with all of us?

Whatever way the human beings have moved, in whatever direction they have tried to achieve something, the whole thing has recoiled on the whole humanity and has destroyed it. One must stop at this point and witness the reason, the basic reason, what mistake we have committed. We talk of love, we talk of peace, world peace, but the peace is not in your hearts. Peace is not within. You are in a turmoil and how can you bring forth peace all over?

If the sea is full of waves which are in a turmoil, how do you expect the boat to be steady? The reason is we are not trying to find out what is wrong with us. But we are all the time trying to find out what is wrong with others. But who is the other? We are all part and parcel of one Great World. God has not created many countries. He never knew about these things. He will be surprised if He visits His world. He will be surprised the way we have divided ourselves into countries countries, countries and from one country to another country, you move like a criminal with a passport number.

This idea of love is not love. This conception, the mental projection that we call love is not love at all. The love is something which is a power. A power that is looking after us the power that is guiding us, the power that has nourished us, has brought us to this level. We in our ego human beings think that, "We have done this, we have done that". You have done nothing. You can't even create a blade of grass. You cannot ! Can you? You cannot create anything that is living. Then why say that, "We have done this, we have done that?" You have done nothing but you have created all kinds of devils out of your cocoons and put them on top of your heads. First, let us be humble about it then we can understand what is love of God.

Love of God is a power, it is all pervading power. It is the subtle power which resides in all the elements in all the molecules, in all the atoms. The vibrations that you see, say, in a sulphur dioxide when you see the isometric movement of the atoms, then know it is the love of God which is watching it. Now it is easy to say that it is no love of God. But this is not very scientific way of looking at things. If you are scientific minded, then, you have to understand this is the hypothesis which I am putting before you. And if it is not proved then you can deny. Uptil now I would have accepted that you said there is no God but that also is not scientific because you have not seen yet. You have not gone into that direction. You have not tried to find it out.

How can you say there is no God? Only because in your small little brain you have conceived an idea that there is no God. So, secondly you have to have an open mind to understand God's love. A very open mind open mind like a student who goes to the university doesn't challenge a professor, but sits down to listen to find out what the professor has to teach. Thirdly, we must understand that we know very little very very little, wee bit. We are using a very wee bit of our brain to understand it. so, whatever so called knowledge we have got is absolutely a limited knowledge. May be it is just ignorance or may be something mythical. Let us keep it as a hypothesis. Now, I say that there is God and I say that His love is all pervading.

All the great saints, incarnations, prophets all the great religions have said this. I am not saying this for the first time. I am only

here to prove that they have said it, is the truth and you can find out whether it is the truth or not. But you should be the seekers of truth and not just intellectuals or some sort of argumentative personalities. Try to understand that at human level you have not been able to discover that great power of love, is a fact, must accept. You have not been able to feel God's love. Or you might have read a lot, but you have had no experience of God. You have never felt His love Then, one must know that we have been ignorant. The darkness of ignorance has been on us and in darkness we are eating each other You have no idea as to how we are related to each other. It is a crazy world we are creating today because of this darkness.

This darkness has to go away. And for that the light of God's love has to come. Now the question could be, how can we know God? Because as it is, we are like a cocoon. We have taken out all these traits of the cocoon put them round us and everybody thinks that they have produced some sort of a novel ideology or a philosophy which will solve all the problems of the world. It has not, it has created more complications, more complications and more complications. Let us face it. How to get out of this cocoon is the problem today? And to get out of this cocoon what should we do? Normally as human beings we always think that by doing something only we achieve the results.

But this is the other way round. When we became human beings from ameba stage what did we do? From monkeys to human beings what did we do? We didn't do anything. Did we? But there was some internal force that has brought forth this revolution. Now when something has happened without our effort then it must be something unique. But it is nothing. Everyday we see it. For example, a flower becomes a fruit.

You see it every day. And you accept it. You never challenge, how it has become suddenly the flower becoming a fruit because it is a living process. So the living process of the living God comes from His love, which is living. Dead Gods I am not talking about which we have made out of our own brains. But real God, the reality itself which is not created by you, He has created us. When He has created us We cannot put in effort to know Him. He has to put in effort for us to know Him. So, He has put in all the efforts within yourself very beautifully. In the different stages of your evolution, He has developed within you a mechanism a beautiful living mechanism which has given you the state upto which you have come up as a human beings and also the possibility of becoming a higher being through that mechanism.

Now if you want to know through science , you cannot. By all human efforts whatever you try is the knowledge of the tree. But if you have to have the knowledge of the roots you have to become a subtler personality to get to it. Even to become that God has made all beautiful arrangements within us. In the west I would say on the scientific field Jung reached quite daring but he made little mistakes because He didn't have a Mother to tell him perhaps. So, he made a very big mistake by saying that the unconscious is below the subconscious mind. And then is the conscious mind which we call (SUPHTA CHETAN). Which is Sakhshat Kundalini. This Kundalini according to him was placed under the layers of these minds. God is a great creator and a planner.

Supposing you have to enter into an airport and there are piles of luggage, one after another and everything piled one after the other like that, how will you reach? There has to be a path. So, this argument of his has failed him completely. But actually it is not placed one on top of another but on parallel sides. On the left hand side and the right hand side. On the left hand side, we have the subconscious. The present subconscious is like subconscious many lives' subconscious and then the collective subconscious. On the right hand side we have got supraconscious, the present one this life's then of many lives and then last of all is the collective supraconscious. Now the supraconscious means the futuristic the futuristic ideas of people. So, we have two types of people already one are which are left sided which live with their past one which are right sided which live with the future.

We can say in India we are the people live more with the past. We talk of Shivaji but what about today? Can we produce someone like him? We talk of Nanaka. Can we produce anyone like Him? We talk of Kabira. Can we produce anyone like Him? With all this nonsense that is going on can we produce even one like them? We cannot. So no use talking about them.

Better see what you can do today in the present. So in the present is the central path which we call in the Sanskrit language as Maha Laxmi's. This central path is the evolutionary path of the human beings. And thus all the centers that are created within us are the different stages in which a human being has gone through. For example, the first one which is called as the Mooladhara

which you see there is the one, that starts with carbon. With the carbon coming into the evolutionary process amino acids were formed. life took its own existence and life started running. So basically, we have started from that stage, going higher, higher, higher. Till now we have come to the human stage and last is this chakra which we call in the medical science as limbic area, Sahasrara. The end of it is called as the Bramharandra in the fontanelle bone area in the medical terminology and this is a soft bone in childhood which gets covered up because of the two institutions growing into us of ego and superego.

When the kundalini rises through these centers She pierces through this seventh center and you get that higher awareness which we call as Yogis or Sahajyogis. These days there are so many types of yogis moving. That is why we call it Sahajyogis, but all real yogis are Sahajyogis. It is a spontaneous happening because it is a living process. Living process is a spontaneous happening. Once people asked Ramadasa, "How much time does it take for kundalini to rise?" He said TAT CHHAN, (that moment). Guru Nanaka has said, " Sahaja Samadhi lagoon ". " Sahaja Samadhi lagoon ". He has described, Sahaja Samadhi lagoon, clearly.

What more he should say? Kabira has said, " Ida pingala sukhman nadi mein ". They all have described the same thing. In the Bible it is written, "I will appear before you like tongues of flames". No one can explain what does that mean. Christ has said, "I will come back as a comforter, as a Holy Ghost". If you ask somebody, who is Holy Ghost? They say we don't know, that is a mystery. Everything is a mystery, then what is the use of having such a mysterious ideas. Why do you accept anything that is mysterious?

Holy Ghost is nothing but it is the kundalini within you. She is the reflection of the Primordial Mother who is within you in the triangular bone. She is kept there all the time. That is the power which is, what we call is the power of Shuddha Iccha. Pure desire, pure desire. What is the pure desire we have? Is that we have to become one with this all pervading power. This is the pure desire. All other desires come and go. Today they are asking say for something.

Tomorrow they will ask for something. Day after tomorrow they will ask for something. It will go on and go on and go on. But once you get to your pure desire you don't want to ask for anything. Then you give. Then you don't ask. You don't want anything, you want to give. This is the situation which we should arrive at that we have to give. When we say that we have to become the light then you become the light. What does the light do?

Light gives. Till it becomes the light all the problems are there. As soon as it becomes light, it gives. In the same way, there is full arrangement within us. In a living process the kundalini has to rise and give you your self realisation, your self knowledge which is the BODHA, which is the VEDAS. VED means VIDH. To know within yourself means on your central nervous system not reading, not reading. Kabira has said, (" PADHI PADHI PANDIT MOORAKH BHAYYA "). He said by reading too much, the great learned have become stupid. That is a fact.

Because when you read, everybody else is in your head, you are lost. Now when the self knowledge comes into you then what happens? When self knowledge is there, you know about yourself. You don't know anything about yourself. For example, somebody who is sick he says, "Oh! I was quite alright and suddenly i find i have got bone marrow cancer". He never knew, nothing. Suddenly they say now i have bone marrow cancer. I am walking about alright. I am perfectly alright.

He did not know. Somebody says, "My son was alright, suddenly he has turned out to be epileptic". Another one says, "My daughter was alright. Now she is a lunatic." How it has happened, we don't know? Suddenly, something has gone down with the machine. We know more about the motorcar that we drive the machinery much less about this our machinery which is so beautiful and so subtle. To know this you have to become the knower. And the knower is the spirit, where you have to reach. But for that you don't have to do anything.

Kundilini has to do some job and that job is simple because She is your Mother. She has been your mother all your lives and now she wants to give you your second birth. That you have to have. It is no use certfying yourself twice born or say that I am a person, who has got realisation. It is no use deceiving yourself, no use. When you get your realisation, the first thing that happens to you the first and foremost thing that will happen to you that on your central nervous system you will develop a new dimension of collective consciousness. A new depth on your central nervous system you can feel your own centers and the centers of others on your five fingers and six and seven centers. This has to happen. The one who thinks I know a lot, i am a

great pandit i am this and that, I think all of them are on their way to Narak (Hell). Only the way to rise is to ascend through kundailini awakening, there is no other way.

Some people think that we have to be very upright, straight forward in life if you are honest if you are all other things then it is enough. But another may ask, "Why, For What was the purpose of all this?" Why should we have this balanced life? Why should we go through this rigmarole of being very steady, this, that. Any body can ask, young people will ask this question. Why this nonsense of being all these things , for what? This balance is for the ascent. Without the balance it cannot ascend. That is why the balance has to come. That is why you have to be in the middle.

You have to be in moderation because you have to ascend. And for the ascent, all the extreme temperament cannot beat. Supposing you have an aeroplane which has one wheel missing. will it fly? Which has got one wheel very heavy it won't fly. So, one has to have a balance and this balance is achieved through your being in moderation or being , I would not say (DHARMIC) because Dharmic means nonsense but Dharmic means the Dharma the Dharma within you, the ten valencies that are within you. which are the valencies of human beings to be balanced. We can say the ten commandments or we can say the ten valencies or we can say the DASHA DHARMAS (the ten dharmas). They are inner things they are not outside, they are inside yourself. When they are in balance, the ascent takes place.

Now the difference between all those historical things that we have seen all those self realisation stories we have heard have been of one or two persons because of the tree of life at that time they were one or two flowers. I find there are thousands today. The blossom time has come. So, many will get realisation no doubt. But the other difference between all those practices where people used to cleanse themselves chakras by chakras they used to raise it. They used to go to real gurus, satgurus. not these horrible gurus but satgurus. Satgurus they used to go. and these gurus would raise their kundalini one by one step by step and give them realisation, cleanse them. It was a very hazardous method.

So as the Mother I thought why not make you your own guru. How do you do it? Somehow or other, I must develop a method by which I can manage amass realisation. Let many people get realisation. Now the kundalini doesn't rise in its own full force, because the chakras are not clean there are problems on the chakras, there are blockages things like that. But there is a wee bit a small hair like power can rise in some people Some people can have a bigger flow some people can have a completete jet coming out. But everybody should have this experience. And as a result of that, the light in of the spirit flickers a little bit. In that light you can see your own problems. You can see what is wrong with you because you can feel it on your finger tips.

and if you know how to correct them, you become your own guru you correct yourself, I don't want to tell you. Because if I tell you, you will all run away. These are not the days to tell anybody to do something. That is the worst thing. So only thing is you get your realisation get this little light with you and see for your self what is wrong with you and you manage it. This is the only difference is and I find this works better. Because human beings in the modern times have accumulated so much of ego on their head, so much beyound their heads. So no use touching it. Best is to raise the kundalini, so that they see their ego. And they say, "Mother, Please remove this thing that has gone on my head, please remove this."

They themselves say. This is what is this modern Sahajyoga is. The Kundalini awakening is very simple. People might have told you that it gives you problems and all that. I just don't know because thousands of people in the villages, in the cities, all over the world I have done this. Nobody had any problems. On the contrary all their problems are solved. This is a wrong idea we have got in our head. I don't know from where it has come that you have to suffer to get to spirituality. I just don't understand like some people in England said to me that we have to suffer.

I said , "Why?" Christ has suffered for you. Hasn't He? Are you going to suffer more than Christ? Why did He suffer for you if there was something left for you to suffer? Actually they make everybody else suffer. They don't suffer much. All such people. Because if you don't eat anything you starve, you make yourself miserable. Everybody else will be miserable with that person.

Supposing you want to hurt ME, the best thing is to fast. You see Mother I am fasting then I don't feel like eating Myself. If My children are fasting, why should I eat? But if I say don't fast, then that is the most sinister thing I have told you. You can fast as

much as you like all your life and make everybody fast, doesn't matter. But not in the name of God You are maligning God. He is Joy! He has made all this world so beautiful for you to come! He wants to welcome you to His own kingdom! And what He finds?

The people are beating himself, themselves or beating others or fasting or torturing themselves. This is the kind of attitude that is not going to please God at all. I don't know from where these ideas might have come from people who preached about God. Because they must be saying, you starve and give all food to me. You become a sanyasi. Give all your money to me. Must be this is the reason. I cannot find any reason for this kind of nonsense that you should fast , you should suffer. In Sahaj yoga no body is allowed to do that. And if you have to do that, then please don't come to Sahaj yoga.

You have to know that God wants you to be the happiest person, to be the most joyous person a person without any problems, without any tension without any trouble enjoying the beauty and the grace with all His bliss upon you. But for that first of all you have to make your mind that you first of all forgive yourself. and then forgive others. and just sit with an open mind. I am sure you will get all your realisation and feel this all pervading power of God like vibrations or cool breeze which is called as the cool breeze of the Holy Ghost on your finger tips. Some may not feel possibly because of some troubles, some obstructions some mental projections. May be! But that doesn't mean they will not feel later. And they should not go and criticize "Oh! i didn't feel, it is all humbug."

This is nonsense. This is like dog in the manger. You cannot eat and don't allow others to eat. If you do not feel it then don't condemn yourself either. We can workout, you can come back to the center and get your realisation. Now the time has come for all of us to be wise and not to be stupid anymore. You have done enough of stupidity. Alright as children they are forgiven. But if you are born like that I don't know where you will land and where this world is going to land ultimately. So, all of us have to decide, those who are here, that from today because the new year has started, let us try to be wise.

And the wisdom has its own powers beauty has its own powers and love has its all powers. Everything emerges into the ocean of 'Love of God'. I had told you that I would talk to you in Hindi also. And I talk to you in spoken language used in our daily life only. I do not use any such language which you may not understand. So,those who are against the Hindi language, they are requested that I cannot learn many languages. I have learnt as many languages as I could and it is your daily spoken language I speak in the same language in which you watch cinema. Some people told ME, "Mother , please speak in Panjabi." Earlier I knew Punjabi language a little, but now for the past so much time it has not been used, so have forgotten a little. But the language must be that of 'Love'.

Learn the language of 'Love'. What have you done after learning so many languages? Simply think that after learning so many languages we have given rise to all quarrels. After that , after learning Dharma what rivalry did we give rise to? If Dharma teaches to quarrel, then that cannot be Dharma. Because we are the cells of same one God the cells of this one God. If your one hand starts quarrelling with another hand what shall a mother say,"Son, you are two hands of one single body." Now when we see that wherever we pay attention quarrel goes on even in the name of religion. tomorrow's children will say , "God save from such a religion and God save from such Gods also." Your children only will say that they don't want such a religion.

What you are asking for today, will be abused tomorrow and lost because its proof must be visible. Its result must be visible. People must know what was the result and what did we achieve. If somebody in the house, sows babool, people ask,"why are you sowing Babool? says, because thorns will grow out of it. Why are you sowing thorns? Sowing thorns so that , these prick people. Very good condition of yours. Why are you thinking like that? I want that these should prick everyone so that they curse me only.

Very good! All such foolishness that we are making one after the other the time has come to put an end to all such foolishness. If you do not put an end to it God will put an end to it as well as to you. Do not blame God for wrong doings. For wrong things ,don't say God has said so. God has said so. He can never say so. We have popularised such wrong assertions and in every religion their agents are sitting amongst them. In which religion it is not so? It is so in Christians, in Muslims, in Sikhs no less in Hindus, in thousands.

Tell Me, in which religion there are not its agents? Everybody is earning money. Everything is means of earning money. God doesn't understand a single penny. If you tell ME tomorrow to write a cheque for a bank, I will say, "You write it, I don't know how to write it." I have got worldwide wisdom, but I have no knowledge of banks. I cannot understand Bank. The God who does not understand money, you are earning money in His name. Only means of earning money started. Now there will start the trade of committing murder.

Beyond that there will start the trade of all evil acts. You must have heard that in the olden days there were such temples where all the evil acts were done in the name of God. Cheating started in our country. By doing all this, by doing all these evil acts not having the blessings of God people blame God and your children will say there is nothing like God. Whatever the number of your views are there is communism of the whole world one is imperialism somebody says that there should be independence some say there should be social democracy by creating varieties of isms. Now what did you get finally? This you should think. Today you go to America, nobody's life is safe. It is not in Delhi only. Everybody was telling Me about bangles, but on the day of Diwali one has to wear it.

Take these out or the people will snatch (bangles). The position of a man in Delhi is , just like a cat and the same is going on at other places too. So all these excellencies you have accomplished on the basis of which people are bewildered all over the world. Wherever you go, there is terror No notion is no where successful. I have been to Russia as well to China. and I have been to America as well. All are of the same metal. Everybody is cutting his neck with his hand and cutting his nose as well. And we are following them. Using their own wisdom, if everybody has to go to hell, then it is very easy.

Let there be vacancy in hell. How can there be so much space available suddenly? Let there be some arrangement first Mother has anxiety even if you have to go to hell. Even if they go to hell, let there be arrangement there where the children will sit. So, such a wave that we have started the reality is far from that. Exactly on the other side it is darkness there. It is mist in which you are getting deep down more and more ascending towards God and looking upward towards Him is reality. Where from these agents will give you PARMATMA(God). These agents are money minting people. You only tell, "How much money do you pay to these flowers to become fruits?"

How much money do you pay to this mother earth SASHYA SHYAAMALAAM (productive and brown coloured motherland) which helped you so much? You have raised so much hue and cry With what great difficulty this mother earth cradled and brought up us and we are destroying it like this. Have saddened it so much and even after doing that even today that SASYA SHYAMALAM mother earth cradles us even today Cares for us, looks after us. Even taking that into consideration as well We do not understand that on which path are we digging ourselves. All those who are God's messengers just perceive that these five elements these are God's messengers these are their angles ready to help us. It is only we who are ready to cut our neck, what shall God do? Within you there is Kundalini as well and within you, your mother kundalini is settled there beautifully. It is settled perfectly in three and half circles. Poor (KUNDALINI) is waiting that let the foolish fellows come to the right path. Then your chakras are also beautifully made.

and how beautiful arrangement God has made. You haven't got any knowledge as yet, your eyes have not even opened as yet. When your eyes will open, you will come to know then. Then you will understand. Oh! in what darkness we had sunk? somewhere under the darkness of ego Somewhere under the darkness of fright in the darkness of greed for some wrong things covered with all the six evils, where shall we go? All these things are absolutely within you. What discussion you will do in this case? I see many people stand in front of Me with clubs in their hands.

I asked them, "Why?" They said , "They were saying that by raising Kundalini it happens," I said, " You better go to them." Anyone says anything if anyone says anything is getting it published in newspaper, how does it matter? You take a plain paper and print it out. Anyone who prints anything, is that a Shashtra? Is that about God? How much effort did Nanak Sahab made? that all those who were realised souls all those have been put together in Granth Sahab attached them in Granth Sahab, attached Namdev to it. And the day before yesterday, I thought that in the temple of Namdev somebody had been murdered. Oh!

Ram That Namdev What to talk of Him to you. Only Nanak sahab could understand Him. When Namdev went to meet Gora kumbhar (a saint and potter by trade) he said these words, see what beautiful words he said. See his beauty and our crudeness and foolishness. Now , Gora kumbhar, was a poor potter whom we should call, a schedule caste and this tailor just on seeing him, he says NIRGUNACHE BHETI AALO SUGUNASANGE' in the guise of Nirguna (without qualities) i reached Saguna (refers to God) in the form of Saguna Nirguna was standing. This love, this respect and this honour only a yogi can do to respect another person is not possible for a man. They can't do. Because you don't know how much loving the other person is, how much dignified. Some minister comes to you and you run after him. He left yesterday, you ignored him and ran after another one.

You don't have any discretion whom to follow and whom to run after If you have your own dignity you can recognise another dignified person. That this Sakshat (In reality) dignified person is standing in the form of Saguna. But you don't have the eye to recognise that. For that too one should have eye that has light. Thousands of people wrote many said but today we are just forgotten and wandering. And what to talk of these Hindus! You are paying for that sin and save God from these Christians. If you find a more foolish person than them, let ME know. All the frivolous tales about Christ are there. Now a days they even say that Christ was a human being.

Who has told them so? One gentleman in England has said he is a renowned person, called Bishop of Durham that Christ was an ordinary man. His birth has been just like us some of His disciples were uneducated. Just ask them , "What do you know about Christ?" Do you have the insight to know Him?" Do you have the ability that you are telling to Christ Because somebody has elected you somebody appointed you as Bishop and somebody as Pope have you become a great man? In this way, you put them on your heads, beat drums and wander. I am telling you that all these drum beatings are of hell. By following these wrong gurus do not take yourself and your children to hell. There is unrighteousness in all these religions.

DHARMA is only of one VISHWA DHARM PARMATMA and that DHARMA is to achieve God. Till now, tell Me who did not say so? Am I telling it today? Were all those liars who said KAHE NANAK BINA AAPA CHINE MITEY NA BRAMHA KI KAI How many people recognised AAPA? Those who had to say said so They said thousands of times and left They were tortured to death when they were living and till now only they are killing. I say, "Be aware!" To everybody I as a Mother today warn you there is no need to go forward than this. Stand up and get in Sahaj Yoga and proudly become saints. Avail this NIRGUNA which is today spread all around us sitting to respect us sitting to honour us. Obtain that.

Are you going to take these useless things on your head? That which you should take that which is available to you so easily when this diamond is so easily available then why not to get that? I cannot understand man's wisdom My father was tired of making ME understand. He would say, "You won't understand all this." In reality I am still learning. How does a human being looks at things from the reverse side? Why he doesn't look at things from the right side? And when everyone has already said, specially in our own country there are so many great saints. Hey! feel ashamed of yourself!

Today, we have a lot of questions, for example In our culture it has been said, YATRA NARIYA PUJYANTE TATRA RAMANTE DEVATA Where a woman is worth adoring and adored there itself Gods reside. Here the way women are tortured every Indian thinks that he is a male he has the right to get rid of woman. The person who has given birth to you is your mother One who is by your side is your wife one who is your daughter, they are all women. By doing excesses with women she becomes lioness and can dispose off you. But what is the use of this rivalry? This rivalry is of no use. This rivalry is there because you don't know You are the two wheels of one chariot one in the left , the other in the right. Both are of same height but not alike In Sahaj Yoga last time according to our desire and joyfully we had fifty one marriages. But out of fifty one marriages not even one marriage failed. All the marriages are going on nicely.

It gives a great joy to see them. Clapping Apart from this diseases get cured just by the way. Just now you saw one gentleman who came up to the stage He had blood cancer, he got well absolutely. Your diseases, come atleast with this greed, I am your Mother. that first even if castrail has to be given she gives it by covering it with chocolate. Ok! come to get cured. No, we are healthy. We are very strong. Ok for your peace!

We live in absolute peace. Very peaceful! We are very peaceful! We are in peace, we slap wife twice or thrice and nothing else. Clapping We take out all our anger on wife . We are sitting peacefully. You are very peaceful! What to speak of you! We have got enough. We don't need anything.

Then I can't say anything But you will come, by and by you also come. But My son, why not to get it now? Now, I have come! Dr. Sahab said,"Mother please come to Delhi for one day." He has come. Here is a center. Three four doctors are carrying on research work. They have found out that by joining Sahaj Yoga a human being instantly becomes Which in Punjabi language is called ' very good ' when he took their readings. Now he is writing a paper, that he noted in that reading that man's [INAUDIBLE] resistance power increased his stress level decreased which you call ' tension'. ' Now a days i have got tension ' That was over.

When this hole occurs in Bramharandra, then there is no tension. And in this way he found out lot of things And we are carrying on research work over cancer as well Research means, as such everything is research only but he had said that you collect all the reports of this and make its documents. That we are doing. But even after doing this, please do not get here only sick people. kindly, everyone here must not be sick. Some must be such who are healthy. Bring such people also. Because we want such people also who can cure other people. Now, I have only two hands. And with these two hands whatever I can do, I do.

I request you that in this great movement It is for the betterment of the whole world. Must come! We don't need any money for this. I don't need any respect. I don't need anything. Even if you don't give anything to Mother, She will still love you. This you know very well. So, I don't want anything from you. I only want that you take what is yours. Whatever is hidden within you that which is subtle, get it.

It is your right. That you should get. May God give you all wisdom and blessings.

1986-1104, Conversation with doctors about epilepsy

View [online](#).

4 November 1986

Conversation With Doctors About Epilepsy

Public Program

New Delhi (India)

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

Conversation with doctors about epilepsy, New Delhi (India), 4 November 1986.

[A Hindi transcript with English portions]

Shri Mataji: That is supraconscious. He will be in trouble.

Sahaja Yogi: The one on the Left

Shri Mataji: Yes, he will face physical problems.

Sahaja Yogi: He will trouble others.

Shri Mataji: He will scold others. He will be sick and trouble the heck out of other people as well! [She used a strong Hindi idiom] Such is the right-sided.

Sahaja Yogi: Shri Mataji, please, tell about epilepsy.

Shri Mataji: Epilepsy is left-sided. Epilepsy can happen also by chance but there has to be vulnerability. A vulnerability, supposing a child is born and the mother dies at that time. He's born or lived under bad circumstances. If your psyche is weak, you become vulnerable for any entity to enter. Then he can't bear it.

Sahaja Yogi: It's a possession.

Shri Mataji: It keeps [fits] coming and going. It's not a permanent one, a permanent one is a lunatic. [Sahaja Yogi: Plain and simple]. The person cannot tolerate it and falls unconscious. Why? Because of virus. What is virus? Viruses are also some dead vegetable which have gone into our Collective Subconscious. So, that attacks.

Sahaja Yogi: So, Mother, they all hide in the Left Swadishthan?

Shri Mataji: No, they hide beyond, much beyond. Firstly, you have your present-subconscious, what has happened in your recent past. Then, you have your past-subconscious. Then you have your past-past-subconscious, meaning, your past lives. Post that, we have the collective-subconscious. And in some cases, for example, how one gentleman had bone cancer. That would happen in case there is an injury. He said there is no injury as such. Later, it was known that at the time of the accident, fearful thoughts came. Fear takes one on the Left. While in the Left, a bhoot entered him and kept sitting. At that time, some incident happened that stirred him emotionally.

Sahaja Yogi: So, epilepsy indicates presence of 'bhoot'?

Shri Mataji: Epilepsy is a bhootish [sickness], epilepsy is curable.

Sahaja Yogi: That means Mother, is comes in circulation from the Left to the Right and gives the signs of the movements of the body through the Right?

Shri Mataji: Not exactly. All the physical trouble [pain etc.] comes through the Left side. [Man interrupts: But the actual physical] It effects as a physical fit but it is a spontaneous result. By physical, it means when you do things deliberately in your consciousness.

