

"Vishwa Nirmal Dharm".

But the heritage of Vishwa Dharma is Indian, in its entirety. There is no compromise on that. Whoever comes to India they will have to live like Indians because this culture has been designed after lot of thought developed over thousands of years by improving on its drawbacks. The salient point is keep your attention in control. In Delhi if you move around you find people have roving eyes all the time. You do not find purity of eye, they are full of lust and greed. Attention can be in control only if we respect ourselves and others, so that a human being is and not ugly. There should be no licentiousness, in all aspects of life our life should be . means auspiciousness, heart is full of pure auspiciousness. That is how one should be.

But we learn their bad aspects completely and not their good aspects and we consider ourselves modern. Then the curses of the modernism will not spare you. Look at your children. Our children should have Indianess. Children should have respect, faith, devotion and modesty. Look at children from Maharashtra they sit quietly. I have never observed them looking here and there, laughing amongst themselves or chatting. You can see they sit quietly in meditation. If you look at English children they run around so much, that they are kept outside. Their mothers are also kept outside. Then we should understand the reason. Why Sahaj Yog has not seeded so deep inside us. We should introspect. Indian culture has to be accepted completely, with respect like you respect elders. I heard that there is some Sahaj Yogi, very great Sahaj Yogi but he troubles his mother. How can this be. If mother is monstrous or possessed then also one can understand but troubling is against the culture. Running away from siblings is not allowed in the culture. Guests should be welcomed and taken care of.

There are ample examples. Whatever we have lost we have to bring that all back in Sahaj Yog. Women like Pannadha who sacrificed her son to save the prince. Padmini was so . Remember those who have sacrificed their life on the country.

You will not be able to evolve in Sahaja yoga if you deserve that culture. I have seen the civilisations of entire world. The ancient civilisations like in Egypt, China, Greece or Italy.

And all these civilisation deviations were followed and were swayed by it. They say that Parushram was attracted to women. How is this possible? Oh My father! He was so harsh how could he be attracted to women? Vishnu was depicted in another dirty form. Like this they defamed all God and Goddesses. If you see Romans, they were Rakshas natured people wherever they went they destroyed. Egyptians were involved in black magic. Chinese civilisation has some influence of India. It was based on Indian civilisation. It has travelled from Indian civilisation. Similarly, you will find the influence of Indian Civilisation in Japan as well, for example like Zen etc. These things have travelled from India. We have to give culture to the world. Our civilisation is so beautiful but forgetting our civilisation were adopting culture which is uncivilised. We should not only be cultured but civilised also. Our culture should be such that auspiciousness should ooze out of our personality. Then only the world can be repaired. So first take pride in yourself for being an Indian and you have the wealth of civilisation, culture and heritage.

And please try that we are Indian in each life. Give up English ways of life. Give up using any foreign goods. Use only Indian made goods. You know that your mother uses only Indian things including creams and soap. I don't like any foreign-made cream. I observe that in North India people are very inclined towards foreign things, foreign culture and behaviour. Where have you reached? At least take care of your culture. After Culture next is our Dharma/religion. Dharma should be in balance, talking too much or dominating anyone is not right. In North India I have observed that women are dominated very badly. We torture them badly and don't respect women in the Northern India.

Whatever way it may be the attempt is to suppress the woman. There is no respect for woman, then as a reaction women turn out to be like storm and violent. I observed that in UP only two types of women are respected one who are like prostitute and other the violent one. The simple women is always oppressed. They say it is because of Muslim influence. But in Islamic countries where I have visited like Riyad where I lived, they respect woman, yes I do agree there is polygamy. They take care that the woman is helpless and is to be helped. We are neither Muslim nor Hindu, what has come over us that we oppress woman in such a manner.

In Delhi we have heard that many bride burning cases have happened. I am saying this because when I went to foreign people asked me, is this your culture? You burn the brides? Now Law is to be passed, rules to be made, can't we follow rules within us. Can't we respect woman? We get angry at woman, getting angry at woman is a sin. What right do you have that you get angry on woman? She is mother of your children. Woman also needs to become moral and worship worthy. Even if she is not worship worthy even then what is the advantage of becoming angry on her. But even if the man is not worth worshiping and he is evil and is having extra marital affair yet he gets angry on his wife. This is not Indian culture.

This nation has great women who were debating Shastras with the wise ones. Now everything is lost. Either you run after the evil woman or a woman of very low grade. Is this manhood? Now regarding women they have started living like other women who attract the eye. What attracts men they follow those manners, dress, behaviour etc. which is very cheap. This is because they

have no personality of their own. They have been killed by oppression, they think let the man be happy.

I consider man responsible for that. When man nurtures a woman the woman develops. This does not mean that woman dominates. Woman should live with respect with her man and take care of all his needs. There is no problem in that. Woman is like earth she has immense power. She should nurture her husband like earth. But you must understand that if you only suck the earth then one day volcano will erupt. It is so embarrassing that what is this happening, no such thing happens in Maharashtra. In south India also dowry system has started. Reason is the influence of Delhi. Those south Indians who are sitting in Delhi and say that they will take so much money for dowry. Return them all to south India. It is very surprising. Fine parents can give money for the daughter but in dowry the money does not go to the bride somebody else takes it. This is not Indian culture. In Indian culture woman is always respected. It is said Radha – Krishna (woman's name first. Krishna is nothing without Radha. When he killed Kamsa he first remembered Radha and with her powers he killed Kamsa.

Could he kill his uncle Kans? If he could he could have killed when he was born. In our culture it is said Sita-Ram (Sita before Ram). In our culture there are so many things that are beautiful, if one sees it minutely, one can understand what is the beauty. But many people write about Indian culture as if highlighting the holes in a bank, they do not write how big the bank is.

It is possible that there are one or two things needing correction. But we have to go on swarth meaning. It means to get, and ultimate swarth is to get the ultimate. I observe that even foreigners don't respect Indian women who imitate them, but they respect those who follow their Indian culture.

When I visited Japan in 1960, wherever I went I was got a very warm welcome. And when I reached a port Shikama, thousands of people had come to see me. I was surprised. I was told that news has spread that a pure Indian woman has come and by seeing her one can find how Bhudha's mother looked/was. Where ever I went they gave me gifts. People were restless to see an Indian woman. The sindhi woman there wear half clothes.

At one place it was raining, so we went inside. There they gave us some gift. Similarly even taxi driver gave some gift. I asked the translator why are they giving gifts. He told, because you are of Royal family. Maa said but that is not the case. He explained that you hair wearing is like royal family here, ordinary people go to hair dressers. It is a sign of royalty to stand in your identity and respect. We were so surprised.

We can visualise (not sure) () it only when we go outside the country. But when we are in the country we are unable to appreciate that how beautiful each custom and mannerism in culture has been created. It is told that women especially married women must wear jewellery. The entire household is dependent on her and therefore her chakras should be in good condition. The clothes should be properly worn. Should live properly. But to make oneself especially attractive is not the part of Indian culture. The women in India does not dress up to make oneself attractive but to dress as per the occasion and therefore make the occasion beautiful.

Like in Maharashtra women wear various jewellery as per the occasion. Even when they come to receive me at the airport they come in best sarees and jewellery. They say that we have come to receive devy how can we come without being dressed for the occasion. It should be visible that we are happy and prosperous. But our city women especially associated with Delhi they are so funny (close). That's why I want to explain to you the importance of Indian culture, read Devi Mahateme. Woman is Gruhar Lakshmi she should be respected. I feel very awkward that in northern India people give importance to their daughters more than their wife. This is influence of muslim culture. Daughter will go after marriage but wife will be with you all your life. Similarly, more importance to son than their husbands is also a disease here.

Son is a great thing in North India, real sweets are distributed on his birth, irrespective of the fact that he may be disrespecting his mother or insults her. From the very beginning the woman is discriminated, this makes her insecure and such a woman can either make you dance (negative manner) or destroy you completely. You should respect woman. Even your children, treat them with respect like an adult. They are special, they are sahaj yogis. If you explain this then children will attain great heights. But this is rarely found.

We mostly scold kids because of which they lack self-esteem. Then they will behave like your servants do. You should also respect your servants, in line with the extended family concept of our culture you should treat them as part of the family. Take care of the family and love everyone. I have seen that some women have this habit "I don't like this, this has not got cleaned, this is not done in home, this should be corrected" Then you do it. This is your work, do it and be happy, because this is your hobby.

You should be fond of cooking. Woman should have all kinds of hobbies and power to do it for others. This does not mean that man should get pampered but they should respect it and think. In England all men clean utensils except in my home. And if you tell him to do net day the utensils will be broken. He will start cleaning when he is angry and then it is done. The biggest pride is that "I am a man". Except for Krishna I have not seen any Man- he is the doer and taker both. This vanity/pride is to be shed, I find

it still persisting despite being in Sahaj.

To the extend that they are violent towards their wife, violence to your wife is sin. If wife beats, then it is a sin. We are like wheels of the carriage, one left and other right. If any of the two wheel becomes smaller it will only spin. Both have to be of same size but not at same place. Right has to give direction to see and take care of things and clean things outside, like they do in foreign. They clean outside. Woman to clean inside. In our villages houses are clean from inside but men don't go out to clean hence the outside is so dirty. In England every week end you find men outside their homes and cleaning and competing. Sahaj yogis should do like that. In earlier era in India also men were responsible for cleaning outside and woman inside, if the same is revived our country will be so clean.

One of the great advantage of men cleaning is that there arrives innovations and inventions in cleaning process making it easier. When men start some work then they realise how difficult it is.

I am surprised when Indian sahajyoginis tell me to get them married outside. When I ask them why they say that after becoming sahaj yogini we don't want to get humiliated. When foreigner girls get married in India, I hope they stay in marriage. But when Indian men get married abroad they change and learn to clean and cook. Men who can't do household work abroad are not respected. I am allowed three servants by rule so my husband did not need to do any work. But I have spoilt him, though he tries. So, all those who are going abroad please learn, you cannot earn respect unless you know these things.

So we take it to the fact that source of pleasure is aatma. We attain this eternal pleasure and it should flow through us. What should we do regarding it. First we should know how to share it. One who does not know to share he cannot enjoy this eternal pleasure. Just as a frog living in a small pond, water of which does not move and slime sticks to his back similarly without sharing we can live but for constant pleasure the flow should move and slime not to stick.

If we want to enjoy the juice of life then we must open our heart. You know that I have become 64 yet I travel so much and work hard. One lady came up to me about 5 years younger than me and Mr Modi kept saying this old lady is working so hard. I said you forgot me, I am older. But you don't regard me as old because the capacity is given is still very much. Until you have the capacity to give you are not old. Therefore learn to give.

In fineness we should open our heart and give, that is the essence of our culture. You will hear the greatness of people who give like Harish Chandra. What ever appreciation I may do of Indian culture it is not enough. We should get into it. We should get happiness in giving. Ones I went to Rarari. There was a Engineers, not very highly paid, small houses, and one of them invited us for breakfast, we were 30 people and I told it will be difficult we are too many, but she insisted. We went at 6AM in the morning, we were surprised such nice madap and they had prepared food since 3 AM. And it was such a wonderful breakfast I can never forget. And she was so happy in hosting us. This is our culture do not leave it. We have to rehabilitate it, our customs, music, art everything we have is very deep.

Try understand it, go deep. Learn about your culture, art, music etc. One who does not know about the India as mother. How can they love me as mother. That's why we fight. Next time I come I want you to be aware of our festivals, what all is done in them the home made remedies etc.

Small things like when you eat banana then eat some chana or other thing then drink water. When you come from Sun do not drink water. Nowadays we fall ill because we do not follow our small rules or traditions. We ask questions like so what? Why not? Etc. Like after grapes don't take Limca/cold drink, water after fruits, coffee after ice cream. These traditions are made for healthier being. Healthy person with systematic lifestyle leading to achieve God. But Character is also important. Man without morals is of no use. The power which nurtures the character and moral is the culture.

The cultural values will help you identify between the truth and false. You must respect and accept the Indian culture and then you will see the assent of your character. Shivaji (Great Maratha Hindu King and warrior) is known for his character and his mother had a great role to play in it. His life teach you many things. Ones after winning a battle, it is said that his army got the treasure of the Kalyan subedar and also brought his daughter in law. When Shivaji asked her to reveal her face of the pardah and found she was very beautiful he said instead of saying that you are my sister "if my mother was so beautiful then I would have been as beautiful as you." She got touched. He returned her belongings and with respect returned her to Kalyan. This is the character of India our great nation. Rana pratap (He was a great Rajput Hindu king fighting the Muslim Mughal Army) ones after a defeat in the battle and had retrieved in forest with no resource thought of surrender after seeing that his daughter had nothing to eat and she had made a bread from grass and that was also taken away by a cat. Seeing this the great Rana Pratap who was an upright and righteous king also decided to write to surrender. As soon as his wife read that letter of surrender she took up a spear and ran after her daughter to kill her "Let me kill her, for whom you are thinking such a thing." This is the character of our women.

And nowadays you find such jokers. Where from they have taken birth? Sahajyogis should be like them. In Sanskrit it is said any other woman is like mother and any other girl is like daughter. When I got married and went to UP, they said this philosophy is impossible. I was surprised as why, because I have seen such people all my life. What is so especial in UP that they find it impossible. Why is your view/eyes so bad? Then came to know that there was a Nawab who had 164 wives and what all. then what else will happen. They have such bad ideals? Can't see any good ideals. Like there was a Raja/King in London, he killed seven wives. Then what will happen? Nowadays women are killing men.

So our culture is very important and to understand and to go deep in it is a duty of a Sahaj yogi. When you will understand and write on it then only the foreign Sahaj yogis accept it. I observed that they keep assimilating small intricate things they observe. But we do not learn it because we are not completely on any side. Hopefully when I come next time I will find you all spreading the light of AAtma everywhere. I desire that whatever I have inside me my children should get it all and spread it like I do with same love, feelings and heart. (she said that dissolve some sugar in water and give to the child it is important and don't listen to the doctor regarding this.) Doctors tell general things like don't eat sugar and now nobody is eating sugar or salt.

You should eat what you need. Children need sugar so give it. But not in such a form that it sticks to teeth but which goes in the stomach. Secondly in summers a fruit named KoKum is found in Maharashtra. Soak it overnight and boil it next day add some sugar and give it to the child during day. If one suffers from Jaundice then boil radish leaves (new leaves) mix vibrated sugar and give to the child. Child can be cured of Jaundice in one day. In summers give juice of radish. Give radish to children it is good for them. We give lot of fried this to children, it should not be done.

Secondly here you get a medicine called Liv 52 it is also a good medicine. If you start it it can be continued for a year. Another thing is Arodyam a small seed like thing, found in Nagpur very much, it is very good for liver, that's why liver disease is negligible in Nagpur. In winter use sonth (dry ginger powder- I think) mixed with sugar give in the morning. Sugarcane juice is very good for children, put ginger and lemon in it. We should not rush our children or give too many directions especially in the morning, it spoils spleen and may lead to blood cancer. One who leads hectic life he gets cancer. We should not make a child's life hectic but peaceful.

Fried bread (puri), shallow fried bread (paratha) are bad things. Stop consuming them. Secondly in Sahaja yoga it is compulsory for all to wear underneath clothes. For woman, chunni must be worn on dress else your chest will pain and then you will come to me that Maa chest is paining. When you sweat and it dries fast you catch cold.

In my college days we used to wear salwar suits but with an underneath garment always. earlier it was disrespectful to wear dress without underneath or chunni. This tradition was for good. What has happened nowadays I wonder. With saree its ok you don't wear long slip but then you should cover yourself well. It is necessary to cover yourselves specially in this weather else you will get diseases.

## 1985-0326, Birthday Puja

View [online](#).

26 March 1985

Birthday Puja

New Delhi (India)

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

Birthday Puja, Sahaj Temple, New Delhi, 26/3/1985, translation from Hindi

[English translation from Hindi]

Today, you are all celebrating my birthday. This is a matter of great satisfaction as in this time of Kaliyuga, who celebrates the birthday of a mother? This shows that even though you are born in this Kaliyuga, you don't just know about your duty towards the mother (Matru Dharma), but you also follow it.

To celebrate birthdays in this age, a year is getting deducted every year and there are so many tasks still to be done. I can see many incomplete tasks. We will have to work hard and pay attention to them. Only then can they be completed fully.

Like I said yesterday, in Delhi, we should pay attention to our culture. We should sort out our cultural state. The third very important thing is our spiritual ascent. We should pay attention to it like a martyr who is ready to sacrifice his life for his cause. We should have the same fervour for Sahaja Yoga. Until we have this sentiment in us, Sahaja Yoga is going to be only for our benefit. I keep hearing about the happiness and benefits people have got from it. Whatever we have benefited from it, whatever good has happened, is only because of one reason - that you have found your spirit. But when the light has come in you, you have become the lamp, then you can't hide the lamp. You should bring your lamp out. I have said many times that Sahaj Yoga is society-facing. What is society-facing, that is Sahaja Yoga. If the light can't be spread, then it has no meaning. So every Sahaj yogi should think about how and in which dimension or style have they spread Sahaja Yoga. Firstly, a sort of speciality should enter your personality. On attaining this speciality, I have enlightened so many people.

Today, when you embark on any task, in any country, the first question that arises is what is the state of the people there. What are their vices, their habits, how much ego do they have? This has to be measured. Then you have to think if this initiative can be achieved or not. The biggest question is about the human being. Even if the number of people is huge, if their state is not alright, then no task can be completed successfully. Sahaja Yoga has done this great task of transforming human beings. It has transformed the human being so much that it has brought forth their ascent. Today, Sahaj yogis are honest, truthful, hard-working people. Such people are very difficult to find in this country. Sahaj yoga has readied such people who do what they say, think what they know. In this respect, Sahaj yoga is a massive blessing on this country.

However, if you have these fine people, like a talented artisan without any work, then this talent goes to waste. So every Sahaj yogi has to think about how he can use this talent. But he first thinks of his physical troubles and comfort or about money or effort that he might have to spend.

In reality, you can not purchase joy, you can only experience it. The thing that we achieve and adopt, get joy from is different and Sahaj Yoga is different. You get this joy only by sharing it and there is no other way. Maybe, you will have to bear some troubles but they don't seem like troubles because your spirit gets satisfied. Bodily comforts don't matter to you anymore.

You have to test yourself that when you become the spirit when you share this light of the spirit with others, then you go beyond bodily comforts. You get so much joy of the spirit that you get immersed in this joy. Your spirit gets satisfied only by the spirit and does not need any other satisfaction. He doesn't look for anything else. He gets so satisfied as if he's drunk ambrosia. After you have had ambrosia, there is no need to have anything else. When you get this state, then you should know that you have

become a Sahaj yogi, else you are still incomplete.

You all know that I am old now and I have worked for 14 years tirelessly. You can say my penance is now complete. I have worked very hard in the last 12 years. It seems the hard work will have to continue for another 12 years. But you have to see how much hard work you are putting in. Your mind will find one excuse or the other - that it can't be done, I have my family, my children, my house, my this, my that.

But beyond all these things is the universe of joy. If you want to achieve that, then you should know that you have to fulfil the desire of your spirit. Until and unless, you don't fulfil the desires of your spirit, all your desires will stay as they are and all your tasks will stay as they are. You can't achieve anything, especially welfare unless your yoga is fully established. But as soon as your yoga takes place and gets established, you will notice that all your problems will be solved instantly. Have your problems been solved or not? All of yours have! Then you have to move forward and see that if we are involved in the work of Sahaj yoga and God is going to look after us, then all that we consider as problems and big obstacles will all disappear altogether.

I told you once before that the Kundalini is beyond cause and effect. When you rise in your Kundalini, then the cause gets omitted, as does the effect.

You can witness it. Many of you know that these things happen all the time. We've got the things we never imagined, we have got so much happiness and peace, we have got so much through Sahaj yoga, even then if we are troubled about small-small things, then it will become a difficult situation. We should now think that we have found so much happiness, comfort and security and if we give this Sahaj yoga to others, they can also achieve these things. But when we give it to others, then we get more of it ourselves.

there are many thousand messengers of God at work for us. There are innumerable hands, crores of powers behind us. If one person stands up to do the work of Sahaj Yoga, then you will not realise how things will get arranged, link up with one another and everything will start to happen spontaneously. Everything will happen.

First, you have to prepare yourself because the deities inside you know who you are, whether you are truthful or not, you high or low you are. They know everything. And until they are sure that you are fully dedicated, they don't help you. Once they know that you haven't come just for selfish reasons, for your benefit but have come to do Sahaj yoga and to spread Sahaj, which is society-facing, then you will be surprised that you will be showered with blessings from all the four directions - like the whole atmosphere will become fragrant and you will feel light as you have no weight on your shoulders and everything will start to happen spontaneously and everything gets organised by itself. We have to come to that state. Then you can see every person can do a lot of work and spread out.

I know that in Delhi, we still have to work a lot individually and then collectively. It's possible for you all to invite and talk to your neighbours and relatives about it. You can call them all and tell them.

In India, we have a very nice environment where we have our children, our relatives, and acquaintances whom we can talk to about it. It is possible, Only a handful may believe in it. But when they will see how your state has changed, then they will definitely make an effort. At least some will. In this manner, you can help spread Sahaj yoga.

Every person, whether it's a woman or a man or a child, has a right to be established in their yoga but then they also must give this yoga to others. It is their duty.

You have the power and everything and if even then you didn't give yoga to others, then I can't say how appropriate that would be.

In our Delhi centre, many questions have arisen that I want to talk about. I will tell these people the problems we have here and how we can obtain the solutions to these questions. It's not a difficult task. However, what we think and any decisions we take

based on our opinions, if we haven't won over our Hamsa chakra and haven't got the discretion, the power to know what is correct and that what is wrong, until we haven't got a pure wisdom and subtle intelligence within about what is beneficial for Sahaj yoga, until then we haven't completely achieved Sahaj yoga.

How does that wisdom come? Someone asked, how do you get it? How did you learn to ride a bike? Once you start riding it! How do you drive a motor car? When you start driving it! In the same manner, how does subtle intelligence come? Just when it comes! How does it come? By being indifferent to it. We should start seeing everything by being in a witness state, meditate and spend your time thinking about Sahaj yoga, then it will come. But how will it come, when will it happen? It will happen when it does. If this hasn't developed inside us yet, then we should try to achieve it. That's why I said that now we should try really hard.

I had told them to invite only those people to the puja who have actually achieved something. It's your paramount duty to give this to anyone capable of achieving something. In every birthday, we make a new resolution. Now I understand that I should also make a new resolution. And the new resolution is that the Vishwa Dharma (universal religion) that we've made and established and we all follow if anyone doesn't follow its 'Maryada' (boundaries), such a person should not have a right to be called a Sahaj yogi. This is what I thought we should all resolve. Anyone who follows its Maryada, only he/she can be its follower. Any follower of Vishwa dharma, who doesn't live by it, then we can't accept him/her as a Sahaj yogi. For example, if a person takes dowry, believes in the caste system, class system, then he can't be a Sahaj yogi.

So I have decided today that anyone who calls themselves a Sahaj yogi, they should not just have a complete understanding of Vishwa Dharma but if it doesn't reflect in their behaviour, then they have no right to be in Sahaj Yoga. They should be told that they should atone for their mistakes and correct themselves as part of their atonement before they come back to Sahaj yoga. There is no problem if people say we fewer people are left. There isn't a lot of space left in God's kingdom. You don't know. How many people can you accommodate there? Even hell doesn't have enough space. People will have to be kept somewhere in between. That's why half baked people shouldn't come to Sahaj Yoga. There is no need to trouble us. People who come to Sahaj should follow its Maryada (limits/protocol), and instil them in their behaviour. Tell your neighbours about it and say that we believe in universal religion and not in any other religion. If yogis don't say that then we can't accept them as yogis. Sahaj yoga is not for people who are scared to tell people in their society that they are followers of Vishwa Nirmala Dharma or those who are scared to tell others that they are Sahaj yogis. You will have to fully follow the Maryada of Sahaj yoga.

Some people tell me that 'Mother, we sometimes drink a little alcohol, smoke a little, consume tobacco', then you are not a Sahaj yogi. If a person doesn't follow the Maryada of Sahaj yoga, then he can not follow a universal religion. And this universal religion of ours, we must keep completely pure as it's not just a universal religion, but Vishwa Nirmala Dharma (Universal Pure Religion). We can't allow any impurity to creep in, that's why anyone impure, can't come into it. Only those people who have fully accepted this universal religion and ensure that their behaviour is within the Maryada (limits) can stay in it. This is the resolution I have made for my birthday and I hope you will accept it with love.

Now, as for details of what are the specialities of this universal religion, how should it be and what is its depth - all this, I will tell you about that on some other day. For now, you mustn't do things that you broadly know to be wrong, those are things you shouldn't be doing in Sahaj. If even in normal light, you can see that this thing is not Sahaj, that thing/act you cannot do. If you can't get rid of these things, then you must spare me. I can't fight you. I have seen many people come just to get cured. Once the first disease is cured, they bring another one and then another. The reason is after being cured once, you should become Sahaj. If you don't become Sahaj, and after that you become a-Sahaj, then you become ill yet again. Do I keep washing you like a washerman the whole life?

So you should also keep yourself pure and should follow this religion like it's your ornament, your glory, your speciality. This is why we are sitting in a high pedestal in the world. Every part of our body should have this thought. From each core of each body the divine vibrations flow. You should understand that God is so eager to decorate you. But you have to know if you are aware of this, and how much you are ready for this. I am telling you what I can. Now the yardstick is that if you can't follow the religion of Sahaj yoga then you can't enter in, you don't have a right to pujas nor anything else. Whoever stays in the Maryada, only he/she can have this right. We might have only 4-5 people left but that doesn't matter. That will make it easier in fact.

You should be very aware of embedding it in your behaviour, you should make your life such that you should attain the meaning of your self. And with that, you should become capable. This is my blessing to you that you all should realise your powers and then nourish this world with this power of love.

1985-0329, Devi Puja

View [online](#).

29 March 1985

Devi Puja

Dharamshala (India)

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

Devi Puja, Talnoo, Dharamshala, India, March 29th 1985

English Transcript

( ? . . , . - Shri Mataji speaks to the people in Hindi that  
there is a place in the back and that they should go and sit there.)

1:05 ... People of [unclear Dharamshala] so different, so nice, special quality people. We cannot say no to them. They are beautiful people. Very beautiful. They will enter into the kingdom of God. .... ( . - I'll speak in English.)

Speech starts at 1:15

Today we are sitting at the foothill of Himalaya. Himalaya is the Father of your Mother. And since I have come here the feeling of returning to the Father is making Me feel extremely proud of you. (Hindi - - because of speaking in English if the electricity goes off.)

2:00 So we have to count our blessings again that we are at the foothill of Himalaya which is the Sahasrara of the universe. Those people who live here are the most beautiful people that you could think of. They are not rich, they are not educated, they are not sophisticated. They are simple folk, but one of them is equal to thousands and thousands of other people who are still moving in the realm of materialism. It is such a special day to be here.

Today is the 7th day of the Goddess when She incarnated on this earth in Her 7th incarnation. On this day She incarnated again and again on this land, around this area seven times and She is being expressed through the exuberance of the mother-land, that she has created all the temples which have come out of the Mother earth spontaneously. The seven of these represent the seven Chakras of the Sahasrara – the Shaktis of the Sahasrara. So we are so fortunate today to be here on the seventh day to celebrate the incarnation of these seven Powers; of these seven Powers which came on this earth to give protection to the whole world, to look after the saints and to give them the vision of God. They have killed so many devils and rakshasas and established the blissful, innocent life here.

4:41 God looks after the innocent. He loves only the innocent and not the ones who are cunning, who are troublesome. He goes a little way towards people who are not so good as these are, tries to save them, helps them, but up to a point. Then it gives up. This is what has happened in this area before also. They were many kings who ruled these areas where they were people who worshipped the Goddess and lived a righteous, innocent life. And those who tried to insult the Mother perished forever and ever.

5:30 We are so fortunate today that Yogi Mahajan has called us here in this beautiful place. It is so vibrated, it's so much full of the blessings of the great saints who were practising meditation here. They have worked out the meditation for us; through their ascent, they have achieved a road for us. Our Sushumna improved because of their [unclear]. Because they've worked so hard our Sushumna has become so accessible – so easily possible for us to ascend. Today you may not see them but I see them clearly. All My gratitude to them that they, in this atmosphere of purity came, but lived in the remote corner; without any shelter, without any support, without any help for days together. For you, Sahaja yoga has become so easy. We are all easy chair spiritual people. There is no struggle, there is no problem, wherever you are you get your realisation. They have made it for you. They have

done it for you. But that does not mean that you should take Sahaja Yoga for granted.

7:10 Today in this great place let us think of the new vision I have about Sahaja Yog. Sahaja Yoga has to become a great Vishwa Yoga, Mahayoga – the bubbling energy of Divine in the new tree of Vishwa Dharma. For that you people have to sacrifice, have to come up; not to be easy chair Sahaja yogis. But have to give up many things that are lying within you which you have not yet harnessed and looked after. It pains me to see the way Sahajayogis take Sahaja Yoga for granted. It's not possible with such mediocre, one can achieve much in life. But by God's grace after coming here I saw the village people, I knew I'm at the right spot.

'First will be the last', Christ has said that. 'First will be the last' because the first (ones) come as if thinking that they have something great, that they have shown some great thing. But they do not know what is to be achieved; the innocence, the simplicity, the overpowering of your body –

If your body tries to overpower you, you are no more a Sahaja Yogi.

If your mind tries to overpower you then you are no more a Sahaja Yogi.

If your heart tries to overpower you then also, you are not a Sahaja Yogi.

But through all these three instruments, through these three instruments, you should work as if you are the master of these three instruments and not the slave of these three. This is a very very important thing because Sahaja Yoga has too many blessings. It gives you all kinds of prosperity, all kinds of beautiful blessings, all kinds of protections, miracles happen in your life. But we take Sahaja Yoga for granted.

The first and foremost thing I feel sorry sometimes when I hear that people insult each other for nothing at all, hurt each other, talk to others in such a manner that doesn't behove a Sahaja yogi. I've never talked like that to people, in that curt manner; why should you talk like that to each other? The reason is (that) inside there is still some sadism sitting down to put down other people. That sadism will make you satanic, will not make you saintly and godly; is not a godly quality to behave in that manner. For such people, only these Seven Powers were born, to slay their ego, to slay their sadistic temperament and to make them into beautiful people who will surrender to God and will take to milder methods of attainment.

10:30 When I came here I felt I should not go any more to the west, I've had enough of it. I just don't want to waste my time. (In) This place if I live for a year I'm sure the whole place will give Me so many Sahaja yogis that even if I struggle for hundred years abroad, I cannot get. But what to do? Mother has to think of all the children if possible try to save them as far as possible. That innocence, that simplicity, with this they live here, how they are one with nature, how they move about, come up; you just watch and see how they rise and how they make themselves available for the beauty of this nature to be enhanced. Because they are so congenial, in concord with the rhythm of it. The whole place is so rhythmically singing the praise of God and the Goddess. 11:35 I don't know if you are sensitive to it or not but it is. It is so full of singing and chirping of birds.

I see these great mountains who have witnessed the ascent of man. They've witnessed the great penance of these very great saints who lived here. They've witnessed all that man has fought to go towards God – how they sacrificed, how they went into dangers, lived with animals just to achieve this path for you people. We have to thank them and thank all those Seven Deities who have created this atmosphere of complete security for these great saints.

12:25 All these Goddesses came on this earth to protect the saints. They deserved it. That's the duty of a Goddess to protect the ones who are striving, who are fighting the way for the seekers. But what is the need to waste the time over useless people who have no other seeking but materialism? I do not know how many years it will take for me to convince them, the western people about the greatness of these [unclear saints]. I hope with our efforts some of them, very few of them will be saved. I don't have many hopes of a larger number of people there. I'm speaking this in English because I've felt it too much here and disgusted sometimes. The way God has worked – He sent Seven of His Powers on this earth, in this area, also everywhere He sent them.

They crucified, they tortured, they did all kinds of things to saints and they are least bothered about what they did to them. 13:50 All those turmoils and hardships through which they have gone I really felt them within Myself as if My body has gone through that tormenting period.

14:04 Let us all thank God that He has been so kind that He gave us realization in our own houses, in our own family. But let us also think about it, what did we do about it?

Today I'm talking especially for Delhi people because I may not be able to talk to them. In Delhi, I've heard that people are extremely rude to new people. I was amazed, while thousands come to see Me and then what happens to them? People talk so rudely that nobody can believe that they are Sahajyogis. I've heard about this event in Kuala Lumpur the same; not that I've not heard about these things in other places but in many places I've heard that people are extremely egoistical, they talk to people in such a rude manner that nobody wants to come and that's why in all these places where there is even one person like that, Sahaja Yoga does not grow. And these people don't want to change themselves. If you tell them anything they will say, 'All right, so get rid of it'. But why don't they say that we want to change? It is something shocking the way people are. They have no compassion, no love, nothing. But they are thinking about using the position as a Sahaja yogi to dominate others, to show off to others.

15:35 And that's why people do not increase. It's only one thing that attracts people to Me is My love, and My compassion, and My open-heartedness. Those who use strong words and talk strongly to others, thinking as if they are in-charge of Sahaja Yoga must know that if they try all these tricks they will be suffering very badly. And that no amount of My compassion and love can protect them because the same Powers which come for protection are quite capable of destruction. I want to warn you, all of you, to be gentle, to be kind, to be sweet to others. Don't try to hurt others [unclear], don't try to be sadistic. Otherwise, it will hurt you very much. It has happened in this place where you are sitting today, in this area, it has happened. I can see all the past that took place. Those people who tried to be harsh and horrible suffered a lot. They had to become gentle.

16:48 One great saint called Durvasa (), he was known to be a very hot-tempered fellow. And he meditated, meditated. But he was so hot-tempered. He did not live in this area. He lived in the thick forest of Maharashtra. And there he was extremely hot-tempered. He used to shout at people because he thought he has got the realization, and he has a right to shout at everyone and to make a nuisance out of it. Once he went to the ashram of a muni (sage) called Kashyap () and he had a daughter called Shakuntala (). Shakuntala had just married a king and she was thinking about him. This Durvasa went and called for her. She forgot to answer his call. So he cursed her that 'the person about whom you are thinking will forget you and you will suffer because of that'. 18:00 He was so angry that she did not attend to his call. Still, she was in her own mood and then when he came in she could not look after him as he wanted to be looked after.

This was Durvasa and he made her suffer a lot. But later on, he discovered that he was a man of tremendous temper and that his feet are going into the hell. There is hell burning under his feet. And that heat made him feel terrible. So he ran towards Himalaya. He came down here near and he meditated in this place where he just asked for one thing- is (that), 'O Mother, give me the sweetness, the nectar of Your love, please let me have.' He stayed here in a jungle for years together, meditated and tomorrow, I think the day after tomorrow we'll be having our lecture there, we'll be having our program there.

This is Durvasa who came all the way from the south because he couldn't bear the heat that was burning him. That must be something like cancer or something. In cancer, you get this kind of heat. The people who are heated, those who have too much heat always used to come to Himalaya to cool down, to see the heights of Himalaya, the depths of Himalaya, to see the greatness of creation, to see the smallness of their own being, to become humble, to become extremely humble and that's what happened to him.

19:40 He meditated on the greatness of Himalaya, at the Lotus Feet of Himalaya. And he prayed to Himalaya, 'O Lord, You are the one who has given us the greatest of greatest, the highest of highest. We used to look upon You. You are the one who is a symbol of the height we have to reach and I am a person who used to think I'm very great till I saw Your greatness here, the way You bear the snow upon Your heads and the way You reach the depths of our hearts.' And then he meditated here and he got his

salvation.

20:26 Realisation is not sufficient. It's not the salvation. The realisation is just, to begin with. Salvation comes when we master our body, master our mind, master ourselves in such a way that we become beautiful flowers. And the fragrance of our beauty flows and everybody enjoys. I'm speaking this for all the people who are still thinking that they have got realisation, they have certain positions in Sahaja Yoga, so they can misbehave with everyone as they like. Please remember that it is not important what you do for Sahaja Yoga, more important (is) what I feel about it. If you have to be something greater humble down yourself. Humbling down is very very important. Nobody has to think that we can achieve something greater heights by dominating others.

This has been very upsetting, since I've been in Delhi I've seen this in and out, and I was surprised that in Delhi still, people are so stupid that those who organise, some of them are so harsh. I would request you to humble down, to come down to proper sense and understand that it is your gain if you humble down. Like Durvasa you don't have to stay here in the jungles, with the tigers and the lions who come and roar at you and the snakes that wrap you in the night. You have to have this lion and the tigers [unclear to be seen], they are within us. And the snakes and the scorpion that come out of you and bite others, please look after them. See that you become a beautiful person and not that you run after something that is power or materialism. It stirs Me completely sometimes when I see the disparity between the beauty of the people of the simple villages and the cunning and the domination of the city people. Sometimes I feel I should give up all the city people and ask them to jump into hell if they do not know how to behave.

I think the whole thing has come to Me because of Durvasa's example I see very clearly. How many of you could be willing to do that kind of a penance that Durvasa had done? But Durvasa being a great saint, a real seeker felt that I've done nothing so far after my realisation. Only my temper, my showing off that I am to be a great person, here and there wherever I go everybody should dance after me. And he got cursed and he had to come here.

23:23 The son of Shakuntala () was a great child called Bharat (). After that great son of Shakuntala, this country is called as Bhaarat () because he was a saint and he ruled the country as a benevolent king. He occupied the whole of this country, even Pakistan and Burma (Myanmar) inclusive, and was the ruler of all this country. A very benevolent, humble and a very great, highly evolved soul. That's why this country, the whole country has a name of Bhaarat () from him.

(Note: India is still called as 'Bhaarat' in Indian languages)

So in a way that we should really understand that when Durvasa saw that the cursed Shakuntala produced such a great soul, suffering because of his curses – because her husband forgot about her. He never recognised her. When she went to her husband he never recognised her and she had to live without her husband and this child was born. And then suddenly he remembered because the ring he had given (to her) was lost in the water and a fish had gulped it down and the same fish was caught and when they found the ring he remembered all that had passed. Then he sent for her and called her and then the king Bharat ruled this country. That's how we are called as Bharatiya ( – means Indian). That is the symbol of a personality that is an Indian.

We are Indians and Indians have a great symbol of Bharata () before them. And that's how we have to lead a life of saintliness. 25:00 You may be a king, you may be a street beggar, you may be anything but for an Indian, it is important to lead a life of complete dedication and complete renunciation. He has to lead an austere life, controlling his attention. He has to control his attention and tell the attention not to go to the wrong things. These heights which these people have achieved through their innocence you will have to achieve through your understanding. That's the first step you have to cross after realization.

They'll get realisation and will jump into the kingdom of God. I won't have any problem with them. Let Me come and stay here for a month and you will see this area will be all charged. But what about us, the rest of us who think no end of themselves? That's why I spoke in English language today, for you people to understand that this English language itself has given this terrible ego; like a pump, it goes into your head and you start thinking no end of yourself.

How many are going to meditate from tomorrow? How many are going to get up in the morning and give up their rooms and come out and meditate? Who into rewild just thinking that you belong to this age. We have to have a very rigorous disciplining, self-disciplining of ourselves. Otherwise, it's useless to waste energy on people who have no value, no respect for their realisation, for themselves. I have to tell you that you have come here, it's very good. Now see the ashram life. Now don't try to find faults with (it), this ashram didn't have this, ashram didn't have that, we had no place to sleep, we had no place for a bathroom. Please don't do all those things.

You have not come here to enjoy a five-star hotel. For that, you have not come all the way here. Please, for heaven's sake don't have that. On the contrary, I'll be happy if you can sleep outside in the cold and go through it. I can do it. I can sleep in any condition, anything. Try to make your body your slave and don't make your body stand on your head. I've to make a very humble request because there are some people who are quite a fusspot, I was told even from Delhi. And I expect no fussing here, no fussing here. Try to understand. It's a great chance for you to ascend or to descend, one of the two.

So please try to ascend above your body. Try to mould your body in such a way that it becomes your slave and then you will enjoy having this body. Otherwise, it's a headache to have a body like this.

Translated from Hindi

On today's auspicious occasion we have gathered here. Today is the 7th day of the Goddess. On the 7th day, the Devi Goddess destroyed the various rakshasas and sinners, because they were torturing the great saints and rishis who were doing meditation and penance.

We wonder, 'Mother, why they did so much penance? What was the need?' The reason for doing it was because although human ascent was still low, yet their aspiration was very high. They aspired to achieve the Atma through the body. That is why they worked so hard and did penance in this place. It is due to their aspiration that today we are able to achieve this height. This does not mean that we should think that because of the blessing of Sahaja Yoga we are some great people or some specially chosen people by God. People who think like that will receive a great shock. You will see that those who are simple, innocent, and good-natured will ascend foremost and the rest will be left behind. Therefore just receiving your Realization is not the end.

On this auspicious occasion God Almighty has manifested all His shaktis for your protection, benevolence and welfare. In everything God is blessing you. He wants to see you enter His kingdom. In a way it is His desire that you should return to your Father's home and enjoy its comforts. But at least we should be worthy of it. If we are not worthy of it then how can we enter it? We should examine our worthiness and see what it is.

The first thing is that you should come to your Father's house. Today I have also come to my Father's house. I feel like that because Himalaya is my Father. On coming here, I cannot express in words the feelings that are rising within me, but I think that today I have found a great occasion to celebrate the glory of my Father. A great opportunity has come before me to praise the glories of my Father and narrate the great achievements of those who meditated here. With the inspiration derived from the Himalayas they rose from nowhere to such heights that they achieved the highest state.

The Himalayas are the Sahasrara that Mother Earth has created for you. This Sahasrara is to be worshipped. This Sahasrara is very great. I don't know if you can see vibrations emitting from it. I am completely engulfed by their vibrations that I cannot see anything else. There are only vibrations and vibrations. Nothing else.

Those who are residing here are swimming in vibrations and seem like fish swimming in the ocean of vibrations. You cannot distinguish one from the other. I cannot describe in words the splendour of the beautiful vibrations that are spread here. This is indeed the blessings of the Himalayas.

Foremost we recognize the ocean as our Guru. The ocean is our Father. When the ocean leaves behind all the dirt of the World that is dumped into it and rises in the sky as clouds, then it becomes completely pure and beautiful. Floating in this state it reaches the feet of the Himalayas and spreads as 'Him.' The word dhaula means 'completely pure', nirmal. Dhar means 'range.' (The mountain range is called Dhauladhar.) Like these pure ranges in the Himalayas, they are also to be found in our brain, where they support an opening of the Sahasrara. After this I cannot describe any further but I can say this, that the auspicious opportunity has come today of this connection; try to avail it and go to its depth. Think that before it, we are a dot of sand, an innocent child. There is nothing so special in us that we can stand before its majesty. What are we? It is so awesome!

The Himalayas are the Sahasrara of the whole Universe. They have given the whole Universe so much comfort and joy after which there is nothing more to be attained. With the help of this Sahasrara, I have opened your Sahasrara. With the help of this Sahasrara, I have realized that till the peace of the Himalayas settles in you, till its greatness penetrates your behaviour, it is useless to open your Sahasrara. Otherwise your Sahasrara will burn like a furnace. When I see a furnace burning inside some people I wonder O God! Why did I open his Sahasrara? There is so much smoke and negativity coming out that it is better that his Sahasrara closes. Like the opening of Pandora's Box, one does not know what all is coming out. It is shocking to see snakes, scorpions and all the possible negativity being thrown out of it.

Today we worship the Himalayas and the seven Goddesses whose blessings are here, and pray to them to bless us with Devi Shakti. We have received the blessings of the Devi Shakti from a Mother. That is why, in the form of Mother, let us come to the feet (Sharanagat) of the Himalayas.

Keep your attention on yourself. People think of others. They think, 'this person is bad. That person is not good. That fellow is not good.' What about yourself? See yourself. Don't look at others. 'This fellow does not do this, that fellow does not do that.' Watch what you are doing.

Himalaya does not see what the World has done with Him. How much they have exploited Him. He only sees what He has to give, what hard work He must do. How to nurture the people? How to protect them? We have gotten our protection from Himalaya's Peak. From it we received the streams of Ganges, Yamuna and Saraswati. All these streams flow within us, nirmal, despite all the negativity we throw in them. Despite the way we disrespect them. Yet, Himalaya unhesitatingly flows His purity in them. But all such things will soon end, they cannot go on forever.

You should remember that I should find sweetness in your tongue, sweetness in your talk, tenderness in your behavior. I am warning you that now I will not forgive. To hurt anyone in any way is a great sin. Kindly respect each other. You are a Sahaja Yogi. The other is also a Sahaja Yogi. Today you may hold a certain position which the other person may not have; you have not achieved this position, I have bestowed it upon you. I can remove you from it whenever I please. That is why, please become worthy of it. With great humility serve others.

Many people have reported to me that, 'Mother, we will only attend your lectures but not go to the centre.' I am very surprised that thousands attend my lectures, then why do they get lost? Are you blocking them in between like some negativity? Kindly pay attention to what I am saying and look at yourself. Do not look at others.

What is it that I did? Did I do it like that? Why did I do like that? Then you will know, you will understand, when you will realize your mistake. Then only you will be able to correct yourself; then only you will be able to recognize the greatness of this Himalaya. Otherwise you will not be able to comprehend it. You lack that perception, that vision, that maturity, that discretion to realize what it is. Where you have come, in whose lap are you sitting, in whose lap you were born, nurtured, brought up; that is this great Father of ours.

Honour its glory and, in paying homage to it, prove that the work you are doing will be fruitful and will not be wasted.

In this way there is the great blessing of the seven Goddesses upon you – they are like your maternal aunts. They look after your

welfare. There is a saying that even if the mother dies, the maternal aunt should not die because the maternal aunt lovingly indulges the child. She looks after him, plays with him, amuses him, protects him from hardships.

You can witness the movement of clouds in the sky, making patterns in myriads of colours and hues, in breath-taking vistas. These are all plays to drench you with beauty. There is a lot to be gained here. It is to be seen that after receiving Blessings of Peace, how beautiful you become.

This Puja is very special, many will go deep and receive tremendous blessings. But first make your attention steady. In your attention pray for peace, "Mother, please bestow peace upon me." Pray for peace so that you may spread peace in the Universe. Then Joy will come. Joy cannot come without Peace.

It will work out tremendously. I know it will work out, because I have really tried first of all to curb you down, and after curbing you down I think you people should ascend because many things have fallen out.

Now don't try to gather them or go back to them and justify. Try to be without them.

May God Bless you.

## 1985-0331, Public Program

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31 March 1985

Public Program

Dharamshala (India)

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

H.H.Shri Mataji Nirmala Devi, Public Programme, Dharamshala, Himachal Pradesh, 31st March, 1985

I bow to all the devotees of Mother (Goddess Durga and her forms) in Dharamshala!

The Temple's Committee here has organized this, for which I am very thankful to them. In fact, so much hospitality and so much joy! With the blend of both, the heart gets filled with feelings of so much love, that it becomes difficult to express it in words!

It is said that in Kaliyuga no one cares for the mother. It's the characteristic of Kali Yuga, that people forget the mother, but now we must say that the time of Kaliyuga is over, and that the people have accepted the mother.

I have found a very huge difference between a mother and a guru. The mother is also a guru. She also teaches her children, but she explains by mixing and adding love in a manner that the child gets ready to do anything for that love!

This power of love which is today giving freshness to the whole world, is doing all the living work, like the existence of this tree, it's greenery, after that growth of flower from the tree, and growth of a fruit from the flower, all these actions which are living work. Who does it? The power which does all that is the power of God's love. She is called Adishakti.

God simply watches the play, how the work of his power is getting done! When he doesn't like the play, he closes his eyes and the whole play also comes to an end. It's the mother who has to worry that her children live well.

The world should be an example of a very beautiful, magnificent, special form that God feels satisfied on seeing it. This complete endeavour is constantly on! But you know that each time such endeavours took place, many incarnations came into this world and many endeavours were done. But man's wisdom is upside down. You tell him something, 'Don't do it!' then he will definitely do that work.

Just now Yogi Ji told you not to take alcohol, if you are devotees of the mother. But by saying so, people start drinking more. I have observed that if you tell children not to do something, they do it double, because of ego. 'Why we were denied, so now we will do it more.'

For that, I have thought of a better way, to light the flame inside them, even if it flickers. Even if a little flame will burn, then in its light they themselves will see what are the defects inside them!

Now imagine if you are holding a snake in your hand, and somebody says, 'Brother instead of rope you are holding a snake in your hand!' Then you will say, 'No I will keep holding it!' That's the wisdom of human beings! But at that time, if someone shows you the light and you see the snake, then you yourself will drop it.

That is why the Sahaja Yoga we have today, in that first we awaken the Kundalini, no matter how you are, whatever are your ways, you may be on the wrong path, you may be doing anything. After its awakening you automatically become alright. There is no need for your mother to say anything, because you see for yourself what sort of a thing it is!

Now, if we talk about alcohol, you know in foreign countries people drink every day, from morning till evening. They are very big

drunkards and their life is also unrighteous. We are a much higher type of people than them. We have respect for our mothers and sisters. We understand righteousness. Now you've started drinking a little bit, that's a different thing, otherwise, we have righteousness within us.

Even those people, when those people achieve self-realization, they give up all wrong habits the next day. I do not say anything to them. I have not kept this attitude from the beginning, to tell them, 'Do not take to alcohol, do not gamble,' otherwise half of the people will just walk away, more than half perhaps.

Here at least this won't be the case! That's why I don't say anything. Just keep sitting as you are. Let me give you self-realization. By giving realization the ego breaks and also all the bad habits which are settled within drop out. By getting rid of those habits, automatically you all become competent.

Actually many people in their hearts know that this is the wrong thing to do, but are unable to give it up. Once you get a wrong habit, then the vision of a mother is, how to rescue the child from the habit when he gets addicted to something. These habits will not drop by reprimanding, scolding, or by stopping. Then how?

A mother thinks that why not light a lamp inside him! If a lamp is illuminated, he himself will see in that light, 'Whatever I have been doing, it is so detrimental for me.' When he becomes capable of giving up those destructive things, then there are no problems left. There is no need to say anything to him. There is no need to pick up a quarrel with him. Just by telling them that this is wrong, they will give up those habits. This is how it should happen!

Today we have reached that brink, that if we do not get our self-realization, if we do not get to know the Spirit, we all can be completely destroyed. This is absolutely correct because Kali Yuga has reached its zenith. Some will be destroyed by diseases, some will get trapped in such diseases, that they will not be able to escape. It can be due to destructive things. Don't know how many things we have gathered to destroy ourselves.

We think that people abroad have a lot of money, so they are very blessed creatures. They are not at all happy! They are much more unhappy creatures than you. They are much sadder than you, because they neither have society, nor any mother, nor any brother, nor any sister. Just imagine, if you are given a lot of money and you are told to hang around alone somewhere, will you be happy? Such is their condition! Even after having so much money, all the people try to find out how they can commit suicide! You will be surprised that their children are always planning or thinking about how to commit suicide!

So we think that by having money everything will be alright, it's not so! But one must also have money! For that too, the awakening of the Kundalini is necessary, because within you also resides Goddess Lakshmi. When Kundalini rises to Nabhi Chakra, when the Kundalini of Sri Lakshmi opens, then we get an awakening by which the form of Sri Lakshmi also manifests within us.

Now, whoever has thought of creating Sri Lakshmi, has thought wisely and created her. A person who is a (real owner of wealth) 'Lakshmipati' should have a motherly aspect. But nowadays whosoever gets money, takes on a demonic aspect. That shows that by achieving wealth one does not become 'Lakshmipati'

Secondly, one of Shri Lakshmi's hands is for benefaction (daan) and the other hand is for shelter. With one hand she gives and with another hand, one must give shelter to people. Another thing is that in both of her hands, she is holding pink lotuses meaning that their (Lakshmipati's) lifestyles, their appearances should be such as the flower of Lotus and their ideology should be such, their welcome should be like that of a lotus which makes sleeping arrangement on it even for a thorny bumblebee. No matter how thorny the guest is, he must welcome whoever comes to his house, must make him comfortable, then only he is a 'Lakshmipati'.

Poor thing! She (Goddess Lakshmi) is so simple that she is standing only on one lotus. She doesn't need any other support. There is mud spread all around. Lakshmi Ji, whom we respect so much, is standing there on a lotus. Such a great Goddess is

awakened within us, and all her qualities start manifesting within us.

Shri Krishna had said it very clearly, 'When union with the divine (yoga),

will take place then only I will take care of your (ksHEMA) well-being. First, accomplish the yoga.' People will give big lectures, which nobody will even understand. Everyone will think, don't know what they are babbling about!

But the right thing is to first get the yoga. The one who achieves yoga becomes satisfied. All his problems are solved automatically.

The power of Kundalini within us is our pure desire. Rest all other desires within us are impure. Like a lady will come and say, 'Mother I don't have a son.' 'Okay, you will get a son!' The son takes birth. After that, she will say, 'I have got a son, now I want a grandson.' that too she got. 'Now I want a house, after the house, I want that, after this, I want that.' There is no end to it. That means whatever desires we have within us, are not pure desires. Pure desire is only one, that somehow we get that skill to become one with God. Somehow this should work out so that we become one with this all-pervading power of God, which does all the living work.

This only is our pure desire and the power of this pure desire is called Kundalini, and it is the reflection of Adishakti who is the desire of God, who is the desire of God Almighty. That's the shadow inside us. The Spirit within us is the reflection of God Almighty and whatever is in the triangular bone is the reflection of God's desire. His desire, which is Adi Shakti, is his reflection, his shadow.

If you understand this, then you will understand that in the name of religion, how disorientated we are. The same Adishakti, she is our mother. We all have individual mothers that reside within us. She grants you what no other mother can give, because this Adishakti, the statue of Holiness, the power of God Almighty, gives us those qualities by which we can keep God pleased, and she gives us that capability, that power which is the power of God's capability. Like somebody says, 'Mother, I have these problems' 'Alright, I said, 'You go home, everything will be fine!' On reaching home he finds that the problem is solved. What miracle mother has done? I have not done any miracle. I have not done anything. What has happened? That I have awakened your Kundalini. It is the Kundalini that is beyond any cause and effect.

Somebody was asked, 'What is your problem?' They said, 'We don't have money, that's why we are troubled.' The reason is you don't have money and that's why you are upset. But supposing you go beyond the cause, then the cause also ends and the result also ends.

The same thing happens when we have physical ailments. Now, when we have physical ailments, we think, 'We caught cold because we went out in the cold weather. 'Alright, but there must be a state where you don't get affected by the cold. 'We got cancer because we did this wrong thing' or `we are suffering from this disease because we did not take any precautions.'

But there must be a place where these things do not occur. Where either you don't make any mistake or where these reasons don't exist. In medical science, it is called the Parasympathetic nervous system. But doctors should first understand Sahaja yoga before understanding this, then only they will understand.

But you all can understand it very easily. What people call a miracle is not a miracle. There is no miracle in this. We do not understand everyday miracles as miracles! Tell me, that a fruit is created out of a flower, so can we make it? We cannot make it! And like that we see thousands and millions being created, but we don't see any miracle in that!

A highlander child is a highlander. A native's child is a native. The appearance is the same. Who makes that? Who chooses that? Just think of it! How these subtle and subtle, thousands and millions of such things happen in this world. The power which does this work, when it starts flowing within us, then we will definitely become capable, we will become empowered, we will become powerful!

Goddess resides in these mountains. You know today is the auspicious occasion of Ram Navami. I had to meet you on this auspicious occasion only. There must be something special here, that I had to come here today. Here is the place of the seven goddesses. These seven goddesses came several times. They came here and fought. They killed many demons. They killed many devils.

Today also I notice that many people move about as occultists (tantriks), gurus and fake people. You people go after them. Those people practice black magic, and you get into trouble. By going after these deceitful people, you have ruined yourself so much.

If you go to a doctor, they will say you are not suffering from any disease. It seems that you have no disease, but you are getting weaker. Every day there is a quarrel in the house. Daily there is a dispute. One can't understand anything. Children do not feel like studying. There is restlessness in them. Where did all the trouble come from? It has come from following these occultists, and going after these false gurus.

You must know that God does not understand money. Now here is this earth, if you tell this Mother Earth that, 'I'll give you two paise and you do my work.' Will she understand? But if you put one seed inside it, automatically a tree will grow. For that, for that land, you don't have to do any hard work. It's just that it is her own power. When a seed joins with that power it grows on its own.

But you think that let's do this, do that. By doing this, by doing that God will get pleased. This is not so. You should simply have complete faith and devotion in God and you should know that God does exist! Whether you believe it or not, God exists and does thousands of types of things in the world. God definitely exists, but you do not know him yet!

Without seeing your mother (Goddess), without knowing her, you already have so much devotion within. So will you not achieve the mother? How can that be? Is there no heart in the mother? Doesn't she think that my children are calling me? So, she has to go to them. Nobody can think like that, that if you call the mother, the mother will not come.

But sometimes such a problem arises, that the man goes on the wrong path. By going on the wrong path, one doesn't get any good results. But when the right time comes, then it is necessary that whatever you have desired, in your devotion it has to be fulfilled. And all of you must do so after the awakening of the Kundalini.

First thing is that there is no need for you to go to any occultists. This is today's killing. This is the destruction of today's demons, that I have got very badly after these Gurus and occultists.

In the year 1970, in Bombay, I had openly told the names of all these demons, that all of them have taken birth. Keep away from them! Every demon, Chand Mund, all have taken birth. They are walking about as gurus and thousands are mad after them. Let them go, let those silly people go after them. But those who are righteous people, who are simple-hearted, also get entangled in such a mess and discord, get health problems, and many troubles enter their homes as well. That's why don't fall into such traps.

Any occultist comes to tie the thread in your hands. Tell him, 'Sorry I don't want to tie the thread.' Many people bring religious threads from Kashi. They buy it for one penny from somewhere and tell you that this religious thread (Ganda) is from Kashi so tie it. You will tie this thread for which he will take two rupees. Now, you have tied it. But you do not know that there is something tied inside it, which takes hold of you. This neither any doctor can recognize nor any physician, nor any other medical practitioner can recognize. Only a person who has got his awakening can recognize it. He will tell you that you are caught up!

And such types of things are in abundance here. As soon as I came, I said that I have to fight all night with all of them (occultists and fake gurus) here. The war will be on all night. The war is on for the last three days. And there are many people hidden here practicing dirty, impure knowledge, who come to the village, and by keeping an eye on the women and the men, they are making money from them.

Somebody will say, 'Give me only rice. I don't want anything else. Give me this thing! I don't want anything.'

Have you ever heard that Rama or Krishna begged from anyone for rice? Or did they tie religious threads? Or did they say, 'That take this name of God by which everything will be alright?'

We are ignorant, but ignorance should not go to that extent, that we are unable to differentiate between God and Satan, that we are unable to recognize that this is Satan, that this is a demon. This very big evil has come for us, (unclear) has come. We do not recognize him. We did not recognize God either!

From the appearance itself, you can make out that this one is a demonic person. You can recognize by his mannerism, because you live in this atmosphere. You have sensitivity within you, and you can understand that this seems to be a satan and is not a good person. If women in the house interact with them, they will be harmed. If men interact with them they will be harmed. Your homes will never prosper. This is the biggest issue here, and that is why the goddess always takes birth here.

But now in Kaliyuga, the defect that has come is like this: If demons are standing before us, their necks can be cut and thrown away, but they are not standing before us, instead have entered the brains of people. If the demons enter the brains of all the devotees, all the children, then what will be the condition of that mother? Think of it! That you are a mother or a father? How upset will you be? And this is the condition I see today, that these things badly affect simple, humble, and good people.

Give up these pursuits! To visit a guru, to visit an occultist, to visit a mantrik (a person specialized in practicing mantra), to visit an astrologer, you should give up all that! If you give up that, you can go straight into the kingdom of God. You will have no problems. All these people who live in this country, especially the people who live abroad, out of that how many will go to the kingdom of God? Very few! They will not have the courage to come to the court of the mother. They don't deserve it. They are not eligible for it. Nothing good is going to happen to them, I am telling you.

Although my husband is abroad, I live there. I have been working hard for years but all in vain. You people are my own. You are more dear to me than my life. But you all have also got caught in such misconception and have lost your way, so how much it is a matter of pain and distress for a mother!

You must understand that mother has told you not to go to any occultist, any Guru, or any such wrong person. You are all householders and householders should keep to their household. We have nothing to do with hermits and saints. We have to earn, we are performing Yagya, and we are settled in our household. Do we need to give our money to these fake hermits and saints? There is no need!

Once Sita Ji also got into the trap of the fake hermit and you know how, poor thing, the whole Ramayana was made. Therefore, don't fall into their trap. Mostly the women are affected by this, because they are very simple-hearted. Keep your children, your house, and your husband protected from this.

Our social structure is very beautiful. You have no idea how it is abroad! If anyone dies there, no one cares. No one knows if someone dies. If the father dies, then the children don't come to know about it. When the children die, the father does not know. In that city of London, every week three or four children are killed by their parents. Why do they kill? Because they are fed up with them! Just think of it that they kill at least two children! Have you ever heard that in our country a mother or a father kills their child even, if they have ten children? Their ways are so cruel and we are people of Sahaj simple love. We shouldn't get caught in this mess!

Today I will give you your awakening. You get your realization. After getting you awakening the cool breeze will start flowing from your hands. It should flow in your every vein. It's not that somebody just says that you are realized now. From your head from the fontanelle bone area, you will feel the cool breeze coming. A cool breeze will come from here. You will see that cool

breeze coming out of your head. A cool breeze will come from your hands once you get your awakening.

Also here you all sing, that cool breeze came, the silver leaves started shaking, and the Goddess came. You sang the song today. Yogi Mahajan was asking me, 'Mother, how do they know that a cool breeze comes, when the goddess arrives? How did they find out?' I said, 'This is coming from ancient times. Goddess has been here for many years. So those who must have sung must have told, that when the goddess comes, the cool breeze also comes.'

What Adi Shankaracharya has described as 'Salilam Salilam', such a cool breeze should come in the hand. This is the identity of the Goddess.

When someone's body emits the cool breeze, that person is an incarnation. This is the tradition of the Goddess, this has been said. So, in our villages, those who are following the traditions noticed that when the Goddess incarnates, the cool breeze flows everywhere. The cool breeze comes from her body, That's why such songs have been written. All these traditional songs that are made, all the things are written in them admirably, that who is a Goddess and how to recognize her!

So, in this way you people have great wealth. You have got great prudence and understanding and you are simple people of humble nature. Those who are hard-natured people, are very difficult types.

It's not at all difficult to give you self-realization, but you have to promise me only one thing: you will give up these deceitful gurus and will not run after them. Because of this, you have suffered a lot and you will suffer. Therefore first of all you all should get your awakening.

Secondly, I have heard that, while singing, the body of the people here starts shaking. It is said that Goddess has come. This is a very big misunderstanding. Goddess cannot come in anyone's body. Very difficult! Is it easy to do the work of a Goddess? There are thousands of chakras in the Goddess. To look after those chakras, to properly move them, and to flow cool breeze from them, to do good to people all this is a difficult job and also the character of such a person (who claims Goddess comes in his/her body) should also be pure!

All the maids we have in Bombay consume alcohol, do all sorts of things and the Goddess comes in their bodies! Tell me is the Goddess mad to enter into anyone's body? Goddess can only enter in pure attention. And then what does the Goddess tell! That you kill someone, then everything will be fine! Or what will be the number of the horse? What is that one? What is the number to play Matka (a kind of game played for making money)? Can the Goddess ever say such things? Goddess will always talk of higher things, she will talk of God, and she will talk about nice things. She won't discuss such dirty things!

When you understand all that, you still fall at the feet of such women! This one is an evil spirit (bhoot)! These are evil spirits that enter these women and these women start speaking, and you start believing them. It's true that the evil spirit knows certain things and speaks out. But what is the use? What is the use of such things? By going to them you will only be harmed!

If today you go to a bhoot, tomorrow it will possess you! It will destroy your clan! Such women should not be allowed to come to your door. One should not eat at their home. You should keep them away because they are possessed people and give you dirty diseases.

Any woman in whose body an evil spirit enters needs to get her treatment done and become alright.

Otherwise, in the end, they become lunatics and die. All such women become lunatics and die in a mental asylum.

You all know everything. You can ask the old people here if such a thing happens or not! So there is no need to go near such women, go near such men who are possessed by an evil spirit. They call it that 'Dev' has come. And there are many men also like that, who get possessed by evil spirit. They start dancing a lot, they say strange things, and they put kerosene oil in their mouths and light the fire, they put lemon and what all buffoonery they do! And people go crazy on these theatrics! If it's a spectacle it's

okay but it's not a spectacle! There is a very poisonous thing behind it. They are even worse than a snake or serpent, because if they bite you, then you are finished. You can't escape them. That's why keep away from these evil people.

This much knowledge is sufficient for you. Rest you all are absolutely fine.

There is no other defect in you. I don't see any other defect in you. I see only this, that in ignorance, in the darkness you sometimes go after the wrong people. The more drama somebody creates, the more you should keep away from them. God is not an act. He is genuine. He is the reality. It does not happen by acting or falsehood.

Until now you don't have the experience. So, I will give you the experience. Due to a lack of experience, you do not know what is good, and what is bad. When you will get the experience, you will know.

If somebody asks you, 'Do you believe in Naina Devi? Do you believe in Chintpurni? Why? It is just a stone! Why do you believe in it?' What is your answer to that? There is no answer to that! Why do you believe this? 'Do you believe in Shankar Ji? Do you believe that there are twelve jyotirlingas (divine places of Lord Shiva) of Shankar Ji?' Why? Why only twelve? What is the reason? You must ask, why, how, what? How do you know?

We had great saints, great people. Those great saints we had in our country, they had vibrations. They felt the vibrations and said that these things have come out of Mother Earth. This is written even in the Bible, that the things that come out from the earth element are Swayambhu. So, this Swayambhu has come out. But if someone makes its statue, any dirty person makes statues out of a Swayambhu and sells them at a higher price, these things do not belong to God, they are not divine. If there is a Swayambhu, out of which the vibrations are flowing, only a saint can recognize it!

I will tell you one example of that. Once I visited a place called Rauri, where my ancestors ruled. There somebody told me, 'Mother, there is a very strange place here. Fifty years ago, there was an Englishman living here. So, he was constructing a dam over here. During construction he noticed that there was a place around hundred feet, nobody could dig that place, whatever one may do. And if you build something there it collapses. It collapses in the night. People build something in the morning. Again it collapsed in the night. Why this was happening they were unable to understand! It is something miraculous.'

So, a saint came and said, 'Do not touch this place. This is the place of the mother. Don't touch it!' They said how does he know? He said, 'I am telling you, just move away from here!' So, the dam which should be built straight is made like this. I went there and said, 'This whole thing is Sahastrara!' They said, how? I said, 'You all are realized, souls. See, you can feel the cool breeze from it.' Such a cool breeze started coming from it.

Now all the Jyotirlingas, it's the same situation, now you go. After getting your self-realization now you go somewhere. Go to Vaishno Devi! Ask her, 'Are you Sakshat Vaishno Devi?' The cool breeze will start flowing in. So, one gets the wisdom to know what is genuine and what is fake. If the wrong kind of person comes before you, immediately you will know. Hot air will come from him. If not, then sometimes one can also get blisters from the evil people. You will immediately know those who are evil. You won't ask anyone. You will immediately say, 'I have nothing to do with this person. Go!' you will say clearly. Now, there is one way to know inside out, that the light should come to you. And the light comes from the kundalini which pierces the six centres, which is called 'shatchakra bhedan'

These chakras when they are pierced, then on one side our health improves so much and on the second side, our mind becomes peaceful. And on the third side, we achieve the Spirit. Spirit is Satchidananda. This means that in this state of awareness you can know the Truth. Till now you do not know the difference between Truth and Untruth. Now, whether I am Truth or untruth, how can you know? Unless and until you get the vibrations within, how will you know who I am? In the same way, you call this as attention. Your attention also gets enlightened. Like sitting here you think about someone and you feel burning here, means what?

At our place, in London earlier when a gentleman got his awakening, so there people are more skeptical. They don't have devotion like you people. They are suspicious, mostly they doubt. They don't understand anything about Goddesses. One has to

start from G of Ganapati. So, there was a catch! He started saying, 'Mother why this catch is coming here? He asked a question regarding his father. I told him, 'These are your father's centres and it's possible that he has got a problem of a very bad bronchitis in his throat' because this is the centre of Vishuddi. So he said I will telephone Scotland and find out. So, he called and his mother said the same thing, 'Your father has a very severe Bronchitis and he has fallen sick.' He said 'Mother, what is the diagnosis for this and now how to cure it?' 'So, the diagnosis has been done,' I said. 'Now I will tell you the method to cure it, and how you will give protection (Bandhan) to him.'

As soon as he gave Bandhan, his mother called up in half an hour saying 'Don't know how your father's fever has come down and he is running about. He has even gone out.' This is how these things work out. So, the attention that is, it gets enlightened. The light comes into attention. whatever you think of, whatever you will want to do, sitting here you will know about that.

Now you see, you must have heard there is radio, there is television. The programme is somewhere else, but it's heard here!

In the same manner, there are such eternal rays of God, there is such a web spread out, he has thousands of hands, by which everything is accomplished. But first, at least reach into his kingdom! Come into his empire! If you are not sitting in his kingdom, if you are sitting in someone else's kingdom, then how will God take care of you?

When you will come into the kingdom of God, then all the arrangements have been made for you, All his Angels, his Ganas all are standing in your service and when you will come into his kingdom, all of them will fully take care of you, and you will get solutions to all your problems in such a way, that you will be surprised how it has happened! Mother, how did we achieve this?

There are many such examples. Many such instances have been seen in Sahaja Yoga, which nobody has been able to answer!

Many times I was sitting somewhere. Suddenly I see that there is a beam of light coming from the sky. It's caught by the camera. Something somewhere! Something somewhere else!

Once I was in Bedford. Even the newspapers there had printed that I had gone to Bedford. I was giving a lecture. There were many people, I was giving a lecture. At that time, around nine or eight o'clock a boy fell from a height. He fell eighty feet down! He had a motorcycle. When he fell from that small bridge, the people on the bridge called the ambulance. By the time the ambulance arrived, the boy climbed and came up. People asked, 'How did you climb?' He replied, 'I don't know! One lady came and she cured me!' They thought he has gone mad or what! So they took him to the hospital. The police came there. He told the police, 'Believe me! There was a lady who came in the white car (we have a white car) and was wearing a white sari, and she was an Indian lady. She came and put her hand on me. By that I became alright!' So they said, 'Nobody like that came here. We were standing and watching from the bridge and he came up.' Somebody said, 'No, it has happened. It's a fact, because he doesn't have any injuries!'

The next day the boy saw my photo and said, 'She is the lady who saved me!' So they asked him, 'What did you do?' So, he said, 'When I was falling I just said, Oh Divine Holy Mother! Please save me! I just said this much! I just thought of her and nothing else! And the moment I fell, I don't know how she came immediately and moved her hand like this. I saw the car coming, I saw her getting down. She quickly came down and cured me.' He spoke very clearly.

People were bewildered! They wrote letters about how this has happened! So they (Indian Sahaja yogis) said, many such incidents have happened in India, and now they are happening in England as well. It's great!

There is nothing special in that, because for someone who has thousands of hands, thousands of powers, what is special about it! If I am something, what is so special about it? If there is sun, it is there, what is special about it, because it has this power within. Whatever is there, it's there, what is so special about it?

But your case is special, because from a human level you have reached the door of God! And it's not just that! Now you have risen higher than a human being and become an 'Atmanav' (a state higher than a human being achieved post-self-realization) You are about to become a realized person. This is your speciality. This is your greatness. That's why first of all, I bowed to all of

you! That's why I had said, 'My greetings to all of you!'

Now, in a while, we will do the process of Kundalini awakening.

(Transcript ends here.)

Rest of the translation done directly from Shri Mataji's talk)

But if you have any questions, please do ask. And after the question-answer session, we will conduct the programme on Kundalini awakening.

Give me some water! (addressing someone on the left side)

Now, we have Sherawali (Goddess who rides the lion), and you all are my lions (Shree Mataji is smiling sweetly). All the lions of the forests have been killed, now you all are the lions.

Is there some water? (again addressing someone) Ask questions! If you have any questions then you must ask! Later on, you should not feel that we did not ask this from Mother, we didn't ask that from Mother.

Someone: (unclear)

Shri Mataji: (laughing) They have become thoughtless! Now, there is one more thing! We have Yogi Mahajan and his wife here. They are great Sahaja yogis. Also, there are many others (Sahaja yogis) who live here. They will explain everything to you, what is to be done further and what is not to be done.

Like someone is taking the name of Shri Rama. Now, Shri Rama has come and is standing before you, but still, you are reciting Shri Rama's name. So, what is the use of taking Shri Rama's name, tell me? Like Tulsidas said, (Chitrakoot ke Ghat per bhai Santan ki bheed, Tulsidas Chandan ghisen, Tilak Karat Raghbir) that on the pier (ghats) of Chitrakut, there is a crowd of saints. Tulsidas is making sandal paste and puts it on the forehead of Shri Rama. But he did not recognize Raghbir. He put a tilak on the forehead of Raghbir and said, Come on move ahead! So, what's the use? That's why, now you must learn to recognize.

Now, all these arrangements have been made. These arrangements are now complete. Now, there is no need to do all this.

Now, recognize your Spirit and achieve it! And now whatever solution has to be done for the Spirit has to be done. All these means are complete now.

Now, where is Shri Rama residing in us, and where is Sita inside us? Where is Shri Krishna, you all should understand this. After that these people will tell you that if you get into any trouble, or you face any problem, how the complete procedure should be followed, so that it's completely cured.

Earlier I knew the Punjabi language very well. I used to study in Punjab at Lahore Medical University, but now I am not so fluent. (Shri Mataji is smiling) But it may happen that next time I will talk in Punjabi language only.

You don't have any questions? Everyone is ready for self-realization. Everyone, come forward! Everyone comes forward and sit. Sit in front! Sit in front!

The Delhi Sahaja yogis should be at the back, so that they can help me out to solve the problem. Everyone is sitting at the back. (Addressing people sitting far on the left side) All of you come here if you are feeling the heat of the sun! Doesn't matter! Come here! I will make shade! Sit in front!

You only asked that it should be sunny today. So, I said have it that way. When it was made sunny for you, then you all went and sat in the shade. They were asking me, 'Mother today please let the wind be such that it remains sunny throughout.' So I said, 'Alright! As you wish!' So, I made it sunny for you today. Now when I made arrangements for that, why are you sitting in the shade? Sit in the sunlight for some time.

Delhi Sahaja yogis should go to the periphery. They should stand on the periphery.

Everyone should sit comfortably. There should be space in between. One should not sit too close! Little bit! Be comfortable! Everyone sit down first of all!

(Talking to Sahaja yogis) Put a shawl on my feet as well. The cool is flowing. One of your shawls, put below the feet. His feet! I have brought my own shawl. It's so cold now.

Sit down! You all will also feel the cool. Sit down! Sit down! Sit down! Sahaja yogis also sit down!

(Shri Mataji to someone on her left) What do we call the word 'left' here? Khappa?

Sahaja Yogi: Khappa!

Shri Mataji: And right?

Sahaja Yogi: Sajja

(Shri Mataji with laughter) It's different everywhere.

(Shri Mataji addressing the crowd) So this left hand of yours is your desire. It is your desire! Therefore put it in your lap like this or keep it raised like this. If you feel tired, keep it in your lap. Keep in the lap like this! Left hand! Put it towards me! Left hand!

Now the cool has started coming. It has come, isn't it? And keep the right hand on the ground because this (Bharat Mata) Indian soil has given us a lot. It's her gift and she sucks in all our problems. So, keep your right hand on it. Keep it on the side, not in front. Keep it on the side comfortably. Sit down! Sit down!

(Shri Mataji looking far towards her right side) Is there no one to take care of those children? Little children are playing. The cool breeze is coming? Is it coming? Very strongly? Alright!

Now, put your right hand towards me and your left hand up like this. Left hand backward like this. Not towards me but backward. Now, don't think. No need to think. There is no thought coming into the mind. Are you getting the cool breeze? Keep the right hand towards me. Are you getting the cool breeze? Are all of you getting the cool breeze?

I told you you all are good people. Abroad, I have to work very hard, but people do not feel the cool breeze easily. You all are dear to me and see how fast the cool breeze has come! I am Pahadon wali (the goddess who resides in the mountains) that's why!

Now, raise both your hands and push back your head! Now ask, is this the power of God? Ask in your heart! Are you getting the cool breeze? How beautiful hands everyone has! Now put down your hands and put them towards me like this. Now close your eyes and see if the cool breeze is coming in your hands! And the silver leaves mean your hands! How beautiful!

Now, open your eyes slowly and don't think! Don't think! This is something beyond thoughts. Open your eyes! Now, take your hand above your head, here four-inch high. This hand towards me. Use this hand! See are you getting the cool breeze. See on the top of your head. It's slightly subtle. slightly high! See you four-inches high! Left hand towards me and see from the right hand.

Are you getting the cool breeze? Are you getting the cool or hot breeze on top of your head? You are getting the cool!

See, it's coming from your head. You can know yourself.

Now put this hand towards me and see from the other hand, if you are getting a cool breeze from your fontanelle bone area, what we call as 'Talu'. You call it 'Tallu' here. See if you are getting a cool breeze there. Are you getting it? Is it coming or not? Are you getting all of you? You will feel very light inside.

Now, how to take Devi's kavach, so that no harmful evil power from outside can harm you. That I will show you and also I will tell you how to raise your Kundalini. You have to do it daily morning and evening.

Another thing, take my photo from them, and also ask what is to be done further, and then everyone has to do accordingly. By doing so every day morning and evening, the Kundalini will remain awakened, because in the beginning a lot of care has been taken. Like when a seed sprouts it needs to be looked after. So you have to keep it with care. Now, how to keep it, I will tell you! It's very simple!

Look, keep your hand like this towards me, and for protection, it is taken from over the head. 'Kavach' you all know that we have 'Devi Kavach'. You have to take your mother's drape over your head. Take it! Raise it from here and over your head, take it full and down. Everyone do it! From which hand are you doing? It's not done by the left hand. Take protection with your right hand. We do everything with the right hand, isn't it? Do it seven times as there are seven chakras. Everyone do it! Four, five, six, and now seven! You will do it seven times.

Now, how to raise the Kundalini, see I will show it to you! It's very easy. Our Kundalini at this point from where you sit, at this place. Now, you have to move like this, in its front, below it, behind it, and above it. Understand it, otherwise, you will do it wrongly. Again! front, below, behind, up and this one you have to raise straight up and take it on top of the head like this, and this one you have to move simultaneously. Kundalini goes on rising and then tie it on top of your head. Do it like this and tie it on top of your head. It's very easy. Even the children can do it. Now, see this! Sahaja yogis, please don't tell them. They will be confused. You keep quiet! Don't confuse them! They don't understand your languages. So, keep quiet!

Now, let's see! Let's start! Now, this is the Kundalini, raise it like this. And take it on top of the head and tie one knot like this. Again, everyone do it! All the Sahaja Yogis should do this. Raise it and on top of your head move it and tie two knots and a third time three knots will be made so that the Kundalini doesn't fall.

Raise it again and you will feel so nice, just see. Raise it and bring it on top of your head and now one, two, and three! Now, check your hands. Are you getting the cool breeze now? The cool breeze is coming, isn't it? Even a leaf is not moving anywhere see, from where is the breeze coming? See! See, all the trees are standing in a line but not a single leaf is moving. Only these leaves are moving here and this air too.

See, this wind is blowing from here.

(Shri Mataji bows to them with folded hands) Now, you have to look after it. Getting your self-realization once is not sufficient. Take my photograph. How to meditate and what all is to be done, for that you come and meet them (Sahaja yogis). They will also visit different villages and meet you and tell you. But most of the Indians have this attitude that whatever they get in Sahaj, they forget it in Sahaj only. And if they meet someone else (fake gurus, occultists, etc) they go there.

Now, settle with yourself. Know yourself, understand yourself and settle within yourself. Become your guru. There is no need for any other guru.

Mother wants that whatever she has, her children should get everything and enjoy it.

My eternal blessing to all of you, eternal blessings, eternal blessings!

Those who haven't got the cool breeze will also get it. There must be some of you who haven't felt the cool breeze. Doesn't matter! There must be some blockage inside. Doesn't matter! Those who haven't got will also get it. Everyone will get it. It's not that one has not got it so talk in another way. it's not so! Those who have got it, they have got it and those who haven't will also get it.

There are many who don't feel the cool breeze, they say why others have got it and start talking. This is not a matter of discussion but of achieving. It's a matter of achieving your power, which is our true wealth, which is reality. It's concerning that and that is our power.

(Everyone claps and Shri Mataji smiles)

Wait a minute! Wait a minute! Wait a minute (unclear) and then come! Peacefully! Peacefully! Now be peaceful! It's time for silence. God will do everything!

(In the end, Shri Mataji is seen sitting with a shawl wrapped around her, looking at her children)

## 1985-0402, Shri Bhoomi Devi Puja: Sacrifice is very important

View [online](#).

2 April 1985

Bhoomi Devi Puja

Pune (India)

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

English Translation - Bhoomi Devi Puja Date 4th February 1985: Place Pune - Type Puja or 1985-0204

[English Translation from Marathi]

(Starts at 12:48)

So much preparation has been done by all you Sahaja Yogis. After seeing that, it feels that the decision to reside in Pune has to have some special reason of love. There are many reasons but the main reason I feel is the yearning for your immense love is why we decided to make Pune city our home. On the whole, getting the land and getting the work done here is certainly a special event.

But the main reason is that Pune has a mould of immense virtue, abundance of good deeds and also has a mould of virtue. Here people can be transformed into virtuous beings. But a lot of nuisance has taken place here and will keep happening, because whenever people are transformed into virtuous beings, the negative forces are operational everywhere, ready to attack such beings. Especially at such places where some virtue is being created. So, you should achieve Sahaja Yoga more truthfully, with greater alertness and care. Pune is the soul of Maharashtra.. It is not only virtue but it is the soul. If we infuse vitality(Chaitanya) in this soul then its good effect will certainly be felt in the whole of Maharashtra. For this purpose I need help from all of you.

First of all, one should remember that building a house is not really very important and it's an easy task. But with this house if all Sahaja Yogis could be bound together and get a beautiful form, I will be very happy. This is a very big thing that we all of us have come today for Bhoomi Puja, including the saints and sadhus. We are performing this puja of land and the benefits of this Puja will be felt for ages to come. So today's special program has a special and an important facet which must be taken care of.

Sahaj Yoga is sustaining due to your support. Yesterday only I told you that we should be prepared to make sacrifices. Till now we have seen only the benefits of Sahaja Yoga. It has all types of benefits. Sahaja Yoga has financial benefits, job benefits, health benefits, Our relationships with everyone get aligned. Marriages take place. Lot of issues get resolved totally. But the main question is – what progress have we made? Whatever we have gained from Sahaja Yoga is outwardly. How much have we gained on the inside - that needs wisdom of sacrifice? But most of the people discard the wisdom itself. Therefore, the problem is that if anything is placed before them, people first examine what benefit they will derive from it. Even now there are a lot of Sahaja Yogis who think let us make money, or will get this benefit or that benefit. If you keep a petty perspective, then everything has to become petty.

In all, whatever is there and whatever has happened is due to God Almighty and is the work of God. Therefore, from outside it may seem like we are constructing a home etc. , but symbolically we must understand that we have achieved a great thing here because Pune will become the global center of Sahaja Yoga. But, along with it, pretentious people, hypocrites, or such people who come to Sahaja Yoga, only for their personal interests, say to take advantage for themselves, such people have to be kept under watch and should be kept away. Gradually, good people irrespective of their number, even with blemishes, will achieve Sahaja Yoga through cleansing. But people who are intrinsically bad and come with ulterior motive, we cannot do anything with them. So it's better to keep such people out and they are to be told clearly that we cannot do anything for them.

From now onwards, my stay is going to be here. I am going to live here only and the entire work of Sahaja Yoga is going to take

place. Only thing I must tell you is that this house is being built with my husband's (Saaheb's) money and his income. And therefore, if he faces any trouble here, he will go somewhere else. Sahaja Yogis must keep it in mind that they should not trouble Mataji.

Now everyone (thinks)... "We have come for darshan. "

This is not a temple. This is a live person.

Everyone insists ..." Let me have a glance."

They will come anytime.

"I have specially come for darshan. "

The person has reached at six in the morning.

"Hello. What say?"

"I have specifically come for Mataji's darshan."

Is Mataji sitting in the temple? To give darshan to each and every one.

" But how come everyone gets a darshan when he enters the temple."

Then they insist.

"We came with great hope, but you do not give darshan '.

This and that, you are such and such..."

This has to go. This is a very low level thing. Because we do not understand, what is the work undertaken by Mataji, how busy she is in that, what right we have over her? Everyone feels that he owns every single moment of Mataji. Her entire time is ours. So we must give our time to Mataji, should not seek her time. People do not understand this. Anyone and everyone come and stand at the door. I feel absolutely restless that they are blocking the door. Cannot just step out of the door. So no one should turn up unannounced. The real Sahaja Yogi will not trouble me. This is the first sign. I can't understand a person who holds my feet and rubs his forehead on them, why is he doing that? But he cannot be a real Sahaja Yogi. On the contrary, he is a false one who shows off by such an act.

Second thing is, that you should not close your eyes when I am there. But a lot of people do that. I feel rather surprised. What is the need to close your eyes? Or in my presence also, people bow to the photograph first, and then they bow to me.

So in short, people should be respectful and at the same time should not be pretentious. Pretentious people can be identified immediately. So don't give undue importance to hypocrites, pretentious people.

"Because they have very large set up, have a big factory,"

So what? How does it matter to us? As they are such big factory owners have they offered you something, given you any help? "But they have so much money Mataji. They are like this". All humbug. They are simply selfish people. Therefore people who seek dharma, who seek the Almighty, only such people should come to Sahaja Yoga. Then it does not matter even if they are only ten. And where is the place in Almighty's kingdom now? Very little place. So how many people to accommodate in that needs to

be decided by God. To accommodate useless vagabonds, God is not like us. He is very wise. He is not ready to entertain useless vagabonds. He wants people who are truly genuine. All these vagabonds will languish here only. Hence we should befriend only such people, we should invite such people, we should make friends with people who are genuine seekers God and who aspire to ascend in their spiritual life.

And I tell you again, one must sacrifice also. To sacrifice is very necessary. Once you reach this state, one must sacrifice something or other. And in that too, one should not get stuck in small things. Now if I say that let us purchase land at Pashan or some other place then people would say that it is very distant. Now this place is quite far off for me. I have not even informed Saheb that this place is in the jungle only. Once the construction is done there, what can poor Saheb say!

We have never stayed so deep in jungle, but now if we have acquired land in jungle for you, we will stay here. So each one of you should keep in mind that if Mataji is doing so much at this age then why should you look for comforts in each and every thing? Sahaja yoga should not be dependence for everyone. No dependence at all. Just because there is Sahaja Yoga, there should not be dependence. "We have come to Sahaja Yoga, so Mataji, do this for us. Cure my children, cure my wife, and then cure my complete family." You think, Sahaja Yoga is a charitable hospital or what? Therefore, firstly some select few people should understand Sahaja Yoga completely and once you are knowledgeable, then we can cure everyone.

Today is such an auspicious day, And also it is Vinayak Chaturthi. It is a beautiful day. Something very special was mentioned about it. Is there a "Panchang" (Indian Calendar)?

It's written in the panchang that today is a special occasion. Therefore, today is a very good day and today we have started this auspicious work. It seems, that our "Vanaprasthashram" (ascetic life) has commenced now. These are the elements of "Vanaprasthashram (ascetic life).

(Gap till 24:18. Some Sahaja Yogi must be reading the Panchang and telling Shri Mataji.)

Sahaja Yogi: Mahargha Punya kaal.

Mataji: Maharga, you see. Just now I told you Maharga Punya Kaal. Such a great auspicious day. Nothing to beat Maharga. Argha means, Maharga, Argha. Argha means to offer water, to give argha. Now you should give water to this land of yours. You need rain and all arrangements should be done. But, then you should also deserve it. Whether Sahaja Yogis deserve or not, should be seen. It will be better if without taking many efforts you achieve Sahaja Yoga. And whatever gains you can get, you should take. Today is a great day. It is Maharga Punya today. I had already said earlier. So today is a special day. All of you have given me such pleasure and happiness, you all came here, took so much trouble, I request you all with folded hands to take similar efforts for Sahaja Yoga.

(Over at 25:22)

## 1985-0408, Easter Puja: We should become the people who are fighting for Christ

View [online](#).

8 April 1985

We Should Become The People Who Are Fighting For Christ

Easter Puja

Montague Hall, Hounslow (England)

Talk Language: English | Transcript (English) – Draft

Easter Puja, Hounslow, UK - 1985-0408

Happy Easter to you all. So we celebrate Easter to show how Christ resurrected, resurrected Himself. The spirit that is Christ has to resurrect out of the material manifestation of the divine itself. The matter is manifested, because we ourselves have created it. Not that we are born out of matter, our body, but we are attached to it, we want it, we want to have it. Whatever you want, that sustains itself by your desire, because now you are on the stage. If you want to sustain the matter, if you want to keep the matter as the first priority, it will remain. It cannot disappear. It has to go out of your mind, that matter cannot hold you any further. Christ rose out of the matter, came out of the tomb which symbolises the matter which has enclosed us within, which has to be opened out with our spiritual power. Throw away, throw away the stone that is covering this grave.

Get out of that and stand outside it. This is the message of Christ's resurrection. The tomb that we have created, we have created ourselves, because we have allowed people to dominate us. We have allowed them to make these graves for us, we have allowed them to bury Christ within ourselves, because we were afraid. But Christ has to rise. So we create our own matter through our conditionings, through our fears, through our absolute wrong ideas about goodness and kindness and compassion. In the light of the Spirit, you can see what we think as compassion is nothing but a kind of sympathy which leads you nowhere. But one should learn to see everything in the light of the Spirit. But do we use all the time the light of the Spirit? We do not.

For Christ, it was not difficult, because He was the Spirit. But He has shown you the way. He crucified Himself to show you the way. All the ideas about sophistication, about our standing in the society, how we relate ourselves to other dignitaries or to our country, to our politics, to our economics and the world at large, all of them can tie us down to that tomb. You belong to another category, I've told you a hundred times. And a category which is the Spirit, which can rise above all the tombs, can throw away everything. This way you are conditioned. All absurd ideas have been accepted, which you cannot explain why you were conditioned like this. Why I talk more of conditioning? Because of England.

English are very much conditioned people. The others are Americans who are abandoned. I mean, you cannot talk to them about anything because they cannot be rooted into anything. But the English are too much conditioned people, and when they are too much conditioned, they build their own tombs. All these ideas are to be seen with a new dimension of awareness that you have. You are the Spirit. Why should you worry about anything else but your vibrations? Because you are saints. You should just worry about the comfort of your Spirit. Whatever is congenial to your Spirit, just go on doing that, observing that, accumulating that and sucking within yourself.

All conditionings will run away. Because these conditionings you accept, because they look comfortable, they look comfortable, but they are not. Christ is a great example and if He is the one whom you follow, if He is the one you have understood and recognised in the light of your Spirit, then you must know why did He go into the grave first of all. The Man who was so powerful, Who when He will come He'll reduce all of them into ashes, such a great personality like Him of Ekadasha Rudra. Why did Christ allow Himself to be crucified and to be buried into that? Because He wanted to stoop down to the level of other people, to come down to that level so that people should see that through His life, they are shown that you can be resurrected. Now the Resurrection has taken place. Sahaja Yogis are resurrected no doubt, but still one foot is in the grave. And the second one I do not know whether it will be out or in, it is just halfway through. One foot is of course outside, no doubt, but still is not yet touching the ground, and the other cannot be lifted unless you push the ground, this matter, again, to push it up.

If you live with your Spirit, you should have no fears, you should have no worry. See now, I will tell you how God is showing His ways, here. Like in Durham, the fellow is now under complete fire, he does not know what to do and he himself is so stupid, as Sanskrit saying in is that "Vinash Kale Viprita Buddhi." "When your destruction time comes, you think of all perverted things", vipareet Buddhi. So his tongue if you, I mean see to the way he speaks, I mean, blasphemous. And he is under fire; he himself lit the fire and is now sitting on top of it. And now when he gets the heat, the heated words come out of his mouth. We don't have to do anything; it is all done, already. They are baked and cooked in their own... So why should we have fear?

But we should know what is right and what is wrong. That is only possible because you are with the Absolute that is the Spirit. And related to the Absolute, if you do everything related to it, you are doing the right thing. If you are related to Christ, how can you do wrong? That is one of the proofs that they are not Christians of any kind, because none of the Christian organisations have done anything good, whatsoever, except for creating fire for themselves. So you can see clearly how this conditioning has worked within us, because we have been so-called Christians, we have been going to churches, we have been worshipping Christ as they told us, the way they told us we worshipped Him, everything regimented. The One who came to resurrect us from the bondage of the grave, we used Him to build our graves. Now you are out of it, thank God, but take out the other foot, fast. This is one advantage you have because you have Christ before you, but also there is a disadvantage because Christ has been used to set you down in the grave. So change your concept about Christ, know Him through your vibrations, what He was.

I mean, as a child I knew what was going wrong with Christians and left and right, little girl like Me about seven years, I used to give big lectures. Even when I was baptised, I was horrified. The way I was baptised by some stupid fellow. I did not know what was he up to. And then he put a bhoot on my head, I think, or something which hovered round and we met with a very big accident, I fell down. This bhoot must have put it in the horse, I feel, or somewhere, another bhoot. This priest, the stupid fellow, he belonged to the Lutheran Church. I don't know what you call that. Lutheran, imagine, Martin Luther's Church. And that is how they baptised me.

I knew all about it, but I did not know what to do. I must have kicked him quite a lot. But whatever it is, so-called, he baptised me. I had to accept all foolish stupid things in this life, because I had to show I was quite normal. I mean, being accepting stupid is normal these days. And to tolerate an idiot is even more normal. So I had to show that. I knew very well what sort of a thing it was, this fellow was up to, and I accepted the nonsense he did and many other things I accepted just to show that I am nothing special. But I knew all about it. When I saw the way Christ was described, I was aghast.

I said "what are they doing to Christ?". I mean, nicely second crucifixion going on. You also know about it. Thank God there are so many to whom I can talk and they understand my language. But the Resurrection will not be complete unless and until you pull out many out of their graves. I don't know how you will go about it. Look at this fellow Durham gets such a publicity when he is doing all blasphemous things. He is getting all the credit and kudos from people. What about us? What are we doing?

Why not we write to the newspapers? Why not we talk to them? "Observer" has given us a clue, I think. There is one gentleman, Mr. Wilson, who wrote quite nice things. Why not write to him some letters? Get to it. Because, you see, what I am a little concerned about this matter is, as it is they are half-hearted creatures. Now, if this Durham fellow speaks like that, who is now the big authority on Christianity, Christ, His Mother and every body else, Mr. Durham. And now this fellow if he goes on like this, those who are half-baked will fall off to Communism, and the rest of them who may remain also, they may accept him. So the Anglicans, the Anglo-Saxon brain, I am saying, is going to accept Mr. Durham very well, I can see that.

Or else will just leave and become communists. Have nothing to do with this God who has so many problems. So in the Seminar of yours in Birmingham when you have, I would like you to think over this new thing that has come up in the heart of the Universe. Everyone knows about Durham fellow, they know he is blight, everything. But what about us? We are so many, let us try to find out how we can talk to these people sensibly, talk to these Anglicans, find out about them, and communicate to them what you have found out. You need not say in the beginning only that I am the Adi Shakti or I am the Redeemer and the Comforter, that Christ has said. But we can start talking about it. Find out these people, these Anglicans, church people, churchgoers who

believe in God, who believe in Christ. I mean they are voting.

Can you imagine? They are voting whether Christ was true or not. Can you vote like that? You feel you are in a lunatic asylum or what? It is terrible! They are taking votes, can you imagine such a thing like that? At this moment we have an advantage, because they are so much confused, to give them a concrete idea as to what is God, what is Christ, what is religion. One side I feel very hurt and unhappy, I think, these three days I have gone through real Resurrection myself. The way things have been about Christ, just I can't bear it, I mean, it is too much. You all should be stirred also, should be concerned.

And you must go through it and see what you can do and tell them: "Are you all mad or what? Why don't you listen to sanity?" As you know, when I went to Australia, it is a different country altogether. They are much more sensible people than you are. I think the way they were exiled, they learnt a lesson and they are better. So I feel the English have to go into exile or jail for a while to understand, deserve it. They are very sensible, extremely sensible people. You can talk to them, sense. Everyone. The media is sensible, the people are sensible.

Thousands of them came. They repeated. First programme we had once, it was 1 600, 2000. Can you imagine such people? And out of them repeats were 600. Now for the last how many years, we are having the same 600 people again and again? What Seminars are we going to do? All of us sitting and cooking some chicken, that's all. Or making some cake for Mother which She doesn't eat. Let us take out our satisfactions from these little, little things into some thing bigger.

Let us talk about it, without fear. We have to go and talk and tell people about it. Take it a big way. There should be no hindrance on this part. We are a very big group and we can assert and we can talk and meet people. The situation has improved a lot, because now I have to go to India as you know, and in India, for me, the situation is much better. It is not at all difficult. As you know, I went to the hills at the foothill of Himalayas. About 3000 people came from all over, the little, little villages that they had. They didn't take even a second to recognise me, they were singing the praise of the Goddess of the Hills, Goddess of the Tigers, Goddess of the Lions.

They just started singing my praise. Without any lecture or anything. They were all joyous that I have been there and they knew and they accepted Me and finished. And I just had to put my foot down there and I have done. Jaipur, they said, "Mother you just put your foot here", really! So for me the situation is very good in India. Now let's see what you people are going to do with these big big Seminars and lectures. Why not get some outsiders to listen to you? Invite them. Invite these intellectuals.

Try to talk to them, tell them what is it. What do you call them, those who know about Bible? Theologics. Theologics, theo - what logians? Without logics! Theologics. Call these Theologians, challenge them. Why not put a challenge? You are not alone, you are so many. And don't tell them that you wear saris when you come for my Puja.

They won't understand it, they are not that deep. You can wear your jeans. Or to convince them more, you can be punks. That would appeal to them better. You go with your punky conditions, they will jolly well have to listen to you, otherwise they are in for trouble. If they are that stupid, why not handle them? It is very easy to handle a stupid person than to handle a person who is not stupid, or who is clever. Stupid can be stupefied very easily. So I think we have to change our course, we have to take it in a big way, the whole thing, what we are going to do. All of you should give some concrete ideas as to what you would like to do.

And that would be really the way it will work out. So now in the Seminar you must discuss more how to talk to these people, how to create a platform for Sahaja Yoga. Find out how do they create a platform out of nothing, like these punks. And once you do all these things, you will be surprised that they will have to listen. They will have to listen to you. Now go full ahead. I am giving you all freedom, do what you want. Except for telling them I am Adi Shakti, that they will not be able to digest, that an Indian has now become the Adi Shakti. They think now Adi Shakti has to be an English lady. At least, French.

So don't mention me. If you want you can, but don't mention me as Guru or anything, but you should say: "She is the lady who has shown us the way" or something like that, not referring much to me, but to them. I think you should go ahead with it and work it out, because we have now had a lot of patience, now all nonsense going around us, better tell them. Or are we going to allow all

of them to go to hell direct? Message of Easter. East, comes from East. I don't know why they call it Easter. Have you ever thought of it? Why do they call it a Worcester Sauce, I don't know. I don't know why they call anything anything.

But Easter, you can't explain, you know. Like "curved screen", you don't know. So I don't know, but Easter, it is coming from the East. The wisdom has to come from the East, the Resurrection has to come from the East, whether they like it or not. And that is the message of Easter today: that let us give them the chance of resurrection by talking to them, all of you. Should make it a point, go and talk to people who are in charge of theology, churches, Bibles. Go and talk to them, tell them: "What are you doing? Are you mad? Why you want to die? Why do you want to be sleep people."

You don't know anything." Another thing I would suggest that we should have regular classes, to understand Sahaja Yoga properly. I have seen some people who are Sahaja Yogis for years don't know anything about Sahaja Yoga. Even in Bombay, people told that: "Some of the ladies are absolutely zero as far as Sahaja Yoga is concerned. They don't understand what is Sahaja Yoga is, they don't understand what is - what are the chakras are. They listen to your lecture, everything, and then like a bubble, the whole thing disappears from their minds." I don't know who gave them these ideas, but they were quite shocked. So let us have a class-like thing for Sahaja Yogis to different topics and subjects, let us work it out. Recently you must be knowing, there is a book going to be published by Yogi Mahajan called 'Gita Enlightened' which is a very good book. Of course, I mean, most of it, I have helped him, he has been with me and all that, but doesn't matter, but he has understood the subject.

The other day they published a very beautiful book in Marathi. One Suravkar, such a learned book he wrote that in the light of Gyaneshwara, what is Sahaja Yoga. And he has written it so well that anybody who is a theologian or anything, like in India, will be impressed by it. I wish I could translate that book for you. But it is all the stanzas from Gyaneshwara, which is in Marathi language. He wrote such a nice book on Sahaja Yoga and that is what he gave on my birthday this time, something so substantial, I felt. And once it reaches into the hands of any one of these people, I mean, it will in any case. And he published himself, he brought some copies, gave it to me. And all the copies were sold out in that programme, every copy was sold out for Rs. 2 each.

So this is what we have to do now, is to write, write to different magazines, meet people, tell them we want to come and talk to you. First of all you must know about Sahaja Yoga. You should be well equipped. It's not that you can show my photograph with a light here. That is not sufficient. What is the light here, also you have to show. Only a few people know what is Sahaja Yoga, the rest of you don't know anything. Let us see what questions we have in our minds. Let us sit down and find out: "What are the questions?" "What questions are we lacking in?"

"What we have to understand in Sahaja Yoga? What part we don't know?" Let's find out all those things, all the details. Let us write it down. Everyone of you. Whether it's a woman, man, child, everyone can do it. Find out: "What are the questions which are not yet answered in Sahaja Yoga?" "How can we answer particular questions?" Alright? All these things can be found out.

If you put your attention to it, you can easily find out what you need. Everyone has to do it. You must all be equipped. If anybody asks you a question on Sahaja Yoga and you cannot answer, I mean, how can you convince people? You take one ordinary so-called layman from Christianity, so-called Christianity again, the man is layman and the Christianity is also lay. He will give you a big lecture on Christ. Every verse in the Bible, he will tell you: "Chapters, Matthew 2, Verse 2, this is what Christ has said. That "you will be calling me Christ, Christ and I will not recognise you", telling about himself only. So you have to be absolutely equipped for it. Now you have to also know what you will confront in a particular country.

For example, when I come to England, I know I have to confront these theologians and the Christ and everything. If I go to India, what I have to confront I know. I have to face it on different lines and different fronts. You don't have to do that. Just think about your own country. For French, you have to think about France, you people have to think about this country. And then go ahead with it. You can chalk out a good programme and work it out properly. I am sure, by God's grace, everything will work out. Because when I am going to do it now?

I'm going away, as I told you, to India, and I don't know when will I be back. You wanted to arrange my programme in England, but

I think I cannot do it, because I have to go round to all the places, Europe and all that, finish that. You'd better do that touring. When I was not here, what touring did you do? Nothing. You could have toured. Now at least, these three months, when we are having a nice summer time, I'll be travelling all over Europe, everywhere. You please see that you go round England. Visit different places, arrange programmes, talk to people, find out who are the big Johnnies there. The mayors, this, that, go and talk to them, tell them about this.

That is how new programming should be done and a new dimension should be given to our Sahaja Yoga propaganda. You have done no propaganda in the right sense, in the sense that we were not so much sure about it, that we'll work out. But now we will, because people are writing, there is an atmosphere against Christ, so we have to fight. And that is how we should become the people who are fighting for Christ. Now there could be areas where you can talk of integration, of talking about how we do not know much about Christ. That we have to go to other books to find out who He was. Why did He come on this earth? We have to go much deeper. We have to prove that there is Divine power. And you have seen how Divine power works, what wonders there are.

You take my photographs. Show them: "These are the photographs, can you explain these things? That in the hand you see the sun? Show us in Mrs. Thatcher's hand, even a star won't twinkle." These things are to be seen in the right perspective and at the right time. We must do whatever is right at that point. That is the way Sahaja Yoga is. Hit the point when it is to be hit. If you cannot do that way, you cannot achieve it. So this is the right time for you, there are now 3 months ahead of you, I would like you to see what you can do, because now the sun will be coming out, you will have a nice summer.

Go ahead. But now just do not fix all your holidays during these three months going to some beach somewhere. Sahaja Yogis have no time. They are busy people. They have no time to waste. We are on a warpath, we have no time to quarrel among ourselves, fight. We have to fight very great enemies. We have no time to waste on our families and our children and our relations and father, mother, sister, brother. We are on a warpath, very important it is. So let us now prepare ourselves.

As Christ stood out of that grave, let us get out of this grave of lethargy, of compromising, of comfort, of our past ideas about life's pleasures. This is the new era that has to show, it's manifestation in this country. It is very important, and you all can do it. You have to be very brave, you have to be sensible, wise, kind and also forthright. But you have to say what you have to say, because it has to be said. And this is the only thing to be said, nothing else is important. Whatever these people talk about has no meaning. They are not mantras. Some of them are anti-God, some may not be, but they are useless, wasteful, garbages I should say. Why they are given so much importance and not the real thing that is there?

You understand that this is the reality that has come into you people. Actually you have felt the reality. Actually you know the reality, you are in the reality, then why not talk about it? Why should we not? Is it not the most important thing that we have to do? If you realise it, I am sure it will work out. With all my blessings, with all my love, I really command you to do that now. May God bless you. Today, on this day you all should vow, vow that "we are on the warpath and we are going to find out ways and methods of doing these things, for these three months, we are going to work it out". Just vow.

Just ask for wisdoms and the spiritual power, that's all. And promise it to Christ that "as You did, we are going to do".

May God bless you.

## 1985-0419, The mystery of seeking the Spirit

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19 April 1985

The Mystery Of Seeking The Spirit

Public Program

Doctor Johnson House, Birmingham (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Birmingham (UK), 19 April 1985.

I bow to all the seekers of truth. I've been many a times in Birmingham before and today I find there are so many people whom I know very well, and gradually we are all increasing in size, understanding our Spirit.

Now, the seeking of the Spirit is not a new thing. It's a very ancient pursuit of human beings. They have been seeking the Spirit and many a times many prophets, many great incarnations came on this Earth to help the people in their pursuit. The seeking of the Spirit is a inner urge, a very compelling urge within ourselves. But we don't know what we have to seek; we don't know what it means to be twice born.

I come from India and suddenly I feel I belong to Britain. I've become British and I feel the shock that we are all facing. Where are we going? The other day I saw some program about cocaine smuggling in England and I was shocked. All self-destructive things sometimes can be misunderstood as Spirit seeking. One can misunderstand. But they lead us nowhere - is a fact. Then why do we do it? We do it - I know that we do it only because we are seeking the Spirit. It's very misleading, though. We seek the Spirit in wrong things. This urge we think will be fulfilled by wrong things, by doing wrong to ourselves, by harming ourselves, by torturing ourselves.

We get bored. Why? Why do we get bored of life? Life should be bubbling with joy. Because we think life is worth nothing, we have to seek. And what do we seek there? It's a amazing thing how many seekers are born in the West - so many seekers! Even I talk to little children and I am surprised that there is seeking within them. They are seeking something and they don't understand the mystery of seeking. They don't even understand what they are seeking, but they think there's something wrong. They feel frustrated, angered, and they feel that life has not given them what they wanted. They're bored stiff; they don't know what to do so they take to vandalism, some sort of a sensation. They try to destroy others or themselves.

So the human mind today is at a different level, we must understand, especially in the West. Of course East has its own problems, but it has traditional understanding about seeking and it understands what to seek. But in the West such intense seekers are there and they don't know what to seek, what to achieve, what is Spirit. It's a big problem. But today one has to realize that the category of people that are born in these modern times are very different from the people who were born about say, I would say fifty years back. They had political ambitions, economic ambitions; they wanted to achieve political freedom, power. That generation is practically over now. They have realized that in this power game they're not going to gain anything. It's a subject finished now for them; it's something absurd. They find the whole thing is a joke - same with the economic problem. Like there was once upon a time a gold rush. So everybody rushed to find the gold. Today if anybody wants to do that, people will think, "Are you mad? Must be joking."

So the category of people today are of a different level, we must be aware of that. We must understand that the category is very different which perhaps media people don't understand so much. I don't think they have any idea as to what is the level of awareness of human beings today in the West. They are still of that old school which was busy fighting elections or strikes and this and that - all nonsensical things. But the people who are aware are many, many more than yet what we know of, that they are seeking something very different that their fathers and forefathers did not seek, because the times are such. Today, it's a special time - special time where many people have to get their Spirit. But then again we are misled because people who are trying to

exploit this have found a good market, and they come down to find out how they can market their goods in this new awareness of people.

We get enamored because we are still not fully conscious or knowledgeable about what to expect in your spiritual pursuit. And that's how they come and befool us. We have cults and we have sects, but one must understand that as you have grown through amoeba in your evolutionary process, gradually, from that to this level, the awareness has to also grow the same way, in a traditional way. It cannot be somebody like Freud coming up and saying something new, that we accept. Suddenly, how can we deviate from all those who talked of something very different from what Freud has been talking? Because it's a mind which is of course very aware, but also it is what we call very right-sided mind, as is described in the Gita they are called as the people who are rajasikas, the people who are in action. They live with the power of action.

So the people who live with the power of their action live with their egos, and ego likes something new, some sort of a new stuff comes in they think, "Oh, why not do that? Try this, try that." It's like a horse which wants to go into every new direction and fails. It's a very venturesome horse, I think, and that's how something new somebody says, everybody jumps to it. We are not new ourselves, we are ancient. And when we take to some new idea suddenly we find after some time that we have to recoil back, because these are all mental projections and that's how in every religion there have been sects formed. Because, say Catholicism - Martin Luther who was himself a realized soul saw that Pope was doing all kinds of wrong things, so he started a new sect. But it's a mental projection still, I would say, though he was a realized soul. Then out of that came out I don't know how many churches. So now we have one Unification Church which turned out to be another horrible stuff, then we have Unity Church where they unite all these sects - is all projections, all branches of that mental movement. But the essence is lost. In the first case it was lost, and it was completely forgotten in the last case.

So that's how the sects were born. Now we find Pentecostals. The other day I was reading the harm it has done to people. We have all kinds of faiths - Seventh Day Adventists. What does it matter what was the seventh day, the Sabbath? Supposing you have your Sabbath day, say, on the seventh day, will you become righteous? Will you become virtuous? Will you become your Spirit? By changing a particular type of ideology or thought, will you be transformed, will you become great, will you become a super human being? No. Then what? You think that by going from one sect to another sect you'll achieve something great, you will just form different social orders, that's all.

Then you have anti-culture, another sect formed as a reaction. That also is another problem. All these venturesome ideas of this horse takes you from places to places, and you think, "Why whenever we try to do something why we are committing the mistake?" Because we have forgotten the fundamental, and the fundamental is very simple, that you have to seek your Spirit, and when you seek your Spirit it is a spontaneous happening, it's a living process in your evolutionary process by which you become the Spirit. By mental projection you cannot.

Then the people who took advantage of the situation that there are so many seekers on this Earth, they started all kinds of cults, also. I've been talking against them since 1970 that "Don't go to these cults. These are another ego-pampering stuffs." Suddenly they start a new idea - it appeals to you. Suddenly someone says that "No, by leading this kind of a life you'll achieve God." You accept it. Why not find out? Since ages people have been writing about the spiritual life. What does that mean? How to achieve it? Why do you take to anyone who just says that "This is so, this is so"? Because perhaps they have a nice circus or a publicity. There must be something that is so attractive that people take to it. Or maybe it is some sort of a ego-pampering that you want to join these cults and get destroyed.

There cannot be a cult for your assent. What cults did you follow to become human beings? The nature itself works it out. It is a spontaneous happening. But for a person who lives only with mental projections, morning till evening you see television or listen to radio, it's nothing but mental projection all the time, you see, hovering on your head. You cannot think that there is something beyond that mental projection which is the reality.

So you find reality horrifying, absolutely horrifying. You have to pay the tax; you have to pay the rates; you have to pay this. You have to be like this; you have to be dressed up like this; you have to have clothes like this. All kinds of pressures on your head. So

now what to do? How to get out of this? This is reality for people.

So then we accept the drugs and the alcohols and things because we want to get out of it. That gives definitely a sensation, hallucination; but reality in itself is so beautiful, is so surmounting all this, that we have to honestly understand that if it is reality, it cannot be hallucination. It cannot. You cannot pay for it. You cannot follow somebody who says something against the tradition of evolution. It has to be fundamental, what it has been and will be. It has to be something that is integrating everything, integrating all the religions, integrating all the religious leaders, all the great prophets and all the great incarnations, otherwise it cannot be reality because reality has to be one. It should unite everything. It cannot create a separate identity on mental level. It may create on a spiritual level, maybe, that people who get Realization, who have got Self Realization, maybe the people form a more coordinated concord among themselves, but they're all the time worried about the other people who are not yet in there - not for money, not for lust, not for greed, but only because they want to share the joy of reality.

This has to be first of all understood by all those who are seeking that reality cannot be a mental projection, neither can it be a emotional projection which we can manage ourselves. One moment we are in love, another moment we are walking to the divorce cases. Why? If there was some truth in that kind of a love, why? It is something beyond, which is eternal, which doesn't change, which overflows, is promised. What about that? Why not seek that?

Then you turn your eyes to find out where it is described. Vedas were written thousand of years back and every Veda, whichever you read, the Upanishads as they are called as the people where they have described about human beings have talked that you have to worry about your Spirit, it's the Spirit that is important. Then you have other people, in India we had fourteen thousand years back some great poets. All of them have said the same. Then we have people in other countries like Abraham, like Moses, we have Confucius, Lao Tse. We have Krishna, Rama. All of them have said one thing, and one thing that, "You seek your Spirit."

If so, then how? We should again look back. It is described how to seek it. It is described in Gita, but much before that it is described in the Vedas very clearly about the Kundalini and the seven chakras. Nobody says in any book that when the Kundalini awakens you become mad or you start jumping like a frog.

Recently I went to Pune, and there I was surprised that the Brahmins of Pune, who are supposed to be very learned people, were all suffering from high blood pressure, from kidney troubles, from insanity. I mean name any disease, they had it. I said, "Why are they suffering like this?" So, there was one fellow called Guru [unsure] Maharaj who really came as the killer of all these Brahmins, I think, that they followed him. And their main person came to discuss with Me about his religion, so-called.

And he started asking Me, "Do you know about "terno pai, erno pai"

I said, "What is that? I've never heard. Where is it described?"

'Oh, You have never heard about it?"

I said, "No."

"Do You know about shaktipath?"

I said, "I've never heard about this. From where does it come? Which book?"

"Oh, it's from one book."

I said, "Which book?"

"About sixty years back there was one Vishnutirth, Swami Vishnutirth who wrote this book."

I said, "Really?"

He's the only one. Only sixty years back this fellow comes up from somewhere, writes down something new, "erno pai, terno pai." All the Vedas, all the Shastras are all finished. Bible is finished. Everything is finished. Only this fellow sixty years back comes up from somewhere and talks about shaktipath and you believe it. All of you, the Brahmins, the educated, the learned.

I said, "Where do you see these words in the Vedas? Show Me. Where do you see them in the Patanjali Yoga Shastra? Show Me. Is it written anywhere?"

He said, "We haven't read them."

I said, "What did you read?"

"This Vishnutirtha's book."

I said, "You are supposed to be learned people in Sanskrit. You read only this Vishnutirth who came only sixty years back?"

How can it be? And all of them are so sick you won't believe it, and in My presence when they came they were in a very bad shape, absolutely in a very bad shape as if they had taken cocaine or something worse than that. Eyes were going up, their hands were moving like this, all kinds of things.

And I told them, "Please forgive Me. Go to Vishnutirth or to his disciple, this [Gumani, Gurumani, or Gulumani ???] Maharaj."

And the only thing they did was not to eat this, not to eat that, not to have relationship with your wife, become like a dry bean, live on a shoe string and then you become godly, is it? It's very simple. In India so many are like that already.

Use your brains! They are very brainy people.

I said, "How could this man dominate you?"

So they came out with very intelligent answer that "In the Vedas, you see, when we followed the Vedas and what did we get?"

"All right." I said, "You didn't get anything. But there's something promised in the Vedas, in the ancient books, that in Kali Yuga, at these modern times, you will get your Realization. Why didn't you go for that?"

But this fellow says that through erno pai, karuno pai - God knows all kinds of nonsensical words, it has no meaning at all in Sanskrit language - that you will get your Realization. All right, anybody says so, must you join him? You should have asked, "How do you get these words? From where did you find them?"

You should have asked Mr. Freud, "From where do you get your knowledge?" He, himself, was a drug addict. He, himself, was a horrible man. He had bad relations with his mother. He had a cancer, and he becomes your guru instead of Christ? Suddenly, and you accept him.

Those people who deal on mental level cannot talk of God. They cannot understand God. God can be only understood through your Spirit. Like your theologians here - theologians - what do they understand about Christ? They haven't got power to talk about Christ. Just because they are elected, they are just paid servants of the people to look after the churches, that's all. They don't deserve to be saints. Why are they so important? At least in India nobody treats them as something great. They are just priests, finished.

You have to be a saint to understand God. You have to be a realized soul to understand His miracles. You cannot just become a theologian in a theology school or somewhere and start talking about God. It's blasphemous the way these people talk about God and Christ. I don't know how you tolerate it. In India they would have been stoned and finished long time back. They don't know what God is, how can they know about Christ? It has been on and on from this Augustine time and this Paul also another horrid fellow. I don't know how they call him as Christian, from where he becomes Christian. And that now they are not following Christ, they are following Paul.

Theologians, intellectuals cannot understand God. He's beyond your limited intellect; He's an unlimited personality. You have to jump into that. With your limited knowledge you can play your horses of your politics, not of God. Such arrogance, such ego! You are challenging the wrath of God on your countries when you go about like this.

Please humble down yourself and understand that God is beyond your petty intellect. First become your Spirit. You have to become your Spirit. By reading if you understand God, then he's not God. It's clearly said "Atmanave Atmana Tattwa". You see, through the Spirit you will know God. Christ has said it so clearly to Nicodemas that "You are to be born of the Holy Ghost." And Who is the Holy Ghost? These people who go to theological colleges, are they Holy Ghosts or what are they? They are nothing but ghosts of intellect.

Beware of them. This is another very subtle attack on reality. And they all will have to suffer for it, they must understand. You, those who are seeking, should seek your Spirit and should understand that you are invited in the Kingdom of God. The time has come; this is the judgment time. This is the judgment and you can see it so clearly.

So there is attack on the seekers. One, from ignorance because they don't know what to seek, how to seek, what to expect; and there is attack also from outside because they think you are ignorant, because they think they know more than what you know. They don't know anything about Christ, believe Me - Who He was, why He came on this Earth, and how He plays His role so perfectly within ourselves.

I would request you all to receive your Realization first. There's no argument about it; there's no discussion about it. Even if you try to argue it out - I may be able to answer you, but that won't give you your Realization, your Kundalini has to rise. Humble down in your heart.

I went to a village where about three thousand people came from all hills of Himalayas, very simple people. And they were waiting for this.

I asked them, "How is it you were waiting?"

"Oh, it is said. It's said it, that Devi Jagaran will be there in modern times. We were waiting for You to come, Mother. Devi Jagaran is the awakening of the Goddess, of the Kundalini.

The villages know about it. On the foothill of Himalayas they are waiting. In one day I got three thousand people realized. In this Birmingham, how many people there are today who are new, who have come to receive their Realization? Very few. But theologians get all these lectures. They like to play with their mental projections.

But beware, time is very short. Better get your Realization. Become the Spirit and then you will know that God is not intellect, It is love. And love which is not limited - unlimited love which is the most powerful thing in this universe which you can become aware of and you can become empowered with that great, unlimited love which just flows, acts, coordinates, thinks, plans, works out everything. This All-Pervading Power about which you have heard, you have to know That and get It. You can't pay for It. You can't organize It. It has to work out like a living process within you.

May God bless you.

I would like to know if you have any questions. [Shri Mataji says aside, "Ice, I don't take ice. It is very cold water.]

Come along, come forward. There are lots of seats here. Who are sitting at the back, come along. Sit at here.

Can you hear Me? Is it all right? Have you any questions? Come along, this side. There's room this side. Don't sit on the ground. There's room here this side. Any questions?

Question: A man asks if it helps to be a vegetarian.

Shri Mataji: No, no. It has nothing to do with vegetarianism or not. Christ was not a vegetarian. It's all absurdity. Of course you have to eat whatever suits you. I would say that - whatever suits you. This vegetarianism is a fad. It's just a fad. To believe that by eating some food you'll go to God is a wrong idea. But, of course, alcohol goes against your awareness, you know that. But I don't say, "Don't take alcohol." You will just not take it, that's all, because you get the alcohol of God within you and then you don't want to take it. That's a different point. But I won't say just now that "Don't take it."

But food has to be seen whatever's suitable for your body. I would say that Indians should take to meat. It would be better. And the Western people should take to vegetables, it would be better for them, just to balance.

Question: How do you become your Spirit?

Shri Mataji: That's a very good question. That's the question is - I'm saying it is a spontaneous happening and that within us is placed, if you see here in the triangular bone, is the power of Holy Ghost within us, which we call in Sanskrit language as Kundalini. In Koran, it is called as 'asas' [base, foundation]. In every scripture it is described. And this Kundalini has to rise, this power which is the desire power, which is the pure desire power, because all other desires are not pure. If they were pure, then you would have been satisfied. But you're not satisfied.

So this pure desire is the desire to become one with the Spirit. And this is within you, this force is within you dormant placed in the triangular bone called as sacrum. That means the Greeks also knew the word sacrum means "sacred." And this power has to rise within you, and there are subtle centers above it, six centers above and one center below through which it pierces and you feel the Holy Ghost, which is described by Christ and you feel the Cool Breeze of the Holy Ghost coming out of your fontanel bone area which is the real baptism. And as a result of that you start feeling your Spirit in your consciousness, means in your central nervous system. You, yourself, feel it.

That's how you become the Spirit. That's the only way it is sprouted. It's a living process like if you want to sprout a seed, you have to embed it into this Mother Earth and spontaneously with the power what Mother Earth has, it sprouts. In the same way it happens, and that's how I have to work it out. But later on when you get it and you become established, you can do it yourself to others. Like one enlightened light can enlighten another light. But the first light has to be enlightened.

For that you can get some books from here, but once you start reading books also I find you become more bookish, so it's better to postpone the reading for some time. Better get your Realization first. Like I would say that when you want to put lights on you say, "All right, switch on." It's all built in there; it's all done. Only thing you have to switch on. And the whole thing becomes enlightened. But I could first of all tell you all the details about the history of electricity, then all the organization that has worked it out - would be a headache. Better have your light first.

And then you'll know all about it. And this is not I'm saying that is today. Has been said for thousands of years. That is how we become the Spirit. Christ didn't tell us lies when He said that "You are to be born of the Holy Ghost."

He never said that any priest can put his hand on your head and say, "Now you are a Christian." Did He say so? He did not. That's

all artificial. That's why children cry such a lot when they're baptized, I think. Like William Blake has said that "A priest cursed me on my head."

Any other question, please?

Now we have to work it out. It's very simple and it will work out in no time. It works out. It will happen to you in no time but the problem is, it's a new experience and people actually think that when you get an experience you must jump or you should become like a mad person. I don't know what things are expected.

You become empowered, and unless and until you use this power how will you know you're empowered or not? So to establish that power you take some time. Once you have established that power then you can see yourself how you are blessed, that how this power is flowing through you of God's compassion, that how you are blessed in every way and how you, yourself, become the source of joy - to yourself and to others. How you jump into a new awareness of collective consciousness by which you can feel the problems of others and your own problems, how you can cure your problems and cure the problems of others. For this you have to have patience with yourself for a little while and once you're established you will see that you, yourself, become your own master, your own guru.

So to achieve it, we have to do few things is to understand that we have to have, first of all, desire. You and your freedom cannot be challenged. So you have to have intense desire to be the Spirit. If you have that desire in your heart, it works much faster.

To express that symbolically we put the left hand like this which represents the power of desire and the right hand is the power of action. We have to take out our shoes because the Mother Earth helps us a lot. We have to take out our shoes to take some help from Mother Earth. Thank God here it's not concrete, slightly better than that.

To put both the feet on the Mother Earth in a parallel manner, and be comfortable - you have to be comfortable. Now supposing somebody is feeling uncomfortable because of something that's tight on the neck or on the waist, please loosen it a little bit if you find that. But if you're comfortable, it's all right. Or somebody has got a coat which is making one uncomfortable, you can take it out.

Attention should not be distracted towards some discomfort to the body. That is important. Secondly, if you can take out your spectacles will be better because here you don't have to see anything, you have to keep your eyes shut.

So please put both your feet on the Mother Earth, your left hand towards Me like this, with the desire in the mind that we have to be the Spirit. We are not yet complete till we become the Spirit; we are not complete to understand God Who is absolutely complete.

Now the right hand is to be used for the action. That is on the different centers we have certain problems. In a village I don't have to do all this. You'll be surprised, it's just like this, (Shri Mataji clicks Her fingers) just like that. I don't have to do anything whatsoever. But we are little complicated so doesn't matter. We have to remove our own hurdles by putting our hands into different things. [Shri Mataji speaks aside in Hindi] Please put your shoes at the back. Now, you have to keep your eyes shut, but before that I'll tell you the different centers we'll try to clear out. One is on the heart because heart reflects the Spirit. So that's why one.

Then secondly we'll have to put our hand on the upper part of the abdomen on the left hand side. The whole thing we are working out on the left hand side because here resides the center that governs the mastery. Then below that is the center that governs the true knowledge, the pure knowledge.

Then here is the center on the left hand side which is very important, because this is the center where when we feel guilty, condemn ourselves, try to show that we are sinners, we are good for nothing, a blocket is built up. And that blocket is very common in the Western people, surprisingly. Whatever you may say there is ego, this blocket of feeling guilty is too much. They

all the time feel guilty for everything that is nonsensical, or maybe little sensible also, but mostly nonsensical. So a blocket is built. That's how you develop this angina troubles and you develop other troubles like spondylitis and all that. So this is a very important point.

At the very outset you must know that you are not guilty of anything, and God's power of forgiveness is so great that He can wash up whatever wrong you have done. He's quite capable. So don't try to condemn yourself. Know that you are the temple of God and the Light has to come within you. That's all.

So the hand has to be here, push back when I tell you. Then the hand goes here - is the center here is very important of Christ which is in the center of optic chiasma. The center of Christ is there where you have to forgive others. At the back is the center where you have to ask for forgiveness, just to get over your guilt. And then you have to put your hand on top of the fontanel bone area which is the soft bone in your childhood. Put your palm, just please put it just on top of that. Stick out your fingers, press it hard and move it seven times clockwise when I tell you.

So this is what we have to do ultimately and then you will see that the Cool Breeze will be coming out of this fontanel bone area. You have to certify yourself and then you start feeling the All Pervading Power of God's Love as Cool Breeze around you, on your fingertips. You have to know on your fingertips. Nobody else has to certify. You have to certify yourself.

So now first of all we close our eyes. At the very outset we have to tell ourselves that we are not guilty.

[Shri Mataji speaks aside in Hindi] These are uprooted people from India so you shouldn't worry about them.

Please have your right hand on your heart. Keep your eyes shut. Please have your right hand on your heart. On the heart is on the left hand side above the stomach. Heart. Higher, it's higher. Now, at this point you have to say, or you have to ask Me a question, in your heart.

"Mother am I the Spirit?" Ask this question three times. If you want you can call Me "Shri Mataji" or you can call Me "Mother", whatever suits you.

"Mother am I the Spirit? Mother am I the Spirit?" Ask the question three times.

Now, put this right hand on the left hand side in the upper part of your abdomen. Please put this right hand, your fingers, press them in, on the left hand side, in the upper part of your abdomen, that is stomach. Now, this is the center of the mastery. Keep your eyes shut. Now as you are the Spirit, you are your own guide.

So now ask the second question, "Mother, am I my own master?" Three times. "Mother, am I my own guide?" "Mother, am I my own guru?" Ask a question within yourselves. Three times.

After asking this question please don't open your eyes, and put your right hand - left hand to be all the time towards Me and the right hand in the lower part of your abdomen on the left hand side. Please put your right hand in the lower part of your abdomen, your stomach, on the left side, on the left side. Press it hard.

Now this is the center of our true knowledge. As I told you, you are free, I cannot force things upon you. So please, you have to ask for it. The true knowledge of Divine Power, how it works, here you have to ask six times, "Mother, please may I have the true knowledge, the true technique? May I have the pure knowledge?" Ask the question six times, please.

Keep your eyes shut, please. Don't open your eyes. Ask this question with full confidence, please. Keep your eyes shut, please, all of you.

Now, with your asking the Kundalini starts getting alert. The Power of Desire wants to ascend. So you have to make proper seats

or arrangements for the Kundalini's rise. So what do you do is to put your hand now on the upper center that is placed on the left hand side of your abdomen, in the upper part. Now, in the upper part of your stomach, on the left hand side you place your fingers. Now press them.

Now here you have to say with full confidence, that the Kundalini wants to rise but you show your full confidence by saying ten times, because this center has got ten petals, ten times. "Mother, I am my master. Mother, I am my guide. Mother, I am my own guru." Please say it with full confidence.