Sahaja Yogi: Means, as to explain, somatic activity of the Hypothalamus as well, we used to call it an autonomic activity but now we are coming on- [Shri Mataji: Yes, separation UNCLEAR] that is somatic activity. On epilepsy, Shri Mataji is giving him a PHD, what all we have to do in it?

Shri Mataji: Firstly, you have to give him [patient] a basis, meaning what is the nature in epilepsy.

Identify who is vulnerable to it. Left side has an important role to play. Because of left-sided activity: bad motherhood, alcoholic parents, anything full of sorrow and gloom or someone who is in the habit of pitying himself, faced black magic, went to false gurus, poems of crying or sorrowful books, those who read/listen to ghazals – basically, the tendency to find pleasure in pain. For example, you have a sensible married life and still you run towards someone else's wife [Man laughs]. Hence, this diversion that occurs, meaning, when you move away from reality to unreal things, it affects you more. Now more reasons for epilepsy are, supposing some entities sit in your subconscious related to exorcists, you watch any films like that, it all affects you. Any existing fears also trigger epilepsy. Fear and unhappiness. If you start crying out of fear or you saw a dead body or you went to a cremation ground or went to the church because there are so many dead people buried inside the churches such situations triggers epilepsy. Not in India but in foreign countries, the dead are buried within the church premises – especially, children catch easily. Hence, one must avoid a dead body.

See the beauty of our scriptures; whenever you carry a dead body, you keep singing songs as the bhoots run away from music. Arrange for eating so everyone feels relieved. When one starts staying unhappy, he becomes susceptible to epilepsy.

Anorexia is also from this [bhoot]. Any psychological shock, for example, things related to your parents, makes such persons vulnerable for attack by bhoots. Some bhoots are fond of fasting, some are fond of eating and drinking and some are fond of Hatha Yoga. Now, you see Mr. Rao, this frail man from the military, it took Me years to cure him, years!

He went to fight in Pakistan. While returning, he passed through a cremation ground in Punjab. There he was possessed by a Hatha Yogi's spirit and he started doing asanas day and night! Who had never performed any asana ever, practicing it day and night! When he came in front of Me, he was uncontrollable! Looked like the intestines were brought out! Looked like he was about to die! The stomach was completely sucked in. He asked Me to cure him, so did his wife. The man who did this to him [Mr. Rao] must have been an extremist. It was beyond his control. Now he is all right since around three years.

Sahaja Yogi: Did he find the cure Candling?

Shri Mataji: What candles, he must have burnt camphor by the kilos! For such cases, camphor is good as it cures easily.

Sahaja Yogi: Really? With camphor?

Shri Mataji: Yes. Now these bhoots act differently on different chakras. If they come at Mooladhara, you will have those kinds of problems. How in foreign countries, perversion due to sex has come. In India, there was a girl who got this problem. When I called her, she came with her husband. On Mooladhara, one behaves like mad. Especially, it attacks the innocence in children.

Sahaja Yogi: What is the best way to clean the Mooladhara/such catches?

Shri Mataji: One should recite the Ganesha Stuti, to clear the Mooladhara Chakra. Now you cannot call it epilepsy, as if it comes and goes.

The main characteristic of epilepsy is that here the individual resists the possession. He doesn't accept it. If you accept the bhoot, then it acts through you. It uses your ego. If you do not accept and you just resist, then it acts on your body. So, epilepsy comes through the Agnya.

Agnya is caught up by two ways: when one doesn't forgive and keeps thinking about that same thing and secondly, when one has adulterous and roving eyes. This is also playing with bhoots. Christ declared: "You shall not have adulterous eyes".

Sahaja Yogi: Roving eyes.

Shri Mataji: Roving eyes. They come through the right side – ego. That is the ego part. Such persons can also have mesmeric eyes. If he looks at someone, he can mesmerize him. All this is at the second stage. And if he doesn't wish to be mesmeric, if he is a person who is not with roving eyes but who has condemned himself fully that he has done something wrong and he cannot forgive another person, when such a person gets a badha, he gets epilepsy. Mostly in epilepsy, there is another agency [urgency]. For example, if somebody is condemned day/night, for example the wife [by in-laws or husband or by boss] there is constant fear during day and night.

Sahaja Yogi: Fear is the main thing in this. Insecurity [UNCLEAR]

Shri Mataji: Substantial amount of fear or a periodic fear. A moment arrives when he is thrown into collective subconscious, he catches somebody and you get it. But he, himself, will not act. But a right-sided person will act.

Sahaja Yogi: Will he have maniac tendencies?

Shri Mataji: Who? The right-sided man? No, not maniac. Actually, he will mesmerize the ladies. Whichever women he would look at, would get mesmerized by him. Rajneesh [Osho] used to do so.

Sahaja Yogi: So, basically, it is a Front Agnya problem. But mainly, Back Agnya?

Shri Mataji: From front Agnya to [UNCLEAR] and from Left Agnya, is epilepsy.

Sahaja Yogi: Then, Mother, the clearance for epilepsy, the treatment, is clearance of the Back Agnya primarily?

Shri Mataji: Meaning, if there is suppression, if someone suppresses you, if someone gives you one [slap], give him three! [The Sahaja Yogi laughs in acknowledgement]. You see, tolerating means you absorb it within you. So, don't take it inside, it will neutralize. For example, one gentleman was very honest. He used to say, "I am very honest". So, I asked him, how is he happy – being honest or dishonest? Because if you are honest and still sad, better be dishonest. [Laughs!] Other side is, that you take it as a joke. And needn't be affected by it, by remaining a witness.

Sahaja Yogi: Shri Mataji, what are the parameters in epilepsy?

Shri Mataji: Whoever has epilepsy, must have a word with him first.

Sahaja Yogi: His history..

Shri Mataji: History, stress and fear. How children are made fearful, "the devil will catch you", are asked if you are raised by the Mother etc. Now, in England, children are made to sleep in a separate room, no maid to look after him, just like that! He will keep

crying in the night while parents sleep separately. I asked them, "Why you don't make your children sleep with your?" They said, "We sleep naked", hence, pets [being in their room] are ok. So, I told them, "Better you now give birth to pets! [Dogs and cats!]". England is so cold, how do they sleep without clothes! Such dead people, they require sensations for everything! All their ideas are perverted! All the things that you would do spontaneously, in a localized way, with your brain, so what harm will happen?

Sahaja Yogi: Mother, treatment for epilepsy. Clearance of the Back Agnya, primarily?

Shri Mataji: Mainly, Mooladhara and Back Agnya. And Back Agnya in which all combinations, one has to check. Supposing, if problem is from Mother's side, especially if the Mother is constantly fuelling the child's mind against his father or siblings, such a child will keep crying [be morose]. It will fall on his Heart. If the father was an alcoholic/pervert/violent, Right Heart will be affected. Identify the source to decode the combination. Firstly, establish the source and the combinations. Then identify on the chakras and the job is done.

Sahaja Yogi: History is important.

Shri Mataji: History and connection.

Sahaja Yogi: Shri Mataji, we were thinking, in epilepsy, there are three kinds of parameters. First, EEG [Electroencephalogram]

Shri Mataji: The Theta waves that come.

Sahaja Yogi: Yes, we shall observe them.

Shri Mataji: Also, in epilepsy, it so happens that when the patient begins to recover, the attacks' frequency or normal period [in between attacks] increases. For example, if a person gets an attack every 8th day, especially, there is also a relationship with phases of Moon, being the Left side. When there is Amavasya, one definitely gets an attack. So, one gets it every month or on Poornima or Ekadashi. Then, the frequency changes. The attack will come after a gap of 2 months, 4 months and later 1 year and that's how a person gets cured. Since I have the power to see, I can see the bhoot as a red insect sort of thing in the brain.

Sahaja Yogi: Does it [badha/disorder] show in the CAT scan in that case? CAT scan, is a special type of XRAY. It shows in the brain, where any glass is [foreign bodies] present.

Shri Mataji: If the scan captures the minutest things, it can show. You can study it. In my times, we didn't have these things [technologies]. It is a good move.

Sahaja Yogi: Yes, it captures the Brain from different angles, in entirety! Captures every milimeter! So, one should get one EEG and a CAT Scan. And then get neurotransmitters estimated because being Left side, [UNCLEAR] can metabolise [UNCLEAR]

Shri Mataji: They [UNCLEAR] would be less. Secretions would be less.

Sahaja Yogi: Estimations would be on cerebrospinal fluid

Shri Mataji: In activity, if it becomes maximum

Sahaja Yogi: With pressure of the...chemical changes.. [UNCLEAR] Means when he starts doing SY, a difference will be seen.

Shri Mataji: A difference will be seen, balance will be seen.

Sahaja Yogi: A change will be seen in the transmitters.

Shri Mataji: And what is noteworthy is that acetecolyne [UNCLEAR] and colene [UNCLEAR] has different actions on different chakras. Despite being the same chemical, it is augment on one chakra and toxin [UNCLEAR] on another andyou people couldn't do.

Sahaja Yogi: Yes, it is difficult].

Shri Mataji: [UNCLEAR] In that separation/secretions, the deities are sitting there. They act according to [UNCLEAR]. For example, the light that illuminates your house can burn it down too.

Sahaja Yogi: Same thing can be utilized by the presiding Deity.

Shri Mataji: You have to understand the Deities. Now, who's on the Left side? Left side has Maha Bhairava and MahaGanesha. Now where do the powers of Maha Bhairava come from? From the Centre Heart, as they are called, antibodies. Antibodies are indeed the power of Maha Bhairava. If the antibodies reduce in your body, you get susceptible to diseases.

Sahaja Yogi: The role of immunoglobulins in it? Do they effect in rheumatoid arthritis [RA] as well? In swelling etc?

Another Sahaja Yogi: Mother, do you remember the case you saw in Coimbatore? It was a typical case of RA. That lady was a difficult case of rheumatoid arthritis, that lady who is working in the post department.

Shri Mataji: Arthritis is of many kinds. One being, where the root is caught [hand gestures] which is owing to left-side. Actually, such a person is a nice person, a good person but the vibrations freeze in such a person.

Sahaja Yogi: So, it is the collection again of the breakdown products in the areas that bring about the physical changes of the joints.

Shri Mataji: Such a person is a good person, if he has these things, what he has to do, is to go to the sea where the vibrations can be sucked in. And he should give vibrations to others.

Sahaja Yogi: Can a tantric give that to anybody?

Shri Mataji: Tantric, they can't. But there is another kind of arthritis where the entire body becomes stiff! You can't walk.

Sahaja Yogi: Ankylosing spondylitis.

Shri Mataji: It's a possession by bhoot. It can be corrected in one minute by Sahaja Yoga! Sea bath is very good. The entire body feels a kind of pull! It restricts the mobility.

Sahaja Yogi: How do you set it right?

Shri Mataji: Get the bhoot going!

Sahaja Yogi: For the rest of RA, is sea bath good?

Shri Mataji: Sea bath is good. Go there and let your vibrations out or on the sand. Salted water, anything can help them.

Sahaja Yogi: Would intake of salt also help such people?

Shri Mataji: Not intake. Those people who are helped by outside is a sectionary thing. For example, if you have a problem at the

Vishuddhi chakra, now, there's one way of, let's say, it is Me, if I leave 'ghee', naturally, I shall get dryness in the body. But if I apply it in my nose or on my hands, I can solve the problem. But if I take 'ghee', it will have another effect. But if apply from outside, it will just not have the same effect. Consumption will not take place. It should not be consumed; 'ghee' should not be consumed.

Sahaja Yogi: It will fall under breakdown then.

Shri Mataji: But actually, whatever is being converted into fats is not being available to other parts, hence, dryness appears. If the entire fat accumulates in the stomach, other organs will feel the dryness. Now, if you take 'ghee', it won't help! Peritoneum gets dried.

Sahaja Yogi: Application on the stomach itself is more helpful.

Shri Mataji: Much more helpful. Not on the stomach but wherever it is required. If the peritoneum dries up, don't just apply on the stomach but rotate on the stomach so it goes into circulation. Because the fat is not into circulation, that's why you are having this problem. Now you cannot get into circulation by taking more [UNCLEAR] only, you'll add fat to fat. But by application, you put and end to that problem. For example, ears, if they get dried, tinnitus – you can put oil in the ears or in the nose. Apply "Relaxyl ointment" on the sides, it relaxes you.

Sahaja Yogi: This particular area helps with the Swadishthan also.

Shri Mataji: Yes, very well. What happens is that the entire dryness one can feel. So, one must put oil. People don't use oil on their heads which leads to dryness in other part, leading to hair fall, greying of the hair. Now there is no fashion to put oil. Earlier times, people would grease their hair with oil!

Sahaja Yogi: Even diseases like psoriasis?

Shri Mataji: Of course! Psoriasis is very simple to cure! Now, let's look at it – if you have taken ice inside the stomach, you will feel hot because when it will melt, you know it generates heat. So, don't take it inside. Better, you apply it from the outside. Ice with vibrated salt on the liver [right-side]. Your asthma will also get cured. It happens due to the dryness of peritoneum.

Sahaja Yogi: What about this intake of 'geru' and honey?

Shri Mataji: 'Geru' is also for Left side, meaning calcium deficiency. Like I said, allergies can take place. You can consume calcium externally as well as internally. There may not be a calcium deficiency but supposing you have white spots, [vitiligo]: apply vibrated 'geru' over it. Don't take it inside. It is consumed inside when there is arthritis.

Sahaja Yogi: Even is psoriasis?

Shri Mataji: Psoriasis is caused due to over activity of the liver. For this, the best is ice and vibrated salt. No intake of it though. Calcium is heat-giving. What arises due to cold, from the left, use calcium for it. As you know, if you take calcium, vitamin D weakens it. It indicates there is a deficiency of the sun [element] in you and if there it is more, take calcium to compensate.

Sahaja Yogi: Actually, psoriasis is also connected with the right side, Right Swadishthan activity?

Shri Mataji: Skin cancer is because of excessive sun rays. How these people go sit in the sun, going half mad just by that! In my childhood, we were prohibited from going there [to the beach], it was like a punishment because this brain of ours, it is made up of fat, it also melts with excessive sun, which is why these people become mad.

Sahaja Yogi: Please shed some light on bronchial asthma. Is it also due to a calcium deficiency?

Shri Mataji: No, not like this...there are two kinds. One is, allergic, the other is physical. Allergic – due to dryness of the peritoneum, right-sided. Like, Mr. Patankar, his is not allergic, it is more due to right-sidedness. I asked him earlier to try clearing with light first. When light didn't help, I figured his right side is completely caught up. I told him to try with ice, keep the ice pack. So, he asked Me, "For how long will I have to wander like this [with the ice pack]?" [Laughs] I told him, after a few days, he wouldn't require it. Now he is all right and roaming around without the ice!

Sahaja Yogi: So, it gets cured by ice?

Shri Mataji: Yes. Ice is the first option. You can also apply 'ghee' but ice works the best as it cools down. What you can do is, apply 'ghee' on your feet. Now rub it with a copper bowl, the black soot comes out, it sucks all the heat. Haven't you seen? It is like magic! If you use it on my Feet, you can get a kajal [kohl] to be applied in your eyes. The bowl must be of Bronze [Kaansya – Copper]. You can use silver as well. But normally, copper works better on people.

Sahaja Yogi: This is to take out heat from the system?

Shri Mataji: Heat gets emitted from both Left and Right side. Coolness is a sign of ...[UNCLEAR]. Heat comes from both Left and Right side because of friction. On one hand, there is fusion and on the other, there is, explosion. Both emit heat.

[Sahaja Yogi: UNCLEAR].

Shri Mataji: One more thing, in epilepsy, one never gets fever. Be it any left sided problem/catch, one never gets fever. Even in cancer, one never gets fever. Mad people can never get heart attacks. As Rustom also told Me, that in his clinic/hospital, they had a [some sort of a] machine that got rusted because of no use! So, I told him, "What is it [machine] even doing in an asylum? Keep it elsewhere!" [LAUGHS!]

Sahaja Yogi: Mother, can fever cause epilepsy in children?

Shri Mataji: Fever will not come. Fever can happen as a result.

Sahaja Yogi: Can epilepsy happen because of fever?

Shri Mataji: Very high temperature can occur. That is more of a cause, because of epilepsy.

Sahaja Yogi: Where it is basically, the viral infection, an in epileptic fit in high fever?

Shri Mataji: In epilepsy? It is a possession. In viral infection if you get possession, fever can come. Viral infection can be very dangerous also! Reason being, firstly, the virus can come from the vegetables but, just like, what you call, tobacco, it is also extremely devilish!

Sahaja Yogi: What about bacterial infections?

Shri Mataji: It is more or less, the same thing. You can say, some plant cells that come as virus and bacteria is unicellular cells which have gone out of the circulation. Because they were aggressive, like aggressive animals so they were thrown out of circulation. Many people become animalistic. Many unicellular cells, something like paramecium [UNCLEAR] also became aggressive, they have also gone out of circulation.

Sahaja Yogi: So, all the viral and bacterial infections are left-sided?

Shri Mataji: Of course! Viral, bacterial and possession are all from the left. But yeah, other infections such as, mosquito bite,

tumour fever [UNCLEAR] – comes from the right side. Meaning, viruses etc, you can't find out their origin but this [tumour fever] is visible, the viscera [UNCLEAR] is visible. This is indeed in the present. Those that were in the past, when they attack, you wouldn't know their origin.

Amoebic dysentery, it is indeed right-sided, means coming from the Right side. Indicates what you can see with your eyes, whatever you can't see, must be from the past.

Sahaja Yogi: Quite right. What is the cure for amoebic dysentery? It is a very common ailment.

Shri Mataji: Use Lord Dattatreya's Name [mantra] for amoebic dysentery, it strengthens the stomach. Basically, you have to strengthen the stomach. With a [strong] guru tatwa, amoeba becomes all right. [A Sahaja Yogi asks for a specific person's problem]. Get sugar vibrated for him. Avoid sugarcane juice with ginger and dairy products at all costs. Take 'Liv-52', the weather is very pleasant these days so take kokum water with sugar, cardamom, gulkand [a concoction primarily made out of rose petals], candy sugar. Khaand [unrefined cane sugar] takes things to Right side, avoid it.

Sahaja Yogi: And diet as such, should be vegetarian?

Shri Mataji: For him, of course, should be vegetarian but without any fat whatsoever.

Sahaja Yogi: [discussing a specific case]: I feel very anxious, nervous, emotional.

Shri Mataji: Yours is aggravated. Come, sit for a few minutes. [Stresses on strengthening Guru tatva to another person].

Sahaja Yogi: I lost my father early in life. I used to go to my maternal uncle's place. I was brought up there.

Shri Mataji: [UNCLEAR] Keep your hand on your stomach and say, "Mother, I am my own Guru. Say it". [Instructs another person] Get a matka for him. The problem is of both Left and Right sides.

Sahaja Yogi: Should we continue for a few months, Mother?

Shri Mataji: Do a series of 7 matkas. Actually, it is because of such people that my hand doesn't work. Evil people! Such villainy in this country! And the doctors don't believe, who to tell! On one side are these non-believers and on the other, the wicked ones hell bent on destroying [the seekers]. I came in such conditions, dear doctor, where everyone is caught. So much advancement of you people.

The Sahaja Yogi interrupts: Everyone is getting all right because of You, for such things have no cure. Doctors can never treat these disorders.

Shri Mataji: Yes, at the most, the doctors will remove your nose or your ears. Removal is not 'cure', it is nonsense!

Sahaja Yogi: Which is why in medical science, there is little scope to understand Sahaja Yoga or its treatments. [UNCLEAR]

Shri Mataji: Any why to keep them in hospitals, one shouldn't! Patients spend so much money, think about it. A gentleman came and spent 3 lacs on his treatment. His wife started crying, stating she doesn't have that much money.

Sahaja Yogi: Shri Mataji, there is a gentleman waiting downstairs. He has some problems, he is a very left-sided man.

Shri Mataji [laughing]: If he is left-sided, you people make him right-sided! [To another person] This is very important, Mooladhara plays a vital role in curing the diseases. [UNCLEAR] Cancers, what do you call that where disability happens?

Sahaja Yogi: Muscular atrophy. [UNCLEAR – Personal conversation about going to Jaipur, talks about Sahaja Yogis taking miracle photographs of Her, more people wishing to meet Her downstairs, discussion about a Sahaja Yogi's personal property, speaks about public programs in Marathi]

[Some people have come insisting on seeing Shri Mataji again and again.]

Shri Mataji [to them]: It looks like you people will never be all right! Either I have to give up or you give up, one of it. Because those people who always prefer to be gloomy and morose, the God himself tells them to remain in a pall of gloom! Such people actually indulge in gloom, find 'pleasure in pain'. [Tells another person] When I have cured you, why are you falling still? [going back to the illness]. I have told you a hundred times to leave your fears aside and you expressed your concern at its [illness] relapse, so what am I to do?? If you fear its relapse, it will definitely happen! All that you will desire, will shape up! I told you to be happy, stay within the protocols, I did cure you, right? Then why have you fallen ill again?? Is it still catching? Your entire face changes! Now quit your gloom, sing along, laugh! Bhoots don't come to people who are happy! Those who keep crying, wallow in self-pity, they get attacked by the bhoots! [Talks about people who follow the Rama-krishna mission, being hard nuts or severely affected!]

[48:28 A Sahaja Yogi shares his personal problems in Marathi. 48:60]

Another Sahaja Yogi has brought blouses and saris on behalf of all the people present! [Shri Mataji laughs].

[49:50 Marathi conversation]

[A couple due to be married, seeks Shri Mataji's blessings. Locals are presenting Shri Mataji with a local fruit, 'chakotra' [melon].]

Shri Mataji: [Advises another Sahaja Yogi to use vibrated 'geru' to cleanse the skin]. While sitting in front of Me, the whiteness is turning reddish, it has begun to cure. [More talk in somebody getting married, Shri Mataji remarks about how difficult it is to open a Sahaja Yoga center in Kanpur, how it is such a rotten place. Another Sahaja Yogini talks about problems in Dehradun center. Shri Mataji tells her, "Tie a rakhi to Arun Goyal, stay forever happy!" Shri Mataji tells her that she has a Vishuddhi problem so she should keep a supari [betelnut] in her mouth. "If you keep it, there will be no more fights! Ok?"

Another Sahaj Yogini talks about someone in her family suffering from blood cancer. Shri Mataji tells her to stay carefree, follow a regulated lifestyle [timely meals etc], stop fasting, no haste in any work, stay happy! Following a regulated lifestyle can cure blood cancer.]

[END OF RECORDING. Not possible to know from which talk comes the following information]

HEART LETHARGIC: whenever there is lethargic heart, there is no sufficient blood for circulation.

ANGINA [cordis]: can be due to Left Vishuddhi that is whenever there is wrong mantra recitation. In this case it is due to blockage as heart can't pump properly.

CEREBRO VASCULAR ACCIDENT [C.V.A.]: it is due to paralysis of blood supply. Gayatri Mantra is right sided mantra. If a fat person recites Gayatri mantra his cholesterol level will increase. It is to be used only for left sided badha.

No mantra should be used without Realisation. All persons who recite Gayatri Mantra become hot tempered. All those who recite "OM NAMA SHIVAYA" get heart problems. Those who recite Vishnu's Mantra their Kundalini doesn't get up.

One should not go to extreme in mantras, even 5-10 minutes of meditation is sufficient. One should use brakes or accelerator whenever required.

Shri Mata mentioned that She doesn't take carbohydrates. She only takes Nitrogen [i.e. protein].

Due to aggressive behaviour they are removed from circulation. Unicellular organism paramecium is aggressive. So, these are removed from circulation and become bacteria.

TUBERCULOSES: Malaria comes from right side bacteria, are visible, and viruses are invisible.

FOR LIVER: Gulukund, candy sugar, elaichi, vegetables without fat for right sided liver.

PARKINSON'S DISEASE, MUSCLE DISEASE AND MYASTHENIA GRAVIS: are because of Mooladhara problems.

FOR RHEUMATOID ARTHRITIS: use vibrated 'geru' with olive oil to rub on affected joints.

XXX

Left sympathetic nervous system represents our emotional side. Right sympathetic nervous system represents our physical side. When both come into play [i.e. psyche as well as somatic] then psychosomatic problems result.

In the overactivity of the right side, liver is the commonest to be disturbed. This is because of too much thinking. Swadishthan Centre has to manufacture grey cells for the brain when brain is overactive – futuristic and indulges in wasteful thinking – then these cells are used too much.

Liver disorders are also of two types:

- inactive or cold liver [in a left-sided emotional person] this leads to allergies.
- overactive or hot liver disorders, in a right-sided person.

Liver has an important function to remove poisons from the body. It removes the heat from the body system into the water in blood.

$H + O = 2H$ becomes $H-O-H$ after absorbing

$2OH$ = heat from liver.

In alcoholic liver: OH , no penetration is possible.

H

[SHOULD BE? – In alcoholic liver: HOH , so no penetration is possible]

[GENERAL FORMULA IS: $2H + 2OH = 2H_2O$]

So, the heat in the system remains. But with vibrations, it is possible to correct it

Left side is Hydrogen [Moon], Right side is Oxygen, Amino-Acids [Nitrogen] forms the parasympathetic and Carbon is below [i.e. Mooladhara].

Alcohol causes sluggish liver. In overactivity of liver, CO₂ is formed and Oxygen is sucked. So, the function of liver is disturbed. In lethargic liver, poisons are not removed from body, allergies are because of psychic element. Excessive thinking will lead to overwork for liver and consequently pancreas will be affected leading to diabetes. Diabetes is not because of excessive sugar intake. In Indian villages people take tea with so much sugar that the spoon can stand inside the cup. Diabetes is always because of excessive thinking in a sedentary person.

Allergies are also because of calcium deficiency in the childhood. Left Nabhi also governs spleen which can also be lethargic or overactive. Overactivity of spleen because of hectic life leads to blood cancer.

Spleen supplies [produces] blood cells. Newspaper reading also disturbs the function of spleen because of majority of negative news. So, no newspapers should be read in morning. If at all you want to read, read it in the bathroom. Hectic life leads to disturbed rhythm of spleen.

In ancient times wife [Gruha lakshmii] used to fan the husband while he was having the food. This used to act as a soft rhythm for speed of eating.

Where there is lethargy of Left Nabhi there is problem of allergies. Because spleen is the speedometer of body, in lethargic Left Nabhi, fat is accumulated in body [as metabolic speed is slowed]. Those who don't think can't lose weight as She [Gruha lakshmii] does not think.

Shri Mata said that in Her case water content is kept and salt has to be left.

High Blood Cholesterol is due to lethargic heart. Fat is formed through the Left Nabhi. If there is a lethargic Left Nabhi and an overactive liver, then the fat starts circulation through the blood.

Shri Mata said in Her case there is no cholesterol in blood as it doesn't come to circulate.

KIDNEY: Overactivity causes high blood pressure because of excessive pumping. Lethargic kidneys cause low blood pressure [when moon side is active].

At this point, Shri Mataji remarked that it is easier to go from synthesis to analysis. The opposite is difficult.

Shri Mata said that in a right-sided person, blood pressure on the right side is more than on the left side; it is the opposite in left-sided person.

Shri Adi Shakti is Shri Mahasaraswati, Shri Mahalakshmi, Shri Mahakali

Son-daughter-son.

Shri Brahmadeva + Shri Saraswati,

Shri Lakshmi + Shri Vishnu,

Shri Shankar + Shri Parwati

Shri Saraswati is the sister of Shri Shankar.

Shri Lakshmi is the sister of Shri Brahmadeva.

Shri Parvati is the sister of Shri Vishnu.

For example, if a person is using too much of the power of the Right Swadishthan [which thinking] Shri Saraswati has to take energy from Shri Shankar [who is in the heart]. So, a heart attack can occur to such a person [Shri Saraswati goes to her parental house and gets energy from Shri Shankar]. That is why, in such a person, the attention is distracted from the Spirit.

Shri Brahmadeva is active whenever there is action.

Shri Parvati is the desire: whenever you desire, then She has to take help from Shri Vishnu [Lakshmi], that is why, wherever there is black magic, there is poverty as Shri Lakshmi goes out.

1986-1201, Public Program

View [online](#).

1 December 1986

Public Program

Mumbai (India)

Talk Language: Hindi | Translation (Hindi to English) - Reviewed, Translation (Marathi to English) - NEEDED PUBLIC PROGRAM
HINDI BOMBAY 01.12.1986

38.44 (IN Marathi)

Yesterday I told you very briefly about humanity and Sahaja Yog, though it took some time because this subject is vast and whatever I could understand about it, I have tried to tell you.