This is the place is created by all the great masters, satgurus as they are called, within us. They have to be awakened by this confidence that you say. Ah. Ten times, please.

[Shri Mataji rubs Her hands together and blows on Her palms]

Now raise your right hand on to your heart. On the left hand side it is. Please raise your right hand on to your heart. Now here, with full confidence again in yourself, you have to say, "Mother, I am the Spirit." Twelve times. "Mother, I am the Spirit." Twelve times. "Mother, I am the Spirit." Twelve times. Because you are, but have confidence. Don't feel guilty.

As I told you, God is the Ocean of Love. He's the Ocean of Compassion, but above all He's the Ocean of Forgiveness. With full confidence, please say, "Mother I am the Spirit" twelve times.

Now, with full confidence again, put your hand on your neck on the left hand side from the front, from the front. Don't take it backwards because is easier from the front. And push it towards the back. Hold it tight, hold it tight. Here is the problem where you have to know that you are not guilty at all. Here with full confidence please say sixteen times, "Mother, I am not guilty." Please say it sixteen times with full confidence in Me, yourself. You're not guilty at all. Believe Me, you're not guilty of anything - is all conditionings and all kinds of things, the norms that people have created, is all their mental projections. You're not guilty at all. Believe Me. But if you still think you are guilty, you better have punishment of saying it hundred and eight times.

You have to be pleasantly placed because you have to enter into the Kingdom of God. You have to be pleasant about it. Not to be disgusted. Now, sixteen times please say, "Mother, I am not guilty at all." Believe Me you are not guilty.

From your heart please say, "I am not guilty." Believe Me. Believe Me.

Now, now raise your hand to your forehead across and press it on both the sides as we do when we have headaches. Now here you have to say from your heart, from your heart, "Mother, I forgive everyone." But this is from your heart. How many times is not the point.

Now some people say that's difficult to forgive. But it is again a mental idea that we forgive someone, or we don't forgive someone. Actually, we don't do anything. But when we don't forgive, then we play into the hands of people who want to do us harm.

So put your hand on top of your forehead across, forehead across and say, "Mother, I forgive everyone" from your heart. Please say it. You wanted to have your Realization, isn't it? Please, go ahead with it. Otherwise then you'll say "We didn't feel it." Come along. As you asked the question, please go ahead. Everybody's doing it. What's so special about you? Just do it. Otherwise you'll say, "We didn't get Realization." Then I'm not responsible. You are here to get your Realization. Be sensible. What are you going to lose?

If you are seekers, please do it. [Shri Mataji rubs Her hands together] It's not proper that you should watch others. It's not civil.

Now put your hand on top of your head. Here - we have missed one center because I don't think you need to do that one where you have to ask for forgiveness - but just put your hand on top of your head and press it hard on the fontanel bone area and move

it in a clockwise manner. Here now, again, I cannot cross your freedom, so you have to say, "Mother, please give me my Realization." Seven times. "Please give me my Realization, I want it." I cannot force it.

Place your hand on top of your head, top of your head, on the top, and press it hard, and move it. Now, seven times. Now, bring down your hand, please. Slowly open your eyes. Slowly open your eyes. Now see, there are no thoughts in the mind. Just see for yourself. Watch Me without any thought. Just watch Me.

Put your left hand on top of your head. Left hand. And right hand towards Me, and see if there's a Cool Breeze coming in. Just move it up and down. It's very subtle. Here, here. Here, the fontanel bone is here. All right? It's very subtle.

Now, change your hand. Put your left hand towards Me. See with the right hand. [Shri Mataji blows into the microphone]

Now change, see it with the other hand. Carefully. Without thinking. [Shri Mataji blows into the microphone] Feeling it? There's a little breeze coming out. Are you? Little bit here in front.

Now, those who are feeling the Cool Breeze, raise both the hands. Let Me see. Those who have not felt, should not. You should be honest about it. All right.

Now, all of you raise your hands and ask a question, "Is this the Breeze of the Holy Ghost?" Ask a question three times. "Is this the Breeze of the Holy Ghost?" Now, put your hands like this. See if It is coming in your hands also. It's a very subtle thing. It's very subtle. Now, put down your hands and see are you feeling It in your hands, some sort of a cool breeze. If you are not feeling, doesn't matter. We'll work it out. Doesn't matter. Don't get upset. All right?

Now those who have come for the first time, please raise your hands because people will come and see you if you are feeling the cool. First time. Please raise your hands. Are you feeling the Cool Breeze. No? You are? All right. Now those who have come for the first time, please raise your hands because people would like to see you. All right. Just see. Now, we have here people who have got Realization, who are established people and they would like to see if your chakras are all right because they'll just feel your Cool Breeze.

Now the thing is, this is what, exactly what happened to Christ's disciples. When they felt the Cool Breeze of the Holy Ghost, they started using their hands because the chakras and all that, they could feel raising of the Kundalini and they started talking in the terms of the centers. So people thought they were mad. Because this is a new language, a new subject for them. So people thought they were mad. Exactly the same way you will also feel everything on your fingertips.

Now, don't think about it. Again, I would request you to raise your both the hands those who have come for the first time so others could come and feel it, if there is a Cool Breeze coming out of your head or not. If it is not coming, doesn't matter. All of you who have come for the first time, who have come for the first time, please raise your hands. Is important because they will all take over.

Come along. Forward. You have? You have come for the first time? All right. You've come before? All right. Doesn't matter. You raise your hand. Raise your hand. Also, those who have not felt the Cool Breeze, raise your hands. All right.

Can you have a look now? Some of you should go and see. Now the lady who asked Me a question, Adita can you see her? She didn't do anything and she had neighbors who didn't do anything at all. So just see if she's felt the Cool Breeze. She has felt it. This lady has come for the second time, she said. Just see her, Danny. Liver. Liver. Let her put her right hand, left hand on the liver.

Now don't think about it. You cannot think about it. You try to remain in thoughtless awareness. [Shri Mataji says aside " May God bless you."] Just see this gentleman who came for the first time, this gentleman. Yes. See him, if he's felt the Cool Breeze on his head. Now I have to request you one thing - that, though you have felt it, you have to establish it. Now don't waste your

Realization. See these people, all of them, they have got their Realization, they're helping people, that's how we have to save this world. And now you will know that what's the meaning of your life, why are you here, what's the purpose.

Did this gentleman come? You felt it? Still see him. They have got? He's got it, you can see so clearly. Eyes start sparkling. Hah. Is it better? It's better now. You think too much. Don't you? All right. For that what is to be done she'll tell you. It's very simple to get rid of it. [Shri Mataji speaks in Marathi and Hindi]

Just see. Kalab [not sure how to spell this name], just see him.

There are some new people here? Are there? Some Sahaj Yogis should come and see this side. Have you come for the first time? No. No. You are Sahaj Yogis. Just see here. Some Sahaj Yogis should come and see there. Come along. Um. Better? Better. Don't think. Just don't think for awhile. Ah. Is he all right? Ask him to keep his eyes open. More on the left. More on the left. Right to the left you should put it. Right to the left. Yah. Better. These two ladies here. All right? Good. How many beautiful people there are in this world, just see. You have to just find them. Hah. It's better with that, very beautiful, isn't it? That's the fact. That's the fact. They are beautiful. Ah. Better. Flowing better. [Shri Mataji talks in Marathi and Hindi] All right? It's good. [more Hindi]

Down below, little. Pat, there's a gentleman in front of you here. Just see what about him. One ahead. Here. No, in there all right. Yes, this gentleman. Just find out about him. Yes, please find out. Next to that one.

Did you feel the Cool Breeze? Beg pardon? What did he say? He didn't feel it? Should feel it. What do you say? It's all right. Next to that one also. He's got it. He's got it. Keep your eyes open, please. Just watch Me without thinking. Just watch Me without thinking. Hah. Better. [Shri Mataji laughs] Don't think. Don't think. With thinking you cannot be there. This is the first mantra, first chanting, "Don't think, don't think." By thinking we reach nowhere. [Shri Mataji laughs again] It's maddening, I tell you.

The lady who asked the question, how is she? She's what? Hah. Good? That's very good, Ian.

Those who have come today and are not yet attended to, please raise your hands. Anyone. Hah. Great. You'll knock down ten years at least. Ten years younger, minimum. I am sixty-three years of age, Myself. I might be the oldest among all of you. Good? It has nothing to do with age or anything. Good, he's got it, you can see.

These ladies also, they have got it. All right? Good. Thank you very much, all of you. May God bless you.

## 1985-0420, Seminar, Mahamaya Shakti, Morning

View [online](#).

20 April 1985

Talk to Sahaja Yogis

University of Birmingham, Birmingham (England)

Talk Language: English | Transcript (English) – Draft

Mahamaya Shakti. Seminar in Birmingham (UK), 20 April 1985.

I knew English were the most intelligent people, but I must say they have also very sharp and pure intelligence to get to the right point.

It is said that at Sahasrara the Goddess incarnates as Mahamaya. Because the job She has to do is of a very different nature. At the heart chakra, Anahata, She has to just defend, just defend the seekers from the clutches of the evil forces which are also not so subtle. They are very gross like forms, human forms. And it's easy to fight and have a war with them, kill them.

But at the point of Sahasrara, the work is very complicated. First of all, the Sahasrara of the human beings is itself a very complicated thing.

First of all, it's not that the time is very precarious, but also every country has its own complication to add to Sahasrara. Apart from that, you know, in Sahasrara we have got the seats of all the centres, not only the seven centres we are dealing with. And so many nadis are worked out through Sahasrara. So, the chakras, where the Deities have to work, have to deal with much less complications than the Deity at the Sahasrara where there are so many centres and so many nadis, and it has to act on the Sahasraras of the seekers.

Say, for the Deity at the heart or at the Vishuddhi, the people are not so complicated, they have not to be given Realization. Nothing has to happen to their brains as such. Only, you have to just see that they are protected through, that they achieve a sense of security – nothing more than that. They have to feel that they are secured with God. While the complication is so little that they're extremely sensitive and they are absolutely dedicated. They are not to be told that, "You have to sacrifice." They are not to be told that, "You should become righteous or virtuous," they are already righteous, virtuous, and also sacrificing. No one has to tell them.

But in modern times, as you see, things are much more complicated. Human beings have complicated their brains so much. It's complications after complications. When I see that, I just feel that Mahamaya is the only One who can save them. Shri Krishna was also using a wee bit of it, but not in the way it is used today. One part of it is that He could appear before people, very few, only Arjuna, as the Virata. He could kill people with his Sudarshan. At the time of Christ also, Mahamaya Power acted for his own life, that He was crucified and He was resurrected through Mahamaya power only.

Because it is miraculous; Mahamaya Power is the miraculous Power of God. And the miracles are created through his Power. Before, [it] was through the Deities themselves, like it worked on the Deities. As Shri Rama, Himself, turned a stone into a woman called "Ahilya." He flushed an arrow into the "Sitanani" [Sita's bath], where he got the water out [Vinolli tirtham]. Mohammed Sahib hit a stone and got water out of it, same with Moses, the way He created way for the people to cross over. All these miracles are done through Mahamaya Power. But this Power acts through these forces, through these Deities.

But today, it being incarnated in its full force, is acting through you, is acting towards you. It is helping you in a very big way which I don't know if the complicated brains are aware of. So many dimensions it is working, because first of all, we have this horrible thing called ego. That we think we know everything, as I told yesterday, the theologians I described. Many people, in Sahaja Yoga also, think like that, start thinking that they are something great.

All that was first a gross attraction becomes very subtle attraction. They start using it. In both ways it acts. With some people it may act in a way that you want to enjoy the game of power, those who have missed it or those who know how to use it. There could be another type who are the ones who think they have always suffered and they are suffering now also. There can be another type of a group of people, who, when they come to Sahaja Yoga, they have complications of emotions. I know of some

people, I've heard, that they felt attraction for a man or a woman and they started behaving in that fashion – after coming to Sahaja Yoga! Sometimes, the attraction to money, attraction to greed and lust becomes subtler.

So, the Mahamaya being the subtler force, it's the subtlest of all, which you cannot understand and can't explain through your brains at all, acts and just stupefies. It stupefies. Unless and until that is done, they cannot stop it, they cannot cut themselves away. They, in a subtler way, they remain the same, but not aware of it.

People who are miserly become miserly, in a very subtle way, in a very sophisticated way, but they are miserly. Those who are dominating become dominating in a subtler way. Those who are murmuring are doing it in a subtler way; complaining are doing in a subtler way. And that's why the Mahamaya acts. First of all, it stupefies you, completely. So, you realize that whatever you think or react to something, to certain situations, it's a Maya, is just a hallucination created.

Now for example we'll take the second chapter of Gita, which is written about a "sthita prajna". The one who is a yogi, who is a Sahaja Yogi, to him, everything should be same: whether somebody insults you or whether somebody loves you; whether somebody discards you, whether somebody accepts you; whether somebody is generous to you or whether somebody is not generous to you. You are a sthita prajna, it makes no difference. He's above everything, he is floating in the boat of joy. Nothing can disturb such a person. That's the sign. If your joy can be disturbed by anything else that means you are not yet a full Sahaja Yogi.

Now, when I see people getting involved into their backgrounds, we'll take an example of Indians, for example. It's better to talk about others. [Laughter.]

We can see the defects of others much more easily than our own. [Laughter.]

That's a human nature I understand that. [Laughter.]

Now the Indians are very clever, as far as the spiritual side is concerned, I must say. Now, they would say that "We must have at least ten pujas somehow, when Mother comes here." So, they'll manage, "This is also there," then "This is also there," then, "What about Mohammed Sahibs' birthday?" then "What about Moses' birthday?" – which they don't know, but they'll find out somehow. [Laughter.] And then "What about also Lao-Tse's birthday, why not find it out? So, when Mother is here, invariably every third day let us have a puja."

So, I understand them very well. Because what happens in puja they know, because traditionally they know. Since the time of Vedas, they know what happens: that in the puja, your Deities which are weak, are being also weakened by your own efforts, get suddenly strengthened, they get power. And that's what you feel the power, but that's again, I would say, a temporary sensation, because if you cannot maintain that vitality in them, then again, they become weak. So, they know at the time of the puja we get that strength, so why not use Mother nicely? Fix Her up. As soon as I go there, I'm fixed for pujas. First puja as soon as You arrive, second puja as soon as third day and fourth day, something like that.

I said, "What is that?" – "That's Abrahams' birthday." [Laughter]

"Then you better do Abrahams' Puja – why Mine?" Everybody is anxious to pay for the puja, very anxious. And they are quite surprised, you see. I think last year it happened that some of the Europeans – because they are stupid on this point – they objected, "Why should we pay for the puja eleven rupees?" or something. And they were quite surprised, "They are so stupid, you see, we are cleverer than them." And what is eleven rupees, after all? So, I have to stupefy. And then, once they are stupefied, you need puja time.

Somehow invariably it happens that they can't do the puja. There would be an "amavasya" [New Moon] that day, would be a day when there is no moon or maybe there is no Venus, Venus has to be there; something wrong in the dates or something in the Panchanga which they consult; something wrong with the hall, you just don't get it, suddenly dissolved. Or, there's something happens to the main priest, who cannot come. They're surprised, "Mother, why didn't we have the puja?" I said, "Why don't you do it yourself? Work it out! You have to deserve so many pujas, the way you are fixing Me up. Do you deserve that? Do you have the pitchers to fill in all the Grace that I want to flow?" Normally, any fake Guru would love to have pujas after pujas, because he doesn't have to do anything: you sit down, take all the money that comes in. Then they realize why everything has failed, despite it's a puja-day. Why?

Because Mahamaya's job is somehow to manage your ascent. First to cleanse you. Even cleansing is so difficult! Because, in a country like England or America or all these places where ego is so strong, if you tell anybody, "That's wrong with you," they are willing to leave Sahaj Yoga. If not Sahaja Yoga, they will say, "No, no, Mother, how can that be? I'm perfectly all right others are wrong. I'm the best."

So, one has to cleanse the person. And how do you do it? You have to stupefy that person. And that person himself has to realize, because in these modern times you cannot tell anything to anyone directly. They think they're obliging Me by being in Sahaja Yoga. They don't know what they have achieved.

There was a fellow who was very bad, I must say, in a way. He got a very big job somewhere, he told Me he's got a big job. And then he started misbehaving with some person. And he lost the job. "What happened?"

"I don't know, they wrote to me that we are not wanted you anymore." Then I had to tell, "There must be something negative about you." And then he confessed the thing to Me. But why go this circuitous way? Mahamaya also creates a big camouflage; I look like you, exactly like you. Not in the camera of course, camera is the one that exposes Me many a times. [laughter.]

And, your eyes can sometimes discern something. You see some things, but you forget what you have seen, you forget all that. That's also Mahamaya: "Bhranti Rupena Samsthita".

That also gives you illusions, you forget all that. You forget how you got your Realization, how you have been helped by Sahaja Yoga, how things worked out so well for you – everything you forget. That is also part of Mahamaya.

Why? The reason is you are to be tested, how much you are aware. You must be tested.

How far have you gone? If you can judge others, that doesn't mean that you are very high. It is your Mother who has to judge you. You have to judge yourself. But if you have ideas that you can deceive Mahamaya, you cannot. But Mahamaya can deceive you, that's the power of Mahamaya. It deceives you. Actually, there is no sin in deceiving somebody who is trying to be stupid. It deceives you, it makes you run towards the left when you have to go to the right; it makes you get hit; it makes you suffer a little bit – little bit, not much – so that you yourself in your own wisdom rise. Not to be satisfied with yourself, but rise into your ascent. So, that you develop your own maturity to rise; that you don't justify yourself, don't appreciate yourself, don't watch yourself, but you see that you ascend. I've known people in Sahaja Yoga who have been here for years together of no use. And at the right time they are hit back. But there are people who have shot up like anything in a very short time. And I hope they keep their ascent on.

So, on one side, it deceives you, it camouflages, you just don't understand. Like I went to America and I deliberately asked people that you must get me some Coca-Cola when I'm sitting there, not water. When I started drinking the Coca-Cola you see, all the people who were there were surprised: "This lady's taking Coca-Cola, how can She be Adi Shakti? [Laughter]

How can Adi Shakti drink Coca-Cola? [Laughter]

She should only drink amrut, the ambrose, how can She drink Coca-Cola?" But Mahamaya can convert Coca-Cola into amrut. Whatever She touches gets transformed.

Like, in the pujas, I wouldn't say I do it so deliberately or with action about it, but sometimes it works out through the Deities also, because now They understand what is their job. They understand that this is the Advent of the Mahamaya. And They have to see to it that whatever They do should create that charisma, as they call it – is a kind of a illusion, a kind of a illusion that shows like a miracle. They work it out also the same way.

When normally – if Shri Krishna has to work out, He could just go and immediately take out the head of the person and finished with it, – bulletin, as they call it. But He does not do, I have seen that, He's very clever now, He does not do it. He has other ways of grabbing people, who are against Sahaja Yoga: they just can't talk; they lose their voices; they look stupid. Because in this Mahamaya-state all this is done just to prove that God is there. In all other incarnations nobody challenged God. He did not have to prove it. Now we have to prove that there is God. That's why the Mahamaya acts in that fashion. That it takes you round and round till you see it through. It must be approved by your brain that you have understood what Mahamaya is. Otherwise anybody can say, "I am God, I'm this, I'm that." It has to be proved, means your brain must accept, mentally you must accept that, "Yes, it's true." And that's why all this drama is played by Mahamaya.

The miracle of Kundalini awakening also stupefies Me, sometimes, really, it stupefies Me. How it works in thousands of people: When I went to Dharamshala, when these villagers had come, I was really surprised. When I went there they were just waiting for the Goddess to come in from... as if She's going to come from heaven or something, least bothered as to where they were sitting, who were the people there, nothing – all waiting, anxiously.

And when I reached there, I talked to them – no question, nothing. And while talking to them the Kundalini rose, they got their Realisation. And what is it? They said, "We have come here for the Devi Jagran – Awakening of the Goddess. And we know you are the Mahamaya. So we are not going to be worried about what you are going to say. Whether you abuse us or do what you like, we know you are a Mahamaya, we know. Whatever you may do to us is for our good, we know that. Whatever you may say to us we accept it. Give us awakening. That's all. We'll not challenge you, we'll not say anything whatever you say is all right."

I mean, sometimes I talk about cement, about building, about this. Normally I talk about this things you see, normally. But abnormally sometimes, about the Spirit, because people don't like it, I think. But even when I am talking about cement, I'm melting the cement within you. And they said: "We don't care, Mother, even if you take a big hunter in your hand and beat us, it's alright. We know you are testing us, but we know you are the Mahamaya. It's all said, you are!" They were not bothered as to what Sari I was wearing, what ornaments I was wearing – nothing. To them it was that, "She's come now. She's going to give us Realisation."

They had no image or mental projection about it – nothing. They knew that I was going to come and that they are going to get the reward of age-old seeking of theirs, that's all. For such people it's a pleasure to work, it's a pleasure to meet. That's real joy-giving thing for your Mother. And that's what they know, that only one thing is going to give joy to our Mother is our ascent – nothing else.

And to them they are insignificant, except that they have to have their Realisation otherwise nothing matters. Nobody told me the problems of their families – nothing, nothing, nothing. Such pure-hearted people there are, who know what is a Mahamaya.

"Maha" means the great, because it has all the powers of all the Deities, it controls all the Deities; it surmounts over all the Deities. And "Maya" also means love and compassion. All this effort for what? People don't understand. In the west people don't understand why am I doing it? There must be some reason. It's compassion. But the play of the compassion comes through the Mahamaya power. The play of the compassion – it doesn't come directly, like, as somebody would say, "Alright, now, come along, I'll give you 100 pounds, have it." That's crude way of doing things. Mahamaya won't work like that. You are in trouble and you ask for money, "What am I to do, Mother?" Suddenly you find on the post somebody sends you money, saying, "Oh, I had borrowed money from you long time back and I felt an urge that I must return. This is your money." And you have forgotten that you had lent that money to that person, whether really you have lent him or not. You start wondering and you get the money. That's Mahamaya, it's the gracious way.

When you are in trouble; accidents... or any physical harm being done to you, then the Mahamaya acts in such a way that you are stupefied and the whole being is filled with gratitude.

I told you the experience of one airlines man who was travelling by a plane which was hijacked, and the people who hijacked tried to open the door of the [cock]pit where he was sitting as an engineer. But he wouldn't open, so they put a bullet through and the bullet did not hit him, it went on the sides.

So, they pushed the door and came in and they put two bullets at him and both of them went on the sides. Just imagine, with this little distance. In the [cock]pit there isn't much space, but somehow the bullets went on the sides. And he was just saying, "Mother, please look after me," that's all, you see.

Then they got so angry that they took out their daggers and started hitting him on the head and the daggers bent. [Laughter] And they started looking at the dagger and his face. They said, "What are you saying?" He said, "No, nothing, I'm just asking Mother to look after me. That's all." They looked at him and then they became very friendly, very friendly. [Laughter]

His wife had gone to America. And just see, I must have given saris to most of you, so many things I must have given, I don't even remember. I had given her one sari. So when she heard about it, she said: "Nothing can happen to me, Mother has given Me the sari." She just took the sari to her heart. And she said, "I know, this sari is the protection for me. And nothing can happen to my husband." She didn't go back to India. She was sure he will be alright. Because it quite circuitous to go to Pakistan and all

that. And he was alright.

That is how the Mahamaya works – in a gracious way. In a way that doesn't make you feel that it's so gross and direct way of doing things. It doesn't talk about it, say about it. I mean, I never want to say how much money I would have to spend or I have spent, but the Mahamaya plays on me, and somehow or the other exposes me too. Even if I try to hide it, it just gets exposed. It's a good play, sometimes on me of Mahamaya; how it plays on me because the Deities, you see, they also sometimes try to play tricks with me.

As I told them that they had bought a shawl for Me, for the Guru puja, and I said, "Now, if you have bought the shawl I'm not going to take a sari at any cost, whatever you may do." They said, "Mother, but we've bought the sari. We've done the petticoat." I said, "Whatever it is, I'm not going to take it now at any cost, whatever may happen, I'm not taking it."

They were very sorry, you know. Because I must have maryadas. "I must teach them maryadas," I thought. The Deities are very cunning. So, before the puja I went to the bathroom, just to wash my feet – you see that's our Indian style, we wash our feet. So just went there to wash my feet and the taps in India are at any level, you see they can be here or they can be there, [Laughter] can be there. There's no restriction on that, you see? [Laughter]

So this tap was quite high. So I tried to open it, you see, and the whole thing opened out and the whole thing came out... [Laughter]

And I got completely drenched, completely from top to bottom. And I came out, and I said: "Now I'll have your sari." [Laughter]

Like this [Shri Mataji also chuckles] and they were all very mischievously smiling, you know, such a beautiful feeling of love. See that – I should have thought, after all, "What is a sari?" If they want to give me, I should have taken it. And their love was so great. What is in a price of a sari, nothing. You see the love of these people played upon me. And the surprising thing was the sari had the colour that a Guru should wear... and it was so remarkable.

All the time, throughout the puja my eyes were filled with tears, such tremendous joy. How the Deities, how my children are one with each other, how they are enjoying the rapport of each other. That's the first sign of a Sahaja Yogi: is he getting related to the Deities, is he behaving in the way the Deities behave? They do not question, they just love Me, that's all, just love. And in that love they play tricks on Me, I know. I don't mind. All such little, little tricks played on Me, are perfectly alright. Because they love Me. There are so many instances I can give you, where they have expressed their sweet love for Me. In the same way when I find the Sahaja Yogis.

Like this time, I'm told that people had grudges that they were asked for money in India. Now I'm rather surprised at that, very much surprised and shocked. Because in India, every year, established Sahaja Yogis try to donate money for all the projects they are going to have, for you people. They don't need... any projects.

About 10 lakhs of Rupees [a Million] Bombay Sahaj Yogis have donated and about 6 or 7 lakhs of Rupees Delhi Sahaj Yogis have donated.

Even places like Rahuri and all that have donated money for the projects they want to have for you, your children, for your retirements. And the first time... first time in all your life in Sahaj Yoga, the money was asked for – that too not much, 750 Rupees is nothing.

And people felt funny about it, I'm rather surprised, that... why people felt that way when, the first time. That also [was] for your projects, for your children, for your places. And they collected the money, brought it to me.

Out of which I bought the land for you, and the remaining money I was left with, so I said, "You better put it into the Life Eternal Trust, which is now going to be completely exhausted." They said, "No, Mother, you have no car. You travel by all these old cars and things and you don't want to take a new taxi, because you don't want us to pay for that. So why don't you buy this car, for you self out of this money?" I said, "So sweet of them, to think of my comfort." I mean I can buy a car of my own, no problem on that. By God's grace, C.P. has that much money to pay for a car for me, he would love to do that.

But this gesture, this gesture was so beautiful! And when I refused, the situation developed in such a manner that I could not refuse that money as there was no – that money was collected out of the Sahaja Yogis and we have to have certificates that you have... sort of gone through the right exchange and this and that, but I could put it as my own money, I had to.

That's all worked out by Deities I think, again. So when there's a complete concord between you and the Deities, then you can use the Mahamaya power very well on other people. Before that you cannot – you are using other powers. These are just, what we call the siddhis, not the shudra siddhis, not the bad things, but the good siddhis that you get. Like you can cure people – is nothing great. You collectively you feel another person. Nothing great, but you don't feel yourself, you don't see your own chakras. You not bothered about yourself. You can be saved, you are protected, you are helped, you are getting material help, you also enjoy spiritual life.

But still you have to go much further to get to Mahamaya powers. You have to go much further to be identified with the Deities. They are at the beck and call of your Mother, beck and call. Even if I do not call Them, They work it out. Like yesterday I did not know there was somebody from the Archbishop, Bishop of Canterbury, I did not know at all. And somebody had come there, as an observer. I had no idea, only Gavin told me he saw him getting up, he didn't know that he was in the audience. And I really [Shri Mataji bursts into laughter] blasted him completely I'm sure. [Laughter]

That's all the work of the Deities, They just turn my mind towards that, They always give me the full idea as to what sort of an audience sitting before me. Complete information, a perfect information. Now a person comes and tells me about someone – that's also very common, very common with Sahaja Yogis, in the west specially. They'll always tell about someone. I've not seen anyone, so far, coming and saying, "Mother, I've got an ego, please correct it. Mother, I've got a superego, please correct it. Mother, I've got this problem, please correct it." Always "That person has this problem, that person has that problem," they see others, very clearly, because we are extroverts. And when they tell me, just paying attention to what they are telling me, not only that I find out about that person, what's wrong with that person, but also I find out what's wrong about the person about whom they are telling, how far to believe these people who are coming to tell me something.

Like in India, there's one fellow who is always a murmuring soul, you see, he thinks he does a lot of things to Sahaja Yoga, this and that. And he formed about five-six people – cliques, you see, – and they came to see me. Very seriously sitting down, "We have come for a very serious job!" I said, "What is that?" So, they said, "Certain person who is a big politician, and he's just trying to mislead you, we have come to warn you about this man. You be very careful!" I said, "Really?"

So, just for a second, split of a second, I went through my computer, you see. [Laughter] to find out what this fellow is like. I said, "Have you told everything about him?" They said, "Yes!" "Nothing more to be told? Sure?" They said, "Nothing more!" "Alright! I'll tell you: This man has a wife who is not his wife, has an illegitimate child. He's like this, his caste is this, his father is like this, mother like this, brother like this, and this, and this, and this. [Laughter]

Go back with your non serious jobs of looking after your Spirit."

There is no need to advise me. I give you time, I talk to you because I love you very much. But I love you because you are seekers, because you have to ascend, because you are a quality. But you are not aware of your quality. Then I have no try some tricks on you. And then you realise, that, "Whatever we were thinking was all wrong." Best way is to surrender. Anything comes into your head like that, best way is to surrender. Because you must know [end of the tape] that the deity of Mahamaya is extremely....

[Break in recording]

...For this understanding you must ascend. There should be spiritual ascent. Otherwise you cannot understand. If you are living with your ego and superegos, you cannot understand. As it is this is Mahamaya, no one can understand Her. Even Brahma, Vishnu, Mahesha could not understand, it's so tremendous. It has played tricks on Them also. But at least you'll enjoy the play. You'll be a vehicle. You'll be an instrument of that great power and you yourself will see how you play Mahamaya tricks on others. This is again a promise of Mahamaya, so be careful. (laughter) It's already been said, you have already noticed, you have already seen it, it will not reveal to you everything, because you cannot bear it, the revelation.

But slowly you will see it. But you must have power to bear it. If you have that power, then there cannot be anything in between you and me. We all can become one with that.

This Mahamaya power is the one which has given you Realisation, is the one which is guiding you, which is helping you. So many of you are still keeping to one deity. Like some people who were worshipping Shiva are still with Shiva, some with Vishnu, some with Christ; They're all with me, all integrated. They still go back to the same, I have seen. That's a dangerous thing because They

won't stand with you in that. Still the attachments are there. There are also very subtler attachments. Get out of it! You should have only one attachment and that is to Mahamaya, and nothing else. And that's how it is going to work out further.

It's not difficult for you to understand because you have sharp intelligence. But it doesn't go in the heart, more in the brain, while those who have lesser intelligence have a larger heart, it goes into their brain very easily.

Supposing I go to India. You know all the villagers of India. What will give them the greatest pleasure, if I ask for something?

Supposing I tell a poor man: "Can I have half a gram of gold?" He will never question. He said, "There must be something, She is Mahamaya, if She has said it there must be something."

He'll beg, borrow, steal, do something and get it for me. Because he sees the complete dimension of that saying that, "You have to get me this." He sees it, he knows it, and he'll work it out in every way possible.

What is to be done? He'll not think he has to borrow, he has to do this. He's not bothered about this.

There's story of Shivaji which I must have told you before also, that his Guruji wanted to take his test. Because Mahamaya is a testing, testing power. And he said, to his disciples he said, "I've got a terrible boil on my foot which is about to burst out," a huge thing he had here, tied up. "And it's leaking now with the pus is coming out. And I cannot get it cured unless and until one of you can suck it." – Imagine! How many of you would agree? Won't even think of it, isn't it? What a test! And especially Indians who are so worried about their personal cleanliness. They wash their hands fifty times. So everybody looked at it, quite worried.

[Laughter]

Shivaji had come that time. And Shivaji said, "All right, I will do it." And it was a mango he had put in there. And he sucked it and he said, "It's very nice and sweet!" [Laughter]

One day again he asked that: "I want the milk of a tigress." Everybody was quite frightened. Who is going to milk the tigress? Shivaji said, "All right, I'll go!" He went in the forest, and he was looking out for a tigress who has given her cubs a – they, they are even worse. And he saw some cubs there. So he went near them and he started saying, "See, my guru wants your mother's milk. Can I have it? I want to have your mother's milk!" The tigress was looking at him. And he bowed to her. He said, "You see, my guru wants your milk. What am I to do?" And she could see that. She came and stood before him. He had taken a pot with him. He milked her. And he took that for his guru because even a tiger, even a serpent respects the dedication to Reality. And that's what is lacking. And once that is lacking, you cannot be respected. And you have to respect yourself. Whether others respect you or not, makes no difference at all whatsoever. But if you have respect for you, you won't bother about what others have to say. I can make out people who are intensely seeking, who are just seeking, who are just here because of certain relations are here, or something like that. Now those who are intensely seeking will get what they have asked me for, and that has everything in it, everything. And those who are casual will also get casual results, that's all. So the intensity will be fulfilled with much greater intensity! No use looking at others; look at yourself. If you are losing your joy, you are no more a Sahaja Yogi! You have to be in joy, then only you are a Sahaja Yogi.

Mahamaya is a very big subject. I can write a complete book on it. I think in this short time, whatever is possible I have tried to tell you.

But I would like you to ask me questions today because Sahaj Yogis never ask questions. In a seminar they should. You are not in thoughtless awareness just now. Mahamaya can work it out. Please, ask me questions. And don't murmur at the back. If you have any questions, please ask me.

Another point about Mahamaya is: you being the Mahamaya, you are not afraid. Supposing, Chandi has to stand here with Her sword in Her hand, nobody would dare go near Her. But despite that you people shake sometimes, I don't know why!

Ask some questions – important.

Sahaja Yogini: Mother, I have a question. When the energy is coming out like this – to the head, and it's going to the back and to the front and – I don't really know – I don't have the clear feeling yet if it's coming up and down here, or if it's coming here and here. And when it goes to here, I'm told it's the four stages above the head, the Ardha Bindu and up there – it's going up there. I'm not quite sure how it's going through the head, because on your diagram which you drew in "Nirmala Yoga," there's only the beginning part, And I'd like you to tell us how it's flowing through the head, if it's coming up and down or going like that?

Shri Mataji: In your case it is going from which side? you feel it's going this way and that way?

Sahaja Yogi: This way.

Shri Mataji: you feel that way...

Sahaja Yogi: Yes.

Shri Mataji: ...not from the centre.

Sahaja Yogi: I'm confused. Feels sometimes like it comes like a chrysanthemum, like that somehow.

Shri Mataji: That means it is going to your ego and superego, both sides. So that what has to be done is to pray to the deity of Christ, so that He sucks in your egos and superegos. When it is sucked, then only you can go in the centre. It is trying to cleanse your ego and superego.

You see wherever you have a problem the Kundalini goes there. Supposing you have a liver problem. You can see it. On my feet when you come, supposing you have a liver problem, you will see the Kundalini pulsating at the liver.

Supposing you have a problem of ego-superego, then it goes and works there, tries to clarify it and cleanse it. But if you can work out the deity of forgiveness – that's Christ – it can suck in. So we have to use both the things; we have to use the Kundalini as well as the deities. All right? You must pray. You must pray to Me. Meditation doesn't mean that you don't pray. Your prayers are like mantras. You must pray.

That's a good question. ...Now better. It's rising in the centre.

Sahaja Yogi: Mother...

Shri Mataji: What's that?

Sahaja Yogi: It's one prayer, Mother, for the whole tour of England and Cardiff also of course.

Shri Mataji: Cardiff ... (Mother chuckles.) Yaa. Cardiff. Should work out in Cardiff. How do you find?

Sahaja Yogi: Many false gurus. They are more active than us, in fact.

Shri Mataji: False gurus are there...

Sahaja Yogi: Yes, very much, yes.

Shri Mataji: In Cardiff? No-more in London. [Laughter]

Sahaja Yogi: We have newer problems here.

Shri Mataji: I was telling Gavin that you must arrange your tours in England. I can't do it now any more. I shouldn't do it, because I've done – I mean, every country says that, that: "Mother, you have gone through England so many times, up and down. You have really done all the crossroads of England. But you couldn't do that to our country!" While, now you are so many people, you have to.

That you have to do it now, you have to go on touring now; Cardiff is a good invitation. You people should go and work it out. Now there will be holidays, you should go to different places where I've been and work it out. It can be arranged very easily as you have got your friends there, you've got your centres there. You all should go, advertise, work it out, put posters, things like that. You all can work it out – as if I'm going there. You can use my tapes. Yesterday's was a tremendous tape. [That] could be used. Whatever tape you want, you can ask then, we can do it. We can also show them our video tapes. I think you all should arrange it and organise it. Little money is to be shelled out, doesn't matter. It's like a holiday.

I mean, those who want to come to India should come, if they have money, otherwise they shouldn't come. For the first four years, I paid for their stay, everything I paid. Gavin will tell you that. But now I can't do it, I'm sorry, for so many people. You have to pay for your food and for your travelling. But you must now take it up as a real job for you to go round England, talk to people, take groups there, advertise, and work it out – that's what you have to do. It's not such a big country. You are quite a lot of people. Twelve Disciples of Christ spread Christianity to this extent.

And most surprising, all the gurus are well known everywhere; I'm not so known. The reason is the Sahaja Yogis enjoy their Spirit – finished. That's one part. You have to do it.

This is what you have to give: is to spread Sahaja Yoga. Maybe, some people may not like you and may reject you, they may say horrible things to you. You might find certain Sahaja Yogis fighting with you there – also Sahaja Yogis when they are going for the work, they do not work as a team, they fight. Indians can't understand. See they've been listening to you they can't understand: "Why these people have arguments?" I said: "They enjoy arguments for argument's sake! They don't mean anything serious." They don't talk, they don't argue. They're just enjoying. So many of them told me that: "They argue too much, they talk too much. They argue all the time among themselves." "They like to argue," that's what I told them. But this is what it is. You have to go and that will really help you for your ascent. Because why should God give you light if you cannot give it to others? But it should not be a thing that it is a play of your power. It is your dedication it is your service, for that you should not expect a reward

in any way. Nor you should try to dominate others. Both things are wrong. If we decide that we have to do something, there are holidays now. Three months holidays, I'll be going to Europe. You please work it out, it's a very good chance. my absence can provide a very good chance for you. That's what my idea was, that you will take it over. Now you don't wait for my signalling, please do it. Those who want to do this work raise your hands, let's see. That's it. [Shri Mataji laughs.] Really? Thank you. I believe you. Thank you.

Why should I worry now for England? England is ours, with so many hands and swords coming out. So I leave it to you now to decide, form a committee, who will go where. Do not do simultaneously. Put a force on one place, say Cardiff, you... so many should go.

Arrange for your food and all that, pay for it, manage it, somehow. There are some cheap places where you can go and stay. Work it out. You can have some vans and some lorries or something, or trucks if you want. [Laughter]

We are truck loads, with banners, go round and do the job. Talk to people, talk to people in the market places, everywhere. You all can do it. Enjoy these three months like that.

Then you need not go to India if you don't want to. If you want to go, you can go. This is not compulsory, or on the contrary I find it difficult if it's a big number sometimes. But it's for your good, you will go there for enjoying, for your own Self.

We say that in Sahaja Yoga we don't take money, that's me, I don't take money, it's the point. I don't take money, but doesn't mean that: "We don't pay," I mean that, "We don't pay for our food," or as if the Sahaja Yogis are on dole, from Mother.

Is it that way? Does that mean that? We have to pay for our food; we have to pay for our stay; everything we have to pay, as respectable people. I had said once that we should not be without jobs. That's not very good for us. But now this country has so much of joblessness, it's better to take to that also.

Some people who cannot afford should not starve themselves for that. I don't want that. If you are not getting a job, it's alright. You can take a dole till you get your jobs. Don't starve yourself. That's not my point also.

If you don't get a job, then you can take a dole or whatever is the way is in this country. But don't starve yourself and don't keep yourself inadequate. You can take a dole. But that doesn't mean those who have jobs should give up jobs. [Laughter]

But you are employed by God, know that. You are employed by God.

Any other question?

Sahaja Yogi: Mother, what is the relation between Mahakali and Mooladhara chakra and how could we strengthen that energy within the left side?

Shri Mataji: What he say?

Warren: He's asking what is the relation of Mahakali with the Mooladhara chakra and how we can strengthen that energy of left side.

Shri Mataji: Mahakali's the Mother of Shri Ganesha. She's the Mother. She's the power of Shri Ganesha. He exists because to Him He doesn't know anybody else but His Mother. And He knows that She's the most powerful; I have told you the story of Shri Ganesha and Kartikeya. That when Parvati-Mahakali... Shiva asked Them, that "If one of you can go round the Mother Earth, then I'll give you some prize. And whosoever come first, will get the prize." So Kartikeya had a peacock, while Ganesha had just a mouse, little mouse. So He didn't know how to do it. So He took to His wisdom. He just thought: "Who is greater than my Mother Mahakali? No one. Not even my father, because He can't exist without Her. He has no light without Her, He has no power without Her, so She's the highest." He said "So why go round this Mother Earth? This is the highest of highest." He went round Her. He got the prize. [Laughter]

But Mooladhara is the big problem, I must say.

Will I have another chance to talk to you?

Sahaja Yogi: Later... All weekend.

Shri Mataji: Then I think I'll do that later because I want to talk on that very much. I think we have talked about one point, is the sin against the Father – to feel insecure about money. I see Rustom. Look at Rustom. He's saving money. "Mother, whatever you want, I'm saving..." I mean, I don't want it now, no question I mean. But he says "I'm saving money for that." He's got a big job; he's saving money for that!

Those who are insecure about money must know, "What are we saving out of whatever we have?"

I don't have any need just now. But he wrote to me, "Mother, I got this job because of you . Otherwise I cannot think of getting this job."

In that way, we have to think about the sin against the Father, to feel insecure about money, to talk about money, to worry about

money. Alright have it! That's the way one should be. Though I've never asked you for money so far. I have never asked. This is one side of all this. The sin against the Mother I want to talk to you later when we have the puja. Will that be better? Alright.

What about your seminar programming? (Yogis laugh.) Is a Mahamaya? [A yogi makes a comment about planning. Shri Mataji & yogis laugh.]

Any other question?

You must ask Me a question of this kind, nature. What others would ask you a question, which you won't be able to answer – that's a better way. What others would ask you a question, which you cannot answer. Yes.

Sahaja Yogini: Lot of people ask now, how do we know that the vibrations are right, are telling what's right. Well they have Realisation, but they wanted to see more (concerning?) it in a way to know that it's right. How can we explain to them that it's right?

Shri Mataji: This is right or wrong? "Because," you have to say that, "Relatively you have to understand. Now see, we think that this is – these are flowers, alright? Because we can see it clearly that these are flowers."

And you ask five-six people 'What are these?' They'll say, 'These are flowers!' But if you ask a blind person, he might say, 'These are snakes,' because he can feel it through his hands and he cannot understand what it is.

All right? In the same way, supposing you ask a question, 'Is there God?' you get vibrations tremendous. If you ask a question: 'Am I the Spirit?' you get lots of vibrations coming in. Then you get a madman, and put your hands towards the person, you start burning your hands. He's definitely approved, certified mad person. So then it is proved that what the vibrations are telling, is the truth."

Once in Puna, first time when I went there, the program was arranged in a hall, Rajwari's Hall, who is a Brahmin. You see he was a brahmin a very austere type of a Brahmin. And when they told that I'm not a Brahmin, he hesitated and the committee, you see, decided that we can't have a program because She's not a brahmin. [Laughter.]

Again Mahamaya. I'm the Creator of Brahmins, isn't it? [Laughter]

So, I did not know actually what was happening, because nobody told me anything about it. And they said that: "Alright, if you don't want to have Her program, we'll give it in the newspapers that, "No program, because She's not a Brahmin. Because we have already published in newspaper that there's going to be Her program." They got a fright, you see, they thought, "No, no, no, this cannot be. Then they will say, "We're very... sort of... people, fanatics, and things like that." Because Brahmins are that way hated in India. So they said, "No, no, don't, don't do that. All right, we'll have Her program." So, when I was having the program, you see there were about six-seven people sitting here – they were shaking like this. So I thought I better play a trick on them. But I didn't know this had happened. I didn't know anything about it, the background. So, I said, "Those who are Brahmins, please come forward." So five-six of them – because poor Mr. Rajwari Agnihotri was suffering from... deadening... arthritis, he was sitting on that gallery there, – while four, five of them came forward, as Brahmins you see came forward, sat. I looked at them, "So you are brahmins?" "Yes!" One more joined them. "Very good, more the merrier!" (laughter) And then I said: "Now put your hands towards me, like this." They all started shaking. (laughter) Worse than the man! So... I said "Now, why are you shaking? If you are brahmins, you should not shake!" He said: "Mother, you are the Shakti, that's why we are shaking!" "And see there's people also shaking this side." I said: "Ask them 'from where do they come?'" So, they asked them: "From where do you come?" They said: "We are coming from lunatic asylum, (laughter) all of us, from Thana." I said: "Now you see, relatively...." [Laughter and applause.] That is how you have to say how the vibrations are right. Alright?

Now, what other questions they would ask?

Yes.

Sahaja Yogini: Mother, when we go round with posters, putting them up in the shops, the people always ask us, "What is Sahaj, what do you mean?" And in a shop, when you putting up a poster, you don't have time to go into great detail. What is the best way to just tell them what is Sahaj, before you put the poster up?

Shri Mataji: 'Sahaj' means spontaneous, is a spontaneous happening, is a living force of God which works out a living thing. Something that is living because God is a living force. That is accepted. At that, the Holy Ghost itself has to give you the birth, and the Holy Ghost resides within us in the triangular bone which gives us. And it's a living happening within us which takes

place, which has taken place so far – the way we have evolved into a human level. And now, to go further, there is this force within us which we have experienced, we have seen and you have to get it. And that's how you proceed. See, if they are Christians, start it with Holy Ghost, it's better. If they are Hindus, it's not difficult. If they are Muslims, also you can tell them that Mohammad Sahib talked about 'asas' [base, foundation]. , talked about you have to be a 'wali' [saint], you have to become a Realised soul. He talked that at the time of Resurrection, your hands will speak. So, He talked of the future. How do you stop it at Mohammad? He talked of the future, throughout He talked of the future.

Moreover, I would say one more thing, we must have study groups in Sahaja Yoga, very important. I find many people are there, quite a big percentage, who do not know much about Sahaj Yoga. They are enjoying themselves, they have got vibrations, they have got this – but they don't know much about it. They haven't – so many of them are just worshipping 'Advent' like 'Bible,' you see. I hope they do not make a microscopic copy of that and put it here, as Sahaja Yogis, you see. [Laughter]

Everything is possible with you. So. You must understand, 'Advent' is just a wee bit of it, but try to understand Sahaj Yoga. And some people understand it very well. Some people – mentally, you must understand Sahaja Yoga first of all. Then we have other books on Sahaja Yoga which you must read, which are simpler books. Then you can ask questions to deal – you must have a study group.

Alexandre started a study group on Sahaja Yoga. And he charges some money. He says, "It works better, Mother." But I said, "Why do you charge money?" He said, "For the hall. But I tell them I am charging this money for learning Sahaja Yoga". There's a course in Sahaja Yoga, he started. You 'll be surprised, I was not for it. But it works better! People are knowing about Sahaja Yoga. They are trying to bring paper and pencil and understand each and everything, like a school. I mean if you need that, you better do it. I don't know why you have to pay but, I think he does that very well and French are getting better than English, according to him, as far as the knowledge of Sahaja Yoga is concerned. So it's better you all work it out that way I think. Whichever way is useful for you. This is "samayachar" [according to the time], you see. We are so money oriented, is better we start with the money and end up with the Spirit.

Babaa! I don't know what to say because I don't want anything out of it! But if that can screw up your heads, better have it! I mean, I don't know whatever way it suits you. I never liked publication or advertising through handbills, but I had to agree to it and I have agreed now. Because it's some different world we are facing. So, do whatever way you like – that's not important.

But you must know about Sahaja Yoga. Because when you are talking about Sahaja Yoga, you should be knowledgeable, isn't it? Otherwise, they'll say something which I've never said: "Mother says so." And I'm shocked: "When? How could I say such a thing?" Best way to know about Sahaja Yoga better, is that you compare it with other sayings, with other literature, with other scriptures, with other saints. That's a very good way, there's a very good book in Marathi has come out, where Sahaja Yoga is described through many saints. You can find out things like that, write essays on that, something like that you can have a competition on essays. I don't know how the mind goes to that, that you must have the knowledge. It's not enough to be joyous, because then you cannot be a Guru. If you have to be a guru, if you have to spread Sahaja Yoga, you must know about Sahaja Yoga, isn't it? That's it!

Now, any other question?

Now I'm saying all this – I hope it is recorded – that firstly you have to have a committee for people who travel around, and proper arrangements to be made, and all planning to be done: Who is travelling where, how we are going, when is the holiday time, do it in the weekends – whichever suits you.

Secondly, how to improve the knowledge of Sahaja Yoga? There's another method they try in India which you can try also here, is they put on my tapes and ask people to take notes whatever they think important. Then discuss among themselves, talk about it; everybody has to talk and understand. And whatever point they don't understand, they write to me, "Mother, this point we did not understand. Will you explain?" That's also a good way.

And now what to do with that?

Sahaja Yogi: Yes, the question is, what is the importance of spreading the vibrations in the environment. Like if we speak of scientists, they say that electromagnetic vibrations are there, the electromagnetic vibrations perform a function. So we can say

to them that these vibrations that we have as a result of Sahaja Yoga is flowing through us and is doing something for the environment. So if you can please say something about what it does to the environment.

Shri Mataji: Now electromagnetic vibrations are the right sided vibrations are, of the dead, we shall say. Now our vibrations are what we are calling this Chaitanya, is the combination of all these three plus the "Ardha Matra" [or "Ardha Bindu" is the semicircle; together with the "Bindu" they represent the Adi Shakti in AUM] is the Adi Shakti on top of that.

So we have four types of vibrations [A, U, M and the Ardha Matra on top] integrated in these vibrations: emotional side, evolutionary and the one that is electromagnetic. So we have all these vibrations within us integrated, and on top of that is the fourth one which is the Adi Shakti's vibrations. They organise, they think, they work out, they direct, they choose, they do everything which is the administrative side. So we have four types of vibrations within us.

Now see a camera. I'll tell you an example. I went to a station for my own photographs. So there were four photographs every time I come in. The first one didn't have so much depth, second one improved, the third one improved, and the fourth one was the best. What happened that when the first photograph came in, it received some vibrations, I think, and it changed electromagnetic into the Chaitanya, little bit. And the fourth one was good. Like you people, when you take my photograph, I'm very much different from the photographs taken by people who are not Sahaja Yogis. Sometimes I look in those photographs, otherwise, as if I am standing with somebody with a pistol at my back. [Laughter]

But the camera, which is not touched by anyone, which is facing Me all the time, records so many things which normally people cannot. Now you know that the people who were taking very good photographs have suddenly lost that power, because their ego has come up. They have started thinking they were very great photographers, this, that and thinking no end of themselves. So their photographs are not showing such results. The other day, I saw a photograph of Mine and I told the person who has taken the photograph and he was amazed. How did I know? I said: "I can see all the chakras represented in this photograph."

From the photograph, I can make out who has taken the photograph.

So when a person is dealing with these electromagnetic vibrations say, for example: here are electromagnetic vibrations, isn't it? [Shri Mataji touches the microphone.]

Simple as that, here, on this. Now they receive my vibrations, and whatever I talk becomes a mantra. When I blow in this, I blow in your Sahasrara.

Electromagnetic is a wee bit of a dimension, one third of the right side – one third of the right side electromagnetic – out of which this Universe is created. Then, there are other vibrations which are beyond electromagnetic. Like, we have five elements. Electromagnetic are only two elements, two elements which are combined together; it's very easy to combine two elements: no permutations and combinations. But when there are five elements, these three combinations can make so many varieties and they are all right sided. So you can imagine there are so many vibrations on the right side.

We are using the ether for example. Ether we use for broadcasting. We think it's only electromagnetic - is a wrong idea. Now when I speak, say, and broadcasting it goes in the ether, it's the Adi Shakti. So, it governs it. Then it manages things. It can work on your Sahasrara. It can work on so many Kundalinis. It can work on the nature. But they are so frightened of Me they never allow Me to go on the TV, the negative.

So electromagnetic are just a wee part of it as I told you, it's just the combination of the Mother Earth and electricity. That is, we can say, comes out of the water element. That's all.

Electromagnetic things have helped in one way in creating life. Because where there were only gases created – helium, hydrogen, oxygen – it was the electrical charge, which changed them into life. Amino-acids were formed like that. But the electrical charge also changed them because there was Adi Shakti's power working on them. The administration was done by Adi Shakti's power. So, it's just a wee bit of it.

And if you have to achieve anything on the electromagnetic you can show wonders out of it, wonders! Vibrations can pass onto it – means that it administers those vibrations which are sound vibrations, now for example, take it as sound vibrations, are carried by electromagnetic vibrations. In the same way, Chaitanya can be carried on electromagnetic vibrations. They can be carriers, but Chaitanya cannot carry electromagnetic.

All right? You are all stunned by my knowledge or what? [Laughter]

Any other question? Yes. Little loudly from that distance.

Sahaja Yogi: Mother, can you explain the relationship between the geographical locations in the world and the microcosmic being, of us individuals, in relationship?

Shri Mataji: Gavin?

Gavin: He's asking about the expression of the Kundalini in the world as a whole, if you can say something about that, how the geographical locations correspond to parts of inner being with the individual. Like you say England is the heart.

Shri Mataji: I see. You see, Kundalini is made out of Mother Earth itself. I mean, the element used is the Mother Earth, can you imagine?

And the magnetic power of Mother Earth is used in a way that we can say, that it represents the Mother Earth, Kundalini within us. And that's how the Earth is made also, is made of layers. The whole earth is made of layers, because one can understand, that when the part of the sun, which broke away from the sun, came down like a sari, you can say, like a thick sponge [unsure] – because it was gas. And then it had to go round itself. So the layers were formed just like the Kundalini force comes down and coils up, in the same way Mother Earth was coiled up. And the centres that I've described to you that are here and there, like Europe as I said is the Void.

Is not actually based on the axis of the Mother Earth – should have been normally based – because there were a lots of give-and-take took place. Like the continent of Australia drifted down to the Mooladhara, and the line, if you draw from there to India, then goes round, goes round the earth and comes back to Himalayas. You might say that's how it makes a Kundalini, but it does not. If you draw a line, it may not.

But I can tell you how in the body it makes a sense, still the body's not – I mean still, thank God we are intact in one piece. Like our heart is where it should be, our nose is where it should be. Thank God. It may be, after sometime you might find a nose hanging from here. (laughter) And the way we are, I don't know what will happen.

Now the Kundalini moves like this say, for example from the heart it starts, goes up like that. This is the three and a half coils. Now, if you can make a spiral and cut it half, three and a half, you get seven points. Three and a half, you take a spiral, from the heart it moves, one...two...three...and the half that ends up at Mooladhara. Now you cut it half; you get seven points. Do you follow the point? And that's how one after another, these chakras are there within ourselves.

So the Kundalini itself, represented on the Mother Earth and which is readjusted now, adjusts itself within ourselves, in such a manner that it creates this pinda, this body, in its own form. But it's still residual because it has not acted, it has not awokened. So it is still residual, but that seven chakras are such created by the same Kundalini as I told you.

But once upon a time, the Earth was placed that way and made like that, but then it changed. And, you cannot explain it without showing you a proper mark. That, you might say that "Mother, how is it that the... Australia is there and India is here and this and that?" But if you see a spiral going in two, like that, then it sprouts out, its own personality comes out at a point which looks odd, but it is in the spiral way, placed in us. Even this world is moving in a spiral, this universe is moving in a spiral, there's an ascent. That's how it is achieved, through an ascent. If it was just moving round and round, this earth, it would not have evolved. To go up, it goes round... but it is ascending.

And I'm sure science will find it out very soon, that the whole universe is moving in a spiral way. I don't know how far is science gone, to find out what. Is there already findings like that?

Sahaja Yogi: They found eleven dimensions, Mother. They found eleven dimensions, Mother.

Shri Mataji: Eleven?

Sahaja Yogi: Dimensions, when you say there are sixty-four.

Shri Mataji: It's unlimited. It's unlimited. I'm talking of unlimited.

Now, there's one question I'll ask. Supposing they say, "What is unlimited and limited," how will you explain? I mean supposing I'm not a Sahaj Yogi, I'm quite a clever person and ask you a question. [Lengthening silence.] There are Ph.D.s, M.A.D.s, let's have [Shri Mataji laughs] some answer.

Sahaja Yogi: Mother, the unlimited is the Mother. The unlimited is the Mother.

Shri Mataji: No, but that is your statement.

French Sahaja Yogi: Mother, (ED Del: "the unlimited you can only do with your head.") The limited you can do with your head, but the unlimited is with the vibrations?

No, no, but, how is it in this world, there is something unlimited or not? I mean the concept of unlimited must have come from somewhere.

[A baby make word-like noises to which Mother responds: "Ah, who's there?] You have to say something concrete.

Another Sahaja Yogi: The unlimited is the comprehension that God is unlimited beyond the (norms?) of men.

Shri Mataji: What's he saying?

Sahaja Yogi: We have subservient to God.

Shri Mataji: Can't hear you. What he saying Gavin?

Gavin: He's saying that God is the unlimited, Mother.

Shri Mataji: No, no, but that's your statement. They don't believe in God, supposing. See, mostly they don't believe in anything. Then what will you say? you say that "God is unlimited," – say "We don't believe in God." Alright. Then? This is your statement I'm not saying – say something that you have seen unlimited in this world – not me, apart from Me! Because you are Sahaj Yogis, now let's see!

Sahaja Yogi: [softly] Infinity.

Another Sahaja Yogi: Mother, On the gross level, the energy within the human body is a closed-system, which can be exhausted, as we know through the play of right and left. Connection with –

Shri Mataji: No, no, but that's what you say... because you have reached your subtle state. But those who are on the gross, can you tell them any example of unlimited?

Sahaja Yogi: The Universe, Mother.

Sahaja Yogini: Mother, the Spirit.

Shri Mataji: No, you can't say universes, they have not seen it.

Sahaja Yogi: speaking over Shri Mataji: A life.

Shri Mataji: Something that you can see with your eyes.

Sahaja Yogi: Life, Shri Mataji. Life is not an entropic system.

Shri Mataji: That's another...[Laughter] No, no, no, no, no, no!

It has to be very gross example. It has to be for gross people now let's see.

Sahaja Yogini: Blue sky, Mother.

Shri Mataji: No, no, no.

Sahaja Yogi: A fountain.

Shri Mataji: No, no.

Sahaja Yogini: Usually we say the sand on the shore... The grains of sand on the shore.

Shri Mataji: No, no, it is limited. It is at a point limited. Something that is really unlimited you can see.

Sahaja Yogi: Infinity.

Another Sahaja Yogi: How?

Sahaja Yogi: Infinity.

Shri Mataji: How? [Laughter] You talk, now I'll tell you.

Absolutely gross.

Sahaja Yogini: The nourishment of Mother Earth?

Shri Mataji: What's she saying?

Sahaja Yogini: The nourishment of the Mother Earth, always giving?

Shri Mataji: What is she saying?

Other Sahaja Yogi: The nourishment of Mother Earth.

Shri Mataji: No, no, no, no.

Sahaja Yogi: Below the [body?], Mother.

Sahaja Yogini: Air.

Shri Mataji: You see something it is conceptual. Not conceptual actually, I'll show you. You can see unlimited. Not me, alright? It's very simple. Put two mirrors in front of each other and put one thing in between. You see unlimited images.

[Laughter and applause.]

One divided by three is unlimited. Adi Shakti divided by three becomes unlimited.

So many things absolutely gross you can show them this is unlimited. So now there are two mirrors, one is God and His Power. And the image in between is the universe. So you get unlimited universes. Then you have God and His Power, you get any deity in between, you get unlimited deities in you all. Is a very simple thing you can show. At a very gross level, you can tell them there is something like unlimited. Alright?

Is all right for physics people, am I all right? [Laughter]. Like that. So such questions if they ask, you have to be prepared. For that, you must think about it. Sometimes you may not answer. Doesn't matter. Think it about. Find out, "What does that mean?"

But the thing is that you must use the Mahamaya power, which you have seen clearly, to them by showing my photographs. Now how do you explain this? By showing them what happened in Bedford, or telling them what happened in so many cases, where suddenly you got this and this happened and that happened. How do you explain? That will stupefy their brain much more.

I think my time is over now. You get to take over. Now what time you are having lunch?

Sahaja Yogi: One o'clock, Mother.

Shri Mataji: That's why I said no puja in the morning. [Laughter].

Sahaja Yogi: Yes, Mother.

Shri Mataji: Now you know why. But Gavin is a person who listens to me. That's a good thing, I mean those who listen to me, it's easier to deal with them. But those who don't listen to you it's very difficult, first, you have to convince them, on a gross level, every time. So, don't decide for yourself, let me decide. Whatever I decide for you is for your good.

May God bless you!

So I can go now, you can have your seminar and discussions and whatever you want to have, on these two points specially because, one thing is you must find out for those who want to go, how you will be going. All of you should take a very active interest and tell them what you can do about it. Also, I think it would be good idea to tell them in short what we have decided in the trustees meetings, whatever we have decided about... we should tell them about it.

How are you doing there, well in this college?

Sahaja Yogi: I hope so, Mother, with your blessings.

Shri Mataji: Working out well?

Sahaja Yogi: Quite alright with your blessings.

Shri Mataji: I've told C.P. about you. Alright?

Gavin: Bolo Adi Shakti Mataji Shri Nirmala Devi ki

Sahaja Yogis: Jay!

## 1985-0420, Seminar, Mahamaya Shakti, Evening, Improvement of Mooladhara

View [online](#).

20 April 1985

Talk to Sahaja Yogis

University of Birmingham, Birmingham (England)

Talk Language: English | Transcript (English) – Draft

Mahamaya Shakti seminar, evening, Birmingham, (UK), 20 April 1985

Shri Mataji: Please be seated.

Is it all right this one?

Are you recording all right?

Sahaja Yogi: Yes Mother

Shri Mataji: So, this is how Mahamaya plays. They had planned everything. They had all the arrangements made and the sari was missing. All right. So, they came and told Me that, "The sari's missing. So, now what to do?" You can't have puja without the sari, according to them. [Laughter]

So, I said, "All right, let's wait. If it arrives in time we'll have it; otherwise we can have it later". But I was least disturbed, least upset. Because I do not have a mental conception of it. But if you have a mental conception, "Oh, we have programmed everything, arranged everything. We have done this and now it's fizzling out." Doesn't matter. Nothing is fizzling out. [Laughter] But that is what we cannot do. Because you asked Me today, "What is Mahamaya?", this is what it is. [laugh]

You must learn to accept whatever comes your way. That's one of the things. And here where we feel frustrated, angry, upset and spoil our joy, one of the things, because we make a mental projection. Mentally we calculate something. This has to be. And it's really in a way a subtle ego feeling. Because I thought, "That's what is destined, all right. We'll have it tomorrow. What does it matter?" In any case I told Mr. Srivastava that I'll be back only about two o'clock.

He said, "Why not in the morning?"

"I don't think it will be feasible."

So this is how you become 'avyagra' ; 'vyagra' means person who is worried - [so] the one who is not worried. So, we worry because of two things. Firstly, we worry that what will happen in the future. Future doesn't exist. If you have made up your mind that this should happen in the future, then you get upset. That's one thing. But you have not made any mental picture, you will see what comes on the scene. You'll watch whatever appears. Then you're not worried, because you're anxious to see what's going to happen. That's one way, that you feel hurt, that you're worried.m,Secondly, you worry when you have built up a myth, picture of that "Oh, we're going to have a puja now, and we are not having it". So, you are upset. What difference does it make? And then you cannot enjoy my talk today and the puja tomorrow. Because today you think it was going to be puja. We are all dressed up well. Very nice. [Laughter]

We spend so much time to get ready for the puja. All right, we'll have it tomorrow. What does it matter? We really decorated ourselves well. We were all ready for the puja, we were sitting here for the puja, and now what has happened! I didn't wear my sari for puja at all. I knew what was coming [laugh] So, it's all right to see you like this. Because normally in the puja, I never see you dressed like this, I'm busy with Myself. Now I can see you nicely dressed. I feel very happy about it. And these mental things are responsible for frustrating us.

Like, as I was telling you about money, same thing happens. In India people come, they keep so much money for buying things. You see, sometimes they come loaded just like what you call traders. The customs are so kind, I mean Sahaja Yogis have a free pass, whether in India, or in England or anywhere. And then they have a mental picture, "We'll buy this." All right. "And see, so much we'll spend." And if they have to spend some money for something else, they get upset because they have decided to spend so much. So, then they might go to spend some money. That's also, you see how Mahamaya works, you see? It has happened with all of you. So they go and buy something.

I'll tell you Gavin bought once a image. I don't know he paid about, I think 500 rupees – no how much have you paid about 4,000 or I don't know. How many pounds you paid for that?

Gavin: Forty pounds.

Shri Mataji: Forty pounds. He paid forty pounds for that thing. I would not even pay five pounds for that. And I said, "What's this? How did you buy?" "Oh, it's a very nice thing, Mother. We got it in Agra."

I said, "It is from Nepal. If you buy it in Agra, I think it is very expensive and it's such a waste." But the worst was the vibrations were very bad. They thought they've bought something great. And the vibrations were very bad and I noticed it. So he said, "All right, Mother. I'll keep it in your house and You improve the vibrations." I tried. It would not work out. I said, "Gavin, what to do now? You sink it in the Thames. I don't know what."

And then luckily it happened C.P. said that, "I have to take some present of Buddha to Japan." I said, "These Japanese exhibitors are good for nothing. No bhoot is going to trouble them." So he said, "Can I buy something?" I said, "Buddha's things means it's not easy to get here." "But I have 'avlokhiteshwara'. Would you like to take that?" He said, "What is the price?"

I said, "Forty pounds." He said, "All right. All right. I'll take it". And he bought it for forty pounds. I said, "All right. Give it to the Japanese fellow." He was a very nasty person. I said, "Good for him." And I found it out that, you see, because I knew that it will have some purpose somewhere.

So, this is how our mental images are so rigid that there's no flexibility in our understanding. And if you start making it flexible then (and this is very early stages when Gavin had gone to India, very early. Now he's different.) So if you become flexible, then what happens you see the joy of it. You see how things get adjusted. But if it is rigid, then you get caught up into your own rigidity. And you can never enjoy it, because there's no movement for the Mahamaya power. And that's how then you feel frustrated. You see it is all your own creation. The mental projection is your creation, and also the destruction is your creation. Nobody is responsible for that. You are responsible. But who does that is Mahamaya, "Sankalpa vikalpa karo", you do decide something.

You say, "Now today I will go to Birmingham. I have to go to Birmingham. I can't come for a meditation. I have to." After some time, you will find that it's impossible to do something, but to do what is needed for Sahaj Yoga. Because whenever you will try to do something, you will find it will frustrate you, it will upset you. If not, then it will make you realize what is important, what you've missed. Sometimes you get lost on the way. You think that, "Oh God. We have lost the way. What to do? Now where to go?"

If I was you, I would say, "All right. We've lost the way. Must be to find something else." And there I find something else which I've been looking for, for days together. I just see that there.

So, if you trust your joy giving quality of your Spirit, that you're not going to lose that quality of the Spirit, at any cost. Then that acts as a guide and you understand the flexibility of all these worldly, transitory things. They are all changeable, only you cannot change because you are the Spirit.

Today I wanted to talk about Mooladhara, which is very important subject. I think I have talked about it many a times. But in the West I must say, because of our wrong attitudes and the acceptance of wrong mental projections of other people who are very dominating, we have very much ruined our Mooladhara.

Despite the fact that Kundalini has risen with whatever weaker power that Mooladhara had, and has sustained itself, we must know that we can always fall a trap to our different bifurcations which we had created before. It's a very serious matter that the Mooladhara chakra has been really shattered, and we have created pathways into which our attention can go if we are not very careful. Now supposing if somebody is a dishonest person, or a miserly person, or money oriented, it is very gross and you can see it so clearly. You see yourself and you get shocked how, "Why did I say such a thing? Why did I do such a thing?"

But when it comes to the left side nonsense, sin against the Mother, it's a secretive action that's only between you and yourself. Nobody knows what goes on in your mind, except for you. Nobody knows what you are going to do next moment in your privacy when you are alone.

Nobody can look into you except for your Mother. I also only feel your Mooladhara.

To be very frank with you, that's one center I find it difficult to feel Myself. The reason is, I have a very, very strong Mooladhara, which is not so sensitive, I would say. It is not bothered. The attention of My Mooladhara doesn't go near any other Mooladhara.

It just recedes back, that's the action it plays all the time. So I also, unless and until it is very badly off, I mean the person is very close to Me, then I feel the Mooladhara very strongly. But still I can. Supposing you give Me something, that thing is used by you, immediately I can feel it. So, the correction of Mooladhara entirely depends on you. And without a strong Mooladhara you cannot rise high.

Do what you like.

Now for people who are Indian, who have respected their Mooladhara, there are so many methods and ways given how to raise the power of Mooladhara. But that won't work out with the Western people, because it's a damaged one. It's one which is a shattered one, and which does not work on the physical side of the Mooladhara, but on the emotional side as we call the "Mana", the left side. So, even you may not talk in that way, but your mind is still in that realm. And you still think on that realm. Even mentally, you are in it. Or you are seeing things, wanting to see such things, wanting to enjoy such things. That lurking attraction is still there. Your Mooladhara cannot strengthen. And we have to realize that I'm talking to Western people. I would not say the same to the people from India. So, now we have to work out much harder. To be on the watch-out, to deal with yourself. And it is more a mental activity – "mental" meaning I mean the emotional side. You have to watch your mind. In English, it's a very funny word "mind" is, but "Mana", through which we cater to our emotional side, to our desires. Where is it going? Where is this movement of our mind? What is it doing? You have to stand against your mind, stand against your desires, or you can face it and see for yourself clearly what's happening. It's for you to decide. Nobody is going to correct you on this point. I know you people have been confessing to Me. I never read your letters, to be very frank. Whatever letters you sent, I would not read it. Whatever confessions you have made, I burnt all those letters. I haven't got any idea as to what you did. Nor do I want to know about it. That's not my concern. My concern is that now you do not dwell upon the same ideas, on the same level, or on any level whatsoever, we can say.

It is in thoughtless awareness you can combat the thoughts that come to you from wrong type of Mooladhara.

Maybe some of you have got bhoots on your Mooladhara. And we have some physical treatment for such bhoots also, which I'll tell to Gavin sometime, which you can ask. But you cannot always say that, "It is a bhoot and I'm all right. I'm away from the bhoot." You are not. Whenever you say, "I have a bhoot," means you yourself you're siding with the bhoot.

You see a person as a Sakshi. That means you see that person but you do not get a reaction, which is killer of joy. You yourself can feel your Mooladhara very well. You can feel it on your fingertips also. And be alert about it. If you want to be kind to yourself, know that you have to divert your attention towards a sane married life. But also that should not be too much. Because what I have learnt now, that in the West people have devised methods of transferring their attention from one person to another. Mental acrobatics of different type they have devised to destroy their pure attention. Don't play onto these.

There are so many other things by which we express that we are still under the trap of a bad Mooladhara. The way you dress up, the way you walk, the way you sit, the way you talk, the way you behave, to impress other people. I am to be impressed by other people in Sahaja Yoga itself. The only impression that should really work is the height of ascent that others have achieved. You can do it; it's not difficult. When the Kundalini can rise with all such shattered Mooladhara, I'm sure you can cure your Mooladhara completely. But your question is first of all of strengthening the Mooladhara, for which I think you all have to go into a kind of tapasya.

That's why I say sometimes that the Western people should take less of meat, especially the red meats and beefs, and horses, and dogs – and I don't know what else you eat.[LAUGHS] Take more to vegetarian food. I'm not saying vegetarianism, you understand that. Take more to things which do not give you so much heat in the body. Even fish is very [degrading?]. So take to a life which is in a way ascetic, but don't take to these horrible health foods also. I can't tolerate them I tell you. They're not meant for human beings, but for animals I think. They churn your stomach completely, and it's horrible. This Country Store thing I took once and I said, "had enough of it!" Country Store – the whole country went into My stomach. [LAUGHS]  
So for you people where to go?

Those who are suffering from Mooladhara must know that food does make a difference in the powers of Mooladhara. So if you have to get it cured, first of all you have to soothe it down, it is over-excited, over-excited. Any man you touch, any woman you touch, any woman you look at- I just don't understand, it's worse than monkeys. Horrible. You have to soothe it down, cool it

down, so that Ganesha bestows His blessings upon your Mooladhara. There's no grace. But it's not so outside that I can say that, "you must respect yourself." It cannot work out with those words I know. You have to sit down, do meditation and try to soothe it down. I'll discuss with Gavin and I'll tell him what things can be done about it, because I can't tell you in the open like this. But still this is all physical. Mentally you must be on the watch to see where does this mind go – to dirty things. Why does it always go to this sensation? See the birds, see the flowers, see the nature, see the beautiful people, just see them.

Another horrible thing in the West is that the women must expose their body to get men excited. Men do the same I think. They always try to excite each other and live in a stupid excitement. You have to expose beautiful things, like flowers, beautiful ornaments. All right? But you're not a thing! It's your private property. You don't put all your gold on the streets, do you? Better try that, sometimes. You will mind people plundering your gold, but you don't mind your chastity being plundered. Everyone looking at you with dirty eyes. You don't feel insulted. Because ego is a dirty stuff. It does not mind. It feels happy that people are watching you. They are plundering you. They are looting your chastity. But Sahaja Yogis are not like that. But still I must say you must cleanse your hearts, cleanse your minds, take yourself out of it.

The minds are very funny placed, and that's why the greatest complications there are in the brains of people. They are very confused, very confused people. Because there is no wisdom in this kind of life. You become just a sex-oriented personality. It is actually just the other way round. If you are money-oriented, you want to preserve money. If you are possession-oriented you want to preserve it. If you get one little antique piece you want to preserve it. And why not this property of yours which is the highest of all, to be preserved, to be adorned, to be worshipped?

I'm quite worried on that point that secretly people are indulging into such things. And they're hypocritical sometimes, they don't mind being hypocritical about it. They are Sahaja Yogis, all right, but in this matter they think they can go about the way they like. And sometimes some of them say that "Mother has said it's all right." I never said so! There's one point I cannot compromise is this. You must have a chaste outlook towards yourself, towards your life, towards your being, towards your personality. You are saints. And if a saint doesn't have a good character – I call it the character, the essence of character – is not a saint.

So, this purity has to be maintained. There cannot be any compromise on that. You cannot hit at the roots of everything. If it works out, in a collective way, nobody cheats oneself, nobody deceives oneself and puts the mind into right track of ascent. Thinking about the ascent, how you are going to rise, thinking of the moments when you had the joys, thinking of the day where you met Me first, thinking of all the other beautiful and holy things, your mind can be cleansed. And whenever such a thought comes in, you have to say, "not this, not this, not this." It's more mental than physical, I tell you. I know it's difficult, but if you can get realization why not this also?

You all have to understand that there is no compromise on this. And a day may come, if you continue with it, you will be thrown away completely, just like any other devil is thrown out. So there is no compromise. Tell yourself, don't deceive yourself, don't cheat yourself. You cannot ascend if there is any lurking thing within you. You will be dragged down, because that's your weakness, and you will become weaker, and weaker and weaker.

Only question is "where is your attention?" Divert. Divert your attention. First you will need some exercise, some effort, and afterwards it will come automatically. You won't have to exert, you won't have to worry. On the contrary, it will become impossible how to be otherwise. So much conditioning is there. We have played into the hands of conditioning, we have ruined ourselves. This conditioning is the subtlest of all, and the worst of all. It's impossible to combat in Sahaja Yoga, unless and until you individually take up the responsibility of looking after it.

Mooladhara is one of the most delicate, and the most powerful chakra. It has so many folds and it has so many dimensions. If your Mooladhara is not all right, your memory will fail. If your Mooladhara is not all right, to begin with, your wisdom will fail. You will have no sense of direction. The insanity that is now crawling up in America before they become forty years of age is because their Mooladharas are out. Most of the diseases which are incurable come because of weak Mooladharas, on the physical side. On the mental side, most of the mental problems we saw there, most, I would say ninety percent, are due to weak Mooladhara. If a person has a strong Mooladhara, powerful Mooladhara, it doesn't get into trouble. Because you know there's a very strong hold of the Mooladhara in the back there.[SHRI MATAJI PLACES HER HAND ON THE BACK OF HER HEAD].

And when your mind goes off, you blame the brain. It's not the brain, mostly it is the Mooladhara. So for physical safety and for your emotional safety also, you have to have a sane type of attitude towards Mooladhara. That's why I'm very anxious that you

all should get married, and after marriage, after a few days, you find that your attention starts diverting to other problems of married life.

But not if you are not a Sahaja Yogi, because the sensationalization has become the main theme of modern life. And you are tossed about on the rough sea of all these deliberate actions of the people. Media, books, ideas, everything, creates this horrible excitable temperament within you.

Such a person doesn't have any patience, doesn't have any balance. Actually he's hypocritical, and has a very bad left Vishuddhi. So many complications take place with this. Before realization, forget the past. Whatever you have done, forget it. Just don't worry. But remember one thing, that you have damaged your Mooladhara. So you have to look after it, you have to soothe it down, you have to bring it to normalcy. You have to make it a healthy, balanced center, so that Shri Ganesha can rule over it.

Talking about Shri Ganesha, you know vibrations become too much for Me.

We talk of innocence, but to awaken innocence within ourselves we must be on the full watch, on the full alertness about our minds. What is it thinking? Where is it going? Where is this thief going? Is he trying to do some tricks? Is he up to some tricks? All right! You have to be alert, very alert.

I've been thinking of talking about it since long. But now I have to tell you one thing. That you'll be exposed. That is another quality of Mahamaya. She'll expose you. You'll be exposed if you try to play tricks with Me. "With Me" means with your Kundalini. If you try to play tricks with your Kundalini, you'll be exposed. And you'll be ashamed of yourself. So please be careful, very careful about it, that you again make your Mooladhara very healthy, and powerful.

May God bless you!

So, our prayer should be that "Let our Mooladhara be healthy and strong." That's all. Let's pray.

There are certain exercises for Mooladhara. I will explain to Gavin who is your leader in England. Then he will pass it on to you. It should be done verbally. It should not be written down. The leaders of the ashrams and other places should come and see him every month sometime, and these things should be talked. Because it's a secret, not to be discussed openly. It's a secret, between you and yourself. It should not be written down anywhere. It should not be mentioned, but should be worked out by all of you, in such a way that you enjoy the bliss of Shri Ganesha. Is more for the ladies, I would say, than for the men. Because men suffer much more than women do. And that's why women must be very careful. Develop very good relationships with your brothers. Unless and until you really establish your high character, men cannot be improved.

You have seen in India women don't like it if anyone tries to look at them, or tries to touch them. They don't like it. Women have killed themselves, burnt themselves up, thousands of them, because they thought some other people may come and touch their body. It's so related to your Atma, to your Spirit. As if it is the body, innocence is the body of your Spirit. You all can be that, because you have become yoginis now. They were not yoginis, but they knew one thing – the power of their chastity. It's more for ladies here, that they should try to generate that feeling of nobility, of chastity, of holiness around them, so that the men themselves respect them and develop that feeling within themselves.

Thank you very much.

Such vibrations. As if there has been a Puja.

Such vibrations. As if there has been a Puja.

[A Yogini releases vibrations from Shri Mataji's Back-Agnya or Mooladhara on Shri Mataji's request.]

One should not feel depressed or left Vishuddhi but one should face it.

I think we should all meditate as this time. Close your eyes.

Tremendous.

[The Yogini moves her hand to Shri Mataji's Vishuddhi on Shri Mataji's request.]

Don't feel guilty at all.

[The Yogini moves hand to Shri Mataji's Heart on Shri Mataji's request.]

Ask for forgiveness that's all, catching on the heart but don't feel guilty. It will clear out, the force is quite a lot today.

[The Yogini moves hand to Shri Mataji's Right Heart on Shri Mataji's request.]

Put your hands on the heart. Press it hard. Heart. Press it with your Mooladhara. Press it with your Mooladhara, Heart. It's terrible.

[Aside: Left Mooladhara is the point. Such a lot.]

Such a pain in the Heart if you feel it, press it with your Mooladhara. Press it hard with your Mooladhara. This portion, [the base of the right hand] press it hard.

Children are feeling the pain?

[Aside: Yogini: It started before you arrived Mother, the pain in the heart. Shri Mataji: See.]

Don't feel guilty, please.

How are you feeling now? Better. See the vibrations. Watch Me without thinking.

[Shri Mataji holds a lit lamp before her Agnya]

See your vibrations. Put your hands towards Me and see your vibrations, put them up a little.

Are you feeling clearer now? Vibrations are more, much more, aren't they? Good.

Watch your brains, without thought in the mind.

[Shri Mataji meditates].

I'm trying to put your brain right.

It's better now. Vibrations are better.

Watch your brains, without thought in the mind.

## 1985-0421, Mother's Day Puja: Talk on Children

View [online](#).

21 April 1985

Talk On Children

Devi Puja

University of Birmingham, Birmingham (England)

Talk Language: English | Transcript (English) - Reviewed

Please be seated. Gavin has not come? Gavin is not there?

The ladies with the children also must sit down for the puja. They haven't yet arrived? Someone must go and tell them.

Yogi: Somebody with a car please get up to the main point and tell people that they should arrive. Preferably a gentleman with the car.

Shri Mataji: What are they doing?

Yogini: We have to clear the rooms by twelve.

Yogi: Mother, we have just been told that we have to clear our rooms by twelve o' clock, so this has caused little confusion.

Shri Mataji: Why?

Yogi: Because the authorities would like their rooms back by twelve o'clock.

Shri Mataji: Oh, I see. So then...

Yogi: Should they try to quickly clear their rooms as well?

Shri Mataji: Yes. But I will finish the puja quite early, about eleven thirty. They could have gone then. Because if you start late, it will be late again. In any case I have to finish the puja early, because I am going earlier.

Yogi: Can the many people who have cars actually help the people come back down to the hall... ?

Shri Mataji: Or they might be on their way. Are they all coming together? Just see if they are coming together. Come along fast, come along. Even the people with children should come here. Ask them to come down.

Yogini: Shall I telephone Mr C.P.?

Shri Mataji: Not necessary. We'll do it from, hello we'll do it from the station.

Yogini: Yes, Mother.

Mother: Then what about the follow-on? They'll come down here. You can have the hall, I think. Some people should stay in the hall. All right, the rooms you can vacate, because you call the people here.

Yogi: [...but they lock the rooms...]

Shri Mataji: Aha. You can give the rooms which (you have?).

Please be seated. All the children must sit here, quietly. Let's see. Very nice girls, very nice, yes. Come along, all of you should sit down. Children should be there in the program. Who is there? All the little children should be here.

Today I want to talk to you about children's because yesterday we talk about the mooladhara part. Now why we are not so collective as we should have been; Much more collective? There has been conditioning on us from very childhood in a western life if you see. We are shut in our houses; we don't have relationship with others; we are kept extremely protected in childhood. I think the parents have the fear in this country that we lose our children, because they get lost after they start getting their doles [1]

most of the children's leave their parents and go away. Parents are left high and dry they feel that our children's will leave us at the slightest respect. So they teach them not to talk to anyone to be away from everyone and cuddle their own children , look after their own children and they can't see the child talking to another lady.

They feel jealous and they feel that the child may be lost because they think they cannot give adequate love. If anybody can give love to that child they feel that child will be lost. And the child also becomes such an individualistic child that it takes liking to very particular type of person and then after some time that person starts overpowering that child and the parents loose the child. It's a very sick society in that manner. As far as children's are concerned it's a very sick society. It doesn't know how to bring up their children it's just the opposite in India just the opposite. I think that's one of the reasons why Indians become collective very fast. Is that in childhood when we are little children or people have children is regarded as bad manners to take your own child in the presence of others. Absolutely bad manners. Say now I have my daughter and when I went my in laws we couldn't take the child in my lap except for the milk also which I was nursing the baby. So they had to say that now you better nurse, so I was there. I would never demand that give me the child, I will take away. Never.

Is regarded as bad manners and now I see why it was that. It was bad manners to take the child in the presence of others in your lap to say that this is my child. Was regarded as something crude and bad manner as if we are not from something good family that we don't know how to behave before others. And even to say that this is my child was not permitted; would say that this is your child to introduce your child...

It's something surprising, now I am realizing that why it was so in the society of ours. We are not supposed to say that this is my own child. We should go anywhere we should say that's your child. Even the house we would not say this is my house to anyone...

Will you come to your house, please?

The whole you see the whole cultural background gives us that collectivity. Now I have told before also why peoples are so sex oriented, I mean they are sensitive to do touch of another person. Anybody who touches them they get funny feeling. The reason is other sensations are not developed within you. That is also because you always cuddle your own child. Child only knows the mother or the father. All the time child is with you and as a result of that what happens the child never feels the other sublime relationships with others. Anybody who is another is an identity which is something different and when you grow up then you suddenly touch somebody then you cannot feel those sublime things.

When you are innocent, when you are child; I mean we never slept with our parents. I mean it's a very common thing in India. Now supposing if I am in the house my daughters will give their children's to sleep with me or with my husband, with brothers with other if my brothers are there or their brothers are there then they would give their children's to sleep with them and not with themselves.

The psychological reason was that perhaps they understood it's a very traditional country so they understood it. But the psychological reason behind this was the child used to get to another man another woman at that sublime situation at that sublime consciousness when they are innocent. So the relationship of innocence is developed. Nobody feels anything funny if somebody touches you or does any.

This is the reason you see a man touches the little boy he gets funny sensation, the boy gets a funny sensation. Is absurd because you must believe in the principle of collectivity.

Now I have seen that the peoples cuddle their childrens too much in this country and that's a very wrong thing to do all the time carry the child on your lap, carry the child on your ...this thing . This is too much... If you overdo it you will find the same children will hate you. Because in the childhood they develop the sensation that they are overdoing the things you see and they cannot express it.

Allow the child to play as much as they like , take the child whenever it is necessary, let others take the child not you. We have such a big community sahajayogi's here but what I find the mothers are carrying the child all the time or fathers are carrying the child. No. give it to other peoples.

Let the childrens be with other people sleep with other people enjoy others love and don't have fears. They love you much more. And that's how I think we first we built in the a kind of a stigma a kind of a funny feeling that develop later on into this perverted relationships. But they feel to be with some another person is something well. All these things can be given to children's in a very easy way if you try it in childhood.

Another is that I find in my husband's office is that surprised that everybody is called by name like there is deputy of C.P. is called Tom even a driver will call him a Tom. But see we are very particular; especially my husband is very particular. He will even call his driver's name by Mr. so they there not misbehave . The relationship must be established in childhood like I have seen peoples calling him Gummimg. Little children's calling him Gummimg. We would never call like that or even if you see my grand children's they will say Gummimg uncle at the most. If it comes to more formal relationship they will say Mr. Brao but they will never call Gummimg . That's not done.

1Aunty, uncle a relationship has to be established. It's not only your father and mother are important. But you snatch your children's I have seen from others. You go on to hold on to your children and grab them all the time. That's why they run away from you. Overdoing it. There is no need.

Children's are very independent they can look after themselves they can manage themselves and just to keep them pleased you take them to shops, make them buy things, get things and then they get used to it. You want to satisfy them that way. No. You must know that child is very intelligent and you have to bend child's mind according to your own understanding of collectivity. And if you do not do that they will become like just other children's who are just mega bonds.

I think I have told you that once I was coming from Oxted and there were some children's about 8-9 years of age not very big. They were of some public school had no discipline. They entered into my compartment. It was a first class compartment and they have some sharp things with them some knives, may be some razors and they started repocking all the seats for nothing at all and didn't do anything to me of course and I was quite worried. I said why are you doing this? So they said shut up.

So I got up, went to another compartment and they said that there are 2 boys who are travelling with them. They were there smoking sitting down nicely on the other side. So I went and told them that these boys are doing like this. They came back and they slap them nicely, slap them hit them and they didn't even cry nothing of the kind. And push them back into their places and then station came and station master was saying now what to do now?

You must learn to discipline your children from now. Why can't they sit in the program quietly? What's the problem with them? From the very beginning they must be made to feel the vibrations. They must be made to sit with other people because they find their parents are their own and rests are not. That's how racism also develops because they think the other people who are not fair are not our own.

All types of these scorpions like temperament or you can call as snake like temperament, secretive temperament they develops and when you start getting them to exclusive to yourselves . On the contrary if you allow them to be open talking to everyone opening their hearts to everyone.

Even the people who are grown up shudder from touching another's child I have seen. Will ask them should I take the child? What's the harm? I mean in India if you go to anybody's house they will just pick up the child. Now they say that it is protection of

disease or all that. But on the contrary children develop more immunity. Overprotected children's are very dangerously placed because they have no immunity for anything imagine in that country we have all kinds of parasites living, all kinds of parasites still we exist better because we have immunity to so many things and that's how you people become very weak health wise.

Imagine I went to Australia we have 3-4 Indian boys there. They came to help me in the kitchen with the lifting all the big things here and there so I ask one of them that why not ask these boys to do something. He said they are only nice to look at mother, but they have no strength. They have no strength. I have seen that and it happens more in a country like England where is such a bad climate to keep your children inside. They don't go out. You all the time shut your children. They become selfish they become very weak and very short cited. Open them out. Now you have a community. You have a trust for the community. But you don't. Then one will just dominating person will come up and catch hold of your child, use that child blackmail you for the child and do all kinds of things.

But if you just allow the child to play with everyone just allow. Diseases will disappear, you will be surprised. Also supposing you have a problem even with a back Agnya if others are handling it disappears because somebody has better vibrations bhoots leave you. But if you just all the time hold, you are a person suffering from back Agnya yourself. You are holding child tightly so child has to suffer.

We actually send our children to other people in very childhood trusting them and they love the children. Because here people don't believe that you can love the children. So here we have to trust others with our children and that's the reason I think that children's become so exclusive they stick on to you and they cannot go to anyone.

But you see in India when you go , I don't know if you have visited any homes or not the children's will be the first to receive there, they say alright sit down. Then they offer you something if somebody is not in the house. They will look after you. They will know everything about you what you said what you asked for what you wanted.. Everything... so sweetly you know..Everything on the record and they have names for every uncle every aunties and they remember all those things all their life.

I mate such children's whom I have looked after in my childhood in their childhood I would say more. They remember I have told them, the stories I have told them and how I looked after them. Every little little thing they remember and it's so sweet to know that they know all those things still.

One of them is now working in the world bank. She got big job in a world bank. She know and then she came down other day and just started crying like a baby in my lap.. you see. They said whats the matter she said "Auntiji, I remember those days you looked after" and so fond of me that she once went to a shop and she saw a saree; quite grown up; which I used to wear the same type of yellow colored saree and she went and bought that saree she said that's my auntie's saree. She said that's my auntie's saree .

Quite grown up. All these little little things children's remember all the sublime things all the noble things all the things that are very pure. But you don't expose them, you just overpower the children too much of it. And also then children's try to attract your attention all the time, they get used to you, they will ask 10 questions, they will talk too much, they will say things and you will be tired.

I know that when I was coming by train I had a lady travelling with me she is Cline's wife. What's her name? She was travelling with me and her son and what thing she would talk with me because she has to tell him stories to him and this to him and she would not leave. I said you just neglect him just neglect for a while and the child is better. And the same advice I give to Barbara her son is very good he went to Warren when he was there, he went to every person he went and laughed everyone he went round around hall looked at everyone but in India children do that they are worried about everyone they will go and see the vibrations. This exclusiveness and overpowering really hate your mother and hate your father feeling you if they are very over possessive. This is possessiveness. And the fear that we lose the child. Actually you really lose if you have this kind of a fear and if you overpower your children.

That's what I have seen that the children who would like to be in the program. No. All the ladies are standing out as a punishment. But why make them sit .They will be all right. They will sit quietly. They won't make any noises. But this overpowering attention to your child and I have also heard that in the ashram the ladies who have children don't do any work. They just don't do any work. They are looking after their children's. Finished. And rest of the work does somebody else.

To produce a child you don't take much. There is nothing great that you have produced the child first of all. They are Sahajayogi's and they are in my trust and not yours and don't spoil them. No mother should sit with child in the house or in the rooms,

whatever may be the case. Allow the child to play with others. Sit in the drawing room. But they will take the child, sit in the room and feed the child. They have only one work to look after the child finished. It's like emotional blackmail I think. That you just take a child to your side and sit down there and say that I am looking after the child so the other one say ohh ! Its all right she is a mother .....

I have so many children's here. This motherhood should not give you such a funny idea that you are so great that you should sit down and do nothing else. My family I had 11 brothers and sisters and my mother was president of congress in Nagpur of Madhya Pradesh. She went to jail 5 times and a very correct women she would not tolerate any nonsense from her children and that's another thing that if the child does anything to someone. I have heard that children are very indiscipline, they hit others they pull their hair, they say all kinds of funny things and parents never correct them they just adore them and when children's grow up they just kick out their parents. We have seen this happening.

Because they are realized souls they won't like this kind of nonsense. So be careful about that. Yesterday I talked to you about mooladhara. Let the children have healthy, trustworthy mooladhara. Let them meet others, be friendly with other, play with everyone, go round with everywhere. Allow them. But otherwise they are very negligent about their children. What do they do? They don't even massage their children, they don't even clean their children, they don't keep their clothes clean, they don't give them bathes regularly, they don't give them proper food to eat.

This is one point we have to see that our children's should be made very collective and very strong in their mooladhara from very childhood and I have seen parents coming and telling me saying that we don't know why? Why our child has left us like this? When he grows up he was all right in childhood. This is the reason. They get bored with you feel very frank. That's the only answer. Suddenly you see my son left me suddenly why? I mean it was all right till yesterday then he must have been fade up now. Run away from this. So they must have their own friend. They must go round. It's really comparatively if you see the children have wisdom of their own because parents are so overpowering they don't allow children to grow in a proper way, to understand anybody else.

I just don't understand what happened to us? Why are we going wrong about children so?

Now the another point which one have see is about ashram which I did not have said before but now I say we have to be responsible people. That is also there from the childhood if you don't have sense of responsibility you can never develop it later. Like electricity bills goes up like hill. People never put off their lights. I mean there is a switch which is to be put off and also put on. It's not only for putting on. Small things like gas, electricity once they are in ashram they don't bother. It's your ashram. Then is food. The amount of food that is thrown away is something surprise. No value for food!

No understanding how to organize because there is no Gruhalaxmi. There is no housewives quality because they are sitting with the child now. Not doing anything else. Supposing you had your own house you would be shopping, you would be cooking, you would be looking after your child you would be cleaning your house, cleaning the utensils, bring everything yourself. But in the ashram they think oh we have a baby so let's look after them and sit down there. I would love to play with babies all the time. I have nothing to do with you. So can I do that?

Can I do that? I cannot!

In the same way we must understand we should not waste food. There are many peoples in this world who are starving. We have no business to waste food at all. I mean on this I will be surprised that even the richest of richest in India would not leave anything in the plate. Richest of richest. Gandhiji when in his ashram was there even the Maulana Azad, Jawaharlal Nehru had to clean their own plates. You see. So they should not take more and if they take more they should not leave anything in such a manner that others cannot eat. Waste of food waste of electricity waste of other energies without understanding anything it means money. That's why you never have money. One should be proper organinsing what you are going to cook, what you are going to have, how much is going to be used, nothing should be wasted.

I have seen this tendency I have seen this tendency myself very common. There is no respect of food, no respect of food. That's why children's also don't have any respect for food. Before you food is served you must sit with the idea that now you are going

to have a food. It is a Yadnya. And that you have to eat that food with some prayer, bless that food. Thank god that you got the food. This is a lord's prayer. And then the satisfaction comes in better and you get a sense no we should not waste our money or food like this.

There are so many other things one has to know about children that you must know about their vibrations. You should be alert about their vibrations. Try to find out what's wrong with them? What do they do? Now for example if you find child is misbehaving. Don't go on all the time within, call the child, make once the child sit down and talk to child that you shouldn't do like this. When you are with mother pay attention to it. It is you who is going to mould these new children who have been given to you especially because you are sahajayogi's and not to ruin their lives.

You know some children has become mad with this kind of a thing like Datta who was here and everybody makes see... she herself was so careless so careless that you can't imagine about her carelessness when I heard about her carelessness and the filth with which she looked after the child. I was amazed how Linda could do that way and you should not be another Linda's; to spoil that child's health, mind everything. If you have a clean neat place and proper plate's children will love eat to be there. But no mother should sit with the child in a room. That is law.

In the drawing room you can sit with your child. And in the room when child is sleeping is to be taken in otherwise keep the child in the drawing room. You will see the child will become happier because it is natural to be collective. It is natural for child to mix up with others to talk to others. It is natural. Innocence is like that. Innocence wants to know the whole world. That the time if you don't allow the child to know then he becomes perverted. He has problems. So give them a better life better situation better education better discipline because you are equipped. Don't give them what you had. This is real love, otherwise it is possessiveness.

I wanted to talk about this because yesterday I talked to you about mooladhara and I have been seeing, noticing what's happening to your children and I find the amount of discipline they have is coming from you and how far you are disciplined and by doing this you play into their hands. They know that they can curb you the way you like. They know that you are depending on them. You cannot exist without them. They have this idea. So they don't listen to you. But if they know that they will lose the love if you don't behave, they will be all right. They are very intelligent. So you must play your cards all right and see that your children are brought to proper line of understanding because they are different children, special children given to you as a trust. They are not your children, they are my children. So too much of handling and hugging and this and that it's not necessary.

I mean sometimes you break their bones the way you do it. It's too much.

Try this on other's children. Let's not on your own children's. Try to keep your children out and love other children. I don't know what kind of psychology you people read. But this is the simple thing we must understand that we are sahajayogi's and children had to be collective otherwise I have to again break my head with them for being collective. They should be naturally collective.

All right, Gummimg, lets have the Puja.

I think today's speech must be written down and send to all the centers. Is important. I find this all over in the westerns. If they have a child suddenly they become more than a emperor and the wife becomes more than an emperor herself, not only empress but more than an emperor. While I told you that king's and queens never see their children's at all. That's another extreme.

[1] doles = the dole UK informal the money that the government gives to people who are unemployed Young people on (= receiving) the dole are often bored and frustrated.If I can't find any work within a month, I'll have to go on the dole.

## 1985-0422, Arrival

View [online](#).

22 April 1985

Arrival

Charles de Gaulle Airport, Roissy-en-France (France)

Talk Language: English | Transcript (English) - NOT needed

[Shri Mataji says hello from far. Starts at 4:10]

Shri Mataji: How are you? All right? We have two American ladies, all right? And there's a little gift from America. And Paul, you know him very well. Guido!

How can I meet these people around?

Sahaja Yogi: There's a space over there.

[Conversation with the French coordinator Alexandre]

Shri Mataji: [Inaudible]. It's better. Because otherwise they'll start thinking, you see, that it's another Guru. [Inaudible].

And your wife?

Sahaja Yogi: Inaudible.

[Alexandre introduces the French SY to Shri Mataji]

[Cut at 17:12; comes back to 17:02]

[Cut at 17:31]

Shri Mataji: All right, I want to see you all.

Alexandre: So, you come with us and the luggage will go there with Denis.

Shri Mataji: Let's call [inaudible] I 'll ask her.

You must take them also.

1985-0422, This is the Last Judgment. You are judged by yourself

View [online](#).

22 April 1985

This Is The Last Judgment. You Are Judged By Yourself

Public Program

Universite Paris Diderot Paris 7, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Paris, 1985-04-22

[Patrick is introducing Sahaja yoga]

Shri Mataji: I'll stand, it will be better. Better take out my shoes.

I bow to all the seekers of truth. These are exceptional times. There are thousands and thousands people born on this earth who have been seeking the truth for many lives. It is a very special category of personality. As a result of this, people started the seeking in various ways of the unknown. But whatever is unknown is not the truth. This is the problem in the West, that we are not knowledgeable about the roots on which we stand. The knowledge is in the West is that of the tree and not of the roots. And that is why many people have taken full advantage of this naivety. From 1970 I've been speaking very loudly against all such people who have come to the West to delude you, how they have tried to loot you and to give you diseases and troubles of incorrigible nature.

In the beginning when I talked against them, people here were protesting vehemently and they were so badly mesmerized that I could not rescue them. Such people, we can say, form real cults. But the truth has to be in the line of evolutionary process. It has to have the bases. It cannot just come from somewhere and people say, "This is a method," or, "This is a way it is to be done." As you know, in the Vedas it is described thousands of years back that Kundalini is the One which gives you Realization. Patanjali Shastras also describes it fully. Recently, we would say, about sixteenth-seventeenth century we had a great poet in India who elaborately spoke about the Kundalini awakening. In the Bible it is called as "tree of fire" and in the Koran it is called as "asas".

Marie: In?

Shri Mataji: In the Koran. In all the religious Scriptures it is said that the time has to come when you must get your Self-realization, your second birth. But it appeals to right-sided people, as I call them – the people who live with the ego more – to accept some sort of a new knowledge, which may not have any relationship whatsoever with the traditional evolutionary knowledge.

Now, when I went to Poona very recently I met lots of Brahmins of Poona were suffering from terrible diseases of heart, of kidneys, high blood pressure, tensions, and other diseases of muscular disability. They all told Me they were following a particular guru called guru Vani. The name itself means "hotchpotch" in our language. The guru is no more now, but his disciple, the chief disciple, I wanted to meet him, and when he came to see Me I asked him "What were you doing?" So he said, "Have you heard about Arunopaye, Tarunopaye, Karunopaye?" Funny names. I said, "I've never heard. What are these names from? Which Shastras?" Then he said, "Have you heard about Shaktipath?" I said, "Never. From where did you learn this word?" They said, sixty years back, somebody called Vishnutirth has written a book in which he has described this new method of meditation. And in the same book it is written that when your Kundalini is awakened you start jumping like a frog.

Now these Brahmins are very well-educated, highly intellectual in India, who know lot of things about Sanskrit also. So I asked them, "Are you going to become a frog now?" So he said, "No, the book says you have to pass through all the yonis, all the other stages. Again you have to become a frog, then a lion, then this, that and everything. And then you become a human being and

then a super human being." Such absurd things were readily accepted by these so-called intellectuals. They were all possessed people and suffering from terrible, physical diseases. So the cult is like this which comes in opposition to everything that is said before, and something new, like a fashion, it starts. And the ego-oriented people are never individualistic because they have no personality of their own. If they see somebody is wearing a dress like this, immediately they start wearing like that.

Now there is another kind of misfortune the seekers have faced. That is the so-called organized religions. Now when you see the religions, you are amazed how these people are religious cutting each other's throats. Even the Christians who came to India had Bible in one hand and a revolver in the other. These Christians went all round the world killing thousands and thousands of aborigines in all the countries, supposed to be following Christ who died for them. I went to Argentina and I wanted to meet one aboriginal personality, one. But they said there, "We don't have any. If You want to see, You can go to the museum where they have got some pictures." So as a result of this kind of behavior, new type of branches came out of the same tree. The sects were formed, like we have from Catholicism, Protestants and then from Protestants we have all kinds of Seventh Day [Advent is there, Adventist], we have Pentecostals and this and that and God knows, Unity Church and all sorts of things. Also [twice] Twice Born. Even in Catholicism now they have started a new thing called Charismatic, and we had last time in Paris a boy who came from there and he was all possessed and he started shouting, screaming. He fainted and he had epilepsy.

Now one must know that if it is God's work or if it's [the/a] God's blessings you get, how can you get sick? It is just a mental projection, that to say that God worked for seven days and He rested on Saturday. What difference does it make whether we rest on Sunday or Saturday? And they say when the Pentecost, when the cool breeze of the Holy Ghost came in, the disciples started using their hands in such a manner that people thought they were mad. Because if you are living in a mad world everybody thinks you are mad. They started talking the language of the hands and strange language of the chakras, of the centers. It was not the language like a French speaking English and English speaking French. Mohamed Sahib has said it clearly that at the time of Resurrection your hands will speak. I say Martin Luther was a Realized soul, but where he went wrong was to bifurcate this branch of Christianity by saying that there was all wrong with the Pope. But one must understand that this was the very wrong approach because we must always go to the fundamentals of everything.

I think there are three things fundamental of Christ's life. The first and foremost thing He has said that we are to be born again. That doesn't mean any crazy priest puts his hand on your head and says, "You are born again," or you take a self certificate, "born again", move about. That means it has to be some living process worked in you, something evolutionary, by which you become something great. As Mohamed Sahib has said, you become a "walli". As Krishna has said that you become "Stitha Pragnya".

Marie: You become what?

Shri Mataji: Stitha Pragnya, is the one who is completely balanced in life. And "pragnya" means the one whose awareness is enlightened with collective consciousness. But we carried on with all these mythical things, thinking that we were doing the right thing. The second fundamental of Christianity is that Christ died for our sins, that He suffered for us. We do not have to suffer for religion; we do not have to suffer for our ascent. Only we are to be realized souls so that we become one with the Divine; the yoga takes place. So firstly He said to Nicodemus that, "You are to be born again," and when Nicodemus said, "Is it I [have to] enter into the womb of my mother?" He says, "No, whatever is born of the flesh is the flesh. You are to be born out of the Holy Ghost."

And the third thing which is the most important thing that He said was that, "I will send you a Redeemer. I'll send you a Counselor." What about that prediction that He made about the three qualities of the Holy Ghost who will save you? The Counselor, the Redeemer and the Comforter. Instead of forming these branches of religion – same in Islam, same in Hinduism – we have the same problem that you use your mental projections to solve the spiritual problems. You cannot solve through your petty mind which is such a limited thing. Something living has to happen within us to make us that which is promised. It cannot be an experience of jumping, or changing your dresses, or leaving your dresses. All these we can do ourselves. What is there to talk of Spirit. then?

As late as hundred years back William Blake has clearly said that men of God will be born on this earth and they will have the

blessings of the Holy Ghost. They will become the prophets and they will have power to make others prophets. Even Jung who really opposed Freud, because Freud, you know what he has given us, is AIDS. There's another disease now coming from the same great man whom we followed more than Christ. It makes a person insane before he is forty years of age. So that is how we have gone wrong in our choices. The greatest mistake in the Bible was that we introduced Paul there. What was Paul? He never saw Christ. He was a man suffering from epilepsy. He[s] talked nothing about Christ. How can he understand Christ? Now there is a very big group of people in England who think themselves to be great intellectuals and theologians, are saying that Christ was not divine. By studying theology you can't understand Christ. It is said that Atma [Hindi], "By through your Spirit only you will know Him." Where is your Spirit? I don't know French, but in English Spirit means all kinds of things. It can mean "alcohol", it can mean "a dead body" and it can mean your Atma.

So now under these confused conditions one has to talk about something that is very deep. This is the knowledge of the roots. This we knew in India thousands of years back. Fourteen thousands years back, Markandeya wrote about it, and many people after that elaborately explained it. But in the last hundred years the same great country has created such frauds that you cannot imagine how far one can go with fraudulent statements. So what you call the baptism is a living process within us of the Kundalini awakening, and you have to feel the cool breeze out of fontanel bone, yourself. In the Bible it is said, "I will appear before you as tongues of flames." What are these tongues of flames, are nothing but the centers. There is falsehood quite a lot, but there has to be the truth as well. So you should not despair. Everybody can get their Self-realization, absolutely, effortlessly, spontaneously, because it is a living process.

All this mechanism that is shown here can be related to the medical terminology of sympathetic nervous system and parasympathetic nervous system. Now the awakening of the Kundalini is a spontaneous happening. As a seed, when you plant it in the Mother Earth, the Mother Earth itself sprouts the seed spontaneously. In the same way, the Kundalini rises and gives you that power by which you become collectively conscious. You can know about yourself and you can know about others. First of all, your health improves; your diseases disappear. Sahaja Yoga had cured one person suffering from AIDS, and he was quite all right for a year or so, but again he went back to his bad habits and did not take to Sahaja Yoga and again he is sick. After all, the Creator has created us with such care and love. And there must be some purpose behind it. He doesn't want us to just end up as sex points or some sensational nonsense. So He, we should say that the Divine Itself, is anxious that you all should get your realization because you have been seekers of ages.

The Kundalini awakening takes place, and you can feel the cool breeze on top of your head and first time you start feeling the All-pervading Power of God's Love as cool breeze. Shankaracharya has described as salilam salim, means cool and cool and cool. Buddha also has talked of only Self-realization. He did not want to talk of God because when you start talking of God everybody thinks they have become God themselves. So to be practical, he and Mahavira, both of them, said that, "First have your realization. Then we'll talk." So we have to have our Self-realization first. You may say that, "We would like to know all the intricacies and all the mechanism, how it works out." You will know it, but as if you have to put the light in this hall you have to just switch on. One switch can work the whole thing. It's all built-in. Why not have the light first and then we'll talk about it? There's lot of time. I think that's what it is, what we have to achieve.

Today it has been an introduction to Sahaja Yoga, but tomorrow I'll elaborately tell you – day after tomorrow isn't it? I'll elaborately tell you about what works it out, what is Kundalini, every detail that we can touch in that short lecture. Thank you very much.

But if you have any questions, I would like to answer. Can I have some water?

Marie: Comment?

Shri Mataji: Water.

And then we'll have the session of Realization also.

[Maire gives a glass of water and still translates in French]

Marie: Sorry, Mother.

Shri Mataji: What are doing? You are telling Me in French or what? [Laughter]

Translator: I'm actually answering his questions.

Shri Mataji: Now, what's that?

Translator: Well, he was saying how about practice, how do we get to the practical aspect, and we just said after that we'll have the session of Realization.

Shri Mataji: That's it. That's what we are going to have: first of all, the Realization, and then we have a center here. We have some people who have been doing Sahaja Yoga for quite some time. You have to join them. They will tell you one by one how you master yourself fully.

First, of course, is the Realization. But how to keep it up, how to use it, how to work it out, how to be the master, that you have to pay little time. They, I am told the first time that the French are charging little money for the book-keeping and the paper and the tapes; little bit, not much. Of course, I don't take any money, and you cannot purchase Me. It cannot be purchased. So, I, it's a very little money – that's what they said – that they have to charge, because all the pressure of everything was on them. So, it's all right. I mean, they will show you all the accounts, where they send money.

There is one more point I want to make it, that Freud has said that we should not be conditioned by anything. So, our egos have developed too much. And we say, "What's wrong?" in everything we do. Like in England some people came to Me with painted hair and funny dresses and I asked them, "Why do you do it?" They said, "What's wrong?" I said, "It's wrong because your eyesight will become weak." But if we do not understand the practical way of life which is balanced, we really become very one-sided. So now we have to understand that it is not a mental projection. And when the triggering of the Kundalini takes place, actually it presses on both the sides, or sucks in on both the sides the ego and the superego, as you see there, the conditionings as well as your ego. And this portion of the head which is the fontanel bone area becomes softer. Actually, it happens. Then you do not get conditioned nor into ego, but you become the Spirit, the free Spirit, the Spirit of wisdom. You start feeling the vibrations of cool breeze on your hands, fingertips, and you start, and you can find out fundamental answers to any questions, as if you become a complete computer. First time the absolute starts asserting itself, manifesting itself on the central nervous system.

So, whatever you feel on your central nervous system is the evolutionary gain. That is a real ascent, not just a mental projection, not some sort of a subservient attitude towards someone or accepting somebody because he appeals to your mind, but you become the absolute discriminating element, that is the Spirit. Element.

Marie: Element?

Shri Mataji: Element, you become the element of that.

So, we have to understand that we have such a potential within us. Like a television: if you see, it looks like a box, but if put to the mains you know what it is. In the same way, this human being, that looks very ordinary, is tremendous. It is fantastic. Only it is to be put to the mains and the connections have to be fixed properly. It can be sometimes loose. [Shri Mataji is laughing].

Only that alertness is needed. Sahaja also means easy. Whatever is spontaneous is the easiest. Whatever is vital has to be easiest. Say, for our breathing, if we have to get to a guru, what will happen to us? That's what it is.

Any other question? Yes.

Seeker: [In French, where will we get the Realization?]

Shri Mataji: No, here, the lady.

What is he saying? [Marie answers in French that it will be here]

Marie: He, he wants to know where, where to go to get his Realization.

Shri Mataji: Here, only just now, just now. Nowhere to go. Here. All right. What else did you say, sir?

Another seeker: Once you have this Realization can it fall back to sleep again?

Shri Mataji: Can you?

New person: Fall back to sleep, fall asleep again.

Shri Mataji: No, you shouldn't. Why do you sleep? You have to be alert. You have to work for God. You have to give Realizations to others. You are now enlightened. As Christ has said, the light is not put under the table. Why should you sleep? We have to work very hard. We have to save thousands and thousands.

The epidemic is coming of satanic forces like drugs, this, that. Who is going to work it out?

By doing all this you are relaxed. You do it as a drama, as a play, lila. What else did you ask some question there? Gentleman there.

Marie: The lady was asking a question. The lady was asking a question.

Shri Mataji: Yes, madam.

[Seeker lady is speaking in French about other spiritual groups]

Shri Mataji: [To Marie] You tell Me. Make it short, madam.

What is it? What's she saying?

Marie: She's asking, "Don't You know that there are other groups of people seeking and working in the same directions"

Shri Mataji: There are, very few. They are hiding in the Himalayas. They don't want to face. I sent one gentleman to America. He ran away from there in three days. He wouldn't stick on. But I'm not a guru. I'm a Mother. And you have to become the guru. You have to become your own guru. You don't need any other guru but yourself. Good.

All right? Now, yes.

Seeker: Is it necessary to become vegetarian?

Shri Mataji: What did he say?

Seeker: Because these are not killing and I feel that the yogi way, the Indian way is the vegetarian way, the pure way. Do you think it's necessary for all these people to become vegetarians?

Shri Mataji: Not at all, not at all. Who told you that? No, no, no, no. All that is old facts. You see, one should eat whatever is suitable to us. For example, I would say those who eat too much of cheese should not eat. That's French.

Seeker: [unclear] who say as long as there are slaughter houses there will be slaughtered fields?

Shri Mataji: Slaughter what?

Marie: Slaughter houses where they kill animals.

Shri Mataji: Ha, so what is he worried about?

Marie: For there as long as we kill animals, then we'll be killing also human beings.

Shri Mataji: Now, just say what I would suggest now. For people who are right-sided, they should not eat too much meat. But those who are left-sided should eat. Otherwise, they'll be even worse. Left-sided people must eat meat but, now just a minute, just a minute, just a minute. Now by saving the chickens what are we going to achieve? Chickens, am I going to give them Realization? Can I give it to the pigs? Can I? Save the human beings first. Please pay attention to the most important thing. They are human beings. There are people who need proteins. They have to have proteins. Like in India, I would say, many people should have proteins, if they can afford, they should have. But they are very weak. Mentally they are all right but muscular. You may not agree, but that's what it is, because if by becoming vegetarian if you get to God and by starving and fasting, we are already doing it in India.

If you want to have fasting, you'll have fasting all your lives. That's what it is. When the Jews did not believe in Christ they said, "We must have suffering." They had it. And now you ask for fasting, you'll have it, lives together. Better starve; that's what you want. Do you want your Spirit or you want all these things? By these things you are not going to reach to God. On the contrary, you must have a good health. If you don't have a good health you cannot be a good Sahaja Yogi.

Seeker: But all other yogis are vegetarians, they'll never touch meat, I know.

Shri Mataji: Who is the- you tell Me one name. You just tell Me one. Who is the "other yogi", according to you. What good they have done? Have they given Realization? You are not Realized yourself. If you have met them, why didn't you get your Realization?

Seeker: Why are you getting angry?

Shri Mataji: No, I am not getting angry. I am just asking you. You, I am not getting angry. Why? What makes you think I am getting angry? I am on the loudspeaker. You are not; that's all. [Laughter]

All right? This is not the way. You see, we must understand what have we been doing so far. What did we achieve out of it? Be sensible! You have to be sensible. And the sense is that if you go on paying attention to things which are not concerning the Spirit, it won't work out. Like Krishna killed many people. He had to. The Goddess had to kill so many rakshasas and devils. She had to. She had to even drink the blood of this Raktabija. If you have read the books you will know what they had to do. After all,

you see, whatever has to be done has to be done.

Alexandre: She has to translate, they don't understand.

Shri Mataji: That's how; it's all right. All right, let's her. You see, you must have more care for the human beings, not for all these things. You see, there is a community in India called Jains. They even try to save the bugs and the mosquitoes. Are we going to give Realization to mosquitoes?

[Laughter]

Seeker: They mustn't take lives. But did the Buddha say?

Shri Mataji: He never said it. Now about Buddha, don't tell Me because Buddha died by eating the pig. Now He could not have been said that. It's not true. All right? That settles it. Buddha, don't try to manipulate Him. He has been very much manipulated. When I went to China – luckily, because of My husband I travel a lot – I was surprised the lama, the Dalai Lama, his things were kept there, written in Pali, because I rode, I read Pali, and all the things that he had were made of solid gold. His beer cup, his, another jug, this, that. He's a vegetarian for every purpose, but all the money, all the money that he got it from these poor Tibetans. And even today if you go and see him, he is the one who is introducing drugs.

Alexandre: Nobody is understanding You, Mother.

Shri Mataji: Ah?

Alexandre: If you want Marie to translate?

Shri Mataji: All right, all right. He understands; he understands, yes.

And this is a very good example of showing how a person who is kind to the animals like Dalai Lama and to the poor Tibetans, he actually sucked their blood, because I don't know how he made so much gold that he had plates of gold and everything. Even if you go and see him now in Dharamsala, he has a complete, big Buddha made out of real gold and he takes food in nothing but gold. Even his bathtub, like what we call a "gangali" in Indian language – that's not a tub but a kind of big bucket sort of a thing – was of real gold. I mean, imagine the compassion of this man! The Tibetans, poor things, suffering without any warm clothes – very cold country – and this gentleman making all the gold for himself. What is the compassion? And we have many communities in India like that who are absolute vegetarians and extremely cruel.

Seeker: All the Tibetans are not vegetarians. There's only the Dalai Lama who is. Because all the Tibetans, they eat lots of meat.

Shri Mataji: But he, I'm talking about Dalai Lama and his personal life.

Seeker: I can tell you one thing about the Dalai Lama, I was in Germany when he gave a speech of half an hour, he was talking about twenty times one word, you know what it was? It was more warm [?]

Shri Mataji: But he talks. Talking is different, doing is different.

Seeker: What is, what is it wrong with this man [unclear]?

Shri Mataji: Now you go to him, that's the best for you and when you are hurt, don't come to Me. That's all.

Seeker: I just said also I need Realization.

Shri Mataji: No, no, no, you don't know. Just now, I've told you that Buddha used to eat meat, it's proved. So, you don't try now to establish something and spoil everybody's chances of Realization, if you don't want, you can go. But don't trouble us. You see, this is not the way to discuss. It's going too far. All right, now I have given you time, please. Now, any other question?

Yes?

[Marie translates]

All right, now the thing is, main thing one must understand, that compassion doesn't talk. You don't have to talk; it acts. It works. It doesn't talk. It's silent. To see the compassion of a person, you should see Christ. Somebody touched the cloth of Christ and that was cured. And you must know Sahaja Yoga has cured many people, just like that. People have given up their drugs, just like that.

The power of compassion is the power of God, which is the All-pervading Power, which acts, which thinks, which understands, which connects, which redeems, which completely transforms you. That is what is compassion. You don't have to talk about it. You have to feel it. It is all-pervading.

Yes.

New person: In fact, I have several questions but I'm trying to make them short.

Shri Mataji: All right.

Seeker: First, there are things: I follow your teaching very well, that is the enlightenment first then I understand that. But

unfortunately, there are many people who are not enlightened. And then the questions I want to ask are the following ones. First You said, when you are enlightened you do not have diseases.

Shri Mataji: No.

Seeker: But I have many examples of, Ramana Maharshi who died of cancer is an example.

Shri Mataji: Who, who died of cancer?

Translator: Ramana Maharshi.

Shri Mataji: Ha, that was, that was one mishap. I tell you why, because even if some are Realized souls. I must say, Ramana Maharshi was a great personality, no doubt. But the thing is, you see, some people died of cancer because they had no one to tell them how to get cured. I'm here to tell you. I know how to do it. I know the trick, all right? This is the reason.

I know he died. I'm very sorry because he was a Realized soul, no doubt. He was a great person, but I was not there at that time. I can tell you how to cure cancer. I have cured the cancer of our ex-president, who was Mr. Sanjiva Reddy. You may write to him and find out, in ten minutes!

Seeker: There was another saint in Bombay.

Shri Mataji: What he says? No, no, please stand up and say, we can't hear you. Just.

[The seeker understands that he has to start from the beginning]

Shri Mataji: No, no, you see, hello, see now. I, I will say in short one thing. Let us see. Whatever I have said it, see, see, hello, I'll just tell him. He understands English. I'll just tell him. Whatever I am saying-

[Some other people talking to the seeker]

Shri Mataji: Hello, just a minute, just a minute. Listen to Me, one minute. No, no let Me tell him. Just don't confuse everyone. Whatever I am saying it is to be first of all seen, if it works or not. Supposing it is My hypothesis, as a scientist, you must have patience, see for yourself, it works or not. If it does not work, then you can say, but just now you have patience. You cannot just now, by argument how will I prove it?

Seeker: All right.

Shri Mataji: All right, sit down, then. So better take the medicine and see. Now they want to have it. All right, you do one thing, you write it down your question, I'll answer tomorrow. They are very anxious to have Realization also.

They are impatient.

I think you should write down all your questions, give it to Me tomorrow and I'll try to answer, because it's not difficult to answer these questions.

Seeker: I have one more question.

Shri Mataji: But can you wait? Why not have Realization? Just have realization then. All right? Ha, have patience. Let us have water, please.

[Laughter]

It's good that you can ask Me questions. But I like it that you can ask Me questions. I like it very much, for one reason: that you are free; it shows you are free. You are not under any spell. It's a very good sign, that you can ask Me questions. But those who have been to gurus, they never ask questions. They just go on paying money.

So, let us first get Realization because the knowledge is very, very great. I must have given at least three thousand lectures in English language, at least. Now, it's not, cannot be discussed in one lecture. Now, there are, majority of the people want Realization. So, let us yield to the majority, all right?

[Shri Mataji speaks in Hindi].

Marie: Mother?

Shri Mataji: Let's have it now. Anybody, I think this lady sitting next to you finds it difficult. Let her come in front, next to you. She could come. The lady next to you, this lady, there. Let us have it.

Now the first thing is you have to be comfortable because your attention should not be diverted. You have come for the first time and attention can be diverted very easily. Because the attention is like, say it is like My sari, you can say that, spread out and the Kundalini pushes it in. So if it is tied outside it's rather difficult. So, the attention has to be kept free.

Secondly, if you think anything is tied on your neck or on your waist, anywhere tied just little bit, reduce the pressures. Thirdly, you

have to keep your eyes shut. You don't need, need not wear your spectacles. It has a better effect on your eyesight also. You don't have to open your eyes throughout. Fourthly, those who do not want to do should go away to be civil, to be kind to others, because negative people disturb the happening, and the neighbors suffer from such people. It's a very sensitive and delicate happening. And it has to work out. The desire should be that it should work out. I cannot guarantee that hundred per cent people will get it today. I cannot guarantee. But most of you should, because you are quite complicated.

So simple things are to be done. First of all we have to touch the Mother Earth. If you can take out your shoes I'll be thankful. [Apart: Little less to be, this to be little less would be better. It's all right, it doesn't matter for Me, I'm quite used to them now.] If you don't need them better to put them off really. It's too much sometimes, all the time [lights]. But the back ones are quite a lot also there. It's all right.

Now tomorrow I'll tell you that the left side in us is our emotional side, is the side of the power of desire within us. And the Kundalini is the pure desire. And the right side is the power of action. Now, just to tell you I am telling you, but later on you will understand it fully what it is. It is not just like talking about something big. It's just you will know everything. Now, you have to put your left hand on your lap very comfortably, very comfortably, on your lap. Loudly, loudly, they can't hear [something/some]. And the posture should be straight, need not bend, need not bend back but straight in a normal way. It's all right; this is better. Now left hand towards Me, and right hand first I'll tell you to put it on your heart because here resides the Spirit. Then the center that is on the left-hand side of our stomach. The whole work we have to do on the left-hand side. Now the left hand is always kept towards Me like this. That is the desire that you want to get your realization. Then the second center you have to touch with your right hand is on the left-hand side of your stomach in the lower part of your abdomen. Now again you have to raise them from there to the upper part of the stomach on the left-hand side. Little loudly. And then again on your heart. You need not close your eyes. First you can see; then I'll tell you what to say. Then this right hand on this center here on the left-hand side, holding it tight. This is catching the worst among all of you. This center catches when we feel guilty. You should not feel guilty at all. As it is, you are the temple of God. There is no need to feel guilty at all. At the very outset I would request you not to feel guilty.

Now the right hand is taken on the forehead here. Now at the back. Then you have to stretch your hand and put this on the fontanel bone area here where it was a soft bone. Loudly. And press it hard. Seven times you have to move it. That's all. Now, we'll do it after closing our eyes. Only thing remember don't put your hand from this side but when you come to this center you have to put it this way. All right. It's a very simple thing. Anybody can do it, and you will be surprised that already so many of you have no thoughts in the mind. It's already crossed the Agnya, this portion, the center of Christ, it [is/has] crossed. You can see.

Now, please put your left hand all the time towards Me and repeat in your heart what I say. First of all, first of all, tell yourself that you are not guilty. "I am not guilty." Say that in your heart. All right. Now close your eyes. Now put your right hand on your heart. Now you have to ask Me a question. You may call Me "Shri Mataji" or "Mother" or whichever way you like. You please ask Me a question, "Mother, am I the Spirit?" Close the eyes. Close the eyes. Don't keep them open. Just close them, because closing the eyes, the attention is taken inside. "Mother, am I the Spirit?" Three times.

Now this question follows another question, that if you are the Spirit you are your own guide, you are own guru; you are your own master. So now you put your right hand on the upper part of your stomach, on the left-hand side which is the center of mastery. This is the center which is created by the masters, the great masters, who are satgurus, who are real masters, like Abraham, Moses, Janaka, Nanak, Lao Tze, Mohamed Sahib. Now you take this hand little deep, [press it], push it little deep into that area in the upper part of the abdomen, and ask a question three times, "Mother, am I my own guide? Am I my own master? Am I my own guru?" Ask in your heart, in your heart. This will neutralize if you have been to some wrong master. Please be seated, sir. Must be feeling hot. [There's one of the] Rajnesh's na?

Marie: Perhaps.

Shri Mataji: Please go [for it]. Now, don't pay attention to others. It's the time for you to pay attention to yourself. When are you going to pay attention to yourself? Loudly, Marie, you go down.

Now, now this hand is to be taken down below on the lower part of the abdomen, on the left-hand side, please, lower part. Loudly just say. Press it hard. This is the center which gives you the true knowledge or works out the technique of true knowledge, called as shuddha vidya. That's the technique of working out God's laws.

So to awaken this I have to ask you, that I cannot cross your freedom. You have to ask, "Mother, please give me true knowledge." Please ask six times because this center has got six petals. Right, right Agnya is too much. Please ask six times. Right Agnya is too much. Now better, better.

Now, now by asking this, the Kundalini starts moving. Raise your right hand on the upper part of your abdomen on the left-hand side and again push it with your fingers. Right hand, in the upper part of the abdomen. Now as the Kundalini is awakening, you have to give a seat to the Kundalini or the assurance to the Kundalini. Without feeling guilty, with full confidence in yourself, you assert by saying, "Mother, I am my own guru. I am my own master. I am my own guide." Ten times, because there are ten gurus. Ten times, with full confidence in you. Now, ten times it is to be said with full confidence. It's better.

Now, raise this right hand again onto the heart where resides your Spirit. This center has got twelve petals. So please say twelve times, full assertion, full confidence in yourself, "Mother, I am the Spirit".

You must know that the Divine is not only the ocean of love and compassion, but it is the ocean of forgiveness. So, you please don't have nay guilt in your mind, forgive yourself first of all. Raise this hand in the corner of the base of the neck and your shoulder. And at this centre you must say, with full confidence, "Mother, I am not guilty". Sixteen times.

Sixteen times. Put the left hand towards Me and the right hand- put it on the lap on the parallel to the lap; ah better, it's better. Please, don't feel guilty.

Ah, it's rising.

Now raise this hand on your forehead, across, and press it on both the sides. Press it on both the sides. Now here, you say from your heart, how many times is not the point. From your heart, "Mother, I forgive every one". Now, you may think that it is difficult to forgive. But if you do not forgive or you forgive is a myth. But, when you forgive, you do not play in the hands of others. So, from your heart just say, "Mother, I forgive". You'll feel very much relieved.

Now, to get over your guilt, you put your right hand on the back side of your head, just to get over your guilt, don't feel guilty. Ans only say that, "if I have done any mistake, in the glory of the Divine, please forgive me". But don't feel guilty.

It's better.

Now, raise your right hand on top of your head, stretch your fingers and put your palm on the fontanelle bone area and try to press it hard and move it seven times. Press it hard. Now here again, I cannot cross your freedom. So, you have to ask for your Self-realization, seven times saying, "Mother, please, may I have the Self-realization, I want it".

Heart is catching.

Seven times.

[Shri Mataji blows in the mike]

Now take down your right hand slowly on your lap. Please, slowly, open your eyes. Without thinking, you are mostly in thoughtless awareness, most of you. You can feel on top of your head the cool breeze now, with the left hand. Put the right hand towards Me and with the left hand.

See if there's a cool breeze or not. Please open your eyes, you may open your eyes. On the fontanelle bone area, it's little in the front. It is a subtle thing. First, some people feel the heat. Are you feeling? Good.

Now take your right hand and see, left hand towards Me. Keep your eyes open, see without thinking. Feeling? Yes, you are a

seeker, that's the main point, you must know that, that's the most important point. So, there' nothing to forget. Now, put the right hand again [towards Shri Mataji]. See with the left hand, it's very subtle.

See, are you feeling the cool breeze? Yes, he's telling. "Talu upper" [Shri Mataji speaks in Hindi] Good, good.

You can put your hands up there and ask a question. Up there, put your heads up. And ask a question, "Mother, is this the cool breeze of the Holy Ghost?", "Cool breeze of the Adi Shakti?", "Is this the All-pervading Power of God's love?" No put down your hands. Now see on your hands. See on your hands. Feeling it in your hands also. This is the power that is called as "Ritambhara PrAgnya". This is the Power that does all living work. Just feel it, it's in the hands, you can feel it.

It's there, it's there. Now, for the first time you are feeling this Power. That is what's actualization. It's not just lecture. You are beyond thoughts, you see yourself, there's no thought in your mind, in silence. Some have not felt it, does not matter.

Again, day after tomorrow, I 'll tell you what is the Spirit. Now go home and do not talk because you will again into the level of thinking. Just relax. Hope to see you day after tomorrow again. Also, bring your questions if you are left with any.

Did you feel? No? Some have not felt it, I know, but it's all right, we'll work it out. But do not waste time in questioning but in getting Realization, it's important. Because you are seekers of ages and don't waste this life. Nothing is more important than your Spirit.

May God bless you all.

I'll meet you again day after tomorrow, please bring all your friends all this who you know as seekers. This is the greatest thing you can give to your friends. This is the Last Judgment. You are judged by yourself.

May God bless you

[Some lady gives a flower to Shri Mataji]

How are you? All right? Thank you.

## 1985-0423, Conversation with French Sahaja Yogis, denounce the false gurus

View [online](#).

23 April 1985

Talk to Sahaja Yogis

Ashram in Le Raincy, Le Raincy (France)

Talk Language: English | Transcript (English) – Draft

Conversation with French Sahaja Yogis, Ashram in Le Raincy, Le Raincy (France) April 23d, 1985

[Audio and video start when Marie is translating into French: "The so-called Guru told them that, "By December - that was last year - "by December the world would be destroyed". When Shri Mataji went there, it was in September. "And that everyone had to try to come before the world gets destroyed."]

Shri Mataji: And he is buying – he is just buying Rolls Royce's and he has got three airplanes; I think, I don't know. I mean such a fraud and such a horrible gangster he was! And he talked through his hat. I don't know what he talked. Nonsense! I just wanted to test him and I saw him and I wanted to know what is he up to and I found out that he was a dirty man. He was doing all dirty tricks with there - he was like a homosexual. Most of his disciples get Aids also because he spoils their private parts and things like that. And in my presence, I'm surprised about you, but normally they faint and they just become like stones in my presence, the disciples. They can't stand Me at all.

Once Yogi Mahajan told Me he wants to bring three of them for my program. I told him, "Don't bring them". He won't listen. He brought them. And I was sitting like this [in an armchair] and at least two hundred feet away, in a big Delhi program, you see, thousands coming. He brought them, three of them. And as soon as they looked at Me, they fainted and they had become just like stones. And nobody could lift them. We didn't know what to do. And the program started very late because they were actually, like, you see, you take a stick with that, you see, they were thrown out like that. Otherwise, we did three sticks had to be pushed on them, they seemed to be taken out like a- you see, as you jack up the stone like that. And they were kept outside just like stones outside and then they came to consciousness later on and went away.

[Shri Mataji laughs]

How to say? Jacked up like that! Yes! And in his ashram, Yogi Mahajan wrote: "no Rajneesh disciples allowed".

So they got very angry. And so, he said, "All right, come in, see, look at this photograph". And they just fainted.

[Laughter]

And then, you see, they forgot also what had happened to them. They just remember they saw the photograph and they faint and they don't know after that anything. And then they are thrown on the streets. They just find them on the street. What to do? I mean, we just can't do anything about them.

Last September when I went there, they were all going to Oregon, you see, so somewhere – I mean – leftovers were there, all miserable looking: on the wheelchair, all in a bad condition were carried by people, by planes. But now it is practically becoming absolutely sort of localized, dying race there, all of them are there, just this.

You see, in America we have all kinds of horrible bhoots gone there. And that's why this new disease – what you call that one?

Sahaja Yogini: Alzheimer disease.

Shri Mataji: AI?

Sahaja Yogini: Alzheimer.

Shri Mataji: Alzheimer disease. It's a new disease where people get insane before the age of 40 years. [Marie translates with difficulty the name] That's the discoverer.

So, after Aids, now this is coming in.

So, Americans are not going to be destroyed by Russians but by diseases. And Russians will be destroyed by- what you call-

parapsychology. They'll have no chance to use missiles. That's what it is. They should take to Sahaja Yoga. You don't know what an important thing you have got in your hand. How great it is. Why should you think of these dirty people, useless, anti-God, anti-Christ? Try to save yourself. A very few who are saved out of Rajnesh, I must tell you, so be careful. Beat yourself with shoes and him and yourself. It's a dying race now.

Most of the gurus are finished now practically, about, nearly, thanks to Sahaja Yoga. But how many are going to be saved out of them? I don't know, because they're so much mesmerized. So, we have to talk vehemently about them, denouncing them that, "What had happened to me when I was with him. This has happened, that has happened". You must write it down and give a full account of what he did to you, how you were exhausted. And how Sahaja Yoga has saved you, you see, write letters. It will come very handy, you see, it will come very handy.

All those who have been to some groups like that should write a letter how Sahaja Yoga has saved them. The sooner the better. All right.

Now I'll take your leave and again tomorrow we have a program and a conference. I hope everything goes well with it.

So, will you keep that material here with you in this place?

Alexandre: This material that you bought today? Well, we can keep it here, yes. But they're leaving by plane so we'll drive them to the airport.

Shri Mataji: No, no, no, you see, what I'm saying that some material I have to take to India, I'll leave it with you, we don't want it just now.

Alexandre: All right, as you like Mother.

Shri Mataji: All right?

Alexandre: All right, no problem, we'll take care of it.

Shri Mataji: All right. Give it to them, somebody be responsible

Alexandre: [In French: Martine, can you give me the fabric]

Shri Mataji: Martine.

Alexandre: [In French: What Shri Mataji has chosen, we'll keep it today.]

Martine: Which one? Sorry.

Marie: [In French: The cotton one, the heaviest roll.]

Shri Mataji, aside: Only the- [Name] you know, you go with her. The nine-ten yards' one. The one that [inaudible] that one. And the two black ones. One is four yards and another is three yards.

Sahaja Yogi: Shri Mataji, maybe we can give to some journalists a little bit later, the French edition of the Advent?

Shri Mataji: I beg your pardon?

Michel C.: Perhaps, we don't know, perhaps it is possible to have the French issue of the Advent. Perhaps tomorrow in the morning. Should we give it to the journalists if we can have those issues?

Shri Mataji: Not so soon.

Sahaja Yogi: Not so soon.

Shri Mataji: You should have an official release of it and we should call Ambav for that release.

Sahaja Yogi: All right.

Shri Mataji: You see, next time when I come here [in June]. They should be invited; people should be invited for the release of the book. We should invite all the dignitaries and all that and Mr. Ambav to preside it. Make it a big issue out of this. And also call the Doodoo D.N for that.

Sahaja Yogi: Also?

Shri Mataji: Also, Doodoo D.N from America.

Sahaja Yogi: Ah.

Shri Mataji: I will tell him also. So, fix a date, say Friday, Saturday. Sunday we'll have puja in the morning. Sunday night we can have this program here in Paris.

Michel C.: The 13th.

Shri Mataji: That could be.

Or we could have it earlier one day. Like we are having Thursday-Friday program. So, we can have it on – say – Tuesday. Tuesday

I won't be here?

Michel C.: Tuesday, no, Shri Mataji. Wednesday and Thursday

Shri Mataji: No, no. Thursday and Friday. No, no. Wednesday and Thursday.

Wednesday and Thursday, we'll have programs. So, we can have on Tuesday this opening. Tuesday is a good day. This opening we can have earlier. So, we can ask them, all these people can come to our program later on. Make it a big show out of it, you see.

For this book Advent we should have a big program we should call Ambav to be there. And you can also give him the tape of Dr Navin Singh from India, for him to listen to it, you see, to listen to it. And then we should get Doodoo D.N. Ambav [name unsure] for these things and he should invite other people, you see, for the book to be released. Because English book was released by the Ambassador of – no, by High Commissioner Mr Singh, from I.P. Singh, I.P. Singh from England. He released the book.

So, this second, this French should be released by Ambav. I think that's a good idea. So, first, you'll build up with him all these things and then he can be called to release the book. And then you get all the dignitaries that day, invite them. So, what will happen, that next day when we have the program, Wednesday and Thursday, we can have them there. So, I can come on Tuesday [in June]. What will be the date on Tuesday?

Alexandre: On Tuesday it will be the- [In French: Let's see, Friday is 28, Thursday is 27.]

Martine: [In French: 25.]

Michel: Twenty-five. 25th.

[Shri Mataji checks her schedule.]

Shri Mataji: You see, we'll have to cancel Spain then. The 25th you said, isn't it? It was Spain and France. Or then we'll have to do Spain earlier. Can I have a pen? We can do Spain earlier, so, we could have it on the 22d and 23d, 24th, you see. And this is 25th? All right, we can have it 21rst. We can start 21rst, let us say, because I'll want these days either here. So, this is from the 25th onwards, starting from the 25th.. - 21rst, 22d, 23d; yes, three. And 25th to ?

Michel C.: 30th because it is the Sunday of the puja.

Shri Mataji: 30th. All right? So, you fix up 25th as the day for the opening of the -

Michel C.: On the Tuesday so, the first day of Your [in June]...

Shri Mataji: Opening, yes. The opening of Grégoire's book we can say. All right. That's it.

Sahaja Yogi: The presence of Grégoire will be necessary?

Sahaja Yogi: The presence of Grégoire will be necessary?

Shri Mataji: He will be there.

Then Holland is 1, 2, 3, 4, 5. All right? Then I'll go to India [unsure]

Alexandre: Mother the book is supposed to be distributed from the 15th of May.

Michel C.: Shri Mataji, the book is supposed to-

Shri Mataji: What is it?

Michel C.: Be printed in two weeks and ...

Shri Mataji: Now, what is it?

Michel C.: In the books shop son the fifteen of May.

Shri Mataji: No, you can't do that. What is the hurry?

Michel C.: Because as soon as the book is printed, they give it to the bookshops.

Shri Mataji: No, you tell him that, we want to do this, it will help you. You see, there is no harm. You tell them that it's all right. You just tell them that, "If you wait, you see, then it will work out".

Michel C.: All right.

Shri Mataji: Try to tell them.

[To the two Sahaja Yogis] Now, what I will say, now one thing, that all of you being right-sided, you'll always think of problems. Now don't think of problems, that's a very bad habit. And the all-alternate problems you will think of, is another very, very bad habit, "This will happen, that will". Nothing will happen! You just see that how you do it. All right? Spontaneously. Nobody should think of problems otherwise your Agnya will go off, so badly off, that you won't know what you are doing. Just don't think of any problems, anything at all. When the problem's coming you just give it a bandhan, that's all. And they'll be neutralized. Let them come before you.

Before they come, if you think they'll become solid because they are coming from a Yogi's mind. Alright? If they do not come from your mind, nobody's mind is stronger than yours. You must understand this. So, don't have any problem, no problem. Now you said it, all right, I'll do it I said. I never said, "This is the problem, this is that, this could be, I may be" Nothing, I just changed over.

And you must be prepared to change accordingly. Now, see, I'll tell you. First time, we decided to have our program in Switzerland. 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th. Now, what happened, they said in Switzerland to have a program in November would be better, after September. Because according to Grégoire, he said, "I'll be there settled down, we'll do it well". So, I said, "All right". So now we changed it over. So, I said, "When do we have Switzerland then?" "Later on". So, just now no problem. Then we saw – they told Me that they would like Me to go to Tunisia. And in Tunisia, then they told Me – facing the problem as it comes too – there is Ramadan. So, I said, "Change it over, make it Italy during that time". And this Italy thinks that we go to Tunisia. So, I told- what's his name? – Antonio- now he is an Italian. I told him that, "See Italy is like this, have they booked halls there?" He said, "Yes, they have. But no problem, no problem". Italians will always say, "No problem", always, I've seen, "No problem, we can have it there". Finished.

Warren used to do that and then he got very sick, you see. And he said. No, he said, "This cannot be done because there is a problem on this day, I'll be there, this, that". And that day he was in the hospital.

[Laughter]

And we managed the show without him. Then, then he never said it.

This problem is a modern word. Modern word. It didn't exist. If you read Maupassant you won't find this word, problem. This is all very modern problem. Because, you see, this has become- [showing Her Agnya] all the time seeking for problems, mind has become like that. Immediately we think of a problem. I'll tell you one point I've seen. I've studied it. With Warren, I studied it very well because I tell him something immediately, he comes out: "This is the problem". No, never he said: "All right". Always, "But with this, this is the problem". That's spontaneous. I don't blame anyone, it's a spontaneous thing with your minds, you are always. You may do the same, anybody may do the same.

Marie: Definitely.

[Laughter]

Shri Mataji: Yes, it's true. I am the only person who is giving solutions while others are all the time giving Me problems. But not in India.

Like, I'll tell you a very good example. One day, you see, my husband takes one particular type of tea called Prestige. [Laughter] And that's the only addiction he has, so I don't mind, it's not much. So, I told him that you will get some tea for yourself and he forgot and it was a Saturday. And then Sunday I told him, "Now we have no tea because, how about? You won't take any other tea. So, what to do?" But we have to go to the reception. On our way back, we'll go to the shop and get the tea. So, he said, "What nonsense, it's a Sunday, how can you go to the shop and that too about eight o'clock in the night? How will you get the tea? What nonsense!" But this problem was correct, I mean, this was so, that was the fact for all practical purposes. [Aside, Little open it, I think. Yes.] But not for Adi Shakti.

So, we went to the reception and I told the driver that we have to go to this "Tea center" on our way back. So, my husband said, "You are crazy!" [Laughter]

But my driver has faith in Me, I think, he took us there without giving any problem, without saying anything, he just took Me down. And to our amazement the shop was open and lights were on. To my amazement! [Laughter]

Marie: You are very faithful to your husband.

Shri Mataji: Yes, so,

And so, we went in. And they were all, were saying, "Oh, we have been waiting for you. We were thinking you've forgotten about our invitation. Why didn't you come? What's the problem?" C.P. started looking this side. [Laughter]

Actually, he was invited to an opening ceremony there, something. There was going to be a ceremony, something for him. And

that invitation card he had forgotten in the office and he had forgotten about the invitation also. So, they gave us two tins each as presents of Prestige Tea. [Laughter]

My husband said, "Really, I can't believe it!" [Laughter]

It is like that. All right? So, have faith. Have faith. All the Gods, all the angels, all the deities, Ritambhara PrAgnya, all are working out Sahaja Yoga. We are not working it out. We are just instruments. But they watch you very clearly. So, just go ahead straightforward, everything will work out. [Shri Mataji takes a flower]

"Tout droit" [straightforward], that's it. Al right, "Tout droit". Oh, I got four hundred pounds with that word "tout droit". I'll tell you what. [Laughter]

I had learned one word, "tout droit", you see. "Tout droit" I had learned the word here. My husband is supposed to have learned French, for the last, I think, forty years he is learning French, so-called.

"Tout droit, tout droit". So, he says- we came here, both of us and - [to Marie] you remember my husband and myself were left alone in that hotel? Because he came here for a day. So, we said, "We will stay together for one day there in the hotel". It was a Sunday.

And that was a Sunday and the dinner was not served in the hotel. So, we had to go out and we- he didn't know anything of Paris and I also didn't know much. And the taxi fellow came in, because they had [called a taxi ?] went in the taxi and the taxi fellow dropped us at some place, you see, very funny, you see, Wimpy [fast-food] sort of a bad place for dinner.

Sahaja Yogi: V.I.P.

Shri Mataji: Yes, something.

And then we got in another taxi. You see, this fellow understood that we don't understand French and we don't know Paris. So, my husband was telling him, "Left, right" and all that? So, I said: "You should say for 'straight through', you have to say 'tout droit'". [while Marie translates] To right... No, no, for the right you say "à droite". [Laughter]

So, I said: "No, 'tout droit' means straight drive through". So, he said: "No, it's not so". I said: "I tell you it is so". He said, "All right. Four hundred pounds, it's not so". [Laughter]

It's like the fellow understood 'tout droit' is like 'straight drive through' to them.

And then he found out that it was correct. He has not yet paid Me. [Laughter]

Then another thing I said: "There is no word for 'awareness in French'. He said: "No, there is". I said, "What? " He said: "Conscience". I said: "'Conscience' is not, it's conscious. But there's nothing for awareness in French". So, he said, "There is. There must be". I said, "There isn't". So, then he asked his – you see, he has many French people with him. They said, "There is no word in French, you see". So, he lost again four hundred pounds which he has not given Me. [Laughter]

All right!

French Yogi: You are very 'adroite'. ['adroite' means deft, skillful but 'à droite' means 'to the right. ]

Shri Mataji: You see, he knew two words. He knew 'droite' and he knew also the other one 'gauche', you see. But he didn't know what I was telling him. So, you see, 'right through', in that also there is 'right', 'right through', you see. So, he said, "No, I'm saying 'right'".

Sahaja Yogi: But we have a third sense, you have 'adroite'. [In French: how to say it?] 'Clever' means also – in one word it means 'adroite'.

Marie: Deft, deftness. To be deft is 'adroite', 'être adroite'. In one word.

Shri Mataji: Adroite!

Marie: And inversely to be 'gauche' in French means 'not to be deft' with your hands.

Shri Mataji: Like left-sided and right-sided. It means that. That means you knew about it. Right sided are over-efficient and the left-sided are over-emotional.

All right. May God bless you.

May God bless you all.

Judie are you comfortable here?

Sahaja Yogini: Very much Mother.

Shri Mataji: And Anya [?] is she comfortable?

Other Sahaja Yogini: I'm here Mother.

Shri Mataji: Yes, and the baby, yes?

Other Sahaja Yogini: Very good, Mother.

Shri Mataji: All right. Enjoy yourself.

Tomorrow they are going to - today they arranged something for you to go out?

Judie: We did today.

Shri Mataji: You did it.

Tomorrow also, if you want, you can do it, if you want to go somewhere. All right?

May God bless you.

How are you Aïcha? Are you all right?

Good. Let's go.

How is Françoise, your mother-in-law? She's all right?

All right, she's now married and very happy. A very good husband. A very nice house he has. He's got a big job now.

Bye, bye, for the time being.

[Shri Mataji speaks to someone in Marathi]

H.H. Shri Mataji Nirmala Devi

## 1985-0423, Talk to Sahaja Yogis: Why We Are Not Growing? (Evening)

View [online](#).

23 April 1985

Talk to Sahaja Yogis

Ashram in Le Raincy, Le Raincy (France)

Talk Language: English | Transcript (English) – Draft

1985-04-23 Talk To French Sahaja Yogis in Le Raincy ashram, Paris, France.

Talk 1

Audio starts here

Shri Mataji: So we'll call her Gauri, all right? Gauri.

Sahaja Yogi: It's a boy's Mother.

Shri Mataji: It's a boy?

[Laughter]

Oh, it's a boy! Boy, what happened! So we can have the Gauri Kumar. It's a name of Ganesha. Son of Gauri Kumar. He's smiling. Acha, he looks like a boy, I was thinking-

[Laughter]

Gauri Kumar. All right.

Sahaja Yogi: [In French: please move that everyone can come in and see Shri Mataji]

Sahaja Yogi: I brought your shawl.

Shri Mataji: Yes, thank you

Shri Mataji: Now, we have many Sahaja Yogis here who have been also married in France, and there will be more coming down to be with you all, to strengthen the centre in Paris and other places. I feel that this year has not been very good for Sahaja Yogis, and there has not been much growth as it should have been. I don't know why but it is always to be understood that when Sahaja Yoga does not expand there's some sort of a negativity in the Sahaja Yogis, because all the nature, everything works out for you. As soon as you change, the whole atmosphere changes and you get a big response from outside.

I'll give you an example of England now. In England we had one girl- lady, as you know , Gavin's wife, who was very negative. And since she's gone away, England has taken such a big stride, you'll be amazed, they are very different people altogether. This time I saw them in Birmingham, I was amazed at their collectivity, their responsibility, their understanding of Sahaja Yoga. It's amazing, absolutely amazing. And that's what I feel, if there is negativity within us, then the things do not work out. So the first thing is to get the blessing and the grace of your Mother. And that is important because you must learn to surrender and to progress in your ascent.

Shri Mataji : Can you say this.

Sahaja Yogi: Marie tu peux traduire? [Marie, can you translate?]

Shri Mataji: You all understand English?

Sahaja Yogi: No Mother, we don't know.

[Sahaja Yogini, Marie, comes to translate]

Shri Mataji: I said that this year has been rather disappointing.

Marie: Mother, it's all right. [Problems with the mike]

Shri Mataji: So you have to discipline yourself, first of all, in Sahaja Yoga. That is, you must get up in the morning, meditate in the morning time, pay full attention to your Sahaja Yoga thinking that you relate every thing to Sahaja Yoga. You should not be complaisant, only worried about your comforts and your food, but more worried about your meditation.

One case as I told you about Jane- you tell them [to Marie]- that one person who was negative harmed the whole of UK. So, another thing is that you must understand, those people who do not have jobs, do not get the discipline of doing the job. This is one of curses in the West that you can live without job. It's a curse because you have lost the discipline. You should never give up a job, if you have, at any cost. You must be in a job, must be doing something, or the dynamism goes away. You must have a regular habit because you have already been ruined.

Now in England, I gave a nice lecture about children also. Now if some women have children they have a habit of using that as a pretext not to mix with others. They just take the child inside, sit inside, don't mix up with other people, just become un-collective. And they think that's only what their job is.

Now so in England, supposing or here, if you have your own house, if you have a little baby, still you have to sweep and chop and cook and shop and do all, all the things alone. You cannot just sit in the room saying: "But this is my child. I'm looking after the child." And this lecture that I gave here, I hope you get the tape to listen to, that too much cuddling of the child, all the time caring of the child, just saying: "This is my child," is an absurd thing, because that's how the children hate the parents here, cause they get bored with their parents.

In England, we had an experience as there's one child born in Chelsham Road, and the people spoilt him completely so much so that he became like a mad man, actually like a very criminal ideas. So we have to understand that we are Sahaja Yogis and we must have discrimination, our Hamsa must be good. And to get the Hamsa right, you know that you have to put ghee in your nose every day! There should be a regular schedule, regular programming in an ashram, and they should work out that, and you must listen to somebody who tells you what is to be done. I mean, to produce a child is nothing great, what is so great? And that should not be an excuse for a man or a woman to get out of the collectivity and try to build up their own style. So the children themselves will be spoilt and you will lose your vibrations. So the blessings of a Realized soul will turn out to be a curse.

Now whatever I am saying today, I have to say it. I don't like to say it, but I have to say it because the French must know why we are not growing. The child must be given to other people, to sleep with, to play with, without any reservation. Do you know, in India, it is bad manner to say: "This is my child." And also to carry your own child in the presence of others is bad manners, better to give it to somebody else.

[Laughter]

That looks nice, that looks better, you are more comfortable.

[Laughter]

So that they, they understand the collectivity. The children must be told about Sahaja Yoga, they must be shown My photographs. I've seen some children when they see Me they don't even recognize Me. It's very surprising, Sahaja Yogis' children. So that when you become disciplined, proper Sahaja Yogis, you'll get ideas how to spread out. Now we were working today on how to establish Sahaja Yoga on a grand scale here. With Remo, I was talking what he has to do, go and see Ambo and what he has to talk to Ambo and Patrick also I'll brief him, so that you make use of him, get some dignitaries and all that. But first of all, you should not be complaisant people, just enjoying the comfort of our house, living very happily here. That's a wrong thing.

[Marie is translating]

Shri Mataji: Like in India meditation...

Marie: Sorry, Mother.

Shri Mataji: I'm sorry

Shri Mataji: Now, one of the impressions Indians have about French that they are very food-oriented and fussy about food. And they are very, you see, they feel hungry very fast and say: "I'm hungry". And that they want their timings very correct for their food. But do you know, your Mother is now sixty-three years of age. And sometimes I have My food at twelve o'clock, one o'clock, two o'clock in the night, when I've not eaten the whole day. And sometimes I don't have food for the whole day. And if you ask Me: "What did You eat in the morning?" I won't be able to tell you because I just don't know if I have eaten or not eaten. For example, this morning they asked Me: "Will You have Your breakfast?" I said: "I had My breakfast." [Shri Mataji laughs]

They have to tell Me that: "You have to eat, Mother, now." I never, I've never asked: "You bring food for Me", have I? Today also you had to tell Me: "Mother, it's time for You to have some lunch."

So, every country has its own speciality, and that becomes subtler when you become a Sahaja Yogi. The, apart from that, you see, we have some other speciality for French, that what was before Sahaja Yoga, but after Sahaja Yoga I'm very happy that you are committed, overcommitted. And that you have now sanity of married life and you are leading a, not a hypocritical life anymore. And that now you are not indulging into secretive, nonsensical stuff which gives you problems.

So I would suggest that to reduce the food orientation, you must fast or do something like that to reduce this orientation which is a very subtle thing in the minds of the French. They think "French cuisine" you see, and all that, goes with it. So we must get rid of this tongue, it is too much, it is putting down our attention to something very gross.

It is not immoral to think about food, but it is not sahaj. You see, I am the example for you. For example, I don't know what is French cuisine, I don't know anything about taste part, but I cook very well Myself and very fast.

So now what we have to have is a very concentrated effort to work on two chakras, one on the Mooladhara and another on the Nabhi. I'm coming for Guru Puja; that is for the Nabhi. And the, one of the qualities of the Nabhi is that when you become the guru, you become an ideal for others. You don't demand anything, you sacrifice everything that is possible, you don't get attached to anything. If you want to be a good guru, first of all you should be the example. And that is what is to be seen that you face yourself up and find for yourself where are we less in our guru mastery. That means you have to master yourself on the Nabhi chakra, you have to be your own master. But to be the master you have to listen to others, regularize yourself, go into a tapasya, is into a penance sort of things. To master yourself, you have to work it out yourself.

For this Mooladhara, there's a very good tape and also Gavin is going to send a circular for people or he might inform you how to

improve the condition of Mooladhara within us. So you see, you first fix your Mooladharas properly but Mooladhara can only come with the discipline of your mind. And that discipline of your mind can only be managed by you because you have to see your own mind how it works, how it dissuades you from the path of ascent. It could be some relationship, might be the husband, might be the wife, might be the children or might be some Sahaja Yogis forming groups. It could be anything. But whatever it is, you must stand out from it, detached, completely, and see for yourself that it is detrimental to your growth.

Now, see, yesterday we had about hundred, over, over hundred new people. Now, they had never known about Me, they had never seen Me before, they just saw the photograph and they came: why? Why this? They had not even heard My name before, some of them. But why don't they come to your programs when you arrange? What is the difference? It's the caliber. See, I am a tapaswini, I am a Yogi.

See, Warren was travelling with Me, he got sick, thrice he got sick. He was with Me, not even for half, half the time and he got sick four times. But he did the maximum, I would say. But everybody is in a relay race, you see, I'm the marathon.

[Laughter]

I'm continuously doing this one. Till the month of July, I'll be going all over Europe- America. I cook in the house, I have to change my house, I have to sell my house, I have to build then another house in India, doing all that together with Sahaja Yoga, all the time.

Only one thing, that the purest desire is in my being itself, that people should be saved. It is such an earnest desire that I don't see the comfort, I don't see any running away from it, neither I see food, nothing, to Me the only desire is to save as many as possible at this age.

That it's the Primordial Kundalini Itself before you. But what about your Kundalini, the pure desire? The very vivid strand has come up which has given you only one side, a very vivid that you've got your Realization, that's all. But what about the rest of it which is there, potential within you, which has to rise in you to feel absolutely, completely doing this job?

Now, when we had to fight for Independence everybody gave up their families, houses. My father went to jail twice for two, three years, and we were a family of eleven children. And we were rich, very, very rich people, but we had to live in huts and we were in jails, and troubled and tortured. And My mother went to jail five times. But nobody minded it because it was such a purpose of getting Independence. But this is a greater war where we have to get to the freedom of the soul. But what is the quality of Sahaja Yogis? They are mediocre. Even some of them are just here to take advantage of the situation, that's all. We really need warriors: Nirmalites, we call them. Have you heard of the song they have made about Nirmalites? In, you see, now we have started to call ourselves as Nirmala Vishwa Dharma, means universal immaculate religion. So to belong to that dharma is a war of this great religion of the Spirit.

We talk of the blessings of Sahaja Yoga, how we got married, we have children, we are having a nice time, the beautiful houses we've got, God has been so kind. He has given us this and that. What about you? What have you given to Sahaja Yoga? It has given us bliss, it has given us this. But what about you people coming up? Only what is needed in you is nothing but the inner personality to develop. Each one of you can hold a meeting and can get the same kind of people I can get, why not? Because you must also be knowledgeable about Sahaja Yoga. Are you knowledgeable? You are just drifting in the joy of Sahaja Yoga but what about the knowledge?

[The translator does not translate "joy" but says "bliss". Shri Mataji understands]

Shri Mataji to the translator: Not beatitude.

Marie: Bliss?

Shri Mataji: No, it's the joy, is this "joie".

Marie: Joy is "joie" and bliss is "béatitude" [French words].

Shri Mataji: But I said "joie" because, you see, I'm sorry, "beatitude" I know because it's a - all right, doesn't matter.

What I am trying to say that this [joy] is another temptation. You are capable of great ascents and great leadership. But I am surprised that still you are not aware of what you have got. You should really go on a rampage. These holidays, for example, you can take a bus, go round with a banner and all that, station yourself in a village, talk about Sahaja Yoga, hold a meeting there, arrange something, talk to people. Go on spreading it. There's a lot of holidays. You can work it out!

Yes. They are going to do this in England.

There's nothing to feel shy about it. You have to carry the banners and you have to sing the songs. You have to go to streets; you have to go to the streets and do it!

I was in, on Delhi station, and the train was late for about two hours. And there was a lady who came who knew I was Shri Mataji. She stood before Me, hands like this [open]. And then people asked her, the word went round that there's Mataji is on the platform.

And even the coolies, as they are the people who take the luggage up - all of them lined up together, the officers and everything, and they all got their Realization there, all the platform.

There were some villagers from Rajasthan who were travelling. They heard about Me and they started singing the Mother's song and they came down to get their Realization.

And we had one American lady with us, and she was feeling very funny about it. And then she said that: "You were giving Realization even to the coolies?" As if it is the right of only those sophisticated or the Americans to have the Realization. But I said: "One coolie of India is equal to thousands of you, it's a fact!" Not only Americans, even French.

[Laughter]

Even Indians when they come to France they become like you, I am surprised, they become complaisant like you, instead of giving you greater force. Now, Avdhut is coming, I hope he doesn't become food-addicted or something like that and sit down with his child. I hope he doesn't become like you. I hope so.

[Shri Mataji speaks in Hindi]

I don't know what is going to happen to him, I hope he is not mesmerized by you people. But I am really surprised that there's no energy, there's no sort of a spirit to come up, to work it out!

It looks very selfish then, you see, that people come for their own, own betterment, that's all. You don't think of others. There's no compassion, that forceful compassion, that compels Me at this age to travel like this. You must think of others who are drug-addicted, this, that, so many problems in this country. This is the Hell of the world. And you have to be much more stronger, much more working, much more fighting, because this is the Hell! I have said this before many a times. Because Marie asked Me: "Why do You come?" Five times I came in the first year. I said: "Because this is the Hell, I have to work it out here, in France."

I didn't marry you to form a nucleus or a group like that, but that you'll be standing on your Mooladhara, that you will work harder, that you will fight better with the power.

In India, in the history, we have women who used to send their husbands with the blood on their foreheads saying that: "You are not going to come back defeated." We had women of such character that one day I will tell you about them, how they made their men so great. This is what it is, the French women themselves have brought this, you see, this womanish type of a cultural

development in France. I tell you, it's a very womanish type, the dainty darlings of men.

Now you be brave and you fight it out. I'm sure you will one day create a new world in France if you really decide today and take a vow in your heart that we will do it, you can. There's no need to have education or anything very great about you. Only thing, you must take a vow and have that desire foremost before you. With your discretion, with your foresight behavior, with your character, I'm sure you will establish that. You are on the warpath, you cannot be casual, you cannot be just laughing, smiling, talking, and this is not the thing. You have to be serious about it.

Shri Mataji: Casual is "legère", causal is the word, what is it?

Marie: Casual "à la légère" [lightly] I said.

Shri Mataji: Ah.

So I'm sorry, for the first day I've come here to tell you this but I would like to see some results in Guru puja. We are working out something through Ambo also. But before them, there should be some presentation of people who know Sahaja Yoga, who can talk on Sahaja Yoga, who follow Sahaja Yoga in a perfect way and that they can present Sahaja Yoga.

We will have one more program of Friday, we'll have – Thursday, we'll have one more program. Or we can have two days if you want, Wednesday and Thursday, I don't mind coming that week here. But you see to it that you really work it out.

But you see to it that you really work it out. Go and

[46:06 to 46:45 Cut in the audio]

Shri Mataji: Everybody should go and talk to people and produce some results. Guru puja is, what is the date?

Sahaja Yogi: 29, on the 30th, the Sunday Mother.

Shri Mataji: Of?

Sahaja Yogi: Of June.

Shri Mataji: Of June. There's time still. Now plan it out. I would say you should take something on hire and go on a Saturday, Sunday, to the nearest villagers, to the places, talk to them, sing about it. Everybody knows about Hare Rama, another horrible guru, another guru, nobody knows about Me in France! Not in Italy. Not in Italy. Italy is the only country I would say – now in England also- it's the only country where we are really very eloquent and we have really lots of people. Last time we had about six thousand or how many thousand they were, I don't know, but at least four thousand people for a program. And this time they are saying that: "hall will be shorter". How is it they have done it? They have done it because of their working and there Guido is looking after the ashram. They have a huge ashram! They are doing so well because, you see, they have seen to it. Guido is a very strong man. Everybody used to criticize him. I supported him even, supported him; he is a very serious and a strong man and he worked it out and now I see that the Sahaja Yogis in Italy are so good that everywhere they are working it out as for them the main thing is Sahaja Yoga. And they are very knowledgeable in Sahaja Yoga, even the women. Italian women, I was surprised, they are very knowledgeable.

We had one now in India from Italy, she was from Milan I think and she was so knowledgeable I was surprised at her. What's her name is? The one who went to Frankfort. The lady who was in Frankfort during that exhibition.

Marie: Elisabeth?

Shri Mataji: Elisabeth.

Marie: Elisabeth she's English.

Shri Mataji: Elisabeth, very knowledgeable.

So, you don't lack intelligence but if the attention is on that we have to know about Sahaja Yoga, we have to understand Sahaja yoga and now you are getting the book also, Advent, in French language.

So study it, don't borrow from each other, everybody must have one book on their own really properly, try to understand and there is also Nirmala Yoga coming to you, my tapes are there. I've seen there are so many tapes already there with you. See, you can play them, take it down, write it down what it is saying, what are the points. Then discuss among yourselves, if you don't understand, you write to us, I'll answer them. Like that, there should be some programming about it. There has to be some programming. All right?

So, this is what I am trying to say, that for the next session when I come here, I can also have a program on Wednesday and Thursday, I can come. So we can do Wednesday and Thursday, two days and then these three days.

Sahaja Yogi: 26 and 27 of June.

Shri Mataji: Yes.

Sahaja Yogi: It will be Friday and Saturday 29.

Marie: It's going to be a long translation.

Shri Mataji: So we can have two programs on the public but let Me see how much you have worked it out and how much you have done it. And it should be like this: if I have not given Realization to five people, I'm not going to eat my food. Something like that. You take yourself to task. Why can't you talk, go and talk to somebody here, there, there. Just think of it, go really amock, as they say, with it, then it will work out.

Tell them, Such a lot I've said.

[Marie translates]

Now you see, the only thing that I feel is this, that we have to seriously understand that either we get to Sahaja Yoga or we allow the world to be destroyed. This is the point, there is nothing in between. Try to understand, this is very simple. And you all have to play a very, very important rôle. So try to understand that you are very important and everything will go in the history of spirituality.

There is one more thing I would request that try to learn English language because I can't learn French it's too complicated. You see, it's a French mind which has made it [ ?]. So if you know English it's easier for us to communicate so that's one simple thing that to learn English language. It will be better for you, better for Me.

I'm sure this will help you, the guideline for our next program and you will all work it out in such a way that we have more people. And everybody should be able to say what they have contributed, what have they done, everyone, individually, how many people you have given Realization to.

Now, yesterday we had people who were very knowledgeable. And if they come to a place and you find some sort of a person who doesn't know how to talk to them, naturally they get disappointed. They can't understand. Another place, we can say, is Austria where Gregoire has done wonders. In the same as he has dedicated his life, you all have to individually dedicate, that's the most important thing for him. It's because he is brilliant. His intelligence is so pure that he sees its purpose.

May God bless you all.

So, from tomorrow, you must start putting the ghee and the camphor for the nose because I find all of you have got sinusitis. I mean you know a simple disease to be cured, how. You all have little problem with the sinus. Naturally, how can you have discrimination?

And for your Nabhi, I think you should reduce on your cheeses. Because anything with the fungus you should not eat at all, at all.  
Do you eat still?

Sahaja Yogi: No, fungus we don't eat.

Shri Mataji: Ah. Fungus cheese.

Sahaja Yogi: No. Fresh cheese only.

Shri Mataji: Ah, all right.

Shri Mataji: And also mushrooms if there are, better not have them because they grow on something dirty. Maybe the bhoots might be crawling through them. They always grow on dirty places if you have seen. As if they become lively out of that you see. There's no sink, nothing. Russians are suffering I think because of that, because they have such big, big mushrooms, I've seen, like that.

So by God's grace, now you have a nice place, everything is done for a purpose that must be now achieved.

May God bless you all.

Shri Mataji: So we'll have dinner.

Sahaja Yogi: All right Mother.

Shri Mataji: And tomorrow, then tomorrow morning is the conference.

Sahaja Yogi: Yes Mother.

Shri Mataji: And then for this Ambo, I thought of, that I'll ask Remo to go with Patrick to see Ambo.

Sahaja Yogi: All right.

Shri Mataji: And that he is going to talk to him, not to talk about Sahaja Yoga just now, to establish a kind of rapport with him. And then we'll use UNESCO for our purpose. He can introduce you to many people who are dignitaires and all that. And then, you can talk to them and it can be worked out.

We have to work on those levels also and there's a lady they said that who is now doing a social-

Maire: Claire? [In French : where is she?]

Shri Mataji: She's here now. May God bless you.

So I was thinking if you can come tomorrow when these people are coming, you see?

Claire: Yes.

Shri Mataji: Then we can talk to them and we can plan it out better. You have to plan it out, you see, you have to program it, that guide line is needed.

So where do you live? In the ashram?

Claire: No, in Poitiers.

Shri Mataji: Hum?

Claire: In Poitiers, near Françoise.

Shri Mataji: Near that side, you see.

Marie: In the middle of France.

Sahaja Yogi: She's free now. Sh'ell be free.

Shri Mataji: But she can come down.

Claire: I'm free now.

Shri Mataji: You can come down here.

Claire: Yes.

Shri Mataji: That will be nice. You should come down here. Paris, we must thank them to begin with. Then from Paris everything else can work out. All right ? It will be a good idea.

Sahaja Yogi: It is perfectly managed because she quit her work.

Claire: Just after London.

Shri Mataji: Good, so she can, she can do it, just come, all right ?

[1:02:25 Conversation about the place]

[1:04:34 No sound up to 1:04:59]

Shri Mataji: And my brother was the minister. He is now the chairman of the cricket club of India.

[Laughter] who is winning cricket everywhere, we are doing very well in cricket.

All this, you see, with all this back-ground, then my husband, as you know, is the elected member of this, is the elected Secretary General, elected four times unanimously which is a record.

And as Remo will tell you that his organisation is regarded as the best among all the UN agencies. And he has got rewards- awards which are rare awards from Norway, from Sweden, from Italy they have got an award which only two persons have got so far, very high degree. And many other countries I'm saying. But, despite all that, I wanted to establish the [inaudible] in the modern times. But still people like – like in India he was with the Prime minister, he was the main Secretary of the Prime minister which is the topmost job at that time. And he is known for honesty, he is known for everything. Despite that, so many governments have one side disciple of some third-rater somewhere in India also. What can you do with the human mind is so stupid: they want to learn after some Babaji, Dabaji, Tabaji, who talk something big. The reason, only reason I can see that they are mesmerized, they are not free. This is the only explanation one can give.

Shri Mataji: She is enjoying the baby. [Shri Mataji is laughing]

Nicely the baby is sleeping. I think the baby should be put to the bed. Too much of heat, it's not good also for the heat, so better the baby should go to the bed.

French Sahaja Yogi: Should the Dutch get in touch with your friends?

Shri Mataji: Yes. You see, the thing is, he's very knowledgeable. He's a Sanskrit expert and all that. So I don't think, just now, we should have any relationship that way, but we can go through Gregoire or someone for our purpose.

Sahaja Yogi: And Russian complex maybe with the Dutch, Indian culture, religion [unsure].

Shri Mataji: Oh, they are hopeless. Indians don't go near them. Indians are uprooted. I tell you Indians, when they come to foreign countries, they just get uprooted. They are very different in their own country. When they come abroad, you don't know, they are horrible, ask her, she will tell you. They are absolutely useless, just don't go near them.

So many came [to Sahaja] just for getting cured, horrible. Anywhere you get, it's ridiculous. They are absolutely-

Sahaja Yogi: So the Sahaja Yogis are not to be members of Indian cultural associations, no?

Shri Mataji: You see, they develop a kind of a complex, I think here, a kind of a complex in their minds. They develop a kind of a complex in their minds. Because they say, you see when you come now in England, everybody used to laugh at my- at this kumkum, you see. I'm wearing a sari, they used to laugh at Me. So, you see, people just take to- they make fun, you see, they are very good at making fun of others. So the Indians, you see, start thinking they are something low quality.

Do you know, in America, in America, nobody, no ladies are allowed to wear saris in the office. Because they say it distracts the mind of the people. Now the thing is that once I went for a TV program, television program, and when I entered the- you see, there was a lady who was absolutely half dressed, you see, this much and a low neck, and very jazzy dressed.

Yes. So you see, what happens with that is that people started feeling nervous about being Indians. And that's why one has to understand that the Indians when they come here, they get confused and they are uprooted.

In the beginning, they are very, very affectionate and they do lots of things and then they discover that they are treated just like

servants. It has happened in one of the ashrams in England. One nice girl was married and they first started making her work quite a lot because they had children. They said: "We have children, so you'd better do everything in the ashram." And then they wanted, you see, she was very nice to them so they said: "You must massage our children. Give them bath and also massage us." And then she gave them lots of presents because it's like Indian's generosity. But they would not even give her a handkerchief. So she left the ashram and she stays with her mother-in-law. She said: "They don't understand love." That must be happening to Indians here. They might be also afraid of you, that you may take advantage of them- one possibility.

Sahaja Yogi: How nice that Avdhut is coming.

Shri Mataji: Yes Avdhut is coming, it will be nice but I hope he doesn't become French. Only worried on that.

Avdhut Paie is coming, he's very great otherwise. He has been so far very good.

(Dutch)Sahaja Yogi: [Unclear]

Shri Mataji: What did he say? I'll have to finish that [Shri Mataji is eating]

Marie: Mother, he is saying when you come to Holland, is it a good idea that they get as many Sahaja Yogis from all countries there?

Shri Mataji: If you can arrange for them to stay somewhere.

Sahaja Yogi: We're trying.

Shri Mataji: They'll pay for it.

Sahaja Yogi: Cause last time You told Robert not to invite so many Yogis from all different countries.

Shri Mataji: Yes you can. The same can go there also to Holland. But only thing is, you have to arrange for their say, they'll pay for it. For these four days, some of them would love to come, even Gregoire was saying he might come.

Sahaja Yogi: Oh, well. [Laughter]

Shri Mataji: So, but you have to make some arrangement for them.

Sahaja Yogi: Do the Dutch go to the newspapers the posterizing, the same way

Shri Mataji: Yes. I mean if you need any money for that also they can provide. They can provide money for advertising or something, but posterizing is the best way they say.

Sahaja Yogi: The way the poster are made, the text was-

Shri Mataji: Yes. But that has to be in Dutch language.

Sahaja Yogi: We use the same rolls, the same diagrams as they have in England?

Shri Mataji: Whatever you think proper, I mean, whatever you say.

Sahaja Yogi: Mother you have a nice idea what to write on a poster?

Shri Mataji: That's what you have to decide yourself, I mean, whatever you think proper for the Dutch mind.

[Conversation about having posters done in France or not]

Sahaja Yogi: ...Their lovely Dutch cheese.

Shri Mataji: Dutch cheese. I know the main one, red one, red cover.

Sahaja Yogis: Gouda.

Sahaja Yogi: These cheese. Are all cheese bad?

Shri Mataji: No, no, no, no, no. That one is very good, the round thing you have, like a ball.

Sahaja Yogi: But it is fermented.

Shri Mataji: That has no fungus.

Sahaja Yogi: No?

Shri Mataji: Fungus is the one with crust.

Sahaja Yogi: All right, "Camenbert".

Shri Mataji: What do you call?

Sahaja Yogi: "Camenbert".

Shri Mataji: What in Dutch thing they grow?

[Marie explains that the cheese to avoid are the ones which are fermented.]

Shri Mataji: They do. They grow worms. Yes, they do. So that would be too much.

Sahaja Yogi: In the Dutch cheese?

Shri Mataji: Yes, in the Dutch, in certain Dutch cheese, they grow worms which are living, which crawl out. That's what they say, Dutch people.

Sahaja Yogi (Dutch): We don't know this.

Shri Mataji: I've been to Holland, we had, they gave us [Shri Mataji is laughing] After that, we couldn't eat our food.

Sahaja Yogi: There's one more question. If you come four days in Belgium and Holland, there are three nights, three evenings.

Shri Mataji: All right.

Sahaja Yogi: So we want You to decide who is getting two and one.

Shri Mataji: No, no. What I am saying is three nights- hum. What are the dates? What are the dates?

Sahaja Yogi: It's Monday, Tuesday and Wednesday night, And Thursday you fly back to India.

Shri Mataji: What's the dates? Dates, dates.

Sahaja Yogi: One, two, three and four in July.

Shri Mataji: In July.

Sahaja Yogi: Yes.

Shri Mataji: Make it five. It's all right. Make it five. You see, I was to go to India earlier, but not now, it's not such a problem.

Alexander: Mother, in Rouen, we will have to leave the big house soon because it was on a short period rented.

Shri Mataji: This house.

Sahaja Yogi: Here, You went once.

Michel Cernay: The ashram in Rouen Shri Mataji.

Shri Mataji: Yes, yes. I've told her about this that: "You must shift to Paris. I want you here."

And you stay in that house, right now. Let them come because they have children. Let them come to ashram and look after the ashram people.

And you [Martine] come and stay in Marie's flat. And take up a job here.

Sahaja Yogi: In Marie's flat and Alexander should come here.

Shri Mataji: Yes, and look after these people here.

And you'll be there because- [Laughter]

Yes, yes, ashram is to be looked after. I think you need somebody to do that.

Sahaja Yogi: All right Mother.

Shri Mataji: So you [Michel] come along with her and you can take a job here in Paris.

Michel Cernay: I shall manage Shri Mataji. It is a little bit difficult because of regulation, because I am employed by the State and I have my only job, definitely, settled in some place, there are delays to ask. So-

Shri Mataji: Again, again.

Michel Cernay: We shall do a bandhan Shri Mataji.

[Laughter]

Michel Cernay: I like very much [unclear] what You do -

Shri Mataji: No it will all work out. It will all work out, you see, give a bandhan, that's all. You don't have to think of problems, just give bandhans!

[Shri Mataji is laughing]

We have the power. We should not forget the power that we have, we shouldn't think of these problems at all, anything. Because if you think about them, they become bigger.

Take them beyond thinking.

There's no problem just give a bandhan. Such miracles take place you have no idea.

Like the Chelsham road house we bought. Remember Chelsham road ashram.

Now the government itself, that English government- such a miserly one- has decided to give us ninety five per cent of the money for the whole repairs of that house to make it absolutely neat, can you believe it? Ninety five per cent.

And Linda is saying that: "If it returns her money, whatever she spent, she will give it to Sahaja Yoga" So you can imagine.

How things work out, you have no idea.

There was a Sahaja Yogi who came to Me and said: "Mother, I don't have a job, I've been trying and trying." He came from Australia here, he's an artist, he is a very good artist but he could not get a job.

[To Marie]. Translate.

So I asked him, I said: "All right, come along, let Me see your paintings." And I found that he makes- he has got a very good hand but he is paying more attention to other things than the human beings, you see?

So he was quite worried and I saw that and told him. And then I said: "Now, you sit down and say the mantra of nirvichara and leave everything at the lotus feet of your Mother." And whithin half an hour, he gets a ring that he has got a big job in a firm for doing some sort of paintings for them for a book, within half an hour.

There's another- [To Marie] Did you tell? I'm sorry, I'm sorry.

Marie: No-

Shri Mataji: No, no, better tell them.

Marie: I've finished.

Shri Mataji: Then there's another one who came to Me, a very good Sahaja Yogi. He said: "Mother, I'm running short of money." I said: "Should I give you?" He said:"No, no, I'll get it somehow." I said: "Surrender yourself"

[End of the audio at 1:29:51]

1985-0424, The true master will tell you that you have to seek your Self

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24 April 1985

The True Master Will Tell You That You Have To Seek Your Self

Public Program

Musée social, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Musée social, Paris, France, 1985

[Introduction to Sahaja Yoga in French by Patrick. Short resume to Shri Mataji about what he said.]

[Talk starts at 23:35 on video.]

I bow to all the seekers of truth.

The day before, I told you, that eventually, one has to understand what a seeker has to find out. He has to find out himself, his own Spirit, the idea of having some sort of a new venture into the style of seeking comes because people want to make money out of you. But the one who is the true master or the Satguru will tell you that you have to seek your Self. He has no interest in what you are nor he has any interest in what you can give him! Because he stands on the giving end, and he cannot receive even if he wants to, he cannot receive by his own nature and so, also, he does not want because by his nature he is compelled, just to give! Even if you try to please such a guru, by giving him something, he will say: "I'm sorry, you'd better have it to yourself".

We had a very great saint in Maharashtra called Tukaram. And we had a very enlightened king called Shivaji. And when he heard about Tukaram and found out about him he took lots of ornaments for his wife and things for his children and for his household and went to see him. So the saint Tukaram was not in the house and the wife was very happy, she took the ornaments and the children took the things and they were very happy that they got all these things from the king Shivaji himself. Tukaram came home and he saw this and Shivaji was there. So he said to Shivaji: "Sir, these are meant for the queens and not for us."

Marie: These are meant for the-?

Shri Mataji: Meant for the queen and not for us, ornaments. And he returned everything back to Tukaram- to Shivaji.

So we have many stories of this kind to tell us those who have interest in your Spirit and your ascent are the true teachers. Kundalini has been described fourteen thousand years back by a great poet called Markandeya in our country. I told you the other day that in Koran it is described as 'asas' [base, foundation] and in Granth Sahib as "Shruti" [revelation] and in the Bible as the Holy Ghost. In the Zen system also, it is described of the Zen system of Bodhidharma it is described and also Lao-Tse has described it. Every one of them has described it. Now, this Kundalini is actually the pure desire within us, is the energy of pure desire.

We have another one on the left-hand side of ourselves, which you see here in the blue colour, is the power of desire. And on the right-hand side is the power of action. The left-hand side one is called as Ida Nadi and the right side as the Pingala Nadi. And the centre one is called as Sushumna Nadi, is the channel of Sushumna. So the left side caters to our past, to our conditioning and with the activity of our conditionings and desires, we accumulate within us an institution which we call as "mana" in Sanskrit and "superego" in the English language.

Shri Mataji [to new people coming in]: "There are some seats here in front also, please. You can come here in front there are some seats, please. Please, there are seats here.

Please come, there are some seats here. That side, you can come now, this side, there are some seats, please. [Shri Mataji is pointing to the place] This side, this side. Please, look out, there are some seats here. Come in front, yes? Those who want to come?

Now, the power of pure desire, which is the Kundalini, which is in the triangular bone of sacrum, gives us this ascent. This is the reflection of the Holy Ghost, is the power we call as Adi Shakti, the Primordial Mother. And the reflection of God Almighty is in

our heart, which is the Spirit. When the union takes place then we say "Yoga" has happened means the union, "Yoga" also means the union. Thus, our attention becomes enlightened by the Spirit. When our attention is enlightened by the Spirit then we become, I say again we become, it's not a mental projection or anything, but actually you become collectively conscious. That means you start feeling your inner Self, your centres, your "nadhis" on your fingertips and that of others as well. So first, when the Kundalini awakens it gives the first state called Nirvichara Samadhi, means the one where you become thoughtlessly aware. Now, this is the energy of pure- again I say- the pure and the holy desire within us. All other desires are impure. That's why you must have seen, that according to economics, the wants, in general, are not satiable, in particular, they are.

Because you want to have something say, you want to have a car, then when you get the car, you want to have a house, then you get a house you want to have something else, you go on shifting from one desire to another, to another desire. Because that desire is not satisfying. So, this pure Energy within us of our holy desire is one that is to be one with the Divine, with the All-pervading Power of God. And unless and until this Desire is awaken within us through the spontaneous happening of the living force of the living God, you cannot get your Realization.

It is "sahaj", it means born with you. It also means: it is spontaneous. So the right to become one with the Divine is born with us. It is built in within our being, the way it is shown here in a subtle way [Shri Mataji points to the chart].

All these centres are created within us in the different stages of our evolution, which are being strengthened by the different Incarnations of the Prophets and of the other Incarnations that they have made this part available to us for our ascent. Now, the problem is that in this world, there are many people who are not yet feeling this urge to be the Spirit. But there are still millions who are feeling that there is something beyond, they are the special category of the people. So as William Blake has said that: "Men of God have to become prophets, and they will have the power to make other prophets", that is The Time today. All of them have prophesized about these special times, even Mahomet sahib has said it very clearly: "at the time of Resurrection, your hands will speak".

But people don't talk of resurrection, they just talk of the Doomsday. He was the same principal as other Prophets were like Abraham, Moses, Nanaka, Janaka, all of them are the same principal of Primordial Master. They tried to teach you the balance of life which is called as dharma. If you do not have the dharma within you- dharma is the valency of man, is ten valences he has got, while the matter has got only eight, animals nine, and the human beings have ten valences. So there has been principal ten Incarnations and those who came on this earth to teach us the balance.

Then they were other Incarnations on this earth like Krishna, Rama and Christ who taught us that we have to seek the life eternal. This Kundalini rests in the triangular bone which is sacrum - meaning sacred - that means the Greeks knew that this, this one [Shri Mataji shows the chart] was a sacred place. But in the last hundred years, lots of funny people have come around and giving very funny ideas even about Kundalini which is not written anywhere in the Shastras [sacred texts]. This Kundalini is your individual mother, and how can she trouble you? When your mother, physical mother gave you birth, she took up all the trouble upon herself.

This Kundalini passes through the six centres that why it's called as "sat chakra bhedana" [six chakra penetration] means there are six centres it pierces through. And the seventh one is placed under the Kundalini.

The seventh one is the - or we can call it the first one - is the centre of innocence within us.

Now, the ascent of the Kundalini when it takes place, the seat of the Spirit is on top of your head and that's why you get your enlightenment when the Kundalini touches the seat of the Spirit. It's the seat or called as pita in Sanskrit language, is called pith. As a result of this happening, the first thing you feel is the cool breeze coming out of your head. You also start feeling the cool breeze all around you because this is the All-pervading Power of God which is formless. When you start feeling that energy for the first time, then you have to know what it is, how to use it, how to work it out. The- another meaning of the word "yoga", also means "guptik", means the deepness, deepness, how to you use the All-pervading Power of God, how to decode, how to manifest. Now the nature of the Spirit is that, when it comes into your attention, first of all, your brain gets enlightened with the truth. That is, you go to a person and he says he is a very great guru, you don't know whether he is a real or not, you cannot make it out. But because you have got these cool vibrations, you can feel the cool vibrations from a Sat Guru and from a bad one you

might even get some blisters.

Then if you ask any fundamental question, like: "Is there God?" You start getting tremendous cool breeze in the hand like a computer you start acting. I had a disciple, I shouldn't say, disciple, I call them my children, in the beginning, he was an English man very sceptical about everything. He said that: "Mother, how do you say there is telecommunication of God that is very efficient?"

So I said: "All right, what do you want to find out?"

He said: "I want to find out about my father who is in Scotland because he's not talked to me since long."

So I said: "All right, you put your hands like this and ask in your heart: 'How is my father?'" And he started feeling a burning sensation here, in this part [Shri Mataji shows the base of the right index]. Now, this is the Vishuddhi chakra here, and this portion, if it is burning, this is the father's, all father's chakras or the centres. If it is burning that means that your father must be down with bronchitis. So he doubted it and he telephoned to his father. And he asked his mother and the mother said that: "Your father is down with a very bad bronchitis." But he was so amazed that afterwards he never started doubting the presence of God within himself.

When you start knowing the truth you do not accept untruth and falsehood. You become so powerful that you stand on that truth and you are not afraid of anything. In 1970, I spoke about all these false gurus, openly with their names, in India. And all the newspapers published it. And people were worried that these people will come and shoot me down. And I criticized all the cults and all kinds of sects but none of them, even till today, have tried to do anything to Me.

Shri Mataji [to new people]: Come and sit. Come here, there are some seats here, please.

So when you stand on the truth like Christ, when he stood on the truth, He saw a prostitute being stoned by people, and a person like Christ, a saint, has nothing to do with a prostitute as such. But He said that: "Those who have not committed any sin can throw the stone at me!" At himself! And nobody threw stones. This courage comes because you are standing on the truth.

So, the second thing that happens to you is that you become a very peaceful personality. Because you start witnessing everything. Like we have got thoughts within us which rises up and falls down, another thought rises and falls down. Now, when these thoughts rise, in between them, is a little space which is the present. And when the Kundalini rises, she puts you in the state of the present where you see the future and the past, but you are in the present. So you watch the whole thing like a drama, like a play. So you become a personality which is peaceful within yourself whatever maybe the turmoil outside. Supposing you are standing in the water, you are afraid of the waves. But supposing you get onto a boat, you can enjoy the waves, you can see it, without getting involved into it. This state is what we need today.

We talk of peace mission, these peace conferences and peace delegation, they have not peace within themselves, what peace are they going to create? And this peace is extremely powerful, it does not aggress anyone and does not take any aggression upon itself. And that sort of a personality you develop, you are so relaxed and doing everything with such dynamism but don't get upset and you see the fullness of your action. As a result of Self-realization, you become a pure personality, your attention becomes purified.

Because of our conditioning, we have developed an attention that is full of greed and lust. But such a person develops that kind of an innocence in the eyes that if such a person even looks at somebody, he can purify that person, he can cure that person, he can raise the Kundalini, just with a glance. When the Grace of God starts flowing through your being, you become extremely compassionate, extremely compassionate, but the compassion that does not speak, the compassion that works. You get the discrete compassion, which tells you where you have to be compassionate and where you have to be firm and where you have to be denied. You get over all your temptations and the wickednesses of your mind, and you get completely integrated, your mind and your emotions and your physical body, everything integrates beautifully and you live in complete concord with yourself.

I have already told you that your attention becomes collectively conscious and you become a very dynamic person, understanding so many things which you never saw. And the last of all, you feel the joy of your Spirit. You live in the joy of your Spirit. You look at least twenty years younger sometimes than what your age is. Your face shines with the brilliance of the Kundalini.

You give so much to the world that first time you start even giving to the nature, establishing the ecological balance.

There is one scientist in Austria, who is a Sahaja Yogi, has experimented with the sugarcane, in Austria, who is a UN advisor to various countries and he was amazed that without giving any manure, without giving anything special he could give energy to the plants in such a manner that they grew ten times more, ten times more than the normal ones! And he didn't know how to control the heights. In the quantity, ten times and the height was at least double. The hybrid seeds that we use are not needed anymore because they cannot reproduce and you become slave of some organizations for that. But in this, when you vibrate the seeds, which are old seeds, become regenerated and you can reuse them very well, producing very high-class products.

Thus, you enter into the Kingdom of God, where all that is available at His command, your compassionate Father, gives you all the help that you want. If you ask the Sahaja Yogis here they will tell you how much they are blessed. I'm not a guru, as I told you before, I'm a Mother and a mother has a greater joy in giving everything that she has to her children.

Her pride is in her children and she wants her children to grow, not that she becomes sort of a person who is growing and thriving on the children, but the children thrive on the mother. Thus, I have a message for you, for Paris, that please try to your innate heart, try to become the Spirit. There is no circus about it, there is no short method or some sort of stupid things. You cannot pay for it. It is something, it is a living process and it has to take within yourself.

So you have to understand one more thing that even if you get your Realization, you may feel on top of the world but that doesn't mean that you have achieved the complete establishment of your Realization. For that, you have to come to our centre to know about it for which you don't have to pay anything whatsoever.

Only in Paris, they found out that people were taking a very great advantage of other Sahaja Yogis, so they decided that those who come, have to pay a very little amount for the paper and all these things that they do and for the hall so that they feel that they have to pay a little bit, I don't know that according to them it works out better with the French people.

But I don't take any money whatsoever. They will see all the accounts themselves, what is happening with the money that you give, which is a very, very small amount. But that's what they have found, it has to be otherwise we gather all kinds of beggars around us.

It's a sad thing they have to do it in Paris so with a great deliberation, I allowed them all right, because they're finding that for everything like these things and all that, for tapes and all that, all the Sahaja Yogis were paying the money and those who were coming were just coming for eating food and enjoying themselves it was a very sad thing.

In my own experience, I feel Paris is a very important and [inaudible] place. If we can establish Sahaja Yoga in Paris we may be able to save the world much faster. But I feel that people are sometimes very casual and they do not understand their own importance and the importance of their Spirit and the importance of their life that it must have some meaning. If you are a true seeker then I'm sure you will achieve that which is the highest. Nothing more is needed after.

I will ask you to ask Me some questions for a short time. But please do not go on about other gurus or anything. Ask sensible questions about Kundalini and things because the other day, one of the fellow was just on a quarrelling mood. So, please ask Me sensible questions if you want to know something and after that, we'll have a session of Realization. And I'm sure most of you will get your Realization. Today is my last day here but I'll be coming back again in June. I'll be here I think, on what days? I think

8 and 9 they have fixed my programs in some halls.

Marie: 25 and 26

Shri Mataji: 20?

Marie: 25 and 26

Shri Mataji: 25 and 26 of June I'll be here.

25 and 26 of June and you should also take the address of our centre. You can telephone and found out.

Shri Mataji: Now, I would like to have some questions from you.

Yes, sir.

Seeker: If the spine is not straight due to some sickness like this, can the energy flow?

Shri Mataji: What did he say?

Marie: If the spine is not straight due to some either illness or accident, can the energy flow?

Shri Mataji: Yes, it can. It can flow, not only that but that sickness can also go.

Marie: It is said that a satguru can control the Kundalini from a distance.

Shri Mataji: Yes.

Marie: Can you...

Shri Mataji: But for that, you'd better see.

Seeker: In India, a man in Hyderabad, I saw one guru take someone he pushes his head, he disturbed the flow of blood, then the man falls down but after the energy came. What is this?

Shri Mataji: All non-sense.

No, they have done- we had, you see, we had Kabir Das and Guru Nanak who have written chapters and chapters against this. Kabir Das has slashed this cheater and all that. But you see, nobody reads them, that's the problem, nobody reads the real people! That's the trouble is, you read Rajneesh, you read this and that, all absurd stuff. What to do?

Actually, the awakening of the Kundalini cures your diseases. We have cured a person suffering from AIDS you'll be surprised. An AIDS fellow who came, he got cured. But again he went to something nonsensical habit and he got it back again but he was cured for two years. Cancer can be cured most of the incurable diseases can be cured, madness can be cured. Not only that but you get such a powerful personality that you give up all your habits, all your addictions everything just drops out.

I don't say: "Don't do that." I say: "All right, you get your awakening." It's like the snake you see, those things and it just drops down.

It is actually three and a half coils and the three coils are, the first one is the power of our desire through which we desire things.

And then, after Realization, we desire whatever is good for our Spirit. Then we have the second power of our action which, when enlightened, we do the action which is dear to our Lord, God All-mighty. And the third one is the evolutionary power which gives us, empowers us that we evolve others, we give Realization to others. The fourth one is the integrated power of the Holy Ghost, Adi Shakti, but which it understands, it knows, it loves and it organizes and works out. It's such a tremendous thing!

Seeker lady: This is just a personal note. I spent a lot of time with Dany and Marcha and Bala.

Shri Mataji: That's great!

Seeker lady: In San Francisco.

Shri Mataji: Oh good, nice to see you.

Seeker lady: I have never met thrilled people that were involved in a spiritual program that had so much to offer, feeling within themselves without even speaking and transmitting it to anyone that came to them.

Shri Mataji: Dany is such a great soul.

Seeker lady: Yes.

Shri Mataji: He's such a great soul and he's such a seeker. Because when I met him first, I met him in Bristol and then he got, he said: "Mother, what am I doing here?"

I said: "Why?" He said: "I'm coming with You. I'm for God." Just he and his wife, both of them came. And now he's gone to America, he's working for America. He is so much worried about American problems.

Seeker lady: Yes.

Shri Mataji: Yes, it's true. She's seeing that, that's very fine. Nice to hear about him.

But the best part, another one I'll tell you, is that with this ascent, financially you improve also very much like Dany's case. He was in a bad shape.

And we have somebody else here who was just in a very bad shape. And he brought one chip, memory chip, to Me and he said he is doing for a project he wants to write a- he wants to achieve an experiment by which he can produce these new types of computers. I said: "All right, it can be done." And today he's a rich man. He's got a big factory and all that. We have so many cases like that because you become so dynamic: the blessings of God. As Krishna has said that: "Yoga kshema vahaamyaham." First, you get your yoga and then He looks after your wellbeing, not before, after.

Shri Mataji [to Marie]: Yoga Kshema.

There are, you'll be happy to know there are two ladies who have come all the way from America to help the people in Paris. Will you stand up? We have two of them here. Have they come? They are there, see. They have come and they are there. Please be seated.

[Applause]

Now, you have to go to America to help them out. We are importing people in Paris it's not very good. [Shri Mataji is laughing.]

What's it? What the gentleman is trying to ask?

All right, this is the last question now, all right? They are all anxious to have their Realization.

Marie: General anaesthesia, if somebody has to go for an important operation, general anaesthesia, what sort of effects does it have on the body, on the spiritual and the Kundalini?

Shri Mataji: General anaesthesia for a short time is all right it passes out, it doesn't have much effect on the Kundalini as such. But after Realization you don't get sick so you don't take any general anaesthesia, no operation, nothing no more doctors.

But if you use too much of anaesthesia or you're becoming a person in charge of anaesthesia, then you do have left side tendencies which can be corrected of course.

"Just one more question he said." Now, all right, let it be the last.

What is it?

Seeker: [Inaudible. About cancer]

Shri Mataji: What did he say?

Marie: He said that Ramakrishna and Shri Ramana Maharshi died of cancer.

Shri Mataji: Because you see, it's all right they were Realized souls, no doubt, but they didn't know how to cure that's why I've come on this earth. They didn't know how to use the vibrations because they caught up with other people. That's what we teach you in Sahaja Yoga is how to protect yourself. Even if you have yoga, that is the union, you must know the technic, the deepness, the yantra [unsure] as they call it in Sanskrit.

All right? Is there somebody there, raise the hand? Yes, some. All right, that's all.

You have been [inaudible] ?

Seeker: [In French] Can we trust guru Maraji?

[Laughter.]

Shri Mataji: What did he say?

Marie: Can one trust guru Maraji?

Shri Mataji: Who?

Marie: The despot of Goa. [Unsure]

Shri Mataji: No. It's all right. [Laughter.]

You see, the one who is buying Roll Royce, what is there to tell?

Seeker: Rajneesh has got 25 Roll Royces.

Shri Mataji: Ah, yes, imagine! And this fellow has fifteen houses.

Seeker: Yes, and he gets inside and he sells it twice the price because he has brought his darshan inside.

[Shri Mataji is smiling.]

Shri Mataji: I've been telling them, I said: "Use your brains!"

Marie: Can one get rid of the heaviness of sleep?

Shri Mataji: Yes!

Marie: The difficulty of waking up.

Shri Mataji: Yes, yes, yes. That's the minimum.

[Laughter.]

Yes, here it goes again.

Marie: Where is the Spirit while we sleep?

Shri Mataji: No, the Spirit stays where it lives. But when you sleep, your attention goes on to the left-hand side, into the subconscious. And then into the Collective Subconscious. But if you know the balanced way of life, then you wake up when you have to wake up and you sleep when you have to sleep.

All right, last.

Marie: One talks about a force coming down to awaken the Kundalini.

Shri Mataji: Shakti Power you call it. Nothing of the kind.

There's nothing.

You see, it is a new style of a – they have started a new word Shakti Power, there is nothing like that. Actually, the Kundalini is a, you have to see now, you have to place your hands like this towards Me and these are the centres which represent one two, three, four, five, six and seven centres on the left-hand side and seven on the right-hand side. And when you join them together you form the spinal cord like this and in the centre is the Sushumna through which the Kundalini has to rise.

Now, when you put your hands towards Me like this [open hands] what happens is that the vibrations flow through your hands and inform the Kundalini and that's how the Kundalini is awakened. There's nothing like something coming down upon you and all that. It's all the new stuff they have started. Actually, they mesmerize you with some spirits and with that kind of a thing like Shakti path business. It is never good. I've seen people start screaming, shouting, and making all kinds of noise and all that. It's all absurd!

Somebody has written a book called [?] that we have had told yesterday that it is written in that, when it happens, sometimes you start jumping like a frog. Now use your brains, really. Are we going to be frogs now? Or like worms? Yesterday I said it.

Shri Mataji: All right now. Now, how many-

A seeker asks a question in French.

[Laughter.]

Marie: At what age can we start Kundalini awakening? From what age can we start?

Shri Mataji: There's no minima, in a second, a split of a second. Just now it is. Once there's a great guru in India, Ramdas was the guru of Shivaji, and he was asked: "How much time it will take for us to raise our Kundalini to get our Realization?" he used the word: "Tatkshane" that's the moment. A split of a second.

Let's have it now because you have asked too many questions I think. Let us see how many of you will get Realization and after Realization rise and establish your Realization.

Now, the second thing has to be done that you have to take out your shoes to touch the Mother Earth. It helps us a lot to touch the Mother. Also, you have to take out your spectacles because you have to keep your eyes shut all the time. And you have to be in a pleasant mood because you are going to enter into the kingdom of God. It has been your desire for ages. If you have anything very tied here [at the waist level] or tied here [at the neck], you can loosen it a little bit because it might a little bit disturb your attention.

As the left-side is the power of desire, you have to put the left hand like this on your lap in a very relaxed manner, in a very relaxed manner. Be positive, first of all, be positive. With the right-hand, you have to use the action because you are going to awaken your Kundalini.

[Process of Realization. Then Shri Mataji is working on seekers]

## 1985-0502, Sahasrara Puja Seminar, Talk to Sahaja Yogis: Nirananda

View [online](#).

2 May 1985

Nirananda

Sahasrara Puja

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

"Nirananda", Vienna Ashram (Austria), 2 May 1985.

It is so joyful to be with you all again here in Vienna.

A poet came to Vienna long time back from India, he said that walking on the streets of Vienna the heart starts beating in a poetic rhythm and the ripples of poetry start flowing. So, there have been people who have been seekers before in this place definitely and that they are again sort of reborn.

So we are all looking forward to Sahasrara Day, which is a very great thing and that you all are here to take up the task of receiving all the Sahaja Yogis and looking after them.

Now the atmosphere, as I said, of Vienna itself, is very poetic. I'm sure Sahasrara Day will be a great experience for all of you. Poetry is like moonlight and when it falls upon any matter, it enhances the beauty and gives it a charisma and the language is so beautiful that it hides all the ugliness as the moonlight hides all the detailed ugliness. It creates an atmosphere - so meditative.

This is what is Sahaja Yoga; that it makes our life the prose into poetry - the poetry of experiences and events that take place. Like today, when we were coming by plane, three of us wanted to sit in one line, and that we had two seats together and one on the side. Now Dr. Rustom and myself sat together and Dr. Spiro sat on the other side and the airhostess said, "let us see, if the gentleman agrees on the other side, to sit this side."

And when the doors were about to close, we found that the third seat was vacant, nobody came. So Dr. Spiro sat and I saw the poetry lifting in his heart because he was smiling all the time.

And this is how things work out. When we came down, I looked at the sky because I know always the sky gives a special welcome to me. And the sky looked like a Sahasrara, completely like a lotus with all the little, little petals, as if lit up into small streaks of light. A converging from one point they were going round like that, just like a lotus the shape was and that is the poetry of the nature that sings the praise. So, that is what we are, in a stage where our lives have become so much interwoven with beautiful events and beautiful visions of such lyrical rhythms, that it becomes impossible to get out of it.

And then Gregoire comes in and he looks at me and I talk to him and he is looking out for Rustom; Rustom is standing next to me and he doesn't recognize Rustom, he's looking much younger, he just doesn't recognize. So he said, "Oh, God, I never recognized you". It was such a beautiful meeting of two friends, Sahaja Yogis. He was waiting and waiting for him and he never recognized, what a story. So, this is what is felt, then you come out and see such beautiful people and you see all the children standing there, you feel so much enamoured and you don't know what to say.

All faces look like little, little flowers to me, holding my heart in their delicate petals. I didn't know how to control my tears, it was too much of joy and they say at Sahasrara one feels Nirananda. Nira is my name and the joy of Nira. Today I experienced it on your faces, which was reflecting, in my heart - just as if the love has woven such beautiful poetry, so pure. And then Gregoire said, that you are all going to meet me, I was very happy to know that we are all going to meet.

There at the outside, I see an emblem of your mother and children and I see how already the poetry has got a beautiful heading. Such delicate relationships and emitting such fantastic love and joy, is something to be only felt and experienced.

Now your friends will be coming from all over to meet you on Sahasrara Day. I hope you will recognize them, and they will recognize you, too. Just see their eyes and you will know, they are your brothers and sisters anywhere in the world because there is a glint in the eye, a spark and that's how you can recognize.

The Sahasrara should meet in Vienna, is such a great thing for me. I remember the day, when I opened the Sahasrara and I saw the birds chirping, the flowers blooming, the whole nature feeling the joy of Sahasrara being opened, but the human beings, I didn't see the reflection on their faces. But today, right from the airport, when all the Sahaja Yogis came and then in the plane, I saw that the force of Sahasrara has improved very much. Not only that, but the sensitivity of even ordinary people has improved a lot. And in the plane everybody entered very serious; perhaps they were coming for a serious job to Vienna, with big problems, very serious; and I just went off to sleep in the half way and when I got up, everybody was laughing and joking, as if they had no problems left. And in the bus also everybody was laughing.

So now we have to realize that the Sahaja Yogis have done so much, so much to channelise this Nirananda all over the world. So I am very thankful to you for all that. And now we look forward to the people who are coming, they are coming here to enjoy the Nirananda and we have to see to it that we give them all that is Niranand. Niranand means just "Kevalam", "Kevalam", "Ananda Kevalam" is Nirananda. Sheer, sheer the "Kevalam", sheer, sheer joy, I mean nothing but joy, it's Nirananda. And this word delight itself is "of light", "comes out of the light" is, see, light and the joy, so much.

So this is, we are all enlightened, we are all Nirmalites and that's how you all are joy. In everything that you see, you feel the joy pouring in. You can't understand how, you see something that you see every day and there is joy.

Now for Sahasrara Day I have to tell you about little chakras that you are catching, which you should clear out before that, would be a good idea, very intimate.

The first thing I find is right Vissuddhi. For that I would suggest that you all should take tea, you won't get Basil tea here. But I've got something which you can put it in the tea, which you can take it, and then have an ajwain dhuni.

Now another thing you have to do is to put your fingers into your ears and say "Allah-ho-akbar" sixteen times. Put your head back. It will clear out most of your problems about Vissuddhi. Mantras are to give strength to your deities.

Of course, Deities are very powerful, but strength, meaning the vehicle, which is carrying the Deity, becomes stronger. As you know, this is also the mantra of "Radha-Krishna" or "Vitthala" is the same for right Vissuddhi; but "Allah-ho-Akbar" has two things in it: first is, of course, the Vissuddhi and also the collectivity. So by the first one, you get bad colds and you get your attention diverted and other problems of the ear, nose, throat. And by the second one when it is spoiled, you say aggressive words, sarcastic language - all kinds of things that breaks the collectivity. So either you suffer from a bad cold, so you cannot speak, and when you speak you hurt others.

But the voice should be melodious and the language should be controlled. If we can control our tongue, 80 % of collectivity we'll achieve. Tongue is first of all, of course, for saying things, which are sweet and beautiful. Let us find out what sweet things we are going to say to people who come here. Not expressing our views about, I like it, I like that, I want that. But on the contrary "do you like this, do you like this, would you enjoy this?" So the language should be directed towards others, showing interest and concern.

Another thing one should try is a physical treatment of your throat, it is very simple, I've seen is that, you push back your tongue, and put, this is a physical thing, put your chin here and try to push back your tongue as much as possible.

Now, and hold your breath, push back your tongue as much as you can. Kundalini will move further. First you have done Allah-ho-akbar, so you have bent backwards. By doing this, you see, you have allowed it to open the other way round also. You will see the sides; from the sides the Kundalini will be opened out.

Another thing is that, Krishna is very fond of butter. But in collectivity Krishna principle, plus the principle of the guru is mixed. When he becomes a guru, then the collectivity starts; (principles, principles of these two when they get integrated, then collectivity starts); and as a result of that, you get discretion. So to improve the discretion part, is a very simple thing we do is to take vibrated ghee or butter, which is heated up, and put it in the nose. But before that, we gargle our throat with the salt, which represents the guru principle. Also you can take a little ghee or butter on top of a hot water cup and if you drink it that soothes all your sides because that is, Krishna is soothed by that.

There's another thing called primrose oil, that you get in this country - primrose oil, two-three drops of that if you can take it in the water that will also soothe your Vissuddhi. So oil is the one that helps you. In your ears, if you can, put some olive oil heated up with some garlic in it, heated up – one garlic piece in it that's very good for the ears. So the oil is the one that keeps your Vissuddhi all right. Also the hair are to be oiled properly.

A lot of oil should be used before, say Saturday or something, so that when you have your bath you clear out your oil completely. And when you get conditioners here, is a good idea, but in India we use oil again, but you can use conditioners if you want, but make the hair smooth with it. And then you must do again, with your own hands, a nice massage or one Sahaja Yogi can do for another, a nice massage for the head because this is what I am preparing you for Sahasrara. And you will be surprised, that your head will be very clear and thus you will be prepared for this Puja of Sahasrara.

I would say you must order one gallon of olive oil. When all the Sahaja Yogis are coming, you should all be ready to give them a nice massage on their heads and also on their back bone and Vissuddhi chakra will be a good idea, will give them a better sort of a feeling for Sahasrara Day.

As in India the custom is, if you want to sort of show the friend your hospitable nature, then like when Sudama met Krishna, first thing he did, that he got all the fragrant things to rub on the hands and the body of Sudama.

Then he gave him a nice bath with hot water and, first, of course, he rubbed oil, a lot of oil on his body and then he gave him a nice bath, then he gave him nice clothes to wear. And Sudama was so enamoured by the love, because when you touch somebody with oil, you see, it's the Krishna tattwa acts because Krishna is the one who represents the "Madhuria", the sweetness, sweetness of your character. (Dr. Rustom: "Means honey, sweetness; also means spring, beauty"). (Madhuria; aspect of Shri Krishna). It's a very beautiful feeling of Madhuria.

You see in little, little things they express Madhuria, like in poetry, in relating some events. When you get a very sweet feeling about the whole event. Krishna's Leelas were all full of Madhuria. (Dr. Rustom: "Playful sweetness.") It's like a sport, you see, it's a sport.

I'll tell you, how sweet he was like this. You see once Indra got very angry with him, and it started raining very heavily. So all the people, who were looking after, the cowherds were called Gopas and Gopis, they were all getting drenched, and so he said: "Don't you worry", and he lifted the Govardha on his one finger, the whole Govardha mountain he lifted on his one finger and they all came under the shelter of that mountain. So then he says to the Gopas that, "Now my finger is paining, you better support it with your sticks, that you have in your hand, otherwise my finger is paining." This is the sweetness.

Like once he ate, I mean he really was a thief, a little thief, and fond of butter. So the butter of the house was kept in a little pot, and was hanging up, kept hanging there, so that no cat can reach it and all that, with a kind of thing we have a string, thing to keep that pot.

So he collected all the children, and took out all the butter and ate it and the whole face was filled with butter, you see. So his mother came, and she took one stick, and she said: "Now you have eaten all the butter." So he says: "I never ate any." "The whole thing (face) was filled with it. "And these boys must have put something on my mouth, because they have eaten everything". "So

then he said, "See now, the whole day I work for your cows, and when I come home, you just try to trouble me like this." And then he says that, "Now, I am your foster son, that's why you are troubling me like this."

And she starts looking at him, and then he puts his hands towards her, little hands, and he said: "But I have kept some for you in my hand, to be given, though they have eaten everything." And puts it in her mouth, so that all her temper goes away, and she just embraces him to his heart. And that's how the whole thing ends up into a sweet drama.

When Krishna is awakened within us, we also can do all such dramas with each other, and enjoy the frolics. Then we don't lose tempers, we don't get angry, we enjoy each other's personality very much.

So to prepare for Sahasrara Day first we must prepare this honey for them, when they arrive. And nobody is going to scold the children at all. And the children are going to be very sweet. And they are going to sit very quietly.

Now let us see how big she has become. Come along Niranjana. You come here, I want to see how big you have become. Oh, such a big girl. Now they are going to sit like big people – they are not small; and what about you Machindranath, you have gone small or big? Let's see, will you stand up. How he has become so big now. You better sit like a big man "alright"? She's small, still this child is small. Ah now, and you can't put that in the mouth. Alright, he'll keep it down. So, now, sit quietly. All the children in London sit very quietly. Let us see, all the children in Vienna, how do they sit?. Look at her, she is sitting very quietly – such a nice girl, she is, and also Niranjana is very sweet and Machindranath is the sweetest.

[Laughter]

You have to laud [Hindi] the depth, you see, you have to laud them with dignity, laud them with praises so that they settle down, you see, just laud them there.

Gregoire: Laud?

Shri Mataji: Lauding.

Sit down sit down, you can't do that. You can't do, you are big. You want to take out? All right. Sit down, sit down, we'll take it out. Sit down, sit down, take it out. All right [The baby girl is talking] [Laughter]

Good, nice, yours is all right, yours is nice, all right. Now see, let's see, you are feeling vibrations? Let's see all of you. See here? Let's see, Niranjana just see it. You feel vibration? Good. You're feeling vibration? Let's see. Good. Hum, see. Every body is feeling.

So now, if you have any questions, ask Me, that's it. Rustom brought this for Me, because he said the gold is cheap there, and he said, this is not diamond, to make Me wear that, so I have taken out now my watch, so you tell Me, if it is all right for you, to ask questions.

Just imagine, this will be in the personal archives of Mataji. This is Athena's dress. You see she wears it in the right hand, showing the Kundalini on the Vissuddhi chakra. See, for her also our Vissuddhi was very important.

Now Mr. Reagan is going to Bonn, so also, give all of them a Bandhan, they are all planting all kinds of bombs in wrong places.

Gregoire: There is a big controversy because he is supposed to visit a cemetery.

Shri Mataji: He will be caught up by bhoots. The only danger is, he should not become another SS. You see, he is an actor, and after all, an actor, how far can one go, you see.

Why do they go to the cemetery? I just don't understand. As it is, you are caught up going to, near any cemetery. And going to somebody, who's an evil influence, anywhere, if you go there, any cemetery. If you go there, what will happen to you? You will all be caught up.

Gregoire: Shri Mataji, he visits both, first the cemetery, and then the concentration camp.

Shri Mataji: God save him. You see, most of the presidents of Russia, are now you'll find are dying of this problem and same thing this fellow is up to. You see it is a "Vinashakale" we put it, the Buddhi, when you want to destroy yourself, you go to your mind only suggests you wrong things. It's very wrong to go to any cemetery whatsoever and to this concentration camp to go itself is dangerous, you see, or even to cemetery, going to SS, is very dangerous.

I went to East Germany, and they wanted, they showed me that there was a concentration camp, and all that and I closed my eyes, because I just wanted to bless all the souls in that concentration camp, so that they should not be hanging somewhere in a state from where they cannot take their birth.

And you see, what is happening to Israel today is because of this concentration-camp-effects, only, and also the effect of, they went to, what you call, these bad gurus like mahesh yogi.

One should not give importance to bhoots, then their life itself will be weak. But this is too much, to go to this SS-camp, because that shows such a compromise. This politic is nothing but a compromise. And then it is so mean, so filthy, that tomorrow if Hitler comes in, Reagan will go and garland him, just to give a balance. And it is such an action and reaction, that you just cannot say, like some people told me, that after all the Americans also went and killed the Japanese, so they are equally the killers.

So under these circumstances, only one can say, that all these are wretched people, they have no sense of proportion at all. The compromise with evil, compromise with wrongdoers and compromise at any cost, just to have an election, sometimes you start decrying democracy because it becomes a demonocracy.

So one can say that, one could say, that one should have the desire and the prayers to God, that "Oh God, make Sahaja Yoga so successful, that people enter into the kingdom of God, where there is not such filthy things", I mean this is the politics of the gutters. I feel the way it is, it's very, very low level, everything is so low level.

We don't need anybody's votes in Sahaja Yoga. Our vibrations are our votes. I mean somebody is elected because he has good vibrations, that's all, just gets elected. That's what it is the centripetal and the centrifugal force, which works it out, which is so natural, not mental, so it doesn't compromise with something that is wrong. And those who are wrong, who are not up to the point, have to work it out, and they can be again back. You see, which is a living force, but nobody harms anyone to that extent cannot harm anyone to that extent that we can say that it's like SS-people, somebody cannot become like an SS-person in Sahaja Yoga.

Nobody can harm to that extent. Because this is a living force, and living force whatever is living, can always be improved.

But a plastic you cannot do anything you cannot evolve it. You cannot do anything to it. It is just what you created is created, it's like a monster. It will pile up into a mountain, you don't know what to do, how to dissolve it. So, as if I feel it is all such filth, that this fungus-like growth has come up, this is all like funguses. So they are at the helm of affairs these funguses, fungi, and I really don't know what to say about them, I mean they are that level, what to say! We should just dissociate with them, we are different people all together, we are flowers

So after Sahasrara Puja, I am going to, as you know, to America also, and I hope something will be worked out on the Vissuddhi there. But first let us work out our Vissuddhis in Vienna, and we can work out the Vissuddhi of the Universe. And the other side of it, which gives you a guilt, because when you speak about Germans, every German catches up here, thack! They are gone,

finished. They are now born as Jews. And the Jews are born as Germans. So what are you feeling guilty about?

That's how the other Vissuddhi also should be all right, and our Sahasrara Day will be a great success.

If we only know, that Christ is with us all the time, and that our Agnya will not make us mental too much, but relax us from mental activity. For that a simple thing is, you leave everything at the Lotus feet of your Mother, finished. Your thoughts and your problems, everything.

Another miracle, I'll tell you one, recently. We have one Ian from Australia. He came with some paintings, he is good at painting, and he was very unsuccessful, he could not get any job, or any publicity, anything. So he came to me, and he said: "Mother, I don't know what to do, you just see my paintings". So I saw them, he has a very good hand, but more importance was given to other things than the human beings there, you see. So I told him, you have to paint human beings better in details, than other things. So he got worried, because he thought, he has to do now the face study and all that, so he was quite worried. I said, "you leave everything at your Mother's Lotus Feet". I was sitting in my dining room, and suddenly I found everybody was smiling up to the end of their jaws. Just after half an hour, it happened, that we received a telephone call, that he's got a very good job.

That's why Christ has said: "Behold the Mother. Behold the Mother. Behold". Because, when you look at me, because I create Nirvichara", you become Nirvichara. So you have to say "Mother you are Nirvichara". And that is how your Agnya can be alright. And if you can put a light in front of you and say that your left Agnya will be alright also. That's how you keep your passage all right for Sahasrara Day, because maybe this time I may really put a big blast.

Last time we had a Puja in Birmingham, and it was a tremendous experience for all of them. So the Vienna people should be prepared for the Sahasrara Day.

May God bless you.

[...continued after present giving]

Who got married among these 54 couples we had last time? Ah, good, I am very happy to know about it. Ah, it was real joy, and the 108 people married, really, it was like heaven, beautiful.

I was told, that you were asked for money, when you went there, twice. And I have to give an explanation for that, because, people said that nobody gave any explanation. But there's one point, I would like to say, that the money was taken, one for the presents of 54 marriages, you better tell them. Because you see even, if you have to give one dollar, it is 54 dollars, so I think they took \$70 and the other money was taken for that land I was going to buy, so that's what it is.

So I mean, there was no hanky panky about it, the whole money was given to me. No, no, not from my side, but from the people who collected, because it was done for the land, you know Gregoire we are buying, we have already bought it, in Vaitarna, the 42 acres of land, that this was the reason they had to collect that time. But they said, they never told us, and some people in England. But that's why I wanted to just tell you that, because it is for your children, the school is going to be for your children and not for Indian children.

I mean, it was beautiful, and the whole thing was done so well, and I mean everything went off very well, but one should not have these feelings, because our attention should not be on material things. It is not a very good idea to have attention on the material things, because these things spoil the joy of everything. I mean nobody is making money there, you know that very well. This is how also we kill joy. These are joy killers. Or, if you have to spend on someone, say some friends are coming, or something, then you should be happy to do that. Instead of that if you start counting your pennies. It is joyless. The generosity is most enjoyable thing, I think. I enjoy my generosity very much. And all the time I am thinking, how I can increase my enjoyment of generosity.

War does one good thing sometimes. That people get out of the materialistic attitude, one good thing. But lots of bad things are

there. But this is one thing, I have seen, when the war shakes a man, he thinks, what's the value of all these things I have been fighting for. But if you get Nirananda, after that you don't want to have any joy from material gains or material things, you just do not want to have. I mean you feel so secure with it.

So you didn't ask me any other question? The trouble is you all get thoughtless. No question? Not anything? At least ask how to perform the Puja, or something?

Question: "Can you explain Nirananda a little bit, Shri Mataji?" Can you talk about Nirananda?

Shri Mataji: "You see, you can only describe it, you cannot explain. Where there is complete joy, then there is no happiness and unhappiness. You don't feel happiness or unhappiness; these are the qualities of the ego and superego. (translate it).

In Sahaja Yoga, as you grow from one to another, there are different types of Anandas.

Like we can say, the spirit, when you see the Spirit, you get an Anand, called Swananda. That means you feel your spirit yourself, and you feel very happy. Then you give Realization to others, you get Parananda, joy of others. But when you get the enjoyment of well-being, in health and materially all right and everything all right, everything in "Santosha", in complete satisfaction, then it's Brahmananda. And like that you start feeling higher and higher joys within yourself. Because your nerves start opening to new dimensions.

So you can say that at the Krishna level, you get Krishnananda, where you get the sweetness, the Madhuria. And when you see your generosity, then you get Shivananda. And when you are with children, you get Ganeshananda. And that can be described, all those can be described, but Nirand cannot be described, because it's Mahamaya's joy. All these joys put together is Nirananda. So there is no place for ego and superego at all. The complete Sahasrara is opened out, and nothing but the complete rapport is established with the divine.

And there is a pouring of light all the time in the head and the light going back, that you have seen in my photograph. As if the Sahasrara becomes like a sucking child from the Universal Mother, sucking the joy inside, and it is again reflecting back. It would be like the waves reach the shores and then they are again repleted, they go back and then they form a pattern.

Now the joy out of that pattern, how can you describe? The only thing about Nirananda is, that you have Mahamaya so close and so far away, that's the speciality.

Completely thoughtless, silence there, complete silence, you don't think. Its just silence you cannot put into words anymore, because the words break with the force of the Ananda. They cannot hold it.

All right? Now explain, how you are feeling, you better explain now.

Any other question, beautiful question?

So far, you see, at human level, one feels only the pains or pressures on the nerves, but never the Ananda but after realization only, your nerves start feeling the joy. Alright?"

Anything more, anybody has to say? Yes, there is.

Question: "The Goddess Kuan Ying, Shri Mataji, can you tell us something about it?"

Shri Mataji: "Kuan Ying, you want to know about her? That's an incarnation of one of the..... I mean in the Chinese mythology you find the incarnation described of Kuan Ying. And actually she is the one, who is the Vruddha, is described as Vruddha, she is the one, is the aged one. Because Kuan Ying was born to a king, she was the daughter of a king. And she was the Virgin form of the

goddess, and she would not marry, so her father got very angry with her, that she is not married, and he threatened her, because he had arranged her marriage with some great king, you see. And when the marriage did not take place, father was so angry and annoyed and felt very humiliated. So he took her to a hillside and threatened her that "I will throw you down." And actually she was thrown down from the hillside into a valley, and he thought, that she must have been dead. But there was a tiger, which held her, and he carried her along, and then he looked after her. And when she grew very old, quite old, then she came out of her hermitage and she started treating people, and many people got cured by her - but she was quite old, then the father recognized her, because father was sick. She went and treated the father also, and she started curing people, and that's the Kuan Ying. If you go to Hong Kong, you can see her statue, the face is very much like mine, absolutely, but she is older looking and her shoulders are bent, quite bent. But she came much before Christ, and the Buddhist felt, that people wouldn't give her up, because she was so much regarded as the Mother of Mercy. So they included her in the Buddha thing.

You don't need translation? Anything else?"

Question: "How can we be more aware of you in our daily life, in whatever we are doing, not in meditation, in whatever we are doing?"

Shri Mataji: "See Gregoire, the Western mind is not conditioned so well for that, you must understand. Now when I went to Himalayas, to Dharamshala, they just advertised, that there is Devi-Jagra, that your Devi will be awakened. They know, that there is Devi within them, that your Goddess will be awakened."

And about 3000 people came from villages, about 20 km away, also some of them walking down to that valley, where there was a nice lake also, and they were just joyous and singing that Devi is coming. They were already aware of my coming. And they came, sat down, I gave them a lecture, they closed their eyes with complete reverence, with folded hands, just anybody who even opened the eyes had such Shraddha for Me as if they saw the Devi herself.

For them, no problem and I was talking to them, I asked, "Any questions", of course, there were no questions, but the wind they felt was so strong and the wind that was going to them, was coming back, and there was a wall behind me, it was hitting the wall, and from the wall it was coming on me, and I was feeling so very cold, you know, it was not such a cold day, it was a very sunny day. And the tent, they had erected was only showing that there was some wind blowing, and something happening there. But the rest of the whole, all the atmosphere, the trees were all silently watching everything, not a single movement. The birds, everybody was there, looking. The monkeys were sitting, the birds were sitting and all other animals, like dogs, things, and all were sitting very nicely, not a single sound. Nobody felt it. So they are conditioned that way, with the atmosphere, with all that background they have. And there are seven temples of Swayambhudhis, seven temples around of Swayambhus, Vaishna Devi, Naina Devi, then this, what you call Gangla Devi, they have seven of them, Naina Devi, all of them are around. And this was just in the centre of it. And to them, they started, when they got it, they said, "we have got it, we have got, we have got", "we have got"; nothing be told. Now here the conditioning is there.

And even that there was Military, and there were jeeps passing when I was coming, they saw me, they had to salute. And the gentleman in charge of the command, he came down three times, just to see me. He saw me off at the station, I mean as if all of them knew. And they were singing the song, "You, the person that belongs to our hills." - "Balowali-Cherawali", the one who is of the tigress, the one who is the daughter of the mountains.

The first name of the Goddess is Shailaputri, as you know, that Shailaputri means the daughter of the mountains. So to them, I was just their own. They were waiting for me, they knew, I was to come, I came - they got it. So that's the good conditioning. You are conditioned the other way, never recognize anyone. Even when we were going to Pathankot, the train was late, and somebody at the station said that Mataji has come and the train was late for two hours. Everybody, the officers, the kulis, everybody came to the platform. They started getting realization. So many got realization.

And this American lady was there, sitting, she was feeling very nervous and bad, and she was thinking, what is Mother doing, why is She giving realization to the kulis all these things she was thinking stupidly, she wanted to run away. And there were some

ladies from Rajasthan they heard, that I was there. They all started singing the song of the Goddess at Delhi railway station.

So the conditioning here is bad. The part of the conditioning that is bad, first of all, is this way: That the mind is spoilt by wrong identifications. Like some actress, you see, like Bardot sort of thing, or Marylin Monroe sort of thing, you see, everybody's attention will be on them. Our mind is made like that. You, if you see the way the statues are made, everything is on that line. Or else your mind is spoilt with reading such funny things, which are in the market, which you read, all these things. So, you see, so the whole attention is either on sex or on material things. So how can it see something beyond?

Now, even, supposing, you can see beyond eastern things, material and, this and that, still Mahamaya is such, that she puts your attention on test. But that's the only escape I have. See the point. Now the escape that I have I use it not deliberately, I must tell you. There is no deliberations. It is automatically, it works out. And with that your attention is judged. Now the best way to do, is this way: "Why can't I not recognize Mother? I have seen Her, raising the Kundalini of the people. I think too much of Christ. What, I have not seen Christ, have I? I have never met Him, I don't know, whether He was there or not. But I have seen our Mother, and She has given so much to so many thousands of people, and She has been with us."

But the Western mind is such that it will pick on something, by which they will not recognize.

Say, I'll tell you how. Now, Easter Puja we had in London, alright? Now you must understand, that when you give me flowers, you ask for flowers for your life, and you have to give a little money to me, if you want to have money also, it is important. Not in person, but in the Puja. But these people brought lots of sweets for themselves, food for themselves and for Puja they were not left with any money, but on the contrary, they said, that they are running short, as if I have to pay for it.

And like Garanga said, that can you give your Tama-Mana-Tanna. Tama is your body, Mana is your heart and Tanna is all your property, everything, can you give it to Mother? He asked them, just think of that. And they were quite stunned, Sahaja Yogis, by such a question. But everything is mine, you must know that.

But all the Indian Sahaja Yogis said: "Yes, we will."

So now I said, that that's wrong. You must collect some money for the Puja, I had to tell them. It's very embarrassing. I'm saying the attention, I'm saying the attention, you have to see where it is. And you have no idea, as to thousands of pounds I have spent myself. But now the people who had arranged dropped out of Sahaja Yoga. An old Sahaja Yogini, she dropped out. So this is what is the understanding cannot come easily because your attention is on all these things. Then I play tricks on you because it is not important, how many Westerners come and how many Easterners come to God. For Him everybody is a human being. If I am in Maharashtra, say, for 5 years, most of the Maharashtra will be there. But it is for you people, you have to seek that yourself, saying, why can't I be aware, what's wrong with me, why? Is it Ego?

So, you see, the attention, your attention, I must say, I judge it every moment, because there is a centripetal and a centrifugal force. Now the other side of it is also, supposing you are too much fond of some people, say you are Christians, you want Christians to be saved, or you are Muslims - you want Muslims to be saved or you want whatever to be saved. Then I give you a lesson through them only, that you learn, no more of these.

Families, for example. Family, you get so fed up with the family - like Gregoire gave me his family thing today. It is like that. You just don't want anything to do with them. It is that way. So this is.

Then apart from that other attentions you have, like your positions, your jobs, your.... all this is too much, the main thing is the Moksha. What is it after all, what do you need all this for? And then you find, that the idealism that you have also keeps you back. Like I have seen people when they come to Sahaja Yoga, they think it is a good way of expression of your idealism, your power. You see, the power game also starts with the Western mind, very common.

And then also people start seeing it sometimes, like some people said that - Mother, even I now feel attached to women, sort of

thing, nonsense, and all these things, you see.

So I don't know, what to say, that shows that the Deities are very weak. They have no strength that means that, that you are still doing things, which you just should give up in no time. The sin against the Mother. And on top of that the conditioning is such, that why should Mother run my life? I mean, who has got time to run your life actually?

You see, so one must know, that with all these things you are not the first. First are those from the Dharamsala.

So you have to develop that competition with them. How are they surrendered? Why are we not? What are we thinking, where are we?

You see, in this world those people who are regarded as top, are the lowest in God's realm. You see, in the other direction. Then you should say, "Why am I so low grade, that I cannot recognize the joy, the source of joy?" "What is my background?" "Why am I like this?" Like a worm, still crawling.

That's what you see, that sort of a feeling, with you should know that if I am asking you to come and all that, it is not that there is any shop here, nothing is selling, you have to sell your goods. Again it is Mahamaya.

Looks, as if I am trying to please you. You should please me ("Hindi words"). And then ask a question: "Why can't I please Mother? What's wrong with me?"

Like in India, or even in Dharamshala when all the ladies and men came, they must have washed their clothes – you see all new clothes. Whatever it is, they brought all their ornaments, whatever they had, they brought it, and whatever they had pawned also. They must have asked the fellow that the Devi is coming, "how can we see her all properly dressed, combed properly, all nicely dressed, and they all came as if they were going to a big festival.

And they gave me things, which I tell you, of such immense joy, which were, you may say they are not so expensive, but their heart. I mean they had given me whatever they had, sort of thing; because I could feel their heart in it. And the whole understanding - that we are meeting the God.

Like they showed some photographs in Birmingham and there are two, three girls from India, they just started crying. This is not the way, she's God, and God's photograph, this way, to spoil the Devi's [unclear] photo, God's photograph, to be spoiled like this. They just couldn't bear it. If a negative person takes the photograph, then the photographs come out very funny, and such photographs were shown, two, three and they were very upset. I am that, no doubt, I say that, but also I am Mahamaya.

You have seen that in your photographs; your cameras have shown you. You can't see it, because you are not so sensitive. Even animals can know, the tigers can know, the serpents can know, the birds can know, the trees can know. Why not you? So that's what you have to decide yourself. It is you who has to ask for it, not me. Better? Very good.

May God bless you.

## 1985-0504, Talk: You have to be in Nirikalpa, Eve of Sahasrara Puja

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4 May 1985

You Have To Be In Nirikalpa, Eve Of Sahasrara Puja

Sahasrara Puja

Laxenburg (Austria)

Talk Language: English | Transcript (English) – VERIFIED

Evening before Sahasrara puja, "You have to be in nirikalpa". Vienna, May 4, 1985.

It's very gratifying to see so many Sahaja Yogis have come to celebrate the Sahasrara day.

Without breaking the Sahasrara we could not have achieved the ascent en masse. But the Sahasrara, which is the brain, has gone into too much complications in the West and the nerves are very much twisted, one upon another. To keep Sahasrara open should be very easy if the Western brains could understand and be aware about your Mother.

When your Mother is the Deity of Sahasrara the only way to be able to keep the Sahasrara open has to be complete surrendering.

For that many ask Me, "How do we do [it]?" It's a very funny question - it is irrelevant. If your Sahasrara has been opened out by someone, and luckily that is the Deity before you, it should be the easiest thing to surrender, but it is not. It is difficult because the attention that has come up through the cells of the brain, expressing itself through the cells of the brain, is polluted, it is impure, it is destructive; it spoils the nerves and when the nerves are spoiled, the light of the Spirit does not shine on the nerves and you feel the inability to surrender. Normally, it should be the easiest thing to do.

So, we have to mentally approach ourselves. We have to talk to ourselves and say to ourselves, "What are you doing?" What is surrendering? It is enjoyment. It is just enjoyment. "Then why I cannot surrender? What is lacking in me? Am I a very low level person? Am I the one who was just saying I'm a seeker but I'm not? Am I dishonest person that I cannot surrender? If so, what am I proud of myself? If that is the situation, then why am I so much enamoured by my ego?"

What do you have to surrender? A drop has to dissolve into the ocean to become the ocean. And a drop cannot be greater than the ocean, can it be? So, what is the surrendering? Surrendering of our conditionings, of our ego and the artificial barriers we have built around us.

One can approach [it] mentally, one can approach emotionally and also physically we can approach ourselves. We can approach ourselves through mantras, through seeing ourselves, through knowing ourselves. But one should know, this is the greatest of greatest opportunity for you, not for the Divine.

If you are not available the Divine can find its own ways of fulfilling its last culmination of expression. Even to understand how immense the task is you need a surrendering heart.

Only through mental approach, when you arrive, you develop a petty ego that you are doing a great work.

Like, I telephoned to America saying that I'll be coming, and there's a very big scientist in Los Angeles who is an Indian, Maharashtrian fellow. He [just] missed his Nobel Prize – such a great scientist. He telephoned to Me immediately saying, "Mother I am coming to New York to receive you. I'm taking leave for fifteen days. When you are here I want to be with you." What else is to be done? "As it is I am doing Sahaja Yoga by the way at my own convenience, whenever I get time. That's what I'm doing, isn't it?" "But I would like to travel with you to Europe to all the different places with you to spend some time, otherwise, what am I doing here?"

But what I have heard [is] that people are arriving at different times for Sahasrara Day. I was amazed! It's typical Western mind: "by the way". Sahaja Yoga is to be done mostly by the way. "It should be convenient, it should be a weekend when, just by the way

for a holiday, we can go to Vienna. There, of course, by the way, we'll have a puja and by the way Mother will raise the Kundalini, She will awaken our Deities and then by the way we'll be enjoying the blessings". No sacrifice can be done for God! No time, they have no time. Everything is "by the way". It's rather amazing! For war people give up their lives. For destruction they work so hard, day and night. But for the construction of humanity, for the ultimate goal of Divinity, in the West, how many there are who really surrender?"

"If it suits, then we'll be there, 'Sahaj'. This is Sahaj style! We should reach Sahaj". I heard about this many a times and there are still many who take that kind of an attitude towards Sahaja Yoga. It is sometimes surprising for Me.

If I go to a village [in India] people take leave for fifteen days, one month. In Rahuri people take leave for one month to prepare for my coming. One day leave for them is a very big thing. They are the people who deserve it. It's not what you dress and what you eat and what you have - it's what you can give and give up. The tags of mundane life are to be cut off, we must understand. It's a progress of people like slaves tied up to chains: chains of desires, chains of complacentness, chains of lethargy, chains of ego - which is like a log!

So, we have to understand ourselves. Everybody has to understand oneself: that through you the salvation of the world has to come.

You are chosen for the emancipation of the whole humanity. The Divine wants you to work as a channel for the beautification of this universe, for the ultimate expression of God's love.

When I say this, I find suddenly the ego coming up automatically. On the contrary a surrender [should be there], to fill up your vessels with the bliss, the bliss of Divinity, so that when you go to others you pour on them the beauty and love of God. It is for you to understand yourself very well and not others. Don't blame anyone!

It's so precious that no words can describe the greatness of these moments which we are spending together. You have to feel it within yourself - the assignment that is given to you.

Through your own Spirit, through your own state, you can fulfil the assignment. But lack of faith in yourself cannot give you surrendering powers. Surrender is the opening of Sahasrara, keeping it completely open so that the nirvikalpa state is established within us.

There should be a regular progress of improvement; regular progress of the opening. Have you ever seen any lotus or any flower that blooms, blooms, and in between again does not bloom then blooms then collapses then blooms? Have you ever seen such a nonsensical phenomenon in the nature? You come up, again you go down, again you come up, you go down. Have you ever seen a tree that comes up, again goes inside the mud, again it comes up, again goes back into the mud blaming other people? Have you seen any animal which starts growing, then it becomes a dwarf, again it grows, again it becomes a dwarf? Even these huge palaces which have been built so beautifully for us, do you see that they become small suddenly and then collapse and then again they blow up? Only the balloon of ego and super-ego does that. And when you are identified with them, you too become very peculiar personalities.

The lotus of your Sahasrara is open now. It must open more and more and should not suddenly collapse, again open, again collapse. It's a very complicated phenomena [that] you can see in the West and you can be very much surprised sometimes. To me it's sometimes very shocking to see. Suddenly someone will come, "Oh, I am very nervous about this thing! I am very nervous about that!" Another person will come and tell me, "I want to leave Sahaja Yoga now!" Another one comes and tells me, "Oh, it's too much! I cannot go any further with it." So we must realise that there is something very peculiar within us, something absurd within us, that's why it happens. We go forward, backwards, forward, backwards, all the time. What is this pendulum? That cannot be Sahasrara; Sahasrara is not a pendulum it is a lotus. So the pendulum is the chitta, is the attention. The attention that moves from left to right, right to left, goes on like that all the time.

But the area of Sahasrara is the realm of God. When the brahmarandhra opens fully then the heavens open within yourself. The

Kundalini which has risen up and given you Realisation creates that subtle opening by which the Divine starts pouring all its subtleties inside your brain. But if you're pressing it from both sides with these balloons, sometimes opening, sometimes closing, sometimes opening, the Divine recedes its attention; you must know that. The attention is receded back and if it is done many a times, the Divine doesn't bother [anymore].

So it is you who has to achieve that state and all of us can achieve that state of nirvikalpa. In that there is just progression. After nirvikalpa you cannot come down. If somebody is still going up and down, up and down, he should know he is still not up to the point and he should face up to himself and tell himself or herself that, "No, I have to be into nirvikalpa where I do not come down!"

The people who are not in the nirvikalpa state are not going to be saved. I am very sorry to say that. They are not going to be saved. They will be punished. May not be in the same way [as] those who are not realised souls. But they will not occupy the seats in the realm of God Almighty. At least you must reach the state of nirvikalpa. Do not blame any circumstance. Do not blame your father, mother, brother, atmosphere, this, that. There's no need to blame anyone, "Because somebody came we were influenced?" What is the matter with you? I'm here - you are not influenced by me! How are you influenced by somebody who is so stupid obviously, so dominating? That means what is your level?

So tomorrow I have decided to tell you how to be at the state of nirvikalpa. As I said, we can approach mentally. But mentally if I say, "You take this medicine," and you do not take the medicine then it's just a mental thing: the medicine is kept on the cupboard. You are just the same and then you say, "Mother, yes we listened to your lecture."

So the keynote of tomorrow's puja, as I have decided [is] that you have to be at the nirvikalpa state.

We can say this Sahasrara day is a very big day because I never threw such an ultimatum before. Because now we are established as Vishwa Dharma, as the Universal Religion. We are not like other religions where, after the death of the incarnations, people started the religion and did whatever they wanted to do with that.

In our living time (lifetime) we are going to make ourselves that instrument which will represent the Vishwa Dharma. We have to have strong Deities within ourselves. We have weakened them by all mistakes - doesn't matter. They are weak because traditionally we haven't got the strength - doesn't matter. But now this Religion has been established we cannot have black spots anymore.

We've done all the choosing, the training, everything and you all have to jump into the boat now. There's no more time left for us to dilly-dally. Those who will be left behind will be left behind. It's a very intense period now, you must understand. The intensity of the period is not by the way. It's not anymore Sahaja Yoga, it is Maha Yoga now. And you have to become Maha, you have to become great otherwise you cannot be there. You have to jump out of all these things.

Tomorrow I'll try whatever is possible on my side. I'll work it out. But it's a serious matter, I must tell you: that once I've established the Religion I don't want to have any holes in it. I avoided it because I was not sure. Now I know for sure that there are many who could be called as 'Nirmalites'. Because no more black spots on the beautiful sari of your Mother. It has to be absolutely highest quality.

Gradually we used to drop people, gradually worked out this, but here's no time left now. As I have told you, I am going back to India. Tomorrow I'll be able to tell you how, gradually, you have got up to your Sahasrara. And to get to nirvikalpa you have to really dedicate yourself fully.

It's not a matter of convenience to come to Sahaja Yoga. It's a Sahasrara Day - you have to cross the Himalayas. If you read the lives of the people who tried to travel up to Kailasha, you will know what hardships they have gone through. I have taken you very sweetly, delicately up to that point, but don't get spoilt by that. You will all fizz out into thin air unless and until you are in the nirvikalpa state.

I am sorry I have to say that here, in Austria. This is the place which should demarcate the end of our journey to left and right. Because "my husband is like that," "My wife is like that," "Because my child is like this," you are not going to be excused. Whom are you telling? Your own Spirit? Tell your Spirit! Does it understand? It takes away your vibrations, it takes away your joy, it takes away your position.

Nirvichara is very easy to establish. But that also some people have not. Then what about nirvikalpa? You have to take it up very seriously.

This may be the last Sahasrar day we are celebrating in Europe, maybe, I don't know. It's not that Mother is only happy if there are people of higher qualification or higher calibre - it's not that. I have very great concern for those who are lost, who are left out. But sometimes through my experience I think such people get spoilt. My love is not for spoiling you, is not for ruining you, it is for your emancipation. It's for you to enjoy the beauty of God's blessings on you.

Even now if there are people who are not righteous who are not truthful, who are not virtuous at the dharma stage then what can I talk to them? And then if they are not even the Spirit then what am I to do with them?

The ideologies, the talking, the discussions and arguments do not lead you there; no they do not. It's meditation. What is meditation? Is actually facing yourself and correcting yourself with the full understanding as to what you are. We have to create ideal human beings. That is what is the Vishwa Dharma, otherwise we have many 'dharma's' going on. So many religious activities in the name of all the Great Incarnations, which are nowhere near the incarnation, just the opposite of it.

This nirvikalpa state has to be established once [and] for all, so I don't have to then struggle with you. The group of people who will attend tomorrow Sahasrara [puja] should be able to establish that state, otherwise they are just like the people who are newcomers. They are coming for the first time or ten times or eleven times or hundred times: what difference does it make?

To me it is clear cut. I have short time because the instrument has to be alright. If you have to expedite the growth of the instrument in a proper way so that the God's Love flows and the God of that Love feels happy about it [then] we have to create such beautiful flowers that He appreciates, that He does not destroy. The Spectator of this play has to be satisfied so that He postpones His destruction. That's why I said the time is short. Time is very short.

If we want our children to grow into the realm of God - they are great saints who are born - if we want to give them a full chance of the enjoyment then let us first of all become proper parents and not people who just live with illusions.

Everything in Sahaja Yoga cannot be explained. I cannot explain it, I cannot, because you don't have those powers to understand it. Like Gregoire said, "Mother I want to have the sun." Because people told him "The weekend will be terrible. There won't be any sun." Within fifteen minutes the sun was shining! Within fifteen minutes! The wind started blowing. All the clouds settled around Vienna, beautifully like the Sahasrara and the sky opened as I want your Sahasrara to be open. All the nature is so anxious to work it out but you must learn to co-operate with your Spirit. It's not a co-operation that is just by the way. It is to be the Spirit, the becoming of the Spirit, fully - is very important. Nothing should stop that.

I hope today's announcement will help all of us to have that understanding of our responsibilities towards ourselves and towards our Creator. It's nice to praise me for my love. It's nice to praise me for whatever has happened, but to be very frank, I do not know if you are praising me. I do not feel the praise because I myself, I am not myself. I see myself as separate and then I tell myself that, "See, you are Adi Shakti, alright, but you have spoilt your children, you have not done full justice to them. They take everything so easy and mundane."

So you have to tomorrow take a vow within your heart. It's not the words that are important. It has to be living action of your being, that should prove, that should convince you, that we are fully surrendered. And the effects of that you will feel in your own

personality, in your own being, in your own manifestation.

With so many Saints, why should I have any worry of spreading of Sahaja Yoga? Because there are some who drag you down, there are some adamant people and there are some still who are possessed, there are some who are murmuring souls. Just don't pay any attention to them. They'll be all lost - doesn't matter.

We have to create the great day for us to be proud that we belong to this Great Religion of Truth. There has been no religion so far which is the Religion of Truth. It practices something and preaches something and it has nothing to do with the incarnation. You have to do something that people should say we can see our Mother in this person.

Today is a day when I want to bless some children. I have blessed many children. I would like to bless all the parents also to understand that they have to contribute a lot for the up-bringing of the children. There have been some very good tapes they have made in England [on] how to help the children to grow properly in this crazy Western life. And the one who has been the greatest enemy of yours (Freud) worked in this place. He's the one who has ruined you and you had to commit sin against the Holy Ghost. Sin against your Mother, Now at this time in this place we have to turn our face to hope it will work out.

But just think in your mind what have we sacrificed so far? No sacrifice is sufficient, but have we sacrificed anything? That will make you understand that your Mother has given you your second birth without any difficulties; she's taken up all the labour pains upon Herself. Now you are grown up and you have to understand that now you are grown up people and you can't behave like children. That is over now. Now you are grown up people, you have to become responsible for this Maha Yoga and for this great dharma that we have established: the dharma that integrates all the dharmas, the dharma that purifies anybody who comes near. It's the ocean of all the rivers. All the rivers flow to this great ocean of Vishwa Dharma.

So we have to mould ourselves to fit into the new pattern, the new rhythms, the new music of Divine flute. Unless and until that happens I do not think that Western people have much chances. If you have come for Sahasrar, be prepared! Tomorrow I would like to work out as much as possible.

I am working twenty-four hours. Not a single minute I waste. And in the same way I hope you will dedicate your twenty-four hours for your emancipation and the emancipation of the whole universe.

May God bless you all. So may God bless you all.

Gregoire: And We promise to you Shri Mataji that we will rise to do justice to you who are our most holy, most loving, most sacred, Divine Mother.

Shri Mataji: Thank you. Thank you very much. Thank you very much for this promise. Today I thank the sun and I thank the wind and now I thank you for this promise.

I'm a very simple, innocent Mother, can be pleased very easily, but do not play games with me. Do not play games with me. Innocence can be very powerful also. Don't play games with me.

I think let us meditate for about ten minutes, would be a good idea.

Gregoire: So Shri Mataji suggests now that we mediate together now for about ten minutes, so let us close our...

Shri Mataji: Keep your eyes open.

Gregoire: I was going to say, "Let us close our eyes!"

Shri Mataji: I am sitting here, where are you going to meditate?

Gregoire: Yes Shri Mataji.

Shri Mataji: Meditate on me! Keep your eyes open! Just keep your eyes open.

Now all the children should put their hands like this, alright? And watch me.

Lift your tongues and put them back as much as possible. Turn it backward. Let it feel the bliss of the Divine on its tip. Now put your chin down, touching your [neck]- don't close your eyes - in complete surrender. Put the chin [down], but don't close your eyes.

Pay attention to your Sahasrara. Loosen your hands fully on the sides, make them loose. Sit straight.

Do not touch the palate. Now breathe in. Do not push back the tongue. Keep the tongue where it is. Breathe in. Now raise your stomach, without taking out the breath, upward, pushing the air upward towards the lungs. Push your stomach in.

Attention on the Sahasrara.

You'll start seeing light through Sahasrara. Sort of the Sahasrara becomes like eyes. Now leave it. Leave it now.

Raise your head. Now put back your heads.

Put the fingers [in the ears]. Put the attention to your Sahasrara, that's all. Don't say anything, no mantras.

Take out your tongue, push it back. Take in your breath. Push the stomach. That's good.

Now watch me continuously without blinking, without any pressure on the eyes. Attention on the Sahasrara.

You can do it without blinking.

May God bless you.

This is it: physically, we have worked out our attention on our Vishuddhi and on our Agnya. The left Vishuddhi is still there.

Now put your head more on the right side, loose, like this. With the attention on the Sahasrara, looking at me. Put it loose. Hand to be loose. Loosen it.

Now better.

You feel the Kundalini rising?

Let us put ourselves into bandhan after raising our Kundalini. Raise. Attention on your Sahasrara. Don't close your eyes, push back your head. One. Again.

Sit straight!

Take it up on your head.

Two.

Three.

Now a bandhan: One, two. Do it properly, systematically. All of us should do properly. Three...four...five...Try to wait, as I am doing it...six...seven.

Still we have not done it properly.

We all should do in one rhythm. Let's do it again!

One. slowly! Two. With attention on the Sahasrara. Three.

How do I do it?

Four. Five. Good! Six.

Attention on the Sahasrara!

Seven.

Rising? Let's have the last binding. Ha! Now see.

Clear?

Tremendous.

May God bless you all.

Gregoire: if you permit I'd like to say that if there are some people who cannot decide that Sahaja Yoga is the most important thing in their life, they should not come to the puja tomorrow.

Shri Mataji: Ha, of course. For tomorrow's puja we should not have people who are not at least in nirvichara. Means if they still think that, "Sahaja Yoga will not suit me," and all that, we don't want such mediocres. Please don't come. Nothing will work out with them, they are useless people for me, absolutely. If they have to come to the puja they must know that, you have to be of a calibre, otherwise please don't come. There are many who think like that, that Sahaja Yoga is the solution and that I am the chosen one for that solution. Such people should only come tomorrow.

Otherwise all such people who think, this kind, even now. Please, forgive me. I want you to forgive me. I cannot have you for Sahasrara puja, it's too much for me to work, with such adamant nonsensical people here. I don't want such adamant nonsensical people to come. If they think they are doing some obligation, they should know that there's no obligation on me, but it's obligation on you. Please none of you, of that kind, should come. I could feel it. There are some sitting within you. So all such people should not try to come and disturb us. They should get out of Sahaja Yoga, work it out and then come back. I don't know how much chances they have, but whatever it is.

You must know that to come to Sahaja Yoga is a special privilege and anybody who thinks like that should not be here. I'll be very thankful. Thank you very much.

## 1985-0504, Evening Program, Eve of Sahasrara Puja after Nirvikalpa talk

View [online](#).

4 May 1985

Evening Program

Laxenburg (Austria)

Talk Language: English | Transcript (English) – Draft

### Evening Program, Eve of Sahasrara Puja after Nirvikalpa talk

Do you know the meaning of this one? We have the translation. Oh, I see. But the one thing is there now, you see. It has to be rhythmic, otherwise, if it is not proper rhyme and also, in a proper rhythm, as you say "taal". Any music, say it's English, it's western, whatever it is. It has to have that link. In the western music, whatever was composed they used to us beats i think, in the older times. But in the modern times there are no beats. There is no mariadas, nothing.

So, in our Sahaja Yoga songs you all must have mariadas, you cannot just sing something without any beat. You must definitely have beats. If it is a 4-beat sound or it's a, I don't know how many beats you have, but we have a least 28 also. I mean, ours is over complicated. But doesn't matter, you need not do that, 28 is too much. But up to 16 is simple. So, it must be in beats first of all, and the tune should be as such, that it should form a melody. That's important. Because any tune anywhere, going anywhere, moving anywhere. You see, this kind of composition takes your mind from this to that, to that, to that. But if it's a melody so you come back again on the Sam. On the same point, again, on the same theme, you see. When you come back on the same theme, it's something like your attention is on your Spirit. The same time. So, the music now, whatever you compose should have a rhythmic movement, which should not go out of rhythm, you see, should not.

So, you should be able to make a thing to beats. But I like this new thing that you have. In that one is, what you call that? That you use. Guitar! Guitar is the one thing I see, that it gives you that beat. And in the all modern music, I'm very happy to know, they're very particular on the beat. That's very important, because beat gives you the balance, it gives you the discipline of the music, it makes everybody sing all right and it keeps you in proportion to the whole music. Otherwise, one goes like a long tail of kangaroo, another one goes like a small little tail of a rat, then another one... You see, it is not easy to follow such a music, people get confused.

So, because our music is for the masses, our music is not for a few connoisseurs, you see, it is for the masses. It has to be in rhythmic built in such a way, that the "taals" or whatever you call the beats, have to be properly done and that's why the modern music is so much appreciated. I tell you, there is nothing in this so called modern music, but is the rhythm with which they capture the heart.

And the rhythm is Anahat, it goes with the Anahat, I see. Heartbeat, is the beating of the [vana?], is the beating of the force within you, which makes the sound. And that's why beats are very important and as you know, that it is described in the Devi Mahatmyam about me, that very particular about taal. Tala [...], tie in the taal. Because we have to be with Spirit, which is in taal, always. You should not go out of tune, you should not go out of tala also. So, whenever you compose any music make a taal, some sort of a beat. Keep to that thing, is better to have the taal, is a good idea. For that keeps you in the same rhythm and you will see, that it will be much more appreciated in the masses.

Then in sort of a, I mean we don't have few people, now we have many. So to appeal to the masses, we have to have music that will have a rhythmic building up. Tala [...]. And you will see people will appreciate it very much. I'm very happy it's working out so well and last time in the Easter the people from, in [...] played the kind and it turn out to be very nice. You must have heard about, turned out very nice. So let us start with that kind of a thing, when you're [rooted?] on the guitar [tied?], have beats there. You will see that it will make a wonderful movement of the Kundalini, in a proper way. Because poor Kundalini does not know what to do now, it moves like that, then it suddenly comes up, then goes... So this are different times and according to that times we have to

compose our music, all right. None of the English people are here with any music as such I see, what has happened?

The one [...], because you must be the guitarist, always. Yes , i have this here. Yes, you should. [...] you can't use it for Indian music, you can. Yes i can. Very easy, I mean it's just to play. It's very good, it keeps the rhythm on. Guitar must be there. Like a tabla, the tabla is more complicated as you see, that it has got so many... But Indian music cannot be without rhythm. First of all they have the vistara, the expansion. But then, it must be built. If you doesn't play with tala, you are not regarded as a musician. You must have tala. Because it has something to do with Shiva, it has something to do with your heart, it has something to do with Sahaja Yoga. You have to working with the heart, you tell that. [Gregoire translates to french...] Moreover, you see, when the Kundalini rises she makes the music. Because, Sa - Re - Ga - Ma- Pa - Dha - Ni - Sa, you see. She makes the music, when she rises into the seven notes and at the Saharara it is Ni, just imagine. In Sanskrit, in our Indian music we call it Ni, before the, which she comes to the final taal. So these seven notes are played by Kundalini and the tala is done by the Spirit.

[Gregoire translates i into French...] So, now if you start singing this is [...] and all that left sided you start [blowing/flowing?]. then you start breaking [UNCLEAR] song on the right side of aggression then you start moving on the right, then onto the left. So, that's not the way, we have to move with the melody in the center and with the taal. So the Kundalini dances properly. [Gregoire translates i into French...]

This is what we have to realize, that we are Sahaja Yogis and Sahaja yogis cannot have all kinds of patterns. Now we cannot have also primitive music, I would say of the jungles, like dam dam dam..., like that, we cannot have it. Because that may be for the bhoots. It should not be frightening, that one thing is important. Should not be frightening, but it should be divine. So that it is blissful, it is satisfying and also giving you assurance. [Gregoire translates to french...] Moreover the music should not be like, ki-ki-ki again stop, ki-ki-ki again stop, is not [UNCLEAR]. Because there should be continuous flow on the Kundalini, otherwise she doesn't understand. [Gregoire translates it into French...]

Say, it should be continuous music, but of course if the [...] is there you can have a little pause. But it should not be that you are breaking every note. [Stand outs?...] can be separated but not every note. It must merge from one to another. Like one from one chakra to another chakra, it should merge, one sentence to another sentence. But once you have come to a [...], means you have done one rising, then for the second one again the same style. It should not be that somewhere you go straight very fast, then just stop for nothing at all. [Gregoire translates it into French...] So it should be purposeful music, it should not be purposeless, just played for fun or just played, expressing something, some sort of a funny experience. It should be the experience of the Spirit, it should be expressed in a most purposeful manner. [Gregoire translates to french...] Then only you will see that your Kundalini itself is reactive. [Gregoire translates to french...]

And the Kundalini of others also will react to it. [Gregoire translates to french...] So what is the end of it now, let's have one more? End of it. The last one, we can sing all together. All right, on the... [...] You see, the praise of god and when you are praising the god you have to use all the instrument. You have to use all styles, but keeping to the mariadas that you are praising god. It's a very nice bhairavi rag [...] the ending of, it's a very good song also. But now my throat is out, but that you should make. Sahaja Yogis are singing "Jai Jagadambe". That joy, that joy, innocent complete.

May God bless you.

I hope already you have reached the Nirvikalpa state. May God bless you. Tomorrow again we'll meet you here, it's quite late, doesn't matter. We'll meet about 10 o'clock for our Puja. It will be, about 10:30 I will be here, the we'll have the Puja. For a great Sahasrara day, all right. May God bless you. [Guido asks] We just sing your own 3 Mantras. All right. [Saharara Mantras] May God bless you all. May God bless you all. May God bless you all. Take a bandhan. Tie up your Kundalini, put attention to your Saharara and sleep off.

## 1985-0505, Sahasrara Puja: Nirananda

View [online](#).