Today I have been told to talk to you in Hindi, though I have never learnt the Hindi language in schools and colleges and if there is any mistake in my speech, then please forgive me from your heart. But Hindi is not only the language of Maharashtra but of the whole country and everyone should know this language. Not only this, but you should become proficient, because a day will come when in this country, whoever is not able to learn Hindi language, he will lag behind.

In the programs of our Sahaja yog, if you look at the history, you will see three types of foundation. Just like when a house is built, three types of foundation is put but, those who work only through their brain, they always carry on about one thing only. Like yesterday, one gentleman asked me a question that there is no description of Kundalini in our Vedas, then tomorrow someone will say 'OK it is not described in Geet Govind also, some will say Kundalini is not described in Geeta also, then why are you talking about Kundalini now'. It should only be understood that what we call spiritual knowledge, it is like a living tree which grows inside us. Like at the time of Moses, he had said 'Tree of Fire'. Now he said Tree of Fire and no one tried to investigate about it that what is this Tree of Fire. After that it was told that 'I will appear before you like 'tongues of flame'. If you go and ask the meaning of this to any Christian Pastor, he will say "I do not know". And everywhere, it is talked about Holy Ghost, they say according to them Holy Ghost is a bird. They do not know about Adishakti. All the Christians may say that "Mother you are talking about Kundalini but it is not written in Bible". I have told you that whenever ascent takes places, we should get what is called integration. Integrated knowledge, integrated talking should be there because we are going from outside to subtle. From outside we are turning towards subtle and when you are becoming subtle, you see that subtlety is the thread inside, which is holding everything together which is outside. Like I have told you that the essence, which is in a tree, manifests all the branches of a tree. Like this only, when we are going from outside to our inner self, then we start becoming subtle and as we start towards ascent, towards evolution, then inside us we start getting a knowledge which is called integration in English. When we keep the photograph in front of you, you can say "Mother we have not seen such a photograph anywhere". It is right. If you had seen the photograph earlier, there was no need for me to come at all and there was no need to talk to you at all.

If you look at this photograph, there are three types of energies shown inside Me. Whatever I am telling just now, whether you believe in it or not, it is another thing but at least when you look at it from the point of scripture, from that point of view, then you should keep your wisdom sharp and you should think with an open mind. There should be an open mindedness. If you do not have open mindedness, then all the knowledge you get is wasted even if it is the knowledge of science, or of Geology or of any scripture. Until your mind is open on this, then in this closed mind, you can never fill anything in your brain. That is why you should keep your mind open, and listen and accept whatever I am telling you as a hypothesis and after that, and proof is there, once it is proved, then you should accept it. Just like Vedas were written but they were told a long time back, thousands of years back, and after it was proven, they were written. It is said that it was written three thousand years back Before Christ. Does it mean that vedas were written when Christ was to be incarnated? But whatever is written is Veda. It does not mean that whatever is not written are false. If anything is written, it does not become the Truth and it does not become false if it is not written. But Veda is also the truth and it is a big truth. And it is said in Veda, when you read it, in the first shloka (hymn) that when you read this Veda, if you don't become knowledgeable, if you don't acquire the knowledge, if you do not understand it, then this Veda is

useless to you. So, you have to become knowledgeable. People think, to become knowledgeable, means your mind should be full of words. You should become entangled with words and give false allegations. It is not so. To know means, you must feel it in your nerves, in your central nervous system, you should know it, which Shri Krishna also said, "You have to know it". To know means, it does not mean from any angle that you should know it from your wisdom. It is a big misconception among us that if we read four books, then we become very wise. Which book did Gyaneshwarji read? Which University did Christ go? Which formal education did Confucius adapt? All these great people have gathered knowledge from outside, but today also their great service is remembered. Because of them only, today you are here seeking God. So, to negate anything that it is not there, it is not open mindedness. And when a man's mind is open, he will understand and accept that whatever we have achieved today is not complete because of human awareness. If it was complete, if it had been complete in all respects, then there would not have been any need to seek. We all could have sat down comfortably. But it is not so. We were seeking at that time also through our wisdom but when wisdom got defeated, then we went to Saints and Sages and they said you do Havan etc. and do such deeds so that these Five Elements get awakened. From these five elements only, our chakras are created. If these five elements are not activated at all in us, then our chakras will not work properly and because of subtle status not getting activated, it is possible there may be some faults in them. That is why they made arrangement to do Havan etc. and from then reading of Vedas and listening to them started. This was one of our discovery. This was one way. The second practice was through Bhakthi, which we call devotion to God. When Shri Ram incarnated on this earth, looking at His personality and miracles, His deepness and heights, people bowed down to Him. Whenever some Incarnation took place on this Earth, even if in the form of Fish, looking at the Fish form, all the other fishes started following under His leadership. First fish which came out was Matsya Incarnation. If this first Fish had not come out, no other fishes could have come out. After that Kurma Avatar came. Like this, after many incarnations, in the world, Saints and Sages came in the form of Shri Dattatreya from where Shri Adinath came. I told you the names of everyone yesterday, they also started being followed. Followers started because there was such a great pull in their personality and depth. There was such a deep devotion in their vision that human beings thought this man is something special, which Confucius called superior man. People started his Leadership and his recognition. They started his recognition. At that time inside us, on one side, we were trying to activate five elements and on the other side, we started calling to God (avahna), love Him and showed our devotion to Him and surrender to Him. Like this, there were two types of mobilization (hulchul) started in our Country. Not only here, it started in all the countries. If you look at the religious people in all the countries, you will understand that in the history, when people started being devoted and started worshipping Idols and then started making idols anyhow and worshipping them. In the Bible also it is written that whatever is created by Mother Earth and by the Fire is not to be reproduced and not to be worshipped. It is written in the old Testament and in this Old testament, Jews, Muslims and Christians follow these five testament and it is written clearly that whatever this Mother Earth has created, do not make a replica of it and worship. It means whatever is Swayambhu, that is created by Mother Earth, no one thought about it that what Mother Earth has created, what Mother Earth has brought into this world that we should not make a replica of it and worship. Then people started worshipping those swayambhus first and then while worshipping the swayambhus, started making idols of them and after making the idols, started showering love and started singing the songs of separation. This also started a form of devotion. Like someone said "if there is fragrance in Sandalwood, what can we do, love the name of only God". This is also a form of devotion. This is also an invention when the man was emotionally seeking God, he found out this method of finding God. There is nothing wrong with it. But he did not write it down that "I am searching like this or I am searching like that". Until the time came when Saints and Sages started writing, from that time, people started thinking that only Ved is proof. What is the proof of Ved? Ask those who think they are authority on Ved and create havoc in the lives of people, what is the proof of Ved? Give the proof of Ved. Can you give the proof of Ved? Because it is a written thing, does it mean it is proof? Whatever is written does it become a scripture? What is the proof of it? I will give you the proof of it today that we have to become wise. We have to know it. There are only two facts and in one it is said that we have to know it and in another it is said "God please come into my heart". What is the difference between the two? On one side you say "You are my guest and I want to know you" and in another you say "You please come into my heart. You are my guest". What is the difference between the two? It is only the way you want to "express and if people have used them, for that will you say "this has proof and that is not proved" because you are reading the book and common man is not able to read the books? The reading of scripture which has started inside us is nothing but the energy of our right side which we call as energy of Maha Saraswathi. If it becomes activated too much in a man, he starts running towards this where with the blessings of Maha Saraswathi, five elements were created and to know what are its energies, he starts progressing towards it. But it does not mean that only one energy is within us, that only Prana shakti (energy of life) is in us. Lot of people hang on to this Prana shakti, this is not integrated knowledge. There are another type of people who are only thinking of devotion, like Saints and

Sages, every one was immersed in devotion. Did anyone see if there is Vithal in person. Vithal is a swayambhu. There is no doubt about it. But people are using the same Vithal in such a way that Namdev could not go to the temple, Sakkubai could not go inside. Looking at these aspects, people thought that "How He is Vithal", although too many miracles of Vithal is seen in Maharashtra like Bora Kumhar's (Potter), Sajan Kasai, story. It means there is no difference between caste, creed etc. and these Sages brought out one thing that elements in everyone is the same. And among the Sages, I call Gyaneshwarji as Superb jewel because he was the first person to equivocally talk about Kundalini though while writing Geeta, he did not talk about Kundalini. You can say that in Geeta also, Kundalini is not described. Was that the period to tell you about Kundalini? Even now you are not able to understand it, then how could you know about it at that time. But he said "You be in Meditation." By meditating only, you can acquire this knowledge. He gave a signal (ISHARA) about this but it does not mean that if you sit in meditation, you can get this. I have seen great people reading Geeta, like I told you yesterday and find that their life is very low. They find pleasure in indecent things. They cannot understand anything good. Like some person will find happiness in eating rotten fruit, finding pleasure in eating rotten things. Just like that, if someone thinks he is very wise, scholar and higher etc. if you see his life, it will be rotten and every day, he will become worse and think "I am very happy because I am fooling everyone, I am very intelligent". You are only fooling yourself and cheating yourself. So, at that time their talk was where it had to be, because according to the environment, which is called timelight, (samayachar), at that particular time what Krishna had to say he said, what Shri Ram had to say, he said it. Just like in a tree you see there is a root, whoever has seen its root or seed, will say there is no relationship between this tree and that seed because that seed was something else and the tree has leaves. What can happen with these leaves? When this is a living process and, on that foundation, this tree is standing, beautiful flowers are blooming in the tree and in that flower only these fruits are grown. You can know if there is relation between one another, only when you have the integrated knowledge. But you are hung upon the leaf saying you believe only in leaves and I don't believe in anything else. Then the man will say you go to mental asylum because with leaves the whole tree is also there which you should see and the evolution which takes place at different levels in the tree while reaching its destination and at different stages of evolution, you should also see where the tree is today. Instead of this, some are sitting with vedant, some with Confucius, some with Tau, some with Christianity, some with Nanak saheb. That is why I am obliged to Guru Nanak because he, he brought all the Saints, Sages, Peers, scholars, everyone together and in that also problems were there because whatever you do, man always finds a way how to destroy things. When he is bent on destroying himself and thinks he is very happy in that, it should not be surprising if he is destroying his religion.

If you look at religious history, then first of all within us whatever is written, it is not necessary that it was complete. Yes, it was a part of it from which man energized the prana sakti through Ved and after energizing the prana sakti, he activated his chakras with the help of five elements. This was the first part of our evolution and the second part was when emotionally human being completely surrendered to God. He was not concerned with any worldly goods and said "God I am surrendered to you". This type of people, whom I call, among three gunas inside us, was one of them, who were seeking knowledge which is achieved with the blessings of Maha Saraswati and second type of people who were with the blessings of Maha Kali started seeking devotional path. Both these types of things were necessary. But when devotional path became more and more, at that time such type of people came forward who started talking about formless devotion. Because when you talk about different forms, different types of idols are created atrociously which had no meaning. At that time, when we talk about flowers, people started making flowers in plastic and go on adding to it. That is why it is better we should talk about the honey which is the main substance and that is why they talked about Brahma Principle. But the talk about Brahma principle also became a talk only because just by talking about both, you do not get honey. You have to become honey maker. And this third state, where you have to become, which you call ascent, which you may call realization of spirit, which you call self realization, which Jesus Christ called second birth. When Jesus Christ was asked, He said "you are telling me to take second birth. Does it mean I should be born again in my Mother's womb, should I enter into her womb again, He said "I never said this. Those who are born from their mother's womb are only flesh but I am talking about the Mother who is Holy Ghost, who is Holy Spirit, who is Kundalini. The real second birth is with Her help. But how many people believe in this? In Church, the Pastor keeps his hand on your head and says "You have become Christian" because he thinks he has passed through Brahma Randra. In our country, as you know, Brahmins are those who wears yagyopaveeta, a sacred thread. And wearing yagyopaveeta is also like a daily ritual. And what we think about our daily routine, we don't even think about it. Specially in Maharashtra, we have a ritual called "Munja Dhari" What is the meaning of Munja? In those days, it was believed that a child used to become self-realized at the age of eight. But does he really become? Is he really a Brahmin. Has he really understood Brahma? That is why Tukaram used to say "God it would be better if you keep me away from

all this". Because people start having more blind faith if you are born as a brahman. Do you know Brahma? Have you understood Brahma principle? You have not. So, we should become a real Brahman and not run behind these duplicate ones. We think only of false ones. That is why religion is in such a state today. And those who are knowledgeable about religion, there is no fun, no happiness in it. Everything looks foolish. Like these two type of untidy revolution started in our country which I told you was with the blessings of Mahakali and Maha Saraswathi. Now, in Science, the energy of Mahakali is called power of desire and subtle knowledge of power is desire from, Mahakali and it is related to our past, which even a person like Floyd has called psyche but he was also a narrow minded sick man. What can be understood? The amount of sickness he had and from his point of view, everyone will get all these diseases. And according to that, he told everyone "You have got this disease, you have that disease. His mind was so perverted and he had so many diseases, that people started thinking Floyd as greater than Jesus Christ, because he had lot of weakness in him. It was not known what weaknesses he had and he said "if you want to overcome these weaknesses and you want to have more fun with these weaknesses, you should become more weaker". Such type of people came into this world and they attacked those people who wanted to achieve greater heights in their vision and were seeking the truth. They looked upon them with so much inferiority as if they were not good for any work and tried to pull them down.

You know when Havan etc. were taking place, all the demons brought bones and put it in the havan and at that time, Shri Ram had to go and save them. This type of things happened on devotees also. Today we know about Gyaneshwarji. How much he was tortured. All the Saints and Sages have suffered so much. Whom they had harmed, whom they had tortured. No one will go and ask those who have really tortured others, who are bad people, who are creating havoc in the world. They will pick up their shoes, clean their shoes but everyone was behind these Saints and Sages. They said it is written in the book that a Saint cannot have children. That is why you people are worthless. Even Adi Shankaracharya, who was the founder of Hindu religion, was also tortured a lot and now if you go to Kerala, I am surprised at the people who are thought of as great scholars, they say this man was false, he was hocus pocus. Are you very truthful? Like this, those who came in the devotional path were also truthful and second who turned towards havan, prana shakti etc. were also right. But those who are behind Vedant only, their end will come because they will not get knowledge. The meaning of Vedant is that you should be knowledgeable and the meaning of devotion is that it should be established within you. Otherwise there would be no meaning for this devotion or vedant. And it happened like this in the whole world that when they saw that they are stuck on flowers only, then they started talking and said "Stop talking about flowers and talk of honey instead". This was the way with Guru Nanak, Mohammed Saheb and lot of other people did. At that time, people adapted other things but no one took it in their life time till Saints and sages were there in the world, they were tortured and cheated. Even Mohammed Saheb was given poison by people. People exhibited their perverted brain by torturing Budha and Mahavira. Like this even Jesus Christ was put on the Cross by these people, this proves that the donkeys He sat and went were really donkeys themselves. And still they are like donkeys. Because, at that time whichever Saints and sages came, they were chasing them. If you don't want to achieve anything, at least let others get. Why are you behind these Saints and the reason for this is those who are walking around like saints are thieves and are those who are like scholars less of a thief. I have seen stealing attitude in both types of people and I have seen among both that they only say that their life is very clean and if you look into their lives, you will find a type of rigidity in them. Like those who are very well read, are really the fools. What have they achieved? What have they given to the Society? What have they understood? They have not learnt anything. And because they are not alive today, today those who could teach us scriptures are not alive, that is why they like scholars. When Shri Ram's incarnation came, people said "We don't believe in you. Before you, Parashuram came. We believe in him". Because when Shri Ram came, he was visibly present (sakshat) among them and you had to stand before Him. They had to see the truth in the present time. Truth should be understood in the present only. But we will believe in them who have gone. And after that, when Shri Krishna came, they said we believe in Shri Ram because He was not there and Shri Krishna was a wrong person. He had done all wrong things and these people were very intelligent and great cunning people. So, we don't believe in Shri Krishna and we believe in Shri Ram only. When Shri Krishna went and Christ came, people said we believe in Moses and we do not believe in Christ. Because Moses was not there. When Moses was there, they did not trust him and when Christ was there, they did not believe in Him.

Now when I am talking to you, you all are talking about past things. Now when I am telling you in person that that you all are flowers and you should become fruits, you are talking about a time when you were root. Is this an intelligent thing? Is this the sign of wisdom that we should talk about them? Yes. It is true that this is our heritage and we should understand the things in our heritage what is written. In Geeta also, Shri Krishna has said the same thing that you realize yourself. If you read Geeta

properly, this is what is written but a person who is not self realized cannot understand Geeta. And he cannot understand Shri Krishna. Shri Krishna was a great incarnation of Truth and He had created so much illusion that it is beyond the intelligence of everyone to understand Geeta. Same is the case with Bible and the same is the case with Quran. Mohammed Saheb has said very clearly in Quran that when the time for evolution comes, at that time your hands will speak and today you know in a way your hands are speaking. Very intelligent, Mohammed means very intelligent, whose intelligence is above everything. Now everyone has started fighting. Why did He talk about the time of ascent? Everyone had finished everything and gone and these intelligent muslims were there when He said this. The things what Shankaracharya had said is not at all relevant to present day Shankaracharya. At the present moment, we should understand that you are sitting in front of Me and I am in front of you and whatever is in the present, you try and achieve it. You should know what is in front of you. Then you are brave people and you are seeking the real truth but to sit with our ancestors is not a very intelligent thing to do. Now another thing is that devotion and knowledge which is achieved on Prana Shakti, even on this, lot of people talk to me in terms of Patanjali yog. Those who have not read Patanjali Yog, for them to understand Patanjali yog is not possible. For them Patanjali yog is to stand upside down or do some exercise and they want to become thin like film actors or actresses. Today this disease has started to become very thin. This is also a type of self-destruction. I see that all these types of fashion are created to destroy oneself and this type of thing which has started that we should pay attention to our body, do some exercises, in this, Patanjali yog has not even a tiny part but this is a small part of Ashthang yog. This is very small thing which is Yama, Niyam. And in Patanjali yog, it is clearly stated that we should know about Ritambhara Pragma. If you do not read at all, then what can I say. If you read about Patanjali yog fully, you will understand that Ritambhara Pragma which they have described is what you know. The only difference is that, at that time, Patanjali used to take one person and slowly he was cleansed and given realization. But today, thousands of people are getting realized. If lot of people are getting realized, where is the harm in it. At first, only one or two flowers bloom in a tree and then thousands of flowers start flowering. Now the third institution was a very secret movement which gave realization to others. Not only in India but all over the world, this was done in a very secret manner. I asked a person who was the Chief of Zen that "you are not realized, then how can you call yourself ZEN. The meaning of Zen is who is wise and knowledgeable. You call yourself knowledgeable but inside, Kundalini is sleeping. How can you call such a person wise? But he was a Zen. Then I said "How can you call yourself wise? He started saying "from sixth century to eight century, we had 26 realized souls but after that no one is realized. So how can I become realized". I said at least you do not teach Zen. First you take realization and then teach". He started saying, it is very difficult, very deep. I told him it is very easy. Everyone has said the same thing but they do not know that "you can have the right to talk about it only after self realization". Otherwise everyone talks about only about religion. I have told you about two ways that is devotion and knowledge and the central channel which unites both the others secretly, which the Shri Budha called PATH and which Shri Mahaveer elaborated that you should have integrated knowledge. This central channel was in vogue in Maharashtra from time immemorial when Machindra Nath and other Naths came here and they secretly imparted the knowledge to very few people. Before them, Adinath was there and if you see Parshvanath's head, you can see the Kundalini. But those who believe in Mahaveer will never think that it is Kundalini but will never think what is this snake like thing. They will not think at all. They will only think about Mahaveer who was roaming completely naked. That was only for a moment when half his cloth was torn and it is said that when Mahaveer was on his way home, Shri Krishna tested him and he gave the cloth to him because He was completely naked. It was only for a moment and after that, he went to his palace and wore his cloths. But that particular moment has become special for Jains and they are roaming completely naked day and night and insulting Mahaveer. Like this lot of insulting incidents have taken place in our country for all Saints and Sages. This has not been for one Saint. That is why Poets said Gyaneshwar took samadhi early. The moment his work was over, he said "Mother you come and see these people, I am fed up and took samadhi. What else he could have done. People troubled and tortured him so much. If you read about the life of every single person, you will find that this world is full of devils and demons because the Saints and sages who had come to give you love and peace, who were here to give you self realization and take you higher and higher in spiritual ascent, you are ready to kill them and trouble them.

Today when you get realization in Sahaja Yog, you will understand what is this thing. Think, the only mistake that happened in those days was that in those days so many people could not get realization because it was not the time. But it does not mean that if you could not get realization, you become a devil. Today the time has come that the blood they have shed in this country, those who have worked hard, whatever they have done, because of that today, so many people are sitting in front of me seeking God. Whatever they suffered, whatever hardship they faced, as a result of that, today you are getting realization. It was the foundation of our religion, whether he was Hazee Malan, or he was Nizamuddin, or he was one of the great Saints of this

universe, or if he was our Sainath, every one of them has worked hard and has created this procedure for you. Sitting there, you don't use your brain to think of new new things. Whatever has happened has happened. At this moment, you must sit quietly and realize God. This is the center path which is the path of religion. Whoever is true seeker, he gets this. What is a religion? Religion is an attentio, that is focusing on something. I told you yesterday that the valency of Carbon is four. Its religion is, it is four. If it is gold, its religion is, it is always shining, it is untarnishable. Like this, a human being has ten religions. But who has made this religion? First these saints and sages created religion so that we get balance within us. But why balance? So that we can ascend. Think if there is no balance in aeroplane, how can it ascend. How can he ascend. That is why these people gave their life for the religion. Everyone said the same thing that you should be balanced. But think that at the time of Mohammed Saheb, there were no cigarettes. So, He said "don't drink alcohol" because alcohol was in vogue at that time. Because alcohol dulls your senses. But people did not listen to this. Today those who call themselves real Muslims are drunkards. After that Nanak saheb came. He saw people have started one new thing that people are inhaling smoke. To harm oneself, they are inhaling smoke like fools. So, He said please don't do this. Since He said don't do this, Sikhs realized that they should leave alcohol and this thing. But the amount of alcohol they consume in England, I am surprised. We are bent on doing the thing which we should not do. It is not their fault. It is our fault. They were tortured and cheated. Afterwards, whatever they said and went, we are doing exactly opposite. Like Hindus were told only one Spirit resides in everyone. Then they created casteism. So much so that even our elections are based on casteism. Only God should save this country. All these caste, creed are not based on your birth but it is based on your deeds, whatever deeds you have done. If you see who was Valmiki? Someone said that it is written in Geeta that your birth is special. I said it cannot be written like this. I don't read Geeta but it cannot be written. Who has written? Vyas and who was Vyas? Whose son was he? Who was his mother? She was a fisher woman. Can he write like this? Can a son of a fisher woman write like this? No but he said who is born in a higher caste, he only can be superior. Like this wrong notion is blended in us and casteism is so much entangled in our lives that it will destroy us and the effect of this, which is in our country today is, our mind has become spoiled. We don't understand anything.

When you get self-realization in Sahaja Yog, then you will understand what is a religion and when religion is established, then man becomes religious. On its own, all bad habits, which these people said are wrong, leave him. I don't tell 'don't do this don't do that. It just happens'.

Now what is the work of Kundalini in all this? Kundalini is pure desire. Please pay attention to this and listen seriously. Kundalini is pure desire. It is the first desire which is within us when we are young. In our childhood, Desire is the Pillar of Mooladhar chakra, which is pure and innocent. On this pillar only, Kundalini rises. Some strength is required for Kundalini to rise. If someone does not have Ganesha principle in them, how can I raise their Kundalini. But they want realization. First, Kundalini establishes Ganesha principle in them. Because Kundalini is Mother says, "See now you should become awakened. Leave this anger and all the foolish things. Forget all the mistakes. I have seen such type of Kundalini which is tormented so much, there are big holes in Her, full of blood and very sad like someone is keeping Her by force. But even then, She is a Mother and when She sees that now time has come, She somehow puts all her efforts to rise. But this is pure desire. You do not ask for pure desire. You are interested in roaming around. So, roam around. But what do you gain by that? You feel happy for some time when you do this and that. You are only ruining yourself and think you are roaming like a big hero. You are only ruining yourself. Meaning you are ruining your own pure desire. Pure desire is only one, Kundalini, which wants that you should unite with God Almighty. So, when this pure desire wants to rise, first of all, it establishes innocence in you. You become like a small child. It is like a miracle. When you come in Sahaja Yog, you find that the person who thought he was a very great scholar, he also starts thinking "No let us first see" A type of humbleness comes into him, a small child's innocence is established in him. That is why Jesus Christ had said "When you have to go into the Kingdom of God, you should become like these children". After that when this pure desire rises and comes to Swadishthan chakra, in Swadishthan, you have lot of desires. The most important desire of Swadishthan is that "In future I will become this, I will do this and I will do that" and the worldly desires integrate in you and you create castles in the air. You will find all these castles blow in thin air. The moment pure desire rises, it says "Are you mad". At that time, on one side when Swadishthan chakra opens up, man does not know that the union which takes place that the person whose swadishthan was caught up, particularly those who think of themselves as futuristic and are always thinking of future, plan too much, think too much and do lot of things, who think they are very important and are egoist, their swadishthan is very badly caught up. Then those people who are doctors or architect or scientists, they also stick to it and in such type of people pure desire pulls them and swadishthan chakra opens up and pure desire starts flowing upwards. Now they come into religion. When pure desire comes

into religion, I have seen such type of people who earn money in the name of religion. They leave everything. In foreign countries, lot of people take to drugs in the name of religion because false gurus who have gone there have taught them to take drugs and these poor innocent people take to drugs. They feel now God is going to come to them. Just like a chariot was sent for Tukaram. God is going to come for these drug addicts. Because of this, they take lot of drugs, drink alcohol and they think this is spirituality. At the time when spiritualism is awakened in them, in its light he sees his pure desire. Is this religion? This is very unreligious and I will go to hell. For some momentary pleasure, I have left this great happiness". But he does not think.

His Nabhi chakra knows. He does not know himself but his nabhi chakra feels it. He gets the feeling inside him when Nabhi chakra opens up that this is pure desire and you should come to this. All other desires have spoiled me, maligned me and entangled me. When nabhi chakra opens up, Kundalini starts rising upward. This pure desire, which we have read and written so much and have got all the rigidity of the world because of reading and writing or such people, who eats only one time in the name of God, has God asked you to die of fasting, as it is people are dying of fast in this country, why do you do fast in the name of God. If you want to do, please do, but why do you fast in the name of God. Then another thing is, I only wear one cloth, four times I take bath. Has God told you to take bath four times and wear only one cloth? At that time pure desire comes to you and tells you that "where are you caught up in all this? This caste and small things which has filled our head, everything goes away. The rigidity which has come into us, this petty atmosphere which is around us, becomes pure and this Kundalin, when it moves from Swadishthan chakra to Nabhi and when She awakens the religion inside, then in the light of religion, man himself becomes religious. Now you think yourself. Did Mohammad Saheb or all other Saints and sages or Jesus Christ or Khaleel Gibran or William Blake or Confucius, or so many great people in the world, was there any need to tell them "You don't steal, you don't rob or you don't run behind women, don't ruin your life immersed in alcohol." Was there any need to tell all this? How did they do it? Their attention never went to those things. They never felt any happiness in them because they were great people. When such depth starts, man himself leaves everything and stands on his morality and thinks "Am I being a slave to these things? Then he understands that "all these things are making me a slave. I am getting caught up in this. I am higher than all these things." Like this, religion starts establishing. Man leaves behind stealing, robbery, lies, everything, and becomes bold. There is a very good example of Jesus Christ. At a time when people were throwing stones at a prostitute and were saying "you are a sinner, this and that", at the time Jesus Christ went and stood in front of her. What was the relationship he had with a prostitute? Nothing. But he stood in front of her boldly and said "Amongst you who has not committed any sin only can throw stone, that too, at me. How did He get so much courage? All these get energized in your nabhi chakra. And when this gets activated, man always stands on religion and with that, he never does any compromise and then he cannot be rigid. Then He eats the fruits given by Shabari. Her half eaten fruit, which she had touched with her teeth, who was an old tribal woman, He eats the fruits given by her. Leaving the good food in Duryodhan's place, He goes to Vidhur's house and eats humble lunch. All these religion is awakened when Kundalini establishes in Nabhi because in pure knowledge only, you can understand the real identity of religion. Don't worry about these false things. All these will go away.