5 May 1985

Nirananda

Sahasrara Puja

Laxenburg (Austria)

Talk Language: English | Transcript (English) – VERIFIED

Today, in this beautiful place created by the Queen of Austria, we have gathered here to perform the puja to the Sahasrara. When we enter into the realm of Sahasrara, then only we have a right to do the Sahasrara puja. Before this nobody talked about Sahasrara, nobody did any puja to Sahasrara. This is your privilege that you are in the realm of Sahasrara and that you can do this puja, perform it, it's your right, you are chosen for this. It is a very privileged place for you to enter into the Sahasrara of the Viraat, to reside in the brain as cells of that Sahasrara.

Let us see what is the quality of the cells of Sahasrara. These are specially created cells through the working of the Swadishthana. Passing through all the chakras, when they arrive at Sahasrara they are equipped to handle the brain's activity without getting involved into other elements in the body. In the same way the Sahaja Yogis are not to be involved with the other cells, human beings, of the body of this Universe.

The first thing that happens to a Sahaja Yogi at the Sahasrara level [is] that he becomes beyond, ateet. So, many things he transcends. [He's] kalateet, he goes beyond time, time is his slave. If you have to go somewhere then suddenly you discover that everything is working [at] about the same time when you are able to do it. Like you are, say, to catch a train and you arrive late at the station - you find the train is late for you. Things work out in such a way that you feel they are all acting for your complete convenience. So you go beyond time - kalateet.

Then you go beyond dharma, dharmateet: means dharma becomes part and parcel of your being. Nobody has to tell you, "You do this," or "you do that," you just don't do it. And whatever you have to do it, you do it.

When you go beyond all these dharmas, that are the human dharmas...human dharma is that his attention gets attracted either with lust, greed - at something - and then he cannot pull out his attention. But now the attention becomes dharma ateet, means the attention loses its dharma. The dharma of the attention are such that we have to put the dharmas taught by the Prophets to control them, because we are coming from the lowest level. So these dharmas exist in our being and start showing, and when they attack us, then we have to have some measures to control it. So we build up our dharmas, our rules and regulations, and control them, the dharmas, which have come to us from lower conditioning.

This is the greatness of human beings that they have made their own dharmas, established on top of the lower dharmas. Like carbon has, say, four valencies, it has to be in four valencies, it acts according to the four valencies. It cannot make it six. But human beings can make those valencies established which are supposed to be representing the human dharma, the manudharma.

But, with the Sahasrara ascent, the attention loses that quality: means, you don't have need, there's no need, to put dharmas, restrictions upon yourself. You don't have to discipline, but you get disciplined automatically. That is the first sign of a person who is belonging to Nirmal Religion, that he's pure - attention doesn't get attached or attacked by anything whatsoever, it is so pure. Like the Lotus leaf, the water doesn't stay on it.

So you become kalateet. You become dharmateet. You become gunateet: means, the three moods in which you are born, left, right and centre, you go beyond them. The left one is the one by which you have emotional attachments of your attention. The second one is the physical and the mental attachments, and the third one - the attachment to the dharma, attachment to be

righteous and making others righteous, of disciplining others and disciplining yourself, which is the satvika. Where a person tries to control all his enemies of lust, anger, pride, vanity, attachments and greed. All these restrictions on the attention get lost and you become a free person of complete wisdom. Your attention itself becomes dharmic.

So you lose all your gunas and you become satgunis - means virtuous - but not by discipline, but spontaneously. You become righteous spontaneously. Sometimes such people puzzle you: like Christ took a hunter in his hand and beat people who were selling things in the presence of God, in the sense, in front of the temples. According to laws we should not have temper. But this temper is a temper of a gunateet and such a temper is a spontaneous happening, which is not to be analysed, has to happen. The temper of the Devi on the rakshasas, the killing of the rakshasas, Krishna's samharas (- destruction), Krishna telling Arjuna that: "You have to kill all these people, they are all dead already." They all get explained because you go beyond. So it's the ateet, beyond, conditions arise. Only the one who can control is beyond. The one who is in it, cannot control it. If you have to pull out the ship, you have to be on the shore. The one who has gone beyond can only do that. So you go beyond, that is ateet. But, when it comes to the knowledge about such a person – he cannot think, because such a person is beyond thinking. You cannot describe, because such a person cannot describe. You cannot say why Socrates agreed to take the poison, why Christ agreed to get crucified, that's beyond human comprehension. That's how you behave: beyond human comprehension, and you are not to take certificates from human beings. Your certificates come from God Almighty and not from these human beings who are at a lower level. It would be like a dog writing about human beings.

So you reach a state where it can be described with the [Sanskrit] word 'a', means, 'without', 'without'. So such a person is without thought, he doesn't think. Such a person is without greed. Such a person is without lust, devoid of. Such a person is said to be asheshha – out of which nothing is left out. Like when you want to make a vacuum, you go on creating the vacuum, reach any point but the vacuum cannot be complete because it reaches a point, all the time, where you find some part of it has to be remained. You cannot have a complete vacuum. But such a person has a complete vacuum; vacuum of all the negative, aggressive qualities- it doesn't exist, complete.

Such a person is eternal being. Nobody can kill, nobody can harm, nobody can hurt. The anger of anyone or respect of anyone does not touch such a person. He's not disturbed by insults or non-insults. He's not elated by praises because he's devoid of the capacity to enjoy the moods of the ego.

So the third state where he reaches, he gets the blessing of the word 'nihi'. Nihi is the first word of my name, but in Sanskrit, when you combine it with 'mala', then it becomes 'Nirmala'. But the word is 'nihi'. Ni which shakes [a] little - 'nih'. That means 'sheer'. Or when a 'i' is added to it. But the first nihi means - without, devoid. And 'nira' means 'sheer'. Like when you say nirananda, niratma; sheer Atma, sheer joy. Kevalam, the only. There is nothing but joy. But this word is used, nira or nihi, used in two forms as I told you. One for saying 'without' or 'devoid of'. The another form is (means) the only, absolute, the absolute.

So here the joy becomes nirananda: absolute joy, nothing but joy. It's complete freedom. So you have all kinds of joys, as I told you before, you have swananda - the joy of the Spirit. Then you have got Brahmananda - the joy of well-being. You've got leelananda, Krishnananda, where you have the joy of the play.

But when you reach the state of Sahasrara it is nirananda: means, sheer, absolute joy. Though the name 'Nira' is my name, it means 'absolute'. So when you put such an adjective before anything else it becomes absolute. Thus you become absolute. And when you are at that state of absolute then there is no place for anything else to be there but yourself.

But let us see what is absolute. That means it is not relative, it has no relative qualities. Absolute cannot be compared, atulaniya, it cannot be compared. It cannot be related to anything, it is absolute. It cannot be comprehended because it cannot be related to anything else through which we can comprehend. It is absolute. Whatever way you try to know it you go away from absolute. Whenever you try to analyse the absolute, you are away from it. So this is what, at Sahasrara, you get - Nirananda.

In different stages of Sahaja Yoga we had to start from shareerananda, means the anand of the body, manasananda the joy of the manasa - is the psyche. Then you can say ahamkarananda, where you have to have the satisfaction of the ego. But the state has now to be established within us is of Nirananda.

Then what is the question of fear? What is the question of talking about it? You cannot talk because how will you relate it? I

cannot say, "It is like this, it is like that." There are no words for absolute to describe. Only by negation, "not this, not this, not this," what remains is absolute. So you reach the state of absolute and that is the state [at which] a complete communication is established and in that communication you have nobody else but The Absolute within you. That is the Sahasrara Puja you are here for. That is the level to which you should aspire. That should be the ascent.

We should be established within ourselves. We don't have to go to Himalayas, we don't have to do anything drastic. Remaining in this world we have to become the Absolute, the only - kevalam. There is nothing like "how" for it, you just become, you just become, like a flower becomes the fruit. It's all built in, within you. Allow it to work out. Just by surrendering you become that.

Surrender and, you'll be surprised, you will be at the state where you will enjoy your absoluteness. It is absolute love, it is absolute compassion, it is absolute power. The words stop, the description stops. You just become the absolute and feel your absoluteness through it with that oneness. If somebody is not with you, you don't worry. There's no company needed. You're alone, enjoying The Absolute. There only you can enjoy the absolute in others also, in the best form, without seeing anything else but the absolute.

May God bless you.

I'm just in dhyana, I don't know how to get out of it.

## 1985-0506, Seekers of the beyond

View [online](#).

6 May 1985

Seekers Of The Beyond

Public Program

TU Wien, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

First Public Program in Technische Hochschule, Vienna (Austria), 6 May 1985.

I bow to all the seekers of truth.

It is very important at this time to know that human beings are not complete, that there is something more to be achieved to be complete. Whether you go to the north or south, east or west, you do not find people joyous. So the conclusion should be that whatever has been our so-called achievements, has been of no avail.

On the contrary, in the modern times, say about twenty years back we can say, so many new words have come up, which people like Me can't understand. Like tensions, like problems - I don't understand. But all these have come to us through various channels and are settled in our conditioning. While people have talked against conditioning, that we shouldn't have condition, we have conditioned ourselves with all these theories and talks about something that is unknown. Like psychologists, you have to go to a psychologist as if everybody is an insane person. Everybody must have a lawyer and must have a psychologist to hang around. There is no need to have a psychologist for sane people. So instead of improving we have gone down.

There are certain diseases that have developed now in America, like AIDS and all that, have come to us through our bad conditioning by Mr. Freud. You cannot analyze a human being by asking questions, because it's just a mental process. Whatever we think and whatever we project through our mental processes are all artificial, are man-made. That is how we live in a very relative world, and we do not know what's on because we are so confused.

You ask anyone, "Did you follow?"

They say, "I'm confused."

I mean, in say about thirty years back, nobody would say like that, nobody was confused this way. And to put it upside down they'll say, "That means we are aware."

So the knowledge before you, whatever just now you have discussed, is the knowledge of the roots. In this, our modern development, the tree has grown too big and we have lost all the contact with the roots. And to get to the roots is an urge within us, naturally. That's how there are seekers, and seekers of the beyond. Every aware person feels that there's something wrong somewhere - that why is it that we get so confused, because we are not related to the Absolute. But is there anything that is absolute within us? That is what we have to see clearly from many other scriptures and also our scriptures which are written thousands of years back. How can you write them off completely? They were not liars and they were not confused. They were very clear cut. And they all talked of the Spirit within us, of virtue, of righteousness, of peace, of bliss.

So whatever we have to seek has to be traditionally built in a spiritual ascent. But those people who live with mental projections always prefer to have something absurd and new and sensational as something to truth. Some sort of an ego-trip. Whatever you are seeking has to be based on the traditional acceptance, and cannot be something out of the blue, denouncing everything else which was worked out from ages. I would say it is the modern ego which refuses all that is there and wants to accept that is something new, may be absolutely stupid.

Like in India, we have some very well-educated brahmins, very mentally equipped, projecting all the time on mental level. They know Sanskrit, they know what is written down. But they asked Me have I heard about something called dharmopine - all kinds of words.

I said, "I never heard these words, from where do they come into your hand?"

Which saint in India has said that be stricturous, which scripture in India has said it, which Bible has said it or Koran has said it, from where do they get these words which I've never heard before? They said there is something like Shaktipath.

I said, "Where is this word, show Me."

Now can you imagine, one person called Vishnuitirt, wrote one book, one book sixty years back, sixty years back, something nonsensical and they all believed it. And all these great people, who are so well-educated, suffering from high blood pressure, suffering from paralysis, heart trouble, cancer, every sort of disease.

I said, "At least your guru should look after your health. By following this special book which you thought was something great, what has happened to you?"

They were quite amazed.

I said, "You are all people who have read Sanskrit, you tell Me in any one of the books you have read these words? I have not seen anywhere, nor exist. Because Shaktipath what you are saying, is nothing, but you are all possessed."

And after that I think everybody took a note from there and have been trying all these tricks. And it really entices a modern man to go to something new like a guru-shopping going on. Thus these horrible cults have been formed.

From 1970, I've been talking about it clearly, these cults are horrifyingly money-making processes, and as a result you'll all get sick. They were all against Me. You must know that it has to be based on the traditionally accepted experience. It cannot be something absurd that people tell you that you take out your clothes and start jumping. It was also said in the same book, that people start jumping like frogs. Now just think of it, are we going to become now frogs or earthworms? We have to become superior human beings, we have to get to the Absolute which is within us. That's what Christ has said.

He said, "You are to be born again," to Nicodemus.

And Nicodemus said that "Have I to enter into the womb of the Mother?"

But Christ said, "No, you are to be born of the Holy Ghost. Whatever is born of the Spirit is the Spirit." Very clearly, very, very clearly.

But we forgot. And then the religions that started on these great incarnations of truth were all false. Like a tree that grows and it starts forming into sects and sects and sects and ultimately it goes to nothing, loses all connection with the main tree. You are to be born again, but it has to be a living process of the living God. It cannot be something artificial that somebody puts the hand on your head and says "You are baptized."

So also same about Islam, what Mohammed said they did just the opposite, same about Christianity, Hinduism, everything is in juxtaposition. So by changing religion nothing is going to work out, it's like changing clothes. Or by going to these cults, only you'll become a pauper or an insolvent, or might become sick.

So it is important to understand that whatever has to happen to us is based on a traditional ascent. Our evolutionary process has taken from amoeba to this stage. First of all, we should say the carbon. If the carbon had not played its part, there would have been no amino acids and there would have been problem creating life.

So we start from carbon onwards. Carbon is a matter, as you know. Then in evolutionary process you go further and further that the whole universe was created, and then from amoeba you became a fish, and from fish you became a tortoise and that is how evolution took place.

All these processes, which took place within us, are recorded on our central nervous system. And they are expressed as centers, subtle centers of energy within us, which has been already described to you. But these different centers have been adorned by a deity, or we can say like a fish which came out first. Now the fish was the first leader, and that is how all these different centers have a powerful symbolic deity, we can say. Now, when your evolution has to take place, it has to move through this channel which has got these seven centers, carbon being placed below the Kundalini, which you can see in the map. So, when you move upward the essence of your being changes, is being evolved and these are the milestones of your evolution.

But as you know very well that in this brain of ours, whatever we know is one thousand of what we can know. As described in the Patanjali Yoga there is a all-pervading Divine Power around us.

But you have to feel it, that's the point is. That you have to feel that power, which you have not felt so far, though you have seen it working. We have seen that every flower can become a fruit and there are billions and billions they are changing into fruits at different times of the season.

This great power we have to feel on our central nervous system as our ascent is established. That is the first thing that should happen to us.

Now in the Bible the ascent of the disciples is described very clearly. That when the Holy Ghost blessed them, it was the breeze, cool breeze of the Holy Ghost. Like Adi Shankaracharya has described it as Salilam, Salilam - means very cool, pleasing. So when this cool breeze came in they got their Realization, they got their second birth as a result of that cool breeze. Now then they started using a very strange language. Now this was not that they started speaking German or English or Indian Sanskrit language, it doesn't mean that. But they started speaking the language of the centers, the chakras.

There are some Sahaja Yogis here, if you listen to them, if they have to tell you about you, what's wrong with you, they will not say that you have got cancer or you've got diabetes or you've got madness, they will not say that. They will say, this is the center out of gear or these are the combinations of the centers out of gear. That is the strange language for a normal person. And also because their hands are feeling the cool breeze, and it's blowing also the cool breeze vibrations, then they try to fulfill your centers with that power. You might feel that they are moving their hands in a funny way. And some may think they are mad, possibly.

If you go in a madhouse, the people who are mad think all sane people are mad. Like our Prime Minister Jawaharlal Nehru once went to a mad house and one mad man came and he asked him, "Who are you?"

So he said, "I am Jawaharlal Nehru."

So he said, "Oh, you mean the prime minister."

He said, "Yes, same I mean."

He said, "You will be all right, all those who come here think like that; when they come here they are all right."

So this is the situation. When people who are realized souls, who are one with the Divine, when they behave, it might look to be little odd to other people, who are not yet knowing about the Divine Power.

But today the situation is very dangerous. Now the problem about Christianity is so dangerous that they are challenging the sanity of the disciples of Christ. The theologians, the ones who use their brains to understand Christ - they follow Paul. When I read him, I said, "Who is this one, this Paul?" He was the one who tortured the Christians, he was the one who suffered from epilepsy and he is regarded as a great incarnation in the Bible. How can he talk about Christ, who is he? Kahlil Gibran has written a big chapter about him: who is this strange man, Mr. Paul? Followed by Augustin. Whole thing is nothing but a mental projection.

To understand Christ you have to go beyond your mind. To understand anyone of them you have to be a realized soul, otherwise you cannot understand Him. Even if you have blind faith, as the Catholics have, and they don't want to talk about it, because the whole thing was done by Mr. Paul himself. And they are challenging now the disciples, who were the realized souls. I meet many intellectuals, they think that Paul was correct and that these disciples of Christ were not intelligent intellectuals. How much Christ knew about intellectuals? How much books did He read, to what university did He go? How much education one needs to know God? This is how they have shattered so many faiths. This is blasphemous. They must first of all get their Realization, and then they will know what Christ is. And what His disciples were. This is an aggression, I feel, of the intellectuals on the faiths, a new type of crucifixion.

In India none of the saints were educated in any university, nor Rama or Krishna went to any university as such. And we can understand this better, because we have tradition of understanding an incarnation in our country. And then they make a picture about Maria and all these people, insulting Her chastity. And they bring Mozart, who was a realized soul, into such a shameful shape. It is an attack, it is an attack, I again tell you, it's a Hitlerish - worse than that an attack on all that is sublime, all that is divine, all that is pure. But the time is different, they don't know, they cannot go very far with that.

Now you people, who are seekers, must realize the importance of this time because this is the time we are on the verge of ascending or absolutely getting destroyed. You have to stand by it and see for yourself that you get your Self Realization. That you know your Self, and you go beyond this mental projection and this ego and achieve that absolute, that eternal life for yourself.

Of course, you cannot pay for it, it's absurd. It has to work out. But Realization doesn't mean that you first feel it and it's permanent, because we are very complicated people.

In the foothill of Himalayas went recently and there were three thousand people walking twenty miles distance came to program. Three thousand people. Everyone got Realization, and they are there, no more lost. They know about the Kundalini, the Goddess and the advertisement was: "There will be awakening of the Goddess." That's all. Nothing more, nothing less. And thousands of years back a great astrologer called Bhrigu Muni, who is the actually the first pioneer of astrology in India, has written of these days when the Kundalini will be awakened spontaneously, sahaj. In these modern times, in this Kaliyuga, it is going to happen, and they were just waiting.

You cannot intellectualize the Divine. You have to experience it on your central nervous system. As a result of this ascent, the word "problem" will go away, the word "tension" will go away. The sickness will go away. You won't need psychologists and lawyers. You'll enter into the Kingdom of God, where you will be looked after.

Tomorrow I hope to tell you one by one what are the manifestations of Self and what one can achieve through Self Realization. But today we should go in for the experience of the Spirit which takes hardly any time. And then we'll have it tomorrow in a proper way.

Now as it is, I don't know, if you would like to ask some questions to Me, because we shouldn't waste too much time on

questioning. It doesn't help much, because question is again a mental project. But if you want to ask Me questions, you can write them down and I'll try to answer them tomorrow. Will be better idea than to divert the attention of people. You better tell your mind to keep quiet for a while, because questioning is such a common thing with us. So tell your mind, "Just keep quiet for a while."

Gregoire announces in German language the Self Realization experience.

Shri Mataji: Already they are in thoughtless condition.

Gregoire explains more.

Shri Mataji: You see, it is meant for really serious people, not for people who just come for lectures and things, it's meant for people who are real seekers and who are truthful, otherwise it doesn't work out. I am sorry.

Gregoire explains more.

Shri Mataji: To take the advantage of the Mother Earth you have to take out the shoes.

Gregoire explains more.

Shri Mataji: Open there if it's tight.

Gregoire explains more about Self Realization exercise.

Shri Mataji: Moreover, I think there is one question in the minds of people that is there any condition on all that, there's no condition at all. Your Kundalini will rise automatically and then, when you become the Spirit, you become your own master. And your Spirit guides you through vibrations. There is no condition of any kind.

It's already done.

Now you have to put your hands towards Me because all these five fingers, six and seven are the centers on the left hand side and one on the right hand side the sympathetic nervous system, which join together and become the centers of the parasympathetic. So you have to put your hands just like this to begin with, just like this and you have to close your eyes throughout the experience - so you can take out your spectacles, because your eyesight also improves with that. You should not overlap your feet, but if you are sitting - squatting is all right. But if you are not squatting then you should keep your legs little parallel and both the hands on your lap, on the knees like this. And then we will be using the left hand for the desire, because this is the power of desire, which you put towards Me and the power of action through your hand we have to work out.

So I have to tell you about these centers that we are going to ourselves open out with the Kundalini's awakening. The left hand will be throughout like this, with the right hand we will be putting it first to the heart, where resides the Spirit. Right hand, right hand. I will tell you when we close the eyes. But I'm just now telling you so you understand.

Now in the upper part of your stomach on the left hand side - we are working on the left hand side the whole thing is - so on the upper part of your stomach. Now in the lower part of your stomach. Then you have to go upward again - upper part of the stomach on the left hand side, then on the heart, then on this side from the front, many people try from that side - this side. In this area where the neck and the shoulder makes an angle and then in front here. And then at the back. And then you have to stretch your palm and put this part of your hand here on the fontanel bone area, which is the soft bone when you are a child, and press it. Move it clockwise, seven times. To stretch it so that this thing touches here.

Now the first experience you have is that you start feeling the cool breeze of the Holy Ghost coming out of your head. Holy Ghost

is the Kundalini. So that is our first time you get your baptism in the real sense of the word. Then your fingertips are enlightened, you can feel the all-pervading Power of God that starts flowing through you, and tomorrow I'll tell you how to use It.

You do feel very blissful, joyous and sometimes you feel you have achieved everything. But I have to tell you that establishment of this second birth has to be done properly through group practice of Sahaja Yoga. And luckily you have very good Sahaja Yogis here and a very good center for you. For which you don't have to pay anything, but little time is to be spared to go and see those people or they might have a follow-on program for you, which you must attend. And the Sahaja Yogis are the people who have established it. In the same way you can establish it and they can give you Realization. In the same way you can give Realization, too. And tomorrow I'll tell you all other things you can do.

All right. So today, be in a pleasant mood. In a pleasant mood. All right? And not to feel guilty about anything. That is the most important thing. You are the temple of God, only the light has to come. There is nothing to feel guilty. That is the biggest hurdle I feel in the West that people feel guilty for nothing at all, for all useless things. If they wear a black shoe with a white sari they feel guilty. Any little thing, they feel guilty. You are supposed to be free people why should you feel guilty about anyone? Even your forefathers and great grand parents - there is no need to feel guilty for anyone. In short, you must forgive yourself and you must respect yourself. There's nobody like a sinner in My eye. I don't see anybody as a sinner. Christ has died for us, for our sins. Now why should we think we are sinners any more? Only we have to awaken Christ within us. That's all.

All right. So, please have your left hand towards Me and close your eyes. Put your right hand on your heart. I think, you should put it inside the coat, would be better, inside. Now, in the heart resides the Spirit. It's the Absolute. But it is not in our attention.

So, you have to ask Me a very fundamental question. You can call Me Shri Mataji or Mother, whichever suits you. The question, "Mother, am I the Spirit?" Ask this question three times. You are not to open your eyes till I tell you to open, please. Because attention goes out through our eyes, keep it closed.

Now this question follows another question, that if you are your Spirit you become your own master, your own guide, your own guru, guide. So you put your right hand down below on the upper part of your stomach which is the center of the guru principle, the master principle, which is built by many great prophets. Now, here you please ask Me another question three times, "Mother, am I my own master? Mother, am I my own guide? Mother, am I my own guru?" Ask three times.

Now please take your hand, right hand on the lower part of your abdomen and press it. Now, keep the left hand towards Me throughout. This is a center which works out the Divine Laws, the Divine Technique and which is to be respected because through this only the Kundalini would rise, awaken. So you have to have the true knowledge. Knowledge doesn't mean through your brain, but through your central nervous system. So here you have to say something, because I cannot cross your freedom. It's your freedom that you have to ask yourself. I cannot force you for the awakening of the Kundalini. So here six times, because this center has got six petals, you have to say that you want to have the true knowledge. So you have to say, "Mother, please, may I have the true knowledge?" Six times, please.

Now again move your right hand in the upper part of your abdomen, where the guru principle center is there. Here now, to make the awakened Kundalini move through this center you have to assert that you are the master, accepting that. Ten times you have to say, "Mother, I am the master. Mother, I am the guide. Mother, I am my own guru." You have to assert, with full confidence in yourself.

Aside: Hot, very hot.

All right, now, please say it ten times with full confidence in yourself.

Now please raise your right hand to your heart again. Here there are twelve petals. So you have to say again with full confidence, "Mother, I am the Spirit, I am the Spirit, I am the Spirit."

Kundalini is rising.

Now you have to know that the Divine is the ocean of love, grace and compassion. But above all it is the ocean of forgiveness. So whatever so called guilt you have please know that in that ocean everything gets dissolved in no time. Because you are the Spirit and the Spirit cannot be guilty. So now raise your right hand in the corner between the neck and the shoulder, take it little backwards and hold it tight. This is the worst center everyone has. This you develop through feeling guilty. Put your right hand there, not the left hand. Left hand should be towards Me. In this center you have to say sixteen times, "Mother, I am not guilty at all." This kind of guilt gives you all kinds of diseases, like angina, like spondylitis, all kinds of diseases. Now sixteen times, from your heart, please say, "Mother, I am not guilty." From your heart, believing in yourself, "I am not guilty at all." Even if you have been smoking or drinking or doing anything, just say that - not to feel guilty. Because this is the decision of the Divine.

Now if you still feel guilty better punish yourself by saying it 108 times. Better tell them - they can't forgive themselves. If they can't forgive themselves.

Now better? It's better.

Now please put your right hand on your forehead across and press it on both the sides as we press them when we have headaches. Now here - not many times, but from the deep feeling from the heart you have to say, "Mother, I forgive everyone." Many say that it is difficult to say this, but it's a myth. If you forgive or don't forgive there isn't anything that you do. But if you don't forgive then you play into the hands of wrong people. From your heart you have to say it, once for all, "I forgive everyone, Mother."

Aside: Feel all the blisters.

All right. Now at the back, you have to put your hand at the back of your head. This is very important to press for your eyesight specially. Now without feeling guilty again, because this you have to say, because still you feel guilty. That's why I just want you to say without feeling guilty. Here you have to say that "If we have done anything wrong against the Divine, please forgive." That's all. Ask for forgiveness from God or from Divine or whatever you want to feel that. But don't count your sins, don't think of them, just say it in a general way - and don't feel guilty.

Now good. These are the mantras on these centers

Now raise your hand on top of your head. Press it on the fontanel bone area which was a very soft bone in your childhood. Now press it and move it clockwise. Bend our head a little. Seven times.

Shri Mataji blows into microphone.

Now bring this hand specially, slowly onto your lap. Please open your eyes slowly. Now there is no thought if you see within yourself so you can watch Me without thinking. Don't think.

Now put your left hand and see if there's a cool breeze coming out of your head. You can bend your head and see. Sometimes it can be hot coming out. Now put the right hand and see if there's a cool breeze.

See now, just put the hand like this. Feeling the cool breeze? You have to certify yourself.

Good.

Now you may put up your hands to the sky. Push back your head and say, "Is this the cool breeze of the Holy Ghost?" Ask the question three times.

Good. Now put it down.

Now see, are you feeling anything.

Those who are feeling the cool breeze in their head or in their hands please raise your hands.

Look at that.

May God bless you!

I bow to you all. You are great. Please come back tomorrow and try to establish it. So many of you have got it. Now this silence you'll enjoy. Don't think about it. Don't think. Just go, don't talk too much. Enjoy your Spirit. You have found it.

Be quiet and just enjoy yourself. Just enjoy.

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Shraddha Is Faith After Enlightenment

Public Program

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Second Public Program in Technische Hochschule, Vienna (Austria), 7 May 1985.

I bow to all the seekers of truth.

Yesterday, those who have felt the Cool Breeze in the hand should put their hands on the table like this, because it has started already but while My speech is going on they will feel it more. Everyone can do it, it's all right, even if you have not felt yesterday.

So yesterday I told you that the truth has to be felt on your central nervous system. They say there is all-pervading power which does all the living work. You have to feel it, it's not just a picture or a symbol or a talk or a topic, but you have to feel that, this is the time! Because people have been talking about it so far, the time had not come. But those who told the truth did say about these times which are some special times. So those who say that, "We believe in God" or, "We believe in Christ" or, "We believe in communism" or, "We believe in democracy", are just mentally believing into it.

I would say I am quite a great capitalist because I have all the powers. And I am the greatest communist because I can't live without sharing it with others. I'm a very happily married woman, at this age I am quite old and I am travelling around the whole world just sharing it with others. So, you have to feel the capitalism within you, you have to feel the communism within you. You have to feel the humanism of Confucius within you. Whatever has been talked about, the theories, all that we had of a sublime nature, all are to be felt, the sublimity is to be felt within us - giving us joy! Even the virtue, the righteousness, the goodness, the sweetness has to be felt within us giving us joy, we should enjoy our virtue! That's why people did not believe actually in the truth but they had a picture of the truth. The belief was blind but not the truth. In Sanskrit we have two words for this. It means, Vishwas means blind faith, and Shraddha means faith after enlightenment. Because we didn't have even the discretion, we had to take to something or other, we had to club under some flag. And then we got fed up, we thought this is not good, so take to another, then take to another, moving from places to places. Thus, a seeker of truth has been tossing and gets frustrated, unhappy.

I live now in London, and in the Southwest of London there are 2000 children below twelve years of age who are taking drugs. And nobody is worried about them, those who proclaim to be religious, going to churches, or Hindus who are having temples, everything - nobody is worried about that! Why are they taking drugs? They are taking drugs because they are seeking. They are seekers. Mislead, of course, but they are fed up with the mundane life and they want to go beyond. The first seven Sahaja Yogis I had, to begin with, were all drug addicts and hippies, and of very serious nature! And they were seriously taking drugs thinking through drugs and alcohol they'll reach God. But all of them, after getting Realization, gave up drugs next day. Because they were really very deep seekers of ages. They were very great souls born on this earth. But this is the last judgement. Those who will not take to the actualization of the truth will be left behind. This is how you are going to judge it.

In the Sixtine Chapel in Rome you find Christ judging the people, the whole Kundalini is shown there. He is standing on the Agnya, it's very clear-cut for those who can see. But down below on a table what you find is a miserable looking Christ with all bones coming out kept by these stupid people. This is the image they want to project of Christ, because they want you to feel miserable about it. Can you imagine, with those bones, how could Christ carry such a big cross? But I must say Michelangelo knew how Christ looked as, he has shown Him as a big personality there. Such a person cannot be an unhappy, miserable creature. He has found joy, He is the source of joy - how can He be such a miserable creature as we show Him to be? But we are conditioned to

accept the picture they have projected, the image they have projected, we are conditioned. Even when we say that we do not want to take any conditioning, we go to the other side, we become ego-oriented, we say, "What's wrong?" Like in England we have people who color their hair in all kinds of things, color their clothes and move about, I mean, for nothing at all they waste so much money for nothing at all, paying so much for their hair-do. So I said, "Why do you do that?" They said, "What's wrong?" I said, "It is wrong because if you put a dye like that in your head you'll become blind." And those who came to Me, some of them were becoming blind. So with this kind of an ego we are enjoying our destruction thinking, "What's wrong?" On one side we conditioned ourselves too much, as somebody told Me that about fifty years back the husband's-wife-relation was regarded as sinful. It is absurd! You better ask them, how did you come on this earth without the parents? So this kind of a conditioning brought forth this kind of an ego which took you from left to the right. But basically it shows very simple people, simple-hearted. That they accepted one conditioning to another conditioning.

Now, at this juncture we have to know we have to be in the center. We ascend through the central path, not through the left or the right. This is told by so many people that, "You have to be moderate about everything that you do." But the human nature is such, it goes to the extremes, whatever you tell them, it goes to the extremes. And then they suffer. Once the conditioning was over of the sex they started going into a mad rush towards sex, I mean all kinds of nonsense they did. And they destroyed themselves. When I said this in America in 1973 they were not willing to listen to Me and today they are the ones who are suffering.

Whatever it is, I must say that in the West there are great seekers born. They might have gone to any parts, doesn't matter. They have a tremendous capacity to ascend. I have seen that phenomena working and I am really enamoured the way people have come back to their Spirit. So, it is the actualization of the experience of the Spirit. So, when you have the experience of the Spirit, what happens to you? That is also not known to many people. But first thing that should happen to you that your awareness must be expanded, that you should become more aware, there should be a new dimension to your awareness. Not through any hallucinations, or any - what you can say, a kind of a picture in the head. In your full alert mind, in your complete freedom you have to become collectively conscious. Your nervous system has to become collectively conscious. It's not just telling you something about, "Oh, you are brothers and sisters." No, you have to feel that the microcosm has become the macrocosm. That means, on your nervous system you must feel another personality, the centers of all the people. That means on your fingertips you should be able to find out, what's the matter with the centers, the subtle centers of another person. And as it is the Self-Realization, you have to also know about your own centers. Without going through any tests or anything, you should be able to say what's wrong with your centers. Now, if you have felt the all-pervading power, this is the power that thinks, that coordinates, that organizes - and that loves. Then it should act like a telecommunication. Sitting down here you should be able to feel the centers of anybody you want to think of, whether dead, alive or far away. You should be able to say whether a person is fake or he is a real personality of Divinity. That means your computer - the mind, that you call as the biggest computer that human beings have got - should become eloquent. Any knowledge that people give you, you should be able to say whether it is a true knowledge or not. That is what in the Vedas is called Vida. Vida means to be known on the nervous system.

When you say Buddha, or you say Buddha, the one who is enlightened means, his nervous system is enlightened, that he knows on his nervous system. But they were alone, lonely people, one here and one there. Their awareness was a higher level, much higher level, and they could not communicate with other people. That is why they were crucified, they were tortured, poisoned and also ill-treated. So, it is you who should be able to decide, it is you who should be able to discriminate. This is the new awareness which has to be enlightening your central nervous system. Like, when we are human beings, we know what is dirt, what is filth is. If you want to take a dog along a dirty lane he can go easily, but for a human being it is very difficult to go through that because he can smell the dirt and the filth. Man can see the beauty, man can feel the beauty, but not the animals. So, in our evolution we have developed a awareness which we can call as a human awareness. So when we rise higher into a awareness what happens to us, first thing that happens to us should be that we should know that we are part and parcel of the whole. So, we can feel like My - this hand can feel this hand. If something happens to this hand, this hand knows and it can soothe the other hand. Then who is the other? If somebody gets cured with Sahaja Yoga or, say, with Me, there's nothing to thank, because who is the other? Whom do you oblige? But normally people do not want to jump. This jump is the most important thing and is the epitome of our evolution.

There is no solution to any world problem, to any national problem, to any city problem or to any local problem, unless and until

people get their Realization. I studied Science, I studied Medicine just to know what people talk about. And I reached the conclusion that science is absolutely incomplete unless and until the scientists are Realised Souls. Medicine is incomplete, Physics, Chemistry, Biology, everything is incomplete unless and until you know the Divine laws. Christ was not a doctor, how did He cure patients? Just touch it there! Sahaja Yoga has cured people from cancer, from all kinds of diseases which they call incurable. How? Just by awakening the Kundalini. Sahaja Yogis don't go to any doctor, they had become doctors without studying Medicine. They treat the basics. While science is analysis, like a tree has got some leaves and are showing the symptoms of some disease they try to treat the leaves. But if you have to treat the leaves, you cannot do any justice, you have to go to the roots and treat the sap! And that is how - that is the only way you can treat the tree.

So, with Sahaja Yoga, when the Kundalini rises within you, these six Chakras get completely integrated. And the first blessing is the physical well-being. Because the elements which have created this body go into a complete balance and relationship, they act as an agent to create well-being for you. Diseases are caused by imbalances. When we go to extremes, imbalances are created and the diseases caused. For example, the cancer is caused by the over-activity of the sympathetic nervous system. For example now, this is the center in-between, and the left and the right are the two channels which are working on them are sympathetic nervous system. When the over-activity takes place in this area then it gets separated and this starts loosing the contact with the whole. So it starts working on its own, it becomes malignant. It has no sense of proportion how to grow, related to other organs in the body. That is how it overpowers other organs and tries to suppress them by which a person collapses.

So, through the awakening of the Kundalini, what happens that these separated two sides of the center come back and are expanded by the energy of the Kundalini. So, the first manifestation of that is good health. The second manifestation of the Kundalini, as I told you, is the dimension of a new awareness, called collective consciousness. As a result of that the mental problems of human beings are solved entirely. Mental problems comes to us from the left hand-side. But, actually in the brain they cross over, so it is on this side you have the mental problems created. So, when the balance comes in, as you see the ego and the super-ego in the brain, despite be pressing too much when there is ego or despite be pressing too much when there is super-ego, causing mental problem, it comes in the center to begin with. And when this center is awakened, both ego and super-ego, our Karmas and all that are sucked in. First it gives you a balance by which you become a normal person, and by second happening it opens you out to the subtle Divine power. Which starts pouring blessings into your being and you are all the time in connection with that vital power which we call in Sanskrit as Brahma Shakti or in the Bible as the All-Pervading Power of God's Love. So the tensions are finished because it's all opened to go out. A thought rises and falls off, another thought rises and falls off, but we are on the cusp of the thoughts running all the time. In the center of the thought there is a place which is the present, this present moment - now. Kundalini takes you through that central path and thus, a peace is established due to thoughtless awareness, you are aware but you are thoughtless. So you start living in the present, you are not bothered about the future or the past, but in the present which has such dimensions. Because the past is finished, future doesn't exist, you enjoy the reality in the present. So thus, the Kundalini gives you that blissful feeling of thoughtless awareness. But, if you want to think you think and that thinking is inspiration. Thus, you become dynamic in your expressions.

We have experiences of people who were not even artists have suddenly become great artists, have suddenly become great musicians, have become suddenly great poets, writers, speakers. Because the creativity flows from up downward and fills you up completely. Some people have discovered something so rare that overnight they have become millionaire, also in Sahaja Yoga. Thus, the balance is created within you and your temperament becomes a satisfied temperament. We do not hanker after comfort, you are comfortable anywhere. This lifetime I'm born in a rich family, royal family, married to a well-to-do family, and My husband is quite well-to-do. And I would say that I really, if you think from all worldly point of view, it's an overly comfortable life I have. But I can sleep on the street, I can sleep in the jungles, I can go on a bullock cart for miles together, no problem. Because a Realized Soul becomes like a great emperor. Nothing can enchant it, nothing can tempt it, nothing can discomfort it. Nothing can disturb it, nothing can upset it. Such a glorious being is the Spirit! But it gives you the truth. As you are sitting now, those who have felt the vibrations can ask a very fundamental question, "Is there God?" Ask this question three times and you'll feel tremendous vibrations on your hands. Any such fundamental questions which are truths you will have tremendous vibrations and whatever is falsehood you feel heat or you might feel some blisters on your fingers.

If there is a patient who is a serious cancer patient you will feel tremendous heat, and tremendous heat will go out of his body,

the whole room can become so heated like a boiler. Same thing can happen to a person who is mad. But if there is a devilish person in the garb of a saint, you go close to him, you won't be able to stand next to him, he would be like a burning hot rod next to you. Such a person may appear to be a great saint, you see, may have got a big prize as a saintly personality because people don't know what he is, immediately you will know what it is. My granddaughter who was hardly about five years of age came to one of My programs where I was invited as chief guest of this - one of the great saints was sort of celebrated for 100 years, and she was sitting in front and there were many such people wearing orange clothes and things sitting, like big saints. But one of them was very tall and sitting there. So she shouts at Me, she said: "Grandma, please ask this fellow with the [maksi ?] to get out. He is emitting too much heat!"

Another young, younger one, much younger to her, about three and a half years, she went to Ladakh, there was a Lama sitting and everybody touching his feet. And the parents didn't know, in embarrassment they also touched his feet, she couldn't bear it. She went and stood before him. And she said: "What do you mean? Because you are wearing this big thing and because you have shaved your hair, you think you are a Realized Soul? What business you have got to ask people to touch your feet?" Little girl of three and a half years. The truth has such tremendous courage, such a person is not afraid of anyone. But it has a temperament which is compassion. But this compassion doesn't say, "I am compassionate, I love you", nothing, it acts, it works. It emits, it flows. Even from the glance of such a person, the compassion can be an ocean. That is the sign of a person who is a Realized Soul.

So you know the truth, you become the truth, you stand by the truth. Like Christ stood against Mary Magdalene, and He said, "Those who have not committed any sin can through the stone at Me." People like Christ have nothing to do with prostitutes, as such. But when it comes to salvation they can go to any limit. When it comes to compassion they go to the rigidous places like lepers and all kinds of things, they have no fear of getting any disease, no disease can encapture them. Can you believe that you all can have that capacity? You all have that fantastic potential within you! You have to just feel that potential. You have to just get to that point. I would say if you take a television to a Indian village and tell them that, "In this little box you can see everything of the whole world", they won't believe. But as soon as you put to the mains you feel what a fantastic thing this instrument is.

That is yoga, that's the union, that's reality where - when you are connected to the mains the whole personality starts manifesting the Divinity through your being. Last of all, with all these things, with all the satisfactions of I, you become the joy. Joy does not have duality like happiness - unhappiness. The ego when pampered feels happy, when it is not pampered or hurt it feels unhappy. But joy is the witnessing part. That you start witnessing yourself and witnessing everyone else. And seeing the thing as a drama, a play. So the whole thing becomes a play. But this witness can correct the play. This cannot be done, supposing you are witnessing a play and you think there's something wrong with it sitting down here you cannot correct. But you become so powerful that the compassion just acts and the whole thing works out in such a beautiful way that miracle loses its own meaning. The miracle you cannot explain also.

I can tell you one miracle which I think you will be able to understand but not explain because it was all given in the newspapers as well, that when I was in Bedford giving a lecture like this in the presence of about 6 - 700 people, one boy fell down from a bridge about 18, 20 feet. And the people informed the ambulance, the ambulance came and they thought the boy is dead now, because it was all stones there. But they found the boy walked up, he climbed up nicely and he came to the ambulance. They asked him, "How did you do that?" He said, "I'll tell you in the hospital." (Laughter) In the hospital he said that, "An Indian lady wearing a white sari came in a white car, She got down and She cured me." They said, "There was no one on the bridge, we never saw an Indian lady coming, no white car came, no car came." But the doctors were surprised that he was cured, there was nothing wrong with him, not even a scratch. So, next day he saw My photograph in the newspaper and he told the police, "This is the lady who cured me!" And that is the time I was lecturing to people and there were 600 people who will say I was not there. Now, this boy could not explain it, nobody could explain, and they wrote to us and it was all published in the newspaper. But they asked him, "What did you do while you were falling?" He said, "I just said: Holy Mother, help me!" Now I cannot explain nor do I think it can be explained.

Another miracle I'll tell you which you can see in match, in photography, the cameras are very clever. I went into a village, a very remote village, and as soon I stepped in I said: "There must have been a very great saint here living." They said, "There was a

saint who was a Muslim and who lived here that's how this is called after his name, this place is called after his name." While I was lecturing I felt tremendous force of energy going out of My head. And I felt the rapport is established with Him and I was enjoying it very much. And some people were taking photographs. There are seven photographs where a light, shaft of light, is going from My head towards a wall which is just a remote wall of a very old school. I was laughing and I put My hand there, and the light stopped. This you can see in picture, in actual photographs. In so many photographs you can see many things like that.

But people don't want to see it. They don't want to know about it. They want to escape it. Why? Because this is the Last Judgement. You yourself will judge yourself! You yourself will ruin yourself. You yourself will deny the right to know the truth. So, you are responsible for your own judgement. Nobody else is going to be responsible. Everyone has a right to judge oneself within. Only through the ascent of your Kundalini you can judge yourself. There's no way out, by analysis, by criticism, by anything you cannot judge yourself but through the awakening of the Kundalini you will know what's wrong with you and how to correct. These are the most gracious times we have when we have a chance that we take this jump into the kingdom of God. The time has come to prove all the scriptures, all the incarnations, all the great prophets, God, Christ - everything can be proved by your own central nervous system.

So, the first happening is what we call the thoughtless awareness, but in-between thoughtless awareness and the higher position which we call as the doubtless awareness, this gap is to be bridged because still you are half-way, you are not in the boat fully, one foot is still in the water and one hand is hanging to the boat. So, you have to come up into the boat, settle down there because joy will fill you up very soon - but you must establish yourself. You must respect your Realization. You can save the whole world. All wars will stop, all problems will disappear and human beings will live in eternal bliss and peace.

I am sure there will be a follow-on program for you, please attend it! When I come there are so many people but I assure you there are many people who are here who have reached the state of Nirvikalpa, into the state of doubtless awareness. They just have to give you a helping hand, nobody is dominating you, just a helping hand to pull you out, completely. There is no power game, there is no domination, it is compassion, love and sharing. It is a unique phenomena and when I see it I really cannot believe how it has worked so wonderfully. When I see My children all over the world, the kind of friendship, the love, the purity of understanding each other is so great that the whole world should get it. Maybe one or two, maybe there're also mediocres, maybe. But you don't judge it by that, you judge it by yourself! It's just there, within yourself, which you have to judge. Get it, that's all! There is no obligation. It's a joy for Me to share it with all of you.

May God bless you all!

We will again have a session of awakening of the Kundalini. There is one thing I have to tell you at the very outset that our attention has to be enlightened. When the Kundalini rises a happening takes place within and our attention which is outside is just sucked in. Like I would say of our attention which is like this spread out in this area just is pushed with Kundalini like that and is sucked in. And when the Kundalini pierces through then this attention which is still in darkness gets enlightened into a new awareness of Divinity. And the light starts spreading, slowly, slowly into your attention enlightening it fully. And as this starts moving you start getting the powers of compassion expressed, manifested. There are ways and methods by which you can raise your Kundalini or you can give yourself a balance just by movement of your hands. These few things you have to learn. And the decoding of the fingertips, what do these fingertips and these seven centers represent, that is to be known, that's all. But this knowledge becomes part and parcel of you because it is already there! Like this room is in darkness, as soon as put on the light the whole thing becomes part and parcel of the room because it was already there.

So, we have to close our eyes when I tell you that we have to keep our attention away from outside for the time being. Then the Kundalini is placed in the Mooladhar, the abode of the Kundalini is made by the Mother Earth element. So we have to use the Mother Earth to give us the strength as well as to suck in our problems on that center. That is the reason we have to take out our shoes and put your feet on the Mother Earth with all the respect to the Mother Earth. This hardly takes any time. But those who do not want their Realization should please leave. Because it cannot be forced on people. God is not going to fall at your feet. He is not going to beg of you. It is the other way round, you have to ask for your Realization.

So, now we start, please put your shoes aside and both the feet straight like this and sit comfortably without any pressure on the neck or on the stomach due to some tight things, just loosen it a little bit! Now, those who do not want to do can go, but please you must join in, because you have to keep - everybody has to keep eyes shut and nobody should be here who wants to just to watch the game, there's no show on, it is an internal happening, one must remember that you have to respect others.

Before the Realization - I have to tell you that it is your own right that you should have it. That you should not feel guilty at all. That you are the temple of God. And that you have to enter into the Kingdom of God. So you have to be very pleasant about yourself. Please forgive yourself and don't condemn yourself at all! As the Divine loves you, you have to love yourself. So, we will be having the left hand on one lap which is the true desire, asking for the true desire because this is the power of desire. And Kundalini is the true desire. And the right hand is the power of action, so we ourselves can raise our own Kundalini. So that we become our own masters and our own guide through our own awakening.

Now, this right hand is first is to be put on the heart, then on the upper part of the stomach, then in the lower part when I tell you, then on the shoulder at the corner where it meets the neck in a way that it touches the back side. Then here on your forehead across, then at the back of your head, then you have to stretch your hand. And put it on your fontanel bone area bending your head, you have to move it seven times, clock-wise. So, when you stretch it this portion goes on to there, fixes up and moves it, like that. It is - that's all you have to do when eyes are closed and then I'll tell you what is to be done. Again at the very outset, don't feel guilty! (Shri Mataji laughing)

All right, now please close your eyes and you are not to open your eyes till I tell you.

Please put your right hand on your heart and left hand towards Me on your lap. Now, you have to say or ask a question to Me, which is a fundamental question: "Mother, am I the Spirit?" Because Spirit resides in the heart. Ask this question three times please. This is a very fundamental question. "Mother, am I the Spirit?"

If you are the Spirit, the second question follows. Put your right hand in the upper part of your stomach. Push it in - your fingers. Now, this is the center of the Guru principle, the master principle, created by the great prophets. Here you have to ask the second question, because if you ask the first, the second follows: "Mother, am I my own master? Mother, am I my own guide? Mother, am I my own Guru?" Ask a question which follows from the first one. Please do not fix your attention anywhere, let it be loose, and don't fight with your thoughts, they will disappear by themselves. Now, ask this question three times!

Now, after asking this question you move to the lower part of your abdomen, stomach, and again push your fingers inside. Now, here you say a thing that I have to request you to know that I cannot cross or go over your freedom. Now, you have to ask for the true knowledge, the knowledge about the technique of the Divine, the laws of the Divine. Here the knowledge doesn't mean mental knowledge but on your central nervous system, on your awareness. So here you ask, "Mother, please may I have the true knowledge?"

Now. Six times, because this center has got six petals. "Mother, may I have the true knowledge?"

Now, again raise your hand on the center of the Guru which is in the upper part of the abdomen on the left-hand side. This center is now to be asserted for the rising Kundalini to create a way for Her by saying, "Mother, I am my own Master. I am my own guide. I am my own Guru." With full faith in yourself. You have to say this ten times because there are ten Guru principles, the Ten Commandments within us.

With full confidence!

Now, raise this right hand, with the left hand towards Me, to your heart. And now, please say with full assertion again, "Mother, I am the Spirit!" Without any fear, with full confidence. This has to be said twelve times. Believe in yourself! Forget about the past! As I told you yesterday that the Divine is not only the ocean of grace, bliss and compassion, but it is the ocean of forgiveness.

You cannot do anything which God cannot forgive. To err is human, to forgive Divine.

Aside: Now, good.

This you have to say twelve times.

Now raise your right hand onto your shoulder in the corner where it meets the neck and hold it tight. Now with full faith in God's love, please say, "Mother, I am not guilty!" With full assertion, sixteen times. "Mother, I am not guilty! I am not guilty!" Don't count your guilts, don't count your so-called sins! Past doesn't exist.

Aside: It's too much to him. - Better.

Please say it 16 times!

Aside: Ha! - Better now.

Now raise your hand to your forehead across please and press it on both the sides as if when you have headache. Now at this point you have to say, "Mother, I forgive everyone!" Say this from your heart, not counting how many times but from your heart. Please say, "Mother, I forgive everyone!" Many people think that it's difficult (Shri Mataji laughing) - it's a myth. If you do not forgive or you forgive you do not do anything whatsoever.

## 1985-0508, This is the Knowledge of the Roots

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8 May 1985

This Is The Knowledge Of The Roots

Public Program

Munich, Deutsches Museum (Germany)

Talk Language: English | Transcript (English) – Draft

First Public Program. Deutsches Museum, Munich (Germany), 8 May 1985.

I bow to all the seekers of truth.

But the seekers of truth have to know the truth, at least they should know what they have to seek. It is to be understood that the seeking has to be in the tradition of the seeking. Like when electricity was discovered, it took years together for people to find it out, and a scientist had to go from one to another - the experience of one, the indications of one, and the futuristic ideas of the one were picked up and he started on that tradition, on that basis his own evolution as far as the electrical knowledge is concerned. In the same way we must understand that there have been people who have been seeking for ages.

As in the West, you have grown so much outward, like the tree which has grown outside, there have been people in India, they have been going to the roots of this tree. So this is the knowledge of the roots. If the tree grows too much and the roots do not reach its source, then we are waiting for a shock of complete destruction. So today on such an important date, of the anniversary of the end of the War II, I think it is important for us to go to find out what are our roots. Any person who is aware in these modern times, who is intelligent, can see that there must be some sort of a reason for today's chaos which is beyond human apprehension. Also we know in our humble hearts that we are not complete. There's something missing in us; if we were absolute, there would have been no problems for us.

So we have to see to the knowledge which describes the completeness of man. In the tradition of seeking, we can go - say for example - to Vedas, where the word "veda" itself means [VIDA?], means "known". At the very outset, in the first stanza of the Vedas it's written that by reading all these books, if you do not know, it is all useless. Then we ask a question that when we read all the books, what is there to be known? It means that you have to know on your central nervous system the existence of a power within ourselves. The power without which we are indiscriminate, we commit mistakes, blunders, we create wars and in peaceful time also we are planning for wars. This power is the power of the Spirit, of the Atma. This is the power we are actually seeking. But in the countries where there has been all development outside, then they do not know how to seek this Atma, and what is the nature of the Spirit is. So we have to go to various traditions to find out what is the common point between all of them. In the olden times, when these books were written thousands of years back, it is described in all their [SADANA KANDE??] as the... where you have the... [SADANA?] would be the practices or the penal side they have described the Kundalini.

They have described that through the ascent of the Kundalini only you can reach your Spirit. All the Upanishadas, which are the second part of the Vedas, all of them have described the Kundalini. Only thing the difference is that some said by doing this, by doing that, by abstinence, some said by accepting the right part, the central part, by building up your balance, all these different, different style of things to modulate a human being to lead a moderate life, they have built up their own literature. But every one of them exist, exist because they want to talk about your ascent to be the Spirit. There's nothing else but that, that's the basic point. And Kundalini is the fundamental power which has to be awakened; all of them have the same. But it happens that a person who is more extrovert always tries to go to something new. And when he tries to go to something new, he forgets that there has been a tradition of that for ages. And why should we suddenly accept a new idea? Confucius, Socrates, Abraham, Moses, later on Christ, all of them have talked about the Spirit. Mohammed-Sahib has talked about the Kundalini, calling it the Asas. And the word Kundalini also is... has a meaning that it is a coiled-up energy.

So whatever I'm telling you is nothing new. Maybe new to you, but it is not new to Indians. Not of course the Westernized Indians - are just the same as you are. But despite all that, even in India we had movements which were just new and absurd and anti all this traditional understanding. Time to time they appeared and disappeared, like we had tantrism, before that we had another kind of a beginning of a [CHARWAK??] style where only rational thinking was important. But all these things vanished into thin air and people know exactly that the Goddess of this Kundalini, the power of Kundalini, is to be awakened within you. But only about hundred years back, we had some funny people who again started another kind of a new nonsense by saying all kinds of funny words that never existed in any one of these Vedas. And surprisingly, these books were translated into English much before than any other Vedas or all this because these were English-knowing people. And all those who went to India from, say, Germany, from Hungary, or from any other place, read those books in English and took all the ideas from there which were all anti our tradition. One of the books which I've come across was written by a gentleman called [VISHNUDIRTH?]. This gentleman wrote some sort of a book which became a bible for many nonsensical people.

Now in Puna, I went there and I met many very well-educated, Sanskrit-knowing Indians, who call themselves Brahmins of a very orthodox nature. And all these people who were following a particular guru are suffering from funny diseases so much unknown to us like high blood pressure, diabetes - these diseases we didn't have in India before - tensions, and paralysis, then cancer. We did not know these diseases in India before. And I asked them. "What do you do?" They said, "We are following this particular guru whose name is [GULWANI] and he is following this book of [VISHNUDIRTH]." When I read the book, I was surprised; it has no relevance whatsoever to our traditional books, no relevance at all. He had used words which had no relevance where... could not be found in any one of these books.

He had written when the Kundalini rises through SHAKTIPAT- this word doesn't exist anywhere - then the people start jumping like frogs. Or they take out their clothes and start roaring like lions or tigers or jumping like monkeys. And all these stupid intellectuals were doing this nonsense. I said, "Where do you find this, where do you find this word SHAKTIPAT Show me." There is no word like that anywhere. And I was amazed the way they were suffering, you see, hands shaking, eyes going up and down, nervous people.

I said, "How could you be realized souls? You look like mad people to me." And they confessed that half of them are already in the lunatic asylum. But I said, "What happened to your intelligence? First of all, know that you have to become a super human being or are you to become a frog or an earthworm? What is there in getting nude so special? Anybody can get nude, what is so special?" And some people described that when the kundalini rises, there are blisters on your body and you get heat in your body - all falsehood.

Kundalini is your mother, individual mother. Everybody has a mother of his own. She is pure, and She purifies you and She is the pure desire within you, the energy of pure desire within you. And the pure desire within you is to become one with the Divine. This is the energy that is resting in your triangular bone, whether you like it or not, it is there, and this one is to be awakened by somebody who knows the job and you have to receive the realization. And that is why a guru, sat-guru, started the system long time back. But they were all realized souls. Not only that, but they knew the technique of Kundalini awakening. They were not giving you stupid ideas. You don't become a stupid person when your Kundalini awakens, but you become a glorified personality. But to an extrovert mind, these new ideas appeal a lot. And when you start taking to new ideas without seeing to the traditions, you then get into severe troubles.

Now in the West, when I'm in the West, I'm faced with the problem that people think that unless and until you charge money, they do not think it is worth anything. In the BBC people came and told me that an Anglo-Saxon brain - I don't know - what is a German brain called? Is it Anglo-Saxon? Then the Anglo-Saxon brain cannot understand anything in which you don't have to pay. And that's the contention they have. But if they pay, Anglo-Saxon brain, if it pays, then it is willing to do anything that you tell them. They can act stupid, they can act idiotic, anything. But they must be allowed to pay. I was quite amazed at this understanding, but he says, "This is my experience." Those who are like this, how will they reach the Spirit? This ascent is not meant for the frivolous, not for the egoisticals, nor for the conditioned, but for the special category of people who are seekers.

As Blake has very clearly described, men of God will become prophets, and they will have powers to make others prophets. But the mistake started in Greece to begin with, to bring all the Gods to the level of human beings. They don't want to have a higher image to look up to, but they want to bring all of them to their level so that they can go nicely down with an open heart to hell. They cannot believe that there could be higher beings, that there could be something which is beyond all these human trivial lives. This is how they have accepted so many things which are absolutely dangerous to any human being. I would say Freud was anti-Christ. He was accepted blindfolded by all of you. Today the result is that people are dying of aids. When I went to America in 1973, they didn't like me when I told them, "Don't go into these nonsensical experiments." And today, who's going to save them? Another disease has started in America where people under 35 years become insane, very common. The reason they give, that now these people have started living beyond 35 years, that's why they get this disease, imagine. It is something new that is happening, we must understand how we have got all these things within us. What have you been up to? Unless and until they become the Spirit, they won't understand. Unless and until you have that absoluteness within you, you won't understand. This absoluteness must come into your central nervous system so that you become a super computer. With this new power only, you can cure cancer, you can cure aids, you can cure all these diseases. Only a realized soul can do that, nobody else can do it. We are under ignorance.

We are part and parcel of the whole. Microcosm is a part of the macrocosm. You have to become - that doesn't mean with brains - but you have to become on your central nervous system a part and parcel of the whole. Without that there is no salvation for human beings at all because all these theories are taking you towards destruction. What you will be giving to your children is a much worse world than what you found it. It's nice to say, "Today is such a great day of reconciliation." But I wonder, unless and until we know the Spirit, I cannot guarantee, or I cannot say with guarantee, that we'll not have the Third World War of complete destruction. No use carrying banners of peace, stopping the atomic invasion, all that is of no avail whatsoever. We will not be destroyed by atomic bombs; we'll be destroyed by ourselves. That is why it is absolutely important at this time to know ourselves. We cannot be indifferent to this important point. Specially I request you because you are seekers of truth, and you are the ones who can save the world. It is such a responsibility on you people that you have to know what is your Spirit and what is the Spirit of others, how you have to enlighten others.

I've been to Himalayas and you'll be amazed that in one day 3000 people came down from hills because they were told that the Goddess of Kundalini will be awakened. They are not educated like you, they are not aware like you, they do not know much about life. But they know one thing for definite: that Kundalini-awakening is the only way to reach the ultimate. They have pure intelligence. They don't have the ideas of others which have come to us through books and all these things, but they have a pure intelligence of understanding that if you have to go beyond, something has to happen within us which is a living process of a living energy. It cannot be something which can be maneuvered; it cannot be something which can be thought of, but a happening which is a living energy. And this is to be realized by the West. I don't know how to make the Anglo-Saxon brain understand that. Originally, all of you are just the same. And the worst part of it that most of the seekers are also born in the West. Even the little children who have taken to drugs are seekers of truth. They are ending up into jails, then some are ending up into lunatic asylums, these are seekers of truth of such quality. They don't know what they have got from past life. They don't know what quality they are and they are frittering away their life on nonsensical things. It is easy to make you understand mentally, but still I would not say that your Kundalini will be awakened.

It is a living process which has to work out in you that you have to rise in a spontaneous, Sahaj manner. We cannot force it. Like a seed - when you put it in the Mother Earth, it has to sprout spontaneously; the Kundalini which is placed within you has to rise spontaneously. She doesn't understand money, she doesn't understand affluence, she doesn't understand science. She only understands one thing: that he's my child and he has to be given his second birth. And that is your own... - that is your own right to have your second birth, which you should have. And one should not in any way think that we can manage it the way we handle our worldly things. It is Divine, and the Divine has to be managed on Divine level. A light which is the Spirit is not yet shining in your attention. Kundalini is the one which enlightens your attention with the light of the Spirit. Then you become - again I say - you become collectively conscious. Your consciousness takes a new dimension. In Sahaja Yoga it is the becoming that is important. It is not what some people would say, you are a member of this or you have this hierarchy, nothing of the kind. It's what you become is the point. So in the first stage, you become thoughtlessly aware, known as [NIRVICHAR SAMADI]. And in the

second stage, you become [NIRVIKALP SAMADI], that is the doubtless awareness. Then you become master of your own self. Through your vibrations on fingertips you can find out answer to all fundamental questions, as if your computer is put to the mains. There is no cheap sensational thing in this, but you achieve the epitome of your evolution. You become that higher personality that feels the one-ness with the whole. Of course your health improves, of course you become a sane, wise personality, you become a relaxed, witnessing person and you become a person entitled with the powers of giving realization to others, curing others, helping others and feeling others. All these powers are within you, but these phenomena can only work in people who accept the truth as it is. But not to people who want to have truth the way they want to organize. Like some people last time didn't like the hall where they had the program, so they gave up. I mean, this is not the way.

In olden days people had to go to Himalayas to do the [TAPASCHARIA] to get to it, and today I come to your house and you get it and then the way you treat it is so cheap. Only the people who have that courage, who have that much of sense in their heads, can get it. The Divine is not going to fall at your feet that you get your realization. It is you who has to ask for it. So I said you cannot buy it, nor can you command it, but you have to take it. You have to receive it, and enjoy it. This is for you. It is your own powers which are potential within you. But one must know that you cannot grab it. Like if you force a flower, it won't become a fruit, will it? If you force a seed to sprout, and try to take out the [? - incomprehensible], will it sprout? You cannot pull out your Kundalini from your head, can you? Have your senses intact. I think in Austria I found very sane people, and I'm sure in Munich also I'll find some sane people. You have to have patience with yourself. It is the blessing of many lives, not one life. Many eons - means from amoeba to human beings - you have come, now you have to become that. It's not a street shopping of like guru-shopping people indulge into. You must respect yourself because you are the temple of the Divine. And when that happens, then you will know that you are such a great dignity, such a great gravity and such a great glorified personality. I hope it happens today.

May God bless you.

Tomorrow I'll tell you about the Spirit, the nature of the Spirit, and what blessings one gets when you become the Spirit. Get your friends, get everyone, it's very important. This is the best you can give to your friends.

May God bless you.

For questions, I don't think we should waste time because a mood is sometimes very much disturbed by funny questions. I would request you to write down all your questions and give it to me and tomorrow I will try to answer them in my lecture. Maybe tomorrow in the introduction they will tell you about the chakras and about the nadis that we have, the channels, the subtle channels and the subtle centers. And also you can read it in the books, but reading will not give you awakening of the Kundalini. It has to work out.

So for that, first request is that you have to take out your shoes and touch the Mother Earth, because She takes away most of our problems. Those who do not want to get the realization can go, but should not disturb others by not doing it. Or in the half way one should not get up. (You must sit in front and get out. We need the maximum number of people. Let them go. Better they go away, it's better.) Thank you very much.

Now, you take out your shoes. It takes hardly any time and doesn't give you any trouble. You see, when you were born, your physical mother took all the labor pains upon herself. You never had any problems. In the same way, you won't have any problems. And it's so close that you'll be surprised. Now you have to put both the hands on your lap comfortably, very comfortably. You have to be comfortable. It's better to see if there's anything tight here or tight on the waist, you better loosen it a little bit and sit with comfort, in a very normal way, not pushing your head backwards, forwards, but in the center like this. Now, the second thing is that you have to keep your eyes shut all the time because the attention has to be sucked in. So you do not keep your eyes open at all. And please take out your glasses because it has an effect on your eyes also, your eyes improve. When the Kundalini passes through your agnya chakra, your eyes improve. So now the left hand is symbolic of expression of power of desire, the right hand is symbolic of expressing the power of action. When I tell you, then close the eyes.

Now what we are doing that you are raising your own Kundalini. I will just tell you how we have to do it. Keep the left hand towards me like this. All right. If you want you can put it on the desk in front. Would be better. Left hand. The right hand is to be used on different centers. First on the heart, second in the upper part of the abdomen on the left-hand side, then in the lower part of the abdomen on the left-hand side, you are working only on the left-hand side. Then again back into the upper part of the stomach, then onto the heart, then onto this center here from the front side, pushing the hand little backwards. Then here on the forehead and then on the back of your head, holding tight, then stretching the hand, putting the center of the hand on the fontanel bone area, where the bone was soft as a child, you have to move it clockwise seven times. That's all. Now, with a pleasant mind, you must close your eyes. First, forgive yourself and know that you are not guilty at all of anything, that you are the temple of God. Have faith in yourself. Now, please put your right hand on your heart. The Spirit resides in the heart. So here you can ask me a question three times. Can call me Shri Mataji or Mother - whichever way you like - "Mother, am I the Spirit?" Three times - please ask this fundamental question. Put your hand through the coat - would be better. Three times. Now, take your right hand down onto the upper part of the stomach. Left side. Right hand on the left-hand side of your stomach in the upper part. Now, dig your fingers in. This is the center of your mastery. This is the center built by the great masters of ancient times. Now here you have to ask second question which is followed by first, because if you are the Spirit, you become your own master as well. Here you ask a question, "Mother, am I my own master? Am I my own guide? Am I my own guru?" Ask the question. Three times.

Now, take this right hand in the lower part of your abdomen on the left-hand side. This is the center of true knowledge of the [??] technique of the Divine. But I cannot force you. So you have to say, "Mother, I want to have true knowledge, pure knowledge of the Divine." In your own freedom you have to say, "Mother, I want to have the true knowledge, the pure knowledge." Six times. This will move the Kundalini. Now, prepare your chakras to receive the ascending Kundalini by putting your right hand now on the upper part of the abdomen, upper part of the abdomen, on the left side, upper part of the abdomen. Now at this center, with full confidence, you have to assert, saying, "Mother I am my own master" - which is a true thing. Keep your eyes shut, please. Don't open them. This you have to say ten times because there are ten masters principles. Now, please raise your hand, right hand on the heart. On the heart you press your hand little bit and here again you assert, with full confidence in yourself, say "Mother, I am the Spirit". This you have to say twelve times. These are the number of petals the centers have. Now, please raise your hand to your shoulder in the corner where it touches the neck. Now, move it backwards and press it hard. This is the center which is caught up very badly in the West specially because they feel guilty for no fault of theirs.

Here you have to say sixteen times, "Mother, I'm not guilty". You must know that the Divine is the ocean of grace, love and compassion. But it is the grace of forgiveness. So to say you are guilty is absolutely insulting the Divine because Divine has such powers that you cannot have any guilt which it cannot cure. Forget the past and forgive yourself. You are not guilty, at any cost. Now please raise your hand to your forehead and press it then on both the ends. Say from your heart, "Mother, I forgive everyone" - from your heart. How may time is not the point, it should be said from your heart. Now, if you don't forgive or forgive, it's a myth. But only when you don't forgive, you play into the hands of the wrong people. Now please take the right hand on the back of your head, hold it tight. And once for all, ask for forgiveness from the Divine for your own satisfaction, by saying "Please forgive me if I have done anything against the Divine". Now, raise your right hand on top of your head on the fontanel bone area, stretch it and place the center on the fontanel bone area. Press it hard and move it seven times clockwise. Now please take down your hand slowly. Open your eyes slowly, very slowly. Now watch me without thinking.

Please open your eyes, watch Me without thinking. Now, without thinking, you put your right hand towards me like this, and the left hand you try to feel if there is cool breeze on your head - from the left hand. About four inches. There's a cool breeze? Don't doubt yourself. It's a very subtle thing. Now put the left hand towards me, without thinking, and the right hand on top of your head and see if you are feeling the cool breeze. Here, here, here, not at the back, in front it is. In the front. Little front. Here, ya, see. All right? Keep your eyes open, keep your eyes open. Don't close, keep your eyes open. It's good. Now again change over - put the right hand towards me and see the left hand. Keep your eyes open. It's there, better. It's improving every time. Some people might be getting at a higher level. All right? Are you feeling? Good. Now, you have to feel the all-pervading power. Don't think again, don't think. Which does all the living work, which is called as [RITHAMBARA PRAgnya] in the Patangali. Now, put your hands up like this, freely, push back your head. I'll ask a question, "Is this the cool breeze of the Holy Ghost? Is this the cool breeze of the [RITHAMBARA PRAgnya], the Brahma Shakti? Is this the all-pervading power of the Divine's love?" Now, take down

your hands, please. Now in your hands you'll feel it, the cool breeze. You are relaxed and you are thoughtless. The first stage you have achieved.

All those who have felt the cool breeze in the head or in the hands, please raise your hands, both the hands - both hands. Oh, such a lot of you. Those who have not felt should not worry. They'll feel it tomorrow. It will all work out for all of you. But at least you'll feel the silence within yourself. I bless you all, I'll see you tomorrow, and I'll elaborately tell you all about the Spirit and its manifestations. Now you have to go home and not to discuss much about it, keeping thoughtless awareness. In the beginning you have to assiduously establish it, that's all - in the beginning. And that will be done here in this place afterwards because tomorrow will be the last day I'll be here. The way you people got today your realization proves that Anglo-Saxon brains are not the way they are described, but are great. Thank you very much.

Those who have not felt should not feel bad or upset. It will all work out tomorrow, I assure you. But don't talk about it. There were one or two people who didn't do it, and such people can go and just start criticizing. Just don't listen because you have had the experience, remember it. Thank you very much.

## 1985-0509, Habit comes to you from matter

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9 May 1985

Habit Comes To You From Matter

Public Program

Munich, Deutsches Museum (Germany)

Talk Language: English | Transcript (English) – Draft

Second Public Program, Munich (Germany), 9 May 1985.

I'm sorry for being late today because I've just seen some other people.

I bow to all the seekers of truth.

Now the truth is that we are the Spirit. The Spirit resides in the heart and is the witness of what we do. It does not interfere with our everyday activity, and it is like a flicker of light, but it does not shine in the attention. It is the reflection of the absolute in our heart. And the Kundalini, which I described to you yesterday, which is the pure desire of ascent, is the reflection of the Divine desire within us. And this desire is to be one with the Spirit. In our course of life, we pass through many desires. We seek protection, we seek food at the primitive stage. As we grow, we seek possession and wealth, we seek power. But ultimately we reach a point where we discover that it was a joyless pursuit, because Spirit is the source of joy, which is eternal emitting joy. If somehow it comes into our attention, we can feel the joy on our central nervous system. Now we have to know one thing about ourselves in modern times: that we have passed through various stages of seeking before. We have done all kinds of seekings before. And now the time has come for us to get the reward of our seeking. There is no more seeking needed.

We must learn that if we become the Spirit, then the seeking stops. But if we still want to go on and on and on, then there's no end to it. Because like a momentum, we start seeking like guru-shopping from one to another, to third, fourth, fifth, and even when we reach the temple of the Spirit, still we pass through that in our spree, then we go out seeking more and more and more. So we have to understand that we have to stop and see. Whatever we have been doing so far, where have we reached? And then when you have the experience of the Spirit, then you don't have to move here and there, but to ascend in the glory and knowledge of the Spirit. Today, as I promised you, I am going to describe to you the nature of Spirit, Spirit, which is the truth, which is the joy. Also I will tell you how there has been misunderstandings about the Spirit, which you should listen to as you would listen to any scientist with an open mind, as if listening and hearing about some hypothesis. Do not deny at the very outset, that's not a scientific mind, keep it open. And then if it is proved, then you have to accept as a gracious scientist.

So, the ascent of the Kundalini is a living process within you which works out, the Self-realization, the second birth, as Christ has said. As Mohammed sahib has said, "You have to be a waliy [saint]", as Laotse had said, and Confucius has described. We have Nanaka and Janaka who have talked about it, that, "It is within us and we have to achieve it within ourselves". It has to be effortless because it is a living process. Anything artificial you have to put in an effort, but everything living works out automatically. Secondly, you cannot purchase it. It is Divine, it does not understand money market. You cannot market it. It doesn't understand bank.

So a person who thinks by paying money he will get his Self-realization, is still having an ego trip. Even the one who thinks you have to put in effort for it also is busy with his ego. So now, spontaneous happening has to take place to give you realization because as one light is enlightened, can enlighten another light, spontaneously. But the first light has to be enlightened light. But there is no obligation. The other light was ready, only thing that this light enlighten that light, that's all. So now, we see the nature of Spirit. When you get your Self-realization, what should happen to you actually? The actualization of the experience of Spirit - is actually the epitome of your evolution. That means a triggering takes place and you jump into a new awareness, as I told you yesterday, of collective consciousness. It is not a mental process of believing that you are becoming a realized soul, it's not

mental. As we have grown in our evolution, everything that we have achieved has been felt on the central nervous system.

So, when you get Self-realized, you feel that you should know it through your central nervous system. But there are areas around us of which we should know, are not known to us, to our central nervous system. Like some people think that if you can see light at the Agnya, that means you have become spiritual. Now use your brains. When you see the light, that means you are not the light. When you become the light, you don't see the light. When you are away from the light, then only you see the light. Seeing anything cannot be being, you have to become the Spirit. So as the light of Spirit shines within you, what happens? Actually you start feeling the all-pervading power which does all the living work of creating the flowers, flowers into fruits, and all such magnificent things.

So, what happens to you when you become the Spirit? That you start feeling that subtle, all-pervading power which existed around you, about which all these great prophets and incarnations have said. So for the first time you start feeling that power around you. Because you become subtler, you start feeling that power. And then you find the power is flowing through your hands and from your being. And when that happens, when that power starts flowing from your being and from your personality, only thing you have to know how to use this power. But if you want to live with some falsehood, then nobody can help you, because somebody has said that you must see the light, you must hear the bells in the ears, and you are hearing them and you believe them. You must find out what you have achieved, how much you have known, what you can do about it.

When she or Grégoire, who talked to you, came to me a few years ago didn't know the word of Kundalini. But today they look like scholars. This Grégoire has given Realization to thousands of people all around. There are so many like this who are completely transformed and they have achieved the power within themselves to express themselves as that power of compassion and love. Because the compassion of Spirit doesn't talk that it works. Even a person who is a Realized soul of that level looks at you, with a glance he can cure you, he can raise your Kundalini, he can soothe you, he can change the atmosphere. The word miracle loses its powers completely. Nothing in a miracle. Everything works out. You yourself start wondering, what sort of tremendous personality I am. I have seen people going to temples, to mosques, to church and all that, but they have not been able to get rid of habits which are crushing them. They have been trying very hard; they could not do it. We have a doctor in London, he was an alcoholic of the worst type and he had lost everything. And he came to our program, he got his realization. Next day, he left everything. Because you become a personality that cannot be dominated by any habit whatsoever.

Habit comes to you from matter. What we do is a dead work. Like if a tree has fallen, we make the table, we think we have done a great job. But we cannot do any living work. We cannot transform flower into fruit, do we? But when we make the table or the chair, we cannot do without it, it sits on our head. So matter is all the time trying to overpower the Spirit. And when you become the Spirit, nothing can dominate you. That is why you know that the saints can live in any place. They are not bothered about comfort; they are only bothered about the comfort of the Spirit.

As the Kundalini rises, she gives you a balance. As a result of the balance, your health becomes all right. I'll explain to you how cancer is caused. Now, this is one center, and in this center we have the left and the right side of the emotions and of the mental. And through this the spinal cord is going. Now when you go to the extremes of the left or to the right, the imbalance takes place because you are disconnected from the whole. And that is how diseases are caused, especially things like cancer, when you are absolutely seceded from the whole and become on your own. So the cells become malignant, and they get triggered by some proteins and they start attacking other cells. And that is how cancers are [incomprehensible]. Now, the sympathetic nervous system, which is the left and the right, if by any means could be brought to a balance, then it is possible to stop this process. And that's exactly what the Kundalini does, then when she rises, this power, it brings it to the balance. That is how cancer gets cured. It's not difficult to cure cancer in Sahaja Yoga. Even we have cured AIDS and so many lunatic people. But the job of Sahaja Yoga is not to cure, but to create doctors. As a by-product of the Kundalini awakening, you are all right, your health improves, your habits drop out.

That is the first sign that you have become a Spirit, that no habit dominates you. Second sign is that you become absolutely healthy. Anywhere you may live, under any circumstances, any conditions you can withstand all sorts of attacks on your health as if you develop an immuned body. I've seen people look ten years younger, even sometimes twenty years younger, and I don't

recognize them second time I meet. Now with this realization of the body because where the Spirit has to reside, the temple of that Spirit has to be cured, has to be all right and cleansed. And as the cleansing process takes place, first thing you get is the blessing of very good health.

This has been described thousands of years back by a great astrologer, who was actually the pioneer astrologer in India, [BRUHUGUNI?], in a very big book called [NARIGRATH?], that in modern times the Kundalini will rise "sahaj", spontaneously, and people will not need to go to the hospital. Secondly, the nature of a person changes entirely. I have seen people who have been very cruel, extremely aggressive become absolutely beautiful, compassionate, understanding personalities. All the arrogance drops like the thorns drop out, and a person blooms like a flower. People whom I have known, who have been very disturbed, very upset, even Grégoire when he first met Me, he was bundle of nerves. Very tense people suddenly become absolutely calm and peaceful. We don't have to talk about peace, you just become peaceful. Today we are talking about wars and no wars; there is no need to bother about it once you get realized people on this earth. All these mental projections of creating a universal government or universal organizations are not going to help us at all because these are mental projections. But when you become the Spirit, then you become a universal being because you experience that you have now become the part and parcel of the whole.

Once you become the part and parcel of the whole, you do not feel that you are doing any good to others or you are obliging anyone because nobody is the other. If somebody feels this hand pain, the another hand soothes him. And what is the obligation? Who is the other that you are helping? You are helping yourself. So the feeling of other goes away. When you have the first stage of thoughtless awareness, then you watch everything without thinking, is Zen. Now I see a beautiful piece here and I know it is not mine, so I have no headache of it. But when I watch it without thought, all the joy that was put into this to create this starts filling me up completely because there is no thought in between. Otherwise, I would think, "How much will I pay for this? When will I get it? Where will I buy it?" But when I have no botheration like that and just enjoying without owning it. Like a calm lake reflects all that is created around it, the joy of that, fully. In the same way, the calm mind, without any thought, reflects the joy of the creation. So the idea of my mind drops out, all the headaches of insurance drops out. But the greatest thing is that you start enjoying another person.

For the first time you start enjoying another person without lust or greed. Once in Calcutta, I was staying in a hotel, and we had about three, four Sahaja Yogis in another room. And the owner of the hotel came to me, "Mother, please give me Realization." And when he got his Realization, all of them from their rooms came running, "What has happened, we are feeling so joyous?" I said, "See the vibrations of this man, feel the vibrations." And they stood there for at least half an hour, enjoying him and he enjoying them. No thought passed, they did not know he was the owner of the hotel, or he did not know who they were, from what part of the country. Pure joy of humanity which Confucius has described; you could feel real, true friendship of purity. But when there is lust, greed and thought, it ends up into miserable tragedies. So that one must know that for the first time, a rapport is established among human beings on very pure level. Sitting down here you can feel the vibrations of anyone you want to, whether dead, living, you can feel the vibrations of that person. With that you can say what's wrong with the person, and you can also correct that person. Now I then say this is a hypothesis for you, but it has to be proved.

In England when I started my work, Englishmen are very skeptical. And one of them said that, "I can't believe that you can know about somebody far away." I said, "All right, your computer is working, you just put your hands like this, and ask about somebody about who you want to know." So he asked about his father because his father had not telephoned to him since long. And he got a burning on this finger at this point. These are the centers of your father. And when he felt here, I said, "Your father must be down with very bad bronchitis, because this is the center of the throat". Immediately he telephoned to his father, and his mother came on the phone and exactly said that, "Your father is down with very bad bronchitis".

So the kind of a telecommunication you have. In the realm of God, there is a telecommunication. But that is perfect and absolutely efficient, and absolutely quick. You have to just enter into the kingdom, you have to be just the citizens, and that government works so efficiently, without paying any tax, you get all the benefits. Because of the problems these so-called religions and these so-called gurus have created, that people don't believe that there is a higher life for us. Because they created a picture about something, and the picture was never actualized in our life. On the contrary, they conditioned us, made us weak

and have made money or made some sort of a power out of it. But now the time has come to prove all the pictures that are given by these great prophets and to prove the existence of the Divine in an actualizing experience of the Spirit.

As I told you that it is all traditionally built up thing which has come today. It's nothing new. A sudden new idea if you take up is a wrong venture. It must have relevance to the tradition of seeking. And the time has come to prove whatever they said it is the truth. So you become the knowledge, in a short time you become very knowledgeable because you go to the essence of everything. How do you know the essence? Now, for example, people say that Mona Lisa is a very good painting. You believe it because it is certified. But if you are a realized soul, you can feel it; you can feel the vibrations of joy. If I say Michelangelo was a realized soul, you can feel it. If I say Mozart was a Realized soul, you can feel it. If I say that Maria Theresa [from Austria], the queen, was a Realized soul, you can feel it. Your hands act like the antennae of a computer. Then, any fundamental question you ask, you find that you are answered as tremendous vibrations.

Now one may say how to find out, relatively? Because once we had some people who came to see me. They thought they were great masters of all the Vedas and everything, Brahmins. And they sat before me on the right side. And I said, "Those who think they are Brahmins of very learned nature, please put your hands towards me." [side switch of tape - text must be missing!]

I said, "What's the matter?" "Oh we accept You are Shakti, that's why we are shaking." But I said, "Others are not shaking; why are you shaking?" But they said, "There are some who are shaking this side." I said, "Find out who they are." The other people said, "We are certified lunatics from lunatic asylum." And the Brahmins were surprised that they were uncertified lunatics. So only by believing that you are great, you don't become great. This Spirit, when it shines, you become the true knowledge. The falsehood drops out, the whole reign of ignorance goes away and you see the light of truth. None of the great saints have been to any universities, colleges anywhere. They have been very simple people, and what knowledge! From where did this knowledge come in? They never read any books. How did they know? Laotse never went to any college. Socrates did not go to any college. From where did they learn all this knowledge? You yourself, you are the store of knowledge; only you are to be connected. So when you get connected like this instrument, or any instrument, it starts working automatically.

So your attention becomes collectively conscious, your central nervous system emits truth, and you become the source of joy for everyone. You never get bored of yourself. You enjoy your company, sitting alone in the house or with the nature, anywhere you may be, you never feel bored. And such a person emits joy for others; such a person brings peace on others; such a person brings well-being in others. Shri Krishna has said, "Yoga kshemam vahamyaham" [Gita, chapter 9], means: "First, you must have your yoga, union with the Divine, and then I'll look after your well-being." He did not say that first I'll look after your well-being and then you take to yoga. This is what it is, that you become the source of joy. Joy is absolute; you don't live in relative terminology. And the blessings of the Divine just come upon you, and you are amazed in every way.

I relate one miracle which may baffle you, but you cannot explain it. This has been reported in the newspapers in England. And you know the English media, how terrible it is. I was giving a lecture in Bedford. At about six o'clock we started the lecture, and about eight o'clock one boy about ten miles away fell from his bike into a ditch about eighteen, twenty feet deep, from a bridge. So people thought he must be dead. They sent for the ambulance, and the ambulance people came, and by that time the boy got up and walked up to the ambulance all the way. And they were surprised how it has happened.

They took him to the hospital and there he told the doctors that there was an Indian lady wearing a white sari who came down and cured me. And she came in a white sari, in a white car. I have a white car. But I was sitting in the town hall, addressing six-hundred people. They couldn't believe it, but doctors said, surprisingly nothing has happened to me...[incomprehensible]. While there were all stones down below, they couldn't understand how can it be. And his bike was completely broken and shattered, gone to pieces.

So, next day he saw my photograph in the newspaper and he told the police, "This is the lady who cured me." And then they telephoned to people in London to find out who is this lady, miraculous. And they found to their amazement that I was at that time before six-hundred people. So they asked the boy, "What did you do?" He said, "Only while falling I said, Holy Mother, please help me." We have got the cutting, you can see that. Like I went to Middlesborough - this also is in the newspapers - a lady came

to me to say that her sister is sick with a disease that she doesn't go out of her room; she sticks to her room. For the last four, five years she has not come out of her room at all. So the media suddenly jumped, they said, "How will you cure such a lady if she doesn't come to your program?" I said, "All right, let me have photograph." I looked at the photograph and I said, "She'll be all right." And they were surprised at my confidence. But, you'll be amazed that the media could not sustain it within themselves, and they went to see her. I told them to wait for eight days. They went to see her and they were amazed to see that the lady had gone out with her husband on the mews for a walk. This has appeared in the newspapers that the guru who kept the promise.

I am not a guru, I'm your Mother. Mother is always a guru, but she's full of compassion. When she wants, whatever she has should be given to her children, in time. She wants her children to bloom like flowers and emit fragrance of their joy to the whole world. There are no complications in this relationship. It's very simple and pure.

May God bless you.

As I said, after the experience, we'll be having a follow-up program. When I come, lots of people come to my program. But I don't know why they disappear. Somebody said that, "Mother, everybody wants that they should have it from Me." But I can't stay permanently in Germany, can I? There are so many in this world where I have to move. But here we have, luckily, people who have been in Sahaja Yoga for quite some time. They are not there to dominate you, but to help you out. In the beginning you have to know in full details because in this short lecture, how much can I tell you?

I hope you will make it convenient, all of you, to go and establish this experience of the Spirit which you'll feel. And each one of you is capable of becoming that glorified personality of a great master. It's like one light enlightens another, and another light enlightens another; that's how this work has to be done because it is tremendous work. If I could do it alone, I would have, but I cannot. So I would request you to think about it very seriously and know that it's a very serious thing. One has to stand up at this point to save humanity from complete disaster.

May God bless you.

Now we'll have to have the experience of the Spirit, which is very simple matter. You don't have to do much about it. No effort is needed. Nothing can happen to you that will be harmful. It will be very relaxing and soothing, and empowering you to be the Spirit. So those who want to have the experience should sit down comfortably for about ten minutes more. These are precious ten minutes where you are going to get the fruit of all the goodness you have done, all the kindness you have shown. Now to first of all take out your shoes to take help of the Mother Earth.

This Kundalini is resting in the Mooladhara, is the triangular bone of sacrum, which is mainly made by the principle of the Mother Earth. So we have to take the help of the Mother Earth. She sucks in all our problems very easily. During this experience, you have to keep your eyes shut, but before that I will tell you how you yourself are going to awaken your own Kundalini. The left hand represents the desire to be one with the Divine. Say, we can say the desire power is on the left side. And the right side - right hand - is the one which represents the action, power of action. So what you have to do is to put the left hand on the table like this all the time, but be comfortable about it, but straight.

Now, at the very outset, I have to tell you that you are the temple of God and you are not to feel guilty at all. So you have to tell yourself that you are not guilty, and please forgive yourself. Now, right hand is to be put first on the heart, and then on the upper part of the abdomen, then in the lower part of the abdomen on the left-hand side. We are working only on the left-hand side. Then again back in the upper part of the stomach and on the heart, keeping the left hand all the time steadily on the table. Then this right hand has to go to the neck, here, in this corner, holding it tight. Then you have to put it on your forehead, then at the back; then you have to stretch your hand and put the center of this hand on top of your fontanel bone area, where you had a soft bone on your top here. You have to press it hard and move it clockwise, that's all, seven times, but I will tell you all that.

Now you have to close your eyes and not to open them till the experience is complete and I tell you, because your attention should be inside. But don't take your attention inside; it will be just drawn inside. You may take out your spectacles because it

improves the eyesight. There is no need to have spectacles because your eyes will be closed all the time. All of you must do, otherwise those who don't want to do should go away; will be very kind and civil of them because such a person disturbs others. It's a collective happening.

Now put the left hand on the table and please close your eyes. Keep them shut. Put both the feet parallel to each other on the Mother Earth. Now, put the right hand on your heart. Please keep your eyes shut. On the heart you put the hand and say please a question to Me, asking, you may call Me Shri Mataji or Mother - whatever suits you - a question: "Mother, am I the Spirit?" Put the hand inside the coat - would be better. "Mother, am I the Spirit? Am I the Spirit?" It's a very fundamental question.

The second question follows. If you are the Spirit, you are also your own master. So the hand should be moved into the upper part of the abdomen, which is the center for the mastery, built by all the great masters. Put it in the upper part of the stomach on the left-hand side, and now ask a question again: "Mother, am I my own master? Am I my own guru? Am I my own guide?" - three times please. Have confidence in yourself. Now take down this hand in the lower part of the abdomen on the left-hand side. This is the center of the true knowledge of the technique of the Divine. But I must confess I cannot force you to have the knowledge; you have to ask for it. So you have to say - because I respect your freedom - "Mother, may I have the true knowledge, the pure knowledge?" - six times. Six times.

Now raise this right hand on the upper part of the abdomen on the left-hand side again and press it - upper part of the abdomen. Upper part of the abdomen on the left-hand side, of the stomach. Now, at this center, as the Kundalini is rising, you have to establish your confidence by asserting - here you have to say, with full confidence in yourself, "Mother, I am my own master." - ten times please. Have confidence in yourself. Now, please raise your right hand to your heart. Here, at the heart again you have to assert by saying, "Mother, I am the Spirit." You have to say this twelve times - these are the times according to the petals of these centers. With full confidence - you are the Spirit - that's the truth.

Now please raise your hand to the corner between the neck and the shoulder and take it little backwards and press it hard. At this point I have to tell you that you should say sixteen times, "Mother, I am not guilty at all." From the front, take the thing from the front. And now you have to say sixteen times because Divine is the ocean of love and compassion and grace. But above all it is the ocean of forgiveness. So you cannot commit any mistakes that He cannot forgive. There is no need for you to have any guilt. Now take this hand on top of your forehead, across. From your heart you have to say here, "Mother, I forgive everyone." Just to say it from your heart, not to count how many times, but from the heart please say, "I forgive everyone". Hold it tight. Whether you forgive or not forgive, it's a myth. But by not forgiving, you play into the hands of wrong people. All right.

Now put the right hand on the back of your head, and for your satisfaction, without feeling guilty, you may say that, "If I have done anything wrong against the Divine, please forgive me." But don't feel guilty. Now put the right hand on top of your head; stretch it and put it on the fontanel bone area, the center part of your palm. Press it and move it seven times, press it and move it seven times. Now please take down your hand and slowly open your eyes, and without thinking, watch Me. Now, put the right hand like this and the left hand on top of your head - little higher - and see if there's a cool breeze coming out of your head - higher, higher. It's a subtle thing. Do not think. Yes, it's there. Should not be anxious.

Now put the left towards Me and see the right hand. See now if there's a cool breeze. All right? It's very subtle. Little higher you can feel it. Again put the right hand and see with the left hand, but don't think, don't think, you cannot think about it, you've gone beyond thinking. Keep your eyes open. Now there's one more thing, is to feel it, the all-pervading power: is to put your hands up and your head like this. Now ask a question: "Is this the all-pervading power of the Divine? Is this the cool breeze of the Holy Ghost? Is this the Brahma Shakti?" Ask the question three times. Now, take down your hands slowly. See now if you feel it on your hands. All right? On your head. Head is all right; she has a Vishuddhi - she won't feel so much in the hand, but in the head most of you will feel. There's one more thing we should try which is very simple, which will give you protection from evil. Now from your hand the vibrations are flowing. Now you move the hand from right to the left seven times, like this, with Me. One, this is your giving protection to your auras, is two, is three, is four, is five, all of you should do, is six and is seven.

Now I'll tell you how to raise your own Kundalini. This hand has to move steadily upward and this one has to move round it from

upward, forward, downward, back. And this moves straight. Now keep the hand in front of your Kundalini. Is here, about here, sitting down. Now start raising it, we have to do it three times. Watch your left hand. Push back your head and give it a twist. And a knot. Again. Once more. It's very interesting how you raise your own Kundalini. It has started. Yes, do it, slowly, watching your hand, watching your left hand. It's very simple. Now put your hand up onto the... and give it a twist and a knot. That is the Kundalini is tied there. Now three times you have to give the knot, that's all. Now, start it again. Is it going up? There, there, now push back your head, give it a twist, one, two and three. Now see most of you might feel it in the hands as well. She's looking very different. All right. This is how you have to raise. Are you feeling or not? (Little.) Little? Of course, in the beginning it's little, doesn't matter. It doesn't matter. Some may not feel - doesn't matter. But as you come to the follow-on, and do it with assiduity, you'll establish it, you'll master it. I'm going back to London tomorrow, and I'll come back again after a year and I want to see all of you as great masters, giving realization to thousands, saving the lives of other people.

May God bless you all.

## 1985-0510, Becoming the Light Within

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10 May 1985

Becoming The Light Within

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Hampstead, London (England), 10 May 1985.

I bow to all the seekers of truth.

As I've told you before that these are special times and times when we are very confused. We are confused because so many things are in the atmosphere. Moreover there is a special urge to search the truth. This is a very special thing of the modern times that people want to search the truth. They think perhaps that there is something beyond that they have to seek. They feel they are not satisfied with whatever they have. They feel whatever is going on in this world is not all right. Perhaps they feel that human beings are not on the right track, that we have to take to something else, something different, something higher. But first of all when we are seeking we must understand that it should be based on the tradition of seeking. For example when you see these lights here you know that it was discovered gradually, first through principles then little more than little more, till they discovered these lights for us. But in the seeking, today the problem is human being has become not independent, but arbitrary. He has no relationship with the whole and anybody who tries to find out a new method, a new idea, a new way, people jump at it. This is the character of the modern times.

Also media and everybody tries to support anything new comes up. In seeking also it has happened. Whatever the ancient people, the scriptures have found out for us is not to be wasted. We have to base our findings, our path, on the same experiences that they have had and use them for our purpose, is a sensible thing. Like a boy gets a lot of money, say from his parents, he uses that and then builds up his own business, very rarely he'll throw away all that and start something new venture and end up into bankruptcy. This is one of the problems we are facing. So I have seen that people suddenly take to new methods. Like I was in Pune the other day and I met some very learned Sanskrit scholars and I was amazed that they all were suffering from all kinds of diseases of a very serious nature. They said we have a guru, another said he had a guru.

I said, "How is it you are suffering from diseases? If you have a guru at least your health should be all right, at least minimum of minimum."

"Oh," they said, "No, this is something we are doing, very serious work."

I said, "What is that?"

They started giving Me names Urnopait, Turnopait, this, that. They said that our guru gives us a shaktipath.

I said, "What is all that I have never heard it. In what book have you found it? Is it in Vedas? Is it in Puranas? Is it in the Gita? Or is it in the Bible or Koran, where is it? Did Lao Tse talk about it or Socrates? From where do you get this word shaktipath suddenly? I've never heard about it."

So they said about sixty, seventy years back there was a gentleman called Vishnutirth, he has written a book, a book, and all this is based on that shaktipath business.

I said, "I have never heard of this Vishnutirth." And he started a new fad and this fad you have accepted. Paying no attention to

what Gita has to say, no attention to what Vedas have to say, no attention to what other scriptures have to say about your ascent. You accepted this gentleman out of the blue. Last hundred years in India we have had such funny people, they produced books after books, even in English language. All these books were translated in English, German and all these languages which has no basis, no connection, no relevance whatsoever to the ancient books.

I read a book by one German fellow who must have taken some, I don't know, idea from half baked personalities in India, somebody who knows little bit of Sanskrit and lot of English or maybe something, he wrote such a funny book where he said the kundalini is in your stomach. And this fellow says when the kundalini is awakened then you start jumping like a frog, or you start making noises like a lion.

I said, "Now, are you going to become a frog and then an earthworm?" All these funny ideas are worked out. Maybe it is an ego trip or maybe it's some sort of a befooling going on. The other day only I met somebody in Germany there were thirty people in a group and their so-called teacher came to see Me, and they all. And I said, "What are you teaching them?"

He said, "I am teaching them Prana moksha."

In Sanskrit language this word means death. I was quite shocked, what is he teaching there? I said, "What sort of a Prana moksha are you teaching them?"

He said, "I circulate the air into my body and then I make the air go here and there."

So I said, "What difference will it make if the air goes here or there or here or anywhere what difference is it going to make?"

But he was quite confident about it. He said, "You must give me more time I'll talk to You about it."

His kundalini was all frozen, absolutely, he had no realization, nothing, and he was boasting as if he knew every thing about it. I was amazed at his confidence, really, and I said that these thirty people tomorrow will be suffering from horrible diseases or they might end up in a lunatic asylum. It may be some of the seekers might have reached a state that they are so frustrated with all this nonsense, that they might be wanting just to kill themselves. They might have joined him for this Prana moksha. I can't understand why did they join this nonsensical thing?

So, it is in India also we have such people who take to new things, even in Western countries we are finding all kinds of new things coming out. Like we have now, say Christ came in, now as soon as Christ came there was an attack on Christianity. As I told you last time, Paul. Paul came to attack Christianity, absolutely he is anti-Christ man. Because he just neutralized Christ in his writings. When I first saw him there I said, "Who is this Mr. Paul here, what is he doing?" And he cannot understand the mystery of God. He cannot think what greatness God's powers are. How can he describe? He himself was epileptic, according to us that means he was a possessed man. Not only epileptic, he had other problems. He had killed many Christians and suddenly he becomes a very nice man. Same with Augustine, he was another attack. Now thank God that Paul is exposed and now we have two types of Christians, those who believe in Christ and those who believe in Paul. You cannot intellectualize. No, you cannot intellectualize Christ. You cannot intellectualize God, you cannot, He is beyond your intellect, you cannot understand Him through your intellect. If you have to understand him you have to become the spirit.

Christ has clearly said that you are to be born again and when Nicodemus asked, "How am I to be born again, I have to enter into the womb of my mother?"

Christ said, "No, that what is flesh will produce flesh. You have to be born again by the Holy Ghost."

If you remember Christ was killed in no time, if was given time He would have told you what Holy Ghost is. Holy Ghost is the Kundalini within. She is going to give you the second birth. It's a living process and a living process that should take place spontaneously. All living processes take place spontaneously. It is not that you can make a seed sprout by taking out, pulling out

its primule. You cannot force it. You cannot put some sort of a yoga system on that seed that it should sprout. It has to just be embedded in the Mother Earth and the Mother Earth has the capacity and it sprouts.

So all these new ideas come in and for an intellectual, he being a right-sided person, it's a great thing to see something new. And that's why sometimes people of My age group here in England are quite shocked to see how things have changed in this short time. How people have taken to absurd things. Why have they accepted this kind of absurdity and even the law goes in their favor, because law has to be democratic, it has to accept whatever people say. Tomorrow if many people decide to commit suicide the law will say all right, by law you are allowed to commit suicide. What can the law do? They allow all kinds of nonsensical perverted sexual behavior and in '73 when I went to America I told them there will be a horrible disease coming in which will stop all this nonsense. And they were very angry with Me, nobody would listen to Me.

But other gurus said, "It's all right, that's your culture, do what you like, we have nothing to say. Only thing as long as you give us money we are satisfied. Nothing more is wanted for you to do, you do, that's your culture, this is our culture."

Even lamas say that, lamas when they come down all the way from there, they are only interested in taking money from here. They said that's your culture, this is our culture, as if Christians had a culture which was nothing to do with righteousness, nothing to do with virtue, nothing to do with purity? Was that a animal's culture that was preached here? But that's what people accepted because they just wanted your money.

It's a spontaneous process, you cannot pay for it. And once you understand this simple point that you cannot pay for it, is a spontaneous thing, it is your own, it is within your being, that this kundalini resides. And it resides in such a way that it notes everything that you do, it's like a tape recorder. It's your mother and she is never going to harm you, but she knows about her child. She is your individual mother and she is the pure desire within you. All other desires are impure desires. It's an energy, an energy which is the reflection of the Holy Ghost, because Holy Ghost is the energy of God, which is all-pervading. This energy resides in the triangular bone and the Greeks knew about it because they called the bone as sacrum. This all your own, you don't have to go any where else to find God

[Let her have a chair, get her a chair here, she wants to come closer to Me this little child. All right please be seated. She's a born realized person. "How are you?"]

So, these great things are available to you, at your command you have got it and the times have come, so many people have to get realization. But not through your mental projections, not through your understanding you can understand the miracles of God, you cannot. Must understand very humbly that we have to go beyond, we have to become the spirit. As Krishna has said, Atman Nivatman Atushda. That is: through atma only the atma will know. That is: the spirit will know itself through the spirit. Is a simple thing to be understood that we are not yet the spirit and we have to become the spirit. That's what Christ has clearly said it. Because people did not become the spirit, now they are challenging Him. They are challenging His miracles. To see His miracles, one thing is that you have to be the spirit.

Now all that is within you, in your own power. It's all there, you have to just get it awakened, and you become that. Once you become the spirit, you become the light and then you can give realization to other people. Now the people when they are skeptical, and they start doubting, I think there is nothing to doubt. You are doubting yourself. Because, you are not to pay anything here. You are not to do anything, but to get your realization, that's all, very simple. Why should you doubt? Because your brain is such that you doubt the right and never the wrong. So please tell your mind that just now wait for a while, let me become the spirit. Then the same mind, you'll be surprised, the same mind will communicate to you, what you have achieved and what you have got.

But as a result of spiritual ascent what do you get, that's the main point is, what should happen to us? So the first thing happens to us is that we become, again I say you become on your central nervous system, collectively conscious. That is on your fingertips you can feel the cool breeze of the Holy Ghost. You can feel the centers of another person, on your fingertips you can feel it. You can know about your own centers, you can know about the center of others. That is one thing that happens to you,

that you become collectively conscious. I say you become, it's no certificate by anybody else, but you yourself can find out that a new awareness has come on your chakras and you can feel it. That you can feel what's wrong, particularly, in a particular place within your being, also you know how to cure it, how to put it right, how to make all right. This is the first thing you get as a knowledge of collective consciousness. Your attention becomes enlightened because you become aware of yourself and of others.

Now this awareness is very good word in English language if you understand. Human beings are much more aware than the animals. Where? On the central nervous system. Whatever we have achieved in our evolution is on the central nervous system. So whatever has to happen to you has to be on the central nervous system, so that you achieve the epitome of your evolution. From amoeba you have become the human being and now you have to become the higher being, not a frog or an earthworm, but a higher being who can feel another personality and your own personality. And then you have to know how to cure it.

What I do is nothing, is just like a light, which is enlightened, can enlighten another light, that's all. You are all ready and the another light gets enlightened. So your ego should not feel challenged at all. There should be no fear that you are obliged to Me or there is some obligation on you, nothing of the kind. This is the first thing happens to you, then the second thing happens that you become aware that you are a part and parcel of the whole. Because you start feeling another person within you. You start understanding another person within you, not mentally, but on your vibrations. So you understand which part of your being is not all right and which part is all right. For example, if somebody gets cured through Sahaja Yoga and he tries to thank Me for that, or thank anyone for that, there's nothing to thank. Because who is the other? Supposing this hand is feeling the pain, the another hand soothes it like that, it's doing no obligation on this hand. It's happening automatically because there is nobody who is the other. So this is the second thing happens to you, that you feel conscious, aware that you are part and parcel of the whole.

Then you know the truth, what is the truth? The truth is that you are the light, that you are the spirit. Now many people see the light and they say we have seen the light now we have become the light. If you become the light do you see the light? You see the light when you are away from the light. If you see the light, then it is not that you have become the light, but you are seeing the light, that means it is away from you. So we must have a full idea as to what is the light within ourselves. When we have light within ourselves we see ourselves clearly and others clearly. And understand ourselves and understand others. And in that light, if you have the knowledge how to cure, how to improve, how to cleanse yourself and others then you are the light. And that's what exactly happens to you.

Then the spirit is the source of compassion and you become extremely compassionate and discreet, because you know which person is all right, which person is not all right. For example a person is there who may be a thug, he is cheating, and he says, "I am a great saint." How are you to find out? Only through vibrations, because you become like a computer which is connected. If the computer is not connected then it cannot say, it is indiscreet, but once it is connected, all the programming is done in you, you start working it out and you know exactly what that sort of a person is. As soon as you know that person, you know what should be done about it. Even if the person is dead, even if he is far away you can find out about that person and also if he is a great saint, a great personality, you enjoy it. Even you enjoy the people who are around you, whom you have missed, you never knew about them. So that first time the rapport is established between human beings of a very pure nature.

Normally there is some lust, some greed, some sort of a relationship that exists. Here is a pure relationship of enjoyment, every human being is a source of joy when he becomes the spirit. As soon as he becomes the spirit you start enjoying him as a spirit and he also enjoys you as a pure spirit. There is no lust, no greed, nothing of the kind. Nothing common, like two drunkards are great friendly people, one of them gives up alcohol then there is no friendship. Two nations will say we are brothers, brothers, and when it comes to reality you'll find they are the ones fighting with each other. It can happen to two own brothers, born of the same parents, it can happen to anyone. But once you born of your spirit, you feel the oneness that all cells belong to one great being. Microcosm becomes the macrocosm and you do not feel that separateness from another personality as you all the time feel you have fear, you have apprehensions, you are bothered. But once you become that you trust and you know that another one is a great human being.

Only the human beings are the ones who have created atomic bombs to kill each other. No animals have done like this. Only the

human beings have a great capacity to destroy each other. But all these ideas of destruction of others goes away and you think of constructing everyone into a beautiful way, without aggressing anyone, without torturing anybody, without trying to show off. It's just automatically works out and this compassion is the compassion which doesn't talk. It's a silent compassion which emits from such a personality and when it emits, it acts, it works, it doesn't talk. Such a person, even with a glance, can make a person peaceful, can bring joy to that person, can reconcile many broken hearts, can do wonders, can cure lepers, can cure people suffering from horrible diseases. Because joy, which we talk of, has got its own powers and one of the greatest powers of joy is that it is the truth and it is the compassion. Is the absolute, it is the absolute and that's how you do not have any more confusions in your minds because the relative world disappears and everything gets related to the absolute that is your spirit. And this is what you are. You are the spirit. Only thing you have to just become and that becoming is a very easy thing that should happen to you.

Some people must have read some books where they must have heard that it's not such a easy thing. You have to do lots of cleansing yourself and you have to go to Himalayas or some sort of a Gobi desert to take your mokshas. In any case, if you go to Himalayas or to Gobi desert you get your mokshas all right. There is nothing to try anymore. But, it is that whatever is vital, you have to get it easily. You breathe so easily, you digest your food so easily, you don't have to go to a guru or to anyone to get it. So whatever is vital has to happen easily and that's why you have to get it very easily. Now you may say, "Why you are there Mother, what are you doing there? If we have to get it why not we get it directly?" You cannot, because it cannot talk. It does not have words and somebody has to decode it for you. After decoding you must, like scientist, accept Me just as a hypothesis and then see for yourself if it is true or not. You should not just discard it because I am saying so or you should not accept it because I am saying so, but as scientist keep your mind open and see for yourself, if it works you must accept. If you are honest you will but if you are dishonest you will not.

Of course this is not meant for frivolous people who want to waste away their life, who want to go towards destruction. God is not going to fall at their feet. He selects, in a way He does select, and you yourself were into this selection. You yourself are found out in this selection. So it is for you to understand that it is meant for true seekers, seekers of truth who are really seeking God and not for people who are just doing it out of fashion. I used to get some people because they couldn't get admission into some other lecture so they would come to Me. But some of them would get realization, despite that, just by chance also they got realization. But such people are not serious people, they do not develop their realization further and they end up with some problems. And after one year they'll appear saying that I have got this problem and that problem. But this is a science of complete understanding of the divine laws, how they work out, and once you know that you'll become a master, master of yourself. So this source of joy, which is the spirit, must be achieved and must be enjoyed. If we do not become that, we have missed the real point. That's what it is.

Now there are many people who also come down with new ideas, this is so, that is so, but one should understand that why do you want represent anyone here. Why don't you become yourself? You need not represent some other cult, some other gurus, better be yourself. What have you got so far? It just takes a second for you to get realization, what is the need for you to represent some other people because you have paid some money there or because you are member of some organization. You cannot be a member of Sahaja Yoga, you have to become.

First you have to become a person with thoughtless awareness, which we call in Sanskrit Nirvichar Samadhi, and after that you become a person endowed with doubtless awareness, which we call as Nirvichar Samadhi. This must be achieved, otherwise no use coming to Sahaja Yoga. Because we do not want just majority, nobody is fighting elections here, it is for your gain. If you do not want to achieve that state, no use being here because it's just a waste of time for us and for you. You should just understand that this is your right to have it, you must get it and you must learn how to preserve it. And then you have to give it to others. You have to use it for helping others. For the emancipation of the whole humanity, for the saving of the whole humanity. There may be very few, doesn't matter, but they have to be genuine and truthful people.

If you are interested in money, by getting some money in Sahaja Yoga, there are some people before they came in Sahaja Yoga, wanted to make money out of it. Then we found some people who were having power games. All this is not going to help. What is going to help us is our genuine effort to know the truth, that's all. Otherwise all other things are of no avail and no help to us or

to you. That's the only thing that we expect you to have, is a genuine understanding that it is what you have which we have to give you, and which you have to take it, and then give it to others, what they have. Is a very simple thing, like one light can enlighten many lights and all those many lights can enlighten innumerable lights. And the time has come and there is no need to waste any more time about it. I hope today again we'll have many people get their realization.

But you should not get lost. After getting realization people get lost, and I think Christ has already described a parable where some seeds got sprouted and got lost. So that sort of a thing should not happen, we should have the seeds which become the trees. And you can, you are quite capable of it because you have been seekers of ages, not of today. So you must utilize what you have had today. You must cash it, it's your own, and as your Mother I'm very anxious that I better deliver the goods to the right people, whatever belongs to you I must give you. That's how I'm traveling, today only I came from Austria and I will be again going to Italy. And I find in Italy specially people are extremely sensitive, extremely sensitive. The municipality itself has come forward to help us and they are the ones who are paying for all our halls and for our advertisement.

I don't know that is possible in English municipality. I don't know if they'll have that much of awareness here. But doesn't matter, let's hope for the best, doesn't matter. Whatever it is we, I think if you all people get your realization and establish it I am sure one day will come that we'll have to make this great country into Jerusalem. Is already prescribed by William Blake and He must have seen the future of England as something great, that's why He wrote it, because He was a very great seer. And we have lots of proof of that, that He was a great seer and whatever He has said has become the truth. I've been here in England for the last eleven years now, and maybe some more years I may be here, but then I have to go back to India. Before that I hope in England we'll be able to establish something really substantial.

May God bless you all.

The question part we have decided not to have because it wastes your time, but if you have any questions you can write to Me, and I'll answer them. That is much better because mostly these are individual questions, nothing collective, so is better not to disturb everyone by questions. If you have any problems you may write to Me, you have got address, and I'll definitely answer you and I'll try to do whatever is possible. Thank you.

Now we will have the experience, which is a very simple thing, but we are not very simple we are quite complicated. So in a simple place like I went to Himalayas, the foothills of Himalayas, very simple people from the village came and it was said that they call the Kundalini as the Devi, is the Goddess. The Goddess will be awakened, they came from twenty miles, walking down and in a valley we had a program and thousands were there. And they all got realization, and they got established, I didn't have to do much about them. Very simple people. And traditionally they know what it is, waiting for this day. So, because we are little complicated we have to help ourselves. And so it might take little more time, doesn't matter, we must have patience with ourselves. For this experience I have to say that those who do not want to do it should go away. Because they shouldn't disturb others. To be civil and kind to others, should go away and should not suddenly get up and walk out. Or suddenly open your eyes. If you want to go away, you can go away. But if you want to stay, you are welcome to stay, but you have to do the way we tell you. Because it cannot be forced upon you.

Now, you will all have to close your eyes, so you need not have your spectacles, because it also helps your eyesight. And you have to take out your shoes because this Mother Earth helps us a lot, to suck out our problems due to the matter. Best is to take out your spectacles because your eyesight improves. Many a times it does help. And moreover, the attention has to be withdrawn inside. But if your eyes are open then the attention goes out. So, best thing is to take out your shoes and your spectacles, and any sort of a tight thing, which makes you, I would say, little uncomfortable. Anything tight anywhere, which makes you uncomfortable, should be loosened, that's all. Both the feet should be on the Mother Earth, straight, like that. In case you are sitting on the ground, it's all right, but if you are not sitting on the ground, the best thing is to put both the feet on the Mother Earth. And the shoes, please keep them at the back, would be better than to keep it on the sides. At the back. You should not touch them. And now put your feet away from each other a little bit, parallel on the ground.

At the very outset, I have to say that, we have to be very pleasantly placed within ourselves. Because we are going to enter into

the Kingdom of God. So, we should be very pleasant about it, and we should forgive ourselves. We should not have guilt of any kind. Of any kind whatsoever. This is one of the biggest obstacles of the West that everybody has some sort of a nonsensical thing called guilt, which I do not understand. Even for a small thing, we build up a guilt, because the norms are so strong here that people who do not do some small thing like wearing a proper shoe, also feels guilty. It's very absurd to feel guilty. When you are a human being, that means God has accepted you, chosen you to be a higher personality. So, you should not have any guilt at all. Apart from that, Divine is the ocean of forgiveness, and you cannot commit mistakes in such a way that Divine cannot forgive. So, please first of all forgive yourself, have respect yourself, because you are the temple of God. Only the light has to be brought in, that's all. So you must have respect for yourself.

Now, the left hand is the power of your desire and kundalini is the power of pure desire. So you put your desire on your hand like this towards Me. That is the expression that you are desiring to have your realization, all the time. And the right hand has to be put on different centers to help the kundalini to settle herself properly in these centers and to rise. And this, you have to do it. You have to raise your own kundalini. I'll just tell you how it is done, is very simple, where to put which hand. Now, in the beginning you just keep your eyes open and see that on the heart first, I'll tell you later on, just now see, that on the heart then on the upper part of the abdomen, then on the lower part of the abdomen, then going back in the upper part of the abdomen, then on your heart again. I will tell you one by one, everything.

And then here, this is the center which catches very much when you feel guilty. And it's still very bad today. So just here, at the back. From the front you have to take the hand and put it on the left hand side. Like this between the angle of the neck and the shoulder and just press it a little bit behind, like that. This is very important center. And this is how I find people get spondylitis and angina, all kinds of diseases. Because they feel guilty all the time. There's nothing to feel guilty. Then you have to put your hand here, this is the center of Christ, and another one, here at back. And then you have to stretch your hand and put this center of your hand on top of your head, here on the fontanel bone area, which we call as the Brahmarandra, and press it hard. And move it clockwise like this, seven times. So this all we will be doing after closing our eyes, which is a simple thing, only people make mistakes when they do not put their hands this way but this way and it pains, so best is to do it in this manner.

Now, all these centers we are trying on the left hand side. That, one should remember. Not on the right hand side. Every center I'll describe to you and I'm sure we'll all achieve our realization. Now, the left hand towards Me and both the feet on the ground. You shouldn't watch others. This is the first time you are going to see yourself, so don't watch anybody else, only you have to watch yourself within. And please don't open your eyes. Keep your eyes shut till I tell you. Now, the right hand has to go on the heart.

Now, here resides the spirit. You have to now ask Me a very fundamental question. You can call Me Shri Mataji or you can call Me Mother, whatever you like, "Mother, am I the spirit?" Ask this fundamental question with full confidence in yourself. "Mother, am I the spirit?" Three times.

Now, after this, a very fundamental question again follows, just after this. That if you are the spirit, you are your own master. So you put your hand please on the left hand side of your stomach, in the upper part. Here, you again ask Me a question three times, "Mother, am I my own master?" "Mother, am I my own guide?" "Mother, am I my own guru?" Three times.

Now, please take this hand in the lower part of the abdomen on the left hand side and press it hard a little with your fingers. Lower part of the abdomen, lower part. Now, this is a center of the true knowledge of the Divine, the laws of the Divine, the technique of the Divine. The pure knowledge resides in this center. Now, I cannot force you to ask this knowledge, so I would request you to say that you want this knowledge. So please say, "Mother, may I have the pure knowledge, the true knowledge?" You have to say this six times, because this center has got six petals. Six times. "May I have the true knowledge, may I have the pure knowledge?" This will excite the kundalini.

Now raise your right hand on the upper part of the abdomen on the left hand side, press hard. Here again this being the center of a master, a guru principle center, which is created by all the great masters of the world you have to assert, to make a seat for the kundalini to rise; with full confidence in yourself you have to say, "Mother I am my own master, Mother I am my own guru," ten times. "Mother I am my own guide." Ten times, because there are ten principles of the mastery.

Now, please raise your hand to your heart and press it there, on the heart. Here resides the spirit. The truth is you are the spirit. So now you have to assert again, twelve times. There are the twelve petals here. Twelve times you have to say, "Mother I am the spirit." Have confidence in yourself. Please say it. "Mother I am the spirit." Believe in yourself. Have faith in yourself. You are the spirit.

Now please raise your right hand in the corner of your neck and the shoulder, on the left hand side, and take it little backward and hold it tight. Here is the center which goes into problem when you feel guilty. So please say sixteen times, "Mother I am not guilty at all." Divine is the ocean of love, peace, graciousness but above all it is the ocean of forgiveness so please say it sixteen times, with full confidence that you are not guilty at all, "Mother I am not guilty at all, for anything." Forget the past. Forget the past. Be in the present. Close your eyes in a way that there's no pressure on the eyes, close them fully. Sixteen times. If you still, if you still feel that you are guilty you better punish yourself by saying it hundred and eight times. That would be better then for some people who just indulge into this kind of a pastime for nothing at all. "Mother I am not guilty at all."

Now, please put your right hand on your forehead, across, and press it on both the sides. Here you have to say — how many times is not the point. Here you have to say from your heart, "Mother, I forgive everyone, Mother I forgive everyone." From your heart. Those who say, "It is difficult to say," are under wrong impression because it's a myth. Whether you forgive or don't forgive, it's a myth. On your forehead please. Not on your head, but on your forehead. On your forehead. From your heart please say, "Mother, I forgive everyone." Because if you don't forgive you are playing into the hands of wrong people. It's a myth in any case.

Now, take this hand on the back of your head. Just for your satisfaction you may say that "If I have done any mistakes oh Divine, please forgive me." Just for your satisfaction you should say that because the Divine has already forgiven you. Now, please stretch your hand and put your palm on the fontanel bone area, which is a soft bone in your childhood and press it hard and move it seven times. Press it hard; the center part you press it hard, the center part.

[Shri Mataji sends the cool breeze through the microphone]

Now slowly take down your hand and slowly open your eyes. Now, without thinking, you have to watch Me; just without thinking. You can do it. Without thinking. There's no thought. Now, you may put on your glasses if you want to and without thinking, you put your right hand like this; little higher and with the left hand just try to see if there's a cool breeze coming out; with the left hand. It's very subtle, it's sukshma; with the left hand. Put your right hand like this please. It's very, very subtle, very subtle. Little higher. Maybe about four inches, five inches. Here. Hmm.

Now, put the right hand on top again, left hand towards Me. There'll be some heat coming out. Doesn't matter. Let it come out. Is here. There's no thought in your mind. You can see there's no thought. Now raise both the hands and 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; is this the Brahma Shakti? Ask the question. Is this the power that does all living work? Just push back your head and ask. Now, put down your hands. See if you feel it in your hands. Like this, like this. Opening out. There. And you are relaxed. There's a peace that is emitted. All right? Keep the neck straight. Straight neck.

One more thing I would like to tell you — how to raise your own kundalini. Because this is the only program we are having here so I'm sorry I have to tell you all in one program. But you all have to come to our centres. We have them in every corner of England and also in London where you can meet people and find out more about it and master it. That's what you have to do, on the follow-on. You must come and pay attention fully to it. It's not only when I come that you should come. They are all here who have known about it and they will just guide you. They are not going to dominate you. They are just here to guide you and once you know, when you become masters, then you can do the same because I'm alone and how many people can I meet? I have to travel, I have to go in other countries also. So, there are people who are quite equipped and they will tell you all about it in a very sensible way. Just listen to them and they will guide you and you will reach your destination very soon. You need hardly a month to understand it, hardly a month.

Now, how to get yourself into a complete protection. You have to give protection to your aura. So for that you have to raise your hand from this to this like that, seven times. Let's do it. One, two, three – this is a protection to our aura, four, five, six and seven. Now to raise your kundalini, put your hand, while sitting down, in front of you just like this. In front. And the movement of the left hand should be straight like that, watching the hand and the right hand should be upward, forward, downward, backward. It's very simple, like that, clockwise and this hand should move straight till you reach the head. I'll tell you how. Now, let's start

It's very simple. Even a child can do it. Push back your head, loosen your shoulders and give it a twist. And now tie it up. Let's do it again. Three times. See now it's moving faster. Push back your head. Now. The kundalini moves with it. Now, this is what the Christ's disciples did and people didn't understand. And let's have it once more and this time three knots are needed on your head so you fix up the kundalini on top of your head. One, two and the three. Now, you feel it in your hands. See now the [inaudible]

The face changes. Eyes start glistening. A different glint comes in and that's how you know you are a realised soul; and that's how you know you are My children. But you have to establish it. You have to establish the experience. Even those who haven't got it, doesn't matter. Everyone can get it and you have to establish it and for establishing luckily today it's very easy because we have here so many people who can tell you all about it. They have understood it fully, they know it, they know everything and they will tell you all about it. There's no secret in Sahaja Yoga. Everything is going to be told to you.

May God bless you.

How many of you have felt the cool breeze on the head and as well as in the hands; if you have felt on the hands or in the head please raise both your hands. Both your hands. All of you felt it. Except for very few all of you have felt. Those of you who haven't felt it shouldn't mind. It will all work out. There are people who can help you out. Thank-you very much. May God give you wisdom and strength to establish yourself as great yogis.

## 1985-0512, Seminar, Talk on Children, Parents, Schools

View [online](#).

12 May 1985

Talk to Sahaja Yogis

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

(extract from about 1hr 1min on the video)

[Inaudible]... But one thing, we must make it sure that those children who study there, they must pay for it, because, you see, what happens that it should just that the money be paid there, it's finished there. That money can be recovered and can be used for some other purpose. Otherwise, sometimes in Sahaja Yoga it happens that people just send their children and do not pay for it; then it would be very difficult. Because it's not much, but whatever is needed. Because that money must be recovered and we should be able to put another space also with that; so with one we can have another, like that we can cope. That's a very good idea for the...yes.

And you can also get children of another place around, so the parents also know something about Sahaja Yoga there. Would be a good idea to make all the possible enquiries. Then from the same schools we can take children there when they're a little bit grown-up. I think we should get Ray. Ray is a very good organizer; he's running his school very well, in Australia, and the government people came and they praised him very much. The children - and he brought them up very well. They are, in a way, little strict with the children, and also quite kind. It's a very good balance I think.

The children are so sweet, very sweet; so well-dressed and so good. When I was coming they had tears in their eyes; it's so sweet they were. And they look after even the leaves of the trees, you see; they even care for the leaves of the trees. It's so sweet of them. Everything is so nice to see them working like that; so involved with doing that; their own school, that's their own teacher; there's everything. And I think the strictness is only towards some children who become a little misbehaved. Then they separate the children, keep them separately, and then if they improve then they put them back. That's a good idea. But they don't allow them to mix up with others.

This will go on increasing very fast if things work out. I'm sure it will really work very fast. Another idea of Mine was that there's land given to us for the education of the Western people who want to learn twenty-one arts in India (inaudible). And that will supplement for our Indian people in another place - very close by. That's another land for educating them how to do this lathe work, this work, that work. But will be based on Sahaja Yoga. I mean, this is just a sort of a side issue; but will be based on Sahaja Yoga, because all the art is possible if you can concentrate your mind.

You see, the mind is such a funny thing - human mind is - that supposing he wants to study, what he will do? He will find out an excuse when to study. Then: "This time is not all right." Then he'll postpone. Then he'll say: "All right, let me go and eat something." Then again postpone. Then he'll say: "All right, let me do that." Like that he'll be postponing; the mind will be postponing all the time, and he'll not do the job. You see; that's the mind. So now when the people - that means, you see, your mind is going all over; there's no concentration, and without concentration you cannot do art very well. So to get that concentration, what we have to do is to teach them how to concentrate; and concentration is only possible through Sahaja Yoga. So, first of all, we'll teach them how to concentrate, and then make them Sahaja Yogis. And with that concentration they will be able to do all this work very well; because, after a certain age, if you have to teach somebody an art, it's like making a horse out of a donkey; it's not easy. So best thing is to make them at least Realized souls so their hand starts moving better, and they do it.

So Sahaja Yoga has to come there; and we'll get people from all over the centers and all over the world for that, and they will all be chatting. We'll see their vibrations - if they can come in, and all that. That's how we'll have to put them. And they will have to learn any one of the twenty-one arts. First, of course, they'll jump for all the twenty-one. I know they can't do it. So, gradually they

will learn that they can't do it, so they'll take two or three; whatever they want to do.

Because Indian art is not easy, you know. Indian music, if people want to learn, is sufficient; Indian dancing is sufficient. There's no need to learn three or four things in India. And if you know Indian music, you can know any music, because it's all permutations and combinations of the throat or through the nose. Everything you learn in that music; so you know the music after that. Same with dancing, don't you think so? Such a difficult thing, Indian dancing; you have to really work hard; I mean then you can't do anything else, you see.

Then you need not play football. I think this football must be stopped; it's very unrhythmic. That's the reason it happens; it doesn't go with the rhythm of God, I think. That's why the people get so mad. Can it not be stopped, this Soc? Cricket is sensible. In India people only see cricket; they love cricket. I mean, in India you can't get tickets; poor things, isn't it? We will tell you: "We are so fond of cricket." Why have soccer? It's a horrible new thing.

So that is our education part of it; and the art side of it, one more point I would like to say today, that we have acquired land for our agricultural development, on the basis of vibrations; and this Mr Hamid, Dr Hamid, who has been doing research, he now wants to do one more research - he has asked for that blessing - but when the acid rain falls on the forest it burns away.

In Germany it has happened the worst of all; the German thing. So I said: "All right, if you do it you might be successful, but not the Germans. They must pay for their sins." They must pay - horrible people. They can't get away with it. So the nature is showing. What can we do? But he might be successful; and then he should run away from there. If things are successful, then he should run away; because what's the use of being there? They cannot (inaudible). If they become Sahaja Yogis, well and good, but otherwise why should God bless such people who killed helpless people in the gas chamber? The whole thing is horrifying. Can't understand even this great man going down there like this. Supposing his parents were killed like this - he would have gone? No feelings - horrible race - they think no end of themselves. I have been to East Berlin Myself and I told C.P. that these people are really rakshasas, they are devilish people. Even now, you see, they do not want to accept it as something we have done wrong. They say: "It was a political mistake." Imagine. What was political in that? To think that you are a superior race and all that. It's a horrible thing they have done and they should never be allowed to do it again, under any circumstances. It's very bad; it's so helpless method, such a helpless style of doing things, you see, with children dying like that. I can't even see it, it's so terrible. So let them pay for it. But this fellow, Dr Hamid, who has done these experiments with our vibrations, he's going to come to India.

Now, the only thing was, they said that the canal is going to come up to our land, so we should wait for one year more; so that's why I have postponed; but that will work out also. Let him show the miracles on one plot of land about the forest. But in London I noticed also some forest; it's happening here also. But you must stop this too much of industrialization. For such a little country like this, so much of industrialization. And that's why people are without jobs. If some industries stop, and some hand-made things we start making, it would be better; people will have some jobs, you see; there will be some balance. But I saw some trees really burnt - topside - that means it's having an effect here also.

Always nature, you see, balances. Not only that but teaches you a lesson. You cannot play havoc with nature; you have to be sensible about it. The way we have tried to exploit it has gone too far in every way, and that's how one has to pay for it. Thank God under-developed countries are better off because they have no need to work. But now they're running the same race. I don't know what's going to happen to them, but they are running the same race. Australia is much better, I tell you, because there's not so much, so much of industries are not there. Canada is much better also. Raw material is going from Canada but Canada is much better.

So all these things are to be understood in the Light of Spirit; then only it goes into the minds of people. Say, you have a school and if you tell them all these things about the world problems, what are the Sahaja Yoga solutions for that, they will understand it better. This must be described; this must be told to them, that these are the problems. You cannot just solve them by some superficial methods. It has to come from within, to understand the implications of this kind of an imbalanced economy they have, imbalanced procedures they use; absolutely imbalanced. I think all our efforts, human efforts, we have their expressions in

this manner, better, everything. All our theories of sociology, this, that; say, even take the system of political differences; everything can be very easily understood if you are a spiritual person. And all these confusions will be solved. But let us see how you people are helpers there.