After this when Kundalini rises above the nabhi chakra, then the heart chakra, which is the abode of Kundalini, is very important because in the heart resides Shree Jagadamba and Jagadamba is our Mother. She is the Mother of the whole Universe. From Her, we get all types of protection. Until a child becomes twelve years old, till then, energy called anti bodies grows in the child in sternum bone. They are ganas of Shri Jagadamba and then they spread all over the body and when bone starts moving, then message goes from there that from outside some enemy is coming and these anti bodies become alert. Then these anti bodies get ready. They are ganas of Jagdamba. This is because of Shri Jagdamba. When Kundalini is awakened, then you don't feel scared at all or worries, everything goes away because pure desire starts in our heart and Shri Jagdamba awakens in our heart. When Shri Jagdamba awakens in anyone, he has no problems or worries of the world. There is no fear, and he feels that "when my Mother is so powerful, then why should I be scared of anything or anyone? And because of this scare, the guilt which controls a human being, it goes away. But, it does not mean that he should go and become aggressive with others. He goes and troubles them. Mostly, those who are aggressive are always weak minded people. If you tie a goat in front of a lion, even the goat will start fighting with the lion. Like this, mostly aggression comes to those people who are weak and who do not have faith in them. Those who have faith in them will stand in the middle.

In Chinese, there is a story that once a king brought two cocks and gave it to a Saint and told him to make the cocks strong because they were supposed to take part in a cock fight and somehow they should win. After some time when the king went to

take back the cock, he sees that both the cocks were not moving at all but were standing peacefully. The king said "how can these cocks fight." When the king took the cocks and put them in the arena, all the other cocks came upon them aggressively but these two cocks were standing erect and quietly looking at the aggression with which other cocks were coming, and thinking "all these fools are coming". All the other cocks ran away thinking these two are probably great and these two won the fight. Like this, human beings who come into the attention of Shri Jagdamba, he does not want to be aggressive or trouble others in any way. Because his Mother is working so hard for everyone's welfare and if it is some demon or someone wicked, he will fight him with all aggression. We have such a great example of Shivaji Maharaj in front of us. He was not only an aggressive person and a great fighter but also very soft hearted and kind and was always ready to protect his Mother. His mother's desire was his own desire and except Mother, he did not talk about anything. Just like Shri Ganesh. He is considered very strong in the world and very brave. Shri Ganesha is very brave because in front of His Mother, He does not consider anyone. For Him, only His Mother was His God, His ideal. She was everything to Him. And He is so much attached to His Mother's strength and energy that no worldly thing can touch Him.

At the time when this pure desire comes to Vishudhi chakra, She rectifies whatever problems are there in Vishudhi. People smoke cigarettes. She corrects even those who are smoking. Whatever his physical and mental problems are, she corrects them. So many problems occur in Vishudhi chakra because man thinks that "I have committed this mistake. I am very sinful. I have nothing with me. No one is more cruel than me. I am a bad person". Like this, whoever feels very guilty, She corrects them also. This is Kundalini's work. She establishes Shri Krishna in Vishudhi chakra and at that time, He looks at the whole world like a play. For Him, the whole universe is like an Act. Witness state comes into them and you look at the whole drama of the universe from far. Until you look at this drama from far, you will not feel happy. Otherwise looking at this, if you also become like Shivaji, then what will happen to you and if you start crying looking at this, then what will be your state. At that time, you look at the whole world like a drama, these chakras which are inside us, you look at both happiness and sorrow as a drama. Life is very short. Sometimes it is tragedy and sometimes, it is comedy. You see the tragedy and comedy also. But you are a person to witness it only. This witness state is established from our Vishudhi chakra. Although lot of things happen, but I am telling you in brief. When you come and learn about Kundalini, you will become surprised that there are 16000 shaktis who came into this world as His wives and all the five elements from which we know our chakras are created, all these five elements are like His five wives. This is a very important chakra and whoever crosses this chakra, we say that he is a Saint. He becomes a saint. He knows about future and past. Whether he tells it or no, it is a different thing. Everything cannot be told. Everything cannot be told to everyone but he becomes a saintly person.

After this, the same pure desire becomes completely pure, not only pure but becomes completely pure. When he becomes completely pure, all his other desires vanishes and when the Kundalini comes into Agya chakra, he becomes a Saint. This is the chakra of Jesus Christ. Jesus Christ was incarnation of Mahavishnu. He was the son of Shri Radha and Shri Krishna was his Father. If you see, you will find Jesus Christ's fingers are always like this and in these two fingers, One is Vishudhi chakra and another is Nabhi chakra and both He knows as Shri Vishnu and Shri Krishna. His name which was Christ, is also derived from Krishna. From Krishna, Christ is derived. Like this, from the name of Yashoda, Shri Radha kept His name as Jesus. Everything is related to one another. Very close relationship is there. When you understand Sahaja Yog, you will be surprised "Oh God, why are we fighting". There is such a close relationship between Mohammad Saheb and Nanak Saheb. Nanak Saheb and Shri Sita had a close relationship and this Shri Mahaveer and Shri Budha are closely related. Both were twin brothers, who were the sons of Shri Rama, Luv and Kush. Both were born again and again as Hasan, Hussain and came into this world. All of them were one and Jesus Christ had clearly said "Those who are not against me are with me." Who was He. Christians are not willing to look at them. Four years they spoke to Him and then killed him. 'For four years, I was breaking my head with seven hippies trying to give them self realization'. What could He have done in four years. In four years, people crucified Him. Till today, you would have seen, people would listen to all the worthless people only but would not listen to real people. There was a little problem also that people's mind was not mature enough to understand real things. They were not capable of understanding Him. Like this, people always followed wrong people who had no virtues, who were not real. But no more. Now you take your self-realization and after that, you can learn everything from me.

Like this birth of Jesus Christ was that of a Saint because like I told you yesterday, there are two institutions in us, Ego and Super Ego, which is the byproduct of Mind and Life, the path where friction is there, Jesus Christ is sitting in between the two paths.

And to let Kundalini pass through between these two paths, He had to be crucified. This was his Drama. This was a drama otherwise who could have put him on Cross. A person like Him would have no problem at all. It was a drama and this drama was enacted so that a path could be created for Kundalini to pass between these two chakras. And He was sitting there thinking "whenever pure desire comes here, that time I will awaken and open the door." That is why it is said that this is a door of Jesus Christ. But Jesus Christ or Mahavishnu is an incarnation of Shri Ganesh and we can give you proof of this in Sahaja yoga in Kundalini.

After this, you come to Sahastrar. Until a human being's religious or spiritual status does not reach Sahastrar, integrated knowledge cannot be told to him because whoever were told earlier before this, it went out of their head. Because the seat of all the seven chakras is in our head. Till now whatever we have achieved from all the chakras, everything integrated we get in our Sahastrar. To get the integrated knowledge, it is necessary to come into Sahastrar which is called limbic area. After that, the moment Agya chakra opens up, the two institutions which are like balloons, i.e, Ego and Super ego, which are two balloons, it pulls them and once it sucks away the ego and super ego, our brahmarandra opens up and all our desires are disappears. Our ego evaporates. All our work gets negated and we establish ourselves there in pure form. When Sahastrar open up or brahmarandra opens up, then pure desires reaches Sahastrar and integrates with Sadashiva who resides in our head. The moment it touches Sadashiva's place, immediately it awakens the Spirit, which is the image of Sadashiva in our heart. Now the pure desire starts and its light gets established. When you go to a big palace with a small lit lamp, you first see only its doors, its compound in the beginning. After that it is necessary that you should see everything there and light a lamp everywhere. Look at all the chakras and enjoy the happiness of all the chakras. But you can learn this slowly and go deeper. No great knowledge is required for this. Simple people have been able to do it much better than you. We had a person named Abbas in our house. He had a servant who was a budhist. He got his realization first. Mohammad got realization first. After that everyone else. The reason was he was a very simple man and did not put his mind on unwanted things. Simple man got realization immediately. The reason for this is we have put so much in our mind and complicated it so much that Kundalini has to look for ways how to come out. This is the main drawback. You know like butterfly cracks the egg and comes out, like that you get your second birth, which is said that you are Dwija means you are born twice. Like this you can call a bird also dwija because it also comes out from egg. Similarly your personality which was like an egg and you were all alone in the world, when you become realized completely, your pure desire is awakened, you have come into the world like a bird. But when you become like a bird, first you have to learn to fly like a bird and then you should teach others to fly.

Like this, after Kundalini awakens, Sahaja yoga is established. The principle of Sahaja yoga is Kundalini. No one had talked about Kundalini so openly. It does not mean that we should not talk about it today also. Gyaneshwarji was the first one who was brave enough to talk about Kundalini and told the people. In sixth chapter, first he described about Kundalini. After that we see that Adi Shankaracharya also talked about Kundalini but so much was not described in front of general public. In a way Markandeya also described about Kundalini fourteen thousand years back. So much so that even Lord Indra was given realization. Like this, secretly, work was done and it was exhibited very well during the time of Nanak saheb when Kabirdasji totally described the Kundalini. Can we say because it was not described in Veda, in Bhakti Puran, what Kabir had said is wrong.

Now the recognition is that when a man is being united, his talks, his speech, everything is in a special state. His talks, speech everything is in union. Like, Meeraji was always crying for God because she never got to realise God. Kabir Das said, "I will control all the desires, affection arising in my mind and I will merge them into one to achieve greater heights". This is the language of Kabir, because he was a scholar. Nanak sahib also. In every respect whatever he said is about union. There was a great man called Vallabhacharya, his Sect, called Vaishnav are still there but it is not known where they are. Vallabhacharya wrote in Ashtachap etc. When Surdasji went to Vallabhacharya and started talking like "God I wish I get you and started crying etc." Then Vallabhacharya said 'why are you crying' because he was in union with GOD and such joyous people do not like to talk about sad things, etc. Till the husband returns home, the wife will be sitting and crying but once he is home, she will not cry. These are talks of meeting and in this union there is a special happiness. This happiness in sahaja yoga cannot be described. It is indescribable. It is spread in total environment.

Now someone had come from Australia. He started saying he will not leave India and go. I told him 'people in Australia will be remembering you but he said "I am happy here I will stay here only Mother whether I get something to eat or not. I asked him

what is so special here. In Australia also Sahaja yogis are there. He said 'they will also come here. Because Sahaja yogis are there but so much happiness is not there like here. The atmosphere is not like this'. Then one muslim person from Algeria came. His mother told him she wanted to go on a pilgrimage. You don't need to go on a pilgrimage. If you want, go to England where Mother is sitting. No need to go to Hajj. That time has gone. So she came to England and said "God I have come to England, the best place where so many Sahaja yogis are there. When they look at one another, so much love starts flowing and so much happiness is spread that looking at them I feel so happy that my children stay together with so much love, affection and happiness. There is one knowledge, one method and one understanding. It can be said that these people fight with others and become angry or they boycott them. What can they do if they do not boycott? If there is a man who is caught up with ghosts and comes and sits there forcibly, these sahaja yogis are troubled in collective consciousness because if a man who is caught up with ghosts comes and sits. Like you saw the other day, one lady had come. She was caught up by a ghost. As soon as she came, she fainted. I told them "don't bring her here. Why are you bringing her here". He thought Mother will cure her. By that time she fell down. Another thing is when you are caught, if there is lot of catch, Sahaja yogis will feel hatred like you hate a dirty man. If a man is a drunkard. His mind is outside. There is hatred towards him. How can he be religious? But the same person, however bad he is, but if he is seeking God, then it is alright. But a man who is seeking bad things, there is no point in keeping any relationship with him. No meaning in it. It is important that who is in trouble, sad, man want to do something for him. But who are wicked, devils, whose nature is bad and who knowingly are spoiling themselves and are also spoiling others, there should not be any relationship with such people. Why should we take a path, where we don't want to go? Therefore, sometimes it is felt that sahaja yogis run away from people because in collective consciousness, they feel about another person and say "please keep him a little away".

When I came just now, one man came and hit his head on my legs so forcibly that I said "it is too much". And the person who had hit me, a bhoot was caught in him. He started hitting his head on my legs. I said 'don't touch my legs'. Then everyone will start saying Mother does not allow to touch Her feet. If I let them touch my feet, people will say Mother is allowing to touch Her feet and if I don't allow, they will say Mother is not allowing to touch Her feet. In this country, people have no brain at all and will always think how to criticize others. Here they get lot of fun doing this. Even if he is an uneducated man, does not know anything, he will just come and start criticizing. What authority you have to do this? When you do not know religion, how can you criticize. But I have authority because I am in religion. I awaken the religion in others and it is not only my right but also my duty to tell that such people are wicked, they are devils, they are bad. I have to tell this and for this I am not afraid because it is my duty to save you. For this, I am ready to sacrifice anything and I will do it. For this if I have to go to any forest, whatever difficulties I have to face, till my last breadth I will want that my seekers, those who are seeking God and are wandering here and there, I will save them. For this, even if I am insulted or tortured, it will not matter. But you all don't get involved in this. It is my job. You get your self realization, you get your divinity, your heaven, get your happiness. In this only a Mother is happy.

Today is my last day here and I am leaving you and going. Life goes on like this. If I go somewhere, I am happy but when I am leaving, I feel sad. My request to you is whatever I have told you openly, don't feel bad about anything. And please find happiness, attain your Spirituality.

What a beautiful question. "Mother if we have to pray to you, there should be a connection with you. Please give us that connection." How beautifully it is said

In Marathi from 1.59 to 2.02:19

One question is "after awakening of Kundalini, it is very essential to keep her in balance and we should have so much capability. So, what should we do? I want to tell you, you all please come forward. In Bombay there are lot of centers. You don't have to go to Himalaya. In Bombay, whichever center is near your house, find out about them and go there and Sahaja yogis who are there will help you in all respects and you will also become a great sahaja yogi tomorrow. A lamp is lit from another lamp and only those lamps which are lit can light another lamp and once the lamp is lit, it can light other lamps. In this, your contribution is required. It is not necessary that fire should be very big to light another fire.

In Marathi..2.03 to 2.05.20

What to do. How You want me to be I will be like that. You all have achieved lot of things. Today you will understand what is the status of Kundalini. Until Kundalini is established in Sahaja Yoga, till then, I cannot say you are Sahaja yogi. Once the kundalini stabilizes, you can raise Kundalini of others. Not only that, your hands will cure lot of diseases. Your diseases will become alright on its own. One after another, you will start having advantages. You will feel close to God and you will be joyous from inside. When you feel happy and contented, you will feel as if something is being showered on you from above. You will find a new experience. All these you will experience and it will increase more and more. All these cannot be told in a book, let alone in a lecture. If you ask every Sahaja yogi, they will talk about their experience after getting realization. First of all, you will feel as if God is near you. He is guiding you. He is looking after your welfare. You will have all type of advantages. You will come in contact with good people. You will feel as if you have come into a golden period. Whatever guilt you have had, all the problems, troubles will disappear. I want you all to come to Centre. Lot of people come to Centers because they feel very happy to come to Centers. You all should get the great energy inside you. That is why you should come to center and you will become totally alright. For this you need not give any money. Whatever sahaja yogis tell you, please understand it. Whatever you are, it does not matter. These people are superior because they have got self realisation and you will also come to that state and when you become like them, you can teach others. That is why at the present moment, you should be inclined that how you can achieve this and understand these completely and you should go to each and every person and understand about them. You may be a great person, very rich and may think how to go and talk to people, how to sit on the floor. Even then you should think to achieve the Spirit, it is a great thing and nothing else is important than this. For this you should go wherever you have to go.

In Marathi.

Remove your glasses and slippers.

In Marathi upto 2.12.17

In our heart, we get all types of desire within us. They will come and go but pure desire will always be there. This mind, brain, ego etc will desire so many things and it is running behind body, running behind mind, running behind brain. But this Kundalini will not move from where it is. When the desire starts moving towards God, then Kundalini awakens. Kundalini is awakened in many people but She has to be established. After awakening also, She has to be established. You called Me. I have come but when you don't establish me, then I will go from here. Just like that, the experience of Kundalini which you have got today, you have to establish it.

Now remove your shoes and chappals and put your left hand, which is the power of desire, but it is pure desire which is Mahakali power, Mahalakshmi power is in the center and right hand is power of creativity. You will do the work with your right hand. You have to keep your hand on heart chakra, above your stomach, then below your stomach, on the neck and shoulder joint here, which is vishudhi chakra, on the front side of agya chakra and on the back side of your head. Agya chakra has two petals, one on the front and another at the back and then you have to keep your palm on your fontanel area and press it. You have to do all this. I will tell you one by one. I told you just now because you have to close your eyes.

All of you close your eyes. (in Marathi). You have to do the work with your right hand. First put your hand in your heart. After that you have to keep your right hand on the upper part of your stomach, after that on the lower portion of your stomach, then again on your heart and then on the neck joint, then on your forehead across, then on the back side of your head, then on your sahastrar, you have to put your palm and rotate.

In Marathi. Up to 2.16:13

Please bow down to Mother Earth and close your eyes because from this Earth element only, the triangular bone which is the abode of Kundalini, is made. Mooladhar and Mooladhar chakra are two things. Below Mooladhar is mooladhar chakra where Shri Ganesh is sitting and the reflection of Gauri which is Kundalini is sitting in triangular bone, because She is a virgin, though She is

married but She is a virgin and She has to meet Shri Shiva, that is why She is sitting there and that is why Shri Ganesh is made to sit there so that He can safeguard Her chastity.

Now close your eyes. Put your right hand on your heart and ask me a question once again today. "Mother Am I the Spirit? Because Spirit resides in the heart. Mother Am I the Spirit? Now put your right on the upper portion of your stomach and press it on the left side. This chakra is of Guru. We have spoken so much about Guru today. After praying to them, we have to awaken our Guru Principle. That is why you have to ask one question here with pure devotion because this is connected to the first question because if you are the Spirit, you are your own Guru also. That is why ask this question "Mother Am I my own Master, praying to all the Sadgurus? Am I my own Master? Now keep your right hand on the lower portion of your stomach on the left-hand side. Your left hand should be towards me. Press your hand a little. You should know that this is the place of Swadishthan chakra through which God's work is done. That is why here you get Pure knowledge. Please ask or you should tell 'Mother please give me pure knowledge'. I want pure knowledge established in every nerve, every cell of my body. I cannot force anything on you. That is why you must say "Mother please give me pure knowledge". You should tell this six times. Now keep your right hand on the upper portion of your stomach, press it and say with complete confidence that "Mother I am my own Guru". Tell this ten times. Now keep your right hand on your heart. Here resides your Spirit. Now tell with full confidence "Mother I am pure spirit". With full confidence. Tell this twelve times. No need to tell any mantras. Mantras are to be told when something religious function is going on. Now keep this hand on the joint of your neck and shoulder and tilt your head a little towards sky. Left hand towards me. Here if you are feeling guilty about anything, forget it. Pure desire will make your guilt disappear completely. Here you have to say "Mother I have not committed any mistake. I am not guilty. Tell this sixteen times. God is, I told you earlier, not only an ocean of kindness, merciful but He is more an ocean of forgiveness. He is so impressive that in front of Him, our mistakes have no value. That is why you say here "I am not guilty of anything." Lift your head a little and after telling this sixteen times or even with that you can say "I am part and parcel of the whole. I am a part and parcel of Akbar". I am the part and parcel of Satsriakal. Sixteen times you say "I am not guilty at all. I have not committed any mistakes. I am a part and parcel of that Greatness." Now put your hand across your forehead horizontally and press it a little like when you have a headache. Wholeheartedly, please forgive everyone and say "Mother I forgive everyone". If you don't forgive, why should God forgive you. Second thing is if you don't forgive, then you are playing in the hands of such people who have troubled you. That is why you should forgive. Take your right hand at the back side of your head and hold it. Here you say "I have not done any mistake. I am not guilty. But if I have committed any mistake, please forgive me. Ask the forgiveness from God but again and again, I am telling you don't count your mistakes. Only look at the kindness of God. Now spread your fingers and put your palm on your fontanel area and put your attention there and ask seven times "Mother please give me self-realization". I cannot force anything on you. That is why humbly you must ask for self-realization. Now without opening your eyes, bring your right hand down. Those who are sitting on the ground, put your right hand on the ground and those who are not sitting on the floor, put your right hand towards the sky. Now keep your left hand four or five inches above your head and feel if you are getting any cool or hot breeze. Feel it with your right hand by moving it up and down.

Now put both your hands towards the sky and ask "Is this Rithambhara Pragma" "Is this Brahmashakti. Is this the love of God. Put your hands down and feel if you are feeling anything. I want to tell you one more thing today. We have to give bandhan to the light of our Kundalini. You all learn how to give bandhan so that Kundalini is established. Now Mr Damle will teach you how to give bandhan. Keep your left hand towards me and with your right hand move it from left to right and bring it back. This is one round. Like this you must give seven rounds of bandhan. This is aarti of Kundalini. You should know to awaken your Kundalini. Keep your left hand towards your Kundalini and move your right hand in a clockwise direction on the palm of your left hand and bring it on top of your head, raise your head towards the sky. and give one knot. Again do this and now give two knots. Like this you have to do three times, giving three knots third time. Now feel the total thoughtlessness. Total silence. You all have got self realization. It is like you have got a great wealth.

My blessings to you all!

Those who have got cool breeze raise your hand. So many of my children have got.

1986-1212, Pre-Christmas Talk

View [online](#).

12 December 1986

Christmas Puja

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

Christmas puja, Shudy Camp, England, 12/12/1986

(Probably the correct date is 1987.11.12 or 1988.11.12)

Still there some room here, let's spread something, back, alright?

All of you could come here, this side. Yes, that's nice about meeting every one can sit together. Alright just move to this side a little bit. Alright? Get some forward, sit forward, some people can come there, some people also.

Still there's some room here.

[Cut in the audio]

... The day of our coming or

Today I was unclear() something like Sahaja Yoga, first we were coming towards Shudy Camps, then we are going back. Then again, we are coming back. We are moving, you see.

Then I just felt, ultimately, we have to find our goal, ultimately, we have to reach that place, that maturity, that life is very different. That is the life of sahaj, when we are one with the Living Force of God's love. I know it was very depressing, the way one newspaper publish something, or something happens like that, doesn't matter. These are all temporally things, there are stupid people they don't know what work they are doing. In a way it's good that we are going to have a comity to go and talk to these people and tell them. They should come and see us all. We are all thousand times better people than they are.

They say that their personalities change, of course, it change for the better, not better, for the best. You can't get such people in this world in modern times.

Some sort of unique presentation of personalities. They should face and see for themselves what you are. So be confident and don't be depressed about it.

That's how Christmas comes to make us again happy and understand that though Christ was crucified, He lives forever. In the same way, these little crucifixions make no difference.

Specially today is the day where I felt tremendous love for the people who are tried to build this house, I don't know when will I live here, that's another point. [Laughter].

But the way you have built it, I have been telling all the people in India that: "Like, people who are going to Ajanta and Ellora, in the name of Buddha they are building here Shudy Camp."

And this the story of Shudy Camp has to be written down from the very beginning, how I saw it, and how you have worked it out, how we have gathered together to build this house for ourselves.

You can see how much we are in need of a place like this, where we could all meet all the time, live together, have programs together. We definitely needed a place like this. Even now, it is not developed but once it is done, then we'll have a huge big place where we can all sit down together, we can meet together and this was lacking in Sahaja Yoga that we never had collective living. Now you can come on a Friday, Saturday, Sunday, live here happily. It's your Mother's house. Actually, I've been all the time saying that you don't keep the house in my name, keep it in your trustee, but the trouble is that most of the money has come from abroad. So I said, it will look very odd that we put this house in the name of the English Trust, because after all, the money has been send by so many other people, much more by others. So we have to wait till we form some sort of a proper international Trust and that takes over months.

Now I'm going back and they are all waiting for you to come. They have all plans, what they are going to cook for you, what they are going to make for you. Now they have also asked me to buy some tents permanently. So there will be tents carried with you, wherever you go. You see, as we have a little snail carries the house with itself, in the same way, Sahaja Yogis will be carrying their houses with them. [laughter]

But it has given us a very big advantage you see because they're now not bound by time or anything. Otherwise we had to go before hands to places, and we had to go in those places on those days and sometimes they are not allowed, then all kind of things are there.

Now we will be in jungles all the time; and we have found out even more beautiful places for you. We have Pune which you'll enjoy.

Another thing is about the marriages, I've not involved fully. being going through it. When I go to India, then I'll try to find out. Three days I have been rather busy and you will know what I was busy with when you see all this.

So, this is the greatest thing that people have developed, after Christ's birth, that you have to give something to God, as they have brought something. Now what can you give in Sahaja Yoga to me? as I don't take it. What can you give me?

Christ has been born in your heart. You have to imbibe His ways and methods. He was so strong. He was so kind and compassionate, but extremely strong person, His personality was very strong and extremely compassionate and kind, loving person, always sharing. In the same way you have to be. In His time, they were very few people who were Realized souls, and they had to face all kinds of criticism. First of all He had an immaculate birth and that was sort of a stigma in those days. And it was described in the Jew's books that Messiah will be born from a girl, and girl means a virgin. But now, they are fighting that it was a girl. After all, anybody is to be born, is to be born out a girl or a woman. But when they say girl, it means that a virgin. Unclear (They said it's not everybody this little girl (8:19)/ They say it's not a woman, they say it's a girl) Nowadays, 80 years woman with 300 grandchildren can be also said girl, so that's a different point. [Laughs]

But in those days, you see, even in India today, girl, "Kanyaka" means a virgin; a virgin means a "kanyaka". For all these things were brought against Him and He had to fight so many things. But He never Unclear (bothered) because He knew what He was doing. He knew it, what was His job. He's not bothered about anything.

Now I think you people have felt with Brahma around you, you know a lot about Sahaja Yoga. But still I would say that you have to now re-read Bible, re-read Koran, re-read Vedas and Shastras, because tomorrow you'll be facing people who'll be very well read, and you'll have to answer them. A guru is a person, who is – not only that he knows what is Self-realization, even if he can give the Self-realization, and the one who is all the time worshipping the vibrations – but the one who also knows what is written about vibrations, what is written about Bhrama in the past.

Because tomorrow you'll have to face such people, you have to prepare for that tomorrow. So we all precede now being to work out in Sahaja Yoga. All of you must study these books, they are so many books you must study. There are some who have taken to such studies, but very few really, they are very few. That's why I find that all these people of newspapers and all that, they have come up. Whatever it is, as it is, whatever people we have, we can face them. But I would say all of you should try to know more about it, should try to find out, what is this. You have entered into the new world of vibrations, what are these.

And it doesn't matter what the others have to say, it doesn't matter what they think of us, after all, they are blind! You see the blind, if he says that this pillar is an elephant, or the leg of an elephant, you will only say all right, all right, doesn't matter. In the same way, blind people cannot judge you, you can judge the blind. And when you know they are blind, you should have simply a feeling of pity for them, a sympathy for them that they are blind. But they're arrogant, they're very aggressive, and to deal with them, we should know thoroughly about Sahaja Yoga, what is said in other books, with other authors, in all these scriptures. That must be mastered, that must be done. Now I am happy so many people are coming to India, India definitely has a very good vibrations, no doubt, you feel so much better and relieved, They wanted more people to come in. Next year I think, there will be more people coming in, already we have a big roof, no doubt. But now I'm happy because we have got our tents. Now I don't know how many of you know how to raise your tents. [Laughter]. To raise your tents, you know because I've heard about the story that it's very difficult to put a tent. You start putting down from one side, and try the other side, this side comes down. [Laughter]

It's left or right all the time working there. But if you can really do that, then it will be better for Indians because poor things, they are thinking that, you should use these tents, say, three days one place, then and give a gap. And unclear (tie the tents) for another side and then fix them.

By the time these people have another set of tents, like that, alternate you. But if you people have done in that pitching of the tent will be good. So, you share time and you share work, you'll enjoy.

As it is, you know as we have been before to India, it has been very enjoyable, and everybody is looking forward, then [Inaudible] and everybody person's name and they've asked me about them, "How are they? I hope this time they are coming ". They are all waiting for you.

In the same way, you have to also try to remember them, write to them, keep contact with them. When you go to India, you should not just have your group.