Indians are not bothered; because they don't have these problems, they don't have. But if you see the whole world as a big problem itself, then you have to help because you people know these problems better than they know. They don't know what is ecological balance and all that. If you talk to an Indian, he'll say: "What is this nonsense?" They have never heard of such a thing.

Shri Mataji: (inaudible) 'and so what happened with your interview?

Yogi: Well, it was quite interesting, Mother. I think he really felt as though he'd had a good blasting and...

Shri Mataji: Really?

Yogi: Yes, and he said he couldn't understand how, when we met us, the Sahaja Yogi's - and we were all so congenial and so, sort of, sweet and kind and so on - and then he saw You, and You were telling everybody - you know. So it's a little delicate, how to handle that. So I had to explain, you know, how You were concerned, and that's why You were telling these various things off, because you were concerned that people would get destroyed unless people knew. In so many things said I feel....

Shri Mataji: He felt better with that?

Yogi: I think he felt a lot better towards the end, but his wife is very difficult. She was there....

Shri Mataji: You see, it is not any... I am not trying to please any political party or anything. It's a thing which concerns anyone who has sensitivity; one should have sensitivity about it. You see, if you want to be sweet and nice about it, it can't make you solve the problem. You have to just take it out; it's an operation; all right? You go and meet him again and talk to him. But today there was a miserable picture of this (inaudible) thing in the newspaper. I don't know if you saw it. And if you read the newspaper interview- Did you see that? Oh you must see; he's very miserable. I thought: 'who is this miserable fellow?' - so it was him. And the way he talks about everything, he is so funny that you cannot think he is anywhere near God. Very funny; you just read that interview, and you'll be shocked. So what does his wife say?

Yogi: Oh his wife was just horrible, (inaudible) all together.

Shri Mataji: You should just say that: 'You are not sensitive enough'; that's what you should say.

Yogi: She said that she could not see how this feeling of cool breeze could be the baptism of the Holy Spirit, and I said: 'Well, you don't know anything; you didn't even hold your hands out. You didn't feel it, so how do you know what it was or what it wasn't?' And that shut her up for a while.

Shri Mataji: You should say: 'You can cure, with this, cancer; otherwise how could you cure if it was not so?' And according to her, what is it?

Yogi: She didn't say, I mean, she had nothing positive to say at all really.

Shri Mataji: I mean, it's very easy to oppose everything, but why not show some results yourself? Like, any guru person, if he comes to you, you should say: 'What have you achieved yourself?' (inaudible).

Yogi: I think that he was much better really. I think he likes Sahaja Yogis, and he does know there is something special about it. He agreed that a big difference between us was Paul, and you know because I said that is the thing that divides us more than anything else, is that we feel Christianity, to a large extent, was built on Paul's theories and not on Christ and His word; and he, sort of, defended Paul a bit.

Shri Mataji: And that's what they have to do, because they are paid by him. If you take up a job like that, what is going to happen to him? It's all right, it will work out now they have (inaudible) of their own. You can see that. If you see this interview you'll know - miserable looking fellow, absolutely miserable. He's only sixty years of age, he looks like an old man of at least ninety years. Really; there's no joy on his face, nothing. So now, may I take your leave?

May God bless you.

I would like you to give Me some plans for making the hearts we are going to make for children; will be a good idea.

## 1985-0514, Energy of Pure Desire

View [online](#).

14 May 1985

Energy Of Pure Desire

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Public Program, Milan, Italy 14-05-1985

I bow to all the seekers of Truth. But one has to know what is the Truth and what are we seeking. For this, one has to realize that these modern times are special times. When many people are born especially, to seek their Self, their Spirit. But this method of seeking has to come from understanding of ancient times. It cannot just start a new method, some sort of new fact that could be called as a seeking way.

Like I went to a place called Pune in India, and there were some people suffering from all kinds of diseases: blood pressure, anginas, heart troubles, spondylitis and I was amazed at their suffering. So, they said that they have a guru whom they followed and he has given them some sort of odd thing called "shakti path". I said this one I never heard before, where did you read this book, in what scriptures it is written? It has to be mentioned somewhere in the ancient scriptures as well. If your guru cannot even keep you in good health with such sufferings, such a guru! Because as a mother I feel that he should look after your health.

So, it has to be based on the traditions of seeking, that what they had said about Self-realization is the experience of the Spirit. Now, this book that they were referring to was written only 60 or 70 years back, by somebody who talked of these things which are not mentioned in any of the ancient books. So, it means that people like to go something new, without understanding that it may have some sort of endanger in it.

In India, it had been prophesized long time ago, by a great astrologer who was the pioneer of astrology, that in modern times people will seek and they will find their Spirit. The knowledge of Kundalini is not a new one. It is a very ancient science. It is described in most of the Upanishads, which are the second part of the Vedas. Up to the 6th century, when it was openly talked about by Shankara, and then by Guru Nanaka, Kabira...All these people have talked about Kundalini. Even in the Koran, it is described as Assas; in the Bible, it is described as the Tree of Life. All these things are there to show us that what we are seeking is an ascent through the power of Kundalini which is within us. This power is residing within us, in the sacrum bone, which is a triangular bone at the base of the spinal cord. That means that the Greeks knew that it was a sacred bone that they called sacrum in their language. Now, this bone is specially respected, even in the medical science, because when the whole body burns this bone doesn't burn easily.

Now we have to understand that whatever has to happen to us, in our evolution, it has to happen on our central nervous system. Like, we are human beings, in our awareness, whatever we feel, more than animals, is in our central nervous system. Like an animal has to go through a dirty lane, it doesn't matter, but for a human being it is an impossible task. So, one has to understand that whatever has to happen to us has to be something in our awareness, which should be actually felt on our central nervous system. It cannot be a mental projection. Nor could it be an imaginary faith but actualizing on our central nervous system the existence of the Spirit. I would say this is the knowledge of the roots. In the West, we developed the tree very well, over developed, but we must know the roots. And the roots are, very nice to show in this figure, residing within ourselves, all made ready for this special triggering, the last triggering, to become the Spirit. All these things reside within us.

But Kundalini is your mother. We can say that She is the reflection of the Holy Ghost; the power that is going to give you your second birth. As it is a living process, it has to be spontaneous. If you want to sprout a seed, you have to put it in the Mother Earth and it sprouts by itself; you don't have to pull out the preemie. In the same way, this power resides within us, which is

awakened, as a result of the power of some other person who is already enlightened; as one candle which is enlightened can enlighten another candle. It is such a simple thing because all that is widely has to be simple. So, this is the energy within us of pure desire. All other energies, or we can say all other desires which work out of our energies, are not pure. Because if they were pure, then we would have been satisfied; but we are never satisfied in general. Like we want to buy one thing, then we'd like to buy another thing, we go on like this, but we are never satisfied with what we have.

So as a result of this awakening of the Kundalini, what happens is that all these centres that She crosses through get enlightened. It passes through six centres, enlightening all of them; as a result of that, we firstly are given the blessing of a very good health. This is the first blessing a person gets, as a good health.

Now in the human mind, as it is, we have three energies which have worked out our evolution. The first energy is on the left hand side and another one is on the right hand side, and then one in the centre. These three energies are responsible for our three actions. The first one is the one by which we desire and looks after our emotions; the second one by which we act and looks after our achievements; and the third one is the evolutionary one by which we become from amoeba to the human state.

Now, this fourth energy is the most important one which is dormant in the triangular bone. When It is awakened, spontaneously then It passes through these six centres and integrates them completely.

The first centre that we have is just there to inform the Kundalini if the person who is seeking is alright. This is the centre of our innocence. If a person is innocent, the Kundalini rises very fast and establishes itself by piercing through the fontanel bone area. But if a person is a cunning person and a cruel person, then Kundalini takes some time to rise and sometimes it may not rise.

When it passes through the second centre of Swadhisthana, then it gives you a special dimension in your awareness that you become very dynamic in your creativity. Such a person can create tremendous amount of things which he never imagined before getting his Realization. For example, Michael Angelo was a realized soul and because he was a realized soul he was tremendous and he had no fear of any kind. He expressed himself without fear and with full compassion in his heart.

This Swadhisthana centre is very important also for health. Because when we think, this Swadhisthana centre actually transforms some of the fat cells in the stomach and gives it to the brain.

So, when we think too much and we are very futuristic, we are planning all the time, then what happens is that this chakra gets very weak because it is doing so many other things as well. So as a result of that, a person who thinks too much, who is futuristic, gets into trouble because his heart becomes weak, his other organs also become weak, because this Swadhisthana cannot look after those organs like liver, spleen, kidneys and pancreas.

So these diseases like that, which are diabetes and liver trouble, all of them are developed, but the worst of all one develops is the blood cancer. Now the blood cancer is caused because of a person who is hectic, all the time is leading a very hectic life. Then his spleen is put into emergency all the time. Now this person, supposing he gets up in the morning, he sees the newspaper; and in the newspaper he gets all the bad news, so he gets into emergency; because newspapers only give bad news, never a good news. So, when you read such a bad news, you are already in emergency, then you are hurrying up for your job, again you are in an emergency, then you meet some jam on the road, then again you are in a emergency. So, all the time you feel frustrated that you cannot achieve what you want to achieve. So, the rhythm of your life is out of here. As a result of that, what happens that as soon as you get out of here, your center goes absolutely into a situation where it breaks into two. When this center is broken into two because of too much because of too much pulling on both the sides of the sympathetic nervous system, then what happens is that it loses the contact with the Whole. As a result of that, you develop a situation where you are about to get into the problem of blood cancer. Now what happens when the Kundalini rises, She actually nourishes the center. And when the center is nourished, then the whole system becomes again connected with the Whole. So, a serious patient with blood cancer can be easily cured by Kundalini awakening.

In the third centre, the Kundalini establishes a balance in a human being. Most of the diseases are caused by our imbalances in

life because we go to extremes. Anything people learn, this, that, for example, they want to jog, so they'll go to the extreme till they get a heart attack. They'll go to tan their skin till they get a cancer of the skin. But Kundalini when She rises into the Nabhi chakra, as we call it (the navel centre), then She establishes a balance within us.

Any kind of imbalance, even fanaticism, is a sign of imbalance. All the great saints on this earth came to teach us the balance. When they found that people were going to the extreme of following any so-called religion, they came down to bring them to the other side. That's a beautiful, blissful balance is established in the Manipur chakra that we called the Nabhi chakra. Even people who drink, go drinking like a fish and then they die with that, or they take to drugs and die with that. But when Kundalini comes to that centre, you just become so powerful that you do not become subjugated nor in any way dominated by any of these habits. Automatically these habits stop off. I've seen people who have come to Sahaja Yoga who have been drug addicts of the worst type and overnight they have given up their drugs.

I don't know about Italy but in England, in London City, on the South-West, there are children who are below 12 years who are taking drugs and it's a kind of epidemic, you cannot just stop it. Maybe most of them might be seekers and are frustrated with life and are taking to drugs. But nothing can tell them not to do it. They have no fright of anything; they are just bent upon destroying themselves. They think they have the right to destroy themselves and nobody can stop it. That's when the balance is established, you feel so blissful that you do not go to your destruction at all, but to your construction you work out in a proper wise manner.

Now, by saying that we follow this religion or that religion, or we follow this great prophet or that prophet, we really do not follow. Because we haven't got power to follow them, they are very powerful people and to follow them we must have a power within ourselves to follow. And this power we can only get when the Kundalini resides in the Nabhi chakra or in the manipura chakra, where you get that balance, that wisdom and that strength to stand on what these great prophets have told us. No use blaming Moses or Abraham or anyone of those great prophets who came on this earth. But it is our mistakes that we didn't understand what they were talking about.

There are ten balances that human beings have in this Nabhi chakra, ten sub-plexuses, and these balances are determining our human race. Like carbon has 4 balances, human beings have 10 principles within them which must be adhered to. If they do not adhere to it, then they go into imbalances. So, when the Kundalini comes up in the Nabhi chakra then She enlightens all these 10 balances within us, and in that light we see clearly what are we up to.

For example, if somebody is holding a snake in the hand, and he is standing in the darkness, and you will tell him straight away, he will never throw it because if you tell somebody they will never do that, they will do just opposite. So, what they would do if you just ask them to see it in the light? If the lights are put on, they see it and what they would do is to throw it away without asking a question. They would not then question you, they would not then say why, how, but they would just throw it away. In the same way, all habits and all imbalances drop out as soon as the Kundalini enlightens the Manipura centre. Without this enlightenment, it is no use talking about any religion whatsoever. And then, to your amazement, you find that all religions say the same thing, all these prophets say the same thing; there is no discrepancies between them, no problems between them. It's only we who are fighting.

So this light has to come within us to give us the balance. But then one may ask "Why the balance? Why do we want to need the balance?" Apart from the health, without the balance you cannot ascent. So if you have to ascent to a higher life, your Spirit, then you must first establish a balance within yourself, that's what the Kundalini does. Every one of them has said that it is within yourself that you have to find the Spirit, the source of Joy and Bliss. But the problem is that unless and until the Kundalini has awakened, which is a spontaneous process, it cannot happen. Even with a proper training, by developing a balance, the Kundalini has to be awakened; otherwise the balance will make you static. But those people who have balance always are the best to get their ascent.

But today that is not the situation; today the situation is that the Divine is anxious that you have to get your Realization, that you better know your Spirit. Whatever may be the problems of your centres, whatever may be your personal problems, makes no

difference: Kundalini will rise and give you your Realization.

For which, you don't have to labour, you don't have to pay. It is very absurd that human beings think that they can pay for God. God doesn't understand money; none of the saints who were here had ever taken any money from anyone. How can it be a money-making proposition? It is a living process of a living energy of God Almighty. And what can you give for a living process? These flowers, when they become fruit, what do you give to the tree? The living process doesn't understand anything about money.

So, it is a spontaneous thing, happening spontaneously, and that is the significance of the word "Sahaja". "Saha" means "with" and "ja" means born; that means it is born with you, the right to be one, united to the Divine. Yoga means union with the Divine. It doesn't mean standing on your head and doing all the exercises. Patanjali who has written about Sahaja Yoga has just called a very very wee bit so much as what we call the exercises. We too have to do exercises later on if the Kundalini is stuck in anyone of the centers but with discretion. Let first the Kundalini rise and then you can see that the obstruction is in a particular center, then on that center you have to use maybe some exercises, or maybe some mantras, that you should know as the Kundalini moves, not before that.

But the indiscriminate use of the exercises can take upon your health in a very funny way. You may be physically alright but emotionally you will be very sick. If you do too much of physical exercises, and you pay more attention to your physical side, you may become a person without any emotions. You may become a very dry person; you may have divorces in the family, quarrels, fights, anger. So the attention should be placed in a very balance manner, in a way that is necessary for you to have your Realization. That is the ultimate, that is the epitome of your evolution. That is to be achieved; all the rest is of no value. Once you get your Self-Realization, you will be amazed how powerful you become, how compassionate you become, how blissful you become.

So, the first and foremost thing is to get your Self-Realization. As we are a little bit disillusioned now by the various methods of these fake gurus, and these cults and all that, let us understand that you cannot form a cult out of human beings who have to ascent. Why should you try to surrender to any guru like that when you, yourself, can become a guru? But there are very few real gurus, - that is to be understood -, in these modern times we have to come across somebody who is a real guru. And those who are, are hiding themselves in the Himalayas or some far off places and even if I told them many times to get out, they are afraid of the people. They think they will be crucified, or they will be given poison, or they might be tortured. That has happened to all the real gurus, so far; nobody accepted them, then they leaved. But they died, then they built huge buildings in their names and they are making money out of that. One can't understand that, because people did not get their Realization; but now, when you get your Realization, you will know that the real gurus are the ones who do not take any money, do not ask you to do anything for them but work hard for your Realization.

So as the Kundalini rises, pierces through all of the six chakras, and comes through the fontanel bone area, then you feel the cool breeze of the Holy Ghost coming out of your head; you must feel the cool breeze coming out of your head. I was amazed to read in some of the modern books that when the Kundalini rises, you start jumping like frogs. How can you believe such stupid things? We are not going to become frogs or any other form; we are going to become superior human beings. But people do believe into all such things, and not in ours because these are facts, but please be sure that when you get your Realization, you yourself get some powers.

First of all, you feel the all-pervading power of God which is an abstract power which does all the living things. You feel like a cool breeze blowing into your fingers. Mohamed Sahib said that at the time of Resurrection, your hands will speak. Mohamed Sahib has talked about it that it is within you and through Kundalini only that you are going to achieve your Realization.

So many poets have written about it, even a poet like William Blake, who was born about hundred years back in England, has talked about Sahaja Yoga very clearly. He has said that men of God, - meaning the seekers -, will become prophets and they will have powers to make other prophets.

That is exactly what happens: once you establish your Realization, you can give Realization to others. You can cure other people with understanding of what are these centers, what are these diseases. You can feel your centers on your fingertips and you can feel on your fingertips the centers of others. That means that your awareness itself becomes collectively conscious. And you become like a witness of the all drama. You are no more lost in the waves of thoughts. Like the thoughts that rise and go down, again another thought comes up and we are jumping on the crest of these thoughts. But as a result of the Kundalini awakening, you station yourself in the present. You do not go to the future or to the past but you see the dynamism of the present. And when you are in the present, you see the whole happening as a witness. You are no more involved into it, and that's why you can correct everything so easily.

We must realize that we are fantastic things. We are the computers of all the computers. Just as the computer has to work, that means you must be put to the mains, that is the Yoga. As soon as you are connected, then your computer starts working and you are amazed at yourself. This should happen to all of you. Tomorrow again, I will tell you about the Spirit, about the nature of the Spirit; and I hope that by tomorrow, most of you will be established in your Spirit. So today, I would like you to ask me some questions if you are willing, and then we'll have the experience of the Spirit.

A seeker: Do we must feel the Kundalini in any case when we are spiritually grown?

Shri Mataji: But of course, but you have to first be spiritually grown, that's the point.

The translator: He asked if you must perceive the Kundalini in any case or maybe you...

Shri Mataji: Not through mental projection. If you believe that I am spiritually evolved, you are not; you must feel the Kundalini all the time if you are a realized soul, but if you are not, you will not. You have to be a realized soul.

A seeker: How should we put ourselves in a good condition to get this experience?

Shri Mataji: You are all right; all of you are in good condition. Don't worry. Only we are to be human beings, that's all. You want me to start?

A seeker: How could we perceive, the vibrations, the energy of the Kundalini when She comes out?

Shri Mataji: You perceive it because you can feel it very clearly; but it is subtle. So, because we are rising from a gross awareness into a subtler awareness, it takes little time for us to really feel it, but I've seen people in the simple religious, see, they feel it very fast, they don't need that; but we are a little complicated, so it takes some time for people to feel it.

A seeker: I would like to know the precise meaning of Kundalini.

Shri Mataji: Kundalini is a Sanskrit word. Kundala means a coil, because It is coiled into three and a half, that's why it's called as Kundalini. But in Athena, the tense is the same; Athena represents the same: Atha means the Primordial and it's the Primordial energy which is reflected. And She also has got three and a half coils like a snake in the hand. And It is compared with a snake because the movement is like a snake, and It is coiled like a snake, but It is not a snake.

A seeker: How to understand when something is or is not fanaticism?

Shri Mataji: Fanaticism is only mental. But this is happened to you because you can feel it on your fingertips the cool breeze. You can cure people by touch, you can raise their Kundalini, you can see with a naked eye the pulsations in their triangular bone, you can feel the pulsations here (on the Sahasrara) first coming and then the breaking. You can just see it!

A seeker: When I lay to sleep in my bed, I can feel something going up the spinal cord, going here (back Agnya) and here (front

Agnya) and then here (Sahasrara). Is it the Kundalini or not?

Shri Mataji: Maybe. It might be Kundalini but It cannot break through. It must break, that's the important point. Then you should feel the cool breeze coming out of your head.

A seeker: I feel something.

Shri Mataji: Then it's all right. You might be a born-realized. But you should know through Sahaja Yoga what it is exactly. You will know the exact thing. Even if you are, you must know the whole knowledge about it. So you can make use of it and you can give it to others.

A seeker: When one does not know how to control the Kundalini awakening, could it happen that the Kundalini troubles you?

Shri Mataji: No, never, never, never. That's a wrong idea. It never troubles you, She is your mother. She loves you, much more than anybody can love you. She cooperates, coordinates, She thinks and She loves. Apart from that, She knows everything about you. She knows how much you can bear and how much you can understand.

A seeker: What's the difference between the awakening of the Kundalini and the Self-suggestion?

Shri Mataji: Self-suggestion cannot achieve all these things. You cannot pulsate things by self-suggestion, you cannot pulsate here (on the Sahasrara), you cannot get the cool breeze by self-suggestion. If you say "now I am getting a cool breeze", you don't. Because It really acts, it is Its compassion that acts, that works, that corrects, that cures.

A seeker: Is the Kundalini outside or inside us?

Shri Mataji: Inside.

Now, there is here a lady who wants to ask some question. Madam? You have some question?

A seeker: Why did you talk only about the first three chakras and not about the others?

Shri Mataji: I will, I will tomorrow. In these two days, how much can I talk? But in any case, we have brought a book, written in your language, which you can read and all this knowledge you can have. But one thing one must know that talking about it doesn't give any experience. Now, if you want to, say, put the lights on, I have to just tell you to push on the switch and it puts on. But to explain from where the electricity has come, how to shift electricity, everything, is boring. Better to have the light first. So, one should be anxious to first get the light...and then, discuss it.

(Somebody speaks loudly in Italian. No translation was done)

Shri Mataji: I should have an objection to Indian people. We have got an Italian lady as Prime Minister's wife. All right?

This hatred should go away; we are all belonging to one God's world. We should forget these hateful ideas of Indians, Indians, this, that. God has just created human beings.

(Applause)

Shri Mataji: And when you will become the Spirit, you will be amazed that you are part and parcel of the Whole, all of you are; there is nobody "other".

The yogi who plays the translator role explains in Italian that Shri Mataji is going to give Self-Realization. He adds that the people

who are not interested in the experience can simply leave the room.

Shri Mataji: That's a very narrow mindedness.

The same attendant tries to make trouble.

Shri Mataji: No, please let us have some peace.

Once again, the translator invites those who are not interested to go home, and the others to remain and adopt a nice behavior.

Again, some disturbance in the room.

Shri Mataji: I am not taking any money from you. It's not proper, it's not very kind.

The translator addresses the man who makes trouble saying that he's the only one who is not interested. He asks him to be nice enough to not disturb others.

Lively discussions in the hall.

Shri Mataji: It's all right, don't get angry with him. It's all right, don't get angry with him. Leave him alone. He'll be all right.

He's maybe drunk.

All right, be comfortable. There is nothing to worry about; I'm not taking any money from you, nothing. Have peace now, have peace.

That is the reason why we never want to have any questions; but I thought that the Italians are very traditional people and sensible, and I said all right, let's have questions. Because in Greece and in Egypt, where the people are traditional, they are very sensible, and they behave in a proper way.

It is your own, it's all your own, and I have come to give you the keys of your own wealth. Christ also came from East and you crucified Him.

You should not disturb others, that's not very civil.

They are seekers of Spirit, they are saints, respect them. If you don't want, you can go away. I have come here because you can't come to India.

A woman in the assembly speaks in Italian (not translated).

Shri Mataji: Ok, now keep quiet.

What does she say?

Translator: She said "thank you".

Shri Mataji: May God bless you, please be seated. All right, Madam.

Let's start.

Now, all of you should understand that I cannot force this experience on anyone of you. You have to, yourselves, ask for it. The Divine is not going to fall at your feet. So, one has to humble in one's heart. Those who do not want to have the experience, please leave the hall, it's the best. But there is no use disturbing others. All right.

Now, the simple thing one has to do is to sit down comfortably in your seats, taking out your shoes because this Mother Earth also helps us a lot. It's a very simple, smooth operation that takes place; nobody feels any hurt or anything.

We have to know that the left hand represents the power of desire and the right hand represents the power of action. So you have to put the left hand like this, on the lap (palm upwards), and the right hand is to be used for the action. And you, yourself, can raise your own Kundalini. I can tell you how to use your hands on different centres on the left hand side. It is a very simple method by which you put your hand on different centres of the left hand side and raise your own Kundalini. If there is anything very tight on your stomach or in your neck, you can loose it a little bit so that you don't feel uncomfortable; that's the main point.

Now the attention has to be inside, that's why please close your eyes.

Spirit doesn't shine in people who are frivolous, nor in those who are aggressive. I cannot give Realization to Hitler, can I? As it is described in the Bible, it is for the people who are seekers and who are meek. Aggressive people will not come to God, they can go to politics.

Please, put your left hand towards Me and right hand on your heart. In the heart resides the Spirit.

Left hand like this (palm upwards), on the lap, comfortable.

Now, we have to use the three centres below: the heart, then here in the upper part of your stomach on the left hand side, then in the lower part of your stomach on the left hand side; then again you go back the same way and then you come to a centre here, which is here on the back side, between the neck and the shoulder. But you have to put your hand from front, not from the back. This centre is always very much caught up in the Western life. This comes because one feels guilty for nothing at all. So, at the very outset, I have to request you that you should tell yourself that you are not guilty at all. And that you are the temple of God, only the light has to come in the temple.

Then, you have to put your hand here, on your forehead, and then at the back here which is the centre of Christ. Then you have to bring your hand stretched here (fontanel); the centre of your hand should be on the fontanel bone and turn it clockwise.

Until I tell you, please don't open your eyes.

If you get your Self-Realization, you will find a cool breeze coming out of your head. It just takes about 5 to 10 minutes.

Now, please put your left hand towards me and the right hand on the heart. And now, please close your eyes; forgive yourself, do not count your sins and all other guilt that you have. And one should be in a pleasant mood because you're going to enter into the Kingdom of God. It will happen to most of you. So don't have any fear or apprehension.

Now this hand on the heart is to be a little bit pressed and you have to say in your mind or ask a question to Me, a simple question, three times. You can call me Mother or you can call me Shri Mataji, whatever is convenient: "Mother, am I the Spirit?" Ask the question three times.

Now, please take your right hand in the upper part of the abdomen, on the left hand side. This is the centre which is built by all the prophets within us and is that of the mastery. Now, you please ask, at this centre, ask a second question: "Mother, if I am the Spirit, am I my own master? Am I my own guide?" Please ask this question three times.

Now, please take your right hand in the lower part of the abdomen, on the left hand side. Press it hard. This is the centre of the true knowledge of the divine laws. So here, you please understand that I cannot force you to have the Divine knowledge, you have to ask for it. So, you have to say "Mother, please may I have the Pure knowledge, the Divine knowledge." Six times, because this centre has got six petals.

Now, please raise your hand again on the upper part of the stomach, where we have the centre of the mastery, on the left hand side. At this centre, now, as the Kundalini has started moving, you have to assert with full confidence, the position of the centre by saying "Mother, I am my own master"; say it 10 times.

Now, please, raise your right hand and put it on the heart. And here please say, again with the full confidence in yourself: "Mother, I am the Spirit"; say it 12 times.

Please, say it 12 times "Mother, I am the Spirit". Which you are, that's a fact.

Now you have to know that the Divine is the power of Compassion and Love, but above all, it is the power of Forgiveness. So, what wrong can you do that He cannot forgive? He is so powerful and He is forgiveness. So you just have to say by putting your hand on the shoulder, in the angle between the shoulder and the neck, from the front. Hold it very tight. Please say, here, with full understanding, 16 times "Mother, I am not guilty at all".

"Mother, I am not guilty at all".

Now, please raise your hand to your forehead across. And here now, from your heart, you have to say "Mother I forgive everyone", that is very important to say from your heart, how many times is not the point, but from your heart, you have to say "Mother I forgive everyone". When you say that, many might think that it is very difficult to forgive but it is not because it is a myth, whether you forgive or if you don't forgive. But if you do not forgive, then you play into the hands of wrong people. So please, say "I forgive everyone".

Now, please put your right hand on the back of your head. Now, for your own consolation, you might say to the Divine "please forgive me if I have done anything wrong or anything that is not honourable to You".

Now, stretch your hand and put it on top of the fontanel bone area, where it was a soft bone, and press it hard and move it clockwise. Here in front. Seven times, you have to say that you want your Realization; I cannot force it upon you. There are seven centres which have got their seats in your brain, so please say seven times "Mother, please may I have my Realization".

Now, please bring the hands down on your laps, slowly. Now, please open your eyes, slowly. And put your left hand on top of your head and right hand like this (towards Shri Mataji), and see there is a cool breeze coming out; right hand towards me.

Here, here; see, it's coming, it's very subtle.

Now, try with the left hand towards me and right hand on top of your head. Good. Try here, let it higher; it's very subtle, it's a subtle thing. There's no thought in your mind if you see that; you're watching Me without thinking. [UNCLEAR].

Now, put your right hand towards me and the left hand like this.

Now, you can put both of your hands up, and raise your head, and ask the question "Is this the cool breeze of the Holy Ghost?", "Is it the all-pervading power of God?" Push back your head. Now, see for yourself on your hands. Feeling it on the hands? It's there. And you are relaxed, absolutely relaxed.

Now, those who have felt through the head or through the finger tips, please raise both your hands. I would like to see; all those

who have felt It. Most of them have felt It. Good, good, good. May God bless you.

Some attendant asks a question (inaudible).

Shri Mataji: I beg your pardon? Those who have not felt, don't feel bad about it. Tomorrow again I will tell you about the other centres and also about the Spirit, the nature of the Spirit. Now, the peace you have got, you grow in that peace, don't argue about it, you are beyond thoughts. And tomorrow, bring your friends. This is The thing one has to have, The thing you have to give to your friends. Those who have not felt, they will also feel tomorrow; it doesn't matter.

May God bless you.

(Applause)

(A boy offers flowers to Shri Mataji)

Shri Mataji: Thank you very much. Oh beautiful! Thank you, let me kiss you.

There is nothing to feel bad, it's normal. May God bless you. Enjoy yourself, and please bring more friends tomorrow, right?

## 1985-0515, Be serious about it

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Be Serious About It

Public Program

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I bow to all the seekers of Truth.

Already now you know about the subtle centres that are in this spinal cord, also in the brain. So, when the Kundalini rises from Its seat, from the triangular bone, and pierces through the fontanel bone area, which was the soft bone in your childhood, it again becomes soft. And then the Grace, which is a very subtle energy surrounding us, which is all-pervading, starts falling down, the Bliss.

Kundalini is the reflection of the Holy Ghost. Holy Ghost is the power of God. We can call It the primordial Mother. We have the Trinity, the divine Trinity, but we do not talk about the Mother. You have Father, the God; then you have Son, the God, and the Holy Ghost. How can a father have a son without a mother? So, from the very beginning, it is an attack on the Mother. And that is why you know that it is not allowed for women to be the priests also. But in India, or in all of the scriptures, it is believed that it is the Primordial Mother who created this universe. That is the Holy Ghost is the Mother. It is not a dove but a Mother.

So this Primordial Mother, which is the power of God, resides as a reflection in the triangular bone, which Greeks accepted as Athena, as the Primordial Mother, Athena. So, this power rises within us and pierces through the fontanel bone area where we have the seat of God Almighty, who is reflected in the heart, the Spirit; the seat is on top of your fontanel bone area.

So as soon as you feel the cool breeze on top of your head, you should also feel the cool breeze all around you and you should feel on your fingers flowing inside. But because of the Vishuddhi, this centre, being not alright, you do not feel it. And that is why sometimes people start doubting. This centre is a very important centre, in the human beings, because when we raised our head, this centre developed into a peculiar way. And it behaved in such a way that we started developing within us the ego and the super ego over our brain. When these two balloons develop in our head, we all develop Iness that is individual personality. But as you know when the Kundalini pierces through the Agnya in the centre of the optic chiasma, then most of these are softing and the Kundalini comes out.

At that time, the Spirit, which is in the heart, comes to our attention as Light. That means you become the Light, but you do not see the Light. Becoming the Light is very different from seeing the Light. If you see the Light, then you are away from the Light. But becoming the Light, then you have all the powers of the Light within you. That means you start seeing things clearly on your central nervous system.

As I told you that you start feeling your chakras, because it is Self-Realization, so you know about yourself. In London, when we had our first seven people realized, one of them was very skeptical and he said "how could it be that, sitting down here, we can know the centres of others". Now, this all-pervading power has got all the telecommunications and very efficiently working. That's why we say that everything that is divine is miraculous. He asked me "I want to know about my father because he has not telephoned to me all these days". I said "alright, put your hands like this (palms turned towards the sky) and ask "how is my father?" So, he started feeling a burning in this part of the finger (base of the right forefinger). All these centres (the bases of all the right hand fingers, except the thumb) are recording about your father. And this finger (right forefinger) is for the Vishuddhi. So, I told him that your father must be down with very bad bronchitis. That time, he telephoned to his father who was in Scotland, and his mother came to the phone and she said exactly the same sentence that "I'm sorry, your father is down with very bad bronchitis." So now, I said "you give him vibrations; you rub it hard in this part of your finger". After half an hour, the father came

to the phone and he said "I'm surprised, I'm feeling very well".

But I will tell you about so many miracles that you'll be amazed how God works out these things. These miracles work out and they have been published in the newspapers. Like once, it happened that I was addressing in Middlesbrough where people came down, the newspaper people, and they asked me there is a lady who is not well, and she just sits into her room, doesn't go out of her house at all; she is all the time sitting in her room for the last six months. And how can you cure her when she cannot come to your programs? I said alright, you bring me a photograph of hers and then we will see what we can do about it. So they gave me a photograph, but I told them don't go and disturb her next day; wait for a week and then see. But next day, the newspapers could not contain within themselves, so they went down to see how the lady was and she had gone out for a walk with her husband on the move. So they published in the newspaper here is a guru Mother who has kept Her promise.

There are other miracles like once I was addressing a big meeting, very huge meeting, in Bradford to 600 people. And one boy fell down, about 20 feet down, on the stone, from a bridge. And his bike was completely shattered. When falling down, he just said "Holy Mother, help me". And the people who were on the bridge sent for an ambulance which came to pick him up. They thought that he must be dead but they found that he walked all the distance up there and got into the ambulance, and they were amazed at it. So he went to the hospital and told the doctors that there was a lady who came in a white sari, in a white car, and who came down and helped me to get well. There was no scratch, not even a scratch on his body, so doctors were amazed, but the people on the bridge said that they never saw any car coming or anybody coming. But I was speaking before 600 people that time. This boy had never seen Me before but he saw My photograph next day in the newspaper and he told the police that this is the lady who came and saved me. So the police then telephoned in London to find out what was going on. And the person who is in London told that these things happen in India many times, and that if they happen now in London this means that we are becoming auspicious. And all this was published in the newspaper.

So when you become the Light, people can see light coming out of you; people have seen light coming out of My head on photographs. They have seen light coming out of this point from both sides, from this point that we call the hamsa chakra. These are photographs, nobody has managed them; these are photographs that just came spontaneously. There is one photograph in which My hand has got a complete sun, shining. Also light coming out of My fingers, out of My toes; all this can happen to you also when you become complete.

The camera can see much more, modern camera, than modern human beings. But modern human beings have become much more complicated than before. So they have become insensitive. So, one has to understand that by complicating yourself, you cannot become the Spirit; because the Spirit is beyond your mind, beyond your emotions. And when you become the Spirit, you not only become the Light but you become the Knowledge. One person who had his Realization only six months ago and he met a newspaper gentleman, and the newspaper gentleman asked me "Have you got all scholars as your disciples?" This particular gentleman was a drug addict and was just a carpenter. He had never been to any university but he was talking like a scholar.

When I was once in India, going by a puller cart in a village, the puller cart driver was absolutely uneducated, and I started talking to him. And he was talking like Socrates, like Kabira, and I was surprised: from where this knowledge is coming to this man who is just a puller cart driver? The source of Knowledge is the Spirit. You can see that Christ never went to any university, Krishna never went to any university, Rama never went to any university. None of the Saints went to any university or theological schools. From where did they get all their knowledge? They got it from the Spirit which enlightened their brain and the storehouse of all their knowledge is there (Sri Mataji shows her forehead) which you start knowing as soon as you become the Light.

As soon as you become the Spirit, you feel absolutely confident of yourself. I know of children who are born realized and who are so confident, it is surprising how they talk. I have a grand-daughter, she was five years of age and they went to Tibet and there they met in Ladakh a lama, who was sitting on a mount with shaven head and wearing a big dress like a maxi. Everybody was touching his feet and even my daughter and son-in-law, out of just embarrassment, touched his feet. This little girl, who was five years of age, couldn't bear that. She is normally a shy child. So she went and stood before him and put her both hands at the back and looked at him. And she said: "What do you mean by making everybody touch your feet, you are not a realized soul. Only by shaving your head and wearing this big maxi, how do you expect people to touch your feet?" And my son-in-law was very

embarrassed and he said: "You should not say like that". And she said "I will because he is not a realized soul and you have no business to touch his feet."

That is how they become so powerful, you become so powerful that you can face all kinds of fake gurus or falsehood without feeling at all afraid of anyone. From 1970, I was speaking about all the fake gurus with their names, and who they are, and what they will do, what harm they will do, openly, taking their names, openly. But nobody prosecuted, nobody said anything to me; people were afraid they will come and kill me, but nobody dared come near me. Of course, they pay some people to come and disturb the meeting, that's all; but there is nothing more than that they could do.

Now, this is the thing we should know also from the life of Christ, that when He was faced with the stoning of Mary Magdalena, He had nothing to do with a prostitute like that but He stood up. And He said the one who has not committed any sin can throw a stone at Me...at Himself, He said. He was the spiritual power and nobody threw any stone at Him. So that's what happens to you when you become the Spirit.

Moreover, you develop the Discretion, complete Discretion. If you see somebody who looks to be a nice person, don't turn to be a cheat, but with vibrations you can always work out what sort of a person the other is. You develop such a discretion that you can tell what things are real, divine, and which are not real. In this way, you are never cheated and you are never put to a false position.

Of course as I told you, that you can give Realization to others and you can cure people; not like spiritualists, who do not know how they cure but you will know by every chakra what is the problem, you'll diagnose it, you have the medicine in your hand and you will be the doctor as well. The curing comes as a byproduct of the Kundalini awakening; and then once you know how to keep yourself alright, you will never get sick. Some of the saints died of cancer because they didn't know how to handle their Kundalini. This is what happens to your attention, and that is how you know the Truth.

But the greatest thing that happens when you get your Realization is that you become absolutely blissful. You become auspicious; you go to any house, you bring goodness, good fortune to that family. People had been materially helped, very much, by coming to Sahaja Yoga. People in England don't have jobs because there is so much of joblessness in England. But in Sahaja Yoga, we cannot find a person without a job, very difficult, there are so many Sahaja Yogis; people have got very big jobs also. Suddenly, they become architects; suddenly, they become very well placed in life. Everything comes as a blessing to them. And it is very surprising how it happens.

Because within us, there is the Nabhi chakra, and when it opens you get the blessings of the goddess of Wealth, that we call the Lakshmi Tattwa, Lakshmi principle. Then you become satisfied, a very satisfied person. As you give up your bad habits, you have lots of money left with you. The possessiveness that you have, the headache you have about your position, just drops out. For example, when you see something beautiful, supposing there is a very good tablecloth, you see that; then if it is yours, you are worrying that it might get spoiled, should be assuring it, all kind of worries come to you. But when you do not possess it, you enjoy better. So, when you look out any beautiful thing, what happens after Realization is that you have no thoughts, you just see the all things as a source of Joy. Like a beautiful lake which is rippleless reflects everything that is created around; in the same way, the still mind as the Zen has done it, which has no thought, enjoys all what is created around.

And best of all that you start enjoying other human beings. For the first time, you relate to others without any lust, greed, or any possessiveness. Once we had gone to Calcutta and we stayed in a hotel, and there was the owner of the hotel who came for his Realization. And as soon as he got his Realization, there were other yogis in other rooms and they came rushing into the room. They said "what has happened, we are feeling so joyous, what has happened?" I said: "feel the vibrations of this man". They did not know who he was. They just put hands towards him and they enjoyed his vibrations so much that they forgot the time.

So, your relationships improve with other people. You become better husbands, better wives, better children, better parents. You become very honest because you just know that by honesty you are nowhere harm and you get lots of blessings of every sort. That's you start enjoying your righteousness, your virtues, your traditions, everything you start enjoying them. You look so happy

but actually you are so joyous within yourself that you don't know how to hide that joy.

You become extremely generous, kind, compassionate and peaceful; because you become part and parcel of the Whole. The microcosm becomes the macrocosm. Like a drop becomes the ocean. And you start enjoying that personality, a special personality that you have. The people who are miserable, when they meet you, they also become joyous.

A snake doesn't bite a person who is a realized soul. A tiger doesn't eat a realized soul. And the violent dog becomes quiet when he sees a realized soul. Aggressive people become mild when they meet a realized soul.

Now we have Sahaja yogis all over the world, and when they meet you must see the friendship, the love, the purity they have. They lead such a pure life without telling them, they know that a pure life is the source of all the happiness and blissfulness. There is no secretiveness, somebody doesn't run away with another wife and somebody doesn't run away with another husband. That doesn't exist anymore. And the parents are so sensible, the children are also born realized. There are so many saints who want to be born but they want to have parents who are realized souls. So far, all those who are realized souls and married have got children who are realized souls. So a new race, a tremendously peaceful, kind, compassionate, sensible race is born out of this curse. People had big conferences for having peace, this and that, against atomic bomb, but we don't have to have any conference, there is peace among every one of them.

Actually, we may not be destroyed by atom bombs, but maybe destroyed by ourselves because the way we are going on with our destruction. The diseases that are coming up, one after another, suggest that what we have been going on in life has not been constructive.

It all sounds very fantastic but if you take a radio, or a television, to a villager who has never seen it, he will never believe that you can see all kind of places in a television. But when you put it to the mains then you can see the fantastic things that it can do. In the same way, when we get connected with the mains that we are built that way that we're manifesting fantastic character about which we are not aware.

For this, first we must have our Realization. Now, what today Sahaja Yoga is that first you have your Realization. No time to waste on cleansing or anything. So that you see your own problems, in your own little light. Instead of cleaning the lamp, first put the little light in the lamp. Then, the person who sees it starts cleaning it, because he knows how to clean it and he sees the problem; because the human being is such that if he is told not to do this then he will do it. So it is better to put the light into them, so that they see themselves and become their own guide and their own guru; so that they correct themselves.

And as it is so joy-giving, everybody is all the time anxious to keep it up. And to keep it up, it is important that after getting your Realization, you must learn how to keep it up, you have to attend some of our programs which are followed after this. I hope this will work out today again, and yesterday many people felt the cool breeze, today you are going to establish yourself. But you must promise me in your heart, that after giving your Realization, you will definitely pursue it and be serious about it. And Indians are traditional people, they have respect for themselves. So you must respect your Realization. Otherwise, it is the same story what Christ has said that the seed which were sprouting fell into the rain and were washed off. It is the most important thing for you to get your Realization to save the whole world and Humanity to reach its emancipation.

May God bless you all.

Now, are there any questions?

No questions?

It doesn't take much time to get your Realization. It is very simple, and the Kundalini rises that moment, as soon as you ask for it. But there are such complications within our chakras which we have to clear. You, yourselves, will raise your Kundalini. It will have a very soothing effect and you will feel extremely relaxed.

I will request all of you to come a little forward, so it will be easier.

You can come on the stage if you can sit down...why not come on the stage?

Such seekers!

You can take out your shoes.

Good, great! Wonderful people! May God bless you! Great! Such seekers! May God bless you all! You can remove the flowers also. Such people! How are you?

Please do sit down.

What language is this? (Talking with a seeker) How are you feeling now? Are you feeling better?

Out of you, those who are sick can come at the back, and the Sahaja Yogis can help you. All right.

Wherever you sit down, I will look after you.

It's great! Such great seekers, so very happy to meet you all.

Now, you have to take out your shoes because it helps for us to have the help of the Mother Earth.

There is a sick lady here, you can take her at the back and see if you can work it out or not. Or we can do it after the program.

Now, it is very simple as I told you; as you are so desireless, it will work out in no time. Put both your hands towards Me, like this, just like this. All feeling cool breeze. Working. All right.

You are people of great quality, that's fine. It's working. Now, close your eyes, but don't think about it, just close your eyes. And very simple thing is: first you have to put your hand on your heart when I tell you; when I tell you on your stomach, here upper part, then the lower part, and then go back on the same direction. And then the hand here (left vishuddhi), then here (front agnya), at the back (back agnya) and then here (Sahasrara). These are all the centres we are touching with our own hand to raise our Kundalini properly. And I will tell you what is to be done. But don't think, just one thing is not think about it, it's beyond thinking.

You can loosen it a little bit if you want, you can loosen your belt.

Be pleasant, be pleasant about yourself. Don't have any anger towards yourself. You must have love for yourself, respect. Because you are the temple of God. Better then, I feel that.

Now, just close your eyes, you can take out your spectacles because you have to keep your eyes shut. Now, close your eyes, till I tell you please don't open your eyes. Please close your eyes and put your right hand on your heart; without thinking now you have to do everything. Now, here you have to say, with full confidence you have to ask me a question, which is a very fundamental question:

"Mother, am I the Spirit?" Ask me 3 times, in your heart.

Not to feel guilty asking this question at all, not feeling guilty at all; you are seekers, a special category of human beings.

Now, the second question you have to ask by putting your right hand in the upper part of the left-hand side of your stomach.

On the left-hand side of the stomach, in the upper part of the stomach, on the left-hand side. Press it with your fingers. Here on this centre, the second question is to be asked:

"If I am the Spirit, then, am I my own master? Mother, am I my own master?"

Just ask this question; 3 times.

Now, take this hand, right hand, in the lower part of the abdomen, on the left-hand side.

(The translator makes a mistake, saying left hand instead of right hand)

No, left hand towards me.

Take the right hand in the lower part of the stomach, on the left-hand side.

Now, please, at this point, you have to say that you want the True knowledge of the Divine; I cannot force on you. So, you just say it 6 times, because there are 6 petals to this center which is very important:

"Mother, please may I have the Pure Knowledge?"

Six times.

Now the Kundalini starts moving when you ask for it.

Now, raise your right hand now higher, again onto the stomach, on the left-hand side, on the upper part of the stomach, where you have put first. This is the centre of the guru principle, of the master principle, built by all the great masters. On this centre now, with full confidence in yourself, you have to assert for the Kundalini to rise to this centre, by saying, without feeling any diffidence, you have to say:

"Mother, I am my own master". "I am my own master, I am my own master", 10 times.

Good!

Have full confidence in yourself; you will be your own master. And you are; that's a fact.

Now raise this right hand onto the heart. Here, resides the Spirit. Now with full confidence in yourself, you have again to assert, to create a seat for the Kundalini to rise:

"Mother, I am the Spirit". Say 12 times "Mother, I am the Spirit." 12 times, please. Not to feel guilty at all, with full confidence in yourself. It is the Truth that what you are saying. Have faith in yourself.

Now, raise your right hand to your heart as I said and say it 12 times, press it, press it. Mother, I am the Spirit, say it 12 times.

Now take your right hand onto the corner of your shoulder where it meets the neck. From the front; take it from the front, across. Press it hard, take it backward. This is the centre mostly catching. This centre catches when you feel guilty. So please say here, with full confidence in yourself:

"Mother, I am not guilty at all"; 16 times.

"Mother, I am not guilty at all"; 16 times.

Because the Divine is not only the ocean of Love and Compassion but He is above all the ocean of Forgiveness.

Don't count your guilts, please, just say "Mother, I am not guilty at all". If you don't believe, then you can take a punishment and say it 108 times; that we'll be better.

Mmmh, better. Better now.

Please, don't feel guilty. Forget what I said to you, just don't feel guilty.

That's good. Now better, much better.

Now, raise your right hand onto your forehead across and press it on both the sides. Here, you have to say, from your heart, how many times it's not the point, but from your heart, intensely, you have to say:

"Mother, I forgive everyone".

You might think it is difficult to forgive, but it is a myth, whether you forgive or you don't forgive. But when you don't forgive, you play into wrong hands.

Now, put your right hand on the back of your head, and for your own satisfaction, say to the Divine if you have done any mistake, please forgive me.

Now, stretch your hand and put it on top of your head, on the fontanel bone area where it was a soft bone as a child. Put your palm on top of that. And press it hard. And move it clockwise. At this time, you have to say:

"Mother, please give me Self-Realization, because I cannot force it on you." 7 times.

(Sri Mataji is blowing in the micro)

Take down your hand, very carefully, on your lap.

Now, feel with the left hand, if there is a cool breeze coming out; open your eyes, slowly. Right hand towards me. Put the left hand on top of your head. It's very subtle. Little further, in front, it is in front. Little higher, about four inches, about. It's very subtle.

Now, put your left hand towards me and see with your right hand.

Now, bring the right hand down again, and see with the left hand again, once more.

It's there, right. Just pay attention, It is there.

Now, you can put your hands up there, and put back your head and ask:

"Is this the cool breeze of the Holy Ghost?"

"Is this the all-pervading power of God?"

"Is this the Brahman Shakti?"

Now, bring down your hands. And see if you feel it in the hands.

Don't think, if you start thinking, it will stop. Don't think. You cannot analyze it. When you keep your eyes open, just watch me without thinking. With both hands like this, you can feel it, but don't think. Don't think, that's the main point, don't think. Just watch me without thinking.

You're almost right, it's working out. There is nothing to be serious. Ha! It's working out. Don't think. You start thinking. There is nothing to think. Just watch me without thinking, you can do that. Without thinking, you can watch me, you can do that.

Some of you can just press your eyes, little bit strained on eyes, press it hard, that's all. That will help. We have some strain on eyes.

Mmm? Better?

All right? All right? Are you feeling? Good! May God bless you all!

Now, one more thing I want to tell you, which is important, which you must know before you leave; that you have to now protect yourself. The Energy is flowing, but you must know how to protect yourself, first of all. So, to protect yourself, you put your left hand like this (towards Shri Mataji) and with the right hand you have to give a protection to your aura. It's to put your hand all across like this (describing a circular arc above the head from left palm to the right side, towards the Mother Earth). Seven times, I will do it with you; and then, I will show you how to raise your own Kundalini and how to fix It up.

Now, let us start.

One; go above the head.

Two; go above the head.

Three; all of you should do it, because this is a protection.

Four;

Five; whether you feel it or not is not important.

Six;

And seven.

Now, where is your Kundalini?

You have to put your hand in front of the Kundalini, as he is putting now, just sitting down. Left hand. This hand (right hand) has to move in this way that it goes clockwise "above, front, below, back". Watch left hand; and then we have to raise this hand (left hand), like this, with this hand (right hand) going around like that.

Let us start now; we have to do it 3 times.

Watch the hand carefully, left hand. Now, these are important hands; put back your head. And now give a twist; and now tie it.

Now, do it again, much faster; push back your head, loosen your shoulders. Give it a twist and now tie-up.

Third time, now again. Push back your head. Tie up once, tie up twice, tie up thrice. Now, see your hands.

Better, much better now.

Still thinking...Don't think, if you think the vibrations will go away, don't think. Try to keep in thoughtless awareness. Ha, now see!

Keep your eyes open. Mmm, good. All right? Are you feeling it?

All those who have felt it on the hands or on the head, raise your hands.

All of you have felt it! Just imagine, such great people! May God bless you all!

(Applause)

(Shri Mataji addressing a yogi) Your Agnya is working, that's all. Now forgive, you didn't forgive, you have to forgive. Forgive, you must; if you are not forgiven, then the vibrations come down. Forgive, forgive.

(Shri Mataji addressing a yogini) You also, Madam, has to forgive a lot. All right? Correct? Ha, better; see your hands! Forgive, you must forgive. Better, better now? All right. So, say "I forgive".

The yogini: I forgive

Shri Mataji: All right, may God bless you.

Version 2

[Introduction in Italian by a Sahaja Yogi until min 33:51]

I bow to all the seekers of truth.

Already now you know about the subtle centers that are in the spinal cord, also in the brain. So when the Kundalini raises from its seat from the triangular bone and pierces through the fontanel bone area which was a soft bone in your childhood it again becomes soft and then the Grace which is a very subtle energy surrounding us, which is all-pervading, starts pouring down the bliss. Kundalini is the reflection of the Holy Ghost. Holy Ghost is the power of God, we can call it the Primordial Mother. We have a Divine Trinity but we do not talk about the mother. You have father – the God, then you have son – the God and the Holy Ghost. How can a father have a son without a mother? So from the very beginning it's an attack on the motherhood and that is why you know that it is not allowed for women to be the priest also. But in India or in all other scriptures it is believed that it is the Primordial Mother who has created this universe. That is the Holy Ghost is the Mother, it is not a dove but a mother.

So this Primordial Mother which is the power of God resides as a reflection in the triangular bone which Greeks accepted as Athina, is the Primordial Mother – Athina. So this power raises within us and pierces through the fontanel bone area where we have the seat of God Almighty thought he is reflected in the heart as Spirit, the seat is on your fontanel bone area. So as soon as you feel the Cool Breeze on top of your head you should also feel the Cool Breeze all around you and you should feel on their fingers flowing inside. But because of the Vishuddhi, this center, being not alright you do not feel it and that is why sometimes

people start doubting. This center is a very important center in the human beings because when we raised our head this center developed into a peculiar way. And it behaved in such a way that we started developing within us the ego and superego over our brain. When these two balloons developed in our head we all developed "I-ness", that is individual personality. But as you know when the Kundalini pierces through the Agnya in the center of the optic chiasm then both of these are sucked in and the Kundalini comes out. At that time the Spirit which is in the Heart comes into our attention as light. That means you become the light but you do not see the light.

Becoming the light is very different from seeing the light. If you see the light then you are away from the light. But becoming the light then you have all the powers of the light within you. That means you start seeing things clearly on your central nervous system. As I told you that you start feeling your chakras because it is Self-realization so you know about yourself. In London when we had our first seven people realized one of them was very sceptical and he said, "How can it be that sitting down here we can know about the centers of others?" Now this All-pervading power has got all the telecommunication and very efficiently working. That's why we say that everything that is divine is miraculous. He asked me, "I want to know about my father because he has not telephoned to me all these days." I said, "Alright. Put your hands like this and ask, 'How is my father?'" So he started feeling a burning in this part of the finger [Shri Mataji points to the base of the right index finger]. Now all these centers are the coding about the father, your father, and this finger is for the Vishuddhi. So I told him that, "Your father must be down with very bad bronchitis." That time he telephoned to his father who was in Scotland and his mother came to the phone and she said exactly the same centers, that "I'm sorry, your father is down with very bad bronchitis." So now I said, "You give it vibrations, you rub it hard in this part of your finger." After half an hour the father came to the phone and he said, "I'm surprised, I'm feeling very well." But I will tell you about so many miracles that you will be amazed how God works out these things.

These miracles work out and they are being published in the newspapers. Like once it happened that I was addressing in Middlesbrough when people came down, the newspaper people, and they asked me, "There is a lady who is not well and she just sticks to her room, doesn't go out of her house at all, she is all the time sitting in her room for the last six months. And how can you cure her when she cannot come to your programs?" I said, "Alright, you bring me a photograph of hers and then we'll see what we can do about it." So they gave me her photograph but I told them, "Don't go and disturb her next day, wait for a week and then see." But next day the newspaper could not contain within themselves. So they went down to see how the lady was and she had gone out for a walk with her husband on the moors. So they published in the newspaper: "Here is a guru mother who has kept a promise."

There are other miracles. Like once I was addressing a big meeting, very huge meeting in Bedford to six hundred people and one boy fell down about 20 feet down on the stone from a bridge and his bike was completely shattered. While falling down he just said, "Holy Mother, help me." And the people who were on the bridge sent for an ambulance which came to pick him up. They thought the boy must be dead but they found that he walked up all the distance up there and got into the ambulance and they were amazed at it. So he went to the hospital and told the doctors that there was a lady who came in a white sari, in a white car and who came down and help me to get well. There was no scratch, not even a scratch on his body so doctors were amazed but the people on the bridge said they never saw any car coming or anybody coming. Because I was sitting before six hundred people that time. This boy has never seen me before but he saw my photograph next day in the newspaper and he told the police that this is the lady who came and saved me. So the police then telephoned in London to find out what was going on and the person who is London told that these things happen in India many a times but if it is happening in London that means now we are becoming auspicious. And all this was published in the newspaper.

So when you become the light people can see light coming out of you. People have seen light coming out of my head on photographs. They have seen light coming out of this point from both the sides, from this point what we call as Hamsa chakra. These are photographs, nobody has managed them; these are photographs just came spontaneously. There is one photograph in which my hand has got a complete sun shining. Also light coming out of my fingers, out of my toes, all these can happen to you also when you become complete. The camera can see much more, modern cameras, than modern human beings. But modern human beings have become much more complicated than before so they have become insensitive.

So one has to understand that by complicating yourself you cannot become the Spirit. Because Spirit is beyond your mind,

beyond your emotions. And when you become the Spirit you not only become the light but you become the knowledge. One person who had his Realization only six months and he met a newspaper gentleman and the newspaper gentleman asked me, "Have you got all scholars as your disciples?" Now this particular gentleman was a drug addict and was just a carpenter. He had never been to any university but he was talking like a scholar. When I was once in India going by a bullock cart in a village the bullock cart driver was absolutely uneducated and I started talking to him and he was talking like Socrates, like Kabira. I was surprised from where this knowledge is coming to this man who is just a bullock cart driver? The source of knowledge is the Spirit. You can see, Christ never went to any university, Krishna never went to any university, Rama never went into any university, none of the saints went to any university or theological school. From where did they get all the knowledge? They got it from the Spirit which enlightened their brain and the storehouse of all that knowledge is there which you start knowing as soon as you become the light.

As soon as you become the Spirit you feel absolutely confident of yourself. I know of children who are born realized and who are so confident it's surprising how they talk. I have a granddaughter, she was 5 years of age and they had gone to Tibet and there they met in Ladakh a lama who was sitting on a mount with shaven head and wearing a big dress, like a maxi. Everybody was touching his feet and even my daughter and son-in-law out of just embarrassment touched his feet. This little girl was 5 years of age, couldn't bear that, she is normally a shy child. So she went and stood before him and put her both the hands at the back and looked at him and she said, "What do you mean by making everybody touch your feet? You are not a realized soul. Only by shaving your head and wearing this big maxi how do you expect people to touch your feet?" And my son-in-law felt very embarrassed, he said, "You shouldn't say like that." So she said, "I will. Because he is not a realized soul and you have no business to touch his feet." That is how they become so powerful, you become so powerful that you can face all kinds of untruth and falsehood without feeling at all afraid of anyone.

From 1970 I was speaking about all the fake gurus with their names and who they are and what they will do, what harm they will do openly taking their names, openly. But nobody prosecuted me, nobody said anything to me. People were afraid they'll come and kill me but nobody dared come near me. Of course, they paid some people to come and disturb the meetings, that's all. But there is nothing more than that they can do.

Now this is the thing we should also know from the life of Christ that when he was faced with the stoning of Mary Magdalene, he had nothing to do with a prostitute like that, but he stood up and he said, "The one who has not committed any sin can throw a stone at me.", himself, he said. He was spiritual power and nobody threw any stone at him.

So that's what happens to you when you become the Spirit. Moreover you develop the discretion, complete discretion. If you see somebody who looks to be a nice person turns out to be a cheat but with vibrations you can always make out what sort of a person the other is. You develop such a discretion that you can tell what things are real, divine and which are not real. In this way you are never cheated, you are never put to a false position.

Of course, as I told you that you can give Realization to others and you can cure people. Now like spiritualists who do not know how they cure but you will know by every chakra what is the problem, means you'll diagnose it, you'll have the medicine in your hand and you will be the doctor as well. The curing comes as a by-product of the Kundalini awakening and then, once you know how to keep yourself alright, you never get sick. Some of the saints died of cancer because they did not know how to handle their Kundalini.

This is what happens to your attention and that is how you know the truth. But the greatest thing that happens when you get your Realization that you become absolutely blissful, you become auspicious – you go to any house, you bring good name, good fortune to that family. People have been materially helped, very much, by coming to Sahaja Yoga. People in England don't have jobs because they've so much of joblessness in England. But in Sahaja Yoga we cannot find a person without a job, very difficult, there are so many Sahaja Yogis. And people have got very big jobs also. Suddenly they become architects, suddenly they become very well placed in life, everything comes as a blessing to them. And it is very surprising how it happens: because within us is the Nabhi chakra and the Nabhi chakra when it opens out you get the blessings of the Goddess of wealth, what we call as Lakshmi tattwa, Lakshmi principle. Then you become a satisfied person, a very satisfied person. As you give up your bad habits

you have lots of money left with you. The possessiveness that you have, the headaches you have of your possession just drops out. For example, when you see something beautiful – supposing there is a very good tablecloth, you see that then if it is yours you are worried that it may get spoiled, should be insured, all kinds of worries come to you. But when you do not possess it you enjoy it better. So when you look at any beautiful thing what happens after Realization that you have no thoughts, you just see the whole thing as a source of joy. Like a beautiful lake which is rippleless reflects everything that is created around. In the same way the still mind, as the Zen has done it, that the still mind which has no thoughts enjoys all that is created around.

The best of all – that you start enjoying other human beings. For the first time you relate to others without any lust, greed or any possessiveness. Once we had gone to Calcutta and we were staying in a hotel and there was the owner of the hotel came for his Realization. And as soon as he got his Realization, there were other Sahaja Yogis in other rooms, they all came rushing into the room. They said, "What has happened? We are feeling so joyous, what is happening?" I said, "Feel the vibrations of this man." They did not know who he was. They just put hands towards him and they enjoyed his vibrations so much that they forgot the time. So your relationship improves with other people, you become better husbands, better wives, better children, better parents. You become very honest because you just know that by honesty you are nowhere harm and you get lots of, lots of blessings of every sort. Thus you start enjoying your righteousness, your virtues, your traditions, everything, you start enjoying them. You look so happy but actually you are so joyous within yourself that you don't know how to hide that joy. You become extremely generous, kind, compassionate and peaceful because you become part and parcel of the whole.

The microcosm becomes the macrocosm. It's like a drop becomes the ocean and you start enjoying that personality, a special personality that you have. The people who are miserable when they meet you they also become joyous. A snake doesn't bite a person who is a realized soul. A tiger doesn't eat a realized soul and a violent dog becomes quiet when he sees a realized soul. Aggressive people become mild when they meet a realized soul. Now we have Sahaja Yogis all over the world and when they meet you must see the friendship, the love, the purity they have. They live such a pure life, without telling them. They know that the pure life is the source of all the happiness and blissfulness. There is no secretiveness, somebody doesn't run away with another's wife, another runs away with another's husband – that doesn't exist anymore. And the parents are so sensible the children are also born realized.

They are so many saints who want to be born but they want to have parents who are realized souls. So far all those who are realized souls are married have got children who are realized souls. So a new race, a tremendously peaceful, kind, compassionate, sensible race is born out of this chaos. People have big, big conferences for having peace, this and that, against the atom bomb but we don't have to have any conferences, there is peace among everyone of them. Actually we may not be destroyed by atom bomb but may be destroyed by ourselves because the way we are going on with our destruction. The diseases that are coming up, one after another, suggest that the way we have been going on in life has not been constructive.

It all sounds very fantastic but if you take, say, a radio or a television to a villager who has never seen it he will never believe that he can see all kinds of plays in that television. But when you put it to the mains then you can see the fantastic things that thing can do. In the same way when we get connected with the mains we are built that way that we manifest that fantastic character about which we are not aware. For this first we must have our Realization.

Now what the today Sahaja Yoga is that first you have your Realization, no time to waste on cleansing or anything so that you see your own problems in your own little light. Instead of cleaning the lamp first put a little light in the lamp then the person who sees it starts cleaning it because he knows how to clean and he sees the problems. Because the human brain is such that if you are told not to do this they will do it. So it is better to put the light into them so that they see themselves they've become their own guide and their own guru, so that they correct themselves. And as it is so joy giving everybody is all the time anxious to keep it up. And to keep it up it is important that after getting Realization you must learn how to keep it up, you have to attend some of our programs which are followed after this.

I hope it will work out today again. And yesterday many people felt the Cool Breeze, today you are going to re-establish yourselves. But you must promise me in your heart that after giving you Realization you will definitely pursue it and be serious about it. And Italians are traditional people, they have respect for themselves. So you must respect your Realization otherwise it

is the same story what Christ has said that the seeds which were sprouted fell into the rain and were washed off. It is the most important thing for you to get your Realization to save the whole world and humanity to reach its emancipation.

May God bless you all.

Now, are there any questions?

It doesn't take much time to get Realization. It's very simple and the Kundalini raises that moment as soon as you ask for it. But there are certain complications within our chakras which we have to clear out. You yourself will raise your Kundalini. It will have a very soothing effect and you will feel extremely relaxed.

I would request all of you to come little forward so it would be easier. You can come on the stage if you can sit on the... Why not, come on stage. Such seekers. You can take out your shoes, it would be better.

[Shri Mataji addresses Sahaja Yogis: Can you remove the table to that side, all of you.]

Good. Great. Wonderful people. May God bless you. May God bless you. Great, such seekers. May God bless you all.

You can remove the flowers also.

Such people. Shri Mataji asks in Marathi, "How are you?" Please, sit down.

What language she speaks? What's the matter with her? How is she feeling now? Is she feeling better? Alright. So she has to be little bit at the back and they will put her right because there are Sahaja Yogis who can help. It would be better for her if she could be that side. Alright?

Out of you, those who are sick can come at the back and the Sahaja Yogis can help you, those who are sick people. At the back side so that they will come and help you. They will be very helpful, you just go at the back. Now make the sick people sit at the back, you come this side.

Wherever you sit I am there to look after you. It's great. Such great seekers, so very happy to meet you all.

Now you have to take out your shoes because it helps for us to have the help of the Mother Earth.

There is a sick lady here, you can take her at the back and see if you can work it out on her. Or you can do it after the program, after the program.

Now it's very simple as I told you. As we are so desirous it will work out in no time.

Put both the hands towards me like this, just like this. Are you feeling cool breeze? Good. Working. Alright? You are people of great quality, that's why. Mmm, it's working.

Now close your eyes but don't think about it, just close your eyes. And very simple thing is: first you have to put your hand on your heart when I tell you, when I tell you on your stomach your upper part, in the lower part and then we go back on the same direction, and then the hand here, and then here, at the back and here. These are all the centers we will be touching with our own hand to raise our Kundalini properly and I'll tell you what is to be done. But don't think. Just one thing you do is not to think about it, it's beyond thinking.

You can loosen it a little bit [referring to belts], sitting down may be little...

Be pleasant, be pleasant about yourself. Don't have any anger towards yourself, you must have love for yourself, respect because you are the temple of God.

Now just close your eyes. You can take out your spectacles because you have to keep your eyes shut. Now close your eyes, till I tell you please don't open your eyes.

Please close your eyes and put your right hand on your heart. Without thinking now you have to do everything. Now here you have to say, with full confidence you have to ask me a question which is a very fundamental question, "Mother, am I the Spirit?" Ask me three times in your heart. Not to feel guilty asking this question at all. You should not feel guilty at all, you are seekers, a special category of human beings.

Now the second question you have to ask by putting your right hand in the upper part on the left hand side of your stomach. Left side, on the left hand side of the stomach, in the upper part of the stomach, on the left hand side. Now press it with your fingers. Here now on this center the second question is to be asked that if I am the Spirit then, "Am I my own master? Mother, am I my own master?" Just ask this question, three times.

Now take the right hand in the lower part of the abdomen on the left hand side. Take the right hand in the lower part of the stomach on the left hand side. Now please at this point you have to say that you want the true knowledge of the Divine, I cannot force on you. So you just say it six times because there are six petals to this center, this is very important, "Mother, please may I have the pure knowledge." Six times. Now the Kundalini starts moving when you ask for it.

Now raise your right hand now higher again onto the stomach on the left hand side, upper part of the stomach where you had put first. This is the center of the Guru principle, of the Master principle built by all the great masters. On this center now with full confidence in yourself you have to assert for the Kundalini to raise to this center by saying, without feeling any diffidence you have to say, "Mother, I am my own master. I am my own master. I am my own master." ten times. Have full confidence in yourself, you will be your own master and you are, that's a fact.

Now raise this right hand onto the heart. Here resides the Spirit. Now with full confidence in yourself you have to again assert to create a seat for the Kundalini to raise, "Mother, I am the Spirit." Say it twelve times, "Mother, I am the Spirit.", twelve times please. Not to feel guilty at all, to have full confidence in yourself. It's the truth, that's what you are saying. Have faith in yourself. Now raise your right hand to your heart as I said, say it twelve times. Press it, press it. "Mother, I am the Spirit." say it twelve times.

Now take your right hand onto the corner of your shoulder where it meets the neck from the front, take it from the front, across, press it hard, take it backwards. This is the center mostly catching. This center catches when you feel guilty. So please say with full confidence in yourself, "Mother, I am not guilty at all." sixteen times. "Mother, I am not guilty at all." sixteen times. Because the Divine is not only the ocean of love and compassion but it is above all the ocean of forgiveness. Don't count your guilt please, just say that, "Mother, I am not guilty at all." If you don't believe then you can take a punishment – say it 108 times, that would be better. Please don't feel guilty, forget what I said to you, just don't feel guilty.

Now raise your right hand onto your forehead across and press it on both the sides. Here you have to say from your heart, how many times is not the point, but from your heart intensely you have to say, "Mother, I forgive everyone." You may feel it is difficult to forgive but it is a myth whether you forgive or you don't forgive. But when you don't forgive you play into wrong hands.

Now put your right hand on the back of your head and for your own satisfaction say to the Divine if you have done any mistakes, "Please forgive."

Now stretch your hand and put it on top of your head on the fontanel bone area where it was a soft bone as a child, put your palm on top of that and press it hard and move it clockwise. At this time you have to say, "Mother, please give me Self-realization."

because I cannot force on you, seven times.

Take down your hand very carefully on the lap. Now feel with the left hand if there is a cool breeze coming in. Open your eyes slowly. Right hand towards me. Put the left hand on the top of your head. It's very subtle. Little further, in front, it is in front. Little higher, about 4 inches above. Alright? There. It's very subtle. Now put the left hand towards me and with the right hand you see, please. Now bring the right hand again and see with the left hand again, once more. It's there. Just pay attention, it is there.

Now you can put your hands up there and push back your head and ask, "Is this the Cool Breeze of the Holy Ghost? Is this the All-pervading power of God? Is this the Brahma shakti? Now bring down your hands and see if you feel it in the hands. Don't think. If you start thinking it will stop, don't think. You cannot analyse it. Then keep your eyes open, watch me without thinking, just watch me without thinking. With both the hands like this you can feel it, but don't think. Alright? Don't think, that's the main point, don't think, just watch me without thinking.

Mmm, you must smile, it's working out, there is nothing to be serious. Ha, it's working out. Don't think, you start thinking it'll go, there is nothing to think, you see. Just watch me without thinking, you can do that, you can do without thinking. Without thinking you can watch me, you can do that.

Some of you can just press your eyes, little bit strain on the eyes, press it hard, that's all, that'll help from strain on the eyes.

Mmm, better? What's happening that side? Alright? Alright you this side? Are you feeling? Good.

May God bless you all.

Now one more thing I want to tell you which is important, which you must know before you leave, that you have to now protect yourself. The energy is flowing but you must learn how to protect yourself first of all. So to protect yourself you put your left hand like this and with the right hand you have to give a protection to your aura, is to put your hand all across like this to the ground. Seven times I will do it with you and then I will tell you how to raise your own Kundalini and how to fix it up.

Now let us start. One, go over the head. Two, over the head. Three, all of you should do it because this is the protection. Four, very important. Five, whether you have felt or not it's not important. Six and seven. Alright.

Now raise your Kundalini. You have to put your hand in front of the Kundalini, as he is putting while sitting down, left hand like this. This hand has to move in this way that it goes clockwise: above, front, below, back. Watch this hand and then we have to raise this hand like this, with this hand going around that one. Let us start now, we have to do it three times. Watch the left hand carefully. Now these are important hands. Push back your head and now give a twist and now tie up, tie up your Kundalini. Again. We have to do the same, now we will move much faster the left hand, push back your head, loosen your shoulders, give it a twist and now tie up one knot. Third time three times you have to tie up. Now again, now go up, push back your head, tie up one, tie up twice, tie up thrice. Now see your hands. Better, much better now till they think. Don't think, if you'll think the vibrations will go away so don't think, try to keep in thoughtless awareness. Ah, now it's alright.

Keep your eyes open, keep your eyes open. Mmm, good. Alright? Are you feeling? Good.

All those who have felt in the hand or on the head raise your hands, let's see. All of you have felt it. Just imagine, such great people. May God bless you all.

[Shri Mataji works on people on the stage]

Come here, you've been thinking too much, come here. Your Agnya, yes, your Agnya is working, that's all. Now forgive, you didn't forgive, you have to forgive, forgive everyone. If you have not forgiven then the vibrations come down. Forgive, forgive, forgive. You also madam, have to forgive a lot. Alright? Correct? Now better? See your hands. Now put your hands. Forgive, you must

forgive. Better now? Alright. So say, "I forgive." Alright. May God bless you.

Ah, good. You are alright? You have not forgiven? What happened? Alright? Just forgive.

[conclusive notes in Italian by a Sahaja Yogi about next public programs, meditation with photograph and follow up meetings]

Are you alright now? What happened? You are alright. Doesn't matter, laugh it out, you are alright. Just enjoy it.

Are you alright? No? What happened? What's the matter? [UNCLEAR] Forgive, forgive, forgive, just forgive. You must forgive.

Are you alright? He is alright. Just feel it. Yes, yes, you got it now. [UNCLEAR] All of you must come to the center.

[Shri Mataji continues working on people on the stage]

## 1985-0516, Short Conversation on Arrival

View [online](#).

16 May 1985

Conversation

Rome Ashram - Nirmala House, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1985-05-16 Arrival, Rome Ashram, Italy

Shri Mataji: Oh! Who has done this painting here? Very good idea.

Guido: This is a copy of the one that has been made by Herbert.

Shri Mataji: Ah.

Guido: In Vienna.

Shri Mataji: But it's big work, much bigger, much bigger.

Guido: Yes. And also, there is the deity on his eyelash.

Shri Mataji: Yes. And everything is so beautiful, I tell you, really.

It's really beautiful. Please, be seated. Extremely beautiful. A very nice place, Feels so fresh here, very, very fresh. So nice.

Imagine what a place! [In Hindi: Very Beautiful] It's god sent.

Guido: All wood is so natural

Shri Mataji: And also, you see, to have such a big hall, such a big hall!

Guido: Yes. We can have 300 people. 300 hundred people can be here.

Shri Mataji: Live here?

Guido: Can be -

Shri Mataji: Seated. Hmm. It's beautiful. [Hindi] It's god sent, I tell you. As if for [inaudible].

Beautiful.

Anyway, pleasant and nice place. So now what do we do?

Guido: Dinner, we have dinner.

Shri Mataji: Dinner. And then we can talk to these people.

Guido: Yes, Mother. You prefer it here or in your room?

Shri Mataji: When did you come all of you? You came this morning?

Sahaja Yogini: Yes, with the train.

Guido: They came by train, Shri Mataji.

Shri Mataji: I See!

Guido: First, our Ruth is here.

Shri Mataji: Ah, Ruth! How did you come? By train or by-

Ruth: By plane. Aeroplane, Shri Mataji.

Guido: Aeroplane.

Shri Mataji: Aeroplane, I see. Is there a direct plane?

Ruth: No.

Shri Mataji: You had to go to Geneva.

Ruth: No, in Nice, in France. It does a stop in Nice

Shri Mataji: You had to go to Nice?

Guido: But from Strasbourg.

Shri Mataji: You are in the South of France?

Ruth: It's transferred Nice in Heathrow.

Shri Mataji: Oh! You had to go to the South and then get it there.

Guido: No, no, she got it in Strasbourg, but she made a stopover in Nice.

Shri Mataji: I know. Because this is- once you remember, I went to Nice and they said I have to come from Nice to Italy by plane.

Guido: I don't remember.

Shri Mataji: Yes, I think, it was in 81. Or 80, I think. 80, 1980 when I went to Nice.

When did I go to Nice, you remember that?

Ruth: 80 probably Shri Mataji!

Shri Mataji: 80, yes.

Ruth: Yes.

Shri Mataji: And from there I came here. Yes.

Ruth: With Catherine, yes, Shri Mataji.

Shri Mataji: Yes, I came from there to Italy. I remember. And something had happened about it. I came to Italy and then we-

Ruth: They did not make the publicity, Shri Mataji.

Shri Mataji: Ha! That was a long time back. That was when I came in – a long time back.

The first time, the first time, when I came to Italy, they did not make any publicity. They took a lot of money from us for that. Yes, that's it. They did not do any publicity whatsoever. Yes.

Guido: Would you like to have your dinner here or in the room?

Shri Mataji: I think in my room, would be better.

And then we will talk on the phone.

Guido: Yes, Mother

Shri Mataji: To these people. I must see your photographs also.

Sahaja Yogi: Are they here?

Shri Mataji: Today I saw a beautiful one, he showed.

Guido: Yes.

You saw, there were all vibrations from here to here, Rustom, did you see that?

All white vibrations from here to here, all completely.

Rustom: I saw that one.

Shri Mataji: Saw the vibrations, it's [inaudible].

Guido: He makes always beautiful photographs.

Shri Mataji: They do. You gave very nice photographs to Rustom. You have done it?

Sahaja Yogi: Yes.

Shri Mataji: But even Dullio has done very good photographs. And I was telling this gentleman, who is an artist, who was there with us. What is his name?

Sahaja Yogi: [Inaudible].

Shri Mataji: Ah. I told him that you should take his photographs. One of them is on the right-hand side to my head, you see, on the right-hand side, The smiling one. I said, "That's quite human, you'd better to do that one first. But the divine photographs are rather difficult to do into art. But this, he can do, I think. He's quite definite. The one in which I am smiling on the right-hand side. Yes, cameras are very clever these days, I must say, very clever!

So, how many of you are living here?

Guido: Twenty adults and five children.

Shri Mataji: Oh, I see. That's good! [Shri Mataji speaks in Marathi]

You are very much changed, isn't it? Looking much happier.

Guido: In such a short time.

Shri Mataji: I mean, I was saying, where is your husband? She said, "He is sitting there". I just couldn't make it out which one was that? So much changed!

[Shri Mataji speaks in Marathi]

She thinks, we feel like India here. Me too, our old houses, we all had these things, you see, in our old houses. Absolutely like this.

All right! [Shri Mataji speaks in Marathi]

May God bless you!

There is a custom in India. Anybody comes in, then you give him something to eat and then some water. Firstly.

Guido: What is the meaning? I mean, it's something symbolic

Shri Mataji: Then, accord him what you like. First, have something. If nothing, the religious, they give you jaggery. You know, the kind of a sweet thing we have left out of sugar, Jaggery.

[Shri Mataji speaks in Marathi]

They gave it for the Goddess, whether she eats or not, she is [inaudible]

May God bless you!

## 1985-0517, Discussion on Progress in the West

View [online](#).

17 May 1985

Conversation

Rome Ashram - Nirmala House, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Discussion on Progress in the West, Rome Ashram, Italy 1985 -05-17

How we are destroying ourselves, I think that is the ideal thing one can do. The real shock is this we should not worry about population or anything. I think you should all sit down and think about it and make a, this thing, and then you should give confessions and stories about someone Sahaj Yogi told me horrible story about his own father that when he got his confirmation and he was about 16 years of age you see. The father celebrated it, his confirmation and after that he called a prostitute to teach him all about just imagine.

If that is the situation, if the parents only try to..like these things. And they think they are liberated, there should be a really very sarcastic and any pungent attack on these people those who think they are liberated and this and that. It's just a mental domination and the conscious mind has become so powerful with the west I tell you, one day they won't be able to control it also, won't be able to control their conscious mind. It will go beyond their consciousness; it may happen like that. You see, when ego becomes the most powerful thing then you cannot control it at all. {Shri mataji talking to a sahaj yogi}. They are living in another world I tell you still, have to make them understand that they are really going towards their destruction all these things are of no use and all that maybe, it may come into their heads. I think you all should write down certain subjects that we see if you can compile something together.

Shri Mataji talking to a Sahaj yogi. I wanted to talk to C.P sometimes little later about say 15 minutes just to tell him our phone number because he goes on worrying for nothing.

Sahaj yogi saying-you can have it in your room Shri Mataji.

Shri Mataji: Ellis and company came you see. And they measured the whole house and took lot of interests. They came, they have not forgotten the house. Just imagine, yeah they brought a party which wanted a huge big one big reception room and one of the bedrooms. Before that they shouldn't come to Georgian house I must say. I don't know why then they say these people are saying the house is small. But I think they are trying, they didn't take measurements or anything. I think they have got a brochure with them perhaps.

{Sahaj yogi speaking something}.

Shri Mataji: Did you give them?

Shri Mataji: But I think their idea is to show the house first and, that's what it is but in any case if you want to advertise once in times then you get lots of people but they are so unreliable and funny and that's what it is.

Sahaj yogi: Did Ellice and company confirm the price?.

Shri Mataji: Yeah, they are serious people.

Sahaj Yogi: I think the price can be achieved.

Shri Mataji: They, I don't know what price they have told him because that day they came and measured up everything. C.P will know about it. But they are very serious people, they took lot of interest in the house.

Sahaj Yogi: a very good firm.

Shri Mataji: I think that area they dominate and sort of. They are a very good firm better than this [unclear] Frank according to C.P. But I said maybe these people just want to show the house first and take the confirmation. Well, a house has lots its quite a lot of its individuality. No doubt about that.

Sahaj Yogi: Its an ordinary house Mother.

Shri Mataji: Its an ordinary house. I mean we can't say it's a absolutely ordinary but it is compared to what it was quite ordinary.

Sahaj Yogi: Its becoming more English.

Shri Mataji – (laughing) Yes, it does. It was very interesting. Alright, doesn't matter whatever it is .So now this is the trip I am having in Europe. I don't know about next year if I could come to Europe or not. But, this time, the trip will have in India. We have divided into two halves 21 days first trip and 21 days the second trip. Or it is a, I think 46 days or something. It comes to that. In case see you want to go for 21 days what is it you are struggling what is planned.

Sahaj Yogi: Mother, 3weeks and[unclear] the last 5 days is [unclear] the next week.

Shri Mataji: Alright

Sahaj Yogi: So, I think it is 30-37 days or something

Shri Mataji: So, for 37 days, one is for, for its 21 days and another is for 37 days.

Sahaj Yogi: If you get to the whole time its 37 days but if you get one trip either of them its 21.

Shri Mataji: So, how many days difference?

Sahaj Yogi – It is about 5 days [unclear]

Shri Mataji: So, altogether this is 27 days then, no 21 days.

Sahaj Yogi: 21 plus 21. So, it's not 42 from beginning to end its something like 37

Shri Mataji: 37 no doubt. So for that, how much they charge they said?

Sahaj Yogi: So, just for 21 days its 400 dollars or if you get the whole trip is 600 dollars.

Shri Mataji: So, it is cheaper, cheaper to go for the whole. On the number of days is cheaper. How much cheaper it is? Normally it should be, say about what is the saving? Supposing you go one the same style then how much would you pay for 37 days?

Sahaj Yogi: Perhaps, 700 it would be

Shri Mataji: So, this is 600. I think it would be [unclear] one less than one because of the overall charges, maybe. It's a 550 one can make it I think so. That's what the letter Modi has written that overall if they do a bigger trip would be cheaper.

Sahaj Yogi: If they do a bigger trip Mother and if they don't get a sea journey because they get run by road all away

Shri Mataji: They go round? So, what is the advantage they are having?

Sahaj Yogi: If you get 51 days then you have the sea trip between Bombay and Gwahati

Shri Mataji: Both of them will have. They will have sea trip. No, if you stay on, also one trip they will always get, two trips. If you stay on then you come by that trip and go by that trip, two trips you will get if you stay on. You see when you go by the first trip, first trip then you go via the ship. No, first trip you go by the road and come back. Yeah, that's the point. That may be the reason they are reducing it. But, if you want you can do the trip , I mean ship trip can be done also not difficult. That may be the reason. That must be the reason. Its less. That's what I was wondering why I did this. But how much did you pay, I don't know last time for the trip. Who was with me I don't know. You don't know. Well, they can do it if they want to. They want to have a sea trip(Mother laughs) .That must be the reason they are reducing it. So, but still is quite cheaper 37 days, I think 550 if they are saying so for 37 days. Yeah, its very cheap. This time we took for 30 days 500 and this will be for 35-37 days 550 would be very cheap I think. And trip is going to be during the holidays, Christmas holidays. So, that will also give an advantage those who want to, can come during Christmas holidays. Because of the [unwield] in number I thought better to have in two groups. But really I don't know this time it might, let's see how much it works out. Last time it started growing and then it grew up and grew up and it grew up really quite a lot. So, in any case it should be circulated now so that last minute there should be no problem because now Warren is not here and I am very bad at all this bank business. So, best thing is everybody who want to go must decide and work it out because I wont be here ,I will come back in November and maybe I'll go just before people go or maybe with you. Because we have to go what dates are the thing?

Shri Mataji saying smiling and asking somebody, "haan what have you got? "

Sahaj Yogi: Its something like the 21st of December it starts

Shri Mataji: 23rd ? Is that late? When do you have holidays here for Christmas?

Sahaj Yogi: Often the day day before couple of days before or something like that

Shri Mataji: Is it? So, keep it 23rd , Friday evening if it is yes. So, try to find people how many are coming for the first trip and then for the second trip and then for the whole trip, like that. This must also stop at a point must bring to a hault because it can (Shri Mataji laughing) and later on when we have our ashrams it will be easier, then we just go to the ashrams, sleep there go round the place, locally we arrange something, go round the place again come back to the ashram. So, we have 2-3 ashrams like that, that would be a better idea. So, maybe 2-3 years more we can do this but I think its too much for me. You must see the kind of fruits we have, they're wonderful. Moreover, these Sikhs have really troubled us so much. Now no foreigners can stay there for more than 3 months. This is something horrid and they are putting more restrictions like I think Warren wrote to me that he has to go back, he cannot take a visa and all that but we are trying through Life Eternal Trust. Sikhs and all that, give a bandhan to this nonsense. But I don't know why they have objected Sikhs, alright but why the foreigners as such. Foreigners gave them money and this and that.

Sahaj Yogi: Many Sikhs have foreign passports, Shri Mataji.

Shri Mataji: Apart from that you see this fellow, what's his name was Yogi Bhajan. He converted many into Sikhism. Who is from Austria this time? So, what happened to the follow on meeting. Few people came new.

Sahaj Yogi: Few people came 15 or 20

Shri Mataji: [unclear] said 40. So, what is the reason?

Sahaj Yogi: We don't know, actually we don't know. Maybe because we had two days off in Munich but we don't know.

Shri Mataji: It should have been just after the program according to you. I mean in two days they slip out. (Mother laughing). Then here they are going to have after 5 days. No, in Milan. They will forget after 5 days. Give a bandhan. Memories are so bad.

Right-sided.

Sahaj Yogi: we got 5 new people

Shri Mataji: Really?

Sahaj Yogi: After the seminar about 15 or 20 came over here and at least 5 have come back here for weekly present.

Shri Mataji: Only?

Sahaj Yogi: Well, some are more from outside London. They stayed especially for the seminar.

Shri Mataji: Oh, I see. They were not from London. It's very difficult, 5 people

Sahaj Yogi: Its good to get 5. They should come back.

Shri Mataji: smiling and saying Consolation prize.

Sahaj Yogi: Mother how you feel?

Shri Mataji: Arey(in hindi) what I feel.. See to me it is in a different line, I see it's the heart of the universe. I see America as the Vishuddhi of the universe. Will have to do transplanting or something like that. I don't know what to say if the heart is so weak what are we to do. But, I think it will work out, work out in a way. You see you have to put them to a challenge always. Supposing you start doing the work, oh she is not here but we have to go to India, this and Ashram there, this that then they will come. Now she is gone away we have to go. I think that some sort of an effort, effortlessly they cannot understand. They think we are on door, they can't bear that I think. You have to make them do something. Like[somebody's name] was telling me that in the Zain system of something people were and the fellow used to take a big stick and hit them hard on the backbone and people went there. So, all these love, compassion and comfort and all these I think they don't like it. That's all one can say otherwise I have no other explanation for this kind of behaviour. Imagine in India even in Bombay every time we have a program, its in hundreds people come. But how many programs have Bombay, hardly any. At the most 3 or 4 programs, last time we had 3 days continuously that's all and once you came that was only for Sahaj Yogis, so 3 days only in Bombay in the whole year. Madras 2 days, Calcutta 2 days, Delhi I think we had program for 5 days that's all, in the villages its for a day or two, that's all. Try to think what to do we this I mean the pace is very slow still I must say. For example, that day how many people came?

Sahaj Yogi: 500-600

Shri Mataji: At least, out of which 5. It's too much. I know that. Hampstead we always get a big crowd.

Sahaj Yogi: Lot of people come back just for you lecture Mataji. I mean there were people there who being Sahaj Yogis long time back. He was there, went to India just came back for the program.

Shri Mataji: Really?

Sahaj Yogi: Richard Gales, his wife was there Clare.

Shri Mataji: I mean, I think they repeat always when I am lecturing.

Sahaj Yogi: Yes, when you are there Mother they come.

Shri Mataji: what is this nonsense, I just don't understand these people. For them it's an entertainment or what.

Sahaj Yogi: I think that's the end where they are going to get something. Mother, I suggested a few weeks ago if we had celebrities who were interested that we probably, its just a human nature, trail of a human nature.

Shri Mataji: First you see we, if celebrities is needed to get the crowds, we get the crowds alright but to stick on what to do.

Sahaj Yogi: One suggestion we had Mother which we didn't implement was at the seminar everybody should have somebody who is not their guru exactly but their guardian angel ,that this person has to make sure that they know when the next things are.

Shri Mataji: But maybe some may not like this idea. See, some may like, some may not. But this celebrities also, what celebrities. They will stick on to the celebrity, the celebrity might be of the lowest standard.

Sahaj Yogi: Mother, I believe, we believe that Naraka is in England. He was speaking in Isle of Wight 2 days ago.

Shri Mataji: who was speaking? Narakasura?

Sahaj Yogi: They said what should we do?

Shri Mataji: They are there in Isle of Wight, you see. When is he going to speak?

Sahaj Yogi: That night, that same night

Shri Mataji: When I was speaking here. I don't think he has much chances now. He has exhausted everybody's money now. I don't know why he is there. He has lots of money, he can publicize and all but doesn't work out.

Sahaj Yogi: Mother, [unclear]TM's success was based on very large who sold to the business communities the techniques for release of stress, business stress, quality of mind. I am sure to suggest to we something similar. Perhaps if we concentrate on business communities Mother.

Shri Mataji: Try, try everything. I am not saying no to anything. But Sahaja Yoga is something you know its much deeper. I mean the thing is now say for example we say you come here for your stress and this, alright. Up to the point it is alright but to stick on you have to stick on to me. That's the big problem.

Sahaj Yogi: If we can get people into the collective whatever their mottos were coming on the first place then they blossom is getting them to stick for that period of time that it takes for them to become Sahaj Yogis really. Some people take longer than hours some spontaneously become Sahaj Yogis. Others need a period of time to fit into. It's getting them to stick for that period.

Shri Mataji: Like, to move like these people you see on the business line is to be to have an enterprise otherwise you can't do it. You see how do they do it. For example, first they say that, say seminar for the reduction of your problems or whatever it is. They say that, send these things to all the business people, send people to talk to them, we are arranging a program somewhere then book a big hotel somewhere then you get the people. It's a business proposition, you have to put in a money for that you get them, they have to pay for it, they come there and then will give them realisation and remove their. But even with that how far will they be I don't know because you have to tell another thing there, done another thing from one to another you have to suggest [falsehood]one after another you see. I mean at least you cannot tell them the truth. So, at what point you break in, it comes to that. But you can try we are trying everything and what I am saying try business try everything, there's no harm in trying. You tried the bishops, you tried every sort of things, but is a common thing in all the cities even in India all these big big johnnies come in, they drop out and some of them do stick is no doubt, some of them do stick in. Like in Poona we have lots of people who are business people who are in Sahaja Yoga, Bombay, Delhi we have lots of people who are in business who are in Sahaja Yoga. There the whole strata is quite good I should say, but here the people are so much used to be handled by advertising this that

that you have to really put in money for all that and work it out in a big way, then maybe again you might find one and a half person coming. You see our thing is that we have to get human beings not necessarily English, not necessarily Italians, not necessarily Indians because what to do now. We want to propagate for their good but if they don't want to come how can we want. Now is America they sent how much money we spent you have no idea unlimited, this now in our lifetime you cannot spend so much money as we spent in here. There whatever they said PRO alright this thing that thing, I agree to everything whatever they said and there we spent money so much money that I really tell you we can never spent that much money. We did everything and how many we get 4 Sahaja Yogis came out of them 3 ran away and 1 was Richard who was saying I am surviving, everybody was enjoying there and he was surviving in India. England we have done complete criss cross this way they have had experiences, newspaper is there everything. Australia is the only place where you can say definitely[unclear] and another is Italy, another is Austria is coming around. But I mean still you wouldn't say that it is something like India isn't. What do you say the Austrians?

Sahaja Yogi- We have to improve.

Shri Mataji: I mean, imagine for my lecture they, always the halls are very full, always, same in Munich. Austria, how many people were there?

Sahaja Yogi- 4-500 each

Shri Mataji: They are very fond of lectures, that's all. Its a serious matter I tell you. They just want to listen to me anywhere you go. Haan they told me in Munich they advertised, not one person came for their program. As soon as I went there the whole hall was filled there were so many people. They would just want you see to listen to me that's all finished. We can do one more thing, this is the only little idea I have which I do know that we can also sell my tapes to them. We can say that Shri Mataji's tapes are available so they may play it in the car or something all the time.

Sahaja Yogi- Mother, there was an idea one time that you would going to publish the advert in paper.

Shri Mataji: That will be done very soon. There's another thing that before this Guru Puja on the Friday or Friday we are having the opening ceremony of advent written in French and Dr Nagendra Singh is going to inaugurate it so there's no problem on that. Nor the Sahaja Yogis will be there because of the Guru Puja they should all arrive the program will be at about 8 o'clock, 8 o'clock in the evening I think so that everybody will be able to there its on Friday evening. So, will have this thing fixed there and Dr Nagendra Singh is coming and I will do the[unclear]some big people to come around and everything and its in French, the book can be read. But once this is done same thing can be repeated in English language we can do it in say, America the opening ceremony wherever you say so because the book can be translated, this some company which is anxious to translate it and to print it publishing company. We don't have to spend any money on that so such a book can be done because [regards] second book which is in French is very much different from the one they advertised. So, he was saying that the company will be willing to do it. If they agree if they publish it then we will have it in English and it will be much cheaper book. Yes, and the publisher will be[unclear] so that's how one way we can do it. But I think it will be a better idea that the people who are fond of my lectures also we can say that this lectures are available on a tape or we can make some little little books. Can't we? They would like to go and read the books. No, my lectures you see, say they are in Hindi, Marathi this they translate it, say we take different different lectures, public lectures and print books you see booklets. It can be sold to them which they can read. Say 200 people came should give them one one lecture each. They can read it so they can just form a library or something with these lectures. This could be done because they are of that type they are fond of lectures they are fond of this they are not interested in realisation as such. They think there is an involvement or commitment. I mean one fellow said he doesn't want to marry because he doesn't want to have commitment. Then I said why not I mean you want to have everything else but the commitment. Because the law is so binding here that's the reason that one doesn't know some times you know I also feel sometimes that I maybe arrested for nothing at all so big laws so much in regulations you see. Like, you can't make a noise at after this time, you can't do this after this time. I mean one would go mad, all funny laws there are and that's why I think the people think this commitment even going to Sahaja yoga they might be tomorrow called people going to a cult or something. Burning, is he burning on his feet? Alright, so like that we should think it over or if you want that my lectures could be published in small booklets or could be the tapes we can sell as tapes to them something could be done. It's very you see its the quality is not there, quality is not there you see. As they say things that are to be made out of gold can be only made out of gold you cannot use brass for that, that's the point is. Quality has to be there, this is the big problem. Quality is not yet ready. I don't blame them because they have been too

simple everybody has befooled them first the Pope came he befooled. Richard told me that it was said that husband wife relation is a sin in Holland. So now they said go to hell your sin. Mataji laughing. I mean absurd thing, how can you read at that where did Christ said such thing. What makes them think that this is the sin because he attended a wedding? He certified it in that little short time of three and a half years he attended a wedding now what more do you want a sanction for the wedding. So, if you start like this say husband and wife is a sin but then why do you have these priests there and how did they how were they born out of what sin? Absurd ideas you see and how did you accept such idea for centuries. Just think of it, how could you I mean even a farmer in India would say alright you don't tell me you can tell the bullock not me, I am not going to listen to you. How could you I mean I just don't know what made you listen to all this nonsense. Then [Fright] comes tells you something say everybody like he see blindfolded all following. Let [Fright] try something in India, cannot people will say this madcap from where has he come put him in jail that's what it is. I mean that's why I don't understand you are so simple nobody can believe that this things are happening in England or in Italy and these places. Nobody will believe that people are that simple very very simple people absolutely simple people, simple term is the word in English language I think even to imagine to believe that marriage is a sin. Everybody thinking I am a sinner{Mataji laughing} just think of it. Richard very seriously told me from Holland you know I was really amazed at him when he told me, really? I said. Yes, everyone all the Catholics they believed in it for centuries and what Martin Luther did was even worse. They have become nothing but there Agnya that's all. Very good people, I mean a rustic people have much more sense I tell you. They would never have believed you anyone like that. [unclear]. Imagine I told C.P he said I can't believe it how can it be. I said this is the basics of[unclear]. How can that be? Even now he is such a brilliant man from India, he said don't tell me all. I said now you ask anyone you won't believe; he can't believe it. One day he came very shocked I said why he said do you know this people have no bone in the tongue, that's something we say there's no bone in the tongue is what you know they were saying that Christ was homosexual, can you imagine to say such a thing. How can they say such a thing that also another, anybody tells them anything is done. People are just you know have no individuality at all I think. Anything shown on the television is good, now health food. Health food is meant for the animals not for human beings, even I can't take that health food of yours, I will be sitting all the time in the bathroom if I take them, so unhealthy. Can you imagine the in Switzerland they have gone so far as to eat cottonseed which give to buffaloes only not even to cows. There's limit to things that people have befooled. I really tell you if you tell somebody to Indian that they eat cottonseed, I don't know how it can be. Cottonseed and that too even we give it to the buffaloes we soak it overnight, this is just seeds you will get kidney troubles, you will get diarrhoeas anything. I mean imagine cotton seeds to eat but why you have everything to eat and even, even if we are dying we will not eat cottonseed, this is too much. And in America the ice cream they make is made out of clay. Do not know this, absolute clay. It goes in the body and comes out the same way nothing is absorbed, its clay its plain simple clay. Mataji laughing. You don't know that? In America the ice cream, I never eat in America, anywhere else is alright, just simple clay, that's why it is so specially soft, is purified clay you take it. You didn't know, oh I see. Mataji laughing and saying just simple people I tell you. I am surprised you didn't know this.

Sahaja Yogi: they don't write it on the packet.

Shri Mataji: No, no but I know it through some secret method. No, no what happened this Chandu Bhai Zaveri we went to America together and somehow the ice cream I saw even you take it, I said I also saw little I felt funny about it. So, he said Mataji I don't think you will eat this, I said I think so but I don't like it as it is I don't like sweet. So, he said do you know its made out of clay, I said really so I felt it I said yes it's clay. So, I said but why they said its very simple, its very nice they mix all these things in the clay and it forms this ice cream. I said how do you know? He said my friend has got a factory. Mataji laughing and saying Indian? So, I said only the Indian must be doing that. No, no he has learnt it from some Americans how to make ice creams. So, what will you do then, that's the situation. People are very simple, sometimes I start wondering at myself I hope you are not following me because I am very clever. Its really like that, see the way you are so simple, its really. Now think of even that Mahesh yogi of[unclear] don't you feel like laughing at the whole thing. How you people believed him, what is so sad? Also just think I mean what it was.

Sahaja Yogi: Circus.

Shri Mataji: Tremendous. And then he is such a rakshas who just didn't make a circus out of you but in the end made something so horrid I mean think of it. Its horrifying it is. I mean ends up in very painful feeling. To look at it is like a joke but its very serious.

I think it gives you simplicity right handed right sidedness gives you simple nature. See left sided is very clever he goes inside knows how to manage things and all that, the right side is simple man you see can be fooling. I don't know how many people like this were going to come to befool. You had Drasputin and all these people, you had Hitler now what more do you want Mussolini for Italians. And then they killed him hanged him upside down just think of it. I mean just think of it. I mean Mussolini I still don't never understood him because Hitler said he is a special race Germans but what about Italians. According to him Italians were also special race. No, no what did they say in their compromise

Sahaj Yogi: They could Spare the world

Shri Mataji: Spare the Italians?

Sahaj Yogi: No, the world. Conquer the world and spare it.

Shri Mataji: But you see what was the need for Italians to join them because Italians are no way Germans. If it's a question of race only isn't it then you would never fit into that I mean you would be the last like Indians.

Sahaj Yogi: Its inferiority complex which led Mussolini to get all the bothers from Hitler.

Shri Mataji: From Hitler? How? That he felt that he was inferior, and he must accept his domination.

Sahaj Yogi: Yes, in a way it was like that. He wanted to become stronger like Hitler and he taught his mind and that was the way

Shri Mataji: That's also another stupid idea because you see Hitler started on a principle of race and how would he make a person who is an Italian anyway near him because the whole fundamentals were that the race, the once who were not Germans were all finished to be finished and you people are not at all near Germans the faces are different everything different, even they are more like Indians I mean I would say. Italians have their features more like Indians so he would never accepted what do you think of English, are they anywhere near Germans or not?

Sahaj Yogi: very closer

Shri Mataji: Very near they are. You are Anglo- Saxon and they are only Saxons. Are they or something? No, but till they are not seriously

Sahaj Yogi: Basically, I mean the Germans are quite similar

Shri Mataji: Similar? And the Finland people?

Sahaj Yogi: They are quite different. They're Aryans. Pure Aryans

Shri Mataji: Aryans? Aryans are up to India. I see. So, he would have spared the England then he should have spared

Sahaj Yogi: He wanted the English as an ally against Russians that was which was his plans which went wrong.

Shri Mataji: I didn't know because see actually the history is also very funny about Aryans that they say that the Aryans actually came from India went there and then came back and went there and came back like that because Shri Rama was called as Aryan, this is 8000 years back and his two children went to Slovak countries and went to China, so they could not have been Aryans or they could have been Aryans because they were children of Rama. So, how can you explain these things who is Aryan who is not Aryan and according to some books I have read that the people who came from the north side were called Rakshasas and those who came from the north west side were called as Pischasas. Books of Garu Puranas or these Puranas.

Sahaj Yogi: People who invaded Italy were Gods of Barbarians

Shri Mataji: Like that, like that. So, they call them see three things for the those people who came to India. Firstly, the people who were from the North maybe Slovak or maybe you people I don't know whatever it is Northside, I mean so called Aryans were called as Rakshasas, those who came from Northwest must be from Tashkent and all that might be the north- west maybe Afridis and these people from Baluchistan ,Afghanistan were called as Pischasas and all the rest were called as Maleychhayas. So, none of them were respected as anything near so called Aryans you see and the rest were Aryans so how do you separate.

Sahaj Yogi: Hitler actually worshipped blonde hair

Shri Mataji: They have blond hair. Cannot be because if you believe in Greeks who were Aryans definitely they don't have blonde they are black head. You see how can it be and the blonds were called in that's the Rakshasas you see blondes and the reddish were the Pischachas. That's the trouble, if you read the Puranas they have described like that, that so many Rakshasas came and so many these things came, Malekshasas came and Malekshasas are the people who must be Chinese and this and that sort of people all other[unclear]. So, three categories. Now if you say the blond then what are Greeks. Greeks are definitely Aryans or not.

Sahaj Yogi: Not according to Hitler

Shri Mataji: No? Well Hitler didn't have a nose of a Aryan. It's a myth I tell you it's a myth because if you have to put an Aryan face Greeks are nearest, see without the any depression here is the steep nose they had. So, that's what and see then what happened that in India we would not call Greek as Aryans, the description of Aryans is very different. I mean it doesn't match with the descriptions we hear about. So, I just don't understand because the description that you have in the Puranas should be taken somewhere near I mean should be considered then according to that none of you none of the people who outside India are Aryans. Only the people who belong to the North India were Aryans according to the Purana. Its worth reading these books to see so we live under myths you see but definitely blonde hair was regarded as Rakshasas this is definite blonde and( Mataji asking in Hindi- What is Bhura called in hindi?) Blonde, bhura is blonde and the another is the one the red reddish what were Pischachas is absolutely written down. But Hitler had black hair, he had blonde? Then what makes him think that blonde hair were the Aryans.

Sahaj Yogi: It probably may have the inferiority complex. Actually Hitler is supposed to be half Jewish Shri Mataji. His name was supposed to be [Shukar] Guru he is half Jewish. His father was Jew, wasn't he?

Shri Mataji: Then imagine to listen to such a man like that whose father is not even known I mean it is too much

Sahaj Yogi: He is illegitimate wasn't he?

Shri Mataji: Even that illegitimate, is it? Everything? All the qualities were in Hitler and then to listen to him I mean this is too much why did you listen to him? This is the point I am coming to.

Sahaj Yogi: No one knows who his father was, really this is also the controversies rounding his father and his mother.

Shri Mataji: His mother also. I mean what are the bonafide. To listen to someone there should be some bonafidees, see the way you people have accepted as if he was from some Royal family or what. Very, very simple people. What must be wrong there to listen to such people if you can find out that wrong then we can bring people to Sahaja Yoga. Basically there is something wrong in the brain how can we listen to these nonsensical people, what makes you think that way.

Sahaj Yogi: It's said Mother that the Germans particularly respond to this, this oratory and they liked the disciplined and that's was what there I think that's probably why Hitler's oratory [unclear] them such a lot

Shri Mataji: Why I don't find that is the character. No, there is something wrong. I think there's a kind of a domination people like. People like to depend on others and they like domination, they like that others should dominate them that they should not have any responsibility perhaps. Yeah, if they leave it to someone, but then why leave it to person like that you see who has no father, mother. I mean even if you have do it this I still don't understand if I analyse it. Indira Gandhi was a widow so many people had objection how can a widow rule us, not auspicious. Imagine to that extent they used to go and this person has no father no mother, I just don't understand.

Sahaj Yogi: He used domination. He suppressed people in[unclear] threats. Actually he was possessed.

Shri Mataji: But you people are so simple to accept his domination in not only Hitler otherwise also see this Pope anything I just don't understand how people go on.

Sahaj Yogi: Its fear Mother. It's a herd mentality

Shri Mataji: Maybe, the herd mentality, maybe that I think so we can just come to something where we should understand why it was so

Sahaj Yogi: Human beings don't want to be here[unclear]. They want to be animals Shri Mataji like sheep follow the leaders.

Shri Mataji: But at least choose a proper leader. What I am saying there should be some sublimation some higher qualities something like in India if you see a leader every leader was something great.

Sahaj Yogi: Shri Mataji, if you watch sheep crossing the road they don't have a leader the first sheep that crosses he is the leader and everyone follows like that is quite interesting. In the case of Rome, the catholic church the layers of different fears of a priest certainly in England.

Shri Mataji: So, they clubbed together.

Sahaj Yogi: But that's why the priest, they are frightened of the priest.

Shri Mataji: That's how the groups formed. You see in India they could not organise religion, they could not organise a religion they could not.

Sahaj Yogi: What it was like Shri Mataji allowed a pope was the Roman empire because the Emperor allied it to one Bishop and there was a mutual support society the Bishops supported the Emperor, the Emperor supported the Bishops and that Bishop became Pope they support politics and in India we never had that sort of interference.

Shri Mataji: No, we had once seen like a say, Ashoka. Ashoka supported Buddha very much and Buddhism spread no doubt, but it could not be organised, did spread because of that but it could never be organised. This is what I fail to understand that acceptance of this for centuries maybe the fear as you say.

Sahaj Yogi: See even Kings were in favour of Popes in England. [unclear] for which one of the emperors kneel in the snow for three days till the Pope forgave him which one was that the Canossa. He would know. Henry isn't it? Henry Barbarossa. One emperor Shri Mataji of Austria had a fight with the Pope and he had to kneel for three days in the snow outside the Pope's camp for the Pope to forgive him

Shri Mataji: Now just explain to me this. You such nice people you know I mean its so nice that if somebody says that you go to hell you should say you go to hell finish I mean nobody should accept such a thing that you go to hell you go to hell. Just can't

understand. I must say this fear has gone too deep but something maybe the climate might be the climate is you have to fight the nature too much so that's why the fear is there perhaps that's the only explanation.

Sahaj Yogi: I think that's it Mother actually.

Shri Mataji: Climate must be.

Sahaj Yogi: But the climate in Italy is also there. In England we poor to be very poor in England over the last few centuries being the cold rain.

Shri Mataji: Must be this is the reason I think I analyse in this way that a person who is who has to fight life so much becomes fearful and then they take advantage.

Sahaj Yogi: Even now if you are not [unclear] to be old in England, not to have some money you stay locked in a little room with smells, damps and cold. Horrible can't imagine. People live with that fear.

Shri Mataji: I like in India you can live under the tree you see no fight.

Sahaj Yogi: Mother it used to be the work hours in England depends in times the work hours were if you fell on bad times you went into work hours[unclear] work in 18-20 hours a day.

Shri Mataji: O certain cruelties I can't like slavery we never had slavery in our country never we never had slaves we have servants but nobody is forced to stay and slavery we have never known somebody with never never. Sad thing this climate is the worse, climate has to be changed. They can see some light now. Mataji saying in Hindi- It was a strong catch, now all gone. All left-sided that's why I was trying to neutralize it. The fear comes from left-side so the most were the dominated people and few were dominating this is the reason. Most were the people who were dominated and few were dominating and out of fear, they created fear.

Sahaj Yogi: Should we give all of them Vitamin C?

Shri Mataji: He is saying we should give Vitamin C to all of them. I'll have one in any case. Tomorrow you all buy some Vitamin C lets see. I think the now one if possible

Sahaj Yogi: Then we go and and get some now not a problem

Shri Mataji saying in Hindi – Not today, get it tomorrow. See, I personally think that it is the climate which made you like that first of all, that is Vitamin C. Alright. So now Sahaj Yogis should have no fear nobody is going to dominate let's come out. No fear of any kind. Alright that is first theory you have achieved this much today. No fear of anyone in this world even of God because he loves you. One should not work anything because you are afraid of me, I hate that idea, no because I love you very much no fear of any kind.

Sahaj Yogi: Bolo bolo ,Adishakti Mataji Shri Nirmala Devi ki Jai, ki Jai, ki Jai.

Shri Mataji: That's it this will work out, this will work out. Haan this is going to work out.

Sahaj Yogi: Its good stuff Shri Mataji (everyone laughing). It really cleans out left side very much.

Shri Mataji: Now, apart from that the fear in the mind creates left side. So, no fear of any kind nobody can touch you no law can catch you, you cannot get any blots in your life forget it, no fear of any kind. God is with you. I sing that song "Bhaykay Taya" you know that, that song is representing that and I don't know why I love that song very much, now I know, now better, vibrations tremendous, I worked it out throughout. Enjoy yourself, enjoy. Mataji saying in Hindi- "started, ran away". No fear of any kind, no

fear at all, alright? So, good night. Mataji saying in Hindi—"From there will call C.P". Tomorrow morning we have to get up at 4.

## 1985-0518, Interview by Gregoire at the Ashram

View [online](#).

18 May 1985

Interview

Ashram of Pichini, Rome (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Interview, Ashram in Pichini, Guidonia Montecelio, Rome, 18 May 1985

1985-0518. The Interview was recorded in the Pichini ashram the day before the Ganesha puja 1985. It was an interview to be passed later on in a private TV

Shri Mataji: You can remove this thing.

Gregoire: I'm sorry. It all seems a bit too mysterious. Guido! So, listen, you can sit on the... So, Shri Mataji, the idea is the following: is that I would perhaps just introduce a little bit the thing, and then I would ask You the question of the theme of the relationship of motherhood and spirituality. Because this is to feed an emission of about twenty minutes that we are paying ourselves, which would be on the channels.

After that Alessandra, as asked, she will just tune in at some point to ask some questions on education and children towards the end, at the end.

Alessandra: We would like to ask You some questions on education of children in India.

Shri Mataji: (Shri Mataji's chair edge is on some cloth) I am sorry, did I do?

Gregoire: Sorry Shri Mataji, you are sitting on ... Sorry.

Shri Mataji: Is the door closed?

Gregoire: Is the door closed over there?

Shri Mataji: It's rather cold. Put the heater. Somebody has to help Danya a little bit to bring her things down.

Yogi: You do this.

Gregoire: Well, it's interesting to have the opportunity to talk about something so extraordinary as Sahaja Yoga. The matter of fact which fascinated me from the very beginning, is that in Sahaja Yoga there is nothing which has to be accepted which is not based on reality of experience. And everybody knows that all the inner ways to reality have been explored by various traditions.

For instance in the Tao one speaks about Yin and Yang, that is one has to discover within oneself a dimension which is complementary to the one in which we live. And being a man I always have been wondering what it would be like to discover the feminine part of myself in a spiritual sense. And Sahaja Yoga is, in a very unexpected and in a very beautiful way, providing the answer to this kind of enquiry.

It is indeed very important in the teaching of Shri Mataji Nirmala Devi to confirm that we are containing within ourselves the Yin and the Yang, that is the male and the feminine aspect.

Moreover, Shri Mataji, in Her teaching, precises that the feminine qualities are very important for our own ascent. And Shri Mataji Nirmala Devi being Herself a Woman, a Mother, a Grand Mother, She has been a Housewife, She has been knowing all the aspects of a woman's concrete life that no one is better qualified than Her to bring to our attention what is this relationship which is so mysterious in some way between the femininity and spiritual ascent.

So perhaps, by a way of introduction, I should say that the link between femininity and spiritual ascent has to be found in motherhood. And, Shri Mataji, may I right away ask you what is the meaning of Motherhood in the spiritual ascent of a normal human being like me?

Shri Mataji: It's absolutely Primordial. It comes from the Primordial being that we are all created out of the power of God Almighty.

As we say there is the God Almighty and there is His beloved Son and the third one, we call it as Holy Ghost. Now, nobody knows anything about the Holy Ghost, that it is the Primordial Mother who is the power of God.

Gregoire: Well, but the Primordial Mother is the power of God. God is perhaps very near, as the saints say, though for most of us, He seems sometimes to be very far.

So how do we discover this Primordial Mother as a personal reality? It's a question which I ask a bit in a hypocritical way, because I know the answer of that.

Shri Mataji: Within us, in our being, the God Almighty is represented in our heart as the Spirit, and within us is the Primordial Mother, the Holy Ghost represented as Kundalini.

When the meeting, or the Yoga, or the union between the two actualizes - it has to happen, it's a happening - When it actualizes, then only you can get the experience of the Divine force of the Divinity which is surrounding us. And thus you move one step forward towards God, understanding Him.

Gregoire: And I should perhaps say here that, in this experience, Shri Mataji plays a very unique role. She says so often that Sahaja Yoga is not seeing anything, is not having visions, is not understanding: Sahaja Yoga is becoming. Becoming ourselves actually. But everybody knows that in the brain. How that becoming really takes place for me was without any doubt.

The result of my first encounter with Shri Mataji. It was perhaps the first encounter of the third kind. And, Shri Mataji, how is it that just smiling at somebody you have the power to awaken their Kundalini? You have this kind of catalytical faculty to give them the key to themselves.

Shri Mataji: It's nothing very great or fantastic, as you see every day these things happening. If you place a seed in the Mother Earth, it sprouts without any effort. The Mother Earth has got the quality, the nature of Mother Earth is such that she can spontaneously awaken any seed into life.

I have that quality within myself. Naturally, nothing great, I have it, that's all. I have not achieved it. It's there. So, I don't think it's something fantastic. But the first question you asked that, when you understand by your brain, then how is it you get it as an experience?

By brain whatever you understand, you understand through your limited mind. Which is beyond you. It's not within. But when the experience takes place, you really evolve and your central nervous system gets a new dimension and you get a new consciousness, new awareness. Which is called as Bodha. Or in Sanskrit it's called as 'Vida'.

From there the word Veda has come, and from Bodha Buddha has come. The one who has got the Bodha means the feeling of

the universal power of God on your central nervous system is the Bodha. It's not what you understand through your brain, through your reading, through your discussions, but it's a built-in process on your nervous system.

Gregoire: And then again, Shri Mataji wants that this Mother within us which is this energy of Kundalini, when She gives us our second birth - because one can be born only from the mother - She does it because She feels the great Mother in you - "La Grande Madre" - and then we also develop these qualities which are the quality of motherhood, of compassion, of patience, of gentleness.

And is it possible, Shri Mataji, that through this process one can envisage a transformation of the behavior of great number of people? So that society benefits from all this. So that is not only an individual process. Is this possible?

Shri Mataji: Of course. Because it is the epitome of your evolution, it is the evolution of all the human beings. And those who want to seek it can have a higher state of awareness in which you get complete integrated.

Where the motherhood, the fatherhood and the childhood, all these three, combine.

So, as the child you become innocent, as the mother you become compassionate, and as the father you witness.

That's how all these three qualities just combine in you, and you become a different person where you start feeling that you are the part and parcel of the whole. And when it happens it is not a feeling of your mind, but is the feeling on your central nervous system. So that you can feel others on your fingertips.

Gregoire: So, in other words this Holy Trinity which was, I should say, rather difficult to understand of a Father, a Son and a Holy Spirit, now it's getting more precise: the mother.

These they correspond to state of consciousness within ourselves. But how do we develop then the quality which Christ said we should have the quality of the child so that we can recognize the mother and the father?

Shri Mataji: It is existing within you. The child quality – the innocence is existing within you. Only some clouds have come over it. Which are all thrown aside, and you become the child.

When a person has not seen the mother, he feels lost and he thinks that he is not protected, he has nobody to look after, he weeps and cries. When he sees the mother, he recognizes that "Oh, he has the mother". [Video interruption]

Gregoire: Actually, are spontaneous. And when we look around us it's really the one quality that is missing. Everybody play games, I mean, everybody - many people, many people are fake, this capacity of just being like children we have lost it. I have visited, Shri Mataji, countries in the East, I was in Nepal as you know, I was in India and people were so direct, so one with what they felt in the heart, what they felt in the brain, and the way they behave. So, is it possible through Sahaja Yoga to regain spontaneity? And what is this spontaneity that we are really missing in the west?

Shri Mataji: Spontaneity comes through innocence. And innocence is a quality all the time within us. Only thing that there are some clouds which are covering it, and are not manifesting the innocence within us. But when the Kundalini rises, She wipes out all those clouds and all those hurdles, and we find the light of innocence coming through spontaneously.

Gregoire: I wish that we could have the quality to recognize these qualities when they appear. Because it is a fact that what you have given in the field of spirituality since you started in 1970 is going far beyond the level of knowledge reached even by the Holiest scriptures.

There is no comparison between what you teach and what a lot of masters teach, because what You teach is verifiable in our central nervous system. And then, how it is that people have such difficulty to recognize the novelty, the genuineness but also

the tremendous importance of your message? Is it that it is too simple to be understood?

Shri Mataji: No, that's not the point. The point is that these are the days of complex advertising, and we have no advertising like that.

It's a very forthright understanding of reality. And it is too simple, by which people have lost their way and they cannot see something straight.

But they will come round. Because you suffer. When you go in the wrong direction, you always suffer and you come back to the right point.

Gregoire: What should one give to get one's realization? Should one pay money? Should one register in a school? How does it happen?

Shri Mataji: Oh, it is innate within you, just like as I said the seed. How much do we pay to the Mother Earth? You don't have to pay, you don't have to do anything, just you have to take it from the Mother Earth, that she gives you the nourishment and your Kundalini rises.

Gregoire: Is there any reason why it should take place now and not before? Because you say it is like seeds put in the Earth which grows, and this has taken place since centuries. But this which I have been witnessing since now a couple of years, that is really thousands of people getting their Self-realization. Now this has not taken place before, so why should it take place now?

Shri Mataji: Because in the evolutionary process, this is the time. When you reach the state of the flower, then only we call it a blossom time. Maybe in the beginning there are one or two flowers. But you reach a point where there are many, and then you get so many fruits. It matures at that time.

Gregoire: And, Shri Mataji, please can you tell us how or why it is that in Italy there has been such a good response compared to other European countries? I went to programs in Milano, in Rome where people who never heard about Kundalini, never heard about these things, people who had been warned against all the fake gurus came to you, kissed your hands, gave you flowers, were looking absolutely enchanted and shining, speaking: "Oh, la Grande Madre è venuta".

How is it, what makes this country receptive to this message, Shri Mataji?

Shri Mataji: I can only say that Italians are the most sensitive people in the whole of Europe. They are very sensitive; because they are very human. Others in the grab they are, I think, are very much grabbed by machineries and other things, maybe the climate I think of Italy is such that people in this climate feel balanced.

I cannot explain why, but only I can state as a matter of fact that they are the most sensitive people.

Guido: Shri Mataji, I would like to ask you. We have seen so many so-called gurus in the west which are used to collect Rolls-Royces, and mesmerize people, and like parasites. So how it is that you don't take any money for your great job? And another question: finally we listen talk about the Spirit. Would you like to say something about the nature of the Spirit?

Shri Mataji: Alright. The first question I have already answered that how can you pay? I mean, how much will you pay? It is love. It is love of God. It's pure love. It just works by itself.

I don't know much about money, I don't understand. This cannot be paid for. It's something different. This is not in the market.

Now, about the fake gurus, I have been telling about them from 1970 from everywhere that be careful. Because I know there are so many seekers are born. In seeking they go to drugs, in seeking they go to alcohol, in seeking they go to wrong things. And

then they go to fake gurus also. Because they do not know anything else. But there is the truth.

Now about the Spirit, it's a very long subject. I can only say that the nature of Spirit is that it is the Truth, it is the reality, it is the attention.

When it comes in the attention, your attention itself becomes powerful. And in look at anyone you can raise the Kundalini of that person. And thirdly, it is the Joy. Joy is a quality which is absolute, it is not happiness and unhappiness. Because these two depend on ego and super-ego. But joy is an absolute quality and that comes only from the Spirit.

Gregoire: Are the conditions that a man, a normal man living in the world of today, with the worries that we all have, the stress of the work, the problems of the family, is there any special type of person which can get this? Or can anybody get it? I mean, what makes the difference between those who get it and those who don't?

Shri Mataji: There are a special categories also. They are called as seekers. The people who are seeking beyond. They think that they haven't yet got what they wanted from life. They are not seeking money, they are not seeking positions, but what they are seeking they do not know. Such people are a special category, and they get realization without any difficulties. But once we have many people realized, why not. The whole world should get it. Because that is what they are here for.

Gregoire: Well, saint John said in the Apocalypse that the elected would be 144.000. I always found this word "elected" very disagreeable, because it sounded a bit elitist, but I was very happy to know that you felt that John was a bit miserly and that there should be many more people to get their realization.

Shri Mataji: You see, what he said were elected. But elected doesn't mean electorates are less.

The ones who elect are many, but the elected means the one who will do the job.

Gregoire: Shri Mataji, to get many people, it is very important to provide them some guidance, because I found, having children in school, that our children are often left to very destructive influences, everybody know we have drugs in the school, we have all kind of behavior. And it seems that we should also speak about children because there is this family of the Father, of the Mother and of the Child. And what about the children, Shri Mataji, how can we give the right guidance to our children so that they can develop in themselves from the young age this readiness to open towards their deeper self?

Shri Mataji: Most of the children who will be born to you, those who have got realization, will be all realized souls.

Also, there are tremendous flow of divinity in that realm, in that area, and I find there are lots of saints being born these days. And these are going to come as your children.

But it is important that the parents must understand the deeper significance of the Spirit, and the effect of the bad things on the children, and they are the best to keep them out of any dangers. But as these children are realized souls, I am sure they will get out of most of those influences. On the contrary when they will grow, they will change all these things with greater dynamism.

Alessandra: Do you think this will change also our society through this different kind of people that will come out?

Shri Mataji: People make the society. When the people change, the society will change. And the society always bows to something that is noble. Always. In the long run. Have you ever seen a statue erected of a man who has been running after women or who has been drinking? Society does not respect anything that is not respectable. All these waves come and go away. Only the nobility, the righteousness, the higher qualities are respected. For a short time, it works out.

So, the society has to change. Because it will see the noble work God is doing through you people, and the society will definitely change. It has to change. We say that the whole world can bow to you, but there should be the One who knows how to make

them bow to you.

Nowadays they are bowing to something unreal. But after all they are human beings. They are the highest in the realm of God's creation and they will definitely realize that reality is reality.

Alessandra: How should their parents behave to grow them up in such a way that they can keep the qualities, let's say?

Shri Mataji: In this western country, the children have the biggest problem of ego. If the parents are egoistical, then the child also become egoistical. If the mother is a hectic woman, and she is all the time running up and down, the child might develop a disease called Leukaemia.

All kinds of problems can arise from the disturbed parents. The first and foremost thing – the adults must decide that if they have to marry and have children, they have to be responsible for them and they have to behave themselves in such a manner that the children do not get any repercussion from them.

Alessandra: And Shri Mataji, one other aspect, very important for the growth of the children is the school, because they spend a lot of time in school. And what are your suggestions about school?

Shri Mataji: The school should be such that children should be told about the higher life and the nobler life and the children must be trained and disciplined for it. Nowadays it has stopped. People do not talk of God; they do not want to talk of Spirit. Because there has been lots of artificiality in the name of God.

But when you know it is the reality, it is better to tell them openly that there is God. And you have to experience Him. That's all is the stage left. So, the children will also feel confident.

Normally children are aware of God and they want to talk about God, they like it. But it's the parents by their behavior just take away their attention from that.

Alessandra: Is this the secret of the joy that we see in Indian children, we see such sparkling eyes compared to ours.

Interviewer (Male): Definitely, I think... (Video discontinued)

Shri Mataji: I think we are coming to that stage.

Gregoire: They were so sweet. Guido: They were absolutely adorable.

## 1985-0518, Press Conference

View [online](#).

18 May 1985

Interview

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Interview, Press Conference, Rome (Italy), 18 May 1985.

I'm sorry, very sorry to be late but I was in tv interview there, very sorry.

I'll ask all of you to sit down.

[Shri Mataji speaks aside to Sahaja Yogis, also about offering refreshments to the journalists who have been waiting for quite a long time.]

[Introduction in Italian until 07:38]

Interviewer: What is the difference between Sahaja Yoga and the other kinds of yoga that we know in Europe?

Shri Mataji: This Patanjali Yoga Shastra which was used about 78 000 years back was a system he had developed to prepare people for Self-realization. That was the time when children used to go to school in the forest and lead a very celibate life till the age of 25 years. So they were taught how to discipline themselves, how to cleanse their body under the guidance of a very evolved realized soul. But the physical exercises you do here is absolutely indiscriminate because it has no relevance to the body. It has to relate to different centers - subtle centers; wherever is the problem in the center that is the exercise one has to do and that was only known to those great masters. So they have got some sort of a half-baked ideas out of a little thing out the eight part, a little bit, called as Physical Yoga which has no relevance at all, anywhere. Then if you develop too much of your physical being you neglect your emotional being, you neglect your spiritual being and you develop a very imbalanced dry personality. Anybody who overdoes it can become extremely dry and there is a problem in the society, in the family life.

Second part of it was this Kriya Yoga as they call it nowadays, which is a misnomer, was that when the Kundalini used to rise, the ascension of the Kundalini take place then certain things used to happen within your being that would sustain the Kundalini moving upwards. That was all an automatic happening within yourself but the people who just knew about that they said, "Alright, you do it yourself like cutting your tongue, putting it in the back here so the khechari could happen. And there're people now who've got tongues handing like this out of [UNCLEAR].

You see, it's an automatic thing that happens to you. Like a car starts, automatically the wheels go. If you start moving the wheels car won't move, on the contrary the wheel will break and you will break too with that.

Three fourths of the Patanjali has dealt with the Kundalini awakening, what happens after Realization, how people do not sustain it, all those things are dealt with later on; about the Ritambhara PrAgnya - is the one that is the All-pervading power. Only one forth dealt with cleansing and all that.

And of course, they used to get Realization through Kundalini awakening only but there is the greatest difference between the modern Sahaj and the ancient Sahaj. It had to evolve to this state because first it was only few people were given Realization. But any discovery if it is not made public it has no meaning. So the en-mass Realization had to be achieved because it is now the time for you to have en-mass Realization, not one or two persons.

This is one of the differences, is that it is en-mass happening and the second one is the difference that formally they used to cleanse every chakra one by one. Very few people they found that are capable of one by one raise the Kundalini first to one chakra cleansed, another chakra cleansed, another .... They used to take ages to cleanse that. And sometimes in one's lifetime they would not get Realization.

But, you see, it is very difficult to cleanse people because when you start cleansing them their ego gets challenged and if you tell them not to do something, they will do it more. So the best thing was to put a little light into them to see for themselves what's wrong with them. Say, there is a person holding a snake in his hand and it's all darkness. You tell the person to throw the snake, he may not. He may on the contrary hold it much tighter. But if you let him have a little light he will see the snake and he will throw it away.