For example, I find those who are intellectuals may think like this. That should not be. You should meet all the village people, talk to them, they are very –eh- grown up people, very matured people, you'll like their company. So, you see, there's a rapport which is established, and you feel nice with them and they feel nice with you.

Only thing that we enjoy in Sahaja Yoga is the love between each other. Nothing else more than that. Now, that's what Christ has also said that, "What would give me the greatest pleasure is to see that all of you are enjoying each other".

Now, of course, they are some negative people who try to create problems between one and another, and they try to create funny problems, which is really sometimes unpardonable. But whatever it is, we have to know that everything is possible in Sahaja Yoga. We can surpass all kinds of obstacles, and we can reach our goal the way we could reach Shudy camps today, I thought I would never been able to reach you!

[Laughter].

We had two drivers in front of us, and one driver with us, and they were chasing each other and I didn't know where they were going. [Laughter].

So, I want to wish you all a very happy Christmas, for that I've come all the way from India. And as it is Christmas time, we have to decide that Sahaja Yoga is a life by itself and we have to lead a Sahaja life.

The one who leads a Sahaja life does not require anything else. Happy by himself and enjoying himself, and he's not bothered. Some, This unclear(obstacle) doesn't matter after all, such a calamity is not there, after all you are saints and saints have suffered much more than what you have suffered, I mean unclear (that you have) all suffered nothing at all. Not to feel hurt, not to feel depressed, it's all unclear (bad/bait/ ban) in unclear (the bay/a way). Now to express My love for people who have done something I have done such a lot for Shudy Camps, I've tried to bring something for them. And, whatever it is, in this short time whatever I could do, I've tried to get it for you. I hope you will understand that it's just symbolic of My love for you. I'd hardly any time as today the whole time was spent with this funny act of ours- which was trying to ask me:" on what purpose you want it, why you want to take money and all sorts. I spent the whole day! And one day I spent in shopping and all that for India, and one day for you people.

Now of course I must tell you that in that short time whatever was possible, what the Mother could purchase to express her love, it's just to express My love. It has nothing to do with a prize, nothing to do with what you have done, you all have done a lot and I will come back again when it will be all finished, I'm sure, by that time.

So, I thank you all very much for doing this work and for enjoying the work. Like any church you see, any extraordinary architecture you see, you feel the people who have built it have such a dedication, such a devotion. If you go to Milano there's a beautiful church, so many peaces of white marble are added together with such a beautiful thing. They had never seen Christ, they had never known who Christ was, they never got their Realization, they had no hope of getting Realization, but the beautiful churches they have built with dedication, we can never build like that. So beautifully done!

But today, in those days also, when everything is so gross, you have built Shudy Camps in such a beautiful way, it's a remarkable thing for you.

May God bless you all

[Bhajan to Shri Ganesha]

We are not here for them. We are here for people who are seekers, who want to achieve Self-realization, who want to enter into the kingdom of God. So, the ideas that are with you all these years have been that we must help the downtrodden people and that's, that's our job. That's not your job. So, all these missionary ideas must be given up. Those who are negative people or despire you are negative must be kept out.

Today, I was telling Gavin these things that you should not show any weakness for such a person. I love them more than you love them and I know what is good for them. You should keep them out. They'll be all right and you'll be all right. It's that a contagious disease. And by driving the car he took some negative unclear (near/in), and immediately the car stopped. And he couldn't start. So, we gave bandhan to that person and after, I asked him, "Now, start". It started.

But it is so inauspicious! That's very important. Such a person may be rich, anything may be there. Whoever is, makes no difference to us. What we have to say, whether the person is auspicious or not.

Now one may say, "How some people become auspicious? Some do not become, you know". Of course, previous life is important. Some people have done all kinds of nonsense in previous life.

Say, for example, Hitler is born again. How can you save him? How can you save with love? Can you save him? Not at all. So, those who have been doing wrong things in last life can be very inauspicious. Or maybe, even after coming to Sahaja Yoga, for doing wrong things, could become inauspicious. Or may, in this lifetime, they must have done something very wrong. They might be in [inaudible], they might be hypocritical. All such people are inauspicious and one should try to keep out of them.

As soon as you find someone like that, don't go near them. These are described in the Bible in different pages while Jesus-Christ called them murmuring souls. But now you understand what auspicious is and what inauspicious is.

So, now we are not here for the downtrodden people or anything like that. This is all worldly affairs; this is all worldly stages. Somebody is downtrodden, somebody is high up. But, what we have to see is a person who is spiritually equipped. Now for example now Ethiopia went into a terrible mess and people felt terrible for them and did so much for that [the famine of 1986]. But who is this false saviour for Ethiopia? You know that.

Haile Selassie, they regarded him as God incarnated! They worshipped him like God, and he was a devil. And that's why they have to face it. If you worship devil as God, how can it be auspicious? Of course, if they are dying, one feels bad about it.

But nobody dies, that's one thing. Of course, I also felt for them, I worked for them, but you don't worry about it. And NovelAI thinks that you should be indifferent to people who are in difficulties, who have troubles or anything.

But the idea is to go down to Hell to fetch all kinds of sinners, that's not your job. "Save the sinners". All missionaries are doing "Save the sinners" becoming themselves the sinners. That is the situation. Nobody is a sinner for us, nobody. For us, everybody has a right to be a Realized soul, rich, poor, sick, anything. Whatever cast, community, everything, he has a right to get Realization. We do not discriminate on them. But of somebody is tricking on to some "bhootish" ideas, we have to give up, we have to give up.

I've seen people who just give up such people immediately flower, many things come in their lives; they are unclear (timsime).

So, I have to make a very clear statement today, that nobody who has been discarded from Sahaja Yoga, should be brought into it, suddenly, "O, Mother, you know, she was so sweet, she'd come." Nothing of the kind. If it is poison, it is poison. You must face the truth as it is. If it's a poison, you don't take the poison. You are Realized souls; you are rare people. You are rare you see where as how many there are such Sahaja Yogis in this world? Such rare things you are, such precious things you are, and why do you want to take the poison for nothing at all? Of course, you should not open this sort of Sunday, when one misbehaves to ourselves. But understand that they are inauspicious. Keep yourself in bandhan.

Today, why I was late? Because of the same kind of a mistake Djamel has committed. And also, Gavin was responsible and I told them. Now they are very senior people and they understand all these things. Despite that, such a mistake was committed by them. And that brings all kinds of miseries to all of us. So, this pitying anyone or sympathising anyone, there's no, nothing like that in Sahaja Yoga. There's only love and in love, you have to understand whom to give love. You go near the snake and say, "O, I want to love you, poor snake. Take it all right, I love you."

[Laughter]

I mean, they said, "Mother, and I went to love and the snake bite me." That's not the way to love the snake. To love the snake is to take out the poison. Can you take out the poison? If not go near, don't go near. If you cannot take out the poison out of the snake, then you don't go nearby them.

Everybody is vulnerable and everybody can bring negativity in Sahaja Yoga. So, you have to be very, very careful with people who are of negative type. So, who talk ill about Sahaja Yoga or anything. They'll now go to Hell, no doubt about it. But you don't go and discuss with them and argue with them. That's not our job. For our job is to rise within ourselves and in the without, you have to see that Sahaja Yoga grows properly.

First of all, you must judge others, the person, with vibrations. That's the best. And then you should pay attention to such a person. Otherwise because this person was on the street, I mean, sort of a possession on him, "So, Mother, I brought him here." So, why did you?

Keep away, try to understand your value.

Like a king is kept in complete protocol, protected from that evil doers, in the same way, you have to protect Sahaja Yogis. They are evil doers and they'll harm you. They'll bring all kinds of problems to us. So, don't fall a trap with that. And don't have those conditionings of the missionaries. That also was not any compassion, I can assure you. It was just a kind of a style of a ego that I'll well off all these people these persons, and I can look after them, I can give them money and I can make them Christians. What's the use of making some donkeys Christians?

1986-1219, Welcome Talk, preparing for the tour

View [online](#).

19 December 1986

Talk to Sahaja Yogis

Alibag (India)

Talk Language: English | Transcript (English) – Draft

[...] From the ancient times and for your information, the great [Vyasa] was the son of a fisherwoman, the one who wrote Gita. And Valmiki who wrote Ramayana was himself a fisherman. Then you know that Christ had twelve fishermen as his disciples.

If you've seen this place, how they are surrounded by beautiful nature, by these beautiful trees of coconuts, which represent the 'shripala', it is Sahasrara, and it is very amazing that no fruit will fall upon you. It does not fall even on an animal. They know when to fall down, it's very surprising. People sleep under these trees; nobody has been hit, so far.

[Laughter]

So now we are in a beautiful surrounding. It is very conducive to our spiritual life and to our meditative efforts.

First of all, this makes you feel extremely small and very big. When you look at these trees, and you look at the nature, and look at the sun, you feel like you are one of them. When you look at the sea, you think, Now the little drop has become the sea. So this kind of beautiful feeling comes into you. And I wish you start your journey with this nice dip in the Arabian sea. You can cleanse yourself completely and feeling very happy and relaxed.

I'm sorry we had to do all this tonight, though you have come after a long journey, but there is no other time when we can do it. So, you don't mind keeping awake for a while. In England, even now, it's evening time only.

We have to give bandhan to our, other Sahaja Yogis who are coming via Karachi, I don't know why they took that route. But whatever it is, give them a bandhan and I hope they will be back soon.

May God bless you.

We have been able to get some mattresses, or what you call the matts. We call them 'gadies'. These are hands spun and woven, 'khadi' absolutely, purely 'khadi' things, made by villagers. And I hope you enjoy them. It's a little present from Me, for your comfort.

Then, I have another job: we have all the saris for all the ladies here. Put them together. I didn't know how to solve this problem, it's very difficult.

Now it's all numbered. But I don't know if you people know your numbers. One or two, three persons have to come up and see for themselves after taking these things, come up and take these saris and arrange it for all the ladies. We have calculated, I think, we have to pay about [Shri Mataji speaks in Marathi] 425 rupees for this. For the four saris and for petticoats and for blouses, I think it's not too much.

Now those ladies who have taken bigger ones can return it for the men and take the smaller ones. [Laughter]

Those who have taken the bigger ones, please return it. I mean, if you are really very tall, you can keep it also. For a tall lady, you need a big one. I hope you enjoy them.

Fortunately, I found them and luckily they were 300 in number. [Laughter]

You are all so very lucky. Everything is arranged for you.

Beautiful colours, aren't they? Beautiful.

Now this sari business. We should have some ladies who can manage it. When the men start taking those things, the ladies can

come up and can see for themselves. [Conversation in Marathi]
Ah, better come up here. Call Alganesh, she is very good.
Alganesh, are you there? Ruth, is she there?

Now, just see, you have to take the names of the people. Now take it. How can you read it? Just see the names, the names are there.

Sahaja Yogini: From Spain, Angel Garcia ... [Cut in the audio]

60% less for things like that, imagine! And you are, you're very lucky. When I have to buy something for myself, it's very expensive.

[Laughter]

That's what I say that, "It's by your mother's grace that it works but what about me?" I have to live by your grace.

[Cut in the audio]

In Marathi, it is said that, "The saints are for the salvation of the world". And the other way round could be that, "The world is for the salvation of the saints". You can imagine the situation of the saints. [Laughter]

[Cut in the audio]

... and you can see also, and there are weddings. So, I want you all to know each other, the names and everything. Go back to that.

Sahaja Yogini: Athena ...[Cut in the audio]

And some need not have the second, the second three buses. The second part of the three buses who came later on, you can have your dinner now. And then good morning again!

[Laughter]

So, tomorrow, you can get up at three [unsure] here, whenever you feel like. You can go to the seashore and about eleven o'clock, we'll start the puja. You can have a bath in the morning, in the seashore. At eleven o'clock, we'll have the puja when all the people are coming from Bombay. So, for all of you, we have got the stains. I think you have been allotted, and you know where to stay and what to do. And I think every time, you must change your groups. Don't sleep in the same group. Because we have a bad habit of forming a group all the time, clubbing together. So best thing is to sleep in different tents every night, or maybe every place.

Now I have got your saris also, which I'll give it to you in Pune, for your international puja, for 12 countries. We are not going to do it the way we did before, because then, there are more saris than I am really trying to reduce them. So, it will be according to every country and whatever puja falls in that country, we'll use that.

Now the third thing is that your [Conversation in Marathi]. The Khadi Wale people have come, for your kurta pyjamas. So if you want, you can - [Marathi]. If you want you can buy now, or tomorrow morning, whatever it is. The people have brought kurta and pyjamas for you. Also, please give your measurements. If you want to have silk kurta and pyjamas, whatever you want, with your measurements, you need to ask so that it will be ready for Ganapatipule and for the weddings. So that, the measurement has to be given and there are people who are willing to do it for us.

Also for the weddings, for the ladies, it's very difficult to say, but those who are getting married will hardly, will have hardly any time. And their saris will be arriving in that Ganapatipule. Or if you can decide earlier, we can arrange it somewhere else. But the blouses have to be stitched and I don't know how we are going to manage all that.

Huh? [Conversation in Marathi].

We have to still decide who are going to get married. But they have got saris for marriages.

[Laughter]

Now anyone of you who thinks that you can buy the sari this time, or give the name or you like the saris, can do it here. And if you don't get married this year, keep it for next year! [Laughter] I don't know what to do, because it's such a jammed programme. But if you can now select the sari, the advantage will be that we can get a blouse for it.

[Conversation in Marathi about the price].

Shri Mataji: Maximum?

Sahaja Yogini: Maximum more than 1000.

Shri Mataji: From 800.

Sahaja Yogini: From 800 to 1500.

Shri Mataji: It is from 800 to 1000 to 1500. So if you think that you should buy now, you can buy now. We can make the blouse also for you. Or else, on the wedding day, you cannot have your blouse done. That's the problem is. So, I leave it to you because this is the situation.

I also haven't seen yet, those who want to get married and all that. But I think you can buy and if you don't, but you like also, it's a good sari you can always wear it. And that's all I can say.

Because if the blouse has to be stitched, our tailors are getting crazy now, they don't know what to do. [Laughter]

Now you have got numbers. All of you have got numbers for your blouses and things? You find out your number and you have to say, "This is the number for this sari", so that it can be done. So, those who want to buy saris can buy. Then if you remember we were giving those pearls set for 525 rupees, if you remember? All the things we wear and all those things. They are also available now. Those who want to buy for themselves or those men who want to buy or anything, they have to be ready in Ganapatipule. They are not yet ready so they'll come down there. That is 525 rupees for one necklace and ear and the bangles which is quite a cheap price for the whole [unclear].

So for that, if you want, you can deposit the money or if you want, you can later on buy in Ganapatipule.

Now I have asked them to bring 100 sets. One hundred. I don't know how many of you would like to buy. All right. So, whatever is possible, we've done, and I hope you'll enjoy your tour here. And in this Spartan living, you enjoy the beauty of this country and also the beauty of [unclear].

And please develop a temperament by which you do not see too small, small things, but think of higher things, because you are Yogis, you are one with the Divine. And you have to think of that Divinity within you, which has to manifest itself, and you should not worry about small, small things of comfort, or small things that can worry you normally. Now you have become something above normal, and that's what we have to develop that habit of just enjoying whatever is a disadvantage, converting it into an advantage.

Now here, I hope, you like this place very much. Then we are going to Nasik, where, near a river, we will be camping ourselves. It's a river flowing, you can have nice baths and things. Also then, from there, Sangam area, [unclear].

Then you are going to Pune, to another very beautiful place where there is lot of water for you to swim and wonderful place that one. Like that, one after another, I have tried to choose the best places and of nature for you. Not so much as hotels and things, so little discomfort does are not matter, because to live in a tent is not so comfortable. I hope you will not make yourself miserable for nothing at all. And enjoy every part of it, enjoy every minute of it. We have tried to arrange whatever is possible under the circumstances.

And also, tomorrow the Sahaja Yogis from Bombay want to give you some sort of a shawl, which they will be bringing. So, I think they will give you some shawls as presents.

Anything else you need, let us know and let these people know. We must give a hand to Ima and Umar, both of them, who have done so much of work in collecting these blouses and petticoats and matching them and saris and everything. And we have to thank the [unclear] house, which has given us such a big concession. So we must give also to, a hand to Vimal who has done so much concession for us.

[Applause]

Now she has brought saris for you, those who want to buy for marriage, or otherwise, or those who want to buy say, for their wives or in any way. She has brought saris. In case, if they fall short, she can get more. You can have a look at them and see for yourself. But I think her prices are very reasonable and she has reduced them. She went all the way to Benares to get saris for you. So, I think you will all enjoy choosing the saris also. And now I'll take your leave, while these people are here, and you can see that.

Thank you very much.

[Sahaja Yogini speaks in Marathi]

[End of recording.]

1986-1221, Shri Mahadevi Puja: Steady yourself with meditation

View [online](#).

21 December 1986

Steady Yourself With Meditation

Devi Puja

Chalmala, Alibag (India)

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

Welcome Puja Mahadevi Puja Talk, Chalmala, Alibag, Maharashtra, India, English part, 21 December 1986.

[Shri Mataji explains that She will first talk in English then in Marathi]

[English talk]

I bow to all the Sahaja Yogis.

In these beautiful surroundings, many of you are wondering why God has created these beautiful things. Because you people had to come on this Earth and enjoy the beauty that is one of the reasons. And now God feels very much fulfilled with joy and satisfaction and a kind of a completion of His desire.

"Why God has created this beautiful universe?" has been a question asked for thousands of years.

The reason is very simple to understand: this beauty that is created cannot see itself. In the same way, God, who is the source of beauty, cannot see its own beauty. Like a pearl cannot enter into itself to see its beauty. Like the sky cannot understand its own beauty. The stars cannot see their own beauty. The Sun cannot behold its own brilliance. In the same way, God Almighty cannot behold His own being. He needs a mirror and that is how He has created this beautiful universe as His mirror.

In this mirror He has created now beautiful things like the Sun, then the Sun has to see his own reflection also. So, He has created these beautiful trees to see that when he shines, they come up so well and look so green.

Then He has created those birds who rise early in the morning to greet the Sun, so the Sun knows that: "Yes, I am there, I am existing"; or else He has created these beautiful lakes for these trees to see their reflection and the lakes to feel their existence when the ripples start moving within themselves.

So then He created human beings. The human beings cannot also see their own beauty, their own glory. That is why they are in the darkness, they are ignorant. They cannot see what lies within themselves. So they are running after something which is absolutely against themselves, which is ugliness, which is self-destructive. And the struggle to get to reality is such a lot, that as a result, they destroy themselves. Like as people have taken to these drugs, taken to all bad habits – of in this place, they say a lot of smuggling going on – and all such endeavours that people take up because they do not know what beautiful things they are.

So now a mirror has to be created for them, to see for themselves how beautiful they are. Their mirror is their Spirit. That Spirit is to be brought in their consciousness, in their attention. If it comes in their attention then they can see their image. Now this attention that comes in, as an enlightened attention is called in Sanskrit language as "cittabhoga" [unsure] is the expression of the attention which is enlightened. But it is also said that it is got a nature, which is very transitory, or, we can say, which is disappearing every moment to moment. When this is happening what is to be done? For that you have to steady yourself with meditation, with hearing the enlightened talks, by seeing the good things of life without thinking about them, by seeing also the goodness of others and then you start seeing goodness in yourself also.

That is why I always say that one should not feel guilty, because you are feeling guilty of something, which is just, just an illusion. You are guilty that you have got a shadow. It is something like that. So if you know that you are beautiful beings and that you have got a shadow is nothing to do with you and your beauty. If you can see you own beauty then you will be amazed that within us lies all those joy giving, all those beautiful things, which we are seeing outside. But just now, the mirror is not all right, that's

why you have to see in the nature the beauty. But, when you are one with your Self, then you see all these nature within yourself, all the joy giving qualities of this nature within yourself.

So I wanted you to come to this place just to learn how God has created this beautiful area for you people to enjoy and to be here.

May God bless you.

[Marathi Translation]

I was telling them that many people ask, "Why God has created this world. Why was this world necessary?" "The reason is that God is the source of beauty, joy, and love and he cannot see himself. He cannot understand how big source he is. Similarly you Sahaja Yogis are also its sources. Hence God has created such big mirror. He wants to see his own beauty in this mirror. He feels satisfied on seeing in this mirror but he wants to see one more thing in this mirror.

He wants to see whether this mirror has awakened in the human being, whether this beauty has permeated in the human being that he has created, whether the human being is aware how beautiful he himself is, how many qualities he has acquired, how important he is, how great he is, whether he is worthy of understanding this. Saint Tukaram has said, "Although, I am smaller than the smallest, I am large as the sky."

A person who has realized this about himself, will not waste his life on trivial, frivolous things. It is foolishness to fritter away one's life on trivial things. As for our country, we know that numerous such dirty practices have come in vogue. Now, the alcoholism. If somebody advises against having the liquor, nobody would agree and half of the people may get peevish and leave.

But, when this mirror, which is your Spirit, is awakened you see yourself in that mirror. Moment you realize that you were about to consume very dirty thing that will only harm you, you will give it up of your own. Secondly, with this mirror awakened, an egotist in you can see his own arrogance with which he hurts others' feelings and harasses others. You will not see these things otherwise, whatever you may read, whatever chanting of God's name you may do, howsoever you may dance in the God's name. Only when you clearly see the light of Spirit and start watching your Spirit, you will realize that what I am about to do is oppose to myself. "I am such a gentleman, I am so great, God has made me so great! I am not an animal. As a human being, I am bestowed with good intelligence, bestowed with the freedom which is supreme freedom and I should achieve it. Then why should I take to the slavery to absurd things, the slavery to addiction? Since I am so independent, and live in the technique of Spirit, "Swa-tantra" the slavery should not be there".

Hence Shivaji Maharaj has emphasized on identifying with the Swa-Dharma, meaning identifying with the Dharma of the "Swa", the Swa means your mirror which is your Spirit and you must achieve it. Now, so many funny notions are prevalent in our villages that sometimes I am amazed. A number of people think that God etc enters into somebody's body and make the sound of the blowing of air. Many women think that Goddess enters into them. But I want to tell you that having the Goddess in the body is not an easy thing. There is the power of Goddess by which the Kundalini is awakened. If you respect the woman as Goddess in whom ghosts enter, you are antagonistic to God. These are ghosts and the woman physically and psychically suffers being their medium. Not just this but all other members of her family are impoverished. So nobody should gullibly get carried away by them.

Similarly, in every village, some person or the other is there who carries out these activities. This is prominent in the Konkan area. This year I find, it is not so bad. They tell absurd stories like, a ghost has come from this person and that person in style that mesmerizes the people. Then befool such mesmerized person and extract money. This is a common practice here. Later somebody comes as priest and demands money in the name of God. God does not understand money, nor does he want your money.

God wants you to hold the mirror of your Spirit in your hand and see your own form. But it is said that when you have the mirror in your hand you get rather an unclear idea of it and for the clear idea and stabilizing in it the person has to sustain it through the meditation. So, first have the Kundalini awakening and then with the meditation and the understanding of your responsibility and

freedom, be seated in your throne. We are not animals but human beings. We have not taken our lives to waste them in such absurd activities. However, till this day we have not respected ourselves. But on knowing his Spirit, immediately the person knows himself and all his bad qualities fall off.

When I started preaching Sahaja Yoga in England seven such persons came who had a plethora of addictions. But, when they had their self-realization very same day they were free from their addictions. So, now you should make a resolve not to accept any slavery. Being, addicted is enslavement, although you may enjoy it, but actually it is slavery. So, you should resolve that you shall not accept any enslavement. And when you make such resolve your Spirit clearly manifests and its effect is felt. Due to that effect all that is un-necessary clears out.

But before that, we like only that which we should not, which is bad. We take only that which is wrong. So I tell you as your mother that you should not take it bad so don't be afraid if you have any addictions, with the awakening of Spirit all shall be free from their addictions. All shall be free from the slavery. All peoples' poverty shall go away. All kinds of pains, all kinds of physical, mental, emotional, as well as familial problems shall vanish and it has to happen.

So, we are in your village, Chalgaon. These people have also seen the purity of this place. They have met you, danced with you and enjoyed with you. Also you have nicely felicitated them and have cooked delicious food for them. So, they have suggested, "Shri Mataji, please bestow upon them their lives' fulfilment." Now our practice is to give a gift to the landlady of the place we visit.

Accordingly, Mr. Harish Chandra Koli who, you know, has worked very hard, set up his house here, established Sahaja Yoga. His wife has also helped him a lot. So we want to give her at least something as a token of our love and appreciation. I also want to give something to all other people as well. That something is what we call as blessings. In that blessings, you are to be made "the Samartha" meaning; equal to the meaning of your life-also it means strong- by awakening your Kundalini Shakti. Also, you are to be made self-supporting.

Before I leave this place, I want to do something by which you will fully understand your own glory, you will understand your own greatness, and you will have wisdom that comes with such understanding. Thereby, in my next visit, I will see all people very beautiful, with freshness and newness on their faces and having beautiful places made for God in their hearts, the place which is like that of fully bloomed lotus flowers. You all have my blessings.

H.H. Shri Mataji Nirmala Devi

1986-1221, Evening Program after Mahadevi Puja

View [online](#).

21 December 1986

Evening Program

Chalmala, Alibag (India)

Talk Language: English | Transcript (English) – Draft

21st December 1986 Chalmala, India.

[English part only]

Please be seated. Now, I think the Western Sahaja Yogis should move out a little bit because these people are going to sing some bhajans. So those who are sitting in front can move out a little bit. They have, they need some space. Today we cannot afford to have many programs. Only we'll have a program about for an hour by the, these people from here, the Sahaja Yogis, they want to entertain you with bhajans. And then tomorrow morning, I'm sorry, it's going to be quite cold, so you better not have your baths early in the morning in the sea. Get up about five o'clock, have your breakfast and leave by six, you have to leave by six. Or leave by five-thirty is better. Keep it five-thirty so you'll leave at six. Hello, Nick? You can carry two or three persons in your, you can.

Nick: Yes.

Shri Mataji: All right. Because now suddenly three more extra people have come. All right. So, can you?

Yogi: Shri Mataji, one hundred and ninety nine for tomorrow, so it shouldn't be a problem if they miss the buses?

Shri Mataji: No problem. They haven't arrived yet? They'll go to Nasik? All right. No, they're going to Nasik. So till Nasik there's no problem, but three persons can be with them in there. How many?

Nick: There's only space for five or four people.

Shri Mataji: So how many of you are there?

Nick: There will be four of us who are the crew for the recording.

Shri Mataji: Four? Four, who are the four?

Yogi: We've been a bit nervous before our buses and we can't remember getting a phone or something like that.

Yogi: Well obviously yeah we've...

Shri Mataji: Just now there's no problem, but might be later on. We'll see now. All right, what is it? I just called you for that. They have composed some music for you and they want you to hear the music. Then you have to sleep early and you have to get up early and you have to go tomorrow morning. Because you like this place, I thought you'd better stay here overnight.

These are all Sahaja Yogis from this place and villages nearby.

These are the simple fishermen, folk from here, who have done all the cleaning and all the decorations, everything. They got it from their boats, all these timber to decorate your Mother's stage and all the comforts that you see here are coming from them

and their wives. They're all your brothers and sisters. Very simple way you have written these beautiful songs. Just to welcome us, especially me, that they're singing the first song was that before everybody else we bowed to you, Mother. That one was the best. Then you gave them all these little presents from your heart. Now the second one that they are saying that when we see you, get your darshan. That means when we have seen you, our music has got the colour of bhakti. And in that bhakti we are now singing your song. We are simple people and our bhakti is also as simple as ourselves. So please accept our bhakti. They beautifully sang and beautifully composed all for Sahaja Yoga. They are all Sahaja Yogis from this place. And you see the innocence in them when they sing, how they are disciplined among themselves and how they work it out. In a very sweet manner and in a very beautiful tunes. So I'm so happy that you all have appreciated without understanding it. Perhaps the vibrations are flowing such a lot that you could understand. It's something nice. It's all to please your Mother. They are singing and they have composed it beforehand and now they are big hits over. So we give them a hand by thanking them.

1986-1222, Evening Program

View [online](#).

22 December 1986

Evening Program Devi Puja

Nashik (India)

Talk Language: English | Transcript (English) – Draft

2020

Sahaja Yogi: [Marathi]. We shall start our program with the three mantras.

Bhajan, "Pratham Tula Vandito" in Marathi.

34:55

[Applause]

Sahaja Yogi: [Marathi]. I'm repeating some songs again, because, if it is not so, we'll not satisfy You.

Bhajan, "Amhi Matajinchha Charnasi Alo" in Marathi. (Written by Ananta Damle.)

47 :13

Sahaja Yogi: Now we are near the lotus feet of Mataji. Now we all request Her to open our Sahasrara.

Bhajan, "Ughad sahasrara mate" in Marathi.

57:31

Sahaja Yogi: [Marathi. He asked Shri Mataji to translate].

Shri Mataji: This is a song written by a great poet called Namadeva.

There was a very great poet and a great Realized soul called Namadeva. He was a tailor. But in the Kingdom of God, he was a prince. And he met another prince who was a potter and his name was Gora Kumbhar. "Kumbhar" means the potter. So how they recognized each other! What love they felt for each other! They were from two different places.

In the same way, when the Sahaja Yogis meet each other, from any places whatsoever, they just feel that love, that oneness, that goodness, that belonging. And as they were the great poet, they described it that, "I came to see here the formless God, but here I see him in the form". 'Nirguna' is a formless and the 'Saguna' is the form.

They beautifully put everything so well. It's very touching and it gives Me a great hope that whether you are from India or from England or from America or any other country, you are all born of one Mother. And you are Realized souls of very high degree. The sign of a very good high soul is that he recognizes the divinity in another person and enjoys that, worships it and love it.

Same way, Shri Namdev met Nanaka. He went to Punjab. And his poems are written by Shri Nanaka in his great book called Granth Sahib. So, how he respected this gentleman from Maharashtra, and he was in Punjab. So, the distance does not matter. What matters is the oneness in your Spirit.

That time there was no Mother to tell them, no one to guide them. They were all alone in different places. But whenever they had a chance to meet, they would travel for miles together to see each other and enjoy each other's company. I see that vision now among you all. So, thank you very much.

It's a very beautiful song, I wish you had known Marathi language. This is not easy to translate the whole thing.

1:02:22

Sahaja Yogi: This song is based on "Shuddha Sarang" raga.

Bhajan, "Nirgunache bheti aalo saguna sange" in Marathi.

1:11:45

[Applause]

Sahaja Yogi: Ambeta Jogawa

Shri Mataji: He is asking for the Yoga. That's why it's called Ambe, means the Kundalini. When they say, "Ude, ude ", that means, "Oh, Mother get away from this ". In the folklore, they used to sing, "Oh Mother, please be awakened and let me have the 'yog'.

That's called in the 'alokya' language or the rustic languages 'Jogawa'. Yo' is made into 'Jo'. Like as we have 'Yesu' and 'Jesu'. In the same way.

1:13:45

Bhajan, "Jogawa, Adimaya Amba Bai" in Marathi.

1:24:26

[Applause]

[Shri Mataji speaks in Marathi.]

Shri Mataji: This is another poet, tremendous.

This is a song written by another great poet, Eknath. It's great poets we have had, all great saints and poets. And this song is so subtle and so beautifully blended with a rustic life, that in every village they sing this song. I wonder how many really understand the subtleties. This thing that, "I will ask for the Yoga from my Mother". But throughout, what she says is that, "I will give up all these attachments that I have, I will give up my false pride, I will give up my ego", in a way as if you give up all your funny relationships, and funny ideas of relations. "And I will become absolutely without attachments. And then you gave me my Yoga". They are asking the Mother.

But also, it also says that, "I will then collect all the flowers of my bodha". And you know, the word 'bodha' means, it's what you feel on your central nervous system. "All the experiences on my central nervous system I will collect them as flowers, in my flower container, and I will leave it to you".

It's a very, very subtle song, you know when you – I didn't know it, I mean I didn't hear it that intensely as I did it today. And then it says that, "So, I will cross this ocean of illusion, pass through the tunnel", and this is the Brahma Nadi, through the tunnel and the end of it. Because Eknatha was a great, very great poet and a Realized soul. He said these things in a very local language, I should say, very rustic language. And in all the villages they sing this song.

So, basically the roots are there. People are not naive you see, this is what it is. In this country, that, especially in Maharashtra, it is no difficult to talk to them about Self-realization, about Kundalini, about anything. It's gone into their blood. And, this is surprisingly, it is just a folklore, it's a folklore, such a subtle one.

1:27:29

Sahaja Yogi: He Adi Ma, He Anti Ma.

[Marathi]

Shri Mataji: It says that, "After seeing your lotus feet, where will my mind go? Where will my attention go? When I've seen your lotus feet. This is Tukaram, a great poet and a great saint".

1:44:36

[Applause]

Shri Mataji: These are the nine descriptions of the nine incarnations of the Goddess. And they tell when She [inaudible] and goes for the crossing of the liver, I mean, there she crosses the barriers.

It's beautiful because it is said that she takes different forms and that's how they have described all the forms of the Goddess.

1:45:48

Shri Mataji: Yes, Gregoire?

Gregoire: Shri Mataji, it looks like - I wanted to ask you that, if the fan has any meaning. It must have.

Shri Mataji: I am fanning for you all.

[Laughter]

[Applause]

Shri Mataji: Can you accompany these ragas?

Sahaja Yogi: I tried, Shri Mataji. But I am afraid because the effect is very-

[Shri Mataji speaks in Marathi.]

Shri Mataji: This is the raga of the majesty, means of the queen.

Bhajan, "Ai Giri Nandiri" in Sanscrit

1:52:04

Shri Mataji: Adi Shankaracharya's description to greet them. It's very difficult. His poetry is beyond really any logic, any mental understanding. So great he is, so great. And now he got all these words put together with sweet alliteration, all kinds of methods, all the figures of speech in such a fast way. It's so beautifully done. So, may God bless you all.

1:52:37

You all try to learn this. All kinds of tongue twisters are there. You improve in your grammatical and in your pronunciation.

1:56:29

Raga

[Applause]

2:09:08

Shri Mataji: Now this is the last song or the last melody of Bhairavi. And after that, you that that tomorrow morning, you have to go and maybe that you can go late. You need not get up very early. [Laughter]

But I hope you'll get up at nine and leave by nine thirty.

[Applause]

Because you will take about one and a half hour to reach the river where you all are going to be stationed very well, nearest the beautiful river which is known as 'Pravara'. And they say that, "You should take a bath in the river Ganges. You should drink the water of the river Pravara ". And you will be stationed there, in a beautiful surrounding. But you would like to have a bath also. So, the sooner you leave, the more time you'll have for a bath. [Laughter. Applause]

If you reach at 11, you'll have 3 hours. If you reach at 12, you'll have two hours, So, it is for you to choose. You can take your time. It's all [available? Unclear] for you.

[Cut in the audio]

I was saying the food will be ready at two o'clock. So, you organize in such a way there a one and half hour journey and two hours, minimum, of a bath. So, whatever time you think proper, you'd better leave and have a nice time there. I may be there. I may not be there. I can't say. And after that, we have to go for the public program in the evening. So, you can dress there. It's a beautiful garden they say. And next day we have to go to Rahuri – to Pune, I am sorry. So, that's how it's going to be.

Moreover, at this juncture, I would like to thank the great musicians who are sitting here. Mr Savankar has been such an asset to Sahaja Yoga. He has brought beautiful melodies, beautiful songs of great devotion and dedication, and such creative rhythms that you all are enjoying it so much. I hope to invite him some time to London and to other Western countries and to America.

[Applause]

This is the same joy that one feels for a Sahaja Yogi, as you all are Sahaja Yogis and he is also a Sahaja Yogi, this joy is so much mutual. I thank all his party and all the other people who are here. And his brother who is singing so well and all the ladies who have so melodious voices. For them, I've been very kind and adaptable because I do not have this mister [inaudible] - whatever it is, we must be very grateful to God, for bringing us together in this manner, in singing the praise of the Lord, in such surrendered moods. It is a very rare sight for Me, a very rare sight. And I really enjoyed it thorough. I am especially thankful to Dr Sanghvey, Harsh and his family and the family of Dr Savankar. All the others who have helped him to make this music so successful, from all the Sahaja Yogis, I would like to thank them very much for making this spontaneous stay so successful. [Applause]

Last but not the least, I thank all of you for bearing lots of inconveniences in this country of ours where it is very comfortable for the Spirit but not so comfortable for the body! [Laughter]

I hope the rest of the journey would be better, more comfortable and you will enjoy it more. There were certain mistakes and

that's how some of the things were left behind and some people must have had a bad time. But in Sahaja Yoga, you have to forgive and forget and enjoy the best.

So, I'll only be able to meet you tomorrow maybe before the public program or maybe I may be there, I don't know. I don't know about myself. [Laughter]

It's a funny situation. And last of all, I have got something for you to spread on the ground. For everyone, I have brought a present today. And something to cover up yourself. For the ladies it's different, for the gents it is different. And I hope [Marathi] They are all lying there and Harsh will tell you to whom it belongs. They are all handmade things from the villages and hand-printed absolutely from their [cut in the audio], and very subtle if you see them.

Moreover, they will be useful to you in this country. And when we will go to Brahmapuri we will wash them and they will become very soft. Just now they are hard as in the beginning it's rather hard in India. [Laughter]

So, now we have got something very, very nice for you [inaudible] Dekade, and that's all. And then we will have the last music.

[Shri Mataji speaks in Marathi.]

'Kanha tujhi ghongari', you heard that song sung in England. Bhim Sane Joshi sang this song as 'Kanha tujhi ghongari'. And he says the "ghongari" is a rustic type of a blanket which is used multipurpose sort. And he says that, "That is such a beautiful one", means this body. "And while the mind is not so good, I am full of pride, I am full of ego, I have so many funny things in my head. What sort of "ghongari" you have given me?" That is why I am given you one "ghongari", [Laughter] that you can enjoy for sitting down and spreading and it's very good when you wash it, it becomes very soft and nice. So, that's one thing and then there is one sheet for men and one sheet for ladies. They also looked very crooked to begin with, but if you wash them, they will become very nice. And they can be used for various purposes. Can you bring?

Such a lot!

Some for small little girls, you see, for smaller ladies. We have something smaller. For the bigger ladies something.

It's one for the men. It's very interesting, this one is. Let Me see.

Now this one, say, is for a little girl, say, Nathalie can have this. Nathalie, come along! To cover herself, you see.

Now this is interesting because I think the men would love it. It's a beautiful piece of art all handmade. [Applause] And this is worn by the Aborigines here. And it's all done with hand, you can see it. So, it's quite subtle. So, this is for the men. And that's for the ladies. And how to find it? Just cover it, let's see. And this is for the equisized, for each one of you, for sitting down, for meditation, for anything that you want to have. These ones are.

It looks nice, isn't it?

Sahaja Yogis: Very nice.

Shri Mataji: So, you can get it distributed. Now if you want or later whichever way you want. So, I have got all these things today. How do you like this one for the men?

Sahaja Yogis: Ah, beautiful.

[Applause]

Shri Mataji: And this one for the ladies. Some are small [Applause].

And some are big. So, there are four in one. So, somebody should take charge and distribute it properly.

So, depends on. You just distribute according to the sizes. It's quite nice, aren't they?

Sahaja Yogi: It's beautiful.

Shri Mataji: Yes, they are very beautiful. So. And that's the ghongari for you.

[Marathi]

Gregoire: Bolo Shri Adi Shakti Shri Nirmala Devi!

Sahaja Yogis: Jai!

[Bhavani, Dayani, raga starts.]

Shri Mataji: Just good night. [Shri Mataji speaks in Marathi.]

First? Marriage is on the first or second in Ganapatipule?

Sahaja Yogi: Third.

Shri Mataji: Warren?

Warren: On the second, Shri Mataji.

Shri Mataji: On the second.

Warren: Yes, Thursday, the second.

[Shri Mataji speaks in Hindi.]

1986-1222, Evening Program, eve of Devi Puja

View [online](#).

22 December 1986

Cultural Event

Nimani Mangal Karyalaya, Nashik (India)

Talk Language: English | Transcript (English) – Draft Music Program, Nashik, India 22-12-1986

You know, I just said few words about sorry for this, but that is for our life itself and we are all, I mean, I mean, [Unclear], you know.

It came very late, I don't know why or what happened but it was very late. I think we had our lunch and we were resting and I hope you have rested well. Have you or not?

Yogis: Yes, Shri Mataji.

Shri Mataji: And we have some public program also because we are coming to a room and give you all the dates and all that and you can also join them because it's so [unclear] to you and enjoy the music a little bit. Now the thing is, tomorrow morning, do you like the place where you are now?

Yogis: Yes.

Shri Mataji: All right, there is also the tents have been pitched now for you and the probably people have sent shawls for you here as presents which you have to pick them up, they'll be brought here, they'll check for you after this program you can take them. And the food is nice, [unclear], everything fine? So tomorrow morning then we will all have to come to Puja about then o'clock.

If you could finish the food up at twelve, you could have your lunch and you can also see them this Sadashtini's temple, I think which is a must for everyone in Sahaja Yogi, God said. And then, from there you have to go to Sanghamaya which takes about, they said, you can take Two hours. Two hours, which is there at seven o'clock, working program is there at seven o'clock, in any case I will teach there and I hope you will make it also and then you are going to stay in Sanghamaya for one night again. One month is not sufficient for all these 12 places I have to go. Actually the strength of me also to have [unclear] Then we will be going to Pune. So in Sanghamaya we have nine program and one time I think we are all leaving for Pune, that they will tell our organization. But anything is missing or anything you find critical, you should let me know. If there is any problem. I know there was somebody who had a [unclear] and he was standing with us. Who is the gentleman?

from [unclear] Yes. Are you all right now? I don't know if you should travel with us because it's dangerous. You are coming from what country?

Yogi: Vancouver, Canada.

Shri Mataji: Vancouver. I don't know. You stayed [unclear] country? But she has no epilepsy now?

Yogi: Seems fine to me.

Shri Mataji: So that makes all the sometimes the problems are connected with you.

All right, at least you people should clear him out tomorrow. When he's there you all can work it out, clear him out, otherwise you will become sick and auspicious. That's why maybe [unclear] problem but his negativity is very wrong on the negativity and things work out that way. Nothing wrong with him, he's a Sahaja Yogi in any case. He should cleanse him and tomorrow I will

cleanse him before we leave because he doesn't know that he's sick. That's why he can't go to the hospital. He will cleanse him and then he will be able to do something. Otherwise there is no problem to be diagnosed. All right? Who will take charge? James?

Yogi: James is between 10th

Shri Mataji. Shri Mataji: uhh?

Yogi: James is within 10th.

Shri Mataji: Oh, I see. Somebody has to take the charge of that. You may not be able to do it. Somebody who has David can. David? Please take it over there. All right? See that he's cleared out on the left side and then he comes over. Thank you very much.

Now let's have the music and I hope it will be all right for you sometime and then you can go back and sleep. Did you sleep in the daytime? I inquired if they have slept around. They said yes, they were all sleeping under the tree. It's nice. Sometimes to be like that.

1986-1222, Public program

View [online](#).

22 December 1986

Public Program

Nashik (India)

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

1986-12-22 Aaj Maharashtrachi Sthithi Far Vichitra Aahe, Nasik, India

1986-1223, Puja: Ego & Nasik, Spirit

View [online](#).

23 December 1986

Ego & Nasik, Spirit

Devi Puja

Dr Sanghvi's House, Nashik (India)

Talk Language: English | Transcript (English) – Draft

So now we have here one of the most ancient places called Nasik. I think you must have heard about what happened when Shri Rama and Sita were staying here, why this place was called as Nasik that I will tell you in short. This is the place where Shri Rama and Sita and Lakshmana were staying and the sister of Ravana, because Ravana's some of the empires, a part of the empire was very close to this place. She came down to entice Shri Rama. So Shri Rama smiled at her He said that, "It is not possible with Me because I have a very nice wife" in His own sweet ways and He is known for His formals, formal is not the word but for a sweet formalities, and we call it Sankocha. He said, "You better try your hand on My brother", because He knew His brother is a terrific fellow.

So this is all rakshasi, it's all qualities of rakshashas that women who are rakshasini try to entice men. Men who are rakshasas try to entice woman. It's a quality of rakshashas not human beings. And of course not of the Devas. So this rakshasini wanted to try her luck. With her ego she went down to Lakshmana and she told Him that you are now living without your wife for 14 years and this 14 years are going to be very heavy for you. So I think you better marry me. I am a good lady why don't you marry me? So she said I have got a beautiful nose. I have got beautiful eyes. I am very beautiful, must be artificial, I am sure or might have been to some sort of a Beauty Parlor or something, God knows what she must have tried but she was trying to impress. And the fellow was getting infuriated. You see, He could not see it, to see that look at this lady coming and trying to challenge My chastity and He got ultimately very angry. He told her, "You get out from here. I have nothing to do with you. You are useless. Don't try this trick with Me." But she would not go she was so enchanted by Him and she, her ego was hurt. She said no, not to accept any defeat. She went on.

Then He got very angry and He cut her nose. Of which she was very proud that I have a beautiful nose. He cut her nose. And nose represents ego. See when people have ego, you see their nose go like that. Like we have, you must have seen while coming from Runala they said Duke's nose because such a big nose they start it cannot be an Englishman's nose it must be Duke of some place. Otherwise cannot be such a big nose, see. So Indians call it as Duke's nose. So the big nose, such a big nose she had. He cut her nose showing that he tried to destroy her ego of her beauty. It's very significant, very significant that this Lakshmana resides in the stomach we can say on the right side. He looks after our right side which is the liver, which gives us the ego part and it is He only who destroys it. So He is the big destroyer of our ego. It's significant that destroyed the ego of this woman. She could not entice anyone by cutting her nose. Nose is a word call Nasika in Sanskrit language. That's why this place was named after that cutting of the nose, as Nasik. But as in every religious places we gather all kinds of negativity, lots of negativity gathered also in Nasik and the people who in the name of God thought that they were great place as we have in every religion, you know in Christianity or in Islam, in all religious we have the same problem. They started their shops here so this one of the shopping centers of God.

Those who are interested in shopping of gurus can come nicely to Nasik and empty their pockets nicely. So this one of the troubles of this place. And that's why Sahaja Yoga takes time to root itself. We have already given up Kolapur, which is another great place we have given up. Pandapur and also in a way Thirujapur because there they have all these negative forces acting and they are all making money though the place is so vibrated, it's so great because Shri Rama came here. He was not wearing His slippers, and His wife also came bare feet. They all touched this Mother Earth so this place must be very vibrated, no doubt, but all these negativities are here as we are very susceptible when we are superficial, people catch negativity first and the positivity comes later on. Thus this Nasik place was contaminated by those people who wanted to make money in the name of God.

Now we have come here, one may say that Mother we don't get many people here or also you can say that Sahaja Yoga is very slowly moving, I agree. It's moving faster anywhere else. Despite the fact Dr Sangi and his family are such strong people and we have some very strong Sahaja Yogis here. But that's why we need very strong people over here to work out these negativities and a day will come when they will all run away. Your coming helps a lot because you also channel the Divinity and then you come to this country, this part of the country or to this place which is full of negativity. Your vibrations help a lot. That's why I always ask you to do some shopping in Nasik and today if possible for an hour if you could do it would be nice but in any case if you want to go to Saptha Shringi also you can go.

Now continuing with the lecture I gave you the other day about the beautiful mirror God created to see Himself. But after creating the whole universe He created the Mother Earth. Then He took the Mother Earth towards the moon so that it cools down and then He moves the Mother Earth towards the Sun and brought it to a point where the life could be sustained. That is how the life started on Earth. In the Puranas it's described that there were Avatars of Shri Vishnu on this Earth who one by one lead for the evolution. Like that you have seen we have Macha Avatar, Kurma Avatar and all those things about which you know and the new Sahaja Yogis should be told about. Ultimately this is the situation now at the Sahasrara where I had to come. At this stage the main job is to give Realization, to raise your Kundalini, that is My main job. And that's what has to happen in a very large scale. In this country there isn't such a problem because very few places are like this where there is negativity, in the villages you have seen how in that fisherman's place so many people came who were simple hearted, how beautifully they sang to you, they sang to Me and they were so nice. So this country is not such a difficult thing to give Realization and to settle them in Sahaja Yoga because they immediately jump to joy of Sahaja Yoga while in the West as you know we do not jump into the joy but we first start seeing it through our rational being. Rationality then develops into what we call the Chitta. Then we start using our attention for different places seeing vibrations this and that but the joy part comes later on and that's why it doesn't settle in many people. To begin with they have to be little bit, ah, told and made to settle down because the nature of the Kundalini is such

(May God bless you, May god bless you, come in time - Shri Mataji is talking to someone)

All right God created this universe to see His image and as I told you that gold cannot see its beauty, nature can not see its beauty, the Sun cannot see its beauty. So they have to express themselves, manifest themselves to see their own image.

Now God has created human beings ultimately as I told you and now He wants to see His beautiful image in you people. So first of all to know that your mirror is your Spirit. That is the mirror you have got which you can see, which does not know its greatness, does not know its beauty, does not know anything, in the sense that it reflects the beauty of God within you. Now you have to create an image or you can say we have to manifest our work in such a manner that we see our image of this mirror of God that we have got within ourselves. So when Sahaja Yogis start manifesting themselves, ascertaining themselves, projecting themselves, then they can see their own image and they are surprised how can we (be) so beautiful? How can we be so nice? How can we be so powerful? How can we be the universal power? How we are helped? This is very surprising and that is how

(Please keep your eyes open otherwise your Chakras won't be all right - Shri Mataji is talking to someone)

So when you get all these experiences of your goodness, of your greatness, of your glory, you start manifesting God.

So now for God your mirror is ready. For Him you are His mirror. And He wants to see Himself through you. So all the beauty that you have, all the powers you have are within you. But most of the religions which are established by great saints who wanted to help in this procedure have been just reversed that you are told that you are the worst, you are the sinners, you are the hopeless people, good for nothing. So that you will go and give more money and more money and that's another stupidity. You can see so clearly how stupid the whole effort is. By doing that you make people look ugly, sickly, useless. The whole system, the whole civilization works in the other way round. For example, if nowadays I have seen in the West that if you look like a TB patient you are regarded as beauty or some sort of a bhoot you are regarded as beauty. On the contrary, you have to look healthy, blossoming like a flower, fresh, that is the sign of a person who is beautiful, not a person who is all the time sighing and who is

about to shift into the hospital or into a grave yard, that sort of an idea God never had in His mind. This the idea which has come to you through the clever management of some of the evil doers. And they have given you these ideas and you are working them out.

So the sense of beauty that you have has to be a little different, much different as it absolutely just opposition. The face of a person who is a Realized soul is very different from faces of others. To them he may not be beautiful because they see the ugliness while we see the real beauty that pleases God. It should please God to see your faces, reflecting His manifestation. Like you see the flowers, you like the flowers which are fresh, you look at them with great admiration. In the same way when God see His reflection among Sahaja Yogis, He will very much fulfilled. And that's what I felt yesterday when you all sang together with all the East and the West combine together with such beauty. I felt that I was fulfilled within Myself that something has been happening and something has shown the results. The beauty is showing now on the faces of My children. We should please God. We should please Me very much. So this is a very great thing that has happening in Nasik I think. This gratitude of yours and My own gratification, I felt very gratified. I felt very satisfied and fulfilled.

And that is the thing in a place like this where Sita had to suffer so much, where Lakshmana had to do all these ugly things. It was terrible thing that happened in Nasik. And then if you get in that background, like in a drama you see, you show a climax and then the anticlimax like that. Yesterday I felt the drama is complete now. I was really very much satisfied what happened last night, the oneness with which we sang, the oneness we felt and the oneness we had about ourselves. We are universal beings. We do not belong to any country. We do not belong to any cast, community or so called religions. We are all universal people. We have no such bondages, which keep us separate from each other. All this love, all this affection and all this is going to transform this horrible world into the right path, into the righteous path, into the path of benevolence.

So, Nasik has done something good to Me. Last time, I had tears in My eyes and you have taken the photograph of this 'sandra Karuna' [intense emphaty] and today I have got the feeling of great joy within Myself.

May God bless you all!

1986-1225, Christmas Puja

View [online](#).

25 December 1986

Christmas Puja

Pune (India)

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

Christmas Puja, Pune (India) 25 December 1986.

[English Transcript]

Today we have all been waiting to celebrate the birth of our Lord Jesus Christ. There's so much significant that we are in a place here, the same type of a hut Jesus had when He was born, and the wind was blowing from all sides and it was difficult to keep the room very warm, though if it is correct He was not born in the month of December, in a warmer month, not so very cold, maybe this much as you see; so maybe that the climate of today is quite significant, with the climate that He must have felt.

As for you people, you don't feel any discomfort in this climate, nor in these surroundings nor in the Spartan living. He never felt any discomfort, nor His Mother.

When our attention is on our Spirit, then we do not feel the discomfort of nature or of worldly things.

This is the first sign when a Sahaja Yogi starts complaining about comforts, then the first sign is that he is not a Sahaja Yogi as yet. To begin with you just get absolutely acclimatized with the climate and enjoy the style, the speed, the way it is molding you. There's no friction between the nature and the body because the Spirit which is synchronizer, helps you to become one with this nature and enjoy the best part of it. The way you are enjoying it shows that you are great Sahaja Yogis, and that goes to My credit, I think, that you people have accepted all the discomfort as enjoyments.

Christ coming was a great event as I have told you to establish Agnya Chakra. And He was born on this Earth but much before He was born in the consciousness and that absolute consciousness itself took birth as Jesus Christ.

To explain His life is only possible if you are Realized souls, otherwise you cannot explain Christ - what He was, how He worked - still it's very difficult to explain many things in Sahaja Yoga as you know, you just go on seeing things. Today you saw fountains coming out of the lake, which nobody can explain, even the engineer said that they can't explain, nobody can explain it.

It just happens that the water gets excited, feels the Divinity and starts pouring out its love in a bubbly manner.

Can you imagine that even the water can feel it?

You have seen how the light can feel it, in the same way every element can feel it. All those elements are within us, the highest of all, as we say, is the light, because light has an effect and that is governed by Jesus Christ.

Light has an effect, light shows things that are correct. That's the one which makes us understand all the dimensions of worldly things and ultimately when this light comes from the Spirit and is enlightened by the Spirit, then you start seeing the other dimensions also which sometimes make you laugh, sometimes make you smile and sometimes make you cry also.

Such a beautiful new dimension you have achieved through Sahaja Yoga, but it was all built in within you and you had to achieve it. People on the other side had to work very hard, like Jesus Christ was born in a small manger to show that Divinity need not be born in royal families, can be born in a manger, can be born anywhere, makes no difference to the Divinity.

But that has given some funny ideas to people, that they are saying we should make ourselves miserable and we should give away everything to God. God doesn't want anything. He cannot have anything, and you cannot give anything. Is a wrong idea that you become like a pauper and give everything to God.

He doesn't want that. What He wants that you have to be happy, joyous and enjoying.

That's the main point. Also if you give a little bit, very little bit to God, then He gives you hundred times more. That's why you have to give a very wee bit to God.

But you don't have to hang yourself by the trees to prove that you want to sacrifice. Christ has done everything for you. That's the beauty of His life is that from the very beginning of His birth He has shown that He has enjoyed no material well-being, as we call it. He has not enjoyed any worldly things as we know of but that just means that He has done that for us to see that there is no need for us to hanker after worldly things - they will hanker after us. You don't have to worry about these things. What you have to worry is the Spirit, the main thing.

All His life, which was very short I should say, He has been trying, He was very much interested in evaluating people because He didn't know what sort of things these human beings are. He was a foreigner for these human beings. So He tried to evaluate and in that evaluation He said many things which are very remarkable, and one has to understand.

One of the things He said that don't throw your pearls before people who do not want to understand you. For Sahaja Yogis it is important to understand that you should not talk about Sahaja Yoga to people who are anti-God. Now he may be your brother, may be your sister, may be your father, he may be anyone, there is no need to convince them about Sahaja Yoga because they are not your relations.

Many people have only this worry how to convince my husband or how to convince my brother, there is no need at all for you to work it out, just give them up on this point.

The another thing He has told us which is very important I think, that we must forgive.

He has given the greatest weapon that we must forgive. Now it's such a practical thing to forgive. If you just forgive, the person doesn't exist anymore and the person doesn't trouble you anymore, nor is he in your attention, just to forgive is a simplest thing to do and the highest thing to do to get relief from worldly or mental tortures that we get.