So I thought that if the seventh center, if it can be opened out then en-mass Realization can be achieved because all the seven centers are represented in the brain. And secondly, once they feel the experience of the Spirit they will start cleansing themselves their own centers. And this is how the modern Sahaja Yoga has evolved out of the old one which was only individualistic and was given to only people who were willing to go through any kind of test and any kind of disciplining. But nowadays best is to have it this way.

Also in modern times there are many seekers who are born. These are a special category of human beings who are seekers of the Divine. They are not satisfied with whatever they have achieved through their mental projections or through emotional projections. So they want to know what is beyond. So everywhere, throughout the world there are lots of people.

I hope I've answered the question that you [UNCLEAR] to your satisfaction.

But yoga means "union with the Divine", not exercise. It also means "deftness" - to know the divine laws and to handle the powers that you get.

Interviewer: What do you mean by divine laws?

Shri Mataji: You see, divine laws are very different from what laws we make. And when we do not keep to those laws we become sick, we get mentally distressed, we get to bad habits and we go towards destruction.

Interviewer: How can it be then that a child gets sick?

Shri Mataji: Child gets sick because the mother doesn't know, because there is something wrong with the mother, quite a lot. So if the mother is an overactive person, child becomes overactive, gets cancer of the spleen.

There is a lot of common sense also about it. Like it is said in India that if you see an eclipse of the Sun and if you are pregnant the child becomes deformed; and if you see the eclipse of the Moon and you are pregnant then the child becomes mentally deranged also. Because nature has a great play upon our life which we should understand.

Interviewer: What should be our attitude towards life once we are realized? Should we follow our nationality or just give it up and follow the Divine?

Shri Mataji: Actually all nationalities are artificial, God created only one world and he really wants people in this world to believe in one world. So all fights must end, all wars must end. You are fighting for what? After Realisation we retain all our individuality as far as .... Like an Italian will have his own individuality but he knows he is part and parcel of the whole. Who is the other? Like this finger is in its own individuality and if it is paining the another hand helps it because it is paining, because it's part and parcel of the whole. It doesn't feel obliged; it doesn't feel like having a fight with this. Or the eye doesn't fight with another eye because it's part and parcel of the whole. But there is an individual character of everyone of them.

Like the microcosm has to become the macrocosm - the consciousness. In our central nervous system we have to actualize the experience. It's not just mental projection. So after getting Realization people jump into a new awareness of collective consciousness where you can feel others on your fingertips and you can feel yourself on fingertips, all the centers. If you should know how to correct them you can work it out. Hands start emitting the All-pervading power, the subtle power and which you can use for giving Realization to others, curing them and giving back to the nature the vitality you have taken out.

Like in Austria a scientist who is a Sahaja Yogi has experimented and he's seen that if you give vibrations to the plants they grow three times more, yield more. And you don't have to use any hybrid staff, the old seeds can be regenerated again.

We can cure cancer, we have cured AIDS. And it makes you peaceful, joyful, you look much younger in age, in health. Actually then you know what joy is because it's only through the Spirit you can feel the joy. It is such a tremendous thing to be Spirit that you cannot explain in a short speech that so many things happen to you that it is absolutely beyond human conception.

Interviewer: What is the difference between your spiritual movement and others?

Shri Mataji: I don't know which one he is meaning.

Interviewer: Other current movements.

Shri Mataji: Recently, about 70 years back, a book was written which is absolutely untraditional, has nothing to do with the traditional authentic scriptures, saying that a person can get his Realization through something called "Shaktipat". Now there is not this word anywhere, nothing. As a result of that people take off their cloths, start jumping, shouting, some start jumping like frogs. In another one they become mad, epileptic, it's all madness. Like we have some people here who went to these gurus, paid lot of money and came to me as sick people. This is something new they have started. And in modern times a person who is futuristic, likes to take to something modern, wants to try everything and it's very dangerous. So one must understand that traditionally there is nothing like this, these methods they are doing, it's very dangerous.

What you have to get is your Realization and as a result of that you should feel absolutely on top of the world. That's a simple test. Second test is that you cannot pay for the divine love, you cannot pay for compassion, you cannot pay for anything that is living, living work. Like if you want to saw the seed. Now you don't pay any money to the mother earth, do you? It's like that, it's very simple because it is so vital. There is no circus about it, nothing. This is your right, to have Realization. How can you pay for it?

Interviewer: How long it takes to get Realization?

Shri Mataji: One split of a second, just a split of a second. But, but, but people are complicated. The central path is really [UNCLEAR] so I have to clear it out. Takes little time more, but still not much.

Any other questions you have?

Interviewer: Do you need somebody to give you Realization or can you get it by yourself?

Shri Mataji: You have to have one enlightened light to enlighten another light. Then when the other light is enlightened then that light can enlighten another light, it goes on like that. But the first one has to be enlightened. But there is no obligation, nothing, it is just love and compassion. It has nothing to do with any obligation, no commitment either. That's the redemption takes place and then becomes comfortable also but you have to be counselled, you have to be told what is this, what are these vibrations, they have to be decoded. For that you have to attend a few lectures or maybe some centers here so that you establish yourself fully as a great master, that too freely. And that is free after all, you don't have to pay for all that. But you have to give it some

time, little bit.

We have watches here just to save some time. But we do just the opposite. We have to save time to meditate and to establish our Realization. But we waste it with so many other things. And even five minutes of meditation can give you tremendous joy, five minutes. Only thing is one must realize that we have to be what for which we are made otherwise the purpose is not done. Like this instrument if it is not connected to the mains it is useless.

The ancient books, the Vedas and all that, they say that the one who hasn't got the knowledge of the Divine, what is the difference between animal and that person? So he has to rise to that level which is so simple and it is your own right to have, your own property.

If you want to solve the problems of the world, every type of problem can only be solved when the human being gets his emancipation and is transformed otherwise you cannot solve it superficially. I told them of physical, but even the problems, like say communism and capitalism, and this is wrong and that is wrong .... Now I would say I'm the greatest capitalist because I have all the powers and I am the greatest communist because I must share them.

So all our theories which do not look perfect in practice become actualized. Because we believe, we live in a relative world but here you become the absolute. Complete integration is achieved of your mental, physical, emotional and spiritual being and everything looks so integrated that you'd be surprised. This is what we have to achieve, no doubt. But don't know in which country it'll work out. I think Italy is the highest marked, in my mind. India, of course, traditionally we are all made like that. Traditionally we understand that we have to be the Spirit. In India there is no problem, leave alone India. But otherwise I see Italians are another sensitive, sensible, open-hearted people, understanding sacredness also. And they don't do ridiculous things also.

Interviewer: Are rationality and irrationality two aspects of what you are saying?

Shri Mataji: Rationality is also superficial, it's a mental projection. We can rationalize a murder, we can rationalize anything. But logic is different, logic is absolute. Like once you start feeling the cool breeze and you start understanding all the laws, you see a person being cured by it, you see it brings good to you and your family then you start understanding the logic of the Divine. And rationality comes from a limited brain which has a limited knowledge, brain is also not fully evolved. So what you see is limited. I am talking about the unlimited. You have to be triggered into that unlimited where the logic of the Divine you'll understand.

Like you see somebody, you might say he is a nice person. He may not be, he might be a very bad person. You may rationalize, "Alright, he looks nice. He is well dressed.", whatever it is, but he may not be a good man. But with these vibrations you'll immediately know whether he is good or bad, the absolute.

You can take very small children who are realized souls and tie their eyes and ask them to tell about the vibrations of a particular person they will all raise one finger or two fingers that these are the two fingers burning; there won't be no difference of opinion. That's why rational people never agree among themselves: arguments, arguments every day they'll have.

Interviewer: In Italy we have a great proverb: the dress doesn't make the priest.

Shri Mataji: Yes, of course, because it's the inside. That's true, that's exactly the same, exactly the same. So rationality is not deep in ourselves.

Interviewer: But allows you to live...

Shri Mataji: No, no, no, it destroys you, it really destroys us. To a person who smokes you say, "Why do you smoke?" they'll say, "What's wrong?" You see, in England they paint their hair pink and this, that, all that, they go about .... You say, "Why do you do this? It costs you much more to do all that." They'll say, "Why? What's wrong?" And some of them have come to me, they are all

becoming blind with that dye in the head but they won't listen. "Alright, we have right to die." How can you say, "We have right to be destroyed. This is our right to destroy ourselves."? It's rationality, what can you do.

You see the trouble is, like I went to San Francisco and they said, "Why should you tell us that we should not be homosexuals? Now who are you to tell us that? Why shouldn't we be?"

So I said, "But it will destroy you." "So they said, "Let it destroy us, it's our right. How can you take our right to destroy ourselves?" Openly. This is the trouble with rationality, that it is not logical.

Interviewer: My questions were provocative.

Shri Mataji: No, not at all, they were just the right questions which you should ask because that is how you will know what I am doing. You must ask questions. That's important because there is your freedom, in your freedom you have to rise, nobody can force on you. There is no mesmerism here. It is your freedom and then you get ultimate freedom because you become so powerful nothing can dominate you. And you do not dominate anyone either.

Interviewer: Sometimes there are wrong things within us. How does one get rid of them?

Shri Mataji: It is very simple. When you become the Spirit they just drop out, absolutely they disappear. You don't have to worry as how to. It just works out because you become the Spirit. As I said, you see the light and you throw the snake, it's like so simple as that. You don't have to think about your past, just don't think. It just works out. You see, the Divine is so forgiving that just works out whatever may be your past, doesn't matter - just works out.

An alcoholic came to see me one day in the program started shouting at me. He was so much drunk. I said, "Alright, alright. I'll meet you tomorrow." then he went away. Next day came to see me in the morning time, he got his Realization. He forgot what he said, everything, he shouted at me and how .... Next day he came, he got his Realization, he gave up drinking completely. He is different man, he is electrical engineer. Now he is doing his work very well. Actually I'm myself surprised the way the Divine is anxious that everybody should get Realization. It is remarkable the way people achieve it. Perhaps you all are great seekers and the Divine also is very anxious so everything is working out that way.

Interviewer: You have been speaking about vibrations. What are they and how can we utilize them?

Shri Mataji: Vibrations are the combination of three powers within us. One is the power of existence, vital power of existence, emotional power as we can call it, the existence itself. Second is the power of action, through our mental action or physical action. And third, the power of evolution. So these things when the three of them combine with the fourth power of Kundalini then the Kundalini sort of enlightens them and they start thinking for you, coordinating for you, organizing for you and working out as if they are robot-like, but auto-robot you can call them - doing everything for you and acting. But the main thing it is love, they love, they have compassion. The compassion doesn't speak, it acts. They do not hurt, they are compassionate, they work it out in such a way...

Now for example, supposing I tell somebody that, "Alright, you get your Realization." but he won't listen to me, supposing. So he goes out and he finds himself in some difficulty - say, he is driving a car, some difficulty - and then he finds somebody helps him out.

He says, "How are you so kind?"

He said, "Why? I am a Sahaja Yogi."

He says, "Really?" So he comes to Sahaja Yoga. It works in such a way. It's all a drama, I'm telling you, it's all a play.

As you get one with the whole the Ritambhara PrAgnya - the All-pervading power, starts flowing through you. And it knows us and we know her. Only thing we should know how to manoeuvre it, that's all. Now this is the power that makes the fruits our of flowers, makes all living work, every living work it does. Electro-magnetic power for example is part of this, which vibrates. But who vibrates that? It's the All-pervading power. We cannot even create a stone. If it is a stone then we'll make a statue. If some tree is dead we make another dead thing like a sofa bed. Now this matter sits on your head because you cannot sit on the ground now. But when you become the Spirit you can even master the matter.

Now as you've have seen even from my photographs people get Realization. It's a matter but it has become enlightened I think. But to know about Sahaja Yoga you have to come into it and see with open mind, open mind of a scientist. You must see it with an open mind of a scientist then if it is true... It's a hypothesis for you, then see for yourself. Seeing is believing. If I say you are fantastic, you are great, you are diving, everything I say you just experience it and then see for yourself.

Like you take a television set from here to India, say, to a village. Nobody will know what it is, they'll say it's some box. If you tell them that, "You put it to the mains you will see all the pictures." and this and that, they will never believe it. But you put to the mains they'll say, "God, we never knew it was so great." In the same way happens to ourselves. You can see the result here standing behind you. All yourselves is the result of that.

Interviewer: How can we know through the vibrations if a person is good or bad?

Shri Mataji: That it to be decoded. It is when you put the hands to somebody, just put the hands towards the person and you ask the question, "Is this a good man?" If he is good you'll get cool breeze in the hands. If he is a horrible fellow you will get burning, maybe with some horrible gurus or devils. If you ask about Hitler... I don't want to ask because my hands will burn.

Interviewer: Can everybody feel the vibrations?

Shri Mataji: I mean everybody should. But some people are very problematic, they think too much. They start judging, rationalizing. You have to go beyond it, that's the point. If you start rationalizing everything, "How can it be? How can I be so great? How can it happen?" then it doesn't work out. And the worst thing in the modern time is that they feel guilty for nothing at all. I mean, all the time they feel guilty. Yes, they are starting to feel guilty. If you feel guilty this chakra catches and the Kundalini won't rise at all. You are the temple of God and why should you feel guilty, about what? Divine is forgiveness, the ocean of forgiveness. So it works out but with some people takes more time.

Would you care to have the experience just now? One second it takes. (min 1:08:00)

Just put your hands like this and your shoes are to be taken out, that's all. Be comfortable, please be seated, just be comfortable.

Now, just put your hands like this, see, simple. This is what you have to do. The journalist are the witness of this, they should give this nice thing to the people instead of giving them bad news every day. Some good news also must be given.

Just open your hands like that, that's all, that's all. You start feeling a cool breeze in the hands, very subtle, and you feel relaxed. You just watch me without thinking. Just watch me without thinking, you can do it. Keep your eyes open, just watch me without thinking. All the journalists have one problem in common – liver, because they think too much.

Now you put your left hand like this, right hand towards me. This is balancing, just to balance you because you use too much of right side - creativity.

Are you alright, madam? Alright? Good?

Now both the hands, let's see. Good, started now. Now you can feel it on top of your head here, on the fontanel bone area here.

You just bend your head and see. See? Alright? Cool. But maybe some people might feel hot, doesn't matter, the heat is coming out from the body.

Alright. Now turn round, put your right hand and now see with the left hand. Only the journalists in Italy can feel that. Some in England, one or two. They have a special blessing, I think.

Mmm. Alright. Good.

Are you feeling, madam?

Are you alright, sir? Behind you? No, not yet? Just see somebody. Please put here, you should feel it. Started, it started now. Put your hand on top of the head like that, it will start. Now put your hand like that, little higher. How long have you been using the spectacles? .... That's why. You are alright, just a little bit obstructed.

Alright? Good. This lady has felt it? You can see yourself now. This gentleman you take him, he'll show you. You wanted to know about decoding, call him. Just let him come and see. You can check .... Ah, now, better.

[Shri Mataji speaking to a Sahaja Yogi: You take him back and show him how to raise the Kundalini, he wanted to know.]

Good, more now. When I raise my hand you feel it more, isn't it? See now. I blow on my hand you can feel it. Don't think, don't think. No, you don't think, that's why. You don't think now. If you think you go down. Don't think, just watch me, don't think. Better now? Are you feeling little bit? Don't doubt. What is there to doubt? Don't doubt yourself.

Interviewer: How much does the mind influence this process?

Shri Mataji: Yes, the mind sometimes goes like... When you are complicated, you are an extremist, you go to extreme limits then the center separates. But if you are a person with a temperament which is not neither extremist nor a complicated one it's the easiest.

Interviewer: So if you slow down the thinking you perceive more ?

Shri Mataji: Of course. Of course. Of course. And that is not to be done, it just happens. You don't have to do it, it just happens.

You start thinking, don't, you have to forgive. Forgive, forgive, forgive, you have to forgive. Forgive everyone, just forgive. That's the best way to get rid of your thoughts. Just forgive everyone in one lot. Good. Now alright? Aaah, that's it, that's it. Now that you got it it's easy. She has, she has. She too has got it already. Right?

Shri Mataji speaks in [HINDI or MARATHI].

[Shri Mataji starts working on persons one by one while exchanging comments about other people being worked on by Sahaja Yogis.]

She's good. What about her? No, no, just keep it up, now I'll fix it up. Alright? Come here. I'll fix it up. Can you sit on the ground for one minute? Just come forward, I'll fix up your attention. Alright? It's all here, gone here. Put your hands towards me, please, watch me. You keep alright health-wise? Settling down, attention is settling down now. See, the blockage is here. Better. Hmm, now. Forgive, forgive everyone, just forgive. Forgive everyone, forgive. Now better? Thinks too much. Better now? I am just balancing you. Good. [Lady complains about heat on left hand.] Has she been to any clairvoyant or someone? Did you ever interview anyone like that, any fake guru or someone? Who? That's how you got it, that's how you got the problem. Now it's better. You see, when you go to these people they put something into your psyche, you get caught up and they disturbed you quite a lot. It's better now, much better, cooler now. Aah, now better. May God bless you. But you have to work it out because

when you go to these fake gurus you should know how to protect yourself. You must know how to protect, it's very important. You meet all kinds of horrible people and you don't know how to protect yourself.

Hmm, Void. You also have been to some guru or someone? Did you interview someone, some clairvoyant? None of these charismatic people? Sure? The stomach.... But you didn't meet anyone like that recently? Or somebody died in your family? It's not your father but something like that. Now better, isn't it? She has that problem on the stomach. Better turn round, I'll just see the back. You see, even if you go to some places there might be something like that. This is the point? Hold your breath, leave it now. Again hold it, now leave it. Again hold it, now leave it. Alright. Better? How are you, feeling relaxed now?

Yes, what's the problem? Didn't feel the cool breeze? Because he works a lot. What about his mother? Ha, now better. Better, your heart, you are feeling better? If he can take out his coat I'll give vibrations on the heart. And turn around. Keep your feet straight and calm down, be comfortable. Ha, better.

(min 1:27:14)

You can see the bridging of the Kundalini, you can come and see. Come along, come along, have a look, fast. Just see, see it. The light is not..., light should be... Come from this side, it's better. You see, here you can see. You see? You want to see? Let him see it. See how it is bridging there. Alright, just see it. It will disappear after some time so see it fast. You see? Yes, there. It is in here, still going in, still going in. You want to see, come and have a look, be convinced about it. Just bend a little bit more. Can you bend? Ask him to bend, let him bend then they can see it. Just see here. Come, come. Can you see it clearly? Now, I'll raise it now. Ha, I'll raise it. See there, little bit it's still there, still there.

You people are not seeing? You haven't seen it? Oh, I didn't know. It's very common. It's still there bridging. It is still bridging quite a lot, you see? And now going that side to his liver. You've never seen it? Surprising.

There is an obstruction here.

I didn't know you Sahaja yogis have not seen it before, it's very common. It's less now, still there a little bit. It's going up. Here, the problem's here. Doesn't feel any pain?

The son? [The person informs he had a liver surgery.] What was the liver problem? Cholecystitis, called as gall bladder. Now better. You see it is indicative of what problem [UNCLEAR] had that the Kundalini won't rise - she is working there on the sides of his liver. It won't go; little bit did come up but most of it is moving here, curing him. What's it? [The person suggest that maybe the problem is due to an x-ray made that morning.] No, no, no, I'll put my foot down there. No, no, nothing of the kind but you see the problem is now going to be cured completely.

[Shri Mataji speaks aside]

[Shri Mataji speaks HINDI or MARATHI].

Ha, better. Would be alright.

Ha, he's better. You are better now? How is your attention? Still wobbling?

Americans are surprised that I was taking coca-cola. I said, "I have to be normal like you." You see, if I fuss about things how will I travel? I've have to go to villages, I've have to go everywhere, I cannot fuss.

[UNCLEAR] we had a doctor here from Riyadh, he is a psychiatrist and a doctor. He is in Riyadh, in Saudi Arabia. See, to me a doctor also has to put the hands to find out what's wrong.

[Shri Mataji speaks HINDI or MARATHI]

(min 1:35:16)

You must have been given anaesthesia during your operation. I'm sorry I had to concede it myself but they are much more powerful than myself. They gave him anaesthesia for the operation? Must have. With due respect to doctors, doctors can be quite [UNCLEAR]. I did medicine myself so I know what is - they haven't got the complete knowledge.

[a Sahaja Yogi shares a statistics number about patients in the world: 60% of them are hospitalized due to errors of other doctors.]

Bad situation.

Feeling better now? You are his wife? Is he married? His wife is alright health-wise? Alright.

[Shri Mataji speaks aside]

You got it. What about you? You got vibrations? That's good. She is your sister, eh? She is a great seeker too, all of them are great seekers. You one better than the other. Look at them, looking like flowers now. Look at the faces.

Has he felt some cool? Better? Ha, now. Please don't feel guilty. Now better, ha. Done now, see, better. Now you've become a yogi, you see yourself [feel the top of the head]. You all have become yogis.

You are alright there? You are feeling in your arms little heaviness? Smoking have you been? Alright. So take out the chain for a while. Ha, now, alright, done, see now. Alright?

What is now? She is better, she is better now, much better, ahaa. I can see your expression changing, isn't it?

Just tie him up, tie him up, that's all. Now there is no pulsation. You can have a look, there is no pulsation now, gone, pulsation gone. Gone. Alright now, done.

Alright, alright, take it easy. I'm just going to sit here. Turn around, turn around.

Such people, this is a great country.

[Shri Mataji speaks aside]

She is good, isn't she? Alright, she's got it. Good, you are alright.

Move forward, little bit, still little more, little further. Yes, that's better.

[Shri Mataji speaks in HINDI OR MARATI]

[a Sahaja Yogi: Swadishthan and Agnya.] That has to be, she is a journalist. Alright, let's see. Ha. Alright? I'm sorry I have to put down the Heart.

Good. He's changed, his eyes .... His face is...

Ha, now better.

Feel better now, madam? What is this? Hot going out, lot of it was there. Hmm, better. Ha, done. Now, tie her up, tie up.

You all can do it. You all can do it. Like this and tie it up now, on top of your head. Tie it up, three .... Now again and tie up over your head. Once more. Now three times: one, two and three. Now see her vibrations, you all can feel it, the cool breeze. Cool air is coming more. You feeling it? Now she is feeling relaxed? Cool is coming? Hold your breath, leave it now. Again hold your breath, leave it. Now hold your breath again, now leave it. Better but she is very insecure. Now you've got a Mother, you should not be insecure anymore. Alright. Her Heart, Central Heart she was catching, it's the mother's place.

Now hold your breath, give up, now give up. Hold your breath, now give up. Now hold your breath, now give up. She is alright. Got it.

Come along. Please face me, just come forward. You've got sinus problem? When you come to our center they'll give you something which is called ghee which you have to heat and put it in the nose in the night so this sinus to be alright, little dried up, that's all. That also [horror video]. That too [UNCLEAR], too much seeking. You are a healer. How do you heal? By hands and you don't know? You are a realized soul, you were born realized soul. But you must know what it is, how to do it, how to protect. You see, you are a realized soul. Because you catch from the patients. So you must learn. Now give up healing. What [UNCLEAR] you want to do? Don't heal because you catch, you see. And heart, catching on the heart. You must know how to protect first of all. First you learn how to protect. Alright? Very much catching on the heart, all these chakras are caught up here. But you are realized soul. But a realized soul must know what to do, isn't it? You felt the cool breeze as soon as you came in, is it? You are, you are a realized soul. But even if you are a realized soul you must know how to do it, you must know the chakras, you must know what you catch. Alright? That's why otherwise .... That's why she got these wrinkles, all that; that's why she's got all lines, everything. You have to look very young. What's your age? You are ten years younger to me. No wrinkles needed. Now you learn from them. They'll tell you how to protect yourself, what are the chakras, what is what, what is cancer, what is any disease, how to make it out, everything, you'll learn all that. Alright? All of them are here, they are experts. Alright? May God bless you. You'll become an expert also.

Now, who? Yes, come. Sit down please. Can you take off your chain, one minute. There's a pain here, spondylitis. Ha, better. On the Void. He's been to some guru also? That's how he has got it. We've got someone from TM, should tell you terrible things about it; he doesn't want to talk. We need not tell your name but you can tell you something about it. Epilepsy, everything, that's how TM it is. Ha, now.

But TM one has to work, horrible. Working.... They just take money from you, don't work on you, don't do anything, make you mad. The head of their Flying Academy, the head of that was [UNCLEAR], came to us, his wife - both epileptic.

It's better now, working.

... then I cannot heal you [Shri Mataji referring to Kundalini being raised by TM]. What is it? No, no, it's devil's job, they don't do anything good. Because of TM it's burning on my knee.

Everybody's vibrations will be spoiled. You'll have to give her a special treatment otherwise everybody's vibrations will be spoiled.

See, everybody is feeling the heat and miserable, terrible. See, that's it, that's fear. Alright. Madam, you come and see them, they will tell you how to get alright. Right? It's very important, you must get well.

You are all feeling the heat, terrible eh?

You must tell the address to her, everything, really she wants it. Alright, madam, you come along. You talk to that gentleman, he was one of the heads of TM here.

[Shri Mataji speaking to a Sahaja Yogi: Can you see her? You go and talk to him. But give bandhan to all of you and then do it.]

Alright. .... like this, from these horrible things like TM, just protect it, absolute protection, like this, seven times.

Ask him to put both the hands on the mother earth, to be comfortable. He's alright. You didn't go to anyone like that, did you?

[Shri Mataji speaking to Sahaja Yogis: Are they coming to us? Are they coming in the ashram for giving the ...? That's better for us.]

Left Vishuddhi. Turn back, this side. You can all feel the right side. Ha, now, many thoughts. Ha, now. Don't feel guilty, don't feel guilty.

Colitis. That's how, left Swadishthana [Shri Mataji refers to a person attending an exoteric group]. They make you nervous, madam, they make you, it was a rapport. They are very bad [referring to mediums], clairvoyance also. They are all very bad, that's very bad, it's the subconscious there, not the unconscious.

Ha, better. Tie it up. Alright?

You see, these are all perfectionists. There will not spare till they have completely cured you, you see.

Ha, now. You say, "I am sakshat Nirmala." Here, bandhan, again, three times. Aahaha, tremendous vibrations now. What's his name? Guido, how are you feeling now? Right Void, everybody says the same, just see. The liver, you see.

They'll come there? You all have to come there and get vibrated sugar and everything for this liver. Good, great idea [about the person being treated, he would like to try live in the ashram] So what? We have children in the ashram. You come and see it, it's beautiful. You are alright now. May God bless you! Look at his eyes now.

[Shri Mataji speaks aside]

Ha, come along, come along, sit down. He has Vishuddhi, that's all. He smokes or not? Smokes, I can feel it, Vishuddhi. Even in the stomach it's smoke I think.

In Italy people smoke too much and I don't know why. But do you produce it, produce tobacco?

I have to put my foot here.... Ha. Ha.

[UNCLEAR] did a good job. Yes, because of thoughtless awareness. You start enjoying yourself.

Ask him to say, "Mother, come in my head", seven times. Left Nabhi. Is he married? Void. He's being doing some ...? [Person refers he's been to India] India is full of these people only [meditating on the street]. But we Indians never go near them, only....

[Person shares that he would like to believe in Sahaja Yoga.] No, no, don't believe. You should not. Believe in yourself. He has to believe in himself because I'm trying to give him Self-realization. We are working hard, you do nothing. So why we're just we wasting time and not believing in you? He should believe in himself. We are working hard. We believe in him more than he believes in himself. You don't believe in us at all, we believe in yourself that you will get it, believe that you will get it. Need not believe in the sun, there is no need to believe in the sun - just come in the sun, that's all.

He got it. Now what about him? Is he alright? Better now. Just leave your hands on the ground. I believe that you will get it.

Alright. Relax, relax, relax, relax, relax. [Shri Mataji strikes with both hands the back of the person.] See the smoke coming out. Can you smell it? Just smell it. All smoke here, here, here. Can you smell it?

[Shri Mataji to a Sahaja Yogi: You open the window so the smoke would go.]

Tell him I have to clear this chakra with the .... Better? Better? Don't feel guilty, please. Alright? Don't feel guilty, you have to believe in yourself. Have faith in yourself, forgive yourself. Just put your head proper, just put it .... Better now. He is now very conscious. Left Vishuddhi, means he's still feel very guilty about your smoking. Not to feel guilty, it's a double thing, for smoking don't feel guilty. Ha, now better. This side is caught. Now better, right opened out better, left is not. Because you see, he's been to all these horrible people. Right is cool, left is not. Left is that he went to these horrible people in India, the left is caught up. Right is well. Better now, better. Alright? Don't feel guilty for anything. Forget what we said, you don't have to feel guilty. The blockage is here. No, you do not [try to quit smoking], you will automatically stop [smoking].

(min. 2:24:47)

Vishuddhi, I'll say mantras, "Om, twameva Vishnumaya sakshat, Vishnumaya sakshat, Vishnumaya sakshat...." [Shri Mataji repeats it 16 times in the left ear of the person]. Alright, he is better. Blockage is here. Om twameva sakshat, Shri Krishna sakshat, Shri Krishna sakshat, Shri Krishna sakshat ... [Shri Mataji repeats it 16 times in right ear of the person]. Om sakshat, Virata sakshat, Virata sakshat, Virata sakshat .... [Shri Mataji repeats it 12 times at the back of the head of the person]. Om sakshat, Nirmalam sakshat, Nirmalam sakshat, Nirmalam sakshat [Shri Mataji repeats it 7 times]. He is alright. Now silent. Absolutely silent? May God bless you.

Aaah, good, please be seated now. Now see in your hands are you feeling it, the cool breeze. Just be seated there. No heat. Little bit higher. Keep your eyes open. Feel it? Not yet? Good, I think. Good now, started. Started, started now. Let's feel it, it is subtle, it is very subtle.

Alright madam, are you alright? You felt the cool breeze? She has a problem, left-sided. What's the problem? Left Swadishthan. Now put your hands towards me. What happens to you as a medium. [The lady was told he can be a medium.] Who told you that? Don't become a medium, it's not a good thing. You have to be medium of what? Are you feeling cool breeze in the hands? You keep alright health-wise? [The lady answered she was in coma for 15 minutes.] She is not well at all. Tell her to come and see me, I'll tell her what she has, she is not well at all. And be careful, very careful, there is danger. When you come I'll give you something and it will take away the problem. .... Alright, come and see us, I'll manage. May God bless you. What's your name, madam? Livia, you come and see us, definitely. Alright?

Come forward, come. Turn around. Married?

[Shri Mataji asks yogis to open the window.] That's from the medium, the one who goes out, the lady who went - Livia, she is very bad. She's got a possession on her, somebody has possessed her and she's become epileptic. She doesn't know it. She told me she goes into 5 – 15 minutes [coma], see the escape.

[Shri Mataji speaks in HINDI]

What is it? They are all journalists or what? What is this place?

A Sahaja Yogi: It is an office and they want to make an alternative center and make doctors aware of the Spirit.

Really? That's good.

A Sahaja Yogi: And Ayurveda.

Ayurveda is very good but here there is no way of having the herbs. You can only grow them in India, this problem is. And they haven't yet reduced them to the Spirit, very few of them have. And very primitive methods they use. I must say, like they use oil to rub the body and through that they put the medicine inside, through rubbing. It's very odd method they have but that's what they have. Very primitive, that's the problem. But Sahaja Yoga will be good idea, alternative methods. But don't have bhoots and mediums, that's one thing to avoid.

Is he better, this gentleman? Is his wife alright? You love your wife? He is a nervous man, very nervous person. Now better. Ha, better now, much better. Turn around. Are you feeling better now? Close your eyes. Are you feeling the cool breeze in the hands? Don't feel guilty. You feel guilty unnecessarily and you become nervous. Now better. Is he better? Is he feeling it? Don't feel guilty and you'll go on feeling guilty. Just don't feel guilty. No fear of any kind. You enter into the Kingdom of God? What is there to be afraid of? Better now? Done, good. You are alright now, better. He's relaxed, he's relaxed. He is laughing now.

Now we should go because it's quite late. It's two thirty.

These are Sahaja Yognis or what? She's seen me? She's come from where? Rome. So she came for Sahasrara day. Good, we are going to meet.

Let's go. Alright. Thank you very much, thank you.

## 1985-0518, Musical Night, Evening Program, Eve of Shri Ganesha Puja

View [online](#).

18 May 1985

Evening Program

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Musical Saturday's night before Ganesha puja, in Rome, Italy, 18/05/1985

Transcript incomplete

Music and bhajans.

31:55

Shri Mataji: And now, we must really thank Guido for organizing so beautifully the whole thing and his wife who's working very hard here, and all the Italian Sahaja Yogis.

[Applause]

And in Milano must thank also Giulio, the way he organized, it was a beautiful thing and other people like Ernesto, and Adriana, who took so much interest in organizing and specially I must say about our Bolivian friend who's name is rather difficult, but I know that!

It's very easy because if you "caviar" and you just put the "caviar" that's all! Caviar who-and his wife- have really done so well, it's remarkable.

An now we are going to have a program also in Venice, were I'm sure, Vienna people will come down, and also people from Milano will go and work it out. I'm sure we'll achieve something great there.

May God bless you all.

33:50

34:14

He's told me also that it's going to be arrangements like Brahmapuri here for all of you. I hope you'll enjoy your stay of Brahmapuri here. [Shri Mataji is laughing]

Alright. So let's have some other music and also we have to thank all the musicians who are helping us here, to sing so beautifully in such a concord, in such tune! It's beautiful I tell you, I'm really amazed. Otherwise, first of all, you used to sing in such funny ways, that I used to be frightened! That first the Deities will run away then the Ganas will run away.

[Laughter]

And now they are also dancing with you and singing with you so beautifully.

[Shri Mataji is laughing]

It's beautiful: talas, suras, everything beautiful is.

May God bless you all.

Alright. So let's have another music now.

[Guido translates]

Sahaja Yogis: Jai Shri Mataji

Such a beautiful family, swimming together so beautiful.

Alright, let's have another one.

[Guido translates]

Shri Mataji: Hum?

Guido: I'm translating.

[Laughter]

Shri Mataji: I know what you were saying. Italian is a very easy language.

Guido: I think so Shri Mataji.

Shri Mataji: Ah.

Elementary.

Guido: Elementary. Oh, this is a very famous one. Very famous song. [O solemio ?]

Shri Mataji: I see. Famous song from Naples.

37:10

54:38

Shri Mataji: So much vibrations, just feel.

Just flowing out you see? You want to have the puja tomorrow or not?

[Laughter]

Tremendous.

Sahaja Yogi: I think it's good to say "Yes please Mother".

Shri Mataji: Hum? What did you say?

Guido: He says it's good to say "Please Mother."

Shri Mataji: It's tremendous, really. I think it's going to be great tomorrow.

[Sahaja Yogis sing "Mataji, Mataji"]

[Shri Mataji keeps smiling and starts laughing out of joy]

What joy, I tell you!

It's a, another discovery that all the leaders are such good singers. I didn't know Arnaud used to sing so well. It's such a deep voice he came out. All of you are so musical minded and so rhythmic that my joy, you see, is really bumbling with music and music and music.

May God bless you. So beautiful! Very beautiful. Everything is so beautiful.

1:08:33

1:18:54

Shri Mataji: French Sahaja Yogis. Now the French Sahaja Yogis will sing.

Shri Mataji: You sing "Amibi Gadalo" you are all experts on that

Sahaja Yogi: We can sing one French?

Shri Mataji: Hum? Oh I think, please, all of you, some French.

1:23:17

Guido: Switzerland

Shri Mataji: Really? Who's done this?

Sahaja Yogi: Arnaud has written the words.

Shri Mataji: Beautiful, I can see.

1:29:50

Shri Mataji: Beautiful, very well done. Very well done, beautiful.

That's a poet, poet is born. Alright, such poetry, beautiful.

One better than the other.

Now. What about? Switz, I've given one.

Sahaja Yogi: Shri Mataji we would like to present you Jerusalem in two voices,

Shri Mataji: Good idea. But that should be the last I think.

Sahaja Yogi: Yes.

Shri Mataji: Alright, any other?

You want to sing?

Shri Mataji: Ami bi [?]. . .

Sahaja Yogi: They're Austrian.

Shri Mataji: Austrian? What about Austrian?

[Sahaja Yogis sing Shri Ganesha]

Shri Mataji: Shri Ganesha is already awakened, awakened and blissfully dancing. [Hindi]

Wonderful.

Guido: You can give hand to our tabla player.

Shri Mataji: So, it's remarkable how you people manage it in parts and synchronizing. It's harmony, you see, it's not arranged so much, the way you, four people, five people, one singer singing the same, another same alto, another one is at the soprano and there's another one soprano. [Laughter] And they keep it up, that's the point, that the way you keep the parts is really great, isn't it? It's because of the harmony within yourself, absolute harmony. But Indians will find it difficult to keep based with you. They don't know this, singing in parts, they don't know.

Hum, beautiful it is, it's a very good idea, to sing in parts gives you the fourth dimension of Shri Ganesha.

So now.

Sahaja Yogi: Jerusalem

[A Sahaja Yogi sings a song:

Jaya Ambe, jaya Jagadambe,

Jaya Nirmalama, Jaya Durge]

Shri Mataji: Woo, very beautiful, very nice.

What a nice combination of so many people of various countries, singing the pray of the Goddess. The whole atmosphere is really vibrant and it is such a great future which has come really sakshat today, which I've dreamt of. In my childhood I used to dream of this. Today it's before me. I'm very grateful to you. [Shri Mataji is doing namaste]

Sahaja Yogi: Shri Mataji, we have also dreamt to be before you in our childhood.

Shri Mataji; Hum? [A Sahaja Yogi repeats it]

Shri Mataji: Yes, I know. I know that but I thought you are all lost. How will I meet you? And the whole dream has come true today.

And My father used to ask me: "What do you dream?" I said: "I want to meet all the seekers of the world. That's what I want, all over the world, all the nations." He said: "How will you do it?" I said: "I'll manage, somehow." [Laughter]

As a very little girl. And then he said: "What should you give, what should I give you? For yourself, what do you want?" I said: "I'll need one hut and a very big field of sugar cane." So he said: "What will you do with the sugar cane?" I said: "From one sugar cane, you can make ten sugar canes. That's how I'll make many, many sugar canes."

They never used to understand what I was trying to say to him and I told him that: "As there are stars in the sky, I've lots of friends in this whole world. They're all lost now. And a day will come when I'll meet them, all of them, definitely I'll meet them."

That's what I'm feeling now, what I told my father and that "Out of one, I'll create ten, and out of ten, hundred, and out of hundred, thousands!" That's what it is happening today.

And he used to think: "this little girl of five, six years, what is she dreaming about?" But he knew something about me, very much. He always said that: "I hope your dream will come true, one day." So now you know Me and I know you. We have to make more efforts to get so many there are still, out of those stars which are lost. We have to find them out, bring them here.

I want to know all of them. I want them to know Me too. This is our work, this we have to do. And one of the things is this beautiful music, which you should really make it professional. And music is one thing that can ring into the ears of those seekers and I'm sure they'll come along.

Now in this place, I could have never thought that in Italy, somewhere, near Rome, we'll all meet like this sing with the same voice, with the same understanding, with the same joy in our heart. I never knew this would happen really. But, somehow, I was sure that it may happen, that I may be able to do it.

It's easy to be Adi Shakti, very easy, because if you are Adi Shakti, you are Adi Shakti. [Big laughter] You don't have to do anything about it.

But to find your lost souls, to find them out, to establish their confidence, to make them feel alright, fearless, make them feel their hearts, their own being, their own greatness, their own glory, to make them forgive themselves, and then, make them all jump into to see of ocean. We have achieved it, really have achieved it.

This year we'll have only three pujas in the West, one we have done, one tomorrow and one more. Doesn't matter. But I'm sure, this year, all of you are going to have real patience with people and are going to bring people around and talk to them about Sahaja Yoga.

May God bless you.

1:51:51

[Cut in the video; starts at 1:51:57. Shri Mataji speaks to musicians]

Shri Mataji: Are you playing tampura?

Sahaja Yogi: No. [Unclear]

Shri Mataji: Very simple it is. You know how to do it? No?

Sahaja Yogi: [Unclear]

Shri Mataji: First one to be done with this [middle finger] and three with this one [forefinger]. Left, I'll show you. I taught you harmonium now I am teaching you this.

I don't know, I might have forgotten how to continuously play, but once I should [inaudible]

It's very simple. It's just to give you a-

[Shri Mataji plays tampura. Yogis start to sing the 3 mantras]

It's very simple, you see, to play, but it's a matter of practice. You have to have a practice otherwise you-

1:55:16

## 1985-0519, Interview RAI TV

View [online](#).

19 May 1985

Interview

Rome (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Interview RAI TV, Rome, Italy, 19-05-1985

TV News Service (in Italian): "Shri Mataji Nirmala Devi - Mother to her followers, wife of an Indian diplomat at the UN for the world - presents Sahaja Yoga, the Yoga of integration, to the Italian public. In a few words, how to recover, through meditation, the latent spiritual energy in each one of us that according to the tradition is located in the lower part of the abdomen. This reassuring Indian lady maintains that freeing spirituality, in the East as in the West, would allow a more harmonious development of the personality and a healthier existence for the body.

In the West, Yoga, which means 'union', is practiced in many forms. Here you can see a classic meditation position of Hatha Yoga, a discipline that tends to strengthen the physical and psychic aspects of the person, through the education of the body and the regulation of the rhythm of breathing. The discipline imposed by traditional Yoga is long and extremely selective. And here lies the difference with what Shri Mataji proposes.

Through meditation and the guidance of a Sahaja Yogi, anyone, in a short time, can recover the awareness of their spirituality. Relationships with others and also the nervous system of those who practice this discipline would benefit from it.

Often it can happen to meet someone who claims to give methods to achieve happiness or health. It is less frequent, as in this case, to meet someone who offers a solution without asking for money in exchange. In Italy there are Sahaja Yoga centers in Rome and Milan, and they can be attended for free.

The followers of this discipline are not particularly picturesque, they do not perform imaginative rituals nor do they observe a particular rule. There are accountants, architects, actresses, employees, in short, ordinary people. Ordinary people, but who are convinced to improve their own life and that of others in this way. This lady, certainly endowed with charm and sweetness, every now and then leaves London, where she lives, and goes around the world to tell people how wonderful they are, and how much richer they are than is commonly thought. After Milan and Rome, Shri Mataji will be in Venice for what She and Her followers consider a true mission at the service of human society.

Interview at "Tandem" TV Show

Lady Host in the studio: ... "Tandem" is Shri Mataji, better known in India as the Great Mother. She comes from an imperial dynasty, just think: she is a doctor and psychologist and the wife of the Secretary General for Maritime Affairs at the UN. She is the founder of this new discipline, of this Sahaja Yoga, or natural Yoga – Yoga in Sanskrit means 'union' – and since 1970 she has been taking her message around in Iran, Australia, America, Europe and these days she is in Rome for a series of conferences. And she is keen to underline – it is important to say this – that she does it for free. She tries to help people because, as she herself says, "God does not understand money". And she is here with us precisely to illustrate this new Yoga discipline to us.

Gentleman Host: So, this new Yoga discipline - of course (a yogini - ed) is translating what we are saying, otherwise the Great Mother might get nervous and say, "What are these two saying?". Let's say that together with the Great Mother there is the lady who takes care of...

Lady Host: Mrs. Pallini.

Gentleman Host: Mrs. Pallini who takes care of the translation, while we have Professor Guido Lanza who, let's say, is the Italian terminal of this great organization around the world that revolves around the Great Mother. We are talking about the fundamental concept. This Kundalini, what is it?

Yogini: What is the Kundalini?

Shri Mataji: Kundalini is the power of pure desire in the triangular bone.

All our desires are impure, because when the desires are fulfilled, we are not satisfied.

Only desire which is pure is this one. When it ascends, then we know that the desire was to be one, to be united with the Divine Power which is All-pervading.

[While translating the answer into Italian, in particular the point that, except for the Kundalini which is a pure energy, the pure desire, all other desires are impure because they do not satisfy us, the Host answers:]

Gentleman Host: I understand. Here we enter the great magic of the Indian world.

[During the translation of the answer into Italian, in particular when it is said that what happens when the Kundalini rises will be explained afterwards, the Host answers:]

Gentleman Host: Yes, now we will show it.

[After the translation of the answer into Italian] Very good. This Kundalini is an energy that is released inside our body – we all have it – and it is capable of removing those fundamentally psychosomatic illnesses. But it is also capable of other miraculous healings from other illnesses too, which of course needs to be verified. We don't feel like talking about healings at this moment...

Lady Host: Perhaps the lady can explain to us better, approaching the board, where this latent energy resides, which we are not aware of but which sleeps, exists.

Yogi: Exactly.

Gentleman Host: It is inside us.

Yogi: It resides exactly in the sacrum bone, which was called 'sacred' not by chance by the Greeks. And once awakened, thanks to the catalytic intervention of someone capable of doing so...

Gentleman Host: It means falling, going into a trance, in catalepsy.

Yogi: No, no, no, absolutely not. Everything happens in full awareness, there is no hypnosis, no paranormal intervention. Everything happens in awareness, when we are awake.

Gentleman Host: This catalyst element is needed.

Yogi: Exactly, but not only that. It was important that this should happen on a mass level. So, Shri Mataji is this element capable of awakening the Kundalini on a mass level.

And, when awakened, it rises along this central channel, a parasympathetic energy channel, passes through these six centers which are energy plexuses on a physical level, revitalizing them - because she is like a mother, who takes care of us - and ultimately crosses the last center, the last chakra in Sanskrit, and gets united with the cosmic Energy which pervades this entire universe.

So when this happens, Yoga, i.e. the union, takes place. And when this happens, it manifests itself through cool vibrations, that is, a cool breeze that we feel both on our hands and on the top of our head.

Gentleman Host: I understand.

Lady Host: So very specific physical effects.

Gentleman Host: It means that the Kundalini has been released, at that moment.

Yogi: Yes, it means that what we call the Self-realization has taken place.

Lady Host: But to do that, does one always have to resort to Shri Mataji or not? Because it is a kind of meditation that...

Yogi: No, it is a bit of a chain process, because when a light, a candle has been lit, it can then give its light to other candles.

Gentleman Host: I understand. It is a battery that charges and can give energy to many other subjects who can thus be recipients...

Yogi: In a way, yes.

Gentleman Host: I wanted to ask the Great Mother: what does she have to defend herself the most from, as we live in a world, especially in America, where we see so many theories flourishing, so many Yoga-type doctrines, etc? We have heard that she does not have any Rolls Royce's, as many other people in America do, who have even twenty Rolls Royce's. Now, I want to know, how does she defend herself from these accusations that can be made by Westerners?

Shri Mataji: One must understand that you cannot pay for Divine work because it is a living work. Like the seed, when it sprouts, we don't pay any money to the Mother Earth. You see, it is a living work of the Divine. You can't pay for it. The first thing is you should not pay for anything. Anybody who takes money in the name of Divine, or lives on that in the name of Divine, is sinful.

Lady Host: Well, I wanted to know: this kind, this discipline, this natural Yoga, founded by Shri Mataji, is absolutely devoid of all the breathing practices or the physical exercises typical of Yoga. And it even manages to make illnesses regress or improve psychophysical disorders.

Why does she think that all that is gymnastics is superfluous, as it is the Yoga that has been transmitted to us so far in the West? Yoga was more of a physical exercise and breathing practice.

Yogini: Why you don't have practical exercises, physical and all these things?

Shri Mataji: No, no practical exercise is needed. It's a living process, again. It's a living process of the living energy. And for living process you don't do any exercise. You see, it has to work spontaneously. Sahaj means spontaneous.

Gentleman Host: Well, then, since we are very interested in having this Kundalini – also because, who wouldn't like to have a bit of this Kundalini, to truly heal from many illnesses that are the illnesses of our century, mainly psychosomatic illnesses – well, I would like to know: if there is no gymnastics, if there are no exercises, and if one is not lucky enough to meet the Great Mother,

where does one get this Kundalini from?

Lady Host: How do you reactivate it?

Gentleman Host: How do you reactivate it?

Yogini: He's saying: If there are no exercises and there is nothing to do, how is it that this Kundalini is awakened? And if people don't meet You, how can they have Kundalini awakened?

Shri Mataji: They meet Me somehow, now for on the television now there will be so many. Those who are seeking the Divine meet Me. They will meet Me somehow. And if they don't meet Me, they'll meet Guido.

Tomorrow you get enlightened, they'll meet you.

Like one light can enlighten another light and it can enlighten another light.

Lady Host: Well, I was wondering: apart from the psychophysical problems, it frees people from the illness of the century, which is anxiety. That is, awakening the Kundalini gives serenity, gives harmony, gives a better attitude towards life and takes away the fears of today, which is a bit the fear of suffering, of death, of life. We would like to do, as we have the opportunity...

Gentleman Host: We still have two minutes, we will make this experiment for last, right at the end.

Lady Host: Well, but if these two minutes are needed? I don't know how much time is required.

Gentleman Host: Does it need a lot of preparation? Because I wanted to ask just one thing about Gandhi. She was lucky enough to know and be close to Gandhi.

I would like to know if she learned something, or if she also took this theory of Kundalini from Gandhi, or if it is something that was born from her.

Yogini: You had the luck to meet Gandhi in your life. Did you take something from him?

Did you take this practice of Kundalini awakening from him?

Shri Mataji: No, not from him. Actually, he was busy with the independence movement. And if he had survived, then he would have taken to this, and he would have propagated about Sahaja Yoga. But that time he was busy with the problems, which were very different and immediate.

Lady Host: Now, since we have the opportunity to have Shri Mataji here in the studio today, we have the opportunity, the possibility for those who follow us, for those who are listening to us, to have a little bit of serenity transmitted, by reactivating this Kundalini. I would ask the Great Mother to do...

Gentleman Host: Now let's do an experiment, in this television space.

We will do... We will do, we will send you a little bit of Kundalini into all of your homes.

Lady Host: All the kids (in the TV studio - ed) can participate, you just have to tell us what they have to do exactly.

Gentleman Host: How can you feel it, what do you have to do?

Lady Host: I will also do it.

Yogi: It's very simple, just put your hands like this towards Shri Mataji, or – for the viewers – towards the screens [Host: "Towards the screen"], look at Shri Mataji, in a very simple, natural way, like this, relaxed, and that's it.

[Self-Realization – Video interruption]

Shri Mataji: ... A cool breeze in your hands.

Lady Host: Yes, yes.

Shri Mataji: Stir. Though the atmosphere is artificial, it's working out inside.

Yogini: Yogini: Shri Mataji says that you start to feel cool on your hands, even though there is - there must be air conditioning, because she said something artificial.

Lady Host: No, I feel a tingling in my fingers.

Shri Mataji: And you will feel thoughtless.

There is no thought. You will feel very relaxed.

All kinds of diseases are also cured with this and you feel extremely relaxed and peaceful and blissful. But it is to be established. And you all have to master it so that you can give it to others too.

Even the young people like these can master it and they can become real masters. They are better suited because they are not so complicated and they are innocent.

Gentleman Host: Well, we truly thank the Great Mother for being here with us in our studio. Unfortunately, time is running out, I think.

I hope that a lot of serenity has entered the homes of all those who are listening to us. Even if there will be skeptics, logical positives, like myself or others.

Shri Mataji: Also ask them to feel it on top of their heads. On their fontanel bone area. The cool breeze is coming out of your head.

Gentleman Host: I have to say that this is true, even though I am a skeptic by nature. Maybe the real miracle is that the air conditioning system is working today, I don't know, but it had almost never happened before.

Lady Host: No, but it is the...

Gentleman Host: Usually it is always very hot under the lights.

Shri Mataji: And his eyes are sparkling, just see, his eyes are sparkling. Hers too.

Lady Host: "You too", She says. Our eyes have a different light.

Gentleman Host: I have felt, and I thank the Great Mother. Maybe she has performed a miracle... (applause).

Lady Host: Thank you.

Gentleman Host: ... giving, taking away for a few moments, and hopefully for a long time, this great disease of the century which is precisely anguish, the anguish that grips us all, some for one reason, some for another. Thank you.

Lady Host: Thank you very much (in English).

Shri Mataji: Thank you.

Gentleman Host: Thank you very much (in English). Bye-bye.

Shri Mataji: Thank you, 'grazie' (in Italian), thank you.

## 1985-0519, La Grande Madre Che Conforta TV interview

View [online](#).

19 May 1985

Interview

Rome (Italy)

Talk Language: English | Transcript (English) – VERIFIED

La Grande Madre Che Conforta TV interview, Rome, Italy, 19-05-1985

Yogi: (In Italian) Good evening. Here with us is Shri Mataji Nirmala Devi, who is travelling through Rome. After the successes achieved in Milan, She will be here for two conferences at the "Teatro Giulio Cesare" this evening and tomorrow evening, and after which she will move to Venice for one conference. Shri Mataji is the Founder of a type of yoga called Sahaja Yoga, and we would like to ask Her what Sahaja Yoga is.

Yogini Translator: Shri Mataji, what is Sahaja Yoga?

Shri Mataji: Sahaja means born with you.

Saha is with and ja is born. It also means spontaneous. It is a spontaneous happening of a living energy within you which gets awakened and unites you to the Divine. Now Sahaja Yoga is a happening as the epitome of the evolutionary process. We have become human beings, but still we are not yet complete and absolute. We live in a relative world. This energy pierces through six centers, subtle centers, ultimately through the fontanelle bone area, and you receive your self-knowledge, your self-realisation, what we call the baptism is actualised. It is not an artificial baptism but actually you can feel the cool breeze of the Holy Ghost coming out of your head.

Kundalini is the Mother, this power is the Holy Ghost within you which rises and gives you this final experience of the Spirit, which is very important, that everyone has to receive, every human being has to receive (it).

Yogi: (in Italian) Thank you. I would like to know, is this type of Yoga accessible to everyone?

Yogini Translator: Is this kind of Yoga attainable by everybody, Shri Mataji?

Shri Mataji: Of course, it is available to all the human beings, it has to be, because it is meant for human beings to rise to that level.

Yogi: (in Italian) So there are no differences of age, social class, particular things, particular exercises to observe, diets, etc.?

Yogini Translator: So, are there not in this kind of Yoga some special exercises, practices, or is it meant for young people, old people, or both of them?

Shri Mataji: No, it is meant for everyone, for old, young, small, big, meant for all races, all people coming from all religions, because it combines all the essence of all the religions, because all these religions are like flowers on the same Tree of Life. Only when human beings pluck them and start saying this is mine, this is mine, all the fights start. But actually, the essence of all the religions is the same.

Same is about the whole world, it's created as one by God, only the human beings are fighting about it. So, in the eyes of the Divine everybody is just the same and everyone should get this.

Yogi: (in Italian) Okay, thank you. I heard the word Spirit mentioned earlier. Could I ask Shri Mataji what does She mean, or what is the nature of Spirit?

Yogini Translator: Shri Mataji, what is the nature of the Spirit?

Shri Mataji: Spirit is the reflection of God Almighty within us. So the nature of (the) Spirit is that it is absolute, it is eternal, it resides in our heart and is the witness of all our activities.

When you get your Self-realisation, when you become the Spirit, when you get your second birth, actually, spontaneously by this living force, then it starts manifesting in your attention.

Then your attention becomes - again I say it becomes - collectively conscious, that is your central nervous system can feel the existence of your Spirit, because cool vibrations start flowing from your hands. This is one nature.

That is with the collective consciousness you can feel the another person on your fingertips, these different centers, you can feel it clearly, the subtle centers, and if you know how to cure these centers you can cure the person of its physical troubles, mental maladies and emotional problems.

Apart from that the spiritual problems are solved completely that you become a person who is full of joy, full of peace and full of bliss. (Shri Mataji repeats to the yogini translator) The bliss.

Yogi: (in Italian) Yes. In this regard I wanted to ask: we have heard that it is also possible to cure cancer, we have heard that cases of AIDS have been cured, there was the sister of the President of the High Court in India who said that her brother was cured of an incurable disease etc. I wanted to know: is all this true?

Yogini Translator: Shri Mataji, he is asking – he heard that Sahaja Yoga cures even incurable diseases and he heard that even some important persons in India have been cured, and is it – this possible, how it happens?

Shri Mataji: Yes, of course, that's what I told you, that the Kundalini when it rises through these subtle centers it nourishes, the chakras are like this and when you get sick they actually get separated like that, because either you have overactivity or you have some sort of a malady on the left hand side, so your connection with the Whole is lost, the energy is less. But when the Kundalini rises She pierces through your centre and nourishes it, by that nourishment you feel perfectly all right, because it's a vital energy.

Yogi: (in Italian to the yogini translator) Shri Mataji has spoken earlier about chakras, centers, plexuses. Could you maybe point us on this chart, exactly...

Shri Mataji: The power Kundalini, if I show?

Yogini Translator: Yes.

Shri Mataji: This is the power Kundalini, in the triangular bone. And there are six centers on top and one centre below.

This is the knowledge of the roots, that you have within yourself.

Yogi: (in Italian) Very good. It is well known that Shri Mataji does not take any compensation for Her mission. Now, I would like to ask a perhaps slightly indiscreet question: how do You finance Your trips, and how are the various initiatives, advertising about Sahaja Yoga etc. financed? Is there an organization behind all this, or is it simply something spontaneous?

Yogini Translator: Shri Mataji, how do You finance Your own conferences, the advertising about Your coming and all that needs money in Your organisation, is there a special organisation or is it just - how it happens?

Shri Mataji: Actually I don't take any money at all, on the contrary, most of my travels, I pay for it. Now we have Sahaja Yogis in all the countries and they collect little money to have the conference and they collect money to have a hall, it doesn't cost much.

But I don't know about their money, they organise among themselves but as a result of Self-realisation people become very righteous, extremely honest and very religious. I don't have to tell them, but just they become.

Moreover, it is irrelevant. It is a living process that takes place, like the sprouting of the seed. Now, how much money do we pay to this Mother Earth who does this job? So how can you pay money for God's work?

On the contrary, to take money for this work would be sinful.

Yogi: (in Italian) I wanted to ask another question. After this, let's say, realization that you talked about, that is, after this Kundalini has risen above one's head, what happens? That is, what are the manifestations? And how does one get established?

Yogini Translator: He would like to know what happens when Kundalini has been awakened and it has pierced this last chakra, what happens to a person, what is the – and how it can be maintained?

Yogi: (in Italian) Is there a need to do special practices etc., or is it something that happens and then it is finished like this?

Yogini Translator: If there is the need of making some special exercises or practices, or if it's more simply something that can stay as it is?

Shri Mataji: We have to know that you get completely transformed, completely transformed. In the sense that you become so powerful that no habit can dominate you. I have seen people after Self-realisation, next day they give up their drugs, give up

alcoholism, give up bad habits. Secondly, you become compassionate.

This compassion is not the one that speaks, it just acts on others. Such a person just standing anywhere can emit that compassion, the power, and can completely neutralise all the negativity and all the troublesome things that are going on.

Such a person is so blissful and so joyous that he makes the entire Universe happy by its presence. But the greatest of all is that, for the first time, such a person can give back what we have got from Nature.

There has been an experiment in India, as well as in Austria, and a very great expert in Austria has found out that when you give this cool breeze, the vibrations, to the plants they grow three times, four times more, and you can even use ordinary seeds instead of hybrid seeds and create beautiful agriculture. The seeds that are coming out of [that] agriculture are very nice to taste, look like pearls and they are very nourishing.

And to establish it we have got centers practically in every country where we have got Sahaja Yogis whom I have counselled so well that they are all experts and they can teach all about it to you, so that you also become masters of that.

Yogi: (in Italian) So there are centers also in Italy, in Rome, Milan etc., I heard.

Yogini Translator: Shri Mataji, there are centers in Italy, too.

Shri Mataji: Very many. And not only, but we have a very nice ashram here and very great Sahaja Yogis too, and you are not to pay anything at all for anything, even for curing.

Yogi: (in Italian) All free of charge.

Yogini Translator: (in Italian) All free of charge, yes.

Yogi: (in Italian) I heard that a live experience was done on other television channels.

Is it possible to have, repeat the same experience here, now?

Yogini Translator: Shri Mataji, he said that he knows that in other televisions you already made in front of the public the experience of giving Self-realisation.

Shri Mataji: Yes!

Yogini Translator: Is it possible to have it here?

Shri Mataji: Yes, yes, why not? It is the best way, a television is for that only, it's for giving realisation to them. They can, it is very simple, they have to just put their hands towards me like this, and now see, you all can feel it.

Put your hands like this, and put your left [right] hand on your heart, and say that in your heart, "Mother, I am the Spirit".

Just say that and it will comfort you completely, because it will start cooling you down and you will start feeling the cool breeze on your left hand. Just say that three times from your heart. "Mother, I am the Spirit". Just say that. It will work out very well. It will really make you very blissful, relaxed, comfortable and joyous. Now see. Three times.

Now you can also feel it on top of your head, a cool breeze coming out, if you see it here on the fontanelle bone area, you can bend your head and see for yourself, all of you can feel it, a cool breeze coming out. Are you feeling?

Yogi: (in Italian) Yes.

Shri Mataji: That's what it is. Now ask a question, is this the cool breeze of the Holy Ghost? Ask the question seven times in your heart and you will see it.

But even if you are feeling it, you must come to the program and then later on you must establish it because once you start thinking about it, it will be lost again. It is beyond thinking. So don't think about it, just watch carefully, keep your eyes open and see there's a cool breeze coming out of your head.

Many of you might feel even cured, and comforted.

Yogi: (in Italian) I must say that you can really feel the wind, here in the studio. A somewhat particular question: all televisions and newspapers have defined You as "The Great Mother", "The Great Mother who comforts". Are You the Comforter the Bible speaks about?

Yogini Translator: All the newspapers have spoken about You as the Great Mother, as the Comforter. Is it – can we say that it is You who come as the Comforter that is mentioned in the Bible?

Shri Mataji: You'd better find out, I won't tell you that, because it's not proper to tell anything these days. Christ said "I am the

light, I am the path", and they crucified them. I don't want to get crucified so I don't want to commit anything, you better find out what I am, it is better that you come and find it out yourself.

Yogi: (in Italian) Well, I would like to thank Shri Mataji and [to the yogini] I would like to ask again perhaps to clarify Her future plans here in Italy. Would you also mind giving us the addresses of the centers that are there?

Yogini Translator: He would like to thank You and say hello, to have for the last time the address of the centers here in Rome and the appointments that You have here.

Shri Mataji: Thank you very much. Better inform them when We have the program, I hope they will make it convenient to come to the program tonight and tomorrow.

Yogini Translator: (In Italian) She says that it is important that viewers are informed about these programs, about these conferences which will be held tonight at the "Teatro Giulio Cesare" at 6 and tomorrow evening, and on Wednesday in Venice in a hall called the "Sala degli Specchi" (Hall of Mirrors) in San Marco.

Shri Mataji: And if you have any questions you must bring them written down and give it to me so that I'll answer them tomorrow.  
(The Yogini Translator translates)

Shri Mataji: I hope nobody aggressive will come there and try to trouble us because some people unnecessarily trouble us when we have come to do nothing but good. To everyone. Benevolence. This is for the emancipation of all the humanity, will solve all your political, your economical, your ecological, all kinds of problems if you all get transformed.

Yogi: (in Italian) Well. I think that with these beautiful premises we can conclude the service and thank Shri Mataji once again.

Yogini Translator: We can now put an end to this and thank You very much again.

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

## 1985-0519, Shri Ganesha Puja: You Should be Prepared to Change

View [online](#).

19 May 1985

You Should Be Prepared To Change

Ganesha Puja

Rome Ashram - Nirmala House, Rome (Italy)

Talk Language: English | Transcript (English) – VERIFIED

It's a great day for Me to come to Italy to celebrate Ganesha Puja. The nature which we see around is the blessing of the Ganesha only, because He is the one who prays to the Mother Earth that She should grant Her blessings upon human beings. It is He who moors all the elements of the nature and moors them to create life. As you call them, these are all carbohydrates. Now, the carbohydrates have got carbon and hydrogen. Carbon is coming from Shri Ganesh and hydrogen is coming from Mahakali. And that is how this universe is created in this beautiful way all around us.

Now, these carbohydrates need oxygen, which is given to us by the Sun, by the right side. Thus, you know that in the night, these trees emit hydrogen and in the daytime they generate oxygen. This is all the trick of Shri Ganesha, who is sitting in between. Now, it is He who becomes the Sun. He ascends from the deep-down seat below the Kundalini, rises on the left-hand side of Mahakali, goes up and settles in the Surya, that is the Agnya.

So Mahakali, which is the Primordial Energy, is absolutely transcended by Him. As the child of Mahakali, He's absolutely dedicated and devoted to Her. And that is how He is the master of Mahakali power, Lord of [that power]. That means He is the Lord of the subconscious mind. He is the Lord He is the Lord of all the "jadas" [inanimate beings].

Guido: All the?

Shri Mataji: "Jada", that is, you can say the dead – not the dead, but jada is the one, matter which has not – matter and the dead. You must understand the word jada. It's very important. Jada means all that is the matter which is not moving, [which is] without life.

So, He can transcend this great power and become the Lord of that power by one very small little wisdom He has. Now, that small little wisdom is surrender. And the surrender is to be understood in its proper sense. Surrender is signifying: no giving up anything. Because whenever you try to give up or take out, you are using your ego. But surrendering means giving up the ego itself. So all the ideas of giving up something or taking in something disappear.

Keep your eyes open because, you see, I am talking about the subconscious and I don't want you to keep your eyes closed. That's a sign of going into the subconscious. This has to be recorded into your conscious mind.

Now, when we surrender, we have to see how Ritambhara Pragnya, which is the power of Mahalakshmi, the essence of Mahalakshmi, how She helps you. Like situations we should accept. Say, this morning, it was Amavasya [new moon], is the day when if you worship Shri Ganesh, it's very deep. So, I wanted to have from the end of Amavasya to start the puja. Now, that's why the water finished; it would not start. I could not take my bath. Because if I had said that we'll have puja at lunchtime, many would have felt: "Oh God, now no lunch." But that was the right time to start the puja, so there was no water and I had to wait for the water. And a simple thing like that happened, but it achieved the right time.

Now, when you start accepting situations, then you realize that all the situations are created not by anything else but Ritambhara Pragnya Herself. But ego is such a thing that it wants to do the way it likes. So people start doing things against the plans of the Divine. And all the time they are in friction and in trouble, going against. And thus, they have to take a double speed to fight. But going against the Divine, we are going against our ascent. These egos develop as a result of our upbringing, atmosphere, and as a natural idea to assert . . . [that is], a natural idea we have to assert others. Assertion. Assertion means pressing others, dominating others.

Now, this domination part comes to us from the matter because matter dominates the Spirit. It dominates us through giving us comfort, false notions, false ideas. It dominates through our desires. It dominates through lust and greed. Also, it dominates us through a very subtle way by possessing us through bhoots, as we call them. And this is what we see, how Shri Ganesha ascended as Christ to show us how we have to ascend out of all this mire of matter. As He is ascending, we catch hold of His feet and we also ascend with Him. Though He's a child, He is very powerful and He can take us to that level where the Spirit resides.

Now the first thing that we have to know is about sex. In the West, sex has become an obsession with people as if it's a religion. And if they cannot be sexually active or if they are not having any sex activities, they think they are all wasted, they are good for nothing. The whole atmosphere is built up like that through your medias, through your television. All kinds of things are put into your head to feel that you are inferior if you are not dealing with sex. And when we get attached to this kind of a stupid idea that our life is only meant for sex enjoyment, we start descending downward instead of descending [ascending] upward.

Shri Mataji: What is that?

Guido: Lizard.

Shri Mataji: I don't like them very much [Shri Mataji laughs]. All right, doesn't matter. It's a very different type of a lizard than Indian. Better looking.

Guido: Smaller.

Shri Mataji: Ah, she's green. You don't get green. All right, so.

So, to descend down is very easy; to fall is the easiest. And when the idea of sex is all the time on our mind, our attention gets so much filled with it, that even with our eyes, with our thoughts, with our mind, our head, everything, it is nothing but just this filth in our head.

So, for young people, when they get married, the best thing is that they should realize the importance of sex is not so great. And they should start understanding that it is not a sin but it is not also everything.

Then also, women must know that they are on this earth to give a place for the realized souls to be born. And in the name of Ganesha, they should have innocent children. But when these realized souls are born in the West, they do not keep their pure form because the parents are in a funny shape. And though the Ganesha has done all the best that is possible to get the best children in the womb of the realized mothers, they get really absolutely affected. And we start hurting them by our ill behaviour, by our wrong ideas. So when you are pregnant, one should read Ganesha's stotram [hymn], must do puja of Ganesha, and try to remain pure as far as sex is concerned.

Moreover, we start thinking about something that is so spontaneous. What is there to think about it? Just, an Indian won't understand this, they won't understand in the village. What is there to think about sex? It's so spontaneous. It's like thinking about going to the bathroom. It's a joyless pursuit and imaginary ideas. So, one has to be very, very alert: that we are now saints, we are Yogis, and we are not going to waste our energy in this kind of a joyless pursuit.

Now, when we understand our life as so important for the emancipation of humanity – for giving light to others, for saving the whole world from the disaster it is awaiting – when we realize that, how can we waste our energy, our attention into such a spontaneous thing like that? Especially for old people, there is no need to think about it anymore. Forget it. You are very happy that you are all right there, now just devote your time to something great.

Actually, I miss nothing whatsoever. The spiritual joy is so much greater and it's so eternal that we should not seek all this. On the contrary, whenever such thoughts come in, we should sublimate. You will see, once you start doing that, your sensitivity, your perception to joy will be thousand-fold. And gradually, you will get over it because it is such a temporary pleasure. That's why people run after it. If it was something of an eternal nature, one would not again go to it.

But it is in human nature, it is natural, so it has been sanctified, and one can have it till you are young. But then, gradually, you must make your pure existence so purified that this should not enter into your mind at all.

So when you catch hold of the feet of Shri Ganesha, which are very tiny sweet little things, you should know that you should be yourself little lightweight, otherwise, if you are having all these problems upon yourself, He won't like it and He might just again throw you down. And that your attention should be purified by attention towards Shri Ganesh. Only people who are [of] this kind really also enjoy sex, otherwise they cannot because they have so many perversions in their heads that I don't know what they're up to. And that is why then they rise above it. That is why they get fed up with it after some time. And they mature properly in their own age. Otherwise, you will find even eighty-year-old people, shaking their hands on their sticks, still looking at young girls. It's something I can't understand. And they look so stupid, they look so stupid everybody laughs at them, and young people make fun of them. But they feel as if they have become something like a hero in that old age suddenly.

Like, they showed once a film of all the very, very old – eighty, above eighty – actors and actresses coming to do shake dance in a party. And from the limousine they got down; since then, they were shaking. And when they came and tried to show they were very much in love and all that, [they were] looking so stupid that those who watched them were laughing and were rolling with laughter. It is so ridiculously clownish, but they said: "We are honest." So even if you do these things openly or with secrecy or whichever way you do it, it's stupid. And that is how when you are not matured of your age, you are not respected by your children, respected by anybody who is younger. It is [that] you are stupid because you are not mature enough.

Now when the fruits are in the flower form, that time, all the fertilization takes place. Then at the fruit time, they grow as fruits and not as flowers anymore.

Guido: The flowers?

Shri Mataji: Flowers?

Guido: Yes.

Shri Mataji: Flowers become fruits.

Guido: Become?

Shri Mataji: Yes, at the time of flower stage there is fertilization but not at the time of fruit, you see? Fruit has to grow.

Guido: Fertilisation.

Shri Mataji: Fertilization is where the –

Guido: Ah, fertilization.

[Guido translates.]

Shri Mataji: Yes.

So this is why that maturity is very important to reach. That is only possible if you really catch hold of the feet of Shri Ganesha. So, you remain innocent even in your old age. With all this understanding, Shri Ganesha gives us wisdom by which we mature. Now the people who are indulging into lust have to see that they mature in their understanding. Then the people who are too much possessive – of their things, of their possessions, of their children – must also understand that Shri Ganesha gives us wisdom to understand that this is not yours.

So what is carbon is nothing but a burnt wood. Burnt wood. That is, everything is burnt away. The wisdom that you get is that everything that you see as your own is not yours. Everything you have to leave here, and go away. You can't take even this paper with you. So why are we attached to them? Let us use it for its own purpose, for expressing our joy.

Now, I'll give you a very beautiful example. See now how Ritambhara Pragnya works: You see, this necklace that you see here was made in Italy by some realized soul. Then, this necklace, I don't know how, it went to India. Now the Australians wanted to give Me a mangal sutra of diamond, like this, the other one I have, and they had collected ten thousand rupees. But, even half of this size we could not buy because there was only one shop opened on a Sunday: situation.

So I looked around and I found a very nice gold mangal sutra made out of coral –because Australia is Ganesha's land. And I felt tremendous vibrations around, so I went on the back because they said, "It is very cheap." So, I said, "All right." And there this was placed and these earrings there, so we bought all this, plus the mangal sutra, plus one more piece – which I have in coral – in the same amount. It's not yet finished. Then, it was misplaced. In Australia, it went into my box, which was to come to London. So, I couldn't bring it to London. Now, Thelma came from Australia and she brought it with her. And it is now in Italy by the artist, whose Spirit could be seeing this to gratify him. Not only that, but also that it is the day of Shri Ganesha. From Australia. Yes, from Australia this is sent, as your brother's, the thing they bought, made in Italy, on the day of Shri Ganesh. Can you have more combinations? Your brothers and sisters from Ganesha's place, you see, the ganas have sent it to devas here for the celebration—you are the devas and they are the ganas. And these are ten [Shri Mataji shows the necklace]; ten, eleven, and twelve [Shri Mataji shows the earrings]. So, this represents the heart – the dharma, ten – and all put together, it's the heart. The whole of Europe. And in addition to these two is twelve, is the heart: England. All are represented here.

Now, you should be able to read through the beautiful working of Ritambhara Pragnya, which is very subtle. And then you'll start enjoying the little, little things it plays to make you very happy and to give you what some artist must have done long time back, which his desire was to fulfil.

Now, this is also, we should say, is the work of Shri Ganesha. He resides as Omkara in the Ritambhara Pragnya. He resides on the electromagnetic forces as the vibrations in the matter, in every atom. He resides in every ripple of our emotions which gives us joy. And He resides as a beautiful decoration of the Kundalini because She has the red and the gold colour just like my sari. So as the colour of the Kundalini He resides. But at Sahasrara, He becomes the joy. At Mooladhara, as the fragrance. And every memory of the mind should give you fragrance because He is the Lord of memory.

So this is how He manages everything so beautifully. He's such an innocent person who plays around His beauty to make us happy. Our children should also make us very happy, if we have brought them up properly. But if we have been all the time busy with lust and greed, the children cannot be good children. They cannot represent Ganesh Tattva as it should be.

So today is a great day that we are establishing Shri Ganesha in Italy. We did this in Switzerland and now in Italy. This should give you the power of innocence, the power of purity, the power of wisdom. It should give you the art of playfulness of joy, and that special quality of turning everything into something fragrant.

May God bless you all.

[Puja starts]

Shri Mataji: Today's morning puja will be short but afterwards we'll have lunch, nobody is going to miss Me.

[Shri Mataji laughs.]

All right, so let us have some water to be washed,

First, the children should come and wash my feet. All the children, bambini.

For the boys and the girls, "bambini"?

Guido: Yes, same.

Shri Mataji: Like Shri Ganesh. [Shri Mataji laughs.]

You should put some trump with them to look just like Shri Ganesha. Anna, come along, come, come all of you, you know how to do it. He's got frightened, you see, let other boys do. Yes, it's a little cold. You need to warm, warm up you need warm up. He's very good!

What is the matter with him? Why does he cry so much? Did he have something to eat?

Sahaja Yogi: Yes Mother.

Shri Mataji: Machindranath, what's the matter? You should not cry so much. Now rub.

See these boys are not – come and you'll be all right. Come along, come.

Now, rub it down, down. Down below, down below. Down below. Down, that's it. Now, you see? Good, see? Nice, excellent.  
So now, other two boys should come. Now come. Come Machindranath, you come here.  
Come on, hum, all right. Fast, down below, down below. Down. You should be like Gregoire, not to cry. Does he cry Gregoire?  
Gregoire doesn't cry. Now, rub, rub it. Still more, come along. Rub it. Ah, good, good, good. Good, good, some more. Some more.  
Rub it some more. Done, it's all right. They are all right.  
Now, come along, you rub it now. Come, rub it hard. Hard! Hard, very hard, now come along.  
Hard rub it hard, hard. Let us see. Hard. ....

See how he is doing, he is doing well. Yes, he is doing well. Ah, ah, done well. Now see vibrations, come along. Machindranath,  
see your vibrations now? See, see your vibrations, put your hands here. Now, see, see your vibrations. Put your both the hands  
towards Me.

Like that, see.

Sahaja Yogi: Do you speak English?

Shri Mataji: He speaks English well.

All right, cool coming? All right.

53:21

[3:15:48 Lunchtime.]

[Presentation of gifts: they bring a great and white chandelier in a candlestick shape. Applause]

Guido: This is one of the two presents made by the collectivity of all Europe, of all the world.

Shri Mataji: From Italy?

Sahaja Yogi: From Capodimonte.

Guido: It's a small place near Naples. The only place where they can do this kind of ceramic.

Shri Mataji: This is also another Ritambhara Pragnya.

What is written on this card?

Guido reads: "This article has been entirely made by hand following the ancient tradition of Capodimonte. T.S.A.."

Shri Mataji: Can I see? What does it mean?

[Inaudible]

All right. Beautiful, be careful.

[Applause]

Yesterday was Saturday, I was just forced into it [inaudible]. [Shri Mataji laughs]

Ah.

Now, five minutes I think.

Sahaja Yogi: Yes, five minutes, they were already-

Shri Mataji: Last five minutes we got it, last five minutes.

Guido: Shri Mataji will have the pair in her bedroom.

Shri Mataji: And I'll remember [inaudible] I've been there because it's very expensive, this, that, we couldn't get another one and ultimately we decided to buy [inaudible] with Italians, in the sense that of course, it is from international, but it is [inaudible] by Italians and other Italians [laughter].

It's coming from an ancient tradition of Italy. It's such a beautiful thing to buy.

And it's a traditional thing from your country made by hand of the artist that's the sort of things, otherwise, what's the use of getting something for Shri Ganesha which is made by machine? Ganesha doesn't like machines.

It's a beautiful thing I mean, I tell you, it's such a choice, such a choice.

Everything is absolutely working out in such a beautiful way in its expression. In the same way, we should see that we express

our life in such a simple straightforward manner that everything works out in manifesting our love.

By thinking, we only create complications as I did yesterday- [Shri Mataji laughs] – a little bit. Because also we decided something beforehand and I could not take any present for Ganesha. One should not decide such a thing. Because there were three pujas only and if I take in two, if I don't take in the third one, I'll hurt Italians.

So your Mother also changes everything, and you should be prepared to change also. Like I was telling him the example yesterday of only one Guru Puja we had, only one, in Bombay, in India. See how lucky you are, only one Guru Puja there! And for that Guru puja, they bought a shawl for Me, a shawl. So I said, "Now, if you bought the shawl, then you don't give Me sari. I won't take any sari because that will be too much to Me." And I absolutely I was sure I'll not take and I said, "No, no, no," Argentinian's "no" it's ten times, "no, no, no, no, no, no, no- no." But, you see, these Deities are completely one with you people more than with Me. [Laughter]

Because all the Sahaja Yogis were feeling very sorry that they had bought the sari. It was only one Guru puja in India and I should have allowed. I said, "You must detach yourself fully on a Guru puja. Don't worry on this." But they would not, they were feeling all bad.

Then, before puja, I went to wash my feet under a tap in India. You know how the taps are sometimes – at that height it was. And as soon as I opened the tap the whole thing, the water came on Me, I was completely drenched.

So I came out completely drenched. I said, "All right, give me the sari." [Laughter; applause]

So, because I don't want that you should be taxed for puja, because some money has to be given because that's a part, but should be a little part. So a little part has to be given that is important because you must learn to give in the sense that when you give a little bit you get a lot, you see. It's another bribery corruption.

So, I was telling Gregoire that "You should not tax people too much, make it a small contribution." And deities in him miscalculated and he asked for fifteen pounds!

Sahaja Yogi: He thought he was asking for Swiss banks.

Another Sahaja Yogi: Yes.

[Shri Mataji laughs]

And you'll be surprised, these fifteen pounds I've got in all kinds of money. I don't know what to do with it, but it is there. Out of this money I always buy something of silver for your pujas because you can say that this belongs to Me. But you see, there is nothing wrong if I take away everything that you have, I know that. But, I want to put a maryada to everything, for you must also have maryadas, I am "a-maryada", means "I have no boundaries", but you must move with maryadas. I need not have any maryada whatsoever, and I don't have. What can I do? But I deliberately put these maryadas because you should have maryadas.

Because when you take an incarnation, you come in "a-maryadas" you come in an embodiment. And that's how one has to teach maryadas, boundaries, to human beings because they can always say: "What's wrong? If they are giving me, why not I'll take them?" Anybody giving them anything, they'll say: "Why not? I can exploit." Human beings are like that. So, always an incarnation by his own maryada life, creates a maryada for them.

Now, as you know, I like generosity very much. I like to be so-called generous because it's all your own. If I give you anything, the joy is Mine. Now by giving only you understand how joyous you are. Otherwise, there is no way out. So when I go to any other country but England because in London I have no time for shopping, I go to shops. I leave my vibrations and everything there. Also, I try to buy something which I can give away easily, in a good way, and something of course for my family which I have to run and other friends.

[Shri Mataji laughs]

But then the things accumulate too much and even if you spend the whole night distributing, it doesn't finish. [Shri Mataji laughs] This time in India, the whole night we were distributing presents. Nobody was tired, the givers neither the takers. And when we gave, you see, all the Western Sahaja Yogis said: "Ha," as if they are getting it, you see, and then they would give to the Indian Sahaja Yogis everything. I tell you I have seen it. I sometimes overspend things, money and all that, in sort of trying to express Myself even when it comes to tours, but I am never running short of money, you see, there is somebody sitting, Kubera, who is filling up my purse all the time. I never run short. [Shri Mataji laughs]

He is a very interesting guy for Adi Shakti as well as for you people. You just watch and see the whole thing. Don't get worried. Don't get upset. You'll see that the whole thing is so beautifully managed like a drama.

Shri Mataji [to a Yogi]: Are you all right now? I was told you were rather worried. I have to talk to you about it. No, you are not worried. Good.

I don't know if you can do the things now because I have to do the lunch, this that, you see, then we'll do the havan. Let them have the lunch.

My lunch is over. I won't eat.

I am so full of joy. You'd better have lunch and then we'll have the- or you would like to finish the havan?

Better finish? One hour it will take.

Are they hungry?

Sahaja Yogis answer: Havan.

Shri Mataji: That's a good idea then.

[Shri Mataji speaks in Hindi] When have you arranged?

Guido: It's not yet arranged, Shri Mataji.

Shri Mataji: So, let them have lunch till then.

Guido: Okay.

Jeremy, okay, okay. It's okay.

Jeremy: Let me have the-

Guido: We have lunch first.

Shri Mataji: I mean it has to be adjusted to us, you see. Nothing should do "bandhin" [Sanskrit word; "binding"]. Maryada is different but "bandhin" is different. Maryada is different.

Sahaja Yogi: Yes, maryada is different.

Shri Mataji: "Bandhin" is different.

Guido: Binding?

Shri Mataji: "Bandhin". See now I am in maryada, My body is in maryada, but if I tie it up then it's "bandhin".

Guido: Ah. "Bandhare".

Shri Mataji: Make it into a "bandhin", and tell them.

Shri Mataji: Bandhare, you say, bandhare? Bandhar? Ah.

There is a song in Marathi very nice about Rama when He was building the bridge for crossing over – "Bandhare bandhare" – yes, in Marathi "bandhare".

Sahaja Yogi: What does it mean?

Shri Mataji: It means "build up, build up". And "bandhara" in India, Indian language means "band" is a...what you call that?

Sahaja Yogi: "Band"?

Shri Mataji: "Band" for the water to be – no, no, to stop the canal, "bandhare", "bandhare".

Guido: Digue.

Shri Mataji: That's it, bandhare. Italians must have had some Maharashtrians here, I am sure.

[Shri Mataji laughs] Otherwise, how can you explain!

So.

Sahaja Yogi: Shri Mataji, can we offer the other presents?

Shri Mataji: Just now. Through lunch?

Sahaja Yogi: Yes.

Shri Mataji: Side by side, all right, side by side. All right. Now.

Sahaja Yogi: First is this one.

We couldn't open for Your puja, Shri Mataji. It is [a sunshade] from Alessandra.

Shri Mataji: Oh!

[Applause].

Sahaja Yogi: We shall hold it for the havan.

Shri Mataji: For my pujas.

Guido: Yes Shri Mataji.

Shri Mataji: Where, India?

Sahaja Yogi: From China.

Shri Mataji: So where do you feel where should I take it, to India?

Guido: Where? Wherever you like Shri Mataji.

[Laughter]

Sahaja Yogi: In London, You don't need it maybe because there is no sun.

Shri Mataji: You have to even play football with an umbrella only. [Shri Mataji laughs]

Yes, in London is a good idea to begin with. But , in London you cannot manage with this much. In India it can be outside. If it is outside in India it's all right from the sun to be saved. Thank you very much. What other things that you have? Made of paper only?

Sahaja Yogi: Yes, I think attachment.

Sahaja Yogi: Some of the presents are individual presents and the names will be put later on when we'll pack it.

Shri Mataji: Now, it's so expensive! Maryadas should be there. [Shri Mataji laughs]

Sahaja Yogi [from the back]: The vase is from Yugoslavia from the Sahaja Yogi of Yugoslavia.

Guido: Oh, yes, it is from Marianna.

Shri Mataji: Yugoslavia. And this one is –

Sahaja Yogi: From Venise Mother.

Shri Mataji: From where? Venise. Oh, beauty!

Something falling off in my sari. [Shri Mataji stands up.]

Now, what is it?

Guido: This is a Don Quichotte.

Shri Mataji: Hum?

Guido: Don Quichotte.

Shri Mataji: That means what?

Guido: The one who used to fight thet-

Sahaja Yogi: The dragon.

Guido: No, the "molino"

Sahaja Yogi: A, the windmill.

Shri Mataji: The wind.

Sahaja Yogi: It's from one Sahaja Yogi from Spain Shri Mataji.

Guido: Ruperto. You remember Ruperto Shri Mataji?

Shri Mataji: Yes but this is in what language?

Sahaja Yogi: Spanish.

Shri Mataji: Spanish? All right, thank you very much.

## 1985-0520, Achieve the Absolute

View [online](#).

20 May 1985

Achieve The Absolute

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

I bow to all seekers of Truth (Shri Mataji folds her hands and bow to the audience) First of all, we must know, what are we seeking. What is the Truth? The truth is very simple, that in our evolutionary process we have not yet completed our journey. We have become human beings, but we have to still get to a position which is absolute. A state where we'll have joy, where we will be blissful and where we will become collectively conscious.

When people are not satisfied with what they have, they start seeking the Truth and such people are of a special category. These are quite a lot in the modern times, while in the beginning of life there were very few who were seeking the Truth. In the beginning, men started seeking protection from Nature, and then he tried to find out possession, money, power and a state reached where he found that these things do not give you permanent satisfaction.

We believe that a certain thing if we get, we will be very joyous and satisfied. Like somebody wants to have a car, then he is not satisfied. Then he wants to have a house, then he is not satisfied. Like that he is seeking about the pleasures of life, goes on and on and on, but he is never satisfied. Thus, the law of economics says that wants, in general, are never satiable in particular maybe but not in general. So, it shows that these wants, these desires are not pure desires.

There is within us a power of pure desire residing in the triangular bone called Kundalini in Sanskrit language, Asas in Kuran, and in the Bible also it is called as Tree of Life. Now in all the ancient religions, it is said that one has to achieve the Spirit. You have to become the Spirit and they did not tell us lies, but people who wanted to make money out of those religions, have ruined completely the fundamentals of those religions. That's why nobody has faith anymore left in the religion, but it is like the true flowers on a tree have been plucked and everybody is holding on to it as mine, mine, and fighting, but they are dead flowers. They are dead religions.

In the same way, we talk of our political problems like we say Capitalism is good, or we say that communism is good is all our idea but actually, none of these experiments are perfect because it all deals with the money power or the power of aggression (repeating to the Sahaja Yogi translating Shri Mataji's talk in Italian language) money power or the power of aggression.

But we have one another power, which surrounds us, which is everywhere, of which we are not even aware. When you get that power you become the real capitalist and you want to share it with others so you become a real communist also. This power is all-pervading and is the power of compassion of pure compassion. We cannot see it because we are not that subtle to feel it but you see the flowers becoming the fruits, the seasons changing. Who does all that work? It resides in every particle as electromagnetic power but who gives the electromagnetic power energy in the molecules or in the atoms?

If you see the periodic laws of chemistry you will be amazed the way the whole thing is arranged in such a beautiful manner that the carbon is placed in the centre. Who has done that? Now an Italian gets an Italian child an Indian gets an Indian child. Who does this sorting out such a tremendous sorting out? A mango tree will have a mango an apple tree will have an apple. Look at this sorting out tremendous work!! Who is doing all this?

So if there is such a power why don't we feel it because we have to feel it on our fingertips we should be able to feel that power like we feel electricity when we touch it. But if you become a subtler personality through your ascent through your second birth then you can feel it all around. It is such a perfect energy surrounding us that it does everything in the most efficient manner.

It is the combination of four energies. One which resides on the left-hand side of ours which is the energy of desire and existence. And the second one is the one the energy of action for our mental and physical action on the right-hand side. They are all, both of them are expressed on the gross as left and right sympathetic nervous system. And the central power which is responsible for our evolution. We don't even want to think why we have become human beings from the amoeba stage?

Science cannot tell you answers to why and how it just says what it is. So there is the 4th power which is the power which integrates all these powers and connects you to your spirit. As a result of that, you get connected with this all-pervading power. Now we have to know, that's so far whatever we have achieved in our evolution we actually feel it on our central nervous system.

Like if something is hot it is hot, if something is cold it is cold. Now, if there is an animal like a horse or a dog can go through a dirty lane but for a human being, he cannot. He feels dirty, smells dirty but an animal cannot. In the same way, whatever we have to achieve now, we have to achieve it on our central nervous system. But what we do is to live with our mental projections believing into this we believe into something through emotional projections. And to our amazement we find it is not true, it's false.

We go on understanding everything through our mental projections but truth cannot be understood through mental projections. Even a great scientist like Einstein has said, that he was absolutely tired trying to find the experiment to prove the relativity. He found that he could not do it in the laboratory but he was lying down in his garden playing with soap bubbles and then suddenly from somewhere unknown the theory of relativity dawned upon him.

So now the time has come for all of us to know that Power through this fourth power which we call as Kundalini which is the reflection of the Holy Ghost within us which manifest this new phenomenon of giving us another awareness of a superhuman being. These are special times. These are the times when you are going to judge yourself through the Kundalini awakening. And once you get your realization you will be amazed to know that you are a fantastic thing.

Tomorrow I will be telling you what really happens after one gets realization. But it has to be an actual experience of becoming the spirit. It cannot be where people just start jumping and talking stupidly or any other activity which we can do normally. Traditionally in India we know, if we are Indian, not Westernized, what is self-realization, what to expect.

Even in the Bible it is described when the disciples got their realization, they started talking in strange language means the language of the chakras and when they started moving their hands actually they were moving their Kundalini, but people thought they were mad because they didn't understand what they were talking. So we have to ask for real baptism of really feeling the cool breeze out of our fontanelle area and not some sort of an artificial thing. As a result of that happening, you start feeling the cool breeze out of your fontanelle bone area and also you start feeling the cool breeze in your hands.

(Shri Mataji is showing on her hand all the fingers) All, all these fingers get enlightened and you start feeling on the fingertips your own centres in also the centres of others. Thus, you know what's wrong with you and thus, you know what's wrong with others. As you become subtler and subtler you can feel the vibrations of any person anywhere in the world whether dead or alive. You become so powerful that there is no habit that can dominate you.

In Rome, I have known many people who had very bad habits that they could not give up. They were alcoholics, or they were drug addicts or they were smoking too much and they could not stop even they were about to get cancer they all stopped in no time. The second thing that happens very great is that you receive good health. Any malady, any disease can be cured with Sahaja yoga if it is not absolutely a gone case. It can be done in such a way that you can cure also after realization the maladies of others. But one thing is important that all the curing takes place as the by-product of this happening. Not only for curing but it's a by-product when the Kundalini rises then it looks after all the centres and enlightens them. Thus, your diseases are cured.

Now when the Kundalini rises she also makes you completely relaxed. We are upset because we think too much or we worry too much or we are frightened of something or we are very aggressive on others we want to aggress others. As a result of Kundalini awakening, the thoughts which are rising like this and falling out and again rising like this gets separated and you enter into the area which is the PRESENT this moment.

The past does not exist because you know it is already finished is gone and the future does not exist at all because it has not even come into existence. Only the present is reality. But, if I say in the present now you stand on the present you cannot. Your mind is jumping on the curps of the past and the future all the time. As a result of this happening within you, your attention is drawn inside. Otherwise, if I tell you to take your attention inside you cannot. And thus, this attention when is pierced through the Kundalini gets enlightened by the Spirit and you feel absolutely peaceful and joyous.

Now in the West, as you know people have gone too far in the development. It is like a tree which has grown too much without going to the roots. But you must go to your roots otherwise the tree will topple down. It will be destroyed. This is the knowledge of the roots, which we now have to know if we have to save this humanity. We always talk that we are brothers and sisters and that we are friends, but actually, when it comes to reality we find that there is a very big difference between us and lots of problems between ourselves.

So we find that brothers and sisters are fighting husband and wife are fighting. One country is fighting with another country. All the time that is something to fight about. Thus we have got social problems, we have economic problems we have political problems, we have ecological problems because we are in the darkness. Now in this house, if there is complete darkness and somebody is panicked the whole place will be in a turmoil. You will not understand who is standing next to you and you will

trample that person, hit another person, and do all kinds of chaotic things that a person with light will never do. This what's happens to people when they get the light of the spirit within them. If somebody is carrying the snake, and he is in darkness. You tell him not to carry the snake, he'll hold it more tight you tell him not to do it But if there is light he will throw it away on his own. This is exactly what happens when you get enlightened.

Now in this room, if you come and there is darkness, I have to just tell you that put on one switch and you will get the light. But if I want to tell you all about electricity, the history of electricity every organization of electricity you will be absolutely bored stiff. So the best thing is to start the light somehow and then you can see for yourself what's wrong with you and you become your own Guru, your own corrector, your own guide. This is what is today's modern we can call it evolved Sahaja Yoga because we have Sahaja Yoga from ancient times.

First, let there be a little light and let people see for themselves what's wrong with them and let them correct it. Moreover, any discovery if it is limited to one or two persons it is useless. It has to be an en-mass phenomenon for the whole society. And now today this phenomenon has become for the society for en mass evolution.

First, only one fish came out then few fishes came out and then shoals of fishes came out. In the same way, human beings have to rise to that state of bliss and peace. So in the new awareness, the microcosm becomes the macrocosm. A drop becomes the ocean. Like if there is a problem on this hand (Shri Mataji shows her left hand to explain) I feel it. It is part and parcel of me so I rub it. It is better so there is no obligation. So who is the other? In the divine, there is nobody who is other. If you cure people you just cure yourself.

The so-called missionary work is not the work of God, is the work of human beings of society not of God. God's work is very different. It is the compassion which doesn't speak it just emits from your being, it acts, it works out. It is wisdom, it thinks it coordinates, it cooperates in such a beautiful manner that you will be amazed to know that this all-pervading power is such an understanding and a knowledgeable thing.

So the first thing should be that you all get the experience of the spirit and the experience of the all-pervading power and then establish the experience in such a manner that you really become a Master. It takes hardly any time whatsoever and you don't have to put an effort.

For this, of course, you cannot pay any money because it is absurd, it is irrelevant. In the name of God, one cannot take money because god does not understand money. It is sinful to do such things, in the name of God to take money or to do anything of that kind by which exploiting others. It is the living process of the living energy for which you cannot pay. We do not give anything to the mother earth when she gives all the fruits and gives us other things. Do we pay her anything? Does she understand money? But man in his ego thinks that he can buy anything and sell anything.

The truth is what it is. It is not going to change by your buying or selling or by your organization. One has to be humble to get to that position where you become the truth. That is the most important thing that today we do not know what is the truth. We have no discrimination. You cannot get it in the universities. All these great saints never went to any University. You can only get it if you reach the state of the spirit. So, today we will have the experience of the spirit and tomorrow I'll tell you what you can do with that experience. Thank you very much! (Clapping by the audience while Shri Mataji bow to them with folded hands and closed eyes)

Today we don't want to...We have told that you write down your questions, tomorrow I'll answer. because of the television, we have lost some time. Tomorrow we'll do it. You give me your questions in writing today or tomorrow. Before starting the programme we'll do it. Alright! (Shri Mataji smiling and addressing someone in the audience) Want to know what?

Sahaj Yogi: (telling Shri Mataji the question asked by a lady from the audience) Are you the mother of Guru Maharaj?

Shri Mataji: No! No! No! (Someone speaking from the audience, inaudible) He is one who is collecting Rolls Royces. (the audience continues to speak and Shri Mataji is listening and then she says) I have nothing to do with such people. Imagine! Collecting Rolls Royces in the name of God. Why are you so simple and naive? Why are you so simple and so naive to give Rolls Royces to a man in the name of God? (The audience start clapping) How much money you gave to Christ or Abraham or Moses? In what tradition did they take money? You are an ancient country of such tradition! How can you believe in such people who are making money out of God?

People don't even want to see how impure their lives are. What sort of lives do they lead? How they manage things? You must see that such a person has to be a pure personality. I feel ashamed that they are Indians and they are trying to befool people like this. People pay money to a Guru because he makes them nude. Why do you want to pay money for that? You must have your brains intact. You are all very well educated people. How can you not understand that divine cannot be bought, cannot be sold. It is to be achieved on our central nervous system. I hope you people will realize that these gurus cannot prosper in India. These

false gurus cannot prosper because Indians are wise people. They are very traditional they know what it is to be realized, soul. Only they have come to the west for the same reason. But the real gurus are hiding they don't want to come. I told them why don't you go all of you. They said mother you try first of all. We don't want to go they will crucify us. So now please remember you cannot purchase it. Another thing is you cannot put an effort for it. It just happens spontaneously. Just like the seed sprouting but after the sprouting, you have to look after the plant you have to respect your realization. But before that, you cannot do anything about it. And if you get realization from me (Shri Mataji indicating towards Sahaja yogi sitting next to her on the ground on her left-hand side) he can give realization to another. One light which is enlightened can enlighten another light and many lights can be enlightened.

It is not important what you give to your Guru it is what you get is important. It is absolute enslavement to go about with someone who says do this do that! Why? ask the question! this is the problem with the west that they have lost the contact with the roots and that's why the people are really trying to exploit you.

I am not a Guru I am a mother and I am going to tell you the truth about everything whether you like it or not. The only desire I have is that you all should get your realization and enjoy the bliss of Spirit. There is no secret in Sahaja Yoga everything is open. And all the knowledge is given to you. May God bless you!! (Shri Mataji does namaskar and there is clapping from the audience. The Sahaja Yogi sitting next to Shri Mata Ji offers a glass of water to Shri Mataji which she drinks)

Now the experience will take hardly 5 to 7 minutes. It's a very simple method by which you can feel the cool breeze in your hands and on top of your head. First of all, we have to take advantage of the mother earth. Today on the television there were about 60 to 70 people. Most of them felt the cool breeze. In the same way, you all can feel it also.

Now please put your shoes on one side and put your feet on the mother earth in a proper way that they are parallel to each other. Nobody should get up in the middle and disturb others. If you want to go you can go now. And all of you have to be closing your eyes. Now, there are centres we will try on the left-hand side and you yourself will awaken your own Kundalini which is a very very simple method. Actually, normally nothing is needed, only by putting your hands like this, you can get it. But we are rather complicated so we have to do a little bit help to ourselves.

So I would suggest that you put your left hand, which is the power of desire, towards me throughout and with the right hand will do few actions of placing the hands on different centres. First of all, don't close your eyes, I just tell you and explain to you and then you can see for yourself what is to be done because your eyes will be closed. Our eyes have to be closed because our attention has to go inside. There is no problem with it. You will feel extremely fine and there will be no problem of any kind. This is your own property, your own wealth which you will get yourself. I am just a catalyst.

Now, first, you have to put your right hand on the heart than on the upper part of the stomach, then in the lower part of the stomach. Then you have to go back on the upper part of the stomach, then on the heart and then here on a very important centre. But remember to take the hand from the front like this and not from the back. Then here (Shri Mataji puts her hand across her forehead) than at the back (Shri Mataji puts her hand at the back of the head) then you have to stretch your hand and put this area on your fontanelle bone area, which was a soft bone in your childhood and move it clockwise 7 times. But I will tell you every time what is to be done so, you don't have to remember anything.

Now don't pay attention to anybody else. Secondly, just now I feel that this centre is catching very much in you people (Shri Mataji is showing her own left Vishuddhi to the audience by putting her right hand there). And this center catches when you people feel guilty for nothing at all. What is there to feel guilty? You are the temple of God. What is the need to feel guilty about it? Forget the past! The Divine is nothing but forgiveness and is anxious to give you realization. Please don't feel guilty at all, about anything whatsoever! You are very simple people that you start feeling guilty for nothing at all.

So, first of all, forgive yourself. You have to be pleasantly placed towards yourself because you are going to enter into the realm of bliss. You are going to achieve the desire of desires, the purest desire, complete satisfaction. So why to feel guilty? Don't feel guilty otherwise the Kundalini won't rise.

Alright! now be in a pleasant mood! Put your right hand please on your heart. You have to respect yourself and love yourself. Please put your right hand on your heart and know that I love you very much and you have to love yourself. Now please put your right hand on your heart and now close your eyes. Now ask me a fundamental question 3 times. Mother! Am I the Spirit? Mother am I the spirit? Mother! Am I the Spirit? Three times! (Shri Mataji is seen holding a burning candle in her hand with its flame in front of her heart).

Now please take this right down on the upper part of your stomach and press the fingers little bit. Now here ask another fundamental problem which you have because if you become the spirit you have to become the master, you have to become your own guide. So ask the question three times. Mother, Am I my own guide? Am I my own Guru? Am I my own Master?

Now please put this right hand in the lower part of your stomach on the left-hand side. At this point, I have to request you that I cannot force on you your realization. You have to yourself ask for the true knowledge of the divine. This is the centre of that so please please press your hand and ask six times Mother! may I have the pure knowledge, the true knowledge, the true knowledge of the divine! Now six times please ask!

Now, raise your right hand on the upper part of your abdomen and press it there. This is the centre of the master created by all the great prophets. Here, you have to now assert with full confidence because the Kundalini has to rise to this point with your confidence. So please say with full faith in yourself. Mother, I am my own Guru! I am my own guide! I am my own master! ten times because there are ten petals to this centre (Shri Mataji is seen holding a burning candle in front of her agnya) From your heart! Now! (Addressing the Sahaja Yogi sitting on her left-hand side) Good!

Now please raise your right hand on your heart again. And say with full assertion and confidence Mother I am the spirit! Twelve times ( Shri Mataji is holding a burning candle before her agnya) twelve times!

Now you must know that divine is the ocean of grace and love and above all, it is the ocean of Forgiveness as I told you before. So, raise your hand in the corner of your neck and shoulder on the left-hand side and press it hard. From the front, not from the backside but from the front side. Put it to the left hand, left-hand side yes. Now, here please remember that you are not guilty at all. Please say 16 times, Mother I am not guilty at all! Sixteen times! This is the worst centre we have in the west. Now, sixteen times! (Shri Mataji continues to hold the burning candle) Better! If you think that you are guilty still with all my assurances, (Shri Mataji laughing softly) better punish yourself by saying it a hundred and eight times it would be better! (Shri Mataji still holding the candle before her agnya chakra)

Now raise your right hand on your forehead across. Press it on both the sides and from your heart you say that Mother I forgive everyone! not to count any times but from the heart, you must say. Many people think that it is difficult but actually it is a myth whether you forgive or not forgive. But if you don't forgive then you play into the hands of wrong people.

Now put your right hand on the backside of your head and hold it tight. Here now for your satisfaction just say it from your heart that if I have done any mistake please forgive me the Divine means the divine should forgive me.

Now please touch your hand and put on the top of your head on the fontanelle bone area which is the soft bone in your childhood and move your scalp seven times. (Shri Mataji blowing in microphone seven times) Now please put down your hands slowly. And slowly open your eyes and watch me without thinking.

Now put your right hand towards me like this and with the left hand try to feel if you got the cool breeze. On top of your head with the left hand and right hand towards me. It is subtle on top of your head from left hand, little higher about four inches. Alright! Move your hand and see for yourself up and down and sideways.

Now, put your right hand towards me. (Shri Mataji checking vibrations on top of her head) Sorry, put your left hand towards me and with the right hand, you see if there is a cool breeze is coming out. Now change it over again right hand towards me once more that's all. And see now if it is coming on the left hand.

Now to feel the cool breeze of the Holy Ghost around us, put up your hands like this and ask a question (Shri Mataji raises both her hands up and raise her head towards the sky) Mother is this the cool breeze of the Holy Ghost? Is this the Brahma Shakti? Is this the all-pervading power of God? Three times. Push back your head and ask three times the question.

They are feeling it! Now put back your hands! You are feeling it! Now see you are feeling it in your hands like this. Those who have the experience of the cool breeze in the head and in your hands, please raise your hands. Or in the head or in the hands. Like this (Shri Mataji demonstrating by raising both her hands in the air) both the hands so that I will see.

So many of them have got it but don't think about it. Those who haven't got it will get it tomorrow. And those who got it will establish themselves. Tomorrow I will see also you people individually. Thank you very much! (Shri Mataji doing namaskar with folded hands and audience are clapping)

Please ask your friends also to come tomorrow. (Another Sahaja Yogi comes on the stage and sits on the ground on the right-hand side of Shri Mataji and after taking permission of Shri Mataji starts addressing the audience in the Italian language perhaps about the next day's programme)

Shri Mataji: (looking towards someone in the audience) Just ask him did he felt the cool breeze. Very strongly! I could see it! (Shri Mataji looking happy at the response from someone in the audience).

Sahaja yogi: (unclear )There are some Sahaja yogis who want to speak individually to new people. Shri Mataji: Are there? Today or tomorrow? Tomorrow would be better! Done it very fast! My watch has stopped! Cannot be! What's the time now? (Sahaja yogi instead of replying to Shri Mataji turns back to enquire about time. Shri Mataji asks him) You don't have a watch?

Sahaja Yogi: I never use it

Shri Mataji: Eh! is it working? The watch is working? Eh? half-past eight? The time has stopped (Shri Mataji is showing her wristwatch to the audience) (A man and women come and offer flowers to Shri Mataji) Shri Mataji: Thank you very much such fragrance! ( Another lady comes and offers flowers to Shri Mataji, the audience are clapping)

Shri Mataji: Thank you very much! Much better (addressing the audience)

(Another lady comes on the stage and offers flowers to Shri Mataji)

Shri Mataji: Thank you Very much! (Addressing the Sahaja yogis) Better! It's much better! Like to shake their hands with them. (Shri Mataji gets up from her seat and move forward on the stage to meet the audience standing below)

Shri Mataji is seen bending down from the stage shaking hands with people who are not initially visible due to lack of light but a later lot of people are visible looking up to Shri Mataji and talking with her. Shri Mataji is interacting with them for quite some time and she sits on the floor of the stage to interact with the audience and for a very long time, she is seen talking to them. Finally, she descends amongst the audience and is seen talking to them.

## 1985-0521, Two powers within

View [online](#).

21 May 1985

Two Powers Within

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

From 30:27sec Shri Mataji speaks

Shri Mataji:

I bow to all the seekers of truth. As I said yesterday the seekers of truth are a special category of people in the evolutionary process of human beings. Those who are seeking reality see clearly that whatever we have known so far is not the reality, but whatever is unknown is not reality also. Human beings have been made especially with great care, delicately to ascent to the highest state of the spirit and there are many things which are kept away absolutely from their awareness just to keep them peaceful.

For example, we do not know about our subconscious and about collective subconscious, also we do not know about Supra conscious area and the collective Supra conscious. They are manifested within us by two powers, as you see - one the power of Desire on the left hand side and one by the power of action on the right hand side.

The left hand side, which caters to our subconscious, manifests the emotions within us and all the conditioning that people talk about and beyond the subconscious lies the collective subconscious. On the right hand side of ours is manifested our futures, which is the Supra conscious mind and the right side channel what we call as the channel for action manifest the Supra conscious, beyond that lies the collective supra conscious, but the super consciousness is on the top of our head where we have to ascent, we are not to go to the collective subconscious or to the subconscious or to the Supra conscious and the collective Supra conscious.

If somebody tries to use the emotion and the conditioning too much then he goes into the collective subconscious by which he can get possessed and he talks like a possessed person, also the alcoholism can take you to the collective subconscious. Those people who go too much to the left side to the emotional side get possessed and get troubles which are mental in nature.

Now in America there is a new disease that has come where people get mad before their 35 years of age, this trouble is coming not from any other thing but a simple thing that they indulge too much in to the subconscious and into the collective subconscious.

There are some drugs, most of the drugs also take you to the left side to the collective subconscious, but some of them like LSD and all that take you to the right side to the Supra conscious side, so the left side the subconscious is our past takes us to our past. When people start taking too much drugs, alcohol or take to fake gurus then they are thrown into the subconscious mind and then towards the collective subconscious.

The false Gurus mesmerize you by putting some sort of a protein within you which we call as the dead spirit and collect from you your money whatever they want, you do exactly what they tell you. Such adventures are very unwise that is why before going to any Guru you must find out the deceit person, if they are free people or brainy washed. Most of the fake Gurus have gone to America and that is the reason also that people are getting insane and those who are even in Switzerland the Americans travel all the way to pay thousands of pounds, thousands of franks to these Gurus and get a boon of madness.

The people who go into trance or people who say they are mediums you should keep away from them. In India we know all about and we call it as Preta Vidya, Smashan Vidya meaning the knowledge of the symmetry, of the death, signs of the death. Now there are also other type of organizations which have started which make you all the time pray, pray, pray like mad. you go to the collective subconscious.

I have seen people coming from holy crucial or from charismatic moment absolutely mad people. Those who come from Hare Rama Hare Krishna also are like mad people or about to become mad, the reason is when you start taking the name of Rama or Christ or anyone you are not connected to them, but when you try too hard your attention has to move somewhere and it catches somebody who is dead with the name Rama. Now if unless and until you are connected with those deities if you take their names you get joined to people who are already dead.

And this is a very common phenomenon in India where the people are absolutely in the villages who are uneducated and are virginals they do all these things and they end up as a bad people at a very early age and it happens so smoothly that people don't even realize that they are becoming mesmerized.

If you remember yesterday there was one lady she started jumping before me she was possessed because she had been to a very horrible Guru. Parapsychology also is the same style of thing which are luckily so many people are practicing and you can see the result of that even in Russia you can see how people are suffering from insane. I am your mother and I have to tell you the truth to protect you, I am not afraid of anyone.

Now on the right hand side when you move, say like LSD or other things if you are a very ambitious man, a futuristic person such a person gets too ambitious, I tell there are people who are ambitious, who are dead, try to possess such people. Like you had one organisation called as late Dr. Lans International Hospital, this late doctor died long time back but his soul possessed a soldier in Vietnam, they themselves tell about this. Then this Dr told this man the Vietnamese fellow who was shocked by some sought of a bomb that you better go to London and tell my son about me and there are many doctors who would like to help my son so you start this curative centre or hospital and they started this Hospital. As a result of that many people wrote to them that we want to get cure and they would answer by saying at this time something will enter into your body and you will be cured and when that happened the people used to shake and with that shaking after sometime they would feel better for some time, but after three four years they would develop a terrible disease of the Nervous system and all the time they were on the bed and died there because I have cheated these patients.

Even Hitler used these ambitious spirits, he got this knowledge from the Lama- the Dalai Lama in those days and he taught it how to capture the spirits of the people who were very ambitious and cruel and then he mesmerize the German people and that is how the German people killed human beings in that horrible way.

Even now you can find some of them possessed like that, but not only that it happens but you also get physical manifestation of this kind of movement. Most of the diseases which are incurable come from the left side movement like cancer, sclerosis, mellitus all kinds of such diseases which are not curable come from the left side that is also like AIDS, the madness, the epilepsy all that comes when you try too much to go to the left side.

On the right side when you move too much you get troubles like heart attack and troubles like what you call the paralysis, high blood pressure, kidney trouble all this troubles come to you because you are very right sided. Now the right-sided person is the person who is all the time thinking about the future, for example I will tell you about one disease like you can say the blood cancer. In Modern Times people are all the time under pressure for no fault of theirs, early in the morning they get up, read newspaper and the newspaper always gives bad news so they get shocked, then is in the hurry to go to the office or something, is in great hurry he doesn't even take his food properly, he has to run up and the spleen that has to give blood for this various emergencies gets bad.

For example, the Swadishthana Chakra is the one which has to look after your spleen, it has to look after your liver, it has to look

after your kidney, it has to look after your pancreas, it has to look after your spleen, but when it is doing all this jobs there is very important job he has to do one more that is to convert the fat of the stomach for the use of the brain and when that is going to happen that is going to take place and if all the time that's what is happening that we are all the time thinking and that he has to transform all the time the cell then it has no time to look after the other organs. As the result of that you get the liver trouble, you get the diabetes from the pancreas you and get high blood pressure from the kidneys.

Now the spleen again is neglected of such a person so when the spleen gets shocks aftershocks of new emergencies coming it becomes hectic it becomes crazy. Now when it becomes crazy at that time such a person if it moves the attention to the left hand side then he is attacked for the doctors calls protein 58 or protein 53. The doctor says that these proteins come to us from the area which is being within us since our creation means collective subconscious, thus what happens that a person gets into blood cancer.

Now when Kundalini rises she supplies all the vital means that is needed for this pacemaker which is actually the spleen within us which gives proper speed with balanced speed. Thus when Kundalini rises you get all the centres enlightened and you feel perfectly alright you become absolutely healthy, you at least look 10 years younger, all your wrinkles vanish and you look very very bright and mentally also you become extremely alert and sensitive. Above all when the Kundalini pierces through your fontal bone then you yourself become the source of joy, you yourself become the source of health for others and you yourself create peace and balance among people and when this is achieved and established fully even your glance can do the job. Then when you are enlightened you do not ask you just give. Thus when you are a realized soul you are never involved you become like a king, you may lie in the richest place or may lie in the poorest place, it makes no difference to yourself, you become very comfortable with whatever way you live because now you seek the comfort of your spirit and the comfort of the spirit is that it should be able to give compassion to others, that it should be able to create peace among human beings, but so many miracles take place that you are away that the working of this all pervading power.

I can tell you some of the miracles for your interest. I have been to a place called Medford in London and there one boy fell down from a bridge about 20 feet down, at that time I was addressing at least 600 people in a hall and that place was at least ten miles away from where I was speaking. He had never seen me before but when the ambulance came he walked up all the way and they were amazed because he fell on stones and nothing had happened to him and he told the police that a lady in white came, she came in a white car, she came down and she cured me and the people who were on the bridge said no there was no Indian lady who came, there was no white car came in but he was not at all hurt and there was not even a scratch so doctors were surprised. So next day he saw my photograph in the newspaper and he told the news paper people and the doctors and the police that this is the lady who came. So they came to us and started enquiring they published it also in the newspaper. So the Sahajayogi asked the boy what did you do when you fell down, he said while falling I said Holy Mother please help me but it helps you materially.

Now even the judge will be surprised that there is so much of unemployment but will be amazed to know that not one Sahajayogi, we have thousands is unemployed they get jobs without trouble they get their ashrams without trouble they get everything whatever they want. If you see them you will feel that they are such great scholars but some of them are not even educated in the school.

I met one gentleman who drove me down in his bullock cart in the village and I just talked to him. And I was surprised, he was talking like a great saint like Kabira and I asked him, "How you know all this?" he says, "The knowledge is within my head now". That is what happens that you become the knowledge. None of these great saints, prophets, incarnations went to any universities and they are full of knowledge. In the same way, you all can get it because this is a special time when many have to get Realization. This is the Last Judgment, your Kundalini is going to judge you. It is not that you are going to be put in the way, in machine, or anything, but it is the Kundalini when she will rise, you yourself will judge yourself. And full chance will be given to you, absolute full chance to save yourself, to have your redemption fully. Complete counseling will be done.

First will become certain then you will be deep and complete counseling about this knowledge you will get. This is the time very important, you should not miss it anymore, try to understand in this country and in other countries there has been some idea traditionally about salvation.

But India, people know in the villages in the places which are not affected by western life that the salvation time has come is already predicted. Thousands of years back there was a great (1:08:20) pinion of astrology called as Bhrigumuni, who has written a book called Nadi Granth. He has described very clearly how Sahajayoga is going to work out. Even recently we have had a great poet in England called as William Blake who has clearly described in modern times, he has said that men of God that is the seekers, men of God will become the prophets and they will have power to make other prophets.

In India a great Saint called Gyaneshwara has described that there will be forest of human beings who will be granting the wish of other people. Kalpataru means the forest of trees granting of wishes and there will be the oceans of the Ambrose flowing from these people to save others. So much has been described in various books now the time is there.

May God bless you all.

Please get your realization and establish it. As I told you, you must have a open mind like the scientist has. This knowledge to you is like the hypothesis, but if it is proved you have to accept as honestly because it is for individual good, for the good of the community, for the good of the country, for the good of the world.

May god bless you all.

Questions now? No no no wait somebody has written the questions. We would not like to disturb the people who have come here for realization because sometime questioning can disturb them; they are in a mood of receiving realization. So yesterday's questions were not something very important, by questioning and answering you are not going to get your realization.

The main thing is you get your realization, no one can guaranty it as it is a living process, so it has to work out and that you should get that realization is the main point. To get the realization I would say if some people want to come on the stage can come also, if there are people sitting on the ground are in difficulties can come on the stage if they want. Or those want to go away can go away but don't disturb others.

[Mother speaks aside: Come along. Those who are sitting down. Please, be seated. Please. Cold is it? There is nothing to spread for them. Is it very cold there? Must be. Sit, sit, sit. I'm sorry, it is cold? Is it cold there? Is it cold? no, no. it's alright. All right.]

Take out your shoes all of you. All of you should sit down quietly or if the people in front can come all of them can sit in front it is better, as many can come on the stage. Now don't fight please don't disturb. Please keep quiet. It is a very important time don't disturb others we have to be very very kind to others.

I will stand up you will all be able to see me. Alright

[Mother speaks aside: It's all right. better sit now. I'll tell you later on. (Something like: next time I will talk Italian?)]

I wish we had a bigger stage. All right. Now, it's very simple. You have to take out your shoes because this Mother Earth has the power to suck in our problems. So please take out your shoes and put both the feet parallel to each other. You can take out also your spectacles; it helps your eye sight. If there is anything very tight on your stomach or in the neck, you can loosen it a little bit. All the people should be seated. All the people should be seated properly and should not move about at all.

Now with both the hands like this, you have to know that these hands and the fingers here are denoting the seven centers on the left hand side and the seven centers on the right hand side.

[Mother said several words to someone aside, not clear].

Now, there are seven centers five, six and seven, these are five, six and seven which we learn very soon. This left hand is responsible for our desire; to get Realization is our main desire today. With this desire you put your left hand forward like this, comfortably. You should not be uncomfortable. Sit in the way that you feel comfortable. You may sit twisting both the legs on one side will be alright. [to someone: No, the other way.] Both the legs on one side you can put it. It's alright. It's alright. Put the left hand like this. Left like this. Left hand. Left like this. Comfortably, comfortably.

Now Right hand we have to use for action. Now we have to use that, on the left hand side. And to use that on the left hand side we have to put this on different centers, because you are going to raise your own Kundalini. At that point I'm going to just tell you where to put your hand and later on when you close your eyes you will know, just now I will just show you. The right hand should go first in the heart then in the upper portion of the stomach then in the lower portion of the stomach. Now, one must know it is all on the left hand side. Again should go back to the upper part of the stomach then to your heart and then to the corner between your shoulder and your neck. From the front many people put it like this is not good, this way it's comfortable.

1:22:43

In the West this is the worst center, always caught up. It is caught up because one feels guilt. Now you are not to feel guilty at all, I'll beg of you, you have done nothing wrong whatsoever. The Divine is the Ocean of Forgiveness and we cannot do anything that could be such that can challenge the power of the Divine. So nobody should count their wrongs and mistakes. If you feel not comfortable you can sit on the chair will be better. Not to make uncomfortable. [Mother speaks to someone: "Are you alright?"]

Now, it is [INAUDIBLE] that's your own and you have right to get it, so what is there to feel guilty about? There is no need at all to feel guilty. [speaks to someone: "You can come here, there is a space or here you can come here."]

All right. Now...

[Something happened and the public laughs gently. mother says to someone from the public: "All right. All right doesn't matter. All right, as long as the feet are not towards me is alright. You can put them this way. All right."]

So now what we do is to put the right hand after this here on the forehead then on the back then we have to stretch our hand and put it on top of the fontanel bone area, here on top of our head and press hard and move it seven times [INAUDIBLE] the scalp. Seven times that's all.

Now nobody should watch others, one should watch oneself. Now, please close your eyes and don't open your eyes till I'll tell you because attention has to go inside. Now the left hand towards Me and the right hand on the heart, put it under the coat will be better. Towards Me means the palm should be towards the sky. Now, this left hand should be kept as it is up. After closing the eyes you ask Me a very fundamental question: "Mother, am I the Spirit?" Ask that question three times. Ask sincerely. Three times.

Now bring down your hand on the upper part of the stomach on the left hand side and press. Please take out your glasses. [INAUDIBLE] Now, the second question, very fundamental follows by the first. This is the center of the Masters created by all the great Masters. Here you ask Me another question, three times please ask Me: "Mother, am I my own master? Mother am I my own guide? Mother am I my own guru?"

Now, please put your right hand in the lower part of the stomach, right hand, left hand towards Me, left hand towards Me (ASIDE TO SOMEONE FROM PUBLIC: [INAUDIBLE] You have to put your right. No. Right.) in the lower part of the stomach. This is the center which gives us the knowledge of the Divine. Please close your eyes otherwise it cannot work. Here you have to understand that I cannot force you to know this knowledge so you have to say: "Mother may I have this true knowledge? May I have the pure knowledge?" Please say six times because this center has got six petals. "Please, give me the true knowledge; please, give me the Divine knowledge, the pure knowledge".

Now, raise your right hand in the upper part of your abdomen now and press. You shouldn't talk, please don't talk.

[Mother talks aside]: What's happening?

Sahaja Yogi: She is feeling bad, Shri Mataji.

Mother: He?

Sahaja Yogi: She is feeling bad.

Mother: He?

Sahaja Yogi: She is feeling bad.

Mother: Bad?

Sahaja Yogi: Bad. She is in pain.

Mother: [INAUDIBLE] All right. Once again [INAUDIBLE]

Put your right hand on the upper part of the stomach, now at this point, as it is the center of the principle of mastery, you have to say: "Mother, I am my own Master" with full assertion and confidence for the Kundalini to come. Ten times you have to say: "Mother, I am my own Master". Please, stretch your left hand properly towards Me. Now, say it ten times, please.

Now raise your hand, right hand to your heart again, here you say with full faith in yourself: "Mother, I am the Spirit" say twelve times with full faith in yourself.

Now, put your right hand in the corner of your neck and the shoulder, this is the center what we call as the Left Vishuddhi, from the front right hand. As I've told you that the Divine is not only the Ocean of Love and Compassion but it is the Ocean of Forgiveness so please do not feel guilty and say sixteen times with all your heart and faith: "Mother, I am not guilty at all." "I'm not guilty at all", Sixteen times. This is the worst center and if you still feel like that you can say 108 times, to punish yourself. You should be pleasantly pray towards yourself, you are entering into the Kingdom of God and why should you feel guilty?

Now, raise your right hand on your forehead. Now, again with full compassion for everyone please say: "Mother, I forgive everyone" how many times is not the point, forgive or not. Please say: "Mother, I forgive everyone." To say that I forgive is a mythical thing because whether you forgive or not it's a myth but if you don't forgive then you play into the hands of wrong people.

Now, for your own satisfaction you can put your hand on the back and say that: "Mother, if I have done any mistake, please, forgive me" and don't count your mistakes, don't feel guilty.

Now, raise your hand, stretch it. Put it on top of your head and press it hard and move it seven times, saying: "Mother I don't have Realization, Please, give me." I cannot force you to do that.

[Mother blows into the microphone seven times.]

Now please take down your hand, slowly open the eyes, watch Me without thinking. Now, put your right hand towards Me and left hand you put on top of your head and see if there's the cool breeze coming out. Here, put it higher, move it. All right Just see. It's coming out. Just see it, moving up and down. All right

Now, put the right hand on top of your head and left hand towards Me and see now if there's a cool breeze coming. All right? Ha! You should just say: "Mother, I'm the Spirit now" just say in your heart.

Now raise your right hand, feel the experience. There is no air condition or anything, just see. Don't doubt. Don't doubt yourself and don't doubt the [INAUDIBLE]. Now push back your head and push your hands up like this and ask the question three times: "Mother is this the cool breeze of the Holy Ghost? Is this the all-pervading power of God? Is this the Bramha Shakti?" All right now bring it down. See for yourself if you feel the cool breeze in the hand or the head. You got it?

Today I'll teach you how to protect yourself when you go home. Most of you have felt it. Those who have felt it please raise your hand either on the head or in the hand. Raise your both the hands those who have felt it. Everybody practically has that. May God bless you.

Now, some of you have not felt, very few. Everybody is [INAUDIBLE]. Not to feel bad about it and you are absolutely relaxed there is no thought; You can watch Me without thinking. Now I'm going to tell you how to protect yourself. Don't wear your shoes just now, one minute. Every morning you must protect yourself.

You have to put your left hand towards Me like this now and you have to move the hand on your auras which has got the vibrations like this. Now we do it seven times, let's do it, One, Two, Three, Four, Five, Six, Seven. Now you all can raise your Kundalini those who have not felt also can feel it. You please put the hand in front of your Kundalini where you are sitting, left hand and you have to watch the left hand going up like that and the right hand has to move upward, forward, backward, like that, clockwise, clockwise, upward, forward, downward, backward.

Ha! Now let's start, you have to do it three times only. Watch your left hand, push back your head and give it a twist and tide up, [Speaks aside: Sorry. (Mother pushed the microphone)] Again. Watch the left hand, push back your head, give it a twist and tie up in your head. Once again, please. Now this time three knots: One, Two, Three. Now see. How much is flowing now, much more. Your eyes are all sparkling.

May God bless you.

I'm going away tomorrow to Venice and next year I definitely come but we have an ashram here, very good Sahaja Yogi. Please go and learn how to master it. Also we have a follow-on program, please go its in the city. Please attend it. All of you don't waste it. Respect your Realization and those who haven't got it will also get it, they must, maybe something is wrong physically, mentally, emotionally. So please get it checked up and enjoy yourself.

Thank you very much.

Oh! All of you have felt. Yes! You can see the eyes! See your eyes are sparkling.

1985-0522, This is the most important time

View [online](#).

22 May 1985

This Is The Most Important Time

Public Program

Venice (Italy)

Talk Language: English | Transcript (English) – Draft

This is the most important time, Venice, Italy, 1985-05-22

I bow to all the seekers of truth. People told me that in Venice, there are many seekers. But I did not know that there are so many, I am very happy to meet you all. Now at this time we have to know, that this is the most important time for all the seekers; because this is the time when you have to get your seeking, yourself, your Spirit.

In the history of seeking, we have never had so many seekers on this earth. The reason is, this is the special time that has come, where you have to get your blessings of your age old seeking. Whatever you have heard about the kundalini is the knowledge of the roots. The tree of the human civilization has grown too big and we must seek our roots, otherwise all this that is developed can be destroyed in no time. We have to ask ourselves a question, " Why we are created from amoeba to this stage of a human being ?"

The second question should be asked to ourselves, we see day the miracles of living force around us but we have never felt the existence of it. When you ask these two questions, the third question comes, to our mind, " Why are we here? What are we doing here? What are we supposed to seek? What is the truth?" In our search we have become human beings, but beyond that, only one little stage left where you have to become the spirit. For this we have got from all the scriptures of ancient times, modern times, writings that we all have to get our second birth to become the Spirit. In Sanskrit language a bird is called as 'dwijaha'; and a Brahmin is also called a 'dwijaha', means twice born.

But this happening is a living happening. Of a living force, so you have to feel on your central nervous system. Whatever you have achieved in your evolution, you have felt it on your central nervous system, like a dog cannot go through, can go through, but a man cannot. So whatever has to happen to us has to happen in our central nervous system and we should be able to feel it the experience and we should be able to use it. In the ancient time, union the yoga was given to very few people. On the tree of life there were very few flowers, but today is the blossom time and thousands of you have to become the fruits. But you must remember that you cannot pay for it, you cannot purchase it, you cannot sell it, it's a living process just like sprouting of the seed, where you cannot pay to the Mother Earth, for what she has done for you. This awakening of the kundalini which is within you takes no time, whatsoever to be awakened. But problem in the modern time is that we are rather complicated people.

Still it works out in no time, but you have to establish yourself. Because as soon as you feel very happy and joyous, blissful you think that now you have got everything and you do not establish it. Then again the Kundalini goes down, she looks after different centres and you must learn how to bring it back and establish it. When the kundalini pierces through your fontanelle bone area you start feeling the cool breeze. Because kundalini is the 'Holy Ghost' within us.