His life has been a story of spirituality, going through all kinds of turmoils and tortures, all types of troubles that the Spirit can go through, to show that nobody can kill that Spirit, as it's said in the Gita: "Nainam chidanti shastrani, nainam dahati pavakah, na chainam kledayantya apo, na shosayati marutah" It cannot be killed, it's an eternal life and He tried to prove through His life the eternity, from the beginning to the end He showed that Spirit is above matter, that nothing can dominate Spirit.

It's a very big thing He has done for us is to create such a big confidence in our Spirit. He has proved it beyond doubt.

I hope you people will understand and will not bother Me or bother yourself with small petty things here and there, is nothing important.

Ask for bigger things, eternal things, valuable things.

Also I am very happy that you like this place and you are enjoying yourself here very much and today we have declared so many marriages. There have been so many events in this short time.

So I would like to bless you all for this Christmas Eve and I wish you all very happy Christmas and Happy New Year.

[Shri Mataji continues in Marathi for another 15 minutes]

[Translation from Marathi]

Today intentionally I have spoken in the English language. Since all Pune Sahaja Yogis know English, I do not have to explain further. On the Christmas day something has to be told to them about Christ. Therefore, I have spoken to them. Owing to our conditioning, we do not have much knowledge about Christ, but it is not correct. It is no use following the past conditionings. These people have come from the Christianity religion but have learnt all about Divine incarnations that were born in this country and work they did here. In some respects, they are more knowledgeable than we are. So we should also learn about Christ, Mohammad, and other great Satgurus. The reason for you to have this knowledge is, when you become Gurus in the future and you are dedicated to the Brahma and you know what the Brahma is, this knowledge will enable you to talk to someone. Then you can clearly tell about each of them and correctly explain stories about them. Without you being knowledgeable about them, Sahaja Yoga cannot spread in the modern times. Sahaja Yoga's advent is in modern times when all the people know about all. All people know about great personalities. Now that we are not in our individual ponds, but have come in the big ocean, all Sahaja Yogis should acquire information about all the peoples, about the people from all communities, about the people from all countries, about the people from all religions, and understand where they have gone wrong and where we have gone wrong. Only then can we become real Sahaja Yogis and Satgurus. A little study is necessary for that and I advise you to do it sincerely.

My blessings to all.

We shall have today's Puja with vocal music.

I have already told you that Radhaji, meaning Shri Mahalakshmi was Christ's mother. Although She was Shri Mahalakshmi, She silently bore everything so that example that Christ was going to set up was absolutely without any flaw or shortcoming, which people would attribute to his mother. The way Mary, the form of Shri Mahalakshmi, bore everything, the way She sacrificed Her son, the way She witnessed Her son's crucifixion, and the way She endured all these things. From Her example we should realize that we should give up our attachment to our children, like my son, my son and instead observe, "How much my son has progressed from the view point of Spirit, what he has gained in Spirit".

All of us have become Sahaja Yogis and have gained a lot on coming in the Sahaja Yoga. So, now we should see, "What do we have which we can give to our children." Only thing that we can give is the knowledge of Spirit. All should give that and all should receive it. I have purposely called you to this far away place, because I wanted you to see what hard work the people have to do for their living. You are troubled by small things. You are not ready to make even a little sacrifice. For everything you have to be cajoled to do this and that. With this nature, how will you become experts in Sahaja Yoga and how will you grow further? The people are not prepared for even a small sacrifice! This is not correct. I hear a lot about the Pune- Sahaja Yogis that they want everything for free and they never spare even a paisa. Unless you change your attitude how will other Puneits change? You are their examples; they will see and take you to be special people. And when they see you haggling for small amounts of money, they will think, "What is the use of practicing Sahaja Yoga? These people are also like us"!

Secondly, as I have repeatedly pointed out, feuds among brothers. It is a curse to us and I find it is there again. They quarrel over money. "Where has money gone? Why did they spend so much money? Why this, why that?" All disputes are over money. I am surprised. I am ready to do all for you but you want it free! One should have self- esteem. Shri Mataji has to spend on our food! It is not correct! Money can easily become available by saving small amounts through the year. These people spend money and I also spend, but it does not look good and is not in keeping with self-esteem.

If you go to any village, like I had been to Narayangaon on the other day, the people over there had cooked all food and kept it ready. They seated me and offered food. Nobody asked for money. Such was their hospitality. When guests come we have to keep our attention at them. I am astonished; even now Sahaja Yogis appear to be under the curse of quarrels amongst them. The people quarrel over small issues. This has happened about this and that has happened about that!

Suppose a leader is told that he is not thenceforth leader and another Sahaja Yogi is leader their feud starts. If a Sahaja Yogi is told that he has no vibrations and hence he should stop going to the collective he starts squabbles. In everything they are cantankerous. They fight in marriages. The people think that when there are quarrels at auspicious place like a marriage, there is nothing bad in quarreling. However, it is very bad. It is very bad in the eyes of God and it should not be done. Christ has used the

words," Murmuring souls" for such persons. They indulge in backbiting; speak against this person, that person in their absence. They also play one against the other. They are extremely mean. I call the city of Pune as the Punyapattanam. I say that all the Punya has been brought to this city and praise it and despite that this situation persists.

Next year all Sahaja Yogis should make vigorous efforts. Children of this place are wise. They collected money in which all have contributed. Then they gave the amount to me. I was so overjoyed to see them. How sweet they are! They are your children. Then what happens to the elders? Why do they behave the way they do? Let your hearts open a little bit in Sahaja Yoga! You have no burden of Sahaja Yoga. I do not take anything from you and do not want anything from you. On the other hand I have given you so much materially! Even if you see the material gifts that I have given you it is quite a lot. In spite of it, when I have to hear about such things, it makes me sad. So, please do not crucifix your Spirit again. Think that today is the day of your second birth and resolve to live with your hearts open and with your self- respect. Please remember that you have to keep your self-esteem.

Today's auspicious day I have to tell this again since I cannot say when you and I shall meet again. So please take care in this respect. You should not behave this way, otherwise all will go down. On this day all should make vow that since Christ sacrificed his life and we have taken him as our elder brother, what we should do to be befitting to this relationship, how we should work it out. We have received so much in Sahaja Yoga. So what should we do in Sahaja Yoga?

I do not ask for money from you. But what shall I do if you do not want to pay for your own food and transport? On top of it you pick up quarrels. The next time it should not happen. The people told me that when they asked for money to foot the bills of your food and transport nobody came forward. If you are so poor that you cannot pay even Rs 40-45, you should not continue in Sahaja Yoga, since you will be a burden on us. We have not taken a contract to take care of beggars! If they are in such poor circumstances, they should not continue in Sahaja Yoga at all. Those who cannot afford even this much and want to have free food, we are not distributing free food! If these things are not corrected in time they are never stopped and keep continuing. Even your leaders are fed up and do not want it. That has brought the deficit. However, those people think that the leaders harass them and do not allow them to meet Shri Mataji. All these things should be dispensed with. "We are now united. So far we have not done anything for Sahaja Yoga." I remember, during Gandhiji's time, my mother gave away her bangles, bracelets, and whatever was available in the house. And today people cannot pay a few rupees! Is there so much financial distress? No, there is not!

These people come here from faraway places. You also have assembled in the equal number. But you are not sharing the expenditure. Does it become of you? Please tell all the Pune Sahaja Yogis that Shri Mataji has told every Pune Sahaja Yogi to do anything but come for the program. The people go to the Himalayas to have a glimpse of God. This is not the Himalayas and you did not have to walk so much as the people over there had to walk. All arrangements are in place. Yet the number who attended the Puja over there has not come here. The people here will come only if the program is in Pune and will not attend if held outside. The people who behave this way shall never improve their financial position. Now you should come to Ganapati Pule with appropriate preparations. A good number of you should come. It is not very expensive. I have made all the calculations. Contribution is essential minimum to meet the food requirements. It is just that and not more! You have to pay only once a year. You are not in such bad shape and can collect a small amount by saving a few rupees every month. If somebody is in such poor state we can bear his expenditure. However, if everybody takes this position nobody will go. This question never arises in villages. It is quite different there. It is only on moving to cities, starts, " We want everything. We must watch movies every day. We must have bangles, we must have bracelets, and we must have armlets. Does not matter if we do not go to pay obeisance to God, or do not attend a Puja, but we must have all these." Our attention is more with food, which we must have in plenty and of our choice too. Our attention is never on God. Find out why we do not progress. Today everybody should decide that we will save some money instead of squandering it away. These people have given up all, given up their habits and vices. So they have now plenty of money. Similarly, you all should shake off the slavery which you have accepted all these years and get fully deep in the kingdom of God.

I am sorry to tell you this today. But all the history comes back to me and I feel that if not corrected it will go on and on, Hence it has to be put end to. These things have to be stopped. Moreover, quarrels amongst you should completely finish. One against the other and the other against some other should never happen. All should unite and intermingle. Look at these people, who have come from fourteen countries have mingled and are staying together. Whereas here the people who have come; not from one country, not from one state, but from one city, cannot come together! It seems, we were born with battens in hands and we started fighting soon after the births! It is so bad in Pune. Of course, there are many beautiful things in Pune. A number of Sahaja Yogis, especially the young ones, are very beautiful. The girls are also very sweet. I appreciate them a lot. All are so loving! However, the old ones need to work little harder on themselves. So today, all should make a vow that we are Sahaja Yogis. We

have joined the path of Sahaja Yoga and shall do whatever is necessary to progress on it. Should make a vow and God shall help all.

May God bless you.

1986-1225, Evening Program after Christmas Puja

View [online](#).

25 December 1986

Evening Program

Pune (India)

Talk Language: English | Transcript (English) – Draft Evening Program after Christmas Puja, Pune, India, 25-12-1986

From there Angapuri you remember we have been near Brahmapuri and from there even you can walk down if you want to Brahmapuri.

Your cars can go that side they can walk down. So Angapuri if you remember next to Brahmapuri you can walk back from there if you like and your buses can go ahead to Brahmapuri. So you get down at Angapur and let the buses go ahead only take out your torches and in any case you must keep one dress handy for yourself. So then it is easy because every time I don't want you to get down with the luggage and again get ticked off you see. Now this time is going to be for three days in Brahmapuri this day so it would be much better. So they are saying after lunch if you leave you will be quite in time for the procession. I hope you like this place very much and also I think I brought down the temperature all right for you. It was quite quite cold but now it's all right no wind is blowing. You see human mind is such I have seen that it always creates an objection, bureaucratic. Like you tell them one thing, they said "no, that is not possible" Then you tell them another, "that is not possible", this solution "that is not possible".

One telling them they said "no, but is not possible, nothing is possible under the sun". So my job is to give solution and your is to say "no" But is a thing that goes against the flow, say the river is flowing and the stone has a job to stop the river. It can never stop of course. But creates a funny ripple. So better learn to flow with the whole thing it will work out it works out and because of this mental attitude you see never find solutions if our mental attitude is such we'll never find solutions if our mental attitude is such no we have to find a solution we are going to give mother some solution. Then the whole thing changes but this is not possible that is not possible this cannot be done that cannot be done so all the gods also give up this all right don't do anything but it is an escapism is a kind of an escape.

1986-1227, Devi Puja by the Krishna's river: unless and until you love each other, I do not exist within you

View [online](#).

27 December 1986

Unless And Until You Love Each Other, I Do Not Exist Within You

Devi Puja

Brahmapuri (India)

Talk Language: English, Marathi | Transcript (English) - Reviewed | Translation (Marathi to English) - Reviewed

[English Transcript]

This is a special month in India and it is nice that we are organizing this program during this month. It is called as the Margashirsha, means where Marga means the road and Shirsha is the head, which leads (sounds like) you to the, to the epitome. That is the month and in this month they worship Guru because of his birthday Dattatreya and also they worship Mahalakshmi. That means this is the month of Sushumna, where the people get out of the bondages of smaller hankerings and enter into a new path of seeking of spirituality that is Sushumna that is Mahalakshmi. Also on this, there are lots of, (eh) pujas they do for four Thursdays, the puja of Mahalakshmi because Mahalakshmi is worshipped on a Thursday as it is the essence of the Guru principle. The Gurus have to satisfy the Mahalakshmi principle, which is just pure seeking of God, or what do you call the pure desire ("Shuddha Ichcha").

Today is a Saturday as I enquired and the puja was done in Poona ("Pune") was also (Shri Mataji is enquiring with someone in Marathi – "it happened on Friday or day before on Thursday?") on Thursday. Thursday puja was the thing of the Mahalakshmi's puja had started. The day we did puja in Mahalakshmi, there you saw all, how the water was giving away its exuberance by putting up miraculous fountains and they became the clouds I believe because I heard at the time of the puja, rain started in Rahuri and it rained and rained and rained. And now this country which is under drought, people don't even have water to drink will have rain. So the whole thing works out according to the calendar which is devised by God, not by human beings. So today is a another day of Saturday, where we are sitting on the bank of Krishna river. See how it works out? Krishna River represents the power of Shri Krishna. So the Mahalakshmi essence ("Tattwa") has to go to the Krishna state, of the witness state and that's how we are here today on this special occasion in Brahmapuri. Also the word Brahmapuri means where you feel the Brahma, the consciousness ("Chaitanya") which you can feel on this river.

So when we are touring we are actually also internally, moving. Also there is inner unison ("Antar Yoga") which you are achieving. So you should not mind little, little things here and there but enjoy every bit of it. Yesterday also I was happy you all danced because yesterday was the day, the day of Shakti, it was the Friday. On the day of Shakti if you dance you will get that power within yourself. And that's why you are looking much better now. (everyone laughing in the background). In my name if you dance you get the power, no doubt about it. And that's why here you are to achieve your spiritual power, your spiritual peace and your spiritual love. All these things if you can achieve in India you have done full justice to me and to yourself. It's not just a picnic or an outing, nothing of the kind, and working out internally all of you, now I am sure it will work out.

So have loving attitude towards all the other people who are here, who are feeling lots of love for you and they pay lot of attention, they don't want you to do any hard work, they want to look after you but you also try to make friends and try to know them, hardly you know their names, hardly, eh, you write to them. That's not proper. So at least those who have been here many a times, should try to know the names of the people, take their addresses and they may also write to you and you may also write to them. So that you maintain a proper correspondence. So this relationship, of friendship and love must be started as Shri Krishna has said that unless and until you love each other, I do not exist within you. So it's not only one country, it's not many countries, it's all the countries of the world have to love each other and to understand each other as yogis. You are all yogis and to be appreciated. They have been always, already singing the praises of you since long and now it is time to prove it.

The other day I described to them the procession that was described by one of the English poets in his vision he saw our

procession and when I told them they are very happy that already an English poet like Lewis could see these points and written in such details the whole description. But that book has not arrived in India, Vision, is a beautiful book and I would request the Australians to, if possible to make some copies of that and hand it over, at least the typed copies, in Satara or in Sangli somehow if you have the book with you and give it to them. They will be very happy to know all about it. That will be a special present to the people of Ganapatipule. If you could give the exact, eh, book then somebody can do it in Satara and can do it in one day in India. These things can be done very easily in India. We don't book things as you have to book. We have started but not so much of booking is here. So I would request you to do that much, give the book to these people so they will bring it printed and everybody can have it.

[Marathi to English translation]

Shri Mataji speaking to someone "Get one thousand copies of the book, I will give the money for it."

Now these guests have come here to us and they have told me repeatedly that, please thank them all profusely on our behalf and we are very grateful ("anugrahith") to them and are thankful ("aabhari") to them. In this regard I have told them many times that I convey this in Marathi, but you talk to them and express the same and they will feel very good. And also get to know them, become friends with them, know their names, so that they will also feel good about it that the peasant community ("khedo padhi") are our brothers. We are all tied to one source ("sutra"). You may be from any country, wherever you are, even then you all are my children. So, you should not have any discrimination amongst yourselves, you all should be friends with each other. Also, each one of you should know each other, who is how and what they are. Now to say that today's day is special, it is a Saturday on the banks of River Krishna, means Shri Krishna's empire ("samrajya") seems to have begun and in this empire of his you have kept this puja. Actually, there is nothing to say in a puja because the consciousness ("Chaitanya") flows by itself and drenches you. Then only that consciousness you have to assimilate (take in) within yourself. The speciality of Sahaja Yoga is that you have to meditate ("dhyandharana") in this. If you do not meditate then you will not be able to adjust in Sahaja Yoga. Hence, you have to take some time out to meditate and you will be able to know about your faults only in the meditation. You should not hang on to your faults, you should get rid of it and after you get rid of it, you will be able to reap the benefits, you will be surprised that so many miracles will happen in your life and you will be able to tell about the same to others as well. Today Brahmipuri is looking special and in that so many people have come from other countries, the name has spread across the world. So the thing that we felt was so small, one that Shri Ramadas Swamy was spoken about ("gajalele hote") only in Maharashtra, now is spoken about in the whole world, Sant Tukaram's songs ("abhangas") are now being sung everywhere, they take the name ("namasmaran") of Sant Namadeo, means from where we have reached where. Means the stature ("putal mahiti") of Maharashtra has reached there, its glory ("mahima") has reached all is worth noting and how appreciative ("kautuk") they are about it is worth noting. Otherwise who recognises someone else in this country, no one recognises the other. If you ask someone from North of India, who Sant Ramadas was, then they don't know anything, who was Shivaji Maharaj they don't know, that is the state. In such a scenario, the name of Maharashtra has been noted ("nonda") and from there people have come to visit you ("darshana la aaley"), you need to think that they have come to see the saints ("sadhu" and "sant"). Like we call ("pacharan") the saints ("sadhu" and "sant") and behave with them, in a similar way we have to behave with everyone with love. And they have brought lots of gifts for you and they are thinking of giving it to you in Ganapatipule. So everyone should come to Ganapatipule, whoever can should come, it is not that far off from here. If you feel like, come for three days or come for five days and you will be charged only for your food and stay and there are no other special expenses that needs to be paid. At least there are fifty or fifty one marriages that have been fixed, I don't know if we will have more than that and if you do the calculations, you will be contributing a maximum of six annas (less than a rupee) as gift for these marriages, it doesn't seem so significant. Even then you should come with sweet binding of joy and it is only once that you will have such a fun gathering ("parvani"). Suppose we have to go anywhere, if you have to go on a tour, we spend so much. So Shri Mataji has made beautiful arrangements, you all should come there, be happy in your mind ("mana sobat") and you should enjoy yourselves. You should not start picking holes ("kinmisha"), you should come with love. This is my request to you all.

1986-1229, Public Program

View [online](#).

29 December 1986

Public Program

Satara (India)

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

Public Program, translation from Marathi

Seeing the work of Sahaja Yoga in Satara district, I am feeling extremely joyous. It has also been a very great work of establishing 15 centres in Satara district. This is the land of Shri Ramdas, who was the incarnation of Shri Hanuman. The fruits of his flower-like work are seen now in the fact that there are 15 centres over here.

There were many saints in this Maharashtra and all the things they said can be seen by us in Sahaja Yoga. First of all they had said that a Sadguru is one who gives you the connection with God. Not the person who takes money from you and who cheats you.

Man should have only one aim - Self-Realization. Unless and until you get your Self-Realization, I cannot say anything to you. It will be better to remain silent. This is what Gyaneshwara told finally.

That's because without Realization, your eyes are closed and if your eyes are closed then whatever faith you have becomes blind faith. There is no meaning to this blind faith. Now I am told that there is an organization trying to remove superstitions (blind faith). That's a good thing as I had been talking about this for some time but we have to see whether the people who are trying to remove these superstitions have lost their blindness or not. In order to even see who has blind faith and who hasn't, one needs to have the sight. How can a group of people which itself is unable to 'see' tell someone else that he is blind?

This sight is nothing but the Realization of the Atma (Self). So, the Self-Realization should take place, you all should get this and it is very easy and simple to get it. This too has been told by the saints.

Now the question that comes up is "If it is so easy and simple, why didn't we get it?" The reason is that the proper time has to come. When the time comes then that work will take place automatically. This is a living work. It is not an artificial one. Suppose you want to make some plastic flowers then you can do it any time. But if you want to see the flowers which have the essence of the Divine then you have to wait for the proper time. These flowers blossom at their own specific time.

In the same way, the time has now come for Sahaja Yoga through which thousands and crores of people should be saved. This should happen. Otherwise, there will be no other route for our emancipation (kalyan).

We get rid of our economic and social problems through Sahaja Yoga, but most importantly, peace, contentment and well-being flourish in our mind. A person becomes loving by nature and when he realizes that he has so many powers, instead of becoming proud, he becomes humble and in that humility he helps and serves others. This is the Ramrajya that we are all hoping for.

What is described in Pasaydaan (a poem composed by Gyaneshwara) is this. Whatever was said earlier that such and such things will take place is about this. This you should achieve and become Sahaja Yogis. I can feel that many Sahaja Yogis are also sitting here. So, let us develop Sahaja Yoga further and bring many more people to this.

Now, here there are many who have bad habits and addictions. You must not become angry with such people. Those who are addicted have become slaves. We must not get angry with them. We should explain to them that 'you don't have the power, you are powerless and that's why you are unable to get rid of this habit. You know that you are doing wrong but you are incapable of getting rid of it. In the morning you say that you will stop but you are unable to do so in the evening.' So to give him the power, he needs the strength of the Spirit. So tell him 'your Spirit is there in you, so take your Realization to get rid of these habits. We must explain to him like this instead of getting angry and talking harshly to him.

Now the other kind of people is that which makes money in the name of God. They don't understand how Shri Mataji raises the Kundalini without taking any money. But a living process does not understand money. How much money do you give to grow flowers and trees? Just as this earth does not understand money, I too don't understand money. All that money is just like dirt to me. The Kundalini does not understand money. If you show Her money, is She going to rise? The one to whom you say 'Ude ude ambe' (Rise, rise o Mother!), is She going to rise with the help of money?

But this practice of giving money has become natural for us. In every temple of the Devi, you can see how people are making

money in strange ways. That is a very bad thing and they will incur a great sin because of it. Even inside a temple, they put bhoots in the bodies of women and make them dance and shout. But we are so innocent that we think 'Oh, Devi has come into her' and rush to apply kumkum on her. You should not even touch such people! If such a woman comes in your house from one door, then Lakshmi will leave from another door. Lakshmi won't stay there. Such a tremendous sin it is to make bhoots dance in the Devi's temple! During Navaratri, to make bhoots dance, is such an enormous sin! The sin is so tremendous that even seven generations of such a person cannot nullify its effects! But these people are going on with it in every temple and others have to bear the problems of these people.

I had heard that there was a drought in Satara. But day before yesterday, rain fell after the Puja. May there be a lot of rain over here. If there are so many Sahaja Yogis, then the rain is ready to come whenever you want it to. But in the villages, there is a kind of nonsense that people have taken to like consuming tobacco, growing tobacco, alcohol and such dirty habits because of which some people say that there is no God. So, there are droughts over here. If you say that there is no God, then God says, 'Alright, I am not there.' Then you suffer in His absence.

Now, in Maharashtra, in many places, people have concluded that there is no God. If you have not found God that does not mean He does not exist. God exists. You can prove through Sahaja Yoga that God exists. Today, there was a Muslim gentleman and he told me that I can feel the vibrations in my right hand and not in the left. So I told him "now ask 'Shri Mataji, are You sakshat Prophet Mohammed?'" As soon as he asked, he could feel the vibrations strongly on his left hand also.

So now you go beyond this Hindu, Muslim, Sikh and through the religion of humanity become Yogis. In that state you are Ateeta (beyond), this is a very beautiful word. You become Gunateet, Dharmateet. You go on the other side of it. The road to attain that religion is that of the raising of the Kundalini. Now you have to give up the false ideas that 'we have to pay money', 'it is too difficult', 'it causes a lot of trouble' etc. You have to explain this fact properly to the people.

If you just take the example of Tukaram, you see in how many ways he has described this. In Amritanubhav, Gyaneshwara has described these things so beautifully. If you read the shlokas of Namadeva, you will be surprised that how he has described such great things with the simplest of words. Once he went to meet Gora Kumbhar (Kumbhar means potter) and the way he describes how two Sahja yogis meet, whatever be their country, caste etc., is very beautiful. So, when Namadeva saw Gora Kumbhar, he was so joyous that he says 'Nirgunachi bheti aalo sagunashi' means I came to meet the Nirguna (formless) - the chaitanya and here I find it in the Saguna (with form) as Gora Kumbhar. In this way he expresses his joy.

Also, all the saints have talked against the people who take money from you and misguide you in the name of God. They have even used abuses at times to describe what exactly these people are. Saint Ramdas says 'Mahisha mardila chandane tyala pujite.' This means that some people brought a buffalo, rubbed chandan (sandalwood powder) over it and started doing puja to it as it was covered with chandan. He has said so clearly about the level of blind faith in our country and how we fall prey to it. If one person goes then another is ready to take his place. Without Sahaja Yoga, you won't recognize who is true and who is false. Nevertheless, you should see clearly, how can we give money to God? How can we purchase God? How can we rule over Him? He rules over you and to make you your own ruler, God has given this to you. He wants to give you the complete authority over yourself. You should not go into someone else's rule but you must stand up in your own rule over yourself. Not only should you know yourself through your strength but also you should become completely capable of bearing that power (Samarth).

This is the desire of God that you in His kingdom, should drown yourself in the ocean of joy. He desires that you should come to His kingdom and take your seats there. That's because God is the most forgiving and compassionate and He is the greatest Father. So, He knows what to give to His children and what not to give. But there is a small obstacle in the end that we have not taken to our Self-Realization.

This thing that everyone has talked about, I am telling you in simple words. For thousands of years, in this Maharashtra and the whole of India, a lot has been said on this matter. Kabir has talked about it; Guru Nanak has talked about it. Now the Sikhs are behaving funnily or the Hindus are behaving funnily or the Muslims are behaving funnily and by seeing this behaviour, people feel that there is no God.

What is God's fault in this? You did not search for God. If God is awakened within a person then for him, all the religions are the same and everyone is like his child. Even King Shivaji has said that you have to get your Self-Realization by telling 'Swadharma Olakhawa' (Know the religion of the Self). He said it because he himself was a Realized Soul. It is the good fortune of the Maharashtrian people that we got such a great king who was a realized soul.

(Mother coughs a lot)

I have been talking too much and sometimes it goes on for hours. So, after you become Sahaja yogis, then it should make you subtle, loving. It should change your character. Something special should come out of it. Also, you must meditate. Unless you do

this, you won't be steady and God's gifts won't come to you.

For example, if this mike's connection is broken or goes on and off, then you will hear My sound but you won't hear My speech. So, we must always maintain our connection with God. This connection should be totally firm and steady. For this, we need to do some hard work. But this is the work to be done after taking to Sahaja Yoga, after your Realization.

By seeing that you have got Realization and are enjoying yourselves, a mother just wants to give all Her powers to Her children. But to attain those powers, we need to do some tapasya. But in that tapasya you don't need to give any money. What is there within you, you should raise it again and again and make it sit in its place again and again. You must look at yourself with faith and love and make it such that you become absolutely one with it.

You should not feel that Sahaja Yoga is something different. If you understand that you are Sahaja Yoga and you are Sahaja Yogis and the responsibility of Sahaja Yoga is on you then God will bless you.

As a mother I must say that today I am leaving Satara district, I will come again, no doubt, but some children I am leaving here while others are waiting somewhere else- this matter touches my heart. There is a worry whether My children will become steady or not, whether they will sit on their places or not and whether they will further the work of Sahaja Yoga or not. All your worries, the worries of your emancipation are facing Me at this time.

Sahaja Yoga is the road to our betterment (Hita). We become better due to Sahaja Yoga, this many people will tell you. It is my request to all of you that you take to this betterment.

1986-1231, Shri Mahalakshmi Puja: A temperament of a peaceful personality

View [online](#).

31 December 1986

A Temperament Of A Peaceful Personality

Mahalakshmi Puja

Sangli (India)

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

Shri Mahalakshmi Puja Date 31st December 1986: Place Sangli Puja Type

[Marathi to English translation]

Sahaja Yoga is spreading slowly in Sangli district. But the thing that spreads slowly gets established firmly. And any live process takes place slowly. Hence we should not expect that it will suddenly grow on large scale. If we need to produce plastic flowers then a machine is sufficient for that. But to create live flowers, it takes time. It needs to be cultivated, effort has to be taken. Many people still do not have any idea about Sahaja Yoga. And those who know have only misconceptions. We have many cults, sects which are already active since long time. But we have not benefitted from these cults and sects.

"We have been going to Pandhari (Pandharpur) for so many days, have been worshipping Tuljapur's Bhavani for so many days, have been visiting Mahalakshmi temple at Kolhapur. We did everything that is possible. Performed fasts and religious ceremonies. Despite doing all this Mataji, we did not get anything." On the top of it, after growing up your children will ask you – you have spent so much time, spent money, took efforts and at end you did not gain anything. Means there is no God. If you wish to go to Sangli then take a road leading to Sangli. If you take opposite route then you will not reach Sangli. So after so many years, you did not reach Sangli. It means that you were walking on the wrong road, and are still wandering on the same road. We have not yet found the way. Everyone should have this prudent thought as we have not yet found the way, and we have not achieved anything. We must think at least once, that something has gone wrong, first understand Sahaja Yoga and then explain it to people. While convincing people regarding this, one thing is very essential, means while speaking to people with whom you connect, you should speak in their language to convince them. If you use your language, they will not follow. If we try to explain the chakras directly, they will not understand. But if you tell, that Dnyaneshwar has explained that we have Kundalini power within us - you respectfully call him as "Mauli"(mother) and take out religious processions and dindis(parades) in his name but you must first read what has been written by him. Now why has it been told to you that you should not read the sixth chapter? Because if you read that, these people who are leading you to the wrong path, people who are looting you, will not benefit. Hence this has been written. If you tell people that whatever is written in the sixth chapter is what we give you, then they will understand. Hence whatever first we need to tell people, it should be explained in their language, in their way.

Secondly, as we have the guidance of Namdeo, Tukram, Gora Kumbhar, Janabai, Muktabai, Dnyaneshwar and Ramdas – after reading their books we should examine what all is written in the poetic verses written in those books. Means what they have written about the people engrossed in the misconceptions and who fast and perform religious ceremonies. Dnyaneshwar himself has clearly written in his book "Amrutanubhav" that after reading his book, one should simply contemplate and think – what this is all about – not merely continue reading. You will be surprised that he has stipulated in it more clearly what I am emphasizing. Ramdas Swamy and Tukaram have sworned at such people severely. Still these vagabonds misguiding others.

Somebody was talking to me the other day –

Mataji, you said not to apply bukka (Black powder) on the forehead. Why is that? Where we apply bukka is actually agnya chakra's place. The sun is positioned on agnya chakra. Do we apply black to the sun?

But even from Sahaja Yoga's perspective we should ask them a simple question, that the people who advise you to apply bukka,

means these priests sitting at Pandharpur – they are aptly called Badwe(The beaters), they actually beat people. These Badwes never wear bukka. No bhatji (priest) applies black on his forehead. Then why should you apply black? If you ask them such pertinent questions, then it will dawn in their heads and if tomorrow his son gets waylaid then you are responsible for that. Because by mechanically chanting God's name you have not achieved anything. You have not benefitted from it. This has to be clearly told to them. Only after telling them clearly, they will realize. If even one out of hundred comes to his senses, if even one person comes to his senses then we must think that a lot has been gained. But if anyone becomes stubborn, anyone becomes obstinate then there is no need to tell him about Sahaja Yoga. Christ has clearly mentioned that one should not pour pearls in front of pigs. They do not understand anything then why to pour pearls in front of them? These are pearls. These are pearls from life. You will not understand. It should be in your fate. It is not in your luck. It seems to have dozed off. Or it is destroyed somewhere. So this needs luck. In addition, it needs people who are full of valor.

In the beginning there are lots of onlookers. I see, lots of onlookers in the program. Hence in the program on the first day, there is a lot of rush. Overflowing crowd. On the second day there will be half the number. The reason? The onlookers have dropped out. Good riddance. Otherwise it is a headache. Now if there are many onlookers, they will not become Sahaja Yogis. But will keep on watching. When the onlookers get dropped then half the crowd remains. In that half, only the brave and valiant ... it's not for any Tom Dick and Harry – very clearly mentioned – not the work of any lay person. Means one should have the caliber for this. In Marathi language, very apt descriptions are available for everything. And For Sahaja Yoga, it is a very elegant language and it is so useful. If you are proficient in Marathi and if you need to speak with Marathi people then you must be able to convince them of Sahaja Yoga. You should be able to convince them logically. It needs people with caliber. You don't have the caliber so good bye. Go. The word is "jativant" (true born) and It is said about the Devi (Goddess) –

"ya devi sarvabhuteshu jatirupen sansthita"

(The deity (devi) who is the main reason for creation of all the living beings)

You are created with a distinct capability. If you do not have the natural ability to receive it, how can I bestow it upon you?

Jaat does not mean Bramhan or shudra. Jaat means our inner tendency which is called as aptitude. It is a tendency. What is this aptitude? A person's Jaat (class) is dependent on his aptitude. And everything is written in Devi's description. Complete description is there. You will find each and every description given exactly in Sahaja Yoga.

"Shobhana sulabha gati, Shobhana sulabha gati, sulabha gati."

It has a pace that is easy. Means that which gets done easily and is elegant. In this, you need not shout or yell, don't have to behave in a tipsy manner in a dindi (procession), don't have to behave like crazy. Absolutely nothing. "Shobhana sulabha gati". Many people are just being volatile. You can see that some people's meditation is very odd – one feels like running away – they shout, scream, tear their clothes – such is their way of mediation.

"Shobhana sulabha gati" Is the description for Devi. She gives you "Shobhana sulabha gati". If this is the description of Devi, and if it happens accordingly, then why do you drag your feet to go there? Why to take so much trouble? But it does not mean that those who were pundarikasksha (lotuseyed), the saints that have been, I am not denying them or talking derogatory about them. Or for that matter even Shrikrishna is there. And his place is at Pandharpur, no doubt about it. Pandhari is real. But the charlatans sitting there, they are present at each holy place. But that does not mean that Pandhari is false and these people are true. If we fix a stone in gold, the stone does not turn into diamond and we fix stone in gold, the gold does not turn into brass. Hence even if both the things are true, that one is based on truth and the other on falsity, and even if they are paired forcibly, still, using the competence to differentiate between water and milk, we must show them that these two things are different. After showing this they will understand," Oh my God. What is this? They are speaking like saint Tukaram. Their talk is very enlightening".

Similarly to have saptah (sermons for entire week), this and that – these things are of a social nature. To arrange saptah has a social aspect. First the saptah is done, then meals, then squatting without purpose. On this, Kabir has said-

"Padhi padhi pandit murakh bhaye" (Just reading without understanding makes a learned person an idiot). They just keep on reading.

"kahe nanak bin aapachi ne, mita na bhram ki kayi", keep on chanting this for one's amusement and learn it by heart as well.

(Nanak says - to know yourself you need to remove the shroud of illusion of worldly love and attractions)

Then there is one parrot. His master trained him to say 'raghupati raghav rajaram' - he learnt. After he started parroting, listening to him, another parrot started saying the same thing. Means the first parrot is the guru of the second one. The number of gurus thus increased creating a lineage of jabberers. Tell them that if you wish to have the truth, you need to come out of this jabbering. Thus Marathi has so much of humor also hence I feel this language has been created for Sahaja Yoga only. Every word has so much subtlety, so you can be confident and use this language fully. As it is a saying – 'ati shahane tyache bail rikame' (people who show over intelligence are usually losers). To begin with they are pseudo wise, on the top of it, they are over smart. You cannot explain this in any language. The next level of being pseudo wise is being an unbridled brash individual. Such individuals incur losses. This cannot be explained in any other language. This can be expressed only in our Marathi Language. That's why one should utilize this language completely.

Even if you are absorbed in the contemplation of Bramha (The Absolute) and you have achieved Bramha, you are practicing it with dedication and it is flowing through you, and similarly with pure consciousness flowing, if everybody wishes to understand the Bramha, still to become a guru one should know whatever is the traditional knowledge in this world. And one should be thoroughly conversant with Ved Shastra. This does not mean having read Vedas. But one should have the knowledge, after examining the summary of what other Sadhus and saints have said. There is no need to do some special reading or do some special deed. Only need to cultivate a little hobby of reading books daily. Everyone will understand after doing the reading. Because once you become a Sahaja Yogi, whatever he may be, he understands everything. Thus in this way, one can position the second point.

The third point is that people who are over smart, they will preach you. When they start saying 'Tuka mhane aise' (Saint Tukaram Says thus), you ask them 'Tuka Mahne Kaise' (what does Tukaram say?), this should have a response. And another thing is when they say 'Tuka mhane aise', one should know the context here. They just keep on blabbering something. All the sayings of Tukaram are over. Now they will append something of their own in Tuka's name like 'Tuka says that apply bukka'. Excellent, is that so? Was there bukka (black powder) available in those days? They just attribute such things to Tukaram. This is the third practice that you have to apply bukka even if the word bukka is not mentioned in any of their verses. Even if the word, Varkari (person on pilgrimage) is not mentioned, they will say 'Tuka says become a Varkari'. This way, force people in his name and speak lies. Tomorrow they will say, 'Mataji says.... Not only my name, one could use any name. If we want to use, then we can use anybody's name such as Mataji says apply bukka. Now recently someone attributed to me that 'Mataji says keep a fast, should not eat'. This is great. Thus different types of repeated aggressive onslaughts may come on you; one should be able to face those. This fight is for a short time. Once this fight gets over, these people will be trounced. Totally vanquished. This is not a fight with Aurangjeb, it is fight against ignorance. The moment the light of knowledge enters it, these people will get vanquished. Because it is in their interest. We are telling you this in your interest. You should tell them that we are telling you things that will benefit you. This will enlighten their minds and everything will be alright.

My today's speech should be taped and then sent after transcribing it properly because it will be useful for everybody.

Starts at 18:54.....

[English transcription]

Shri Mahalakshmi Puja. Sangli (India), 31 December 1986.

I have been telling them, how they have to face the other people around. You have the same problems a little more sophisticated, and the problems are not so sophisticated because we don't have organized religions. Thank God for that also, but because you have organized religions you have to face them in an organized way. For example, now here we have a custom that all the people who have to go to Vitthal, to see Vitthala in Pandharpur have to wear a black spot, just the opposite of what it is, but the people who are in charge, the priests, never wear black. You are misguided. But the religions across the oceans have become so organized, and are so solid, absolutely solidified. That's gone into their brain so much, that if they have to give, give up those ideas which are absolutely gross. they think that that they will have to give up God. They are so much identified. Church is identified with God. Church has become God and God has become Church. Actually in Sanskrit language church, 'churchit' means, which is worshipped, worship. But here at least in this country, thank God we don't have such an organized - I mean an ordinary person can go and challenge Shankaracharya, and can tell him off. But not in that country. You will have to just shoot him down or something like that. There is no other way out.

You cannot go and talk to them and argue with them. So best thing would be to approach such people who have been, eh, opposing those things but they may be the other kind, another blind who are in some ways, or some things as who are denouncing God. Because if they denounce the Church they also denounce God. So you should find out such people who are understanding that there is God. I think there is a great population of that kind. While talking to them you have to know Bible very well. If you have to be a real Guru you must know Bible because you cannot talk to them without it. And also other religions in which there is a complete explanation of Sahaja Yoga. If you know Bible how far it is closer to Sahaja Yoga you can talk. If you know about Christ very well then you can talk to them.

So you can say chapter this and this and this. You should say chapter this and this, this and this. As soon as they say chapter this one and this one, your open argument shows. So you must neutralize their arguments by your own knowledge which is enlightened. The best one you can say is that, that now since Christ departed from this Earth you have been following them and you are aware - what have you gained? – nothing. Now in the Bible it is described that He is going to send a counsellor, a comforter and a redeemer, what about that? Why don't you seek for that? The arguments should not be bombastic or aggressive but peaceful. In between, you must keep quiet for a while, listen to the person and then tell them, I am sure it will work out. As you know some of you must have asked me questions also and I must have answered them very well. But peacefully, joyfully because they can not disturb you. You have to disturb them and their fossilized ideas, which are to be defroze and for that you have to have a temperament, a temperament of a peaceful personality. I have told in general to you but quite intensely to these people. I told here to make a proper tape out of that and I should translate it and put it in the book that I am writing for the Sahaja Yogis. I am supposed to be writing.

So now we are looking forward to going to Ganapatipule after this puja. I would request you to go with devotion and with complete surrendering that you have to achieve something. Forget the past, forget the past. You have to forget the past. It is very important that you forget the past and then go there. Whatever has happened, has happened in your life, is nothing important, nothing can curb you down. You are like a new budding flower and you have every right to be a fruit and no energy which is negative or so called over positive can subdue or destroy you. Go with that idea, that I am the Spirit and I have nothing to fear. May God bless you all!

Ends at 24:57.....

1987-0101, Unknown Evening Program Talk

View [online](#).

1 January 1987

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

How creative he is. See his creativity is really more interesting, he is creating experiences out of it, beautiful things, the way he is touching little, little notes and pulling it down, really it's tremendous, I must say. They are all great artists and all the time I am thinking of Ravindranath Tagore. What his soul must be feeling so happy, that is described one day and that's happening today with all these three Bengal people coming here really, my hats off to Bengalis and to Bengal, I really tell you. I am so indebted to them, so indebted to them, really, such a great thing, such great masters are coming out and they are from Nagpur also, that's something surprising for me. May God bless you all of you, may God bless you, they are great people. We have other artists also from Nagpur, so many of them so nicely played and you enjoyed their music. They are Maharashtrians I should say, so they used to say that Bengal mara balo se or Maharashtra mara gano se. They used to say that Bengalis have, very Bengali ladies have big, big long hair but now this other way round I s sometimes. Beautiful, isn't it beautiful. I am so very enamoured with the whole thing that has happened. May God bless them with greater and greater talent. But what a talent it was, what a talent, that's the point. Now those who played it, guitar, must know not to just go on like that. But use three fingers the way he was using it, all right, use all these three fingers. But the remarkable thing about guitar I have noticed, it has a much longer range and you can play with three, four fingers the way he has done it. While this one has a very small range, it's very deep, sarod is very deep but the range is very small. Here the range is very big and also all the fingers you can use, you see playing with that. It has...There are no notes, separate note.

Yogi: Frets.

Shri Mataji: Frets. There are, you see they have frets here. So there are so many frets, it's a more advantageous thing to have but the sarod doesn't have. Sarod has just a playing thing, you can say.

Yogi: Keyboard.

Shri Mataji: Keyboard, just a keyboard. And in the keyboard it's a very short distance also, very short distance but it has depth because of its bigger area to resound. But this one has such an advantage also and of the fingers too. With three fingers, playing with thumb and these two fingers he was playing, you see. And it's remarkable, such a device, I tell you. Now I hope all our people who are playing their guitars, like banjo, should now learn something from him. I think you better go to his guru and learn it from him or make him the guru.

May God bless you all. And for tabla Abhijith has definitely done masterly work today, I must say, masterly instruments. Now for the other people who have put in Mawa's music, the poetry which was superlative, the way it was rendered, the way it was composed and brought forward the depth of the feelings of the poet, it was really a very unique experience for Me. I'm sure you must have also all very much enjoyed. Now we have to put up a good show tomorrow, all right?

May God bless.

1987-0102, Talk on Innocence & Musical Program (Morning)

View [online](#).

2 January 1987

Talk to Sahaja Yogis

Ganapatipule (India)

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

Talk about Innocence, Ganapatipule (India), 2 January 1987.

Today, in this blessed place of Mahaganesha, we have all assembled to go deep into our own beings, to enjoy our own glory. One has to remember that the very first thing God created on this earth was Shri Ganesha because He could emit holiness. He exists as chaitanya and this chaitanya exists in the atom and molecules as you know very well, as vibrations – symmetric and isometric. These vibrations later on start expressing themselves in the plant kingdom as life force and you see how they are kept under a bondage. A tree that is a mango tree will go up to a certain point. A coconut tree will grow up to a certain point. It's all under control, and then it is expressed in the animals, where it binds them. That's why they are called as pashus, means under bondage. But in the human being it is expressed as auspiciousness and ultimately as the epitome, as holiness. Holiness is to be understood in its essence as well as in its contents.

Holiness is an innate quality of a personality, where a person rejects all that is unholy, all that is inauspicious. The ego doesn't play any part. Up to the animal stage, ego doesn't exist. But in the human stage, you are given freedom to choose whether you want holiness or not. But in the ego of man, he might say, "What's wrong?" and he may defy all the rules and regulations of the Divine, and take to unholy behavior. But then he goes amok.

Today we can see the results, in this short time, the results of this defiance. In the West specially, they are finding it impossible to retreat back. To begin with, people laugh at such people. They make fun of them. But holiness is the power within us. As you have heard that Rajput ladies used to sacrifice their bodies so that nobody tries to destroy their holiness, their chastity, because they realized the power that lies behind this chastity. This sense of chastity has helped so many women in this country to lead a very dynamic and a holy life.

It is said that without holiness you cannot work out anything. Even I have heard that in India people believe that if you have to do wrestling, the wrestler has to be a holy person. If he is an unholy person, ultimately he will fail in life. Even those who play other games have to be holy like Hanumana. Otherwise, they cannot continue with their games and they might develop some sort of problems within themselves. The warriors who went on the wars and fought other people had to lead a very holy life. Otherwise, they would suffer. As you have seen, people coming back from Vietnam have become mad people.

In every walk of life, holiness was the most important part, most important subject that was to be looked after. No reaction took place to people who fought with Shivaji, but when I see the reaction of war in some other countries, I am quite surprised. The reason is while fighting the war, they fell into a trap of their ego and did not care for their chastity. Chastity is not only meant for women. That's a very wrong idea. It's very much more for men. Those who lead a chaste life are the people who are glorious – tejas punya [tejas : glory ; punya : virtue] as we call it.

For Sahaja Yogis, the most important thing is to lead a very holy life. Everything else is mundane. Christ who came on this earth, as I told you, was the incarnation of the same holiness as Shri Ganesha. He has gone to this extent to say that "Thou shall not have adulterous eyes." Even your eyes should be holy and innocent. Innocence gives you that holiness, as the children are holy people because they are so innocent.

There are so many things to be learned from children. In their simplicity, in their innocence, they do not indulge into things which are unholy. Holiness is not only concerned with your married life, also it is concerned with your political life, with your economic life, with your national life. Chastity is the only keynote for improving all the problematic questions or else solving them completely. There is only one danger among chaste people also, that they might become extremely dry or could become very hot-tempered, sometimes also ego-oriented.

But just the opposite is Shri Ganesha who is on the left side. Shri Ganesha's holiness is that of a child, eternal childhood. Is so sweet. The whole movement of his body is so delicate and so swift, yet so charming. He eats a modaka which is a sweet which is very simple to make and very tasty, to show that we should have sweet temperament, sweet nature. So the idea that people who are very chaste are very rough, hot-tempered is absolutely wrong.

Especially for ladies is very important, that if they have to understand Sahaja Yoga, they must know that Shri Ganesha works on the left side and not on the right side - this is a very big mistake when we start using Him on the right side - to express all our wisdom, all our love, through holiness.

There is no end to what I have to say about this great quality which all should imbibe, respect and worship. Only thing when you meditate, just believe that your auspiciousness and holiness is to be imbibed on your nerves, on your central nervous system, because that is the epitome of chaitanya. The chaitanya that is flowing all around, if it is in the form of holiness, even one glance of yours can bring beautiful fruits, can bring peace and solace. So this innocence and holiness is the one which is peace-giving, which reduces frictions, tensions, because you enjoy your chastity. Because you enjoy your glory. Please aspire to be the epitome of holiness.

May God bless you all!

1987-0102, Evening Program, Beauty Must Have Auspiciousness, eve of Devi Puja

View [online](#).

2 January 1987

Evening Program Devi Puja

Ganapatipule (India)

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

[English]

God almighty created this universe, in a very beautiful manner. I have told you many a time the story of creation, and how the evolution took place.

The mirror is made to see your face, and God almighty could not see himself: His qualities, His greatness, His generosity, His magnanimity. Like the sun cannot see itself. Moon cannot see itself. Like the gold cannot see itself. A pearl, how can it go inside itself and see itself? So, this creation was made like a mirror for God to see His reflection. Ultimately He created the most beautiful mirror that is human beings.

At this point it would have been alright, if Adam and Eve had not used their freedom wrongly. There would have been not such a long time and, had to go through evolutionary process with all the incarnations coming in, guiding people. And today, at this time, to get to your spirit, to express God in your mirror fully.

This has taken a long long process. But if you see it's so beautifully done. I think that's the play of Mahamaya. That, first of all, beautiful worlds were created, beautiful start were created, you see them around. Then beautiful mountains and rivers. Then beautiful plant kingdom came in, and the beautiful variety of trees. So much of varieties. Varieties bring forth the beauty of God's own imagination. A leaf of any tree cannot match with any other leaf, and also of the same kind. In a little thing like area of that leaf, there is a little variation, which is mathematically I think raised to power 108 to 108. That you cannot make out, or you cannot create two leaves of the same type. It is God's own whim and His own wish, that He has shown His variety and aesthetics in creating this wonderful world.

But all these aesthetics have been worked out the best in the human beings. And human beings started expressing that quality of God in their creation. [Shri Mataji is asking for a shawl]

The creation started, at the hands of human beings, expressed in such a manner, that the beauty was brought in with the holy eyes of the holy men. In the beginning of the times if you see, whether it is in the west or in the east, anywhere, people created temples. Like we have here Ajanta, Ellora: we have caves and caves all over. But very close to us is this Ajanta caves which was built in 10th Century. And was cut out, hewed out of one rock without using any cement, anything, from top to bottom they started hewing it out and leaving it for next generations, next generations, might be 15 to 16 generations, might have done this tremendous task with such dedication and devotion and with such precision.

Because of their holiness, because of their dedicated devotion to Buddha whom they had never seen. Buddha never came down to south. And they created such beautiful monumental work, because they wanted to express the beauty of God's creative qualities. Even in the west you have seen great artists like Michelangelo and many others, who have created something of eternal beauty.

Then there are people who started, reflecting God in the musical notes and in the rhythm of this universe. Then there are poets who started singing the beauty of God and His greatness in their lyrics. That is how the beauty is expressed, through the holy hands of holy people, all over the world. I don't know nowadays if it is done so.

Even in those days, at the time of Socrates, Lao-tze, philosophy was the dominating subject. People thought philosophy was the epitome of knowledge. But suddenly then it turned to economics and that's the place we have, we lost our heritage of creativity, of the Divine values, of the Divine Gunas.

People started depicting, things that would sell. And to sell the things they had to appeal to the masses. And the masses who were of very low grade human beings were pleased by very vulgar expression of beauty. That's how the vulgarity started growing up. Even in the language, this transformation took place, and people took to very cheap expressions of very superficial themes and very low grade humour. The whole thing was based on giving a very mundane type of entertainment to people.

On the music side same thing happened. The music that was used to please the Gods and Goddesses, was used to please the kings and the queens. And from them, it came to the masses, and when it came to the masses it became even a very cheap frivolous music. Same about dancing, same about all the arts that were created to reflect the beauty of God, the mirror of God. All that we got from all the five elements was reduced to ashes by the value system that changed our ideas.

The worst that happened to all the arts was that it was just on mental level, not on the auspicious level. On the mental level it was judged - of course, the money was very important. Though they may talk of big things, the colour scheme and all that, it was the money part of it. The whole creation became a very prosaic, massive nonsense, which was sold in the market alright. But was so temporary and so transitory that it went, in the next generation, into waste paper baskets. It has no intrinsic value of any sustenance, nor it had any joy in it, so it all got lost.

In literature, we have seen how people have taken a complete juxtaposition to go to hell, I should say and to carry all those who read them with them. The perversity of the literature has gone beyond any comprehension. All that perversity has to be avoided by Sahaja Yogis and have to be judged on the auspicious lines. Because beauty must have auspiciousness. Anything that is beautiful must give vibrations otherwise it is not beauty. If does not give vibrations, then it is not beautiful.

The coefficients [coefficiency?] of beauty is auspiciousness. It has to give vibrations. If it does not give vibrations, it should not be accepted by you as something beautiful. The mental projection about it that if it is so, then it is beautiful, if it is not, it's not beautiful. Then they started branding things, that this is this style, that is the style, that is the style, and then you had to keep to their styles. And if you just try to avoid the styles, then you became a different person. And just to create a new style, they just became like [UNCLEAR vagabonds]. Without any concern to reality, or to the beauty, that is auspiciousness.

It is now for Sahaja Yogis to come out of all these nonsensical ideas. And understand that it was just a maya of stupidity that we indulge into with our ego. We have to be, very firmly standing, on reality which is auspiciousness itself. If it is reality, it must give vibrations. If it is unreal, it will not give vibrations. Like you can see, a flower which is plastic cannot give vibrations, a flower which is living gives you vibrations. To this purity of understanding one has to rise.

14:34

[Marathi]

2:05:35

This is how Sahaja Yoga acts in even in every age, these small children who are gathered, they have themselves arranged all the program, they have composed everything and without taking any help from the elders and they have become so dynamic. They all doing very well in classes, most of them are first class, first scholarship holders and it's something so dynamic that happens to them and the way they have composed the whole thing, this is all their own poetry, everything their own. So you can imagine how beautifully Sahaja Yoga can act on simple hearts. May God bless them.

Yogi: [UNCLEAR]

Part 2

Babamama (Shri Mataji's brother): I think we're going to have the whole night because after dinner, I have got a list of artists including a Qawal. So I'm trying to go, trying to, trying to satisfy your insatiable urge for music.

(Towards the end of the Qawal, the vocalist announces that he is singing in different styles (for fun!) like Classical Vocal, Western style, American, Carnatic, Madras, even Irish! That is why Shri Mataji is laughing...)

Shri Mataji: See, Qawali is a style, developed by a realised soul called Amir Khusrau. He was a devotee of [UNCLEAR Hassan Nazim] (Shri Mataji corrects Herself) Nizamuddin Kasa from Delhi. He was another realised soul. They call [him/them?] Auliyas. A realised soul, what we call Avadhutas, were called as Auliyas. Now among the Muslims, realised souls didn't have that place in the, organisational's method of worship. So because Amir Khusrau was a realised soul, he recognised this great guru. He went to him and he started learning about self-realisation and everything from him. And we had another one in Chishtī, a great soul. Now these two great souls were on this earth but were not accepted by Mullahs because they were not realised souls. So, so many people became devotees of these Auliyas and they say Auliyas have no caste. Just like Sahaja Yogis have no caste.

Now, this Qawali started in the praise of the spirit and all that by Amir Khusrau and this Qawali system started working out throughout in the country. Now even in Pakistan, we have some very great Qawals who are realised souls also. I've seen one of them was Nusrat Hussain or something like that. Is a very well-known Qawal. And he immediately recognized Me. He's also a realised soul.

Now the Qawali was sung only by men, and in the praise of God, like Bhajan. And it has a style. But then, as everything gets perverted, Qawali got also perverted, and cheap women started singing them in a very cheap way, and it's all got spoiled. But I'm very happy that again I can hear this Qawali back in the praise of God. And now [UNCLEAR Bala Baba (name of artist)] has done a greater service to Amir Khusrau by adding realisation as the theme of Qawali. Realisation. There was just a praise, but realisation was not so much discussed, though Amir Khusrau has sung about it and he's very much symbolically singing about self-realisation, Amir Khusrau.

So this is the tradition of Amir Khusrau and all these great saints, Auliyas of different places that they were worshiped this way through Qawali. But this is a specialty only of India. Only in India you get Qawals. Nowhere else.

1:32:40

Babamama: One more, last song

Shri Mataji: Last but one.

[Babamama translates what was just said] The Salves were branded as [UNCLEAR Jajampar] – that means the mattress that we were sitting on would tear off, but we'll not - but you are worse than me...worse than us!

2:02:27

Shri Mataji: The atmosphere is completely self-charged as, my brother is saying, with happiness, joy, bliss that we could ever think of, as if the Heavens have come down and the God's realm is already expressing itself in your hearts. May God bless you.

Thanks artists.

I would like to thank the artists who brought forth such beautiful rendering and such beautiful rhythm in your hearts that you all

got completely drenched into the nectar of bliss. May I thank them from My heart and bless them for a very happy and prosperous new year and a new life. May God bless you.

So, tomorrow morning, about, we'll start our Puja about - I said 10 o'clock you could be here, but start about 11 o'clock. I hope that would be convenient for you. May God bless you.