I went to see your church here, in which it's clearly shown, the kundalini coming out of the disciples of Christ. Red colour kundalini coming out and then you see the 'Holy Ghost' giving the grace on all the sides of these disciples, it's absolutely symbolic. Now the artists were innocent people and the Unconscious has worked through them and they have put these beautiful pictures out of the mosaic to show that there is a force of kundalini that comes out of your fontanelle bone area and then you get the grace on top of your head. And also, I saw the disciples of Christ taking the vibrations like this with their hands.

In the same way you have to take vibrations and all these five centres, five six and seven on the left hand side and? get

enlightened, your kundalini rises, and you get a cool breeze in your hand. And for the first time, for the first time, you feel the cool breeze around you, you feel this living force which does all the living work. This is the power of love of the Divine. It has four powers integrated into it. First, the power of desire, by which we have the emotions within us. Second, the power of action by which we do physical and mental work. The power of evolution by which we have evolved. And fourth, the power of kundalini, the power of Divine, the pure energy of our desire, pure energy, pure desire.

The pure desire is to be one with the Divine, that is 'yoga'. All other desires are impure because when they are fulfilled we do not feel happy. That's what economy says that wants in general are not satiable.

Now one thing we should understand that what is going to happen to us is the most important thing. It is not important what others try to show off, or trying to say that I am something great, I am God I am this I am that, not that. What has happened to you is the point. So, this will happen to you yourself and your attention will become, it's becoming of you, you will become collectively conscious, you will, it's not just a storytelling. The happening takes place within you, and it rises within you and it is your own which you have to just know. And this is what you must see and not some sort of a magic or some sort of a jumping or some sort of a taking out clothes, this is absurd.

I am your Mother and I'll tell you the truth. You should not accept slavery of anyone, whatsoever. You all have to become your own guru. This is what Sahaja Yoga is. "Saha" means with and "ja" means born with you". It is spontaneous. You all have a right to become one with the Divine and also to know the another meaning of yoga is that you learn the deftness, the handling of the power that is Divine. It is spontaneous. So, you cannot pay for any spontaneous thing. You cannot put any effort for a spontaneous thing, it just happens to you. It's like one enlightened light enlightens another light. And that enlightened light can enlighten another light and many lights can be enlightened like that. You don't have to give anything to such a person nor you have to take anything from such a person. It's all your own. Today as there is less time for us, I will in short tell you, what happens when you get your Realization.

When the kundalini rises through these subtle centres. She soothes them and you get comforted from all kinds of diseases inclusive of Cancer, Aids all kinds of horrible diseases can be cured if your kundalini rises as a by-product. You become absolutely relaxed, and calm and you start feeling the bliss as cool vibrations on your fingertips. It would be better if you all keep your hands like this, just like this, without your shoes. It's a very happy union. Even if you are at the fag end you will get it, even if you are at the fag end of the thing you will get it. At the last end, even if you are at the last end.

All right, now the second thing that happens to you that you become collectively conscious, means your consciousness gets a new dimension and on your central nervous system you can feel your centres and you can feel the centres of others on your fingertips. So that you know how to correct yourself and to correct others by certain movements of your fingers and hands you get all right mentally, physically and emotionally. Already started feeling (laughter), some of you have already started feeling. Now you become the complete knowledge of the Divine, you know what's happening to you inside. What's happening to others and you know the subtlest of subtle. All the great saints, all the great incarnations never went to school. But they were full of knowledge, the knowledge is here, after enlightenment you start knowing the knowledge yourself. You become the source of compassion, the compassion doesn't speak. It's silent, but it works, it emits and it cures people, it helps them it makes them peaceful. It makes them joyous, happy. You become the source of peace. Wherever you go the peace [unsure] there is no need to have this organization, that organization. The peace has to be within, we talk of peace outside. Peace has to be within then nothing can destroy us.

When the kundalini crosses this centre, you become the source of discretion. You do not say, you do not know, because you can feel it on the vibrations. These vibrations speak, now you become like an active computer, because you are put to the mains and they can feel it. You can ask any fundamental question, ask a question, like "Is there God?" "Is there Divine power?" Ask a question like that. And you will start feeling the cool breeze in your hand, but if you ask a question say like that guru he was talking about, who was showing tricks, bringing things from the gold, diamonds and all that, ask about him, you will get burning. I don't want to talk about him. The attention becomes quiet, and you can feel anybody whether day, alive or far away on your fingertips.

Suddenly you discover that all the angels are helping you in every way, even materially, you will be surprised that in London, where there is so much unemployment, none of the Sahaja Yogis are unemployed, they get jobs just like that, they get good houses, good family, and lead a satisfied life. Of course, nobody wants to much money it's a headache. Too much is very bad.

You become so powerful that you do not hurt anyone, nor anyone can hurt you. But best of all, the highest is that you become the joy. The joy is an absolute quality. Believe in the world of relativity, relative, but you become the source of absoluteness. This joy is not, neither that gives you happiness and unhappiness because these two qualities are the two faces of one coin. This joy is beyond all such feelings and you become a witness of the whole drama and enjoy the whole joke as a play.

Whatever was possible in this short time I have tried to tell you I am going away tomorrow, but I promise you next year I will definitely come here for two-three days.

But we have very beautiful people, group of people who are in Milano, and who are also in Rome ("should I tell about the Austria..") and also in Vienna, Vienna little far away. But we have very beautiful people there. They will come here every week and hold the meeting and make you experts. For all this you don't have to pay. You have to just get it, your own within yourself.

May God bless you all !!

If- let us try to get the experience which is very easy. Whatever position you are you can get the experience. This is the beauty of modern Sahaja Yoga.

Sit very comfortably. There's nothing to do anything special. Yesterday in the programme in Rome, one thousand people were there, practically everyone got Realization. But like Rome people or like Austrians or Milano people, you all have to attend the follow on meetings and become experts. Otherwise, it's a waste.

Now very simple things one has to do. That is the left hand is the power of desire and right hand is the power of action. Left hand is the power of desire, right hand is the power of action. Now just put the left hand towards me. And don't think and right hand like this... right hand towards the Mother Earth. Now the problem only one I find, this centre, this centre you catch (Vishuddhi) when you feel guilty. There is nothing to feel guilty, you are temple of God, respect yourself, love yourself. There is nothing to feel guilty. So just in your heart, put your left hand like this, right hand like this towards the Mother earth and just say "I am not guilty at all" in your heart. Just say that sixteen times. And don't think, don't make the list of things. I am not a priest to get confessions from you. Sixteen times. Still there. Have faith in yourself. Just watch me without thinking.

Working out.... Better...Hmmm....better. Please believe me, believe me. And say "Mother I am not guilty at all". We should be pleasantly placed you have to enter into the kingdom of God. Even if we have to go to a party, we don't feel guilty. Feel pleasant about it. Now put the right hand towards me please. And left hand like this towards the sky. At this point you have to say, seven times, "Mother, I forgive everyone." Like this, backward, backward, hand like this towards backside. Facing back, not like this, like this....right hand like this. Now, you have to say, "Mother, I forgive everyone." Some people think it's very difficult, but it's a myth, Whether you forgive or not, it's a myth. But if you don't forgive you play into the hands of wrong people. While doing this, hold your breath three times, hold for a short time, not for a long time. Take in now leave it. Take in....leave it. Once more. Take in....leave it.

Now raise your hands and put 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 Brahma Shakti?" three times.... Hmm.. got it. Now feel it on top of your head the kundalini is there. Little heat is coming out. See here, on top of your head see. Alright, it is subtle, alright. Good. Now put left hand towards Me and right hand on top of your head here. Seven times move your scalp. Seven times you have to say, "Mother, please give me my realization." Now put your left hand and right hand both together. Now feel it the cool breeze coming out of your head. Alright, just move it. It's about four inches above your head, little...haan....No should feel just see her. Now alright, yes

good..It's there and you are absouletly relaxed. You can put your left hand towards me and [47:15]

## 1985-0527, Ganesha is a tapasvi

View [online](#).

27 May 1985

Ganesha Is A Tapasvi

Talk to Sahaja Yogis

Heathrow Airport, Longford (England)

Talk Language: English | Transcript (English) - Reviewed

Today's program, I am happy in a way we could manage, because you know, in Rome we have done wonders. We have really done wonders in Rome, no doubt about it. The press conference was just like a meeting of Sahaja Yogis and also the television was as if it was our own television, was a fine television. But there's one credit must be given. To the Sahaja Yogis, they are very dedicated people. Not only that but they see to it that they keep themselves all right. And they work very hard, they get up everyday morning, clean themselves, live in a collective way. England, I've worked very hard because it's the heart. But as the Sahaja Yogis go, I don't know. We have some very good ones, but we have some horrid ones too. And that's what we have to look after ourselves and not after others. Now, one thing you must know, if you have red faces that means you have Vishuddhi. That is the right Vishuddhi, and if you have white faces that means you have the left Vishuddhi. Now, if we have a problem with our Vishuddhis we cannot go further, and it comes out of a simple thing, that we are not collective enough. We are still individualistic. Then the habits will develop. Before coming to Sahaja Yoga. Now, the habits we developed, before coming to Sahaja Yoga, we have no will power to throw it out.

And the worst of all is the ego part, which is very, very strong in England. I don't know how to get rid of this ego when we know it is the worst enemy of human beings. It is the worst enemy of Sahaja Yogis. And suddenly, as I always said, people get onto the horse, means like John Gilpin, also you have already described a person in England as John Gilpin, nobody had this kind of a character described in any country. That means there must have been John Gilpins here. Because these Humpty Dumpties are still around and they just jump onto that part and they again go back to the same. So this ego has to be cleared out, has to be cleared out. It's very important, and that only can work through Tapasya, through penance. We are not willing to sacrifice anything, we do not want to do any penance. We have been blessed by Sahaja Yoga in every way, in jobs, in getting everything, but we are still carrying on with all the nonsense that we had. So you see, everybody can be stamped on you. It's a serious matter, which we should know about. It's a serious matter, so be very careful of that point.

My own experience of the whole thing is that if the Sahaja Yogis are first class, things work out in no time. It's you who are on the stage not Me. I cannot even stop the rain, the rain doesn't want to go away. So, there are less punyas. What punyas have we got, what good have we done?

And then talking ill about others, judging others. All the time, "This one is egoistical, that one is like this". I don't like it. Talking like that is a very bad habit. Then talking about the organizations, "This is wrong there, that is wrong there", what have you contributed yourself? It's the responsibility of all the Western Sahaja Yogis rests upon you people who are- I don't know what to say, I mean, I would not say that you are near my expectation. There are very few, very, very few. And those who are there are attacked, are under attack. "Is it good to do that way?" Anybody who is a good leader, if I praise, say, I say, "John is a good fellow", he's very good". They say, "No, he's like this". Anybody says, "He just goes off".

They also want me to [inaudible] I can't manage them, I can't. They think that as it is, nobody listens to Me, nothing goes in the head so what's the use of Mother talking, wasting Her energy?

So it's not only for blessings that you come to Sahaja Yoga. Not at all! But for being something substantial. Everybody's blessed, you know that how much you are blessed. But now don't go about so much. Work hard, improve yourself and don't talk ill of anyone, I don't like it at all. Judging others, please don't do it. Please don't judge others. In no way you should judge others, just yourself. There is no tapasya, there is no idea that we have to improve ourselves. You have to do a lot.

Nothing works out. So today is the day we are celebrating Ganesha puja. Now you must know that Ganesha is a tapasvi. How many lectures I must have given to you.

Suddenly people become so important, start doing things arbitrarily, talking big. I don't know why they do it, and group 'formationing', there should be no group formation on any lines whatsoever. This is all Western ideas, to form groups. Or, I would say also Eastern nowadays. But not Sahaj, it's not a Sahaj idea.

They won't listen. So then you know, I can always transform him [unsure] They won't listen to Shri Mataji. He's not very happy. Dave is not very happy. I can see that. One person does wrong and I suffer. Anyone of you do wrong and I suffer. So don't put attention to others, think of you, what you have done.

He's not come. Or Paul has not come?

Sahaja Yogi: [Unclear]

Shri Mataji: Hum? I think better change name of Paul. Best thing is to change his name. Done now. All right?

So now, we are going to have a hall here, a big hall for you. We'll never get drenched. Hall we are going to work out. But what about you people doing something sensible? Even now, I see some people absolutely white and another some people absolutely red.

All right, so may God bless you.

Sprinkle this water all over and in the nature. We, no use worshipping Ganesha, how long will he be awakened? Unless and until we develop the qualities of Ganesha within, he'll be there. That's it. Talking ill of others, it's very low thing. I mean it's really very, very low thing. Doesn't behove a saint. Have you ever heard any saint talking like that? It's these modern times are really funny. I mean even the saints behave like low-bred things, how can they? I can't understand. In modern times, anything is possible under the sun these days. How can you behave like this? It's not proper.

Talking ill of others, blaming others, finding faults with others. How will you rise, tell Me, how will you rise?

Now I'm going to America, please pray that it is successful. They are even better than you, there. They don't do all these things. They don't do all these things. This is the sign of our lethargy. The lethargic people only do this kind of a thing. But they do other things, they just don't listen. Adversity, pray for them. Now, they have a justification, I have not worked with them any [inaudible]. They have justification. But what about you people? I've worked with you for twelve years. Maximum I have worked with you, much more than India.

[Queries aside about socks.]

And now today I want a promise from you, that you'll imbibe the quality of Shri Ganesha within you. We'll imbibe the qualities of Shri Ganesha. The innocence, the simplicity, no more the cunning, no more talking ill about others, forming groups, nothing of the kind. Ascend. And you are so important because you are the foundation. You know without the heart you can't exist. Now Paris program has to be on Sunday morning, according to Dr Manias. And tell Gregoire not to save on a, the amount of the, what we have to spend on the hall, he should do the proper thing. And all of you should be there for Guru Puja. Now don't save on that. Guru Puja, please come along. I don't know, Gregoire thinks he has found something. I can't listen to this big argument. Whether you pay it or not is not the point, but you come to Guru Puja, all of you. This is the last Puja you'll be having.

And after that, Sunday morning there's going to be the opening ceremony of The Advent in French. And after Dr Narayan Singh is going to come. If you people want to invite someone like that you can invite them. Also inform other people. This is Sunday morning, Dr Narayan Singh will be very happy to have it on Sunday morning. And, you will call him also.

All right, now can I make a move? Now I've taken a promise from you and you are not going to break My promise. Because you don't know, unless and until you are Ganeshas, I cannot bear you within Myself. Anybody talking ill of anyone, tell them to shut up. Maria you don't listen to that stupid girl. Why did you listen to her? You know she is stupid, I have told you about it, one should

not be naïve about it. You have told, she's very stupid and she requires a real correction.

[answer from Maria].

Who told you that?

[answer from Maria].

You and Tony should be on one frequency. Now how do you become in frequency with your wife? She's a stupid girl. Yes, but whatever she does, you cannot change your frequency Maria. I don't know how you people change your frequency. This is a thing I don't understand. You are a sensible woman, all right, now how can you be on the same frequency as her, she's a stupid girl. Unless and until she improves her frequency, she cannot be on your frequency. Instead of you improving her frequency, you go down to her frequency.

[answer from Maria].

I don't know, but why doesn't this action come in time, why so late? Delayed actions are no good. All right. Now, don't go down with others. Pull them up. You see, tell them noble things. If they tell you, say, somebody says this is one is like this, just tell them, don't say like that. What I do, if somebody says, I say no, it's not true, the fellow was praising you. Don't talk like that. Must learn how to make others nobler.

[question from Maria].

It's not so difficult Maria, you lost your frequency, I could see that. There's no argument on it. Now you'll please keep it back, there's no argument about it. You see, some people bring you down, all right, you must know where you stand. Stand still on that point. You see always I've seen, anybody else can come and influence you. We must have a personality. We must have our own personality. How can anybody bring you down. Nobody can bring Me down and I am your Mother, so you should be like Me. Anybody tells you about anyone, anything happens you see, you can never solve any problem like this. First thing is, you must have your personality. And let Me see who talks in a noble way. It's very easy to become ignoble, nonsensical, cheapish, isn't it? Make others noble, when they say something tell them no, no, no, it's not right your saying. This is not virtue, this is not good sense, let's not do it. I mean no more you are bhoots now. Are you still bhoots? Always, otherwise they blame the bhoots. What about your personality, bhoots are always had a greater personality than yours. How long? A bhoot or a ego, both have greater personalities than yourselves. How am I to talk to you? Your personality is that of the spirit. Which is eternal, which is pure above everything else, so powerful. Remember that. How can you go down to these levels, stupid levels?

[Aside]

I can control them better than I can control you people I can tell you. They never do anything wrong, they were just trying to trouble you for a while, but they have stopped. But you stop at some point. You people go like this, you see, like a yo-yo, up and down and up and, I don't know where you people are. Now, next time when I see you, nobody's going to look red on the face or pale on the face. So now, for all of you. Take ajwain ka dhuni if you have cold. We have so many things, good wealth, good health. We are so many things, good [??], good health, good mind, good heart, that's what Ganesha is. Everything so innocent, so beautiful. I want him to be awakened within you, in your heart. Put him in your heart. We have to establish Ganesha here. All right? So today, I'll establish Shri Ganesha in this place. May God bless you all. It should not be only on the Mother Earth but in your heart. In your heart, in the heart of the universe. Everyone must come to Guru Puja. We have informed them about it, all right, so bye bye. All the little children, thank you, I'm going to America, all right?

(Saying goodbye to children)

May God Bless You!

How many Pujas we have done? Let's see, you know the other day they told Me that in India I had only one Guru Puja, can you believe it? One so far. Can you believe it, one Guru Puja, and very few of them have attended when they came here. One Guru Puja they had. They said Mother one Guru Puja must give us.

[Giving of a present]

1985-0528, The role of men and women in a couple, how to speak to new comers

View [online](#).

28 May 1985

Talk to Sahaja Yogis

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

The role of men and women in a couple, how to speak to new comers

Shri Mataji: The Anglo-Saxon's brain won't accept that you say you should not pay any money for Sahaja Yoga. I said, "For this high-level people there is no Sahaja Yoga." They can't understand that you can give Sahaja Yoga without paying any money. So I said, "Really? Then, you tell Me from your Anglo-Saxon's brain how much should I charge them?" He said, "Millions." I said, "Really? That's it. Then you think millions will do compensating for what I give them?" Then he started thinking of it. That's an ego trick going on, you see. They talk. I've seen them, in the other life of Mine, where I see in the parties and all that. "Oh, have you been to that guru?" "No, it's rather expensive." "Try. It's good." It's like trying on a horse. Very superficial. Try something new, you see. New, new should be tried. A new wife, new clothes, new style, new everything, new cars, new things. You shouldn't have anything of permanent nature. Everything should be tried new. Everything should become a junk within one year's time.

Sahaja Yogi: It's terrible.

Shri Mataji: How will they like something that is eternal, that is the Spirit? Changeless. The houses are built in these days, buildings are built in these days in such a manner that it is easy to dismantle that. That's the basic.

Sahaja Yogi: It's prefabricated everything they have. When they had the time, most of them do.

Shri Mataji: Yes, yes. Moreover, it is built deliberately like that you can dismantle it. Unscrew it and screw it up again. But why do all these monkey tricks? Why not have once for all something nice, sensible? That attitude is not there. Then how can you have eternal? How will you care for eternal life? These are all the problems. [Hindi] So now what is the next plan for you people? [Hindi]

Sahaja Yogini: [Hindi]

Shri Mataji: [Hindi] So it is about four o'clock.

Sahaja Yogini: [Hindi]

Shri Mataji: We can't say. [Hindi] What time is the program?

Sahaja Yogis: Seven p.m. Seven o'clock.

Shri Mataji: [Hindi] You don't worry about the lunch part, yes? When I'll reach there by four o'clock, as he said, maybe earlier, maybe later, I don't know. Then I'll take some rest. Then we'll have the San Diego program and then day after tomorrow again we can have.

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi] God has to just see it, not to eat. I must put in it.

Sahaja Yogi: Mother, just put one of the hands on her Sahasrara and a hand opened towards you...

Shri Mataji: A?

Sahaja Yogi: Just the other hand on the Sahasrara and one pointed towards You...

Shri Mataji: Say now.

Sahaja Yogi: Asleep.

Shri Mataji: How [may be as it is]? Take her a photograph. They are very sensitive children but what happens in this atmosphere? They get all ruined. Even realized souls I've seen, there are many realized souls who get lost. The atmosphere is funny. But what happened to Ursula and all that are not coming to the program?

Sahaja Yogini: [Hindi]

Shri Mataji: No, she never came?

Sahaja Yogini: [Hindi]

Shri Mataji: Maybe I may not be there. [Hindi].

Sahaja Yogini: But she wants to come Sunday night here. [Hindi]

Shri Mataji: [Hindi – talking about Guru Puja]

Sahaja Yogi: That's right.

Shri Mataji: [Hindi – talking about Switzerland]

Sahaja Yogi: They're coming to the puja, Shri Mataji.

Shri Mataji: Yes, you see. There are these Guru Pujas. Now, only three pujas this time [to give]. See, I think it is a, actually they are starting on, for Me of course I am going there earlier, because I have to go to Spain, and three days they have: Friday, that is the 28th of June, Friday, Saturday and Sunday. But Sunday morning is that opening ceremony, for which all the Sahaja Yogis will be there. And the Guru Puja is on the 29th morning. 29th morning and Thursday is the, and the Friday, Friday you all are arriving there, Friday. So, the seminar will be like Friday, part of it, and Saturday and Sunday morning is the opening of this thing. So, it's more for the puja than for the seminar as such, but will be good idea. Puja itself, it's great. And I'm going to Spain on Tuesday, Wednesday; then to Paris. Whole week is locked on like that. Then, you wanted Me to go to Switzerland in July. But I don't know, for we have Switzerland earlier now, in June. So first I will go to Switzerland. [Hindi] I've brought such a lot of chocolates from India. They were all consumed.

Sahaja Yogini: And from London. They were all consumption.

Shri Mataji: [Hindi] Raja nahin rani?

Sahaja Yogi: Are va...

Shri Mataji: According to them, all the kings and queens in olden times were all saints or what?

Sahaja Yogi: They think that they, all Sahaja Yogis are royal descendants or something along that line. They, they believe that we both think, we the Sahaja Yogis, they do think, including themselves have taken birth again...

Shri Mataji: For what? For ruling others?

Sahaja Yogi: Oh, no, not for that. But they, they are attached to the idea that they were kings and queens in other lives, which is why she would give her a nice house and would be looked after very well so...

Shri Mataji: But that is because of yoga kshema vahamyam.

Sahaja Yogis: Yes. Bara bara hai. Bara bara hai.

Shri Mataji: [unclear], and that's why. You got it because you were kings and queens. Then why did you get it last life? Logic.

Sahaja Yogi: What she thinks was, no, what disturbed her, Shri Mataji, is the fact that she spoke to new people in the same, making it public. Not someone's thing is their business. When, when they speak it, have learned, then it becomes our business.

Shri Mataji: She should not speak. Here the women speak too much. It's a funny country, you know. I've seen that if there's an interview going on with the husband and wife, the husband will keep quiet and the wife will speak, all the time. I can't understand. She'll tell everything to the television man; everything she will talk. The women should not speak. It's a funny thing that's happening in all these countries.

Like, everywhere, like you see, this Chiang Kai-shek's wife, she takes over. Say, you see, Mao's wife, she takes over. It's something, is a very, low-grade thing if, if a woman, you see, does not know how to contain within herself, shows that she is very low-grade. You see, a woman of quality will never come up like that unwanted, shows her self-respect. But it is very common, you see. The Mao's wife was an ordinary woman. Chiang Kai-shek's was another ordinary woman, you see. And then, they once they get big positions, they start talking so big. I mean, in India it is never done like that.

Like C.P. now, in his office and all that, people think that I am just deaf and dumb. I don't talk, only whatever is needed to talk. But you just don't talk over your husband, talk more than your husband. It's absurd. What is the need? That doesn't mean in any way, the women are less, are respected more. And if you try to compete with men like that, you see, that is why men become homosexuals.

Sahaja Yogi: That's right, yes...

Shri Mataji: Really, I tell you I have had experience I must tell you now, that the aggressive women always make men, men, this thing, impotent. We have had the experiences in Sahaja Yoga. One man became impotent after marriage. I told the wife, of, I said, "You stop this nonsense of [aggression]." She talks, you see. When it comes to that, she's the one who is talking. And the man became all right. They don't behave like women and that's what happens. What's wrong in it? Why should you talk? I don't understand. A man, it's an extrovert; you are an introvert. Enjoy your introversion. It's great. Without talking, if I could do, I would be very happy Myself. This country has really this problem the maximum, I think. Even when we were coming to L.A....

Sahaja Yogi: Right....

Shri Mataji: You see, this is a, we had taken a small little bag saying that we have to get down fast. So, the gentleman at the counter said, "All right, you can take it. It's all right. It's not so big." But when we entered inside the airplane the lady there, she would not accept. She said, "No, no, this is big. This has to go down. This has to be this thing," and all that. But there was one gentleman, he came forward. He said, "No, it's not so big. Why are you troubling her?" And he went all the way down and brought the bag back. "If they have to get down early, why should you trouble them?" And the men also here become peevish, absolutely,

just like mice. [Hindi]

2:13:10

You see, you know, in Germany, we got lost with this. In Germany we had three hundred people in the first ad hoc [gathering]. Can you believe it? Three hundred people? So, see, you must see the perspective also. Three hundred people got Realization. And hundreds of them came back. Hundred. Can you imagine?

Sahaja Yogi: Wow! That's nice, yes.

Shri Mataji: And this boy, Hugo, he's an Australian, but married a German lady. And German ladies are all like this, you see. And whatever he said, she tried to correct him, give ideas, and he was absolutely sort of cut short by her, completely. And all of them we lost, one and all, all the hundred we lost.

Sahaja Yogi: My goodness...

Shri Mataji: And they said it, that, "Here the woman rules, and we don't want to be ruled by a woman". Finished.

Sahaja Yogi: Wow.

Shri Mataji: And she is a very ordinary person compared to Hugo. He was very well-educated and very accomplished Sahaja Yogi.

Sahaja Yogi: Right.

Shri Mataji: But she dominates him. Same thing happened in Austria, Australia. And there was one girl called Daina, and her husband was this James, you see. When Warren came away, James said, "All right." She, she used to dominate him always. So, he said, "All right, you look after the ashram." And when I went there, they were all crying and weeping and saying that this woman is so horrid, you can't imagine that. She said, "I will decide about Mother's room." She spent, I think, one thousand pounds developing that. Means that all kinds of things she has done. So, we had to send her away. Now she is back. She, she came to what place? We sent her to Strasbourg, near Ruth. And now she is better. And everybody has improved. Her children had become so weak, crying all the time, and the children have improved. Everything is all right now. I mean, you must behave in a normal way.

Supposing you put left to the right and right to the left, what will happen? There will be confusion.

Even Indian women can be dominating if they take to Western life. They do. But all their family style is upset. There's no wisdom in it and no respect, nothing. They have no powers in them, nothing. They just talk, that's all. I mean, you must understand, American women must understand, one of the big problems is the American woman, I think, very big problem. You should not compete with men. What is there to compete with them? You are much better off. You are like the Mother Earth. You can bear anything. You can do whatever. You are shakti. What is there to dominate a man, and to compete with a man? I mean, it would be like a horse competing with the man who rides the horse.

Better learn all these things. It's important. Sahaja Yogis must understand. Yes, she talks too much, this lady. I will talk to her and I'll tell her. In Sahaja Yoga also, when somebody comes in, let men talk and then women should talk. Big problem. Not that women are not intelligent, not that they are not that, they are much more. They are much more. They are the strength. They are the source. But why do you want to exhaust your source like this?

Because in this country these women were treated like that also. I don't blame them. Because it's important to have an economic this thing and all that. Apart from that, they asked Me, in the BBC, "Do they respect you as a woman?" I said, "Why not?" They

said, "No, here, if a woman is a guru nobody is going to respect her." So, I can't understand. In India they would respect a woman much more. They said that, "Do they think you to be so reliable?" In India a woman is much more reliable than the man is, is much more solid than the man is, is much more steady than a man is. [Hindi]

Sahaja Yogi: Yes, very true.

Shri Mataji: A law will believe a woman more than they will believe a man in India. So, they asked Me opposite questions. I was surprised. "But do they respect you as a woman?" I said, "Why not?" [This] woman is to be more respected. I don't know why it happens like this. Here the men must have dominated women very much. That's why women are like this. It's a reaction. But in India a married woman is very powerful. Most powerful thing is the married woman. Even Krishna has said it, that the Sati is higher than the Yati. [Hindi]

Krishna was killed by a Sati's curse; you know that? You know? Remember that, yes? Gandhari, you see, was a blind, her husband was a blind fellow. So, she said, "If my husband is blind, I'll also keep my eyes closed." And she tied something on her eyes. "If my husband has no eyes, why should I have eyes?" All her life she kept her eyes closed. So, her eyes were so powerful that her son, when he came to her, she said, "All right, you just become naked completely and I'll put my eyes on you and nobody can kill you." But he was shy to become naked, you see, before the mother. So, he wears a little underwear. When she opened her eyes, her glance made all his body just like stone. But Krishna knew about it. So, he was killed by tearing off the body from the centre. That was the [mistake].

[Cut in the audio]

Like, Sahaja Yogis must understand because you must have that knowledge, how to neutralize these images and projections that they have built. Because they are very formidable things, and unless and until you learn how to do it, they won't be able to understand you. So, you have to be always as you say that "one up". Now the first thing was the idea of illusion. Very interesting it is. Now for them, you see, there is nothing like evil, nothing like bad; everything is an illusion for them. So why talk of evil? Why talk anything against the gurus? Everything is an illusion. All right. Now let Me see how will you answer that. Who can answer? To a person who talks to you, how will you answer? Tell Me.

Sahaja Yogi: I think [we can] feel on Your vibrations and your hands is just not an illusion. Then it's real that you can measure things.

Shri Mataji: No, no. But you see this is different. First, I mean you should start from the point at they are, still on arguing point. Not yet they have feeling any vibrations, or anything. So then, how will you tell them, if they say that is also an illusion? You can't talk to them about vibrations to begin with. You all are at a very different level that you don't understand. Must know that your levels are changed completely. You are talking from a level where they are not. So now, how will you tell them that the devils are there, and the satanic are there and there is negativity and all these things.

Sahaja Yogini: You get them to [log on and see OR lock and] how it's working in our lives.

Shri Mataji: Oh, then going into big discussion. They'll say that, "Oh, that we have seen." You see, they all think that they can take their own decisions, they can have their own ideas. Another idea is that they will say that, "It's all an illusion, you see. You talk about all these things, they're illusions, finished." Now they will say, "Look at your lives. All right, we look at our lives as illusion." Then what do you say?

[Hindi] Ha, let's have it.

Sahaja Yogi: Mother, supposing You can tell their vibrations to prove it.

Shri Mataji: No, no, they haven't felt the vibrations. They don't know what is vibrations is. You see, you just confront them as they

are. Vibrations are different things. They haven't got it. They haven't felt it. They have not known what it is. Then how will you discuss? You see, even you meet them. [Hindi] When you just meet them and you confront them, then what will you say?

Sahaja Yogi: [unclear] what are the questions.

Shri Mataji: [Hindi] Here you see, Americans or anywhere, of course, Americans are the top-listed people in this that they have their own images and they have their own conceptions. Now one of the conceptions is that everything is an illusion, you see? So, how can we say that somebody is a bad guru or a good guru or how can you say that there are evil forces? There's nothing like evil because it's all illusion.

Sahaja Yogini: Now I can say that this is my experience with it.

Shri Mataji: No, no that's very personal. Would be arbitrary. Because they never had any experience, nothing. Then, on mental level, they....

Sahaja Yogi: Maybe we have to go to the physical level with these people and tell them that it's something like that they can quit your help. You can go down to their level and get their intention by help maybe, then peaceful, [unclear].

Shri Mataji: No, no, they are not willing to go on to that point. They are not going to ask you to give you Realization or anything. They will just, ha. Now let's see.

Sahaja Yogi: You tell them to look at any other Scriptures that are accepted. You tell them to look to any other Scriptures whether they are Christians.

Shri Mataji: But if they don't believe? Say, agnostic. I mean, we have all kinds of headstrong people over here.

Sahaja Yogi: What about the decorous, the way they [lead/lived] their lives and the examples [that/of] their disciples whatever they [did/were doing].

Shri Mataji: No, no, for them evil is not there. Even they are leading that life, is an illusion.

Sahaja Yogi: You can only judge, Mataji, from your experience, your own experience.

Shri Mataji: No, no, but supposing without that, [Hindi] without that on mental level, if somebody confronts you, what will you do? Supposing face to face you see somebody comes and says this to Me, "Oh, I think this is all illusion. Why should we worry about somebody's bad or somebody's? It's all an illusion."

Sahaja Yogi: Mother, can't You tell what is from within because Your vibrations?

Shri Mataji: But they don't want to listen to all that. They will say this is myth.

Sahaja Yogini: Who created the illusion?

Shri Mataji: Aaaa?

Sahaja Yogini: You could ask them if it is illusion, the illusion has to be created. There's a Creator.

Shri Mataji: No, they will say, "Illusion exists because we are ignorant, but to me it's an illusion."

Sahaja Yogini: To become [more real]?

Shri Mataji: Aaaa?

Sahaja Yogini: To become [more real]?

Shri Mataji: He becomes the, he has to become the reality. But to him, you see, that's also is an illusion.

Sahaja Yogi: Now You can please tell us, Mother.

[Laughter]

Shri Mataji: No, no, you have already. I've told you now. You have to tell because I've spent so much time with you now. Will you please tell what I told you?

Sahaja Yogi: I don't know if I can repeat the same way You said to me, Shri Mataji.

Shri Mataji: All right, I'll tell. See, when you are just discussing something on mental level you cannot talk of something of an experience and all that. Nobody is going to listen to you. So, you have to go on the mental level itself, and there you have to convince a person. So, you should say that, say, a man is in a boat, all right? And he sees the waves of the water, is the ocean. So, to him it's an illusion because it doesn't affect him. All right? But supposing you are in the water, then it's not an illusion. So, you have to achieve that state of mind where it becomes an illusion.

Another good example is, supposing you are watching the television, all right? Then there is a fire, you see. You are seeing the illusion. That fire doesn't burn you. But supposing you are, there is fire already, will you put your hand to that? You won't, because it's not an illusion for you. So, you have to achieve that state of mind where the thing is an illusion, which you do not have. That's what we are saying that you have to achieve that state of mind where it looks like an illusion. Then they will realize that their state of mind is at a lower level and they have to raise it to a higher level because it's not an illusion for them actually. You see the point now? How to explain it. Very simple is that for a person who is in a boat, for him it is an illusion. But not for the person who is in the water.

This is one question. What was the- another question I've explained to you? It was a good question I explained to you, on mental level it was. So, I've said the second. The first one is not coming anymore. Aaa. Then which I explained to you, there's another thing. It's the idea of people is this, that you see I've asked somebody, "Why do you like Freud so much?" He said, "Because he was new." So, to a Western mind anything new, "Oh, we should do it. Why not? It's a new thing. Let us do it. If anything is new, then we should try. Why not try?" But trying whatever it's new. So, for this, what will you explain?

You have to give a concrete example.

Sahaja Yogini: The example of a natural plant's growth. Plants grow the same way as they always do. Human beings have the same natural way of growing. And...

Shri Mataji: No, no, but how will you say, "Don't try anything new?" How will you say that? This is the mistake of our Western society is they tried everything new. Hippie-ism came, hippies. Now this cocaine has come, cocaine. Tomorrow something else; we have that. Paint your hair, paint your hair, paint your nose, paint your nose. [

Shri Mataji: is laughing.]

Anything new they want to try, "What's wrong?"

[Conversation in Hindi]

Sahaja Yogi: Power of discretion "nahi hai" [No, it's not].

Shri Mataji: Aaaa?

Sahaja Yogi: Power of discretion...

Shri Mataji: No, no, but how can you say to them if? You can't be blunt with them. To say, "You have no discretion," they'll say, "You don't have." So, you can't be blunt, but how cleverly you can tell them. Concrete example.

As I told you the other day, I think you missed the point. You have to say, "All right, plastic is new. Try plastic. You make a plastic flower, all right? And you get this flower. Which is, which is the right thing? This one. Why? Because it has evolved from a tradition. It has evolved from a seed into a tree, into the, and there you see a flower; it's a living process. All right. But plastic is new, but it's plastic; it's dead. 11:40

They also tried plastic, used to have plastic everything, plastic this and plastic that. Now they are fed up with the plastic. They don't know what to do with them. So, everything new, when you try at least see that it has some traditions; it has some basis.

Now all these people you are trying "shaktipar", this, that, nonsense, you see, they have no basis. But it is never written in any Vedas, anywhere, in any Shastras; this word it is not there. This arunupaya, tarunupaya, karunupaya, all that, it's not written anywhere. It comes suddenly from somewhere, from this Theosophical Society. This Theosophical Society is only hundred years old. All this nonsense is a hundred years old. We have never heard of such thing. Even Ram Krishna, dancing like that, you see, wearing a sari and all that, one has never heard of anybody doing like that. So, from, from where does it come? Suddenly a new thing, and all that new thing is accepted by the West. It is not described anywhere, not talked about, take to any Vedas, take to any Puranas. Anywhere it is not described.

Nowhere it is written that Kundalini it's a dangerous thing, nowhere. Even Kabir who was, I think, about sixteen hundred years back has not said that. [Hindi] Mohamed Sahib ke baad aaye. [Hindi] Eight hundred years back. Mohamed Sahib has not said it sixteen years [unclear] back, sixteen thousand years back, sixteen hundred years back. Eight hundred years back Kabir never said it. Suddenly, I don't know how the idea that Kundalini is very dangerous has come. So, all such new things have also come in India, like tantra, erotic these things, and they went away. Because all such new things what people try go out of the circulation of your evolution. They are just thrown out. They are not accepted. In the same way, all these gurus will be thrown out. In these twelve years you have seen all gurus are exposed. You can see how wrong, what wrong they have done cause also it has effects, because if you take to something which is just new you see the effects of that, like plastic. When, when they said that first bomb fell in Singapore people had never seen bombs. It was a new thing. So, they came up to see, and they died. So, one has to understand that whatever we call new, may not be good for us. So, this is the second answer. All right. Now, another, third question; let's see if you can answer this one.

Sahaja Yogis: We haven't done too well so far.

Shri Mataji: So, trying everything new ventures, new things, one must have a traditional idea about that. Like a man who takes to new business suddenly, does not know anything about it, its tradition, its background, anything, suddenly takes to new. He is not going to be successful [Hindi]. In the same way, anybody comes out of the blue and says that you stand on your heads, why must you? You should ask, "Why should we? Why should we do this hassle? Why?" No, because it is new it's acceptable. So, the two questions are clear-cut, I hope, in your minds now, very clear-cut should be. Now the third question, let Me think. Trouble is, in your presence I also don't think. What is the third question you asked Me? Just trying to remember. You have forgotten all the questions. You only ask Me these questions.

Sahaja Yogis: Bad memory. It's very difficult the thing when You are missing, Shri Mataji.

Shri Mataji: Third question is, I don't remember what they did ask. No, I don't remember third question is. I'll remember later. Then I'll ask.

Sahaja Yogi: Was it about the destruction, Shri Mataji? About the collective manifestation of Shri Kalki or...

Shri Mataji: Beg your pardon?

Sahaja Yogi: About Shri Kalki. I asked in [unclear] about the big wok.

Shri Mataji: Ah, that one? That is only for Sahaja Yogis. We can't tell all these things to others but for Sahaja Yogis. Like he asked Me a question that, "If this is the last chance, then what's going to happen to the rest of them?" So I said, "In the beginning, of course, we'll try to get them to India, do whatever is possible, but even if they don't understand and they play games with themselves, then we have to cut off." Then another world for them is created. And in that world they'll live. They'll have all human awareness, but as described by many people [and/that] it's true they'll have burning sensations in the body. Is described like this: a big wok will be there, there will be boiling oil and they'll be put in that and fried, and they'll have their awareness there and they'll suffer all the pangs, and this is one of them only.

There are thousand and one styles they'll be tortured. Horrible things they'll have. That's what you'd asked Me. Ha. Now, so the other question like that, that they will say that, "But, see we have advanced so much, you see." They all think, "We are very advanced people and we are so developed and this and that. We are so much developed, and all thanks to our psychologists and thanks to our scientists and thanks to other people that we have come up to this level," you see. Many people think that now they have achieved their freedom also because of Freud, so-called freedom. So, what's wrong? What's the answer?

Sahaja Yogi: So today it's the question, do you feel free?

Shri Mataji: Do you?

Sahaja Yogi: Do I feel free? I feel free.

Shri Mataji: No, no, the question is this. No, no, the question is like this. I was just talking. The question, if somebody asks you, then what will you say?

Sahaja Yogi: I would say, "Do you feel free"? If they say that, "I feel free because Freud gave me my freedom," I can turn around and say, "And you feel free?"

Shri Mataji: Then, they'll say, "Yes".

Sahaja Yogi: If they say, "Yes", oh then, it's wonderful because they have found a nice [terminal?]. But I don't believe it.

Shri Mataji: That's a, that's a different point. You see, that's not.

But how to convince them?

They will say that, you see, "We have advanced so much. India has not so much advanced. We are very well-to-do people. We have solved our material problem. We are developed people," this and that. I mean, they are quite cocksure about themselves. That's why they talk like that.

Sahaja Yogini: I would ask them how much peace and joy they experience in their own life.

Shri Mataji: Oh, you see that, they will say they do experience. Then what can you say? You see, these things cannot be proved you know, Ursula? You cannot prove it.

## 1985-0528, Miracles In Sahaja Yoga

View [online](#).

28 May 1985

Talk to Sahaja Yogis

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

### Miracles In Sahaja Yoga

Please stop, we cannot [unsure].

That we had such miracles in India when I was doing up My house. I had made a staircase in India. We put up in the banisters that they call it banister, that's the place I've measured and think about it, entirely thought. And we have one Sahaja Yogi, [Pradhan] who is a carpenter, who was trying to put it up. So, I said, 'All right, I'm resting now, here, just try.' And when I got up after half an hour it was still unfit. I said, "What happened?" "Mother, it cannot be fitted. It's too long. Otherwise how can I fit?" "It cannot be fitted?" "No. How to cut it? Because if we cut it the pattern is not. How we'll manage?" I said, "Very simple." I asked him, "Just hold it, this way, that way, just hold it and cut it with it." See the wisdom part how it has fitted." I've got it paid in India and measurement was not that I've taken like that, I've made up, you see.

Second thing that happened that we were, you see, we had to put some marble on the ground floor, the basement, and that can be of some sort of a style that cannot be put by anybody. And three, four Sahaja Yogis had come from Rome. And they said, "Mother, you must tell us something to be done. After all, everybody has worked and we want to do something." I said, "Will you put the marble?" They said, "Marble we have never done." I said, "All right, let's try." So, they took that thing. They said, "All right, we are putting the marble." Then everything was upside down like that, you see, absolutely. So, I said, "Don't you worry. It will all fit into a very wonderful face." They said, "How?" I said, "Just stay out." It was so badly off that nobody could walk, you see. It was so uneven, like, this way, that anybody walk this way, it will come out that way, it will. So, they sat down. I said, "You just sit here," and I walked round and round, three, four times, three and a half times, I should say. And everything fitted, cracked into one. If you see the marble you won't believe. And, but the best part was that they said that all the cement is over. "There is no cement. Very little cement is left and these shops are closed now for two days. We can't get it." I said, "You just go on pouring water." There were needed two bags full of cement. But with that little cement, they did all the cement in. And it's perfect, absolutely perfect.

And then they had a problem. They wanted to move a very big wardrobe, very heavy. Indian 's, you see, furniture is very heavy, rosewood. And they were all, "Haa," all of them, [doing]. So, I said, "It's very simple." They said, "How?" I just put My finger like this. It just moved, you know, they were surprised.

Sahaja Yogi: Yes. Six of us trying to push this huge wardrobe, almost the length of that carving.

Shri Mataji: More than it.

Sahaja Yogi: We had about fifteen-foot-long, huge, and full of material, it wasn't empty. We, we couldn't move it. We wanted to get behind it because there was some path for lick in and we have probably been there for half an hour, couldn't move it, and Shri Mataji came in and said, "What are you doing?" We said, "We are trying to fix this lick, Mother. We were trying to move this." As, as I saw She, She pushed Her little finger.

Shri Mataji: No, no, this one. That is too much. This is sufficient. Had it pushed and they were surprised, how it has moved. So, you see, it is nothing difficult. It's all possible. You all can do it also. Not difficult. I want all of you to have all the powers that are possible. But first thing, heart. Clean your hearts. Dedication in the hearts should be complete. There should be no reservations.

If you have reservations, these things won't work out. They've got houses, they have got jobs, they have got money, everything like that. Then they start thinking, "We must be kings and queens to get it."

[Laughter.]

Sahaja Yogis: It's a joke. It's a joke whom I laugh.

Shri Mataji: [Hindi] It is such. So many miracles that you can't imagine! The best one is now, I think, among all of them, we got aid for forty-two acres of land in Vaitarna, forty-two acres of land, surrounded by three rivers. We can say one, one is a brook, another is a river, another is the big Vaitarna, for only eighty thousand rupees. This is the best I could say. I can't go any further with it. Like Rome, Rome, Rome, they wanted to have a place for ashram, and they said, "Who will give us an ashram place? Nobody gives on rent, you see. They have, they won't give it to so many people, this, that." I said, "Try. You give an advertisement or something." They gave an advertisement. And one fellow appeared saying that his wife is dead and he doesn't want to stay in the suburbs. He wants to move to Rome city. So, he has a house. If they want, they can have it. So, it was taken in, they said, only one person's name. This fellow never asked, "How many are going to stay there? How many are going to pay for it? How you are going to pay? What is your guarantee?" "Nothing." He said, "Take the house." First, he said a price, and somehow or other I don't know what happened to him that he said, "All right, for half the price". And it's so cheaply they got it. It's a huge hall with eleven bedrooms on it and four bathrooms and I think two WC, and outside house are at least? how many acres of land?

Sahaja Yogini: Two acres, Shri Mataji.

Shri Mataji: Extra.

Sahaja Yogi: Wow.

Shri Mataji: Same with Hounslow house. They got a house in Hounslow. They bought it. And other house which was semi-detached you see, the neighbour's. So, they thought if they can get the neighbour's house, then they can get a land together and they can get a nice hall built there. So, Gavin said, "Mother, I have to sell this house and that house was donated to Me by the Mother." I said, "Baba, I don't want any house, anything to Me. You better use that money for some ashram." So, he said, "Mother, but the house is not yet selling and the other neighbour is not willing to give us." I said, "Sell the house first." The day the house was sold the neighbour who had refused to sell the house to him, herself came to him and said, "Do you want to purchase the house?"

[Laughter]

One day, Kuli this Tony, the first Sahaja Yogi, he came to Me and he said, "Mother, I'm little running short of money." I said, "Should I give you?" He said, "No, no, I don't want any money from You." I said, "All right, you will get it." He went back to his flat. So, there he found two thousand pounds in base floor. And these were, these two thousand pounds were the notes of 1964 because they celebrated the anniversary of, hundred years anniversary of Shakespeare and they printed on Shakespeare's life, you see. All the notes were that.

I didn't steal any money.

Shri Mataji: [Laughter]

That's how it works out. If you are having any problem, then you must know there must be something wrong. Better meditate. Better do something to cleanse yourself and things will work out. Maybe your left Nabhi is catching, right Nabhi catching, maybe something catching. So, work it out. If you are clean in Sahaja Yoga it will work out. All right.

And we have problems, we have solved problems of such a dimension that you can't believe it. Rajesh's factory was on strike for one and a half year.

Sahaja Yogi: [Hindi]

Shri Mataji: Yes. And I went to India and Rajesh said, "Mother, what to do about this factory? I don't know what to do. I'm going mad with it." I said, "Doesn't matter. Is going to help you very much." He said, "How?" I said, "It is going to help Sahaja Yoga and it is going to help us." He said, "How?" I said, "You do one thing. You decide to have a Ganesha's temple there built, Ganesha's temple. In Maharashtra Ganesha's temple means everybody is finished there."

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi] So, he had a Ganesha Puja arranged there. All the labour class people came for the Ganesha Puja. Because for Maharashtrians, you can't avoid Ganesha Puja there. And the factory started. Factory started and when they saw Ganesha Puja being done actually in the family, Rajesh thought that nobody would like to come because they are all Jains. So, the ladies in the house said, "Why didn't you call us for the Puja? Everybody is coming so we are coming." So, they all came for Puja. And in the Puja when these people came they said that, "We want to have our Realization." So, most of the labours, they have got Realization.

Sahaja Yogi: Wow.

Shri Mataji: Now other factory people where the factories have closed now because of strikes, want to have Realization. So, we'll solve the problem of Bombay city of all the strikes and we'll restart all the machineries which have been stopped for years now.

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi] See, Dutta Samanth was so powerful in his thing. Now these people from his factory don't want to see his face. He is finished. Next election he cannot win.

Sahaja Yogi: He's a goonda.

Shri Mataji: Ha?

Sahaja Yogi: Course Rajesh has given him Realization, he's a goonda.

Shri Mataji: Ha? He's finished now. You see, some people are to be finished and some people are to be given Realization. Everybody can. Best was Warren's experience. Did he tell you?

Sahaja Yogi: Yes, the car run without the gas.

Shri Mataji: Ha. About that.

Sahaja Yogi: Yes.

Shri Mataji: So, all these things are happening, there are blessings, but we must also be able to receive that blessing. As he was saying he got his Green Card without his wife.

Sahaja Yogi: Yes, Karan, really.

Shri Mataji: He's sitting there.

Sahaja Yogi: Is really a miracle.

Shri Mataji: [Hindi] So now, you should think, you see, about what questions these people are capable of asking and how will you answer them. That's how you'll be prepared. Because it's not sufficient to be Realized, it's not sufficient to be established, but you must have the complete know-how and you must have the complete knowledge about Sahaja Yoga.

Otherwise, you see, anybody comes in, "Go to Gavin". You should be able to explain. You should be able to talk about them. But if you are still busy with only your personal problems, how will you do that?

I must tell you another miracle because I remembered of Yogi Mahajan. Yogi, poor thing, you know, he'll plan and land himself with the difficulties. So, he's told Me, "We have got this book published Mother, such good photographs of yours, it's like a Madonna, and I've put that thing around You." I said, "All right. Let's see what is done." So, when I saw the photograph I said, "What's this nonsensical photo you have? From where did you get it?" So, he said, "You don't like?" I said, "See the vibrations. That's the main point. Is a horrible photograph. This is, this is not Me. Somebody has taken the photograph. So, he's not all right." [He touched it]. He said, "Mother, but I'm all right." "I'll tell you just now, in one minute who must have taken it," I said. "Jane, Gavin's wife. Has she taken the photograph?" He looked at Me, so golly face [unclear]. "How do you know, Mother?" I said, "I can tell you." "This Jane brought it to Me and gave it to Me. It's My photograph you're publishing, it's [inaudible], how do I tell you?"

Sahaja Yogini: This is the one in the centre?

Shri Mataji: Beg your pardon?

Sahaja Yogini: The picture of the, the bristol [unsure] of centre?

Shri Mataji: Absolutely hopeless. Doesn't matter, Celine. You see, for bhootish people may be all right.

[Laughter]

Like we went to Scotland and I saw a photograph. We went to have our lunch somewhere and I saw My photograph, I said to [inaudible]. "Who's done this one?" They said, "This is the same as came from Australia." I said, "This is not the same. It's something else."

So, I said, "Now, I'll tell you who did this. So, it's a copy of the same." They said, "Yes, it's a copy." So, I said, "I know who has done it." They said, "Who?" I said, "Hillary." We telephoned to Gavin. I said, "Did Hillary send you this photograph?" "Yes, Mother. And she wouldn't allow me to show You. She said, 'Now, we are in a hurry. Let us print it.'" But that, that photograph had such bhoots in it, that all the bhoots of Scotland came for My program.

I was fed up with them and everybody disappeared also with the same speed.

He gets stuck with people who really give him a good experience also, Yogi Mahajan. Now he's improving.

[Laughter]

Sahaja Yogi: Little better?

Shri Mataji: Like we had this Hari. Now this should not be on the tape. It's all personal. Mister Hari, the great.

[Cut in the audio.]

Otherwise then now what are you doing? "We are feeling guilty." I said, "Now please don't commit sin of [inaudible] feeling of the

left Vishuddhi. [Hindi] They feel guilty. Why don't you come in the centre? Why do you feel guilty about it? Cleanse it. This is what you should do."

[Conversation in Hindi]

## 1985-0528, Another Mozart, Lincoln, Gandhi?

View [online](#).

28 May 1985

Talk to Sahaja Yogis

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Another Mozart, Lincoln, Gandhi?

Shri Mataji: Actually, in the West, I must say, it was unsolved, another unfortunate thing that you never had good kings. All horrible kings were there. And also, the people who came here, invaded Indians, and all those people were very cruel people. And that time aggressiveness was regarded as a very courageous thing. So, the aggression is still on. But we had people like Abraham Lincoln in this country. Think of it. And but for Abraham Lincoln you would not have been even knowing about freedom. But can we produce one Abraham Lincoln again? We can only have Reagan the actor.

Sahaja Yogis: Yes.

Shri Mataji: [Hindi] So this is what we have to understand. We had Mahatma Gandhi in India. Can we produce another Mahatma Gandhi? We had Shivaji in Maharashtra. Can we produce another Shivaji? As if they are all legendary people. We had Maxim Gorki. Can we produce another one like him in Russia? Or even Lenin? We have had in England people like Shakespeare. Can we have another one to replace him?

Art. We had Michelangelo. Can we have another one nearer him?

Music. We had Mozart. Can you replace him today? Anybody can beat him? In the West, I am talking. We had Garibaldi. Can we have another Garibaldi? We cannot. So, the quality has gone down definitely. And no hope. So, this is the only hope we have, that we'll create out of Sahaja Yogis all these great people again. All right? [Hindi] Let us go to something pleasant.

Sahaja Yogini: Really hungry.

Shri Mataji: [Hindi]

Sahaja Yogini: She cooked so much [unclear].

Shri Mataji: [Hindi] Come here. There's a red sari with a zaari border and that's a present [pleasantly matched?] for cooking you must have it.

## 1985-0528, Sahaj Behavior

View [online](#).

28 May 1985

Conversation

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Sahaj Behavior, Seminar Part 1, Los Angeles (USA), 1985-05-28

So, that's a very good stanza if you can remember it by heart, I'll say it again: [Sanskrit stanza from Adi Shankaracharya]

"Pratah smarami hridi samsphura ta twam

Satchitsukham paramahansa gatim turiyam"

The second part of it:

"Yat swapna jagara sushupta mavaiti nityam

Tad Brahma nishkalamaham na cha bhuta sanghaha."

So, the second part is - So, the first part, as I told you, is the Spirit which we must bow to, which is the "sat chit ananda", the one which gives you truth, the enlightened attention and the joy and which takes you beyond the fourth dimension [turiya].

"Yat swapna jagara sushupta mavaiti nityam": which is awake under the three conditions of our consciousness. There are three conditions of our state, of our consciousness. The first is the sleeping condition, when we are sleeping. Another is the awakened, and sushupti is beyond, beyond the sleep. In all these states of consciousness, it is awake, that Brahma, that All-pervading Power. I am that [prap] All-pervading Power that Brahma, not the combination of five elements. I'm not just the combination of five elements "bhuta sanghaha". But I'm that All-pervading Power, that Atma which connects you to that All-pervading Power, and I'm not just this reflector which is the combination of five elements.

Just when you think like that, early in the morning, you just rise above and then you do not start with mundane ideas about life, but you start your ideas and understanding, your behavior, your whole life style starts from that angle that, "I'm that; I'm not this." And the whole pattern changes.

That doesn't mean you should be serious; that doesn't mean that. You are in joy, but the style of our existence has a very different pattern and a different tune and a different colour, which is very easy for Sahaja Yogis, not difficult, because you are already there. Only thing, you must feel your atmosphere around you, where are you. [Inaudible] otherwise I'll go on giving lectures.

Only problem comes when you become a mother. Then you feel very concerned and worried; that's all. Otherwise, it is quite self-explanatory, the situation that exists. What to do? You want to do something about it. But they think they are obliging us. [Shri Mataji is laughing]

But traditionally, Indians are lucky people, I think [Hindi].

Like Avdut we have there. Now he is married. He's going to France. I don't know, he's going to get shocks after shocks, there. He's so innocent, he is very simple-hearted fellow. So, he says to Me, Avdut, "Mother why do the" (when he was very young) "why do the boys and girls leave their parents in the West?" So, I said, "They think they should be independent." He said, "But then the bhoots of the parents, do they leave them or not? If you leave your parents will the bhoots leave you?" I said, "May be, may not be. Depends on the bhoots." "Nothing on us?" I said, "Yes, it also depends on you but it's nothing sure." Then he said, "No use leaving the parents also because the bhoots are not going to leave you." But with the parents there's one thing; new bhoots cannot come to you first of all. Supposing you want to smoke, then your father will tell you, "Don't smoke." But if you go away from your parents then the bhoots will tell you, "You smoke." You'll smoke. You'll do everything; so at least there's some check in

the house. That's an innocent thinking, you know, just innocent.

Somebody's walking.

Sahaja Yogi: [Hindi] He went to [unclear] and drives here also.

Shri Mataji: [Hindi]

Sahaja Yogi: Ha.

Shri Mataji: All the way from Vancouver? All the way from Vancouver you've come?

Sahaja Yogini: Yes, it's all right.

Shri Mataji: How many days?

Sahaja Yogini: Two and a half.

Shri Mataji: It's our [unclear].

Sahaja Yogi: Nothing is too far to travel to see You, Shri Mataji.

Shri Mataji: Ah?

Sahaja Yogi: No one thinks it's too far to come and travel to see You.

Shri Mataji: It's quite a lot, I must say, two and a half days with children. So, what is happening in Vancouver now? Let's have it.

Sahaja Yogini: I have not been living in the centre, Mother, but from what I've been told from talking with Lauren and Carrie, centres are looking very neat and more people are coming to meditations. It's becoming really heartening that the turnout and the response to You, it's becoming very positive, they feel. They have three or four regular people going now which has just started the last three or four months. It's just nothing else, I guess.

Shri Mataji: I'm very happy to hear that. Because she wrote Me a very desperate letter few months back. Here's the Puja's have helped a lot, I think. That's true.

They have to be serious about it. It's a, the thing is now or never. Question is like that: now or never. And the emergency is to be felt, and if it is felt in the atmosphere people will turn to Sahaja Yoga, will turn. But first of all, Sahaja Yogis have to be that proper, you see. They should be very proper people. That's the main point. They fight among themselves, they talk ill about each other, they play games, they plan against each other. Then how can Sahaja Yoga spread? [Hindi].

His father was one of the first Sahaja Yogis, and both of them dedicated their life to Sahaja Yoga. Actually, when he died, I was not there; I had gone to Australia where I came to know about it. But every Sahaja Yogi felt tremendously about it. And now when we will be having our school...

Sahaja Yogi: Right, yes.

Shri Mataji: [Hindi]. Her contribution hai. [Hindi] He's the one who had that experience. In his absence he said that I went and represented him in the court. Did you hear that miracle?

Sahaja Yogis: Oh, yes. Yes, Shri Mataji.

Shri Mataji: And mother was also [Hindi]. He is so dedicated; so dedicated he was. His sense of gratitude [Hindi].

Sahaja Yogi: Bara, bara.

Shri Mataji: I mean, he had such sense of gratitude for Me that I gave him Realization that very few people I find with that depth, that they feel it. I mean, his life was completely dedicated to Sahaja Yoga, absolutely. And he understood Sahaja Yoga so well, very intelligent man. I'll miss him very much. But it so happened when he was very sick, not very sick in the sense he was moving about, but I wanted to see him before going to Australia. And thrice I tried and I couldn't go. Then I was wondering why I can't reach him because there was a big crowd for a meeting once. One day, there was a strike; they wouldn't allow us to go. Third day something happened. Three times I just could not go and see him. So, I was wondering why it is, but I thought that maybe that the Divine does not want Me to see him like that, in that condition; doesn't want Me to see that because that could hurt Me very much. I'd seen him absolutely always very healthy. I never saw him sick

Sahaja Yogi: No, no. He used to have good health, that's why, at that age.

Shri Mataji: Very good health [Hindi]. Mother was a composer. She used to make poems herself and then she used to compose them in melodies. And she was herself a musician. She's a very good housewife. She suffered a lot in her life, I think, because of her, one of the sons was cursed by some horrible gurus who came in the house, that all his life history should be written down for people to understand. They were very nice people, good people, husband and wife, and this boy was very intelligent, and some people came in their house, you see. They said, "We want to stay over for overnight. We are sadhus." So, they thought, "Sadhus are our guests, after all." So, they allowed them to stay in the house. The stayed on for about eight days and these people looked after them, did this and that. And then the son discovered that they were very bad people, and the father also. He took them out. So, they did something to the son. So, it's very dangerous. So, the father said to Me one thing which was really very important. He said that, "Without Self-realization you cannot make out who is good and who is bad, and there was no discretion on my part to allow these people to come in the house. I thought they are sadhus and we should not say 'no' to them." They talked so well because in India everybody knows about Spirit. Talking is very easy. [Hindi]. "Don't part. We all know everything by heart." So, to talk about God, it's very easy for them.

And there are so many like that. We had one fellow called as Gulab Baba. His father was working with My husband in Shipping Corporation and the father said that, "He's such a vagabond and he's such a horrible fellow that I don't know what to do with my son. So, you give him a job on the ship." He was given a job on the ship. So, he went on the ship to, to know, to all over the places he went. And he was the purser on the ship; they call it a purser. He tried to take away all the purse on the ship and he smuggled things, did all sorts of things that are possible under the sun. So, they had to ask him to get out of the job. [Hindi]. His name was Chotu. And when he came back My husband had to tell him, "I can't keep you on the job because, you see, this is the purser's job, and in the way you have done the whole thing is just against any government rules and regulations. So, we can't keep you there." So, he was driven out of the job. And the father died just after that.

So, the son disappeared after some time from Bombay, and the mother came to see Me and she said that, "He told me that he would like to do some business. So, we have put our house on/loan, we have mortgaged our house, we have given all our property, all our jewelry, everything to him. And he's gone for a business, and we are left high and dry. We don't know what to do. Now the people have come and they want us to get out of the house." Because that time we had come to London. I said, "All right, I'll ask Shipping Corporation if they can give you temporary help or something." So, they arranged for a house for her for a while. She was very upset about the whole thing. After a year I went back. She said that, "He has again purchased the house and he's given everything back to us and we got everything, all mortgages are over and he's sending us also money but I don't know what is he doing, what, what business he has done." She couldn't make it up for some time. Then after two, three years she told me that he has become Gulab Baba. Oho. And he was working it out in Nagpur, of all the places. So, some people came and told us that there's, there's one fellow called Gulab Baba who has come, is showing funny miracles and he is just trying to befool

people. Like he went to one place and he said, "Now the water is going to come out of this place." And when he hit there the water started coming out. And there's was actually a municipal pipe down there. And he had arranged it in such a way that with a slightest hit the thing should come out. And then the people started beating him. He ran away and all that.

So, I told this man, "You go and tell Gulab Baba that I'm coming to Nagpur and I want to meet you." He ran away from Nagpur forever. That's My place, Nagpur, all My brothers are from that place. So, for Americans it is necessary to give bandhan to the Sikhs of America. It's very important. Because of the misunderstandings they had or whatever happened politically, now the stay of foreigners in India is limited to only three months, and going to India itself is rather difficult. You have to take a special permission and all that. You have to take a visa now to go to India. Formerly there was no visa required. Did you take a visa when you came last time?

Sahaja Yogi: To India?

Shri Mataji: India.

Sahaja Yogi: Yes, Mother.

Shri Mataji: See.

Sahaja Yogi: There I had a visa the first time.

Shri Mataji: First time. I mean, it was an open place to go. But also, this Yogi Bhajan is the one who has created another problem because he converted them into Sikhism and they are the ones who carried lot of arms, ammunitions. [Hindi]

Sahaja Yogi: That's right.

Shri Mataji: Both of them were Realized souls. They are in their joy, will take their birth again to help us out. But they are perfectly all right. They have no problems of any kind. So, I am just telling him that they have done their duty. They have really contributed so much that God is very much pleased with them, and you will be blessed, children will be blessed for what good they have done for everybody else. And you should also follow their pattern, that they lived for others, never for themselves. Selfishness [Hindi]. Never, no selfishness at all. We lived for others. [Hindi]

So, I would like to baptize the baby now. [Hindi] Olive oil [Hindi] she is better. [unclear] rather cold. Aj birthday, that's it. Today she's all right. Today she's all right. Slept well? [Shri Mataji is speaking with Sahaja Yogis and with the baby in Hindi] Normally they don't cry for nothing at all. They use to preserve their energies. We are also sending one gentleman there, in, where she got, [Mona]?

Sahaja Yogis: Mona? Here...

Shri Mataji: [Hindi]? Ha. This Bala, Bala is coming to Montreal, but Montreal is more a French side, I think. He said that he will try to establish something there. He's quite powerful. But later on, he's getting a job here.

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi]

Sahaja Yogi: I spoke to him. [Hindi]

Shri Mataji: [Hindi] got a job. She got him a job, this one is. And then they got one job who came forward and then the second one. But they said for emigration will take six months more. So, that's why he was going to... He was working with Rolls Royce.

Sahaja Yogi: Oh, are va.

Shri Mataji: Ha, Rolls Royce. But in England they are paid very low, very low, very low.

Sahaja Yogi: Oh, I see.

Shri Mataji: Even Rolls Royce and all that paid so little that it is better to be a road builder or a garbage cleaner than to be an engineer there.

Sahaja Yogi: That's right.

Shri Mataji: Money wised [GW: wise?]. They have no respect for education, no respect. That way Australia is differently made. But this is coming everywhere. Even Sweden, Norway, they do not care for education much. For higher education, they do not care. Even in [many type/ maritime] activities they don't want to educate people in, on the higher level, just make them technicians, that's all. They want to make them technicians.

Sahaja Yogi: Trades require [in Australia].

Shri Mataji: Trade, later, trades, trades. I don't know what is the logic, but that's what they are going to do. Engineer [Hindi speaking with a Sahaja Yogi]. This computer is a very dangerous sign again. You see, it can become a monster itself.

Sahaja Yogi: Oh, is that right?

Shri Mataji: Yes, it can. It can go out of your hands. If it starts acting, you see, you have to be very careful.

Sahaja Yogi: [Hindi]

[Shri Mataji talking in Hindi with a Sahaja Yogi.]

Sahaja Yogi: That's why it is going to be out of control, they say, by mistake.

Shri Mataji: By mistake [Hindi]? One split second [Hindi]. Simple thing is, "Don't fight." Russians and Americans, there is no need for them to fight at all. I mean... This is a Krishna bhumi. It's Rama only, isn't it? And Russia was made by Luv and China was made by Kush. So, they are fighting against their father.

Shri Mataji talking in Hindi with a Sahaja Yogi about Luv and Khush.

Shri Mataji: [Hindi] The country is called as Khushar, Khushar country. [Hindi] We have got lots of proofs. Already there are some families, Indian families called as Luv who are staying there in, in Caucasus. They came down. And there's a temple of the Goddess of Hindu [Leela] there, in, on their way to Caucasus. And the whole, if you see, Chinese language has so much of Marathi words, that I was amazed. Like they say Mao Tse Dung, Tse is only Marathi. Have you heard "tse" anybody says? Only the Chinese and Indians speak that "tse", and so many words are Marathi, so many. And the Russians have one Marathi word, which is very common, is sakhar.

Sahaja Yogi: Oh, is that right?

Shri Mataji: Sakhar, sakhar bolo.

Sahaja Yogi: Sakhar? Sakhar like that? Wow!

Shri Mataji: So, many words are so common, that's surprising. And I could pronounce their words very clearly. So, they were surprised. They said, "How do I know Russian?" and then they became suspicious. Same with Chinese. And in a way, you can see that wisdom in their heads, you see. Both are very wise people. They are not stupid, like the Americans are. They are not stupid people, very clever. And I don't know if the cleverness is going to work out the things. Like see now, the one wisdom they have shown, Russians, that they had a barter system with India. They said, "All right, whatever we will send you, you instead give us rupees for that." All the machinery, that junk they had, they sold us and took the rupees. Out of that they bought our carpets, [stipple layers, stabilizers?], and also beautiful laces and then this and that. If you go into their houses you won't believe; they had all palaces.

They live so well. Very wise people. You see, to get it in rupees and get all the handmade things from India at a cheap rate, and they also asked us to make very beautiful crockery for them. So, India is making these things. Crockery started because of them. Beautiful crockery. So, if you go to their houses, you'll be amazed, how many things they have in so cheap rate, handmade things. They have got all kind of leopard's coats, this coat, that coat, all kinds of things from India they have. Very clever people. The other wisdom these Chinese have shown that they developed [the village] I should say wiser than Indians, because they developed their villages first. They took all the ideas of Gandhiji. First, they developed their villages and now they are developing their cities. So, they have done everything so fast. We were the other way round, see. We became British.

Sahaja Yogi: Developed the cities.

Shri Mataji: We pay for it. We developed the cities. So, we are paying for this. We thought Gandhiji was no good. But they were so wise. So, you see, they show the, that wisdom, or I say the Maharashtrian wisdom in them, because Sitaji lived in Maharashtra for so many years, you see.

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi about Shivaji]. They are so fond of Shivaji; that's something surprising, Russians are. So, fond of Shivaji and also fond, of course, Mahatmaji very much. Surprising it is. How they picked up these things from Gandhiji, I don't understand. This Mao is the one who did everything. So, many plans that Gandhiji had, they have worked it out. Like in India they said, "He is stupid, this, that." Nobody would pay attention. We, we were all egoistical like English not to see the sense. One of the plans Gandhiji had was very sensible, that took the big canals along the roads and to put fishes in the canals, and also to be used for extra transport, you see, through the boats and all that. Same thing they did it. Every road has got canals on both the sides, and the same canals when they are overflowing are also used for giving water to their plants, I mean fields. Same thing, so many things that Gandhiji has done it, they have used.

But, you see, our bureaucrats are all educated in English language, and I don't know what they are to do. It's a big mess. And also, they had no discretion. Like our telephone system in India is thanks to the French. French put that telephone system in India, and you know how it is working. This is all done by French. Can you believe it? It's the French people who did this. Now we can't change it. The whole thing they have spoilt it. Such self-opinionated people like French. Why should you have asked the French to do it? Whatever they did, they made a mess.

And another wisdom Russians have, they have another very great wisdom, which Americans don't have. This is the trouble with them; they must learn this wisdom is, that whenever you give something to someone, have grace about it; otherwise, whatever you give it's lost. Russians are very clever. They'll give this little but they'll have such a grace you see with it that people feel attached to it. This is al, a basic wisdom. While here, they have given help to us in India. Like they sent us the worst wheat possible because they dumped their wheat here. So that wheat they sent us. Out of that wheat they mixed it up with some sort of an acacia. That acacia when they took it out, I mean, most of the women threw away that wheat.

And that acacia had a kind of a seed in it, God knows what was that, that it grew into huge big trees of thorns. [Hindi] They call it

a mad acacia. And the thorns are poisonous. And once we were having a program, and Alan Nix who was the only American we had, and the thorns went into him. Of course, we cured him but I mean it happened like that. And then they gave a kind of rice also. No, this happened in India, acacia thing came with the rice. And the, and the, the wheat you see, wheat was so bad that Indians couldn't eat it. So, they threw it away, and out of that wheat came out the monster called congress grass. They call it a congress grass because you have a congress here. So, they call it congress grass. It started eating up all the fields, everything. So, when the people came to Me, they said, "Mother, do something about it. We don't know how to destroy it." "You cannot destroy it. You have to dig up the whole thing for ten feet; then you might be able to destroy it, so bad it is." Then it rained and rained and rained for seven days and the whole thing got completely finished. Otherwise, they didn't know what to do; it was eating every crop, everything in Maharashtra.

So, they think by aggressiveness, by showing off, people are interested. They are not. And then you commit mistakes like this, that you go and visit the SS people to... [Hindi] People don't like it even in America all that. They don't like it, I know. But this is the situation here. To do such a thing was very, very wrong, I think, because nobody liked it. An adamant [huh].

Sahaja Yogi: [Hindi]

Shri Mataji: What's wrong? That has brought down the image of America verily.

Sahaja Yogi: They think they can buy anything with money.

Shri Mataji: Aaa?

Sahaja Yogi: They think they can buy anything with money, including people also.

Shri Mataji: Including people. [Hindi] Any self-respect nahin milega.

Sahaja Yogi: Self-esteem ecdam low.

Shri Mataji: Self-respect nahin hai. You see, it's through tradition only one learns graciousness. Those people who are not traditional cannot learn graciousness. So at least take to certain traditions of being gracious. You see in India how people are gracious; you have been there now. They may be poor but how gracious they are. "It's bad manners to say this. It's bad manners to do that." Here it's very common. [Hindi] "I have no mangos, nothing. She asked me, "Have you got mangos? Have you got [masala]?" I said, "Nothing of the kind, I haven't got anything." [Hindi] diplomatic passport hai.

Sahaja Yogi: Barabar.

Shri Mataji: And they are not supposed to touch us. And she said, "No, but you are not here for diplomatic things." So, first question she asked, she was with Me, she said, "Who is she to You? Why are you going together?" I said, "She is My friend." She said, "What is your relationship? Where did you meet?" I said, "You are not supposed to ask all these questions [to, from] Me." She said, "Now you open everything." [Hindi] I told her also. She would not listen.

[Shri Mataji talking in Hindi with Sahaja Yogis]

Sahaja Yogi: Shri Mataji I've been already instructing [Masha/Marshal] from the State Department [that have been here] today.

Shri Mataji: No, no, what I am saying, let him write also.

Sahaja Yogi: As well...

Shri Mataji: It's very good. Because we can say she was my guest. She was coming...

Sahaja Yogi: And about that we want this person who spoke to You in such a way to be disciplined, and this will be the end of the matter. This is just informing them that things would be happening from above as we are phoning upwards. So, then we'll be telling him that people will be contacted, You know, from the top downwards, just to let them know.

Shri Mataji: Should we do that much [unclear]?

Sahaja Yogi: Yes, Shri Mataji, yes.

Shri Mataji: Then she has no business to ask so many questions. When I said, "She is My friend." "Now what is your relationship? Where did You meet her?" I said, "You are not supposed to ask all that. As long as I said she is My friend, all right." She said, "I'm supposed to." And she said, I said, "This is diplomatic." She said, "Yes, but You have not come for diplomatic thing. So, I can see everything." And she didn't. You see what you should put in, that see didn't see hers, so that racialism is a order to her head. She's a racist, she was. There was no need for her to behave like this. Even she knew little bit of Hindi, I think, because an Indian man said, "She is a mad woman, you see, pagal hai." She said "Pagal nahi hai".

Sahaja Yogi: Ah! She said that?

Shri Mataji: And in Argentina [Hindi] ambassador [Hindi] "I'll meet You outside as I'm going out." He thought I'll be just following him because he, too, had a passport and I had the same passport, diplomatic passport.

Sahaja yogi: [Hindi speaking about Americans].

Shri Mataji: [Hindi]

Sahaja yogi: [Hindi]. The pilot came in. They harassed him right during the flight.

Shri Mataji: [Hindi]

Sahaja yogi: For six cans of milk that were going for emergency to feed some child in India.

Shri Mataji: But why?

Sahaja Yogi: Yes, they, they think, You know if he is, late it was, what do you call, two shoulder bags, you know, one shoulder bag, regular shoulder bag, and this was additional bag which will inform them that there is an emergency.

Another Sahaja Yogi: Discretion [Hindi].

Shri Mataji: [Hindi] we have. That they cannot take over, you see. It's an international law. And drug is different. I mean, I don't look like a woman, a sixty-three-year-old woman, is she going carry drugs from London? I'm coming from London. Will I carry drugs from London to America? What is there to carry from London to America? Is going from America to London.

Sahaja Yogi: Right. You are right.

Shri Mataji: Nahin, nahin, aggression hai. [Hindi] she was very aggressive, that's all. I mean, there should be same case behind it. I was coming from London. So why will I carry drug all the way from London to this place? From America, actually. America must be censured more. They are carrying AIDS all over.

Sahaja Yogi: Yes, they are.

Shri Mataji: They are to be disinfected. Actually, they should be. In London, you know, AIDS has spread so much, so widely spread. [Hindi]. And they are all saying they went to America and that's how they've got it. One fellow who came to America got it here. He went to Australia. We cured him, but again he got it back from another American woman there. So what are we to do now with these Americans also? They must be told that they should behave themselves. [Hindi] We cured him, Crosby. He says that that fellow was suffering from the same trouble and I went to see him. "But why did you see him? What was the need?" He said, "Because he was doing TM. I was also doing TM. I wanted to tell him about Sahaja Yoga." Just imagine.

Sahaja Yogi: [Marathi]

Shri Mataji: [Marathi]

Sahaja Yogi: [Marathi]

Shri Mataji: [Hindi] Mataji You are lawyer of lawyers because, you see, whenever he had any problem, I used to tell him [Hindi]. So, I always said that I don't understand human laws. He said, "Then how do you know this?" [Hindi]. How to depend on anyone because she was so sincere and [he] would achieve everything. All their marriages, he got them registered, everything. Now I think we are going to also register our name as a religion in India, Vishwa Nirmala Dharma [Hindi]. So, would all the marriages that take place through this will be called [Hindi].

Sahaja Yogi: Instead of Arya Samajh Wedding.

Shri Mataji: Aaa?

Sahaja Yogi: Instead of Arya Samajh weddings we have Vishwa Nirmala Dharma weddings.

Shri Mataji: Vishwa Nirmala weddings. That's it.

Shri Mataji: All right, ha. So, we call her Radhika. Here in the country of Shri Krishna we should call her Radhika. [Hindi]. Sometimes she does look like mother little bit; then again she goes back to her father's face. But it was a miracle how Madhuri got married, you see and then how she came here. [Marathi]

Shri Mataji: So, you are working here as an architect now?

Sahaja Yogi: I have one more series of other exams before I'm licensed.

Shri Mataji: I see. But then you are not going to start a working with some firm or something?

Sahaja Yogi: I'm working with a firm now, Mother. I'm working as an architect but I don't have a license.

Shri Mataji: I see. You see, we are thinking of starting a combined firm of international architects. So, you could be a member of that international architects, you see.

Sahaja Yogis: Oh, that's nice.

Shri Mataji: So that all the architects, you see, exchange ideas among themselves about architecture and the beauty of international architecture because, you see, that's architecture is also weighing on the minds of people very much. Like in Germany this Bauhaus; you must have heard about it.

Sahaja Yogi: Yes, Mother.

Shri Mataji: This movement started and they tried to neutralize all the beautiful things.

Sahaja Yogi: It's awful.

Shri Mataji: And made it into very simple, drab houses, you see.

Sahaja Yogi: Stark.

Shri Mataji: Absolutely. And outside if you see, they look like prisons, absolutely like prisons. Horrible. Bauhaus. And now in Germany it so happened that they find the houses are very much needed. So, they have put all these houses on all the children's parks and playgrounds and everything, and the schools are made of ten-storey schools and things like that. So, the children have no place to play. So, they are taking to drugs and very destructive and there's no, it's become horrid place now. So, we should do something about it, you see? We must know about the international architecture, how they work it out and then the ideas can be very helpful. We can integrate also. You haven't received yet the brochure?

Sahaja Yogi: No, not yet Mother, not yet. I'll phone Gavin and ask him.

Shri Mataji: Ha. What did he say?

Sahaja Yogi: No, no, I will, I'll phone him. It's just not been time.

Another Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi]. Otherwise, she's quiet. [Hindi]. You must give them a good massage before sleeping and then put some powder, clean their body and then they sleep very well. But give a nice massage to the children and put some ghee in the nose little bit and...

Sahaja Yogi: [Hindi].

Shri Mataji: [Again] misguidance.

Sahaja Yogi: [Hindi].

Shri Mataji: Because, you see, they all parents suffer from liver trouble. So, they have allergies and they think that the oil gives you the allergy.

You must heat it up nicely, heat up the thing and then rub it. When it is rather cool then you can rub it. [Hindi]

Sahaja Yogini: [Hindi]

Shri Mataji: [Hindi] Ah, now, now you are all right. Ha?

Sahaja Yogi: [Hindi]

Shri Mataji: [Hindi]. That's the system we have. [Hindi] You see, we used to have a system that the mother also would be really rubbed off nicely with oil with very hefty women, you see, with very strong hands. But four, five women used to just rub the body. And then they would give you a dhuni from down below, you see, in a charcoal. [Hindi]

Sahaja Yogini: Charcoal.

Sahaja Yogi: Stool. [Hindi]

Shri Mataji: No, charcoal hai. [Hindi].

Sahaja Yogi: Stoolware.

Shri Mataji: Stool nahi.

Sahaja Yogi: [unclear, Hindi maybe]

Shri Mataji: Like a pot, you see, pot with holes. And the lady was asked to sit on that one and the, on the charcoal they would put this ajwain that smoke could come out and the lady was covered with a black blanket, like a tent, holding tight to share to bear all that, you see. And it was very good and I've gone through all that.

Sahaja Yogini: They used to stand. I always volunteered.

Shri Mataji: Yes, I've also gone through that.

Sahaja Yogini: Yes, marriages time. Those marriages in India. Here would be that time nothing.

Shri Mataji: [Hindi]. They experiment on children. They experiment on everyone. [Hindi].

So, you like the name, Radhika.

Sahaja Yogini: [Hindi] Radhika.

Shri Mataji: [Hindi]. So now ata kaya program hai?

Sahaja Yogi: Breakfast [unclear]. [Hindi] bhajan, Mother?

Shri Mataji: What is it? [Hindi]

[Shri Mataji and Sahaja Yogis are talking in Hindi.]

Sahaja Yogi: Sab ko dua dena [Hindi].

Shri Mataji: Kaun? You play that?

Sahaja Yogi: Sab ko dua dena harmonium. Oh, yea.

Shri Mataji: On the harmonium?

Sahaja Yogi: Don as well has done the [unclear].

Sahaja Yogi: Yaman Kalyan [Hindi].

Shri Mataji: [Hindi] Yaman? Bhairavi, Anibhairava?

Sahaja Yogi: Oh, are va.

Shri Mataji: I taught them three ragas in Rome: Bhairavi and Bhairava and also Yaman. Let's see. But we have got Phil, Phil, in Marie-Laure's husband, you know. Marie-Laure. You know Marie-Laure? She is the sister of the Gregoire.

Sahaja Yogi: That's Marie-Laure. Marie-Laure.

Shri Mataji: Ha, Marie-Laure. Her husband, he's now become the master of harmonium. See, you must all the time play harmonium, you see, and try to find your own notes. Then it becomes automatically; you can play it. Not difficult. If you have one harmonium just go on playing on it. You see, you just try to find your tunes on the thing. You just learn it. He's very good. You can do it, isn't it? You're doing very well now. Did you hear Phil playing on the harmonium? Phil?

Sahaja Yogi: Yes, lovely, yes.

Shri Mataji: It catches every tune. That's the sign.

[Shri Mataji and a Sahaja Yogini are talking in Hindi.]

[A Sahaja Yogi is explaining where he bought his harmonium. He is playing the beginning of Yaman raga.]

Shri Mataji: This is Yaman raga. In this only the Sa, Re, Ga, Ma; Ma means the fourth note. Fourth note only goes different. You see, that's how. [Hindi]. This is simple. [Hindi]. This is Komal [flat]. This is what we see. Now here only the Ma, the fourth note changes which you can see now. The Sa, Re, Ga, Ma [Hindi]. Sa, Re, Ga, Ma, Ni, Ma.

Sahaja Yogi: This is dropped there.

Shri Mataji: [Hindi] Ma, see? Difference? The fourth note is only changed, only the fourth note.

[Shri Mataji and Sahaja Yogis are talking in Hindi.]

[Shri Mataji's appreciation or commentary from time to time.]

Sahaja Yogi: And the meaning [Hindi]? "Guru daya sindhu" is, guru is all merciful.

Shri Mataji: Sindhu is the ocean. He's the brother of all those who are downtrodden. He is the mother who gives you the second birth.

Sahaja Yogi: Rebirth.

Shri Mataji: Rebirth.

Sahaja Yogi: After the Kundalini is raised, soul realizes the rebirth; same thing.

Shri Mataji: Daata means the one who is the saviour. He's the only saviour. There's nobody greater relation than the guru. That's the destination; guru is the destination. You have to reach to the quality of the guru, and he's the one who gives you Moksha. So, arise the relation.

Sahaja Yogi: Once you get guru charan you don't need anything else in the life.

Shri Mataji: Charan is the feet. Better tape it. [Hindi] Ah! Beautiful. See the vibrations. Just like Puja it is. The vibrations [that soothe you].

But this has been misused very much. It's meant for the Sat gurus, the ones who give you Realization.

Sahaja Yogi: That's right. Yes.

Shri Mataji: Who should talk of God, not those gurus which have come out calling themselves gurus. Sat guru.

Sahaja Yogi: That's right, yes.

Shri Mataji: These should be the qualities in a guru. If they are not there, just is a money-making proposition. [Hindi].

Sahaja Yogi: Mother, [Marius's] mother sent through me some "poa" for the baby. This the good time for you to receive this?

Shri Mataji: She has sent something for the baby. [Hindi]

[Hindi]

## 1985-0528, About creation, problems of Americans

View [online](#).

28 May 1985

Talk to Sahaja Yogis

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

### About creation, problems of Americans

So, we'll not go too far with the creation, but we have to start it from some point, that first it was just Parabrahma, and when this energy Parabrahma was in silence, then nothing was there, just silence. From that [too] it was awakened that a human being can sleep, in the same way it was sleeping. Then the desire was awakened that there should be creation. So, the desire was emitted out, out of the being, all around, and so we have two powers created. The first one is the power of God Almighty what we call, is the power of desire of God Almighty and God Almighty Himself. So the first was the Adi Shakti, power of God's desire. Now this Adi Shakti who is the power of God, was, was the Adi Maya, is the first one.

So, the Parabrahma became divided into two parts. One was the God Almighty, Sadashiva, and the Adi Shakti. So, the first power was created. Then the Adi Shakti was asked to create. And so, if you read My chapter on creation which I've written down, you'll see how Omkara was created and all that. But we'll go further with it. That it took three shapes. Before becoming the three shapes, Adi Shakti herself had to assume the ego, cause She had to create. With human beings is the other way round. When they do something, they develop ego. But God has to have ego to develop something, because His ego is real.

So, She then, in Her ego created three powers, we can say, in general, because to make it short. So first She entered on this Universe as the desire power which we have on the left-hand side. And then this desire power went into another power which we can call as the action power. The same desire power created out of Her the action power. Unless and until there is desire power, there cannot be action. And with the interaction of these two the evolutionary power was created. Now the Adi Shakti Itself is the residual power because it created all the powers and still it remained residual.

So, the fourth power is the Kundalini, which is the reflection of the Adi Shakti in the human beings. So, the power which was the action power, the physical side, was created.

It's very interesting how the Mother Earth was created also. She, the power of Sun, created the Mother Earth, in the sense the gases around it moved in such a way that it formed a big ball of gases, because they have the circulatory action. And how the circulatory action came in is also very interesting thing. That when the Adi Shakti started creating, She started from, say, this point. She went down, this is a [remblai] and She went back. Again She did like this. And at a point She used to turn round and create a center like this. Then the whole thing became a thick mass of energy. Then it would crack. When it would crack with the same inertia every particle would move like that. And when every particle would move like that, then all the angularities of that mass would be cut off and it will become round. That's how a mandala was created, or you can say a Surya mandala was created.

Then the Mother Earth which was very hot was taken nearer the Moon which was very cool. First the moon was created. It was very cool. So, by putting the Sun and the moon very far away, they created the moon which had cooled down very much, had become absolutely cool. So, first the Mother Earth was taken towards the moon quite a lot. Now, see, in the nadis also it happens. Was taken too much to the left because of the desire power. And then it was cooled out. When it cooled out it flows. It all was covered with ice. Then it was brought back to the sun. That's how the water was created. And then it was brought back again in the center and placed at a point where life could be produced. It was all done. It's not just happened. It was all done. That's the point one must understand.

Now, this energy on the right-hand side which started creating universes, as I showed you how it created universes, it first produced the physical part of it, and that is what is the electromagnetic force. But then out of all this the Mother Earth created carbon. As soon as she created the carbon through the effect of the electricity that is Vishnumaya, the carbon got attached to the hydrogen and the oxygen. These are, left side is the hydrogen, right side is the oxygen. And that's how amino acids were formed. First the amino acids were formed. That's how the prana started.

So, first it was just the electromagnetic force which became prana. So, in the electromagnetic field you will find there are vibrations clearly shown asymmetric, symmetric vibrations are there. Say if you take a sulphur dioxide as one of the molecules, you'll find sulphur has got two oxygens vibrating it. But it is just the electromagnetic force. It's just one force, out of the one energy which is out of the three energies. Now the second force started called as prana on the right-hand side which ultimately created the mind, the brain. So, when you get realized then it becomes pranava. So, from electromagnetic to prana, from prana to pranava. Pra means enlightened. The left side is the power of the emotions. Because, you see, English is a very funny language, it doesn't discriminate. I don't know how to say, because mind is the same as the Spirit, and Spirit as the mind is a big confusion.

What it means that the "manasa", which is the mind according to Sanskrit language, manasa is the left-hand side. Is the manasa which we call the superego. And the ego is ahamkara. So, they have two things, ahamkara. So, with the right side you produce ahamkara; with the left side you produce manasa. So, the left is the power of the manasa, the emotional power on the left-hand side. Now when you get realized then these two powers join together.

So Pranava starts. First is like this I would say, to give you a very, very gross example is this way. That I come from, say, India and I go to England. So, I carry a tape recorder, we could say. I go on taping everything, accumulating all the knowledge, understanding everything what has happened and all that. Then again I go back, carrying all the knowledge; is like that. So the energy first was innocent energy, became nascent, it became active, it carried the whole thing, the knowledge with it. And then it's relieved.

Like I can come to America, take a tape recorder, tape everything, whatever has happened, go back and reveal it. So, the revelation then comes to you. And now you can trace it back again. This is the play this is the Maya; that's all.

Did you follow this point? No?

This is Maya again.

[Laughter]

It's like this, you see. All the energy was, first of all was Mahamaya, all right? We can say, the Mahamaya, or we can say the Adi Shakti. Now, She created out of Her, one thing as the desire. She created another thing as the action, and action had two things. One is just to produce first of all the matter through electromagnetic force, and then second part is to, out of the same electromagnetic force with the help of the action and reaction, to create the higher force which is prana, and with the action of these two, as I said, told you, that electricity acted to create the first amino acids. When the amino acids came into existence, the amino acids became later on the prana, in the sense that this higher part of electromagnetic exposure started as an integration.

And [Hindi] Vishnumaya [Hindi], carbon electricity [Hindi]. Carbon was created by Mother Earth and then through the carbon, you see, fire created the carbon, and the carbon through the earth. The carbon came out and it got mixed up with hydrogen and oxygen. Hydrogen comes from left and oxygen from the right. That's how then amino acids act. Then the prana started. So, the whole thing became the prana, right-side. The lower portion is the electromagnetic; the higher portion is the prana.

Now this prana started, and with this prana people, we can say that they tried to control prana and all those things. On the right-hand side, they wrote Vedas, where they tried to control electromagnetic forces by shritis, shrutis, mantras and all those things, you see. That was a right-side movement, through fire and everything.

And the left side people we are having these "manas shaktis". Manas shakti is the power of emotions. They felt that they should pray to God and ask for God's help and devotion and dedication. So, two movements were started.

The third movement was in the center. The center movement was that it has become from carbon to amino acids, from amino acids to human beings. Now from human beings it has to become Brahma, last thing.

So how to do that? That was the last work to be done. So, as I was explaining to you, it is like this, that the Adi Shakti first of all took a form of all these three powers Herself. She created this world. She created human beings. Through the human beings She created Sahaja Yogis. And through the Sahaja Yogis, She is going to reveal the truth to the whole world. You follow the point now? Like I said, I take a cassette from London, bring it here. On My way I tape record everything and I sort of enlighten it. Then I take it back and play it in London. So, people listen to it and understand it. So now, because it could not be communicated to the creation, She had to create Sahaja Yogis. Do you follow now?

So, you have to play a very important role. But if the cassette is defective nothing works out. Then there I fail. Because you have got freedom; the cassette doesn't have. The engineer can improve it. But human beings, difficult.

Sahaja Yogi: Lot of self-created problems.

Shri Mataji: Self-created. Nonsensical, absolutely nonsensical. Has no meaning to reality. Has no meaning. [Hindi]. And I cannot give reasons for why it has happened like this, that why human beings went to that limit. But we can say that Adam and Eve started the joke. If they had not done all this nonsense you would have been long time being Sahaja Yogis. Long-time back it could have been done.

Sahaja Yogi: That's right, yes.

Shri Mataji: But as soon as they got their freedom they went out. Same thing with Americans. I think they are abusing their freedom just like Adam and Eve. Or anyone, all those so-called free countries. This is not freedom; this is abandonment. And those countries which are oppressed, like Russia, are on the left-hand side.

Sahaja Yogini: Please teach us that how to raise children in America, sometimes.

Shri Mataji: What is it?

Sahaja Yogini: Could you speak to us about the best ways to raise children in America? I have two teenage children and I'm...difficult [unclear]...

Shri Mataji: Now this school will solve all the problems. It's such an emergency that now starting the school, that's the only thing. I think I should start first of all a school for Sahaja Yogis' children. Because, you see, it's, it's [Hindi]. It's burning from all the sides, you see. The best thing is to take them out for the time being. Then we'll see what we can do about this place.

But I think, in America, if you do lots of pujas all of you, your individual pujas, your group pujas, you'll work it out; it'll give the compensation. Pujas must be done. That's one thing is lacking.

You see, have a photograph, like a decoration should not be, there should be puja, aarti, some of [Hindi]. That helps a lot. I think that will help to counterbalance the other power.

This is the only way I can think of, that pujas must be done with full dedication and understanding. That will solve the problem of collectivity. And, say, we, and puja how to do it and all that, you know very well, and not that is to be taught now. But you all

should be prepared for a puja and should think that that is a very important part you have to do in Sahaja Yoga. Because Italy, it has worked out because of pujas. Rustom has worked it out even in Milan through pujas. You don't have to do Havanas. Havanas are not good for you because it's right sided, not so much. Once in a while, all right, but mostly pujas. That will work it out. And it'll clear your heart also. I mean, if the people are not very clear in the heart because of the ego, you see it covers the heart, you see, and there is no surrender. That's why Mohamed Sahab talked about surrender only. Islam means surrender. You must surrender this time; surrender your ego. What can you understand through your ego? Nothing, it's just a small little thing. And then you play games with yourself, with Sahaja Yoga, with this, that. I mean, it's so low level, low level sometimes. I can't understand. These are saints. That's, that's Kali Yuga. That's, that's what is the modern times. In Kali Yuga anything can be possible. I've seen Realized souls drinking, smoking. I can't understand. Now we get born-realized living like that. That's only in Kali Yuga.

And the other trend has also started very much, like they are showing Christ's Mother as a woman, like an ordinary woman. They make her nude and all that. There's a picture coming up. It's all happening from Hollywood, Hollywood. Kya ek narak hai? (Hindi)

Sahaja Yogi: In San Francisco, Shri Mataji, there was some gay priest who said that Christ, he was trying to say that Christ was gay. [Of] gay church.

Shri Mataji: You see, if you tell this to Indians they don't know where to go. C.P. heard it and he telephoned to Me. He said, "Have you heard something like that? I'm coming home, I can't bear it." You see, I mean, he is not a Christian in the sense he never went to church and all that. But he was so hurt and he was so surprised. He said, "Where are they going? How can they say this to Christ?" There's no sense of sacredness. But now you have seen all the miracles of Sahaja Yoga. Like yesterday we saw that film, I was saying you, "Star Man". There's nothing, no tremendous miracles. Like these we have had many miracles in Sahaja Yoga. You have seen the light coming out of My head, and light coming on My hand, and everything you have seen.

Despite that, despite that, ego is so strong that they try to go against such a power. The mind is allowed to. And then you feel guilty. So that's even worse.

That's not the way to ascend. Is too one-sidedness, because of the wisdom lacking, I think, in the people. So, we must understand; reality also means we must understand what's the problem with us is. Also, that is reality. So that you correct your problems and then see what reality is and become one with that. But if you just see the reality, that Mother is such and such and She has this power, that power, and you don't see yourself, then it won't work out. If you have to reflect Me you have to face Me, with a clean mirror. I know it's a difficult task. I know it's a very difficult task in America. It's not easy. I am leaving you. But again and again I come back here. Every time I declare, "Next time no more."

Sahaja Yogi: Shri Mataji, Americans seem to, Americans tend to go to read books about someone and become disciples of people without ever having met the person.

Shri Mataji: That's, we are having a, this translation of now, we are trying to translate this new book which is going to be published now, and we are inaugurating it by Dr Nagendra Singh is going to inaugurate the book in, in this Guru Puja. Just after the Guru Puja we are having inauguration. So that book we want to sort of translate and publish it in U.S. also, because our whatever "Advent" we have is, Gregoire wrote it in a frenzy that he has found the truth and this and that! But this one is a calm and quiet thing. So that can go to people and they can read it, because it's all mental, you see. It is mental; whole thing is mental. They read it. They like it, mentally. "Oh, I like him." How? That's very common. "I like him. He looks nice, nice." How? Then the choices are given you, what eyes are seeing that? There's no light in the eyes. "I like him. I don't like him. I see him like this. I see him like that." It's very common, you know.

We had- I must tell you, Mrs. [Grupal] was with Me, and I studied her very well. She travelled with Me, and I was shocked. She would always say, "I like him." I said, "For what"? "He looks nice." "Looks what?" I didn't understand what was he looking like up there. "What is it? You don't see the vibrations. What are you seeing?" "He looks like this and he looks like that and I like him very much." And it's so stupid that ultimately, we went to Delhi. She, of course, was very troubled some [there/day]; doesn't matter.

But whatever it is, she was sitting in the hall listening to Me, and she said, "Oh, I met a very nice man today." She said, "Oh, one fellow was sitting next to me, with a big coat. Though he was wearing a big coat he was not smelling." You see. I said, "All right." She must be trying to smell him than to see his vibrations, perhaps. So just imagine, such an old lady like her, you see, she is at least five, six years younger to Me but has no wisdom, I don't know. So, I said, "Who is this man?" So, I found out that he is a tramp, is a beggar in India, who comes to My program, I don't know, sometimes and sits in the front, and he was sitting next to her. She liked him very much. So, how do you explain? Her likes and dislikes were so funny, you can't imagine. It's all mental, so mental, that I studied her well and then I told her, "It's all your mental ideas."

We went to somebody's house, to stay, very nice, in Jaipur. So as soon as she went there, she said, "You haven't got a dressing room with this." I was quite amazed and I don't see whether there is dressing room or not and all that. Like that, you see. Then she went to a hotel. I told her, "My house must be at least five times bigger than yours and much more comfortable. If I can stay here why can't you stay?" "Oh, I felt I was uncomfortable." She didn't feel uncomfortable; she felt she was uncomfortable. Means she stayed in a hotel and she couldn't come to My Puja. What you say to that? That's the best part of it. Then I studied the thing. You see, she was looking at everyone who looks nice, who looks bad, this thing, that thing. And she looks so old now. All the time [Odin] was saying, "Poor her, look at this old woman." I said, "Now she is six years younger to Me. All the time if you go on saying poor old woman, what about Me? You have no sympathies for My age? All the sympathies are gone for her?" Poor old woman, poor old... And for what? Because of this load unnecessary she's looking so older. [Bent down], unnecessarily.

Sahaja Yogi: It seems tragic, Shri Mataji. We went to, looking for some material the other day, to [advertize] as a Sahaja Yogi, in a book store. And there was a young lady there, such a scholar, and they worship Shri Rama and then Rama Krishna people, were his wife, and his disciples.

Shri Mataji: And both were ignoramus. They couldn't talk a word of English, both of them. They didn't know anything. They could not explain anything. He used to dance like a mad man. That's all.

Sahaja Yogi: He dressed, he used to dress in a sari.

Shri Mataji: He dressed in a sari. He dressed like a Muslim. He dressed like he was a dramatist, big dramatist. And now his disciples are suffering from cancer. That's a very important thing.

Sahaja Yogi: Such a waste... Lot of noise [get people that].

Shri Mataji: And they think they it's traditional in which, which traditional [film] you have heard Rama used to dance like frenzy or Krishna used to dance... in rhythm. It's all right. Rama used to dance, not dance, Krishna, which is said, he would not dance himself but, you see, his image is like this, sort of raas, raas is this. If you see his dancing, his hands going like this, like a mad cap. He was a mad cap, no doubt. And all those who follow him are mad. Actually, in India when we went to a program in Solapur, an old man came. He said, "I hope your Sahaja Yoga is not going to make bad people." I said, "Why?" He said, "My, my son who is a doctor follow the Ram Krishna and he has become mad."

Sahaja Yogi: He was into the left channel, Shri Mataji?

Shri Mataji: Is a bhoot, nothing but a bhoot, what he is. And because Vivekananda was a right-sided, he was impressed by bhoots, you see. They are all impressed by bhoots. If I dress up like a bhoot your Americans will be very happy to see Me. To be like a beggar. I should be like a beggar, you know, all tattered and torn, walking like this. Then they will last accept, because egos like that kind of a thing. I mean, in New York I felt everybody walking like a beggar there. Torn clothes, you see, all these hanging there. You see, because they are right-sided they want to pretend that they are left-sided. It's a big joke, you see, from here to there, there to here, like that, left to the right, right to the left.

First, they took to hippie-ism, because they want to be anti-culture, this, that. So, they went to the other side. Now they are taking to the drugs which are right-sided, like cocaine, this thing, that thing. So, which, you see if you play with your being so much, what

can you do? You are destroying it completely and collectively! I mean, cocaine I don't know how many, fifteen million people are taking cocaine in here. Fifteen million. Gone cases. They came to Me in Rome and they were sitting before Me, these cocaine takers. They all going to do, "Oho, all that happen." I said, "Doesn't matter. Just take it easy." But it was rather funny for Me. I'd never seen anybody with the cocaine. But next day they were all right, normal. They have given up. But who is going to listen to as they will have military, they'll have everyone, but nobody is going to listen to Me that you can give up ...

## 1985-0528, Music and Conversation on Sainath of Shirdi

View [online](#).

28 May 1985

Conversation

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Music and Conversation on Sainath of Shirdi

[Somebody is playing guitar, a Marathi song]

Shri Mataji: Hai, Mathe.

Sahaja Yogis: Hai, Mathe.

[End of the song]

Shri Mataji: Wow, beautiful, very beautiful, very, very beautiful, beautiful.

A Sahaja Yogi: Thank you, Mother.

Shri Mataji: Hmm, just tremendous. How did you do it?

Everybody's laughing.

Shri Mataji: Marathi kaha se aa gaya?

Sahaja Yogi who was singing: Ma, English main likha hoga, translation Madhuri [unclear].

Shri Mataji: Marathi is a very difficult language to pronounce, but you did well.

Sahaja Yogi who was singing: Yes... I made a lot of mistakes at first.

Shri Mataji: We have the most difficult language. Beautiful. But I feel Marathi is a very integrated language.

Sahaja Yogi who was singing: Yes.

Shri Mataji: It's a very integrated language. It doesn't have only one style or one type of things. It is very direct and very subtle, very, very integrated language. I mean, even the jokes and things, there is no vulgarity at all. Maharashtrians don't know vulgarity. All the time they are laughing. And people can't understand so why they are laughing. Every word, you see, has double meanings and this and that, very happy people. Very integrated language, I must say.

Like my husband who have come with Me, he used to come with me to see some Marathi places, and to translate it at that instant, I mean instantaneously, was so difficult for Me. I said, "This language has a big tradition behind it, history behind it. How to translate it that fast?" One day, it happened one word like [Marathi] word came in. [Marathi]. He said, "What's that?" I said, "All right, I'll go and tell you at home, you see? It's a funny word. It cannot be explained in one minute." He said, "But what that does mean? Everybody laughs, you see." I said, "I'll tell you at home." So, when we went home, I told him, "Let's see, this man he said look like [Marathi]. So, the meaning is that supposing a person dies, now he becomes the forefathers of someone who is on this

earth. Now he is doing all kinds of sinful things. So, he is the [paapi] who is doing all kinds of sinful things. So how his forefather will feel helpless and how he will look, how he will [tend] down, you see, with the idea that he cannot throw this fellow, into his grave, grand grandson or whosoever, maybe. That it means that that man who is dead long time back and he is worried of his grand grandson who is committing sin. So, this fellow look like that fellow." He said, "That [paap]." Just see. It's such a description of a man that he looks like a [Paapyasetitar] as if he was the great-grandfather of a sinner who died long time back. How will he feel in the limbo? You see. I mean, this is one of the things; otherwise it is full of jokes. And every word, everything is so humorous. If you are in the company of My brother Ranjeshwara, Baba, the stomach starts paining all the time; just can't help it. Hmm, [unclear].

Sahaja Yogi: [Marathi].

Another Sahaja Yogi: No? I'm be able to play it with the words in and be very [rusty].

Shri Mataji: Your jazz music is somewhere near ours, jazz music. But there's no system in jazz. We have a system. But the creativity is the same style. It goes into ragas, only jazz, but there's no built-up system for that. Ours is melody, but it is very creative also, such as integrated all those things. One...

Sahaja Yogi: Sai Baba ki aarti [Hindi]

Shri Mataji: [Hindi] Sainath. Shirdi Sainath. His aarti.

Sahaja Yogi: Lalit Pancham raga hai.

Shri Mataji: This is Lalit, is a very beautiful raga, Lalit Pancham.

[Bhajan]

Shri Mataji: He was a Muslim but how they respected him. He was a Muslim but in Maharashtra he's respected as a big saint. Vibrations started. [Hindi].

[End of bhajan.]

Shri Mataji: Ha, Sainath of Shirdi.

Sainath, you see, was a, you know about Sainath in Shirdi, but he took a photograph of Sai Baba, one photographer, and his all folds were there, and on the fold My face came, completely, with My round thing, and face, eyes, everything; complete face came on it. So, the Shishya showed him, the one who had taken the photograph. He said, "Who is this?" He said, "This is my Mother. And She's going to come back one day." Now, this one, this photograph was then acquired by his son. And this, he saw My photograph, this happened in [Hindi] Ambarnath.

So, this fellow, when he saw My photograph, he came to Me and he said that, "See, Mother Your photograph was in Sainath's clothes and all that. We wrote to him this thing, that and we got a book also. And this is Your photograph. I said, "It's true." "Were You his Mother?" I said, "It's true. I was his Mother." So then, you see, this man became very greedy himself, became very greedy. He enlarged the photograph, he wrote a book, you see, praising Me, saying all these things. There's a book written down, all these things. But, you see, the greed killed him completely. He made a big temple out of it and all that thing and he made money out of it. I mean, naturally I had nothing to do with him. I said, "This is, this is no good. How can you make money out of this saint place as Ambarnath?"

Sharayuh can tell you many things about Me.

There was another guru who was staying there. His name was Jagannath Baba. And he had another, his guru was in actually in the real Ambarnath. It is there, I have forgotten the name of that guru, something like - wait a bit. So, this fellow came to see Sharayuh. He said, "When is Mataji coming to see you?" She said, "Oh, She's coming on such and such day." He said, "She must come to my ashram. I must see Her, because my guru has told me that Adi Shakti has taken Her birth and She will come to Ambarnath. So, you stay there and She will clear your Agnya." So, Sharayuh was quite surprised, you see. She said, "All right, when My Mother will come, I'll ask Her."

NOT ON THE TAPE:

So, you, "We will be joyous. You see, you have no fun in life. We have all the fun. We have all the pleasures; you have no pleasures." They say, "You dress up in a way that's very, sort of very cumbersome." Anything, I mean they, they have ideas about things, you know. They are sorted out, according to them. Their dress is very sensible and not to have the dress is even more sensible. Then, what will you give them, a concrete example?

Sahaja Yogi: [Then/Though], we can say if they are so free, how come they have to depend on a chair to sit on it?

Shri Mataji: It's all right. They say that chair is all right. We can make the chair for sitting on it. What's the harm? I mean, that's why they are developed because they have comfort. They don't, should not live like primitive people sitting on the ground.

Sahaja Yogi: They're slaves to their cigarettes and...

Another Sahaja Yogi: If, if they are on an aircraft and, and they, they are thinking that they are free to travel to Spain and they are there in that travelling and you are telling, "You are not travelling. You are just sitting there. The aircraft is not moving and I can prove it to you." So you, you can. They'll say, "Yes, in twenty-four hours I'll be there." Then you say, "No, you see in twenty-four hours I'll prove you that you will still be here." And they can; they can believe whatever they want. But the aircraft isn't still moving.

Shri Mataji: No, no, but, but it's a fact. They are richer people. They are much more comfortable. They have much more yarns in the heads than the, these poor Indians, or any other person, you see. "Why should we be saints?" They can't understand. What is the advantage? You see, for them everything must be valued, in advantage and disadvantage.

Sahaja Yogini: I would say, "If you are so free, why can't you go for walk, for walk in a park at night?"

Shri Mataji: Why don't you?

Sahaja Yogini: Why can't you walk in the park at night if you are so free?

Another Sahaja Yogini: For fear that you might be [attacked].

Shri Mataji: But they can say that...

Sahaja Yogini: They have no freedom, [though they think] to be free.

Shri Mataji: No, they'll say that even, you see that fear that one has, everybody can have, because in the park somebody can rob you.

Sahaja Yogi: No, independence and pleasure in [just playing with] some other objects not within.

Shri Mataji: [Hindi] This is our theory that there is something within. But concrete proof you have to give this mental being. They

don't believe supposing there is another life, or a better life.

Sahaja Yogi: Happiness is a state of mind. I, I believe happiness is a state of mind.

Shri Mataji: Then whatever you believe they will say, "I'm not [interested]".

Sahaja Yogi: No, no, I'm talking about people who are materialistic. They have, you know, I mean, what they want, and if they are happy in that state of mind, that's their life style. But it's the way we understood life that...

Shri Mataji: Yes, but how will you convince them that they should take to our life? How will you convince them that they should take to our life, that we have a higher life than theirs? How are we higher than them? Because they think they have fun, they have more pleasures and comfort. How do we have to tell them that how are we on a better part than they are? This is the point is. [Hindi]

Sahaja Yogi: Well, we have more senses than what a normal person has.

Shri Mataji: What? What do you have?

Sahaja Yogi: More senses we have developed.

Shri Mataji: No, that is, that is, supposing they don't know about it, that you cannot convince them. Not [related/relative] to you also, if you have to just tell them what has gone wrong. See, what you have to say that, supposing the way we have developed would have been all right, the human beings would have become better human beings. In these thirty years' time, thirty years back human beings were much better than they are today. We are, we have become so violent. I mean, in this New York now city you can't go alone anywhere, with the purse in your hand, you see. But thirty years back it was possible. Thirty years back you could go in any park, into any park. Nobody would murder you.

So if this material life has given you any satisfaction, materially if you are better off, then why people are stealing? They are corrupt. They are trying to cheat. Why, if you were going the right way? We have to become better people in the sense we should be more compassionate, more understanding, of a nature that is congenial to everyone. We should become people of greater wisdom, but there is no wisdom in modern life; there's no logic. With the science, what have we achieved is an atom bomb. We have put there like a devil, sitting there, one atom bomb, carbon bomb, hydrogen bomb, this bomb, that bomb, to be blasted any day. People are just waiting to put their finger on the button.

So, to say that we have advanced is a wrong idea. It's a myth, because human being has not ascended. Primitive man was afraid, say for example, of a tiger. One can understand, but now modern man is afraid of another man. So as human beings our quality has gone down. So whatever we have developed, maybe the matter has improved in quality, but human beings have fallen down. Now we have to improve the quality of human beings. Now, what should we do? So, for that Sahaja Yoga is there. [Hindi] Concrete proof.

Sahaja Yogi: We have to become innocent again.

Shri Mataji: Beg your pardon?

Sahaja Yogi: We have to become innocent again.

Shri Mataji: Yes, we have to become but that, to get that innocence back you see, how to get, they will ask. Then you say, "There's a way. We have become ourselves. We have become better people. We were not so good." Then they will come to you. And our children are going to be much worse than what they are. They will start killing their own parents. I mean, they are already killing so many. So, what life we got, we are giving much worse life to our children. So, in every way, whatever advancement we have

made, might have improved the conditions, comfort, or whatever it is, but human beings have not improved. That means these things are not required to improve the conditions of the [human beings].

Human beings are very treacherous these days. You cannot trust anyone. I can tell you, thirty years back you could trust anyone. You had much better friends. You had much better people. Nowadays you can't even, I mean, a Sahaja Yogi may not be able to trust another Sahaja Yogi. The situation could be that bad. I mean, a saint, imagine saints, born Realized people can smoke, can drink. This is Kali Yuga. So, what have we achieved, this kind of a horrible atmosphere where only satanic forces can reign. That's proved it, all right? So, we are no more compassionate, we are not sharing, we are not enjoying each other, but after Sahaja Yoga, you get back everything. All right?

Sahaja Yogi: Many things.

Shri Mataji: May God bless you.

## 1985-0529, Mental Projections give us Illusions

View [online](#).

29 May 1985

Mental Projections Give Us Illusions

Public Program

San Diego (United States)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

I came to San Diego long time back and I'm very happy to come back here. When we talk of truth we have to understand that truth is not what we understand through our mental projections. Mostly the mental projections give us illusions. There is no reality behind them. Truth is an experience of the central nervous system. For example if this is cold I can feel it, it is cold. Even if a child touches this, it can feel it, it is cold. If it is hot we can feel it on central nervous system, that it is hot. In the same way the truth is to be known on central nervous system, not through mental projections. While we live on mental projections some people come and talk about truth, we think he is the man standing on truth. He represents truth. Somebody talks about compassion - we believe he's very compassionate he's very peaceful. But compassion does not speak, it is silent, it acts, it works. So one has to understand that to get to truth, to get to reality one has to cross the barrier of mental activity. Unless and until you understand this simple point, is going to be difficult to give Realization to people.

This is the basic trouble in the western countries that they think that they can conceive truth through their mental projections and that's why they have many types of truths. So how do we achieve it? How do we conceive it? What is the way? How did we become human beings from amoeba? Scientists must ask this question: "How did we become and why did we become? What was the purpose? Why the nature works so hard to make us human beings? Is there any purpose of our life?" We have not achieved our purpose. Is something in transition still. That's why there is confusion. There is confusion because we live on relative terminology, relative world. We are not in the absolute. Everything becomes absolute when you feel it on the central nervous system.

Now the confusion also comes because we always accept something that comes to us very new. Anything new we want to jump into it. Anything new we see, try it, why not? If you say: "Why do you do it?" they'll say: "What's wrong? We are seeking God, we are seeking the truth, we must go to hell even if it comes us to, maybe. Anything new we try, but not in our lives we don't do that way. When we have to discover something about anything, say about electricity - we do not just try something new, but what we try through the knowledge of the past, through the tradition of finding it out. We try to find out how far it has gone and where have we to reach.

But in spirituality we want to try everything that is new. And the shopping starts because we have not known what is the truth. Like somebody told Me in Poona that there are some people who are very sick, group of people, very learned people, very sick. They are suffering from high blood pressure, cancer; they are suffering from heart troubles and diabetes, very serious patients. And they are all seekers. I called them. I said: "What's the matter with you? Why should you suffer?" They said: "We have a guru." I said: "If you have a guru there's more reason you should not suffer at all. Why, why is it?" So they said: "The thing is, You see, the name of the guru was one Mr.[GURUVANI]. Names are also very funny of these people, I must say. But he said, this gentleman, that [THAT'S, THERE'S] something called [SHAKTIPAD]. I said: "What is that? I've never heard". [THAT'S, THERE'S] something called [ARUNOPAY, TARUNOPAY]. I said: "I've never heard of these things. From where does it come? It's not in the Vedas, it's not in any Puranas, even Adi Shankaracharya has not described it, Nanaka has not talked about it, Kabira has never said anything. And of all the persons Gyaneshwara, he never mentioned it. What are you talking about?"

So they gave Me a book which was written seventy years back, by some mad cap I think, giving some new ideas. And all of them are mad after it without finding out. And they are saying that when the Kundalini is awakened people get the heat, they become

mad. In that book it was written that people start jumping like frogs. Imagine? Are you going to become now frogs? I don't know what happens to logic when it comes to religion. Is very surprising that those educated people in India should forget all that was written about Kundalini, all that was said about Self Realization from ancient times, one after another in an evolutionary way and suddenly take to something so stupid as that. Like a tree grows, a seed through the living process becomes the tree. And suddenly you jump on to a plastic flower, saying: "Oh, this is something new." It has no relevance whatsoever with the tree. You may tie it up to the tree and say: "Oh, that's the flower coming out of the tree".

This is one of the biggest snags in the seeking of the seekers of modern times. I came that time, long time back, and I warned people: "Be careful!" I didn't know this kind of madness was going to come out, but I felt there's something funny about that. So somebody comes and turns your Agnya chakra, you start seeing light. It's an experience, just a sensation it is. What have you become? If you can see the light then you are not the light, definitely. What have you become is the point. I feel very nice, good... Is that the thing you were seeking? What do you expect to be? So first of all we must understand that your seeking must be relevant to what has been sought before in every seeking.

Let's take Christ. They don't like to take His name these days. It's become so funny. Thanks to all the religions that were created out of these great incarnations on this earth. Whether take it Hinduism, Christianity everything's just the same. So what did He say? He said: "You are to be born again", all right? So they put a certificate "born again", self certified "born again" is walking around. And when I said that four, five of them got up with a Bible in their hand to hit Me. And I just felt like laughing and really laughing at them. By hitting Me are they going to become Self Realized? Are they going to be reborn? You must face the truth as it is. If you want to avoid it, it's very easy. But this is the last chance. Human being has learnt many things but has forgotten one thing: that every time we have missed the truth. Let us not miss it again. So Christ said you are to be born again. Nicodemus says: "That means should I enter into the womb of my mother?" Because after all Nicodemus was a Roman. Indians won't ask such a question, they know what it is to be born again but after all Roman gentleman, you see. So Christ explains: "Whatever is born of flesh, is flesh. You have to be born again by the Holy Ghost." Who is the Holy Ghost? What did He mean? Christ was allowed to exist somehow or other for three and a half years only. What is three and a half years amongst ignorant people? What can you explain to them? What can you talk to them?

I came here seventy-two. Four years I was struggling with seven hippies in London. What could Christ do? How could He tell you what was the Holy Ghost? Kundalini is the Holy Ghost, reflected within you. That's the Holy Ghost, which is to be awakened spontaneously as a living process and as a living process you have to become something just like a flower becoming a fruit. Transformation has to take place. In Sanskrit language they call a bird as dvijaha and also a Brahmin, the one who has known the Brahma the one who has felt the All-pervading Power is also called as dvijaha, meaning born twice. But an egg becomes a bird, is not some self-certification like we are Christians, like we are Muslims, like we are Hindus or we are the twice born or whatever you may say. And we are quite satisfied with this self-certification and we accept: "All right, so I'm this, I'm that." You are nothing but you are the Spirit; that's what you have to become, becoming is the point. Is not a mental projection, an illusion but the becoming is important. And how do you become that? What do you do about it? Simple question. What did you do to become a human being? Did you cut your tails? No you did not. You become spontaneously with a living process. What is that power which has worked out this process of our evolution? And the same power is going to trigger that last happening where you become the Spirit.

Let us accept very humbly that this is what the nature has to do. But if you say it is effortless they can't believe it. How can it be? You must stand on your head; you must run for five miles before becoming a Spirit, or all kinds of other things. I don't know what other things people can do: jump like a frog, maybe. But the simple thing is to be understood that living process take place spontaneously. How? How does a seed grow? The Mother Earth has the capacity and the seed has the innate quality and when you put the seed in the Mother Earth it sprouts. You don't stand on your head for that. Or do you pay any money to the Mother Earth? Poor thing doesn't understand your money part. And then you say you cannot take any money, which is really irrelevant; it's a big joke, you know? You are paying for your Self Realization just I can't understand. I'm too naive to understand this part of the marketing. Then they say: "No, how can that be?" You have to pay for everything and you have to pay for your Self Realization. By the way, how much did you pay to become human beings? And to whom?

So one must first of all understand that it's a spontaneous living process, which has made us human beings and the same living process is going to make us the Spirit. And when that happens there has to be a transformation within us and the transformation of wiser people, saner people, normal people, healthier people and not stupid, nonsensical people. But what I find, the seekers are getting more and more stupid... Surprising. Since I have come these seekers have become drug addicts or another nonsense, some sort of a perversion or another nonsense - punks or I don't know what to call them. So for a Mother when She comes back, She sees Her children into these new phases, She doesn't understand. What to say, how to tell them that you are seekers you are seekers of ages. You are a special category of people. Even as late as hundred years back, William Blake, the great poet, has said very clearly that "Men of God will become prophets and they will have powers to make others prophets." Is very clearly said. You all have to become prophets, the powers of divinity, not bestowed by any church or certified by any theological thing, but through the grace of the Divine. And then you have the power to make others prophets. So then they will say William Blake was crazy. That's the best way to certify someone like that and be satisfied. So let us understand first of all that truth is what it is. It will not compromise with you. If you have to accept the truth, you have to accept one thing: that it is beyond your mental projection, your mental personality. You have to go beyond your mental personality to perceive it and then the whole thing becomes logical.

Today you are born in the most important times when thousands of you have to get your Realization. Say San Diego I come all the way, how many we have here? I go to Rome, there are four thousand people. I go to the foot hill of Himalayas, there are six thousand people, I go into Indian villages there are eight thousand people. But I must say that there are seekers born in America, no doubt. But they are lost into all these ideas, which are just mental projections, put forward by someone here and someone there. Now it's a happening that has to take place, the awakening of the Kundalini. Traditionally it was accepted that the Holy Ghost has to give you your second birth. In the Bible, it is called as the 'tree of life' or 'tree of fire' and is said that: "I will appear before you like tongues of flame" and that's how these chakras look like. In the Koran it is called as 'asas' [base, foundation], the Kundalini. And it is said, I mean Mohamed sahib talked more about Resurrection than about the doomsday. But to them the doomsday is much more important; you can frighten people and make them fanatics. Resurrection part everybody has tried to forget; better forget the Resurrection part.

So He has very clearly said that: "At the time of Resurrection your hands will speak." If He was the last why did He talk of the future? Every one of them has talked that you have to have your Self Realization, your second birth to understand the Divine. Without that you cannot understand. Buddha went to this limit to say that: "Don't talk of God, don't talk of anything else just first get your Realization, first thing first. Same with Mahavira. He didn't want to talk of God or anything else. "Better have your Realization." They reached the conclusion the more you talk about these things the worse it becomes with human beings. But even if you see the Buddhists and the Jainists, you will be shocked. So now with all this confusion let us face the fact that we have to become the Spirit. Now what you have seen here and you have been told about is the knowledge of the roots. We can say in the west the tree has grown too big. You are not bothered about the roots, that's why every time we get reports, it's shocking, the shocks of the future. We don't know what's going to happen, suddenly we are going to collapse, or God knows. All kinds of shocks are expected in the future

But one should find out that there must be something sustaining this tree, we must find out about our roots. But to find out about our roots we have to become subtler people. With gross development we cannot do it. So we have to become subtler persons. But this could be also very misleading because we must understand also how our ascent is going to be worked out. As you see here, on the right side when we move, we move towards our future, what we call the supraconscious. By moving to the right, becoming futuristic, we lose all powers of the left, which is the emotional side, the past. If you move to the left you go to another area, which is called as subconscious. But beyond the subconscious lies the collective subconscious, which is the dead. Like your ideal "Parapsychology Foundation." Unfortunately I did not know what they are up to. Actually they invited Me and I went there and I was shocked what they were doing with this parapsychology business; was collective subconscious. And to be very frank I told them the truth that they are playing with the dead spirits. Is very dangerous. Even Russians are doing that today. As a result, you know, all their presidents are dying suddenly, nobody knows how. Is thanks to parapsychology. But in a way they are wiser people. Once they are told they will retreat. They will not find another type of a Para-parapsychology.

So when I said they were very angry with Me, they wouldn't like it because they have started a foundation. But I had to tell them, I

am sorry. I said: "I'm sorry, you are my children. I cannot allow you to go to hell. It's not proper." Now that phase is over; now I find another phase coming in, another phase coming in. So if you go to the collective subconscious you are attacked by the collective subconscious. If you go to the collective supraconscious, that's what Hitler did. How did Hitler manage Germans who were quite sane people? How did he manage them? By supraconscious activities, like lamas, you see. They gave them the full ideas how to control the supraconscious spirits, the spirits which are very ambitious people, and he mesmerized them. We should not call them regress but in supraconscious case we can say aggress. And that's how they all asked for nothing at all but for power to destroy. Imagine human beings destroying people in the gas chamber, seeing them being destroyed: children, women, all people, young people. Even in the film if you see one child being killed, you start crying. That's an illusion, we start crying. And there they watched it, thousands of them, millions. How could they do it? There must be some barrier, there must be some cover on their eyes that they had no feelings at all left in them, that they are kith and kin.

How it happens? Is the same supraconscious nonsense as you have many other institutions which are doing now, this E.S.T is doing that, E.S.T. If you have cancer you might get cured by E.S.T people. Like if you have cancer you get it because of the left movement so you can go to the right movement. But then you might end up with a heart attack. You may end up with a paralysis, or you may end up as Hitler. So either you move to the left or to the right and you can say: "All right that is what we felt on our central nervous system". That's not the point. You have to feel The All Pervading Power, which exists, which does all the living work. We see every day these flowers becoming fruit. [BUT] we don't understand. At the right time these flowers coming, they have their own season, then they fade away at the right time. At the right time the autumn comes in. Who does all that? Which is this power who manages all kinds of choices and sorting out? Like an Indian will have an Indian child, a Chinese will have a Chinese child. Who does all that? That's the power, which is All Pervading Power, which is integration of all these three powers here, which are shown. On the left hand side, as I said, is the power that [GETS US or CATERS] to [YOUR or OUR] subconscious, is the power of desire. We call the channel as Ida Nadi. The right hand side is the power of action, which we call the channel as the Surya Nadi. Is the channel of the sun. Left side is the channel of the moon. And in the center is the channel by which we have become human beings. How? By sustenance of our valances. Like carbon have four valances and human beings have ten valances. And when Moses talked of Ten Commandments He said: "If you are a human being, you better keep your ten valances intact."

That's what it is, as simple as that. So the sustenance within us, which has worked so far is of ten valances. But why the balance, why should we balance the left and right? Apart from the fear of getting into troubles, what's the purpose is that without balance you cannot ascend. If you have to ascend then you must have a balance. But thanks to Sahaja Yoga of today that you don't have to bother to balance or do anything of the kind because the seventh center is open now. With the opening of the seventh center it has been achieved that Kundalini can rise, you can get your Realization whatever you may have done in the past, whatever may be your mental level, whatever may be your emotional level, whatever you might have done to destroy yourselves, still you can get your Realization. The reason is you have to see in the little light yourself. Even if there is a little light one can see what's wrong with you, with yourself. But if somebody says: "Don't do this", supposing somebody's holding on to a snake. You say that: "You are holding on to a snake, throw it away." But it's darkness, he says: "Why should I throw? It's not a snake. I'm going to carry it." But as soon as the light comes in, he throws away.

So let there be a little light at least so that they see for themselves, they guide themselves; they become their own gurus. I don't have to tell them. And in that light they understand and grow wiser and wiser, more established in their Spirit, thus becoming the Spirit in the full way, seeing everything in the Divine light of the Spirit. That is what Sahaja Yoga is. I'm here only for two days, I'm sorry. I came to this side of America only for two days. And tomorrow I'll be here again and tomorrow I'll tell you what is the Spirit. You need not blindfolded believe Me. There's no need, because blind faith is also of no use. But like a scientist you have to see this as a hypothesis, with an open mind and if it is proved then you have to believe in yourself. Thank you very much. May God bless you!

Now if you have any questions, I would like to answer them.

Shri Mataji: Yes. What did he say?

Question reported: He wants to know what are your impressions of the systems of meditation given by Maharishi Mahesh Yogi.

Shri Mataji: What? Systems? Which one? You mean the flying squads? Horrible, horrible. The head of the Flying Squad Academy in [RANAK] he, his wife and child, three of them suffering from severe epilepsy came to me. Thank God they are cured by Sahaja Yoga. But the husband became bankrupt. He has gone to... he's gone to South Africa; his wife is now in India and the child in the school. The less said, the better about them. I think you will not put Me into controversies now because, you see, I'm not afraid of them at all, but no use wasting time on such people. They have nicely collected their money. Let them sit down now; they have done whatever they wanted to do. Six thousand crores of rupees isn't it sufficient? With so many epileptic patients going round, jumping in their seats.

Question: How do you nurture the Spirit?

Shri Mataji: How do I know?

Question repeated: How do you nurture the Spirit Mother?

Shri Mataji: Ah. That's a good idea. Actually the Spirit nurtures everything. The Spirit is the nurturing force. So we don't have to nurture the Spirit but the Spirit has to nurture us. But first the Spirit has to come in our attention. Just now the Spirit is watching, is not in our attention. When it comes in attention we can feel it on our central nervous system. All right? And once that happens then it nourishes us. Tomorrow I'm going to tell you all about the Spirit.

Shri Mataji: I'm not very good at American English so I have to...

Question reported: He says he feels good every day and he wonders if a person who does feel good every day what is then to be done?

Shri Mataji: You see main thing is that you feel good, all right, but still you do not know what it is...

Answer: I know what it is. I think I know what it is [UNCLEAR]

Shri Mataji: Yes, now what I'm saying that supposing you feel very good you should exactly know what it is, why you are feeling good. Secondly you should be able to give this feeling to others. How do you do it? That also you must know. For this you don't have to pay, nothing of the kind. All right? So is better to have that knowledge. If you feel better and better, something good is happening to you. But let's see or maybe that your Kundalini might have been awakened and it's rising in your chakras. That's why you are feeling better. But to be very sure is better to know all about it. Isn't it? So that you have the absolute, no relative ideas.

Question: The more love you give, I find more pours out and in time it's difficult to express such an intense love for God that you feel unable to express it. It's beyond expression.

Shri Mataji: It's correct. You don't have to express in words; just sitting down you can do it; just thinking about someone you can do it; just looking at somebody you can do it. You need not say anything about it but I'll teach you all that. Those tricks are to be learnt. That's a very good thing to think of. Yes?

Question: Where do you live?

Shri Mataji: I? Just now?

Question: Yes. Do you have any place to call home? Are you married?

Shri Mataji: Yes I'm married, I've grandchildren. These days I'm in London. My husband (rather embarrassing), He's Secretary General of the International Maritime Organization, one of the fourteen Secretary Generals you have in the U.E. And He's reelected four times. That's how we are planted in London. So for the all-practical purposes I'm in London but I'm moving about.

Question: I want to ask You are You [CONSIDERED] a prophet or what exactly are You?

Shri Mataji: That you better find out. You see... No, no, you will find out very easily, once you'll become the Spirit you'll find out. The reason is, you see anybody who tried to say, like Christ... He said: "I am the light, I am the path", which He was. He was the Son of God but when He said that, they crucified Him. I don't want to get crucified. I want to finish My job. So you better find out. You'll find out very soon but for all practical purposes they call Me Mother, simple. Because I may be the eldest among all of you. I'm sixty-three years of age so you can call Me Mother or Grandmother, whatever you think proper.

Question: Do You have any special suggestion for your followers about what kind of food they should eat?

Shri Mataji: About what?

Question repeated: What kind of food they should eat?

Shri Mataji: No, no, nothing of the kind. In the beginning nothing, you get your Realization first. Then if you are a liver patient, supposing you have liver problem, then we'll tell you what food you should have for some time, but then liver gets cured. Or if you have other problems, any other problem in the physical way then we tell you what is to be eaten. But there is no restriction of any kind to begin with. Automatically you understand because [ONCE or WHENCE] you get Realization you start feeling the cool breeze of the Holy Ghost, [WHAT or THAT'S] we call it, and the vibrations, the cool breeze, vibrations in the hands and you know on your finger tips because these five centers, six and seven centers on left side and the same way on the right hand side. You know what is the problem, on what center and related to that whatever is to be done you do it. So related to that we tell you what exercise you may have to do, related to that we tell you what mantras you have to say, related to that we tell you what sort of food will suit you and then you just do it because you enjoy the vibrations, you enjoy to be there. So it just works out automatically. So there's nothing general about anything, automatically you do. But so many things you drop out very fast, automatically. I don't tell anything. Once I just said that: "You can get cured of drug addiction" half of the hall was emptied. So I stopped. It's very difficult these days, you just cannot say anything. Very funny, here. World is very funny these days.

Question: Can you please speak about the connection between the Holy Spirit and Resurrection?

Shri Mataji: Oh, Holy Spirit is the Holy Ghost, is the Power of God within us, the Primordial Mother reflected as the Kundalini in the triangular bone called as Sacrum. That means the Greek knew that it was a sacred bone, that they called it sacrum. And Athens has got Athena as the Goddess. Atha means the Primordial Mother and She too had a snake like [TEE] in Her hand with the centers going round like that. But this Holy Spirit, the Holy Ghost is the power of pure desire, the power of pure desire, which gives you the ascent. She rises through these six chakras, pierces through the last one and then She integrates all of them, enlightens them; as a result your health improves, your mind improves and ultimately it gives you what you call the state of the Spirit, that you become collectively conscious. But tomorrow I'll tell you more about the Spirit.

Question: Do You teach meditation as a meditate [UNCLEAR]?

Shri Mataji: There is nothing like teaching meditation, that's also a misnomer. You are in meditation there, you are in a state where you are in meditation, because you are absolutely in peace with yourself; you are beyond thought. If you want to think, you think, otherwise you don't think. It's a state, meditative state, you become. But how to establish it and how to retain it, that of course we tell you. But very simple actions are needed. Very, very simple actions, by which you give yourself a balance, by which you try to cure your centers and you maintain that state of tranquility. But it's nothing to do with physical exercises. You will know about it in no time, you are all just ready. Like this instrument is all right, I have to just plug in, isn't it? It works. It's fantastic. In the

same way you are to be plugged in. But there is something wrong with the instrument so it becomes loose then again you have to fix it up. There what you have to learn a little bit about it. Once it is fixed you are all right. Sounds very fantastic. But it is. Like if you take your television to India to a village and tell them about it, that it's a fantastic thing and suddenly there will be a big show coming up in this television, people will start doubting. What sort of a thing it could be? But once you plug in, they'll see it is, already built in everything. In the same way you are all built in with it. Just you have to be plugged. It is very simple because you people have gone through circuitous ways, you see. One cannot believe it. I'd seen one film long time back. One gentleman got an aeroplane, you see, and suddenly he lost control, went round and round and round. He thought he was on moon, he's reached moon. And he met with an accident. Then he's thought that he's just landing on the moon. When he opened his eyes he thought he may have to just be controlling the gravity and all that. Suddenly he heard a voice calling him and it was his wife. He had landed very near his house. Because you have gone round and round quite a lot is very difficult to accept that Kundalini has to rise only from the sacrum bone to the fontanel area, that's all. That's the only journey you have to be. Very difficult to accept but it's true. Realization is not difficult, but to maintain it one has to understand that it is to be learned.

Seeker: How and where did you receive the power to awaken the Kundalini?

Shri Mataji: Me?

Seeker: In the people.

Shri Mataji: How and...?

Sahaja yogi: How and where did you receive the ability to awaken the Kundalini in them?

Shri Mataji: I had it born with it. One can be born with it. But I realized that to give en masse Realization, seventh center has to be open, first of all. That I did on the fifth of May 1970 and then I realized that with this happening one can achieve en mass Realization. But till that time I had to understand human beings, so by My subtle methods I tried to understand what was their problem, what chakras they had in trouble, how I have to work out the permutations and combinations in such a way that en mass Realization can be achieved.

So this en mass Realization I started from that day. Before that I did not speak about it because what's the use of another Bible or another Gita? Better to achieve the results.

Unless and until human beings realize that there are higher storeys of awareness within them, whatever you may tell them they are not going to understand You. So first it must be done. They have to realize that there are higher awareness states which we have to achieve, which we have achieved - and then they can go further. My Father Himself was a very great, - evolved soul and He told Me that those who are born on the tenth storey shouldn't talk about it.

They should come down and try to raise the people at least to the first or second storey so they realize there are storeys beyond because if they just talk about the tenth storey, people will think they are crazy or they'll crucify them. They'll never understand. That won't be practical. But it took some time to understand human beings. They are very complicated people, must say, not easy.

Question: Is there any good that can come out of delving into the collective subconscious?

Shri Mataji: No good; can never be. Whatever is dead is finished. Getting into collective subconscious at the [might?] you might know the number of the horrors or something like that if you are interested. Depends on your interest.

Question reported: She said Mother when you [ARE] to activate the Kundalini do you have to go into a different state to do that?

Shri Mataji: Me, Me? Me I have to go into states? No, nothing of the kind. No, no, no; nothing of the kind. I don't have to do anything whatsoever I tell you I don't do anything. I'm just watching.

Question reported: He is saying is Kundalini when You are in a crowd You can feel energy in certain people and not in others?

Shri Mataji: What sort? Do you feel heat?

Question: [UNCLEAR] You are just aware that there's an energy beyond, well part of it [SEEKING or IS HEAT] and part of it is an energy that you are aware is going in different [ONES or PARTS] but it seems to be very definite with some and indefinite with

others, but you are very aware that something is transpiring between you and them.

Shri Mataji: Actually you see it's...

The same person who asked the question: Along with the feeling of love...

Shri Mataji: Yes but still... one should first of all see it on chakras to be definite. To be definite it's best is to feel it on the chakras to know what sort of an energy it is, whether it is positive, negative, neutral. One must have a definite understanding of it. It could be anything. Like I know of a lady who came from Texas to India. She came to My lecture and she said: "I liked the gentleman who was sitting next to me, he was very fine and I felt a kind of a energy about him and all that thing, you see". I said: "Really?" "Yes, he was wearing a very big coat", she described. So I asked the boys because is very crowded India. I said: "Who was the gentleman sitting next to this lady?" So they said: "He's a tramp, he's a drunkard and he's a beggar". So I couldn't understand. So I said: "You better take your Realization, then you will know. Best is to take your Realization so your machinery is absolutely under your own control and you know what it is, isn't it?" That's what I'm trying to tell you that you must know the exact nature of it."

Question reported: He is saying it's totally impersonal and has nothing to do with sex or anything of that nature.

Shri Mataji: No, no, it is nothing to do with sex. Sex is below. This is the center of sex, below the Kundalini. That's also another myth that by doing sex, it's another myth that by doing sex one goes to God. And I just don't understand. Animals are... they must go first, before us. It's so logical you know, it's so logical.

Question reported: Can Kundalini be blocked and cause pain... Can it be blocked and cause pain?

Shri Mataji: Yes, in some people it does. But if you know how to remove the blocked then it's very soothing but doesn't cause much pain. It's the chakras. Kundalini is the One that relieves the pain, that's the One, which opens the chakras, but if your chakras are caught up you do feel the pain. I mean all diseases are because of the imbalances in the chakras, physical, mental.

Question: May I ask you about this sign on Your forehead?

Shri Mataji: This is the sign that I'm married.

Question reported: She wants to know Mother, if You could explain the desires in a person when you know they are wrong, should [WE or YOU] subdue them, or, or what should be done?

Shri Mataji: No, no, you are not to subdue any desire but you become so powerful that nothing can subdue you. All right should we have it now the Experience? Better have it because otherwise half of them will go away. We have to use some gums sometimes in the western countries for people to stick on. Stickers!

Question: [UNCLEAR]

Shri Mataji: Yes, you must have your Experience, that's the main thing, otherwise talk, talk, talk, talk for what? I mean is like talking about food and no food coming forward. Here, now. You can't hear? Really? What's the matter? All right just put...

A voice: [UNCLEAR] voice [IS] stopped.

Shri Mataji: Is it? I have to learn American English, I know. I pick it up but takes some time.

Somebody: You are doing well.

Shri Mataji: All right? Thank you thank you. Thank you very much. You are very kind. Thank you. All right so now it's very, very

simple as I told you; you are in a very good happy mood. The first thing, first requirement in all the western human beings I found one common problem (of course there are exceptions) is that they have this center very much in trouble, on the left hand side. Now this center is caught up when one starts feeling guilty and is a common feeling. I don't know why the western people feel guilty... There is nothing to feel guilty. After all, to err is human. Why feel guilty about it? You are human beings; if you have done mistakes it's all right but to forgive, divine. So the Power of Divine is so great, the Ocean of Love it's so great that it can dissolve all that is so called "the mistakes". So forget the past and remember one thing that you are the temple of God. Believe Me, you are. You are a special category of people who are seekers. So we have to respect ourselves, we have to love ourselves. I'm not glorifying you just to please you but it's a fact. So please do not have any guilt because as soon as you start talking about God people start counting you know: "The other mistake I committed was to put the fork on a wrong place" or "dropped something on the carpet". Nothing is important. The Divine is extremely anxious that you should get your Realization, extremely anxious. And have faith in the Power of forgiveness of the Divine. So first and foremost thing is that you forgive yourself fully, entirely and please do not feel guilty at all, that's the first thing. Whatever you might have done. In My lecture might be, might I've said something, which you might be upset about. Forget it just forget it please.

Though the western people sound aggressive, I don't know why, they sound only, sound it's different, it's an illusion I think. They feel guilty for very, very small things. Indians will never feel guilty, very difficult to make them feel guilty for anything. I mean here the language starts with: "I am sorry, I am afraid." What is there to be afraid or what is there to be sorry all the time? So count your blessings, be in a very, very happy mood and pleasantly placed towards yourself. That's the first request. Secondly we have to use our own action power to raise our own Kundalini. So the left hand you have to put like this with the desire power. It's symbolic of expression of your desire to get Self Realization. And the right hand you have to use on the left hand side, all the chakras I'll tell you one by one, one on the heart, then you go down in the upper part of the stomach (on the left hand side all of them), then in the lower part of the stomach, then you come back in the upper part of the stomach then again on the heart, then here the center which I told you is always in trouble, then over here and then over here. Then you have to stretch your hand and put it on the top of the fontanel bone area, which was the soft bone in your childhood and press it hard and move it seven times. One by one I'll tell you what it is to be done. Another thing is we have to close our eyes throughout this happening. It takes about five to seven minutes all together. Please close your eyes and take out your spectacles. Be comfortable. Put both the feet straight parallel on the Mother Earth like this because you have to take the help of the Mother Earth. Left Swadishthan. All right. So please now put your left hand towards Me like this and close your eyes and don't open your eyes till I tell you, because attention has to be drawn inside, which you will not feel, but if your eyes are open Kundalini may not rise. So please keep your eyes closed. It's very relaxing, extremely relaxing. Now put your left hand on your lap very comfortably. If there's anything tight on your body, which makes you uncomfortable you can loosen it. Be comfortable, that's important. But that doesn't mean you should slouch or you should bend too much. You have to sit straight as much as is comfortable with your head straight.

Now, with the left hand towards Me, all the time, please put your right hand on your heart and close your eyes. Now, on the heart, on the heart. Here, you see, is the abode of the Spirit and you have to ask Me a very fundamental question because you are like a computer and when you ask this fundamental question the answer comes as cool breeze on your hands, that you will start feeling very soon. So the first question you have to ask Me is: "Mother am I the Spirit?" You may call Me Mother, you may call Me Shri Mataji, whatever is convenient. "Mother am I the Spirit?" Slowly, within yourself, in your heart, ask this question: "Mother am I the Spirit?" three times please, just three times. Now the second question follows. When you put your right hand in the upper part of the abdomen, stomach, on the left hand side, the second question is according to the center. This is the center of the Masters, of your mastery. So you have to ask the second question: "Mother am I my own master?" Because if you are your Spirit, you are your own master. So ask this question three times please: "Mother am I my own master, am I my own guru, am I my own guide?" And please keep your eyes shut, please don't open them throughout, just keep them shut. Ask this question with full confidence in yourself. This center is created by all the great masters, real masters, sat gurus. Three times.

Now, please take down this right hand on the lower part of the abdomen, lower part of the abdomen and press it, on the left hand side again. We are doing everything on the left hand side, lower part of the stomach and press it. Now this center is a center called Swadishthana and is for the technique of the Divine Power, the knowledge, the pure knowledge. Here I must confess I cannot cross your freedom. You have to say yourself that "Mother may I have the pure knowledge?" You have to say it six times because this center has got six petals. Please just say: "Mother may I have the true knowledge, the pure knowledge of the

Divine?" Now, raise this right hand again on the upper part of your abdomen, on the left hand side. Keep the left hand towards Me, stretched. Now here on this center as I said is the center of your mastery. With all confidence in yourself, without feeling guilty, please say ten times because there are ten valences as I said, ten times with full assertion because the Kundalini has started moving now to create a seat for Her there. Please say: "Mother I am my own master", ten times. "Mother I am my own guru, Mother I am my own guide". Ten times. Much better.

Now please raise your right hand onto your heart. Here you have to say again with full confidence, with full respect: "Mother, I am the Spirit." Please say it twelve times. This center has got twelve petals. "Mother I am the Spirit." Proclaim it; assert it so the Kundalini rises with your assertion. Now, you have to know that the Divine is not only the Ocean of Love and Grace but above all it is the Ocean of Forgiveness. So as I told you that there can be no mistake which cannot be dissolved by the Power of forgiveness of the Divine. So now raise your right hand on the left hand side of your neck, place it in the corner between the joint of the neck and the shoulder and press it hard. Now, here please with full confidence, again, very much with full confidence. You have to say sixteen times: "Mother I am not guilty", sixteen times. "Mother I'm not guilty at all." Sixteen times: "Mother I am not guilty at all." Please! Sixteen times. If you still want to continue with it then better take a punishment of saying it hundred and eight times. Believe Me, forgive yourself. (Right heart. Left heart, right heart. Now better.) Sixteen times. (Better? Still there? Better now? Better?).

Now please raise your hand onto your forehead. Press it on both the sides. When we have headache how we press our head, that's how. At this point, from your heart please say: "Mother I forgive everyone." From your heart, how many times is not the point. Now some say that is difficult, it's a myth. When we say we don't forgive or when we forgive both are myths. But when you say: "I do not forgive" then we play into the hands of wrong people. So please say from your heart: "Mother I forgive everyone." Put the hand on your forehead across. You have to forgive otherwise the Kundalini won't rise. Now for your satisfaction only, for your satisfaction only please put your right hand on the back side of your head, press it hard and here you have to say just for your satisfaction that: "Oh Divine, if we have done any mistakes please forgive us." That's all. But don't feel guilty; not to feel guilty, without feeling guilty. Please keep your eyes shut and don't watch others. This is the time to watch yourself. Now, please stretch your hand, don't open your eyes; put it on top of the fontanel bone area, the soft bone on top of your head and press it hard, press it hard. Stretch the fingers press it hard and move it seven times. At this time again I cannot cross your freedom so you have to say seven times: "Mother, please, may I have the Self Realization? Mother I want the Self Realization. Mother please give me the Realization." You have to say otherwise I cannot force it on you. You have to ask for it. Press it hard, stretch your fingers, press the palm, press the palm on the fontanel bone area. Seven times move it clock-wise. Move your scalp.

Now, now, slowly bring the hand down and open the eyes slowly, very slowly. Now you have to watch Me without thinking. You can do it because you have crossed without thinking. You all can do it. You can watch Me without thinking. You can put on your glasses. With the left hand towards Me and right hand towards Me, both the hands. Now with the left hand pay attention here and see for yourself if there's a cool breeze coming in. Pay attention here. With the left hand you see, please not with the right hand, left hand. With the left hand try to see. Yes, right hand towards Me, right hand towards Me and left hand here. It's very subtle. Move it about four inches or five inches; move it up and down. Like this, like this. Palm towards the head. Ha, all right? Good? All right.

Now change. Put the left hand towards Me. Don't think; don't think, that's the thing. Just now you don't think; left hand towards Me, with the right hand. See for yourself. Don't think is the point. All right? Now, again once more. Put the right hand towards Me. All right? Is it there? Right hand towards Me and left hand on your livers. You all have liver problems also. On the liver (show them the liver). Like this. Better? It will cool down. All right? Now, put the left hand like this. Right hand like this, towards Me, right hand towards Me. Is just I'm trying to balance you. Right hand towards Me, right hand; left hand like this. Is like that. At the back, back side. Like that backside. Yes that's all, that's all very simple. It's flowing out. Better? Don't be upset. It's going to work out. And not to be anxious. It's good. It's there. Now, turn it round. Left hand towards Me and right hand towards the Mother Earth. Not yet? All right? Good. Better. There's another way: it's to put your hands up and your head up backwards and ask a question: "Mother is this the cool breeze of the Holy Ghost? Is this the All Pervading Power of God? Is this Brahma?" Ask three questions. "Is this the Brahma?" Put back your head. Now see for yourself how you feel it in your hands. Take down your hands. Very relaxed. Now last of all. We must know how to raise our own Kundalini. That's important. We must know how to raise our

Kundalini. Is very, very simple. Is... put your left hand in front of your Kundalini, just like this as he's showing you.

Now the right hand has to move clock-wise like upward, forward, downward like that and the left hand has to move straight so the Kundalini moves straight with us. You can watch him. Then you take it on top of your head and twist it and give a knot, first knot to establish it. That's it. Again, again. Watch the left hand. Now push back your head, give it a twist and tie: one, good. Now remember that you have to do it properly: up, forward, downward. That's important. Now let's do it again. Watch your left hand. Now see it will move much faster now, your left hand. Take it upward, again give it a twist and tie it up nicely. All right? Third time three knots to fix it up once for all: one, two, three. Now see on your hands. Are you feeling? Good? Good... it's there. Are you feeling there? Hot, cold? Good. Who's feeling hot? All right. Now put your left hand here, that's all for a while. If it is hot. Good, good, then right hand. See now. This is what it is. I mean this is something we cannot do. It's not like jumping like a frog or anything, it's a happening. It's good, very peaceful. Now you have to give yourself a protection, that's the last, which you have to do. It's a very enjoyable thing, just learn how to give yourself a protection and then tomorrow again we'll meet. Bring more friends here, as many as possible, because tomorrow is the last day I'll be here. This is the highest thing that we can give to someone.

Now put your left hand like this, simple. Now you have to take right hand on your auras, just like this and give it a protection: one, again the second one, is two, again is three, again four, five, six, seven auras are there and seven, done. Now see, better you'll feel the vibrations. But don't think don't argue. Someone who've not felt it in the hand or in the head? Raise your hands those you have not felt at all. You didn't feel? Who else? You too have not. All right, three. Not at all? There's one gentleman there. Some Sahaja Yogi sitting there, come and watch him. Which one did you say? There. Can you see that? Now this is what it is when the disciples of Christ, when they got their Realization, when the cool breeze came, of the Holy Ghost, they started speaking in a strange language of chakras and also they started moving their hands in such a way that people thought they were wild, they were mad. That's what it is because the power starts flowing through you. Is a question of chakras. All right? So now... [Hindi talk] Can you come out those who you have not got as it? Just come a bit. Just a minute. This is doctor [WORLIKAR] here? [Hindi talk] I need that gentleman there. Please see him.

Now don't think, don't think, that's the point is, let's see. You didn't feel it? All right, little bit behind, just go little bit behind, they'll work it out. Can you, can you take them out? Yes, this side; this side. Yes, that's better. That's better, ha. And this lady also. If you don't mind Madam can you come this side? [Hindi talk] Who is there? Somebody, Sahaja Yogi? Can you look after the lady, please? Yes, please. Sandra, can you look after this lady? Come here. This one. Now they have done it and they know it very well. Now you have to do it and you have to become masters. Is very simple, doesn't take much time. Now I think I should shake hands with all of you. Will that be a good idea? Do you mind coming up or should I go down? Whichever way you feel... [Hindi talk] Can you come up please? Hello, come here, take out your shoes.

## 1985-0530, Enjoying The Joy

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30 May 1985

Enjoying The Joy

Public Program

San Diego (United States)

Talk Language: English | Transcript (English) - Reviewed

Public Program day 2 in San Diego (USA), 30 May 1985.

[https://www.youtube.com/watch?v=S6HWS3avtfQ&ab\\_channel=TeachingsofH.H.ShriMatajiNirmalaDevi](https://www.youtube.com/watch?v=S6HWS3avtfQ&ab_channel=TeachingsofH.H.ShriMatajiNirmalaDevi)

I'm really sorry for getting so late. It happens and whatever happens one has to accept. That's how the Divine works. Everything has some reasons. Now, Dave has been able to explain to you what centers we have within ourselves and he has told you what is the mechanism within ourselves. It is all built within us during the different periods of our evolution. Every center is built like that.

Now, all this is built, like a pathway. By left and right you create the central path of your ascent. And when this pure energy of your desire ascends, is awakened, then it pierces through the last center what we call as Sahasrara, meaning the thousand petalled centre, which is the brain, we can say, or part of the brain which covers the limbic area. The Spirit is the reflection of God Almighty and it resides in our heart. When the Kundalini touches the Sahasrara, the seat of the Spirit, which is reflected in the heart, gets enlightened. That doesn't mean the Spirit gets enlightened but the attention is like a sari, which is pushed in like this, and when it touches, it pierces through and the Spirit in the heart, which has the seat here, starts entering into our central nervous system.

So the first feeling you get is a cool breeze on top of your head. That's the first feeling. Second feeling you get is All-pervading Power because now you have entered into the subtle area of your awareness. Human awareness is gross first but when you touch the Spirit, you become thoughtlessly aware but there is no thought, the grossness goes away because thoughts disappear. And you become subtle. This subtleness gives you certain powers. The first power that you get is that you become, your awareness becomes collectively conscious. That you can feel another person on your fingertips. That means you become absolutely aware.

Like, I went today to Mexico and I could feel the whole country. I knew about it before but my attention was not so deeply there. I could feel the whole country has a very bad left side problem and the left side problem is affecting even this area. And the left side problem you can feel it very clearly that your left side becomes heavy and you feel the heat in all your centers. So you start feeling the atmosphere, the country, the people and individual and yourself. So you know the problem of a particular place. I mean you may not feel that much in the beginning. You may just feel yourself to begin with.

Then you start feeling others, so thus the awareness grows more and more. In the central nervous system you start feeling the problems of other people, your own problems. But it is not that you feel them as something, which is painful or troublesome, but you feel them as little heat or sometimes little pain, very little, as if you are recording it like a barometer. And when that happens you want to get rid of it as if they are your own problem, and if you know how to get rid of it you can do it. That's what I was doing and that's how I'm late, something on the collective. If you are working on something you want to finish the job and then you want to attend to another. Don't want to leave something half done.

For human beings, it is difficult in the beginning, because from human awareness you are rising to super humanness or you can call it to super awareness, into a subtler awareness. So first the awareness is gross and then your awareness becomes subtler. But with that you do not feel in any way uncomfortable or upset, because you become extremely powerful. Such power of compassion, that you don't feel anything, no pain, no problems. The illusions disappear completely. There's no more illusion in

the mind.

Like people say that when you face something you are filled with the greed, or greed or lust. But when your eyes become pure, there is no greed or lust. But what happens that you start feeling the oneness with another thing, whatever it is, in a way that it is joy giving. Like you see someone, an attractive person, there is no sensation of baser feelings for that person but the sensation just disappears and you start feeling the joy of the creation of that person or the thing.

Like in Mexico, people have made so many things with hand. If you watch them you might think how much it will cost, what will be the price, who has made it. But if there is no thought then you see something, which looks very joyous, because you can feel the vibrations. And you know somebody has made it, who might have been a realized soul, who might have been a very great devotee of God, might have been a person who must have thought that, "This is your creation, oh God." Such a person might have made with that feeling which is to be gratified and you feel that we should take it. The matter has only one capacity that it gives joy in giving to others, so that you can express your happiness into it. So you become very subtly aware of the matter, that you start understanding the matter, what it means and what is the use of a particular thing.

In the same way, when you meet people, new people, absolutely never known, you know what are their needs, what problems they have, on a wider scale, on a collective scale, and also you know one simple thing that there are people in Mexico who are seeking God, who are to be helped, who are to be given something that they want. They may not be so much aware of it but we become aware of them. And a kind of a rapport of a very subtle type is established and you get attracted towards other people not through any lust or greed or any purpose but in oneness with the joy that they have within themselves, the joy of the Spirit. You look at them and you feel, "This person is such a wonderful person." How do you know? You start feeling the cool vibrations in your hand from that person. And you just enjoy that person for that person's sake, not for anything, whether poor, rich, good looking, bad looking, doesn't matter. You approach the Spirit of another person because you have become the Spirit.

People talk of big things, of organizing peace missions, this mission, that mission, to create a better relationship. All relationships, which are at a gross level create problems, because there is some sort of a lurking selfishness behind it. But once it becomes the spiritual relationship you just enjoy the other person without getting into any discussion about what is your gain, what is you are going to achieve through going nearer to that personality. Thus you become the receiver of the joy. Like a lake, which is rippleless, which is absolutely quiet and looks like a mirror. It reflects all that is created round it completely and emits complete joy of the creation. In the same way, the heart, which is filled with the light of the Spirit, reflects the complete joy of the creation of another person. Whatever it has in a subtle way, you enjoy it.

Then the time, you don't see, you go beyond time. You go beyond time. You are not bothered about time. Everything has got a proper timing and you start understanding that this is the time it was to be. You don't become a slave of time, you don't become slave of any habits, you don't become slave of any temptations, but you enjoy the complete freedom of enjoying the joy.

For example, we are very tight thinking what is to be done next, what this has to be, but then you start seeing the purpose of your life. Like one day we had to have a puja or a kind of a worship. They said, "We'll start at about 9 o'clock" as it is today something happened. And I said, "Alright, we'll start at 9:00." But I knew 9:00 was not all right so I reached the place at 11:00. Of course those who had to stay, stayed on. Because you need people who understand that time has no meaning when it is the Spirit. And I said, "Now, just see the Panchanga, that book which we consult for timing." They said: "Today is the dark night Amavasaya." "And when does it end?" "Just now." I said, "That's it." So everything, the timing, everything has to be worked out according to the need of the Spirit and not need of the gross. When that happens you move smoothly and understandingly the whole pattern of the Divine how it works out. And that is how you understand the dynamism of time, because you live in the present not in the future or in the past.

Actually the past doesn't exist and future has not come, we don't know what future is. To come in the present you have to be the Spirit. And when you are in the Spirit then you realize that this present is the reality, the rest is a myth. When the Kundalini rises She passes attention into an area or She penetrates into an area where there is silence because a thought rises and falls off, another thought rises and falls off. In between these two thoughts this area exists, of the present. Now...But if I say you stop at

this point, to be at this point, you cannot. Your mind is jumping either on the past or on the future. But the Kundalini is the only thing that stops you at present moment so that you don't consider the past and the future but you enjoy the present, the complete dynamism of the present and you are effective. You are dynamic. You can do thousand and one thing, which normally you cannot do and you are surprised how it works out.

The Divine has Its own plans, has Its own understanding and we cannot make the Divine to work as we want. We have to accept whatever the Divine does and manages and then we see the miracles of the Divine and we are surprised how efficient It is, how beautiful It is, like a machine. We feel the efficiency of the Divine but above all we feel the compassion, the love, the understanding of the Divine. But first we must rise up to that. And for that one has to grow in the awareness of the Spirit. If we cannot develop the awareness of the Spirit, we lose that magnitude which we have to achieve. So what is to be respected is the Spirit after Realization, because it gives you the truth.

To understand the truth you have to be the Spirit, otherwise whatever you understand is falsehood, is not the truth. Because of your mental projection you think that that is the truth, is not so. For example now, if I am sitting on this chair you won't know anytime that I ever sat on this chair. But supposing there's a realized soul who comes round, immediately he will know that there was someone like Me. For example I say that Mozart was a realized soul. How do I know? He's dead now. Because you can feel it on vibrations that he was a realized soul. I say, "Abraham Lincoln was a realized soul." Not because the way he lived or what he did, that what just an expression or was the symptom of his greatness but because when you think of him you get cool breeze in your hands, tremendously cool breeze, soothing, which crawls over you, "Oh, that's Abraham Lincoln."

We do not know where we spend our time, what people are important to us till we are the Spirit. We waste our time catering to something absolutely useless, and then suddenly we discover: "Oh, God, what a waste of time, what a waste of energy, what a waste of money. This man was a cheat. He cheated me. This work was all falsehood. Why did I waste my time there?" After Realization you become the absolute. There is no relative value, you do not judge anything relatively, you just know what is absolute and once you know the absolute you are cocksure about it, there's no wavering. Thus you become an extremely powerful person and you know the truth about everything.

Now the truth is very simple that you are the Spirit and you are not this body, you are not this mind and you are not this ego or your conditioning but you are the free Spirit, that's the truth is. But it is not just a mental truth but is actually so and has to be actualized. The third thing that happens to you apart from your awareness becoming the truth, the complete knowledge, you become the source of joy, not that you only receive the joy but you become the source of joy, the source of bliss and the source of peace. Wherever such a person goes, it just soothes.

Yesterday you saw a lady, she had very stiff fingers. She couldn't move them and as soon as I said, "What's wrong with your fingers?" she started moving them. She was amazed how she started moving. Just my attention, just one question. I said, "What's wrong with your hands?" She just started moving. She said, "Am I cured?" First she said is some nervous trouble and then she saw, "Oh, it's moving, it's all right, cured." How? Because you get that power within yourself of compassion, which doesn't expect anything, it just works and acts silently. Just paying attention to that person itself is sufficient. Just one glance at that person can save that person from any kind of malady. It works but of course it is true also those who are not deserving at all, those who are crooked people, those who are cruel, say for example Hitler, you cannot give him Realization, can you? He has to suffer.

So, also these illusions that we have about people, that oh we should be kind to everyone, we should be nice. The kindness of the Divine to the crooks is not the way we look at it. The kindness to the crooks is punishment. It's a wrathful God. It punishes crooks. Many people feel that, I mean it's a [UNCLEAR] mental attitude to say that everything is illusion, so crookery is also illusion. It is not. For you it is just a mental attitude, that's all. For the people who are in the boat is all right to say that the ocean is an illusion but not for the people who are in the water. That's just a mental problem that they think it's not an illusion or a illusion, it is not the fact with them, it's not actually with them. But once you rise above that, to you it is an illusion but to the Divine it's a duty to correct it. And Divine looks after you. All the blessings of the Divine starts showering upon you and you are amazed how it has worked, how it has helped you, how it has done good to you. You are amazed how all the things that you

desire you get. Your desires change. You ask for something and you just get it. Because these desires that are there are based on something that Divine wants.

Like one we had a doctor who was working in Riyadh, and he had a feeling that he should go to Abha, which is a place very much down trodden and where he thought Sahaja Yoga will work better. So he was very anxious, he wrote a very anxious letter to Me, that, "Mother, please see that I go to Abha." That letter he had just posted. He tried his level best, he couldn't do it. Had just posted, I never received it, even then he got the appointment. So, the whole attitude towards life changes. Like today if you ask Sahaja Yogis, they said, "Mother, we must go to Mexico." I said: "How far is?" "Fifteen, twenty minutes." "All right." The reason is they wanted Me to put My attention to Mexico. They are not limited to America only. Now, Mexico is important to them. Let's do how we work it out.

Otherwise people could have had some other desires, other things. Little desires like having a house, having a car, having a job, these are all fulfilled in no time. There's no problem on them. Krishna has said, "yogakshema vahamyaham." When you get yoga, when you get realization, you get your well being, your health improves, your mind improves and last of all you become the giver of gifts to others, in the sense wherever you are, you are auspiciousness. You are so pure that your purity fills the atmosphere with auspiciousness and this auspiciousness when acts, you are amazed how people are helped and how people are granted these beautiful blessings through you. And you get aware of it. You understand it.

That's what we can learn from the lives of Christ and all other such great personalities who came on this Earth, how they worked out things for others and how they granted them whatever they desired. You become absolutely dynamic as far as the creativity is concerned, you become great creators if your interest is in that, you become great healers as they call it, but not that you heal persons by charging them money or talking about money, but only being in the presence of these people you just heal them.

You become the source of all corrections, but the corrections are not mental that you give a lecture to them, "Now you don't do this, and don't do that, and you shouldn't do that." Just works out. Just people just melt into that compassion which you are. You don't have to fight anyone. You don't have to struggle. It just works out. It's so powerful. The most powerful power is of love, of pure love and this purity when emits through you, you are amazed that why people have not used this power of love. They have only used the power of hatred. All these problems drop out. Your family problems, your city problems, your national problems, your world problems all drop out. Because all problems come from human beings who are yet very selfish, very secluded, very abnormally attached to limitations.

The whole thing works out so beautifully and we have to create such personalities. For that God has sent on this Earth great people. I see everywhere, they are very great people, very special category of people who understand that they have to play a role in the working of the Divine, and they work it out in such a manner, that they contribute to the well-being of the whole universe. America, I must say, has been the least concerned country about this, I must say. Is the poorest as far as evolution is concerned. I'm sorry, but has been so. They have had all kinds of gurus here, all kinds of things but in Sahaja Yoga I find them, they are not there. I'm quite surprised at it, that their interests are so funny, that they have such limited interest in life or what I don't understand.

I've been to this country many a times, of course not so much as I've been to other countries. It was every time I have come, I felt that they have to still come up to a point to see that truth has to be accepted, is to be received. Because if the truth is exposed to people who are not yet ready, maybe it will be all lost. It's like the story of Christ where He describes the seeds, which fell on the rock, some fell on the right ground. This is what it is and I face it up. I feel sometimes that such a great country like India, which is now awakening very nicely to Sahaja Yoga, which was just a slave country for 300 years. Or we can say there are countries like Italy, which are very important but were sort of always neglected, treated as something useless, are coming up, because Spirit is higher than anything else. Politics, economics is nothing for Spirit.

Now, let us see what happens in America. Let us see what is going to awaken them. I don't know what is going to stir them. Because they are also placed in the Vishuddhi chakra. This is the centre where America is placed. This is the most important centre also. And if this centre is not going to be awakened then one has to see to it that something happens. The Divine might

rock and shock and tell you that better accept to your spiritual life, is important. Is very important that we should hold the Divine in our arms and try to accept that. People don't realize it, that it is not proper to live with mundane life, day to day life but should think of the wider repercussions that can have on the people who do not think of the calamities that can fall on upon them if they do not accept the truth. Truth must be accepted.

You see the countries which have vanished, like Romans who were such great countries. They had a fall. Why? Because they took to a life which was destructive to such a limit that I've heard some people saying, "We, we have a right to destroy ourselves." You have no right at all. You cannot create yourself and you cannot destroy yourself. So one has to realize that if we have any right that is one to be the Spirit, to be that power, which can make others the Spirit, which can make others the source of joy, what they are. This is the epitome of our evolution.

This is the last judgment as I told you and the Kundalini is going to judge you. Kundalini is going to judge you. It is not anybody is going to weigh you and say, "You are such a weight so you are all right" or "Your brain has so much weight so you are all right." But the judgment will come to you when your Kundalini will rise. You will judge yourself. And you will judge yourself by denying or accepting the Spirithood, the oneness with the Divine. That's a fact. I must declare it to you. Because that is what is very important to understand and as a mother I feel very concerned, very concerned that such a big population should not go a waste, just a waste because they could not realize the importance of their being, of their own life, of their own role as spiritual beings. May God bless you all.

The lecture can go on because on the Spirit I must have given at least, I don't know, about at least hundred lectures so far, only on the subject of Spirit. So it's an endless job. And every time I say something people say, "Mother you have said something very new." So the knowledge is endless but you become the knowledge. You yourself become the knowledge and you start understanding it. Only thing is you must have as a duty, respect for yourself and the importance of responsibility that you have to be the Spirit. That's why you have come on this Earth as human beings at this time. This time is very precious and it's not a fashion to be a seeker, but it's something that has to happen to all of you.

Yesterday you people asked me many questions and I think I answered most of them. Some of them were very good questions but some of them were a little very simple I think, but nobody was aggressive. But on the whole I think that maybe San Diego is a place from where we may be able to save America. I didn't have any program anywhere in Los Angeles or anything, but I came to San Diego. But you have to know that if this is the place we have to get people who are of that quality. I don't know when are we going to get them but I hope we get those people of that quality. Even a small nail can hold a sari. In the same way a little place looking like San Diego can save America.

May God bless you all.

So we'll have the experience now. It will take about five minutes for you because if all the chakras are discussed already the attention is on that. Is very simple to put your hands towards Me.

Sahaja Yogi: Everyone step off their shoes, will you?

Shri Mataji: It's better. [to the Sahaja Yogi]. You've done a good job. Ah

Just put your hands towards Me. Just like this.

[Shri Mataji takes vibrations of the audience]

Left. Now, left hand towards Me and right hand towards the Mother Earth. We'll give you a balance. You need not close your eyes just now, let's see. Put your right hand towards the Mother Earth. As I told you yesterday left side is our conditioning, conditioning, subconscious and collective subconscious, very much at work here. But also is an emotional side.

Now put your right hand towards Me and left hand towards the sky. Right hand towards Me, right hand towards Me like this.

Sahaja Yogi: Put your left hand towards the back.

Shri Mataji: Are you feeling the cool breeze in the hand? You are already thoughtless, there's no thought, but just see if you are feeling the cool breeze.

Sahaja Yogi: It's better [inaudible].

Shri Mataji: Much better

Are you? Let's see.

[Shri Mataji blows in the mic].

All right?

Are you feeling any cool breeze in the hand? All right, now put your left hand on top of your head, just here, fontanel bone area. Are you feeling? It's a very subtle thing. Are you? Pay attention.

Shri Mataji : [to the Sahaja Yogi]. Working out, good? All right.

Now, change over. See the left hand, with the right hand. Just pay attention there, see. Believe that you are the Spirit. So just you have to say in your heart, "I am the Spirit", in your heart. Say it seven times, it will work out.

Releasing. Is it all right? Are you feeling the heat coming out? Little heat. All right, now turn, change, see now. Right Swadishthan.

All right?

Sahaja Yogi: Right Swadishthan

Shri Mataji : [UNCLEAR]

[Shri Mataji washes Her hands with water].

Now, just see, if it is working cool breeze.

[Shri Mataji blows in her hands].

Feel it. Just put your hands like this. It's good. You are all thoughtless. If you see, there's no thought in your mind. And complete silence. Enjoy this. This moment is going to transform your life, take it from Me. You may not realize today but you'll realize it very soon.

Ah, strong. Have faith in yourself, that's the main thing. It's beautiful. Now, all those who are feeling the cool breeze in the hand or in the head, from the head, please raise your hands, all, both the hands like this. Could you believe it? Most of you. May God bless you.

Except for one or two. Maybe you have come for the first time. Have you come for the first time? All right, maybe, we'll see you, it's not difficult. Today it's very powerful day, is worked out. Now know that you've found it but establish yourself. This is very important is to establish. Luckily you have a very good centre here. And we have to work it out through San Diego. From this side and from New Jersey from the other side. We have to work it out.

All of you must remember that you have got your Realization. I don't want to take any promises from you because I depend on your Spirit. Respect it. Respect your Realization. Respect yourself. Now you will find you have a purpose in life and just understand how this Divine power works and how we can manage it and control it, how we can manoeuvre it and how it works in the larger interest, in the higher interest, in the nobler interest, in the righteous life. You become that and others also become. May God bless you.

It's a time that clicks and that's why one should understand why somebody's late, why somebody's early. All right. These two gentlemen and there are some ladies here who haven't got the Realization so I hope the Sahaja Yogis will help them but I'll come down to shake hands with you.

Those who haven't got Realization please raise your hands and don't wear your shoes. Just they'll come down and see for yourself. Please be seated. Just five minutes more. Five minutes. Don't be in such a great hurry.

Person: [UNCLEAR]

Shri Mataji: I'm sorry, I'm just saying that you wait for five minutes, I'm coming down and we'll see, those who haven't got Realization will get it. Don't be in a hurry. What's the time now? I better ask because you all seem to be very much in a hurry. For what? Do you know I travel all over the world and I mean you know I don't earn anything out of it, as such money wise and tomorrow I'm going to New York, then to Switzerland, then to Spain, all over the places. But how do I do it? Because I'm paid in the way what we call is beyond human awareness - the joy. And that's what one has to achieve. So don't be in a hurry. Nothing is going to run away from San Diego, I can tell you. Let's see. They are not so speedy. They are not so speedy like New York.

[Note: Shri Mataji gets down and meets all the people and talks to them. It is not audible.]

Sahaja Yogi: If you want to come forward to meet Mother you can just come in line just one by one to meet Mother. I'd just like to mention that we will have follow up meetings coming up this week to try and help people to develop their Realization. [He tells the location and time of upcoming programs].

## 1985-0531, Devi Puja: Steady Yourself

[View online.](#)

31 May 1985

Steady Yourself

Devi Puja

San Diego (United States)

Talk Language: English | Transcript (English) – VERIFIED

Devi Puja. San Diego, California (USA), 31 May 1985.

May God bless you.

Please be seated. (Just to record, hmm?)

It's such a pleasure to be in the ashram in San Diego. And it's such a beautiful place, so much expressing the love of God, the Divine, the way it wants to help you at every step. If you want to have an ashram, if you want to have a proper place, you want to look after your children well, you want to do God's work, everything is looked after, everything has to be worked out. If it is not worked out, then how will you do your work? So, it all works out. And it's so obvious, the way we have different ashrams, such comfortable places at a very reasonable amount that we can afford, that we can live happily together. This is the abode created by love for you.

So, the first thing we have to remember, that among ourselves we should have complete love. [Marathi] We should not trust people who try to divide us, who try to give us wrong ideas. It's very easy to make out a person who is a Sahaja yogi from the heart. It's very easy to make out. You have to be a little more sensitive and you'll find out such a person very easily. Whatever may be the cunning, it can be discovered. Nobody can act against God now, because everything will be discovered and will be found out.

But we have to have our attention fully on your Mother. But some people do get little more fanatic because they are so attached, doesn't matter, you'll come round. But is better to be fanatic than to be doubting. So those people who do things little over, should commit to a life that whatever they see, whatever they understand in Sahaja Yoga, whatever happens, they will accept it without any anxiety about it.

This is the point, that we build up our images about Sahaja Yoga also. We cannot build up – it is what it is. We cannot build up our image that we think Sahaja Yoga should be like this, Sahaja Yoga should be like that – it cannot be. You cannot compromise, you just cannot compromise. It has to be what it is. It cannot be anything that you want it to be. You cannot mould it, because it is fixed long time back. Now it is what it is, and that is why it is working out so well, so efficiently. But to make it more efficient you have to accept its working.

Like yesterday's timings, you see: I knew there must be something, and the time was not yet ready. The time I spent here would have been spent raising their Kundalini, unnecessarily wasted. Instead of that, five minutes I took, it took Me to give them realization. So, it's, everything has to be understood in that light. Gradually you will start seeing the divine play, how things work out, how it helps you.

But supposing God has brought something before you. Dr. Worlikar told Me a nice story about this which is very interesting, that between the Goddess of wealth and the Goddess of education there was a little conflict. You can say education or the Saraswati, which if neglected or if too much adored can make you egoistical, in the sense that if you become a person who is after learning, learning, learning, you can be thrown on the other side.

So, this lady wanted to test the power of wealth. So, She said to the Lakshmi that "All right, let's see, on this person." This person was a beggar, he needed money, and very much. So, Lakshmi put lot of money in a big utensils, what we call handa, and put it in

his way. This fellow was walking, so Saraswati entered into his mind. As soon as Saraswati enters into the mind he became egoistical, and he didn't even look at that, he just walked off. That was his need, but he walked off.

So, it suggests one thing, that when people become egoistical, start making their own plans, start making their own suggestions and images they form, then what happens that the Divine, which is trying to supply for your need, for your wants, for your solutions, disappears. This is what happens, that we do not allow the Divine to have its play. This is not only on material level; it is true also on emotional level, it is true also on our physical level, but the best of all that it is true about spiritual level also. So, we should not miss the point. Let the Divine play its role, and we should be able to see.

Like Krishna has said, "Karmanyevadikaraste" – "It is our job to do the job." Now we've done the puja, aarti's done. I said, "All right, if we can do it, all right; if we cannot, I'll go by the evening plane." I am not bothered, whether I go by morning plane or evening plane doesn't matter. I'm absolutely relaxed. We discussed certain important points had to be discussed, some time had to be spent; that has to be done, that's part of our life. So, I'm not anxious that I should go by one o'clock plane. All right, I'll go by the night plane, makes no difference to Me.

So just to have a very relaxed mind, to watch how things come forward. People unnecessarily – [Marathi] – So ....

Now when we understand that the Divine is having its complete play, its own working, the whole thing is working for us, for you, the Sahaja yogis. Once you realize that, then you feel absolutely relaxed and you are in joy. But when you start, "Oh, this should have been like this, that should have been like this," then everything is against joy. Whichever way it comes is all right. Once you develop that attitude, then the joy will be complete.

I have seen in emotional life also you if people suffer too much. The reason is, for everything you start thinking.

Now in India, how we get married is very simple, you see. From childhood we are taught that "You'll be married, so you must learn how to live with your husband," and a man is always told how to treat your wife. But they don't know who is the wife and the husband. But the husband and wife is just a sort of a symbol. They don't know which one it is; just could be anyone. So, once you accept her as a dharma, it comes as a surprise to you, and just enjoy. And the whole thing is built up to a point, to a moment which has to be auspicious also.

Of course, they consult the horoscopes, that's an important part, because horoscopes if you don't consult, could be quite disastrous. So, they consult the horoscopes. And if there are so many points – they say twenty-six points is ideal – then they get married, otherwise they don't. Now it's not necessary that we do not meet or we meet. Sometimes the people meet, talk to each other for one year, may be that their marriages are postponed, there's no auspicious time. They get some time to be together, but never in private; they never go into privacy. So that moment is kept as sacred moment, when you are going to meet your husband or wife – that's a very sacred moment, so you are concentrated on that point. So suddenly it is decided. Now, you keep that moment as sacred moment. Even sometimes it happens that you get some time in between, quite a lot, after decision; could be that you have to continue as a feeling, seeing that person, this. But then you do not divert your attention, it's completely concentrated effort. It clicks, because you just accept it.

But here people live together for three years, then they marry and divorce. I mean I can't understand, even if three years you live, seven years you live, ten years they live, still they do the same. So, what's the use of knowing each other for so many years, still you divorce?

But it just clicks if you understand that it's a concentrated movement where you have everything concentrated, and you just meet the person and accept that person as your companion. Maybe one or two fail, but if you don't think about it, it won't fail so much. Because after marriage you start thinking, "Oh I expected this, I expected that. I thought this would be so; that's not so." And always trying to find fault with another, not with yourself – that's the best part of it; not seeing that how you are adjusting to that person. Once you start thinking about marriage, marriage is finished, already done with. As a child is born to you, without thinking what sort of a child is going to come, you love the child, in the same way in the marriage you'll have to develop that kind of a concentrated feeling. Then only marriages will be successful.

But here, you see, like when you purchase something, you buy something, all right, then you think, "Oh, it was not good, I should have bought something else, would have been better," this, that. So, you go to another thing. Things are different; things are things. Human beings are living things, they are not dead things that you can change one from another, "I could have got that one or that one." You cannot go on like this with human beings – you're playing with the Divine then.

And this is the main point where we feel that Sahaja yogis have to learn to accept with joy, with happiness, and not to project nonsensical ideas. Then only you will find your joy will be complete. Otherwise it will not be.

Then if you come, say, to the physical side: like here it is, if a woman is very thin, she wants to have legs like this, hands like this, body like this. Why? I mean, imagine everybody to be regimented into certain patterns, so much of the waist, so much of the thing – horrible it will be. I mean you'll be tired and fed-up with that. So, you want to be like that.

Now the fashion comes in that physically we should be Mr. America or whatever you may call it. So everybody is doing jogging, everybody running like mad. But why? You have your own personality, keep it up. You need certain things for your body, the way you are. Of course, if your health is not all right then you try with your chakras, cure it. But to appearances, to think that "I should look like this, I should be like that," makes no difference at all.

So again, another madness starts, so people are very unhappy. You see, you go to these very so-called elite classes where most of the men are very highly paid, educated, top class people, women are also educated, everything, and what they talk is this only: how much calories you eat, this is that. You don't understand, what's the matter with these people? Their level is so low. That's a decent talk, and if they come to indecency, they can go to any level also there. So that shows that there has been no evolution in that person. They just think on those terms. And that's how they become very serious, very seriously they discuss all this thing. You feel like laughing at them, the way they are stupid. So, all these things are regarded as so important in a country like America or any other country, shows the kind of people they have.

I mean, in India nobody is so much bothered about the figure. At least in My age people never liked very thin girls, because they thought they must be very irritable, hot-tempered, all the time thinking. They never liked very thin girls I really tell you; even now My husband doesn't like. He says, "You see, men have befooled women, and that's why women are doing all these things." You see, he's a simple man, so he thinks that the men have befooled them. So, it's like that, and then they make legs like this or teeth like this or nose like this and you take a plastic nose, put on – why?

So physical also imbalances come in when we start thinking. Because when we think, we collide with another thinking, then we form a general thinking, then a general pattern is accepted. When that is accepted people say, "All right, let's have it." First, they used to have very tight clothes, you see, and one girl was boasting to Me that she wore it for eight days and she can't take it out now. I said, "How, how did you manage?" She said, "This is something that you can wear and jump into the tub, and then it shrinks and you can't take it out. You can have bath with this, you can do what you like with this." I said, "It's very filthy." "No, no, you can wash it nicely and wipe it." But I said, "Why, why do such a thing which will completely coagulate your blood inside?"

Now they started suffering, so now they're having absolutely loose clothes, you see, lanky-pankies, casual, this thing. So, they jump from one to another when you go on thinking about it, trying to devise new methods.

But tradition is different. Tradition is that when people are traditional, what happens actually, those people who are sensible can only become traditional, because they understand whatever is to be discarded, whatever is not to be discarded. And they try to understand how we are going to ascend. Not by taking one side, but on both the sides we must weigh and balance ourselves and then go ahead. And whatever is to be discarded to be discarded, whatever is to be good is to be taken up. Like what you call the trial and error business. You see, you make the error – all right, give it up; then take another – all right, give it up. Whatever is good, you keep it and go on with it, and that's how you build up a proper tradition for other people to follow.

But those who think of the new things all the time, they want to have something new all the time, then they are very much

mistaken, that when they do like this what we call is a tomfoolery. With the new things they can land themselves into terrible messes, and that's what exactly has happened to most of the Western countries, that everything new they try. Now the new craze is cocaine – all right, have cocaine. I mean, even I would not be surprised if Prince Philip takes to such a thing or somebody takes to thing like that. I mean, everybody wants to try new, and if you say you cannot try then they say, "Why, why not?" This is a very big problem with the Western mind.

So, you all people should also understand, don't try new things in Sahaja Yoga. Sahaja Yoga is a traditionally built thing. Don't try anything new in Sahaja Yoga. Whatever we have is more than sufficient, you don't try anything new. People who tried new things have jumped into problems, so do not try something new. Like somebody said that nowadays, you see, I heard in London we had some people who started giving lectures and giving new methods of Sahaja Yoga, suddenly. And they all went mad. I mean, their vibrations were crazy, I didn't know what to do with them. I was quite surprised. I said, "Why did you try a new method like that? What was the need to try a new method?" "Oh," they said, "Well we thought, better try this one." But I said, "I have already told you all the methods. Have you tried, have you perfected yourself? Better try those which I've told you, and then you can ask Me and then start something new. But you must understand what you are doing."

And also, I've seen mediocre Sahaja yogis always do like that, try some new method. And they'll come out with this thing, "Now I'll tell you how to circulate your breath." Why to circulate your breath? Suddenly they find out a new method. Is a common thing, but these are sometimes could be very sinister people also, so be careful. There is no need to try new methods. Now you have jumped on to that awareness where you have to just be steady. So, don't try at this point something new. Just steady yourself, steady yourself in balance – that's very important.

Second point is that everyone should be knowledgeable in Sahaja Yoga. But some people are so funnily knowledgeable that I'm sometimes surprised. Like there was a fellow who was homosexual or nonsensical thing, and then he told some people that "Yes, you see, Mother says it's all right once in a while." I never said so. I can never say such a thing. Then somebody said, "Drinking – all right, Mother said." How could I say? There's no compromise. Somebody says, "It's all right, you can do some business." I never said so. No, you cannot do, these things are not, they are not meant for you. You don't have to do it at all. Right?

So, anybody who comes out with such ideas, you tell them "nothing of the kind." There's nothing like that, there's no compromise in Sahaja Yoga, no compromise. Whatever methods we have learned, let us practice them to establish ourselves and establish others. You must keep to your maryadas, to your limits. Do not try to fly. Some people think that they are greater Sahaja yogis and they will do this and they will do that. Then remember, that is wrong. You have to humble down yourself, and remember that when you humble down you will realize that only the humble people are steady people.

So, there should be complete humility. Try to acquire more knowledge about Sahaja Yoga. There are so many ways. I have got all My tapes done already, we have got all these Sahaja Yoga books out now and also your "Nirmala Yoga" is there – so many ways by which you can understand Sahaja Yoga. If you don't understand, you can ask each other, try to analyse it the way you want to understand, that what Mother is saying, is this is what She's saying. Because My lectures are in very, very simple language. I use extremely simple language, avoiding all literary language as far as possible of course; sometimes I do have to use difficult words, but normally. So, but beyond that is a very subtle knowledge flowing. So, to understand that sometimes may be difficult, you may try to sort of construct something else out of it, may try to sort of interpret something. If there's any such problem, better consult somebody whom you think is capable of advising you. But you must accept that. You should not put forward your viewpoint, and it would be very wrong. Then you will be sort of like a derailed train which goes out of track.

We have a track in Sahaja Yoga, you must know that, whether you like it or not. It's no question of freedom, but the track to ascend. You cannot get out of that track. If you think you can just move about a little bit, have a nice time with all filth and then come back to Sahaja Yoga, you won't be acceptable. If you do that then I'll have to work hard to cleanse you out, do this, do that. But to keep yourself clean you'd better keep to your tracks and don't get out of it. Don't try to find out new things of doing something which is not necessary; why do it? I mean, simple thing is to understand it's a waste of energy. I've already found it for you, why do you want to do it again?

Like this kind of a blouse I've been wearing now for the last, I think, fifty years or maybe more, this type of a blouse. Now My tailor knows that I wear this blouse, this is this, this is this. He has got My measurements. So, I have to just tell him that "You get Me a cloth of this kind, and just make a blouse for Me." He makes it. For the last so many years I have had, about twenty-five years, I had one tailor who does My job. He has no headache, I have no headache, no problem.

Every day if I have to change this pattern, make a new sleeve and a new type of a blouse, I'll have a headache, I mean, I tell you. So why, why do that? What's the use? Who sees, who is affected by that? So unnecessarily we are wasting our energy on these things. But I don't say that you should be regimented, by any means, but what I mean that wherever you can save your energy of thinking, you should do it.

For small, small things there's no need to have varieties, and this country as I've told you before that every tap has to be different, every handle is to be different, every tile has to be different – what is the need? What has to be different is artistic things. Sari has to be different because it is artistic. But what is in a stitching of a blouse, there's no art in it involved. So, whatever is artistic can be different, but whatever is mundane need not be. In the machinery why should you have different types of things, you'll go mad. You go to a shop, there's twenty types of things, you don't which one to buy, all made by machine only. This is good, that is good. Then another fellow he comes, he says, "Not good." Then you feel hurt. But if you have for mundane things, few things is better, that you do not take too many headaches upon yourself.

So best thing to avoid all these problems is to use your new awareness of vibrations. So, you save your energies. Your energies must be saved, and they can be saved if you do not pay attention to things which are not your style, where you don't have to go. Just see vibrations. If I go for shopping – now I go shopping for various reasons, as you know. One is to put My vibrations there; another is to put also vibrations on the people who are in the market. Thirdly is to look at all the things, so My vibrations go onto them. Fourthly, to buy something to be given to others. But if I like something it is only through vibrations and I buy it somehow, because it is to be given to someone or something has to be done later. I just buy it, keep it, it comes very handy.

That is how your attitude should be. But on the contrary if you just go on, "I like this, I don't like it," about your wife, about your jobs, your everything, you'll be uncertain. These days in America people are very funny about their jobs also. I have to touch these points, because you'll face this problem. Today they're doing some job, "I don't like it, I don't like my boss" – another job. Then they'll go to another job, they change it. Then third job, change it. They like to change, you know, all the time – it's maddening, I tell you. Change their wives, change their house, change everything. Why? Have only one wife, is better. At the most have two jobs in life, is better. And at the most change three residences, is better. But more than that is a headache. I mean, to Me, I have changed forty houses because of My husband's temperament. But I'm different, because I'm absolutely a person who is not bothered whatever change comes. But you are not the same, so don't waste your energy. So, this is very important to understand, not to go on changing jobs, is very important. Because that is also a craze, I tell you.

I'll tell you about Douglas. He used to do that. Every time he had financial problem because he was changing jobs. So one day I told him off. I said, "Douglas, if you change this job" – because I saw the vibrations are all right – "if you change this job, that you are not going to see Me again." And now today he has got a house, he's got a car, he's got money in the bank, he's doing well. So that also is a headache for Me, "Mother, I have no job, I have no money. What am I to do?" Every time there are people who come to India, they say, "Mother, I have no money, I'm sorry I couldn't pay You." All right, doesn't matter. There are at least, this last time also there were five people. But before that I think there were about twenty people. So, every time it happens like this. So now we must understand, we must have proper jobs. We have to be respectable people. We must have proper qualifications, if possible, better to get some qualifications. You are all very intelligent people and you can get your qualifications. You should have a respectability in the society. Otherwise they'll think that this Mother is the Mother of all the beggars.

So steady yourself in your jobs, in your houses. To steady yourself you must learn not to change. The change makes you unsteady – do you see the point? So, there is no question of changing. "I'm going to go through it." Then if it is necessary, if it is not workable, then one can change. It applies to everything.

Now, guru-shopping is nothing but change. The more gurus you have, the greater headache I have. If you have only one guru, say horrible one, it's all right, easy to clear you out. But if you have been to twenty, whatever am I to do? One fellow who has been to gurus so much that I couldn't understand his personality. I said, "What's the matter with this?" Every problem, you name it and it's there. I said, "What sort of a fellow is this?" So, I said, "All right, write it down all the names of all the gurus you have been to." He wrote three foolscap papers on both the sides. I said, "I'm sorry, sir, I can't help you." He said, "Mother, You have to, because there's a very immediate problem." I said, "What is the immediate problem?" "That now I am becoming a woman." I said, "Hah?" "The doctors have said that now I'm becoming a woman." I said, "That's really an immediate problem." I said, "That much I can stop, but you need lot of cleansing." And he used to sometimes look like Hanumana, sometimes he looks like a madman, he used to look like anything, because so many gurus in him were working it out. Ultimately that he got himself cleansed out and his problem was solved, but even now I would not say that he is a Sahaja yogi; though he's very learned, knows all about Sanskrit because he has been to so many gurus, every type of guru he has been. This has come by change – "what's wrong?" So, once you come to Sahaja Yoga, then stop. Stop everything else.

Second point that I stressed was this, that in Sahaja Yoga once you come, focus yourself to Me and Sahaja Yoga first, and then other things. Like Christians when they come to Sahaja Yoga, they can't accept Ganesh. Indians who come to Sahaja Yoga cannot accept Christ. Muslims who come to Sahaja Yoga cannot take to puja. Everybody is coming with a load behind them. So better come and put them at My feet, finished. Now you see them through My prism, through Me – is better to understand that way. And those who have understood Me that way, just understand Sahaja Yoga in a perfect manner. There's no fanaticism of the past, neither of Sahaja Yoga either. So, they understand that this is all the same as Mother is, and there's nothing to be sticking onto one thing or to another. But it doesn't mean that if you call Me the Goddess Kali you are insulting Me, or if you call Me Mataji Nirmala Devi you're elevating Me – it's all there.

So, one has to understand that all this is related to our own compartments. God has no compartments like that. It is not that America exists in His mind, or it is not that anything exists in mind. Do we exist like "now I am only my Vishuddhi" – do we exist like that? Or "I'm only my nose" – do we? We exist as the whole body. So, God exists – though He has a nose, He has His ears, say, everything is there; but He exists as God. He doesn't exist like a nose, separate, doesn't exist like only America separate, but He's existing as the whole, everything related to the whole.

And when such a thing happens to us that now we are related to the whole, the Primordial Being, we should not relate ourselves to something that will localize us because of our conditionings. No localization should be there, we should be in circulation.

I find it difficult for people who have been Catholics to worship Shri Ganesh with the same respect, because they are conditioned. So, try to leave it for a while, Christ, completely leave Him alone. Come to Sahaja Yoga, then you'll see Him in proper light. Because this is the problem is, that unless and until you come inside and see for yourself that all roads have come to this one thing, so they are just the same, there's no difference at all.

First come inside. Give up everything, come inside. Then you will know that it's all the same. And this is very important, and once you see that, it's such a beautiful thing that you have no complications of any kind, belonging to any particular cult or particular guru or a particular thing. Even so-called religions are like cults if you see to it, they are like cults, they have conditionings. They have not given you anything but conditioning and illusions. So, we are not to live with illusions, we have to live with reality. And the reality is that, that all these essences are one, and we have to be inside them so that we can see them, all of them as one.

This is also very important thing in country like America, I feel, because there are such diverse ideas, such diverse ideas that I, I'm surprised at them. Everything you name it is in America. The other day I developed one thing called Mormon, Mormon or something. Mormon. Name it and it's in America. I don't know how all the varieties have gathered here. Every sort of a guru, I mean, you discover them here. I had never heard of so many names. Whenever I come, I'd find a new guru coming up. Why America is the place where all these prosper like this, like mushrooms, you see? A mushroom is growing, that is – is it a rotting thing? Only mushroom grows as fungus. Is it rotting, this country? What's happening? Why? It is the mind of human beings.

The mind of human beings here always wants a new thing, and that's why a supply comes. As a result of that they become unsteady. So, the main problem of American character is that they are very unsteady people.

You ask them, "How are you?" They also say .... Understand whatever you like. They'll never say "How are you?" .... What do you understand with that? I mean, an Indian person can't understand. If somebody says like that, an Indian, you see, if you ask him, "How are you?" and he says like this, they'll say, "Are you mad?" Then if you ask them, "Do you understand this?" "I'm confused." An Indian will never say such a thing, "I'm confused." He's cocksure. "I'm confused" means, are you a lunatic or what? Why are you confused? Something wrong with your brain?

So, all these ideas, you see, are tending towards our unsteadiness, frivolousness, superficiality. You are really bombarded by superficiality, bombarded, I can see that. Absolutely from everywhere, you see, the media, this, that: it's nothing but superficial. It really kills the inner germ in the human being. And you want to live with it, then you want to think on those lines, and really you lose yourself, all contact with yourself is lost.

Under all these circumstances one has to know one beautiful fact, that so many seekers are born in this country. It's America which I visited the first. And I'm sure San Diego is the place where it will start, I have a feeling. [Marathi] So this is a place very important, and I'm nice, I'm happy that you have arranged this wonderful puja, and we should do this puja. And I am sure by this we will have a time, especially good time coming where we'll have on one side American evolution, on the other side, Mexican. This we can work out from San Diego.

It's a beautiful day that you have asked for this puja. I'm very happy about it. Today is the day of the Goddess, [Marathi] –Thrayodashi. Thrayodashi is the best, thirteenth day. [Marathi] See the vibrations, you don't need any puja! There's no need to have a puja, really, it is so much today. So today is a great day, and I'm happy he's asked for this puja here.

So, now to begin with .... Now if you have any problems, any questions, you must let Me know. One thing, a Sahaja yogi should not be a serious person, that's one thing. That doesn't behove a Sahaja yogi to be serious. You should be smiling, laughing, enjoying. If he's a serious person then he's not a Sahaja yogi. I can't keep serious for more than five minutes, at the most five minutes. Even if I have to scold somebody, I prepare Myself, then I come down and I shout, and then after five minutes if I don't run away then you'll find Me again laughing. Can't – it's all a joke!

So, nobody should be serious, that's one thing. Nobody should be serious. You should be always smiling and happy people, because there is joy within you. What is there? Only by thinking "I'm miserable, I'm miserable," you see – that's French style! French, you know, when I went there first time, they told Me, "Mother, You look too happy" – for French.

So, I said, "What should I do?" Said, "Do You see, they are all very, they think they are very miserable people, this, that." So, I said, "All right." So I went and said, "Now see, you are all les Misérables" – you know Victor Hugo has written this "Les Miserables" – so I said, "All right, you les Misérables. Now I am a person who is not miserable at all. And you will be miserable in any case if you have, every third house you have a pub, every tenth house you have a prostitute, so what will happen? I mean, you are in for it." That's what it is.

And even Yogi Mahajan told Me that "Mother, we want Your photograph which is very serious, it is hard to get one, and we must put a face which is very serious." And ultimately, he ended up with a photograph which was horrid. When he told Me, "It's a very nice photograph, You look so serene," this, that and all the descriptions. When I saw the photograph I said, "It's horrid!" He said, "Really?" I said, "All right, let Me tell you who has done this." He said, "Who?" I told him the name and he was shocked. I said, "That's the lady who has given you, and you know where she is today." Was shocked how I told the name "Jane." I said, "This is the photograph you are sending to Americans." But I know Americans will be attracted by that photograph, because they are miserable themselves, you see. But such people who are attracted to that kind of a photograph will drop out in no time, they will not stick on – you don't understand that point. They are not the type who'll stick on.

Like in Scotland, I went there and there was a photograph I saw, and I got a shock. We had gone to a restaurant where we were to

have our food, and I saw My photograph and I said, "Who has done this one?" They said, "This is the copy of one of the Australian ones." I said, "But who has done it? Because this is not good – very bad." So, they said, "This is done by someone, suddenly." I said, "I'll name the person," and I told them who has done it: Hilary. They were all amazed at it.

I said, "This photograph is no good." But now they had put it everywhere. I said, "Let it be." So many people came to My program, all funny types, you know. Some had one eye, some had one nose, some had something else wrong, everything missing. "Oh God," I said, "this is the thing of the photograph." And not one person came back. We had at least about five, six hundred people for the program, all like this, you see. [Marathi] And none of them came back, not one person. All bhoots, attracted by the bhoot; and I could see on My photograph that it was just repelling it.

So those who take My photograph also reflect in the photograph. You must have seen Ray's photograph come out very well. I don't which one is Ray's here, but Ray's photographs used to be very good. And this time Ray, he has a funny wife, I think. He went to India, and Indians told Me, "Mother, I don't know how this Ray is so ruined." In India it doesn't happen. Once a Sahaja yogi, then they improve. But this fellow was just the opposite – now what to do?

They said, "Mother, he's all gone down, what to do?" I said, "Must have been something wrong. What to do?" When I came back, you see, Ray brought three or four photographs of Mine. When he showed, everybody was shocked. "These are not Mother's photographs." And he had to withdraw them. This is what it is. Same Ray who made such beautiful photographs was having horrible photographs nowadays.

So, in everything what you do, everything that you achieve, you can make it out. You suddenly become an extremely posh person, you can say, with a finesse, once you are a good Sahaja yogi. Everything comes in proper stream. You can make it out, very simple ways of such a person are so pleasing and so soothing.

So, on these points I have covered lots of things which I wanted to say, and that end with it I would say that as Vishuddhis you have to become the sakshi, the witness. You have to become the witness. And to become the witness there has to be a detachment. That doesn't mean you live on a shoestring by any chance, but try to have a detachment.

Thank God this time the experience of the Sahaja yogis from America was not so bad. They were very good people, they adjusted themselves well and they enjoyed themselves. It was fine. And I hope more and more will come and will enjoy themselves. And as you know the new programming has taken place. Is better you people tell us if you are coming or not. But also, don't change last minute, it creates problems for us, for everyone. So please don't change; if you're not coming, it's all right. You will have a certain date, by that time you decide, don't change. You see it's only Americans who did this, nobody else. And we told people, "Now no more, let's give more chance to Americans are coming, we should give them more chance; so no, you are not coming."

So poor things, they came for ten days, five days, because we could not arrange for them. So, you should not change your ideas. If you are coming you can decide up to a point, if you are coming or not coming. If you are not coming you just say, "Yes, we are not coming," or if you are coming you just say, "Yes we are coming," and you do it. At least that much you should not change. So again, I request you to keep to your schedules and things, because it really upsets the whole thing. Because now we are working on the rhythm of the Divine, and we have no business to upset the rhythm. You may be Americans, but as you know in Sahaja Yoga Americans are not placed very high up. You know that very well. And we think Italians are much better off; they take to Sahaja Yoga just like a fish takes to water. So Americans have to work a little harder, they have to do little more to get to that adjustments.

What to do? Such a great a country, so many seekers, but they are already ruined – what am I to do? Trying My level best. You all should help and understand the difficulties, and you have to be kind to the newcomers and see that you put them right. So, we have to think of our ascent from San Diego, and from this corner we are going to enlighten the whole of America.

For practical purposes I've decided that Dr. Worlikar should be in charge in the eastern side [Marathi] – western side. For us, New

York is already western, all right; and the eastern side is, the New York side can be managed by him. Because there's a, like a two countries it is, two countries, two different types of thing. So that is how it is to be managed.

Money matters: you should do deal with money matters with his consent. So, I told him how I do it is that the money is kept in the bank under the name of the registered name or whichever way it is, and they have the check book, but I have to sign. So, you keep the check book but he has to sign, so he sees what you are spending. So, check is there. Or you do the same there, see, so that she keeps the check book but you sign, so you know how much is being spent. So, there's a check. Of course, as far as you people are concerned, I know it's all right, but still ....

Why I do so many things, just to make you understand. Like if you give Me puja money I keep a packet of that. I keep an account of that. There's no need: who's going to ask Me what did I do with the puja money? But I do, I do keep it. And then what do I do with the puja money is that I want to use it for your puja materials, puja things, for presents and things. So I keep. I need not do it, that's My money, at least that much is Mine, but My pleasure is such. So that is how one must know that if Mother is so strict with it, why not we?

You have to give money in puja, no doubt, because that has to be. First, we used to take one "p". (Maybe Shri Mataji means 'pound') Then I went to two "p", then to five "p's", ten "p's" – it has increased like that. And for these pujas then, for the main pujas that we are going to have, one on New York, they have decided certain amount. That is your decision, I never said anything, because I was only up to one pound, I was there. Then I don't know, I got lost with these people. So whatever they decide, that is there, is the money that is collected under the name of puja, which I have to take for the Nabhi Chakra. You have to do it with heart, just like the Shabari style, and everything will fall in proper places.

So, one can say that Sahaja Yoga is not an extreme thing. We do give money; only the Sahaja yogis can donate money. Say, for food here you have to pay, for the house you have to pay. You do pay, you don't live here like parasites. We don't want parasites around us. But it doesn't also mean that you rob a Sahaja yogi completely and make him a pauper, and build your own Rolls Royces!

So, it is not also the other way, that you people rob Me. So one has to understand that Sahaja Yoga is give and take, in a proper certain manners, and that has to be properly done with grace, with understanding, with a beautiful feeling that we are all part and parcel of the whole. And for which America is responsible, because America has to become the Virat. The Vishuddhi has to become the Virat. What a responsibility! So don't quarrel among yourselves, don't quarrel among husband and wife. Try to be one in complete unison, enjoy each other. That's very important. All right.

So may God bless you. [Marathi: This is Virata's place] Even now the Right Vishuddhi is catching. All right.

[Marathi – directions for puja]

Now, I want those people who have not washed My feet so far, should come forward. One by one. [Marathi] Let them handle the situation. Danny can do it. Danny, you also come here. Now, two persons at a time will do it. [Marathi] It's very cold water. [Marathi] Very good, very good. Very, very good. Rub it. Rub My feet.

Now just see your vibrations. All right? Good? May God bless you. Now come along. (Should be warm.) [Marathi] Come along, both of you. May God bless you. Rub it. Put it on this one. Rub it. [Marathi] Done! Now, come along – see your vibrations. Now, keep smiling like that, it's all right, it's all right – the sari can be dried. May God bless you. On the eyes and the head, wipe it. Come along. Very good. May God bless you. Hold it with one hand, tight, and another hand, rub it hard. Ah, good. You can feel the vibrations well. Your right, left heart, rub it – the last finger, pull it out. Last finger, pull it out. It's got it. Now, see your vibrations. May God bless you. On the eyes and the head. Come along. Your face has changed with this! All right? Good. May God bless. Perfect.

[Marathi] That's all. Come along. That's better. Right, now hold it tight. Rub your full hand. You see, the hand, your hand is to be

rubbed, not My feet. Pull that out. Pull it tight.

[Marathi] Mm, good. I think we are all right. Now just sit, this side. All right? You can't keep it. Put it on your head. On your head, and then wipe your eyes also. May God bless you.

I think you come with him, that's all right. It's all right. A little water. Now, they can use the same water to do My feet. Come along. May God bless you.

Now, .... Hold it. Rub it hard. Rub it hard. [Marathi] Now see. Now. All right? See the left is – a little bit. All right. While sitting, just put the left hand towards Me, right hand on the Mother Earth. Good? May God bless.

[Marathi] Good. Now, just see yourselves. How are you? All right? Not yet, feeling? Good. Very good. May God bless you.

[Marathi] Put your left hand here. Rub it.

All right. Now see for yourself. All right? May God bless you. [Marathi] Just put it on your head first, and then on your eyes. Good, nice. Feeling fine? Shiny, eh? Little bit you can lift from this side, this one; this side, yes. That's all right. [Marathi] Done! See yourself now. May God bless. Have you washed? Her husband? He's washed My feet? (In 1981). You both? Both have washed? All right. So, do you want to wash it again? (Yes) All right. Now come. Are you all right, Jeshua? Better. All right.

Let him play with the water. Close his hands. Ask him to play with the water, would be better. In the water. Ask him to immerse his feet in the water. Rub it on Mine. Wash My feet. Good, good, good. Then touch My feet. Now put his hands on Mine. Good. Hallo! All right.

So may God bless you all. He's all right now. You have washed, both of you have washed. [Marathi]

Just put more water. Pour all that, I think. And more is needed. That is better. [Marathi]

Ya Devi sarva Bhuteshu.

Hundred-and-eight names. You said hundred-and-eight names you have got. Hundred-and-eight names. You showed Me thousand names you had. These are ... hundred-and-eight. These are the hundred-and-eight names? .... Of Mahakali. Oh, take a hundred names. It starts with Shri Mata? Take out that one, all right? .... Sahasranama. Yes, we have Shri Lalita. [Marathi]

This is the praise, after the Goddess killed the two rakshasas called Shumba, Nishumba. They're all again back on the seat. So now the praise of the gods, you have to do the same praise. Now, we'll start – you know that up to a point he will read it, and then he will tell you that you have to put it "Ya Devi sarva bhuteshu" – he'll tell you "Buddhi" so you should put it, "Ya Devi sarva bhuteshu Buddhi rupena samsthita." You know that – "Namas Tasyai namas Tasyai namas Tasyai namoh namah." [Marathi] First he will say the beginning of it. This is how the gods, you see, praised the Goddess, when She killed Shumba, Nishumba. So .... The first of all you have to give the – what you call – the ghee. But there is no spoon. For ghee at least you have some spoons. [Marathi]

Also the moon. She's like moon. Face is like moon .... Just water.

"Sarva" is the essence. Sarva Karini: She's the one who's the ruler of everything. Ati Saumya, Ati Rudra Hai: Extremely gentle, and extremely harsh. (...) We are the intelligence. She's the intelligence in every human being. She's expressed as intelligence, pure intelligence in every human being. ....

So you just say "Shraddha." And now you repeat together. You say "Shraddha" – now say. Nidra.

Should be sugar and then water.

Unmarried girls now. [Marathi] Unmarried. [Marathi] She used to do it always in Bombay. [Marathi] You also do it the same way. [Marathi] Now. [Marathi] You should say, "Sakshat Shri Mataji Shri Nirmala Devi namoh namah. Shri Mata sakshat Shri ..." – what

do you say? Just say, "Om twamewa sakshat Shri Mata," that's all – "namoh namah." Yes, that's all. That's all.

[Yogi: These are hundred and eight out of the thousand names of Mahadevi given in the "Shri Lalita Sahasranama."]

First is "Shri Mata." So now say it. [Marathi]

"Pataka nashini" – killer of all the sins. So that's why I said, don't feel guilty. She's the killer of all the sins. Maha-pat: the greatest of – Maha-pataka nashini.

"Nistula" – means "uncomparable." [Marathi]

You should first of all touch here. First. [Marathi] Go and wash your hands. Unmarried women. Unmarried.

[Marathi] With the Para-shakti, all the work which it looks at all happens.

"Yogada." [Marathi] I have given you the yoga, you see, the union.

"Labdha. Punya-labdha" – by the punyas. You see, if you have no punyas, you cannot find any. So if many people are lost, you shouldn't worry; they have no punyas. What can you do? "Punya-labdhaa."

"Shobhana-sulabha-gati" – "Shobhana" means "gracious", "sulabha" means "easy" and by that, "gati" ... "movement." You get to the, your realization through "Shobhana-sulabha-gati." There is no disgraceful behavior, or it is very beautifully done, and also "sulabha" is "easy."

"Shubha-karini" – Giver of auspiciousness. [Marathi]

Not the red. No, not the red. Now, two. [Marathi] Unmarried women. [Marathi]

One, one person. All right, all of you! All of you have to hold it in the hand. Now, hold it in your hand, all of you, here. Now from top. Yes, just hold it, right hand. Hold it with the right. Here, one can hold it. Now, put it. So thank you.

"Pasha-hantri, Pasha-hantri" – [Marathi] You see, they are under bondage. She's the one who kills all the bondages, pash.

May God bless you.

Pavana Krutih (marathi)

"Vandaru-jana-vatsala" – those who bow to Her, She is ... She is kind to them like a Mother. She mothers them. Those who bow to Her, She mothers them.

May God bless you. [Marathi]

Sorry. I'll tell you how it's to be done, you see.

Now all right? You have to go from forward backwards, otherwise the hairs start coming forward. Is it all right for you people? Just hold it. This is rather a big one, you see, just – just a minute, I'll take it. Hold it, eh? I'll just put it right. Just hold it.

In Krishna's – this is Krishna's country, you see, and it has to be everything upside-down. All right.

Big problem! Now let Me see. Now it's better. Yes, it's better idea. Put it that way. I look like a Red Indian lady; Inca, Inca-style. All

right? Both hands.

Somebody should take a full photograph. I hope you get some miraculous photographs.

Aarti ...

[Marathi] Just give a bandhan there. Kundalini's just clear-cut. No, anti-clockwise. No, no, there, at ....

Just bow down. Let's see. Keep bowing down. We want to see your Kundalini. It's all right. Now you try on him. Just move it. Swadishthan. Center Heart. So hold it tight, hold it. He's all right. You just see his Kundalini, at Nabhi.

Just bow down. Is he all right? Left Swadishthan and the Nabhi. You come now. Bandhan there. Now you are all right. You are all right. Everybody. Let us see everybody. It's better to watch it.

You come along just one minute. I want to see everybody's Kundalini. Now, it's good. Now Doug, you are all right. You are all right.

But in the Vishuddhi, throat, little bit. All right, now, let's see, one by one. Now just put both the hands forward. Just see, his Kundalini. Come along. See, his vibrations. Ah. All right? No, left – not all right. We'll see, now. Michael. Hold your breath. Hold your breath. Hmm. Leave it. Leave it. Ah. Nabhi. All right? Are you all right? Let's see. Started now. You are perfectionists, all of you! He himself is a perfectionist. Heart.

Done! Been worried a bit too much. Nothing to worry. It's done now, all right? She's all right, now. She's all right. Are you all right? Why? Hold it, hold it there. Hold your breath for a minute. Leave it now ....

You come here. This lady. Yes, you come here. She's catching on the center Heart. Now, hold it. ... Sit down, sit down. Now, bow. Hah! Leave it. Center Heart ... Void ... She's been to some gurus? You have been? .... I don't know what is it .... What is it? (Lady: It's called Builders of the Adytum). Builders of the? (Adytum). Atom? (I think it's a Greek word) .... Center Heart you are catching. Hold your breath, please.

You leave it. Again hold your breath. Hah! Leave it. Again hold your breath. Are you better now? Hah! Leave it. How are you?

Left Agnya. You're all right. Is she all right? See her vibrations. She has to work it out on her left. Left is problem, I think. Center Heart [Marathi] Ah! Now it's good ... Now. All right. Have you got one like that? Smaller one?

... Are you all right now? You got caught up with others. Don't get worried. Nothing to worry. First class! Put your right hand towards that. That's right. And left hand towards Me. Now. Why do you hear so many things? Just now take it ...Very good, excellent. Tell her how to do it. Little this side. You tell her, little this side. Put it, hah ....Left Nabhi.

How is he? .... left Swadishthan. Better? How many days you did that? Not for a long time? About how many years? Put it next to the light. Higher. Fixing the light there.

In between, you have to hold your breath.

Marathi] Ah! Good. You're all right now. All right? What happens in Vancouver? Must meditate regularly, that's the real way. Now, let's see .... Patricia.

She's from a very strict ashram – of Bala the great! You are perfectly all right. You are all right. No problem.

Bala is coming here, like Hanumana, to America very soon. But you see, when he starts all correcting and all that he's all right, but

then sometimes he gets so tired, then he becomes a complaint master, you know – isn't he? So I have told him next time you don't complain to Me about anyone, otherwise he'll get ....

... is done. All right, he's done. Excellent! You are right, all right, come along. You are perfectly all right. Yes, now come along. If you want Me to see you again.... You are perfectly all right. Very good. For trade (?) you have to now stick onto your job, all right? It goes from right to left, right to left – that's not good, eh? Just try My trick! May God bless you. I think, you'll be all right. But you see, your Heart catching, all that is because, if you start changing jobs, it works on you – put your hands towards Me.

You are all right, James, and despite Santa Cruz! May God bless you. I'm really very happy about it. I didn't know you worked there in Santa Cruz. That's something I'm very much worried about. May God bless you. I'm very happy that you are there. Something is working out. It's good. You are very good. Santa Cruz otherwise could be – [Yogi: I should stay in Santa Cruz?] Yes, I think so, you can. Very few people can, without catching, so you'd better stay there. So may God bless you.

Now, who else? So everybody has been? (marathi) Very good. Excellent ....Now. Better take out the ... if you can. It's mine, all right, take it out, doesn't matter. Better? That's how you can treat people, you see? Ah, now. Left ... left Nabhi, left Nabhi. You are all right. Hah, now, better? Better.

[Yogini: Should I not wear the other rings?]

Better not, because sometimes your chakras are not all right. They give a pressure .... What? Yes, that's what is needed. Who else? Come along, come. Nabhi ... Swadishthana ...artistic? Hah! It's all right. Working in the restaurant, so you can have ...! She's all right. Come along now, who else? Ah, better, isn't it?

I'm saying that you search a husband for her; because I searched yours in no time! It was such a fast thing, such a fast thing, wasn't it? Those who tie it up put their hands like that.

Wah, wah, wah, wah, wah! I think you just take a photograph. So, Alex, everybody has got it? Come forward. Let's see. Are you all right now? Better? Better now. Let it work out. That's all right. Hah, now, is he? Left. Right to the left. Right to the left. Ah, that's it. Hah! .... Hah! Done!

All right? How is he? Bring him. Where's the other baby? Where is he? Shaun. Shaun, come here. I wanted you to come and make Me wear this. You have to make – good, you're all right now. God bless you – now, now, Shaun, you have to put this in My neck; she's feeling shy, you see. Now, this one is not feeling shy. Now, let Me have this one. This one doesn't feel shy. Ohoho! This one doesn't feel shy.

Oh! You are crying, so he's also crying! He's also ... See now, they have done the puja, they have done everything for Me, you have done nothing! Shaun, you have to put some – All right, let's – don't disturb her, they are all sleeping.

[Yogini asks about a name given previously to her child]

You put it "Narasimha", who gave her the name? (Yogini: You did) Where was that? (Yogini: At the Krishna Puja in New York, last year). Narasimhini. I gave you the name!

She was born – when was she born? [Yogini: On July the fifth.] Ah, that's why, because she's a Leo. You can give her another name also, a simple one. That's a power of Goddess, you know. Oh! Somebody's coming up! Ah!

You can call her Kesar. Kesar. "Kesar" means "the power of the lion." Kesar. "Kesari" is the lion, and the "Kesar" is the power of the lion; same thing as Narasimha. That's easier, Kesar. What does she want? K-E-S-A-R. Kesar. All right. He wants to have something more. Whatever you want, Shaun, what do you want? Shaun, what do you want to have? You want to have this? Which one do you want to eat? Which one you like? You're hungry. Whatever it is, have it. Everybody has been? Hallo. Come along, come

along. What do you want? All right, all right. Let him have something there. They all like grapes. There.

So let's see you. You have to bow. You – she has to still come, yes. What about you? You have, I see. So sweet. He's shy, that's all. He's excellent, Shaun is excellent! Very beautiful, excellent, see now! Now slowly open the eyes. He's a bit shy.

[Yogis: Butter.] You made it? You made it here? Really? It's great! Now, take it, it's all right. Good. May God bless you.

Come along, now let Me see. Are you all right now? Not yet? I think you sit more comfortably.

You're very tight. Be comfortable, that's important. And now let's see. What's the matter? His left side is so tight today. Left Agnya is still there. And right Swadishthana, Heart ... chakras.

Now come along. David, you put this light on his back. Here. And now you put both your hands towards Me like this. The light you take it in your hand, that one, that one. The one that is before you. Now, she's all right. She's all right. You're all right. May God bless you. You are all right. Now, who else is left? In Marathi also we say "I" is "me", "I". Better? Now – it will work out. [Yogi: Shri Lalita.] It's catching. Put right hand on the Mother Earth.

Hah! She's all right. You are all right. May God bless you. Come. Now you grow up fast; you have to give realization! Hah! All right. She's all right. You are all right. You come along now. You have been. All of you? Now, right. Heart. Right Swadishthan. Left Swadishthan. Heart. Both sides. Heart. Combination is funny – left, right Swadishthan and Heart; center Heart now. [Marathi] Hah! Hold your breath. Do like that, do like that. Hah! Better? Better now. Now better. Better, but she has to work. Hallo! Work it out, because a funny combination: left Swadishthan, right Swadishthan, Heart, and Sahasrara. E-G-O. As simple as that.

Rub My foot, right? Still. Now, what you do is to put your right hand towards Me, left hand up. Let's see, one by one. Are you better now? Still the left is catching.

Why don't you both get some lemon and chillies? Would be a good idea.

What have you been doing? Have you been – I don't know what you have been doing. I just don't understand. You had right side, but this left you didn't have it. Left Nabhi. Very hectic liver. That way you're much better. Left Nabhi's all right, but left Swadishthana. That is your psychology. Do you meditate?

You see, I just thought that right-sidedness could be down in a place where it is quieter, so that your speed at least should come down first of all. And then it will be all right. Just put down your speed. "I don't do anything," you should say. All right? Put it everything into the hands of God. Still there? Better now. It's very surprising. What's that? A gift? That's all right. Thank you. What's this – two? Two things not allowed! What's that? I did not see the gift! That is his trick, I tell you: I was buying it, and he bought it! Oh, it's beautiful. So we quarrelled for quite some time. It's not easy to win over Mr. Danny!

But this one is a trick you played. This one is, this is not. This one was tricky. For the other two is all right, but this one was tricky. It's a beautiful piece, though, isn't it? These are magnets?

Beautiful. Very good. We should get a suitcase where you can keep all these things, in several boxes. You see, in that if you put this ....

No, he was saying, doctor was saying he has got a box which he'll vacate it. But so far they have not telephoned, these people. Ah, he is worried on that. All right now. Better? Are you better? I think first the financial situation should improve, then you'll be all right. I think if you really go to Mexico, that would make some money also. And she is also very clever.

May God bless you.

But to establish, how will they do it, suddenly? They have to ask the government here to employ them, or something. But there is no job problem there. All right. That's a good idea. May God bless you. I don't know how also his boss is. Might be he's caught up with his boss, or something. How is he? [Yogi: Terrible, Mother.] Ah, that's it. [Yogi: Garam's uncle.]

Because you are not so bad. I know. I heard. Must be, must be him. So better change him now. As he says, they can find out something for you. Better try. Because that will bring down her speed also, I think, because your country is very, moving slowly, yes. It's a very speedy place also; America's extremely speedy. Those who have no speed can come here, but those who have speed should get out of this place.

At first I thought it would be nice if you go to New York, but New York is no less, and that won't suit. So if it could be arranged in Mexico, nothing like.

Once they are all right then there's no problem, once they are balanced; but both are caught up. And they are good people there, they're nice, they're not horrible people in that country. Except for this black magic they do, which can be corrected. Slowly they'll be all right. Things are so much cheaper there, so much cheaper .... Handmade, yes, that's also a good thing, compared to machinery.

So all right, thank you very much. May God bless you. Thank you for the purse. May God bless you. Now as you have given Me purse, you must have lots of money here! In this ashram you must get lots of money. So far, nobody gave Me a purse, for your information. This is the first time.

[Yogi: For auspiciousness we should have put a dollar in.]

Ah, it's a good idea – one dollar, then. Five dollar is too much. One dollar. No, no, no, no. This is the puja money? So this you give it in the general puja there, when they have it, eh? Now I have got this purse, that's all. You don't have one dollar, isn't it? All right. But he's given twenty-one now. He's another difficult person! All right. Now what I'm saying, that this puja money whatever you've got, you count it and put it in a packet, give it to Me in the general puja money, but from your side – all right? So for the real puja it's going to be there. It's of course a real puja too, today, it was a great puja, but the Krishna Puja we are going to have there. So thank you very much, it's rather smart for Me. Very good. This time, you know, four forces/purses (?) I have got, luckily.

We must give a bandhan to that gentleman.

## 1985-0601, Arrival Talk

View [online](#).

1 June 1985

Talk to Sahaja Yogis

Michael Petrunia's apartment, 1C, Brooklyn (United States)

Talk Language: English | Transcript (English) – Draft

Arrival Talk, Brooklyn, United States, 01-06-1986

Like a child will accept (..inaudible word) if you tell a child do not put your figure in the plug (..inaudible word)....whatever you say everything (..inaudible word).....only few days back a Mexican fellow.....(..inaudible word) why you follow Freud so much?....because he gave something new you never gave anything new, what about plastic. It must come out of evolution from a living process a real flower not plastic flower and all these Gurus have come out of one book which I know now which was written 70-78 years back. (..inaudible word) (perhaps –"whole") movement is only 100 years old of Theosophical society of Vivekananda. (..inaudible word) nothing. It should diverse, just opposite, justa-position with all Vedas, all ancient books everything (..inaudible word) nothing because it is new thing they wanted to (..inaudible word) they say they like tradition, they do not know what tradition is. For India 100 years is no tradition, or even 2000 years is no tradition, it is thousands of years, whatever in the growth of the tradition has fallen off, has gone off, like tantriks this- that, all of them came and went away. Khajuraho is that went away, nothing stayed off and only these people revived all that was filth in the tradition so far, like so called Kama, from where all these books come from, God only knows we have no idea. They were all forbidden laws, finished somewhere these people went and I do not know.

(someone suggests that these were dug from the tombs)

Maa says- No -no we will not do this at least to the dead. These books have not come from tombs, kings were not so bad(..inaudible word) these books must been from somebody's house, lying somewhere- not tomb kings were not so bad. Kamasutra and all that. these are coming from some people must have written and they must have been imprisoned or might be so they put it somewhere. Not from the tombs we are very particular what we are embedding in mother earth. That's all.

(Maa distributes candies to the kids.)

(She discusses the custom search on the airport.)

After eating all this we are going to clean our teeth.

Ganesh puja was wonderfully done. I must tell you the story of the maya. It so happened that....(..inaudible word)made mangalsutra for me he also told me that we also want to have a mangalsutra for you mother. Somebody had given me (..inaudible word). This is the emblem of the mother, Adi Shakti. Shri chakra is in the middle. They did well with their mangalsutra. Nasik you got it done (she asked one of the yogini)

Brahmapuri was best, lotuses coming out. Beautiful Krishna river. Named after Krishna. As soon as they announced that we are going to land in New York they played a beautiful flute. Played very beautifully. So I was telling you, just remember, they had some money that they thought of buying something like this, but that was double the price they had, so I said let me have a look. I just saw a very nice mangalsutra in gold (..inaudible word) but it was not worth much, so money was left over, I got some vibrations went wrong. This was the last shop opened. (..inaudible word) and only shop they got ...with earring and like this .They told it was made in Italy no body buying it is lying there ..we bought in India something made in Italy. They gave me as a presence in Melbourne, I never wore it , Thelma put in the box which was supposed to go to London. it was to go in box to London directly, but arrived in Italy with Thelma. In Italy when there was puja of Ganesha same coral, must have been made by some artist in Italy, bought in India, gifted in Australia which is Ganesha's place, just by chance, what a remarkable coincidence, Shop keeper had told that it is Italian piece Indian women do not buy it. Such a beautiful piece with red roses. (offers chocolate)

Some yogi mentions about the gift Maa gave him, Maa says oh I was about to say what a beautiful tie, it is very embarrassing some times that I say this thing is so beautiful and I am told that you gifted i.e. feel so bad about it that you are praising your own gift.

This is present from America. (..inaudible word)With great love and affection. Rustom was there, he could have come if I had

come earlier. He sends his best wishes; he has written a book which is really so masterly. (..inaudible word) Some people have some quality some, you should understand that, Rustom is a great scholar (..inaudible word). We have here with us Alexandria wrote two articles, one in magazine and one in newspaper that gave us..She is all writing about everyone on our trip to America. In Rome we had a newspaper meet all people had come for a press conference, you know how it ended first half I spoke for 15 -20 minutes then they all came sat before me to give them realization. Could'nt understand what sort of press conference. What is happening Christine in your city. How many are you now?

## 1985-0601, The Role of Woman in the USA

View [online](#).

1 June 1985

Talk to Sahaja Yogis

Englewood Ashram, New Jersey (United States)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis, First Darshan, Englewood Ashram, NJ. 1985 – 06 – 01

Formal Talk: Role of Women, Shakti Power, Women in America

First of all, Sahaja Yogis have no business to feel guilty, especially when you are on the land of Shri Krishna. That's an anti-Krishna activity. When Krishna is not awakened, then it is alright. But if he is awaken within us, then it's not alright at all. Both things are wrong, to be guilty as well as make others guilty, to be guilty and to be aggressive, both things are wrong.

For this, one must understand that all centers have got their own countries, and a country is called as "Desh" in Sanskrit language. And when it is enlightened, it is called as "Pradesh". So if we have to make America a Pradesh, it's not a very easy task. All kinds of anti-Krishna activities are done by people who live here. And so to make it a Pradesh, first we have to make it a Desh, and then we can make it a Pradesh.

As I say that Canada is the left side of the Vishuddhi and also left- or the right, we can say, because all the minerals, all the earthly qualities of Canada are exploited by America. So whatever is their own, is like taking out of your flesh and eating it up, and feeling full. All kinds of aggressive qualities of the right side are done. Now to bring them to proper level, nature itself acts, whenever they try these activities, nature acts against them. Politics acts against them. Economics acts against them. But they don't realize that there is something basically wrong in what they are doing. We must go along our nature as we are. So we are the people of America who represent the quality of Vishuddhi chakra. Vi-shudda. Shudda is purity. Vi-shudda means "absolutely enlightened with purity". So this makes you smile at the whole thing absolutely – vishudda. Vishudda means absolutely clear, enlightened by knowledge, absolutely clean. So now you will understand what I am saying that is all anti-God activities we are doing here.

And these things are taken over by the whole world, because it is Virat also. People try to accept what good or bad America is doing. When America was good, people like Abraham Lincoln were here. They accepted democracy, Virat; it's a Virat, people of the people, the government of the people, by the people, for the people. It's the idea of Virat which was accepted.

But anti-Virat activity is that we are very individualistic. So much so that every bathroom different, every car different, every door different, you don't know how to handle things, very individualistic and very grossly individualistic now. So one has to understand that for Vishuddhi chakra there are sixteen petals: the eye, the nose, the tongue – which is very important - tongue is the most important thing- the ears, throat, all these are governed by Vishuddhi chakra. In every country, people do something wrong against the Vishuddhi chakra. But the maximum is in America and Canada. They are selling all the time, digging out from the Mother Earth to this America, accepting the aggression of America on them is wrong! And when America is doing to them is also wrong, both things are wrong.

So the responsibility of Sahaja Yogi in these two countries is the greatest of all. In other countries, it's not so bad. I would say Indians are also quite individualistic in certain things, like food. Food is very important to them. Very particular on the taste of the food, Indians are. Very particular. I was telling just now that before coming for my work to America, I had to cook for my husband, 4:30 I got up, cooked everything, put everything in the freezer, came away, because taste is so important. He can't get over it. He is a powerful man, he can't get over his taste. Indians haven't got power that much to overpower their taste. For taste, they'd go anywhere. But that's only one problem. Also could be they tell lies very easily. That's another problem of the tongue. So let's say the tongue is quite a big problem for Indians.

But here, the eyes, the eyes are wobbling all the time. It's very funny. You can't see anyone with a steady eye. The whole face is going into a kind of a nervous twitching. Eyes are never steady, they're just going round and round and round. I don't know what they are looking at. And everything is done to see that your eyes are ruined.

Eyes are something to do with optic chiasma, which has something to do with your thinking. Because here the human beings are more mental being created like that, made like that. They don't know how they are conditioned. They are mentally conditioned. Now they make images, they make an image of a person. For them, such and such person is the perfect epitome of something. Like take a question of having skinny women. In India, it is difficult to marry a skinny woman. If there's somebody as skinny woman, tell them: "Baba, God knows what disease she has, she must be hot tempered, she must be irritable by nature" [Shri Mataji speaks in Hindi]. There are so many words to describe, cabadi, this that. Just such a girl is not regarded as of marriageable temperament.

But here a skinny girl is regarded. So I asked: Why is a skinny girl, what is it such a fame? [unsure]" "She is feminine". I said: "How? It's the right sidedness. If somebody is right sided, he becomes skinny. How can it be?" So they said: "No, because she is attractive to men". I mean, this is too much for a woman to think like that. I mean, what is the difference between a prostitute and a woman who wants to be attractive to all the men of the world? So horrible it is. To be in the desire of asking other men to be looking at you all the time is something I can't understand! It's a serious thing. When they told me this, I was shocked.

In India, not in the cities, I don't know, if there that a particular part in the smaller cities, if any man looks at you, you will have to slap on the face. [Shri Mataji speaks in Hindi]

The whole thing is so mental and so stupid. So mental and so stupid, and I think, they have befooled the women here nicely. It's very surprising, you see, that they want to make women into prostitutes, and women have accepted such situation to be attractive to every man. Why? What is there? It's an illusion they have created, an illusion about women, that she should be attractive to all men, what do they do with attraction?

So such illusive ideas are created and mentally they have conditioned you into that illusions. So once you are in that illusion, you believe in it. But what is the state of a person who is at the Vishuddhi? He's a sakshi, he's the, he is the witness. He witnesses everything, unless and until he's beyond these illusions, how will he witness?

All these conditionings, funny conditionings that have come onto the mind, have crepted the mind so much through media you can say, may be through writings. I don't know how it has happened to sensible people like you. And then these ideas we have accepted, our images have become like that. And it is a very big problem, because these images do not tally with God's images. And once you start accepting such horrible images at the perfect ones, then what happens to your society, that you become those images, which are artificial, which are anti-God. The woman has to be respectable, serene.

Long, long, long time back, it was written that: "Yatra naryastu pujyante" [Sanskrit]: "where the women are respectable and are respected, there the Gods remain". So I think that is the beginning of the end.

And then you say anything, they say: "So what!"

I feel that in America, the women have to understand their role as good women, as moral women, that is very important. Because they are becoming like men now, they are no more women, they're called feminine, I tell you, they have nothing of a woman in them.

And it is sometimes very sad the way the women start deciding for everything. In, on a television, if you see, the husband, wife, both are sitting: the wife talks and husband doesn't talk. He sits like a small little doggie there. And the wife talks. Normally any Indian woman would hesitate to talk to another man.

I mean, she is the potential energy. She is the shakti. And man is the kinetic energy. When this kinetic energy is not given its own position, then it is all wrong. Because, say, there are two wheels on a chariot, one is meant for the left, another for the right. So they have their faces like this. Now you cannot put it like this. [No video to see]

The whole thing goes wrong. Nobody is higher, lower but they are not similar, they are two different things. Equal heights, equal weights, everything, but in attitudes and in facing, one is facing inward, another is facing outward you can say. So, right cannot

go to the left, and left cannot go to the right. This is the beginning of the end, I tell you.

Once the role of shakti changes, then it is very difficult to manage. In no incarnation, a male has come without a female. Christ came, He had His Mother. When Shri Krishna came, He had to have Radha. When Rama came, Sita was there. When Nanaka came, there had to be Nanaki. When Janaka came, He had to have Janaki as His Daughter. When Mohammad Sahib came, He had to have His Daughter, Fatima. They could not do without the power because they are just the kinetic energy.

But when the Goddess came, she came alone. Because she has the power to contain within herself all the powers, but has to be the potential power. While, when we just start exchanging our roles, we create a very, very big problem.

It is not easy for a Western mind to see this. It might have happened because once upon a time, the men tried to rule the women too much, as a reaction to that, the women are behaving like this, quite possible. In the north of India we have this, we have had this problem. But the most surprising thing is that people asked me questions, in the interviews, that: "Do people believe you as a woman?" I said: "Why?" "Do they think you are equally reliable as a man?"

I mean, I am surprised [Shri Mataji is laughing] Here, the women are dominating. "Do they have the same respect for you, as they would have in a man?" Can you imagine? In India, just the other way around. They will always respect a woman. If woman says something, that's believed. She's regarded as much more wiser than her husband. The husband will always take a council from the wife. So all these questions really blasted me. And I didn't know what to answer. I was really flabbergasted. [Shri Mataji is laughing] Because that culture in which I am brought up is very different from this culture where: "will they believe you if you are a woman?"

Say, if there's a thief who comes in the house. If he sees the woman in India, he'll go away. Or if there are people who come to, say, steal something, and the woman says: 'Not the house", they'll believe her and go. They will always believe a woman in India than a man.

When the exodus came- of refugees- in India, I got some people to stay in My house. They were, one of them was a Muslim. And it's so happened that the people who were fanatics who came down, they found out from someone, that there is a Muslim staying in the house. So I went forward. I said: "Can't you see this thing [bindi]? Am I Muslim?". They said: "No. Is there a Muslim staying with You?" I said: "No. You have to believe Me". And they went away. But if my husband had said, they would never have believed Me.

And then the women here who are even on a small position, this I discovered with a cabin lady, she behaves in such a funny manner, the man does not! We got into the airplane, and there was a lady standing. She- I said: "I would like to sit here and I would like take this bag with me because it's a small bag". We wanted to get out fast. "No, you can't take it. You can't sit here. You can't do this". She was saying. So then another fellow came, he said: "Listen to her. If she says so, if she wants to sit here, why not. There is a seat available, and if she wants to keep her luggage, it's not big, why not? Why don't you allow?"

Because they cannot contain. A woman can contain love, she can contain compassion, she can contain affection, she can contain all the forbearance, she can contain all the wisdom, but she cannot contain this kind of a power within herself. She becomes mad. So once you realize that we are not to change our roles in life - of course if you are working, all right work, but be a woman! And man has to be a man. Here, you find men are becoming cabbages or homosexual or something like that. Thanks to the American women. As Sahaja Yognis, we have to understand there is no joy in this kind of nonsense. I mean, I would hate to be a man. It's a headache. I tell you. Woman has to just please her husband, one boss, [?] poor man. But one must understand what you have got already as a woman. And then you play into their hands, you want to be attractive to all the men. What is this? Why? Why you want to play into their hands? It's a complete slavery idea.

So all absurd ideas are more visible now and audible, about I think it has taken hardly twenty years to do that. So all that love, all that affection, all that compassion, all that peace, all that wisdom has vanished. Where are the women who are the torchbearers of that? Children are insecure. Husbands are insecure. As a result, wives are also insecure. And the kind of domination now in a very subtle way is on women which they don't realize, that they have to play into the hands of men. Whatever men say, whatever they like, they have to dress up like that. Because then you are not attractive. It's prostitution. Why should we try to please so

many men? It's slavery. Women, when they lose their sense of chastity, they became slaves. It's a continuous slavery going on. Such a pressure on the minds of women. Instead of looking after their health, they are looking after something nonsensical is to please all the men. Why? For what?

You must see it in right perspective what I am saying. You are not independent, you are not free. 24:47

[Some kind of rap music is coming from outside]

Shri Mataji: What is this?

[Children are laughing]

Sahaja Yogi: American music?

Shri Mataji: This is American music? Comes out of where? I don't know.

[Children are laughing]

And that has started this derailment. So this interviewer asked me: "What's wrong with America?" I didn't know where to put my finger. But I think this is the derailment. Women have lost their power. They are responsible for the society. They are responsible to keep the society intact.

There is a story written by Rabindranath Tagore, very interesting, about a writer. So he was telling his wife that I am writing a story where a man wants to elope with a girl. She said: "Really? That's horrid". He said: "Alright, if I had asked you to elope with me, what you would have done?" She said: "I would have called the police".

You know, in India there were women who committed Jauhar. Do you know, have you heard about that? You don't know what it is, I must tell you. It's very interesting. It's a story of a lady called Padmini, very beautiful woman. Of course she was beautiful because she was beautiful. Not to attract other men or women. She was just beautiful. That's all. And one king who was an emperor, Muslim, they are also funny people, he heard about her beauty and he wanted to see her. She was very angry and everybody was angry that he said like this, that she was beautiful and all that. Indian women don't like. If you really know an Indian woman, and if you tell her you look beautiful. If a woman says, it's alright, but a man says, she won't like it. Never says that in India to anyone. Otherwise, you are in for trouble.

[Shri Mataji speaks in Hindi] They are all understanding. [Shri Mataji laughs]

So this beautiful lady Padmini had such faith in herself. So she said: "Alright, if so, ask him to come and see me in the mirror". So, they put her before the mirror, and he could see her reflection in the mirror. But he must be a modern man, emperor, he got excited with that. Instead of feeling the serenity of this lady and the soothing quality, he felt excited and now he decided that he will attack this country, unless and until they give him Padmini. It was too much for the men of that place to give their queen.

So when this emperor attacked, he came near the fort, and he sent word that if you do not send Padmini to me, I will attack you in the fort. They decided they cannot do that. So Padmini said alright, she was also intelligent, she told her husband that you send a word that we are sending the queen, and you have hundred palanquins ready, and let four persons carry the palanquin. Inside all the weapons, and let every palanquin have another soldier inside. So, they are like that there are five soldiers. So five hundred soldiers. And the king sat in the first palanquin himself.

So the palanquins entered inside the caravan where these people were all settled down. The emperor, the whole thing was settled down, into big caravans all over. And they put down the palanquins. So they were all drunk, thinking that now so many ladies are coming, and we will have a nice time. When they opened the palanquins, the soldiers came out and killed one by one. They fought and fought but could not do any better, because they were only five hundred people. They had told these ladies that: "In case we get lost, you will know because there won't be any fire. So till four o'clock you should wait to see some fire. And if we win, we will light up a fire for you". So they waited till four o'clock, there was no fire. So they made a pyre, a huge pyre, and three thousand women burned themselves alive, before any man could touch them, inclusive of Padmini. It's not very old, hardly this must have happened about four hundred years back.

So now you will realize what women are losing, and how men have, in a very subtle way, dominated them. You just don't care for all these things. Men cannot produce children, can they? They can't exist without women. But you don't play into their hands like this.

"Men will not", they say, "respect a woman who is serene." It's not a fact. They only respect a serene woman, and not a cheap woman, at all. I have seen in all my life like that. So it's the responsibility of the women, as I told you last time, and again, I repeat it, the more I come to America, the more I feel this is the problem. It's the mother who teaches the children how to behave. It's the mother who gives compassion and security to children. It's the mother who gives stability to the husband. It's the mother who caters to everything that is the social life. And what's wrong with America is nothing that our social life is zero. You are getting destroyed, completely destroyed.

So as a mother only, you can control the whole world. You see, you 're- I am a mother and I am a woman, I don't dominate people, do I?

I can work out without domination because people do not care for domination, what they care for is love. They hanker after love.

These are all temporary phases, will disappear, but it will leave a very, very bad mark on the history of human beings of America. Maybe if people do not take to Sahaj style of life, maybe you will find the whole of this country will be completely finished in no time. It's a very serious danger. All kinds of funny diseases are coming. We'll not be destroyed by Russians, no. No atom bomb going to destroy us. We are going to destroy ourselves because our powers have become cheap. They have lost their faith in themselves. So it is for men also to realize to respect their women. Not for something very, very cheap and frivolous, but for something that they are, the shaktis. Unless and until the men understand this simple thing, you cannot save your society.

Sahaja Yogi's alright. But for Sahaja Yogis, it is very important that they must develop the proper balance of family life, proper balance, it's very important. That is the real wise thing we can do to save ourselves, and by our example we can save others.

I am happy now you have some Indians with you. I hope they are not westernized. [Shri Mataji laughs] And they are keeping to certain good things. There is nothing to learn as far as economics and politics is concerned in India, they don't know that, but definitely the society, the social side is very important and if there is no society, there cannot be a nation. There will be anarchy.

Thus, the accent in a Sahaj life should be a balanced, proper, married life. Concentrated, deep married life is very important. And then you will be surprised that you will enjoy so many things because all wasteful things are gone and finished. Like a lady who was coming to Sahaja Yoga, suddenly she started buying very good tapes, and very good tape recorder, this that. And I said: "How did you manage?" She said: "Mother, now I don't do anything, even one of these things. I don't need any makeups, this that. I don't waste my time in diets nonsense, but I use it now for good purpose". And such people can never have money problem, because it's Lakshmi Tattwa. Of course women should not dress up like beggars, of course not. They should not. They should be like Lakshmis. They should not be behaved like beggars at all. They should not be parasites. They should be dignified mothers. And a motherhood is the epitome of the growth of a woman. And not her bridal dress, permanent bridal dress. It's not even a bride, it's something dirty, filthy. So that's what Sahaja Yoga is, and we should cater for our motherhoods. We have to even mother our husbands. That has to be done.

Thus, we will revive the social values in America. And even if there are hundred people as you are, if you have done it, we will do it for the rest of them, it can be channelized. But you must understand that what I am saying is a serious matter. And you don't know what a disease it is, that you have to work out. It is a disease. You make your men weak with that, you, yourselves, you are weak, make your children weak and God knows what makes you think that domination in the gross way is of any help.

There's nothing to compete with them. They are different and we are different. So what is there to compete? Once we accept our situation, as women and as men, we become beautiful part and parcels of the whole. That is this Virat. That's what one has to. Radha herself was "Ra-dha". "Ra" is the energy "dha" is the one who sustains the energy. Without Her, He could not kill the Kansa. Do you know that? He had to ask Her: "Now, enter into My Being. Otherwise, I cannot kill him".

If He could exist without Her powers, He would not have had Her there. Not only that, afterwards, He had to get His sixteen thousand powers as wives and all the five elements, their powers as His queens. Though Shri Krishna is a great incarnation, no doubt, but without Shakti, He could not do anything. One must understand the value of this work of Shri Krishna that comes from the

Shakti. And even, when we have to call His name, we do not say Krishna Radha. We say Radha Krishna, Sita Rama. Their names are taken first. Because without Them, They don't exist. But that is "adhyaratha"[unsure]. That is in the underground, Sanskrit word is "adhyaratha". It is a beautiful word, you see, but now in English, I don't know what you'd say. Underground. Is there a better word for that, something poetic?

Sahaja Yogi: Undercurrent.

Shri Mataji: Undercurrent, that is the undercurrent. They are the undercurrent and very powerful. And this is what is simple to understand if you really want to save this country.

And for children, I feel they should get all the security from the mother, not the spoiling, but the security, the correction. My mother used to say that mother is the enemy of the child because she is the one who corrects the children. Because father corrects, then the children, sort of, do not like the father. But if mother corrects, it's alright. Even you have seen, Shri Krishna was corrected by his mother.

I had this beautiful story about how she corrected Him. You have heard about it, that once He ate some butter with other boys. She came to Him and she said: "What do you mean by eating this butter?" He said: "I never ate anything." "So, then how do I find all this here?" He said: "These boys have put it on me. I never ate anything". She said: "Alright, open your mouth". When He opened the mouth, she saw the whole universe within Him. And she took Him to his heart. Even Shri Krishna had to do that.

So that motherhood has to come within us and that is how Sahaja Yoga, which has come to you through your Mother, will be respected. You must respect women as mothers, and mothers must respect them as mothers. Even a little child in India is called a mother if it's a girl. They will call them by the name mother. So this feeling of motherhood is only possible when we expose our motherliness, and that men expect that motherliness in women. So today Shri Krishna's land needs a mother.

May God bless you.

H.H. Shri Mataji Nirmala Devi

## SECOND TRACK

2:30

Shri Mataji: Now I was thinking that all the people should be introduced to me. Dany said he will do that. Introduce, means I've already know all of them, most of them, but it should be real introduced. [Inaudible]

Sahaja Yogi: Me also. [Laughter]

Shri Mataji: Because the Mother, she wants to know her children again and again. That's just Mother's one concern, nothing else.

Shri Mataji: It is quite cold here I was telling you to take the sweater.

Sahaja Yogini: She brought.

Shri Mataji: You brought it?

Sahaja Yogini: Yes we have.

Shri Mataji: Good.

New York is so warm, we are all perspiring there.

Sahaja Yogini: Would you like it?

Shri Mataji: No just now, but later one may be. I think you keep it handy.

Sahaja Yogi: Shri Mataji I'd like to introduce boys from Dayton, Ohio, and their leader is Johan.

Shri Mataji: Ah.

Sahaja Yogi: Johan, can you introduce each boy.

Shri Mataji: Can you get the presents I have for them.

Sahaja Yogini: Yes Mother.

Shri Mataji: Let us get the presents first Johan, alright? All of them, now. You see, I'm sorry, I could not get for all of you. But I just

thought of the leaders in different places, for working it out for some people who are specially helping here, in New York.  
Moereover, I was very sleepy today. I couldn't go for shopping anymore.

Put all these dates before going so whatever is available you should excuse Me. Can you bring all that?

For the children I brought some sweets.

Have you got them or finished?

Children: Yes.

Shri Mataji: Hum?

Children: Yes.

Shri Mataji: You have to give to other children but I'll get get some more tomorrow if possible.

You have got some, have you? Finished? [Shri Mataji laughs. Children laugh too]

## 1985-0602, Reaching People With Music

View [online](#).

2 June 1985

Talk to Sahaja Yogis

Englewood Ashram, New Jersey (United States)

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

### 1985-0602 Reaching People With Music

Shri Mataji: Raise your hands! Haya!

One two three four five six seven eight nine, nine ten.

Yogi: Mother one more here.

Shri Mataji: I saw him. Eleven twelve thirteen fourteen, good number fourteen. That's a good number all right.

Yogi: Let us make it a hundred and eight.

Shri Mataji: You see if only in this group number is fourteen, I can tell you it would be a hundred and eight marriages. We have only fifty-four marriages. But I think it's going to be a hundred and eight. All right let's see what happens. But marrying them in India is better, is easier. We had it in what you call this place, Switzerland, very difficult, we married, we did it, very difficult and you don't get some nice presents. Isn't it you got lots of nice things. For a little amount that you pay we can manoeuvre something very good. You will be happy to know that Indians also pay lots of money, substantiated it. Of course, you people also paid some money there. And actually, if you see that the people who paid all together we calculated that for every couple, even the people who attended the wedding paid two dollars each. You cannot buy any present for two dollars each. But in a collective way it was so beautiful, worked out so well. It was such a time I tell you unforgettable as if we were in the Vrindavan, beautifully done. We saw Southern cross coming down, both the time, Southern cross! From Australia, it came through that side. I mean we have never seen in India but we saw Southern cross in India at the time of marriage. It's a miracle of miracles. All the Stars all the Nakshatras were there. So I hope all of you will get very good husbands and wives and we are going to have very good marriages. But that's not the end of life, that's not the aim of life. It has just its own purpose that's all. You have to go much higher much above. Actually, marriage itself gives you that beginning of winning over this attraction to sex, that's very great. You can come out of it with a proper marriage. May God bless you.

If you allow Me, I think I will go back there and sleep if you allow Me would be better because tomorrow morning I have talked to people. All right so I say good night. Tomorrow are you going to be there for the programme?

Yogies: Yes!

Shri Mataji: That's good! So we will see you there. Thank you very much for, thank you, thank you.

### 1985-0602-3-Reaching\_People\_With\_Music-2

We have to arrange the music on professional levels and for that, we should find out, ahhh when you come to India, I think we should gather some people who sing very well together and get somebody to compose your music and all that. And get somebody to direct it also. So we get a group of people, can form a good group of musicians, in which you need not put She as the thing but you can call me as Primordial or something, You cannot put Me as My name because it is for the public, the Primordial or Holy Ghost or all those things you sing that will work out, Adishakti. And then we can arrange some programmes

see with three four people who can really compose and can give a nice tune and the group can sing, you can have group singing like that. One of the things that please western people is music. They have an ear for music, no doubt. And if you have to reach to them you have to sing that song but with depth and feelings. You have to sing a song with very great depth and feeling. Everything should come from your heart you see, then it goes into them. otherwise does not, must come from your heart. When you sing you must practice it in such a way that you sing it from your heart. That's very important, it should not be superficially sung, slightly sung but from your heart, it should come. That practice it, Practicing is very important. You see in Indian language we call it riyaz, My sister you know, she is musician, even now she practices three hours in the morning, I think one hour in the evening, one and a half hour in the evening. Even now she is only one year younger to Me though she looks older to Me but she is one year younger. She sings very well, very well she sings.

We can get you, somebody, to teach you very good music from India. There is a blind gentleman, who will be willing to come here to teach you. And with him a gentleman who plays the tabla with him very well. Aah if you decide I can arrange it for you, a gentleman, who can come and we can pay for him for that. He plays with Violin but he teaches music very well. So would you like to arrange that? So will have to pay for his fare and also we will have to arrange some music with him, it could be. He is a Sahaja Yogi. Very good player, tremendous! Haan all right. But you see financially we should be a little bit settled. The financial side of Sahaja Yoga is still, I don't know, it is still uncertain. Moreover, you should not waste your money in buying something absurd, don't go on buying things you see, because they like the camera and anything else you go on buying then there will be a problem. Of Course from the general funds we can help to get those people here, we can pay for the fair and all that but can make it possible for them to exist here also because they are earning quite a lot in India. If they come here they will stop there earning you see. Say for over six months if they come here, six months earning they will be losing. So we have to pay them for teaching us. They can come to New York, they can go to Boston Toronto if you want. Toronto we don't have any musician, Have we? All right you can send them Los Angeles, San Diego Ya where we can work it out (UNCLEAR) But if you learn Indian music you can learn anything because it is so basic, it's just the roots of it. That gives you the proper sense of Taala and proper sense of music. There are two persons, one for tabla and the other one for this. Also, they people from France they want them to come but they will have to give them livelihood and come here. It's a dangerous thing so I don't want them to stranded. This time when you come you can see, I will call you. He doesn't sing but he plays, he plays on Violin. Where is Pannalal Ghosh's record and play that? Where is that, is it not here tomorrow if you have any? There is a very good centre here for music, I will go with Cristine or someone tomorrow, will you come with me. There is a big centre here for Indian music, people buy. Do you know where is it? Some Indian shops, where we go to buy the sarees. Yes! where we buy the sarees, that the place. If we can get some classical music I would like to get some. Like Shehnai Yes. Chaurasiya plays beautifully really good. I have heard him personally many times. He is a great musician. Amzad Ali is now a Sahaja Yogi. So Chaurasiya will become Sahaja Yogi no time because Chaurasiya is a realized soul, born realized. Amzad Ali now plays very well since he has become Sahaj Yogi

1985-0602-Reaching\_People\_With\_Music-3

A Yogini; Anoop Jalota

Shri Mataji: We had sent Anoop Jalota and did everything to him.

Yogini: We have his classical songs and Bhajan.

Shri Mataji: What happened to him it's all related to money. I had sent him, I sent him to East Africa. Then he started drinking and all that, the father. Do you have that bhini re bhini.....

Do you sell the records? You have videos, You don't have old mythological?

Yogini: We have but we will have to search all that.

Shri Mataji: Then search them. They need them.

Yogini: Yes I have quite a lot, audios cassettes. Mother Which one

Yogini: All these, Anoop Jalota and all are mixed. Some I have at home.

Do you have some related to films?

Yogini: Yes, those I have quite a lot.

Shri Mataji: Related to films, which are our old films. You must send them over.

Yogini: If they will come to reach, I will also learn. My uncle is a music director. Shri Mataji: There it is possible.

Yogini: I also have a passion for music.

Shri Mataji: These things our classical music and all, where can we find? Where can we find in New York we have to see.

Yogini: We have the address, I have the address I have brought it.

Shri Mataji: Give Me I will see that.

Another Yogini: Give the address to Mataji.

Shri Mataji: It is the same place which I am telling.

Yogini: Shall I write it down.

Mother. Write it down. And also I bought one record from here. It was Rosanara Begum's Thumri. Very nice. I have a passion for classical.

Yogini: I have Mehendi Hasan and Gulam Ali.

Shri Mataji: Gulam Ali is Good but these are Gazals. Gazals mean gloomy faces I don't like. All the time be gloomy.

Yogini: Subba Laxmi's also.

Shri Mataji: Yes her's is also the same. These days she is in a good phase.

Yogini: Jagjit Singh

Shri Mataji: He is very romantic. In Indian music only classical music I like. Bhajan is all right but I like bhajans of Lata Mangeshker.

Yogini: I have bought one yesterday.

Shri Mataji: Give Me I will listen to it.

YOGINI: Yesterday we bought, very nice bhajans.

Shri Mataji: Give Me, I will listen to it.

Yogi: Mother we can get Debu Choudhari's also.

Shri Mataji: Acha, which one? I will go and see there. I bought only one. It was very nice, the recording was very good. It was of Roshanara Begum. Once you understand classical music you see, somehow you don't like cheap type music at all. I mean somehow or other it becomes like that, can't like cheap music. Gulam Ali sings very good, he is all right.

Yogini How about Tulsi Das bhajans?

Shri Mataji: Who Tulsi Das, but Tulsi Das was not a realized one. Valmiki not even recognised Ram. When Ram came and stood there he was putting a Tilak to him like others he was putting.

Subba Laxmi doesn't have that thing which she uses to have. She has now become very old and she hasn't got that to put forward the notes and all. Do you know that they have the songs of kesar bai Kerker or not? She was another great singer. These old singers like Roshanara Begum, Kesar Bai Kerker and Gulam Ali Khan they used to play, sing very good. Another one Abdul Karim Khan. He used to sing very well. Which one?

Yogini: These few are written here, I have not heard them. These are Anoop Jalota's Aisi lagi lagan....

And Lata's thumak chalat Ram Chanadra .....Very beautiful!

Yogini: I will bring some more.

Shri Mataji: Hari hari sumiran karo. This one is good, Vaishnav Jann to ... Just play this. Anoop Jalota seems to disguise like babaji.

Some yogis are talking about other babas.

Shri Mataji: This is all happens in money matter. This all happens in money matter. We have sent him there. It's all money jugglery. Can you play or just see. Play Vaishnav jann, this is Gandhiji's famous song. We all are Vaishnavas. Vaishnav means the one who got a realization. The one who got the Vaishnavi shakti the ascending power started by a great poet and very great saint as an incarnation he was. Vallabh Das and he was the one who started this Vallabhachariya's. Have you heard this Vallabhacharya? He was a very great person Vallabhachariya. Among these Gujaratis this Vallabha community a well-known community.

Mother May God bless you. All those who sang for Satya Sai Baba, all those have gone to downwards. They have gone mad. Someone has made a film and got inaugurated by him, he is finished, only he just asks him to inaugurate the film in Madras, he is finished. In Madras and Bangalore, he is found out.

Just play one then I will go.

Yogini: Jackson heights Queen's view Singapore emporium it has everything for Indian Music.

Shri Mataji: Is it the same place. I saw this.

Yogini: We went there but we had very little time so we came back.

Shri Mataji: You go there and get from there. Play that then we will go there. Has she come?

Yogi: Christina?

Mother Yes. Alexandra can stay back. Alexandra stays back. She should stay back here. What's the use? Who is this?

Yogi: Lata.

Shri Mataji: Which one is it?

Yogini: She is coming to Toronto for the show. She is coming on the 10th of June.

Shri Mataji: Which show is it?

Yogini: Charity show. This one is useless.

Shri Mataji: She is coming. She knows you very well. She had come to our place also for dinner.

Yogini: There was inter news on T.V.

Shri Mataji: Her personal life is finished.

Yogini: She says something which is not audible.

Mother says, Is it done, is it being announced, that's very nice. When she came to our house, it wasn't. Just a minute I wanted to hear. Yes, tell me what is there, if you are unable to do it let it go.

Yogi: Mataji, they have written something on cassette and inside it has some other music.

Shri Mataji: Don't do, leave it. I will go and get that. The quality is very good here.

Yogini: I will check it and segregate them and will keep them.

Shri Mataji:

Shri Mataji: When we start tomorrow this thing we must have some good music, to begin with, you see we should create an atmosphere before we start the program. Have some nice music and nice decoration and things like that in the hall, to begin with, that improves. And in the UN we were having some people, have you informed them, those people there, nobody from the UN. What about the mad fellow, who came how is he? OK Let's go.... All right, may God bless you. Give us that bag which he has to the child. Keep that keep the tea.

## 1985-0602, Shri Krishna Puja: Play the melody of God

View [online](#).

2 June 1985

Play The Melody Of God

Krishna Puja

Englewood Ashram, New Jersey (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Krishna Puja. Englewood (USA), 2 June 1985.

Today we are going to do the worship of Shri Krishna.

Shri Krishna came at a time on this earth when in India the people were very much ritualistic. They had become slaves of the so-called Brahmins who had no idea about God at all because they started a theme that a Brahmin can have a Brahmin son. So, the birth determined the caste of a person. Before that, it was not that a Brahmin would have a Brahmin as his son. It's also true that if you are a Realized soul, in the real sense, if you are a really Realized soul, then you must have a child which is a Realized soul. And that is how also if it was said that if the father is a Brahmin, is a Realized soul, his son also becomes a Brahmin.

Because you are a Sahaja Yogi now you can understand that a Sahaja Yogi's son normally becomes a Sahaja Yogi. So it was agreed that children of a Brahmin will be called as a Brahmin. Gradually, it amounted to this that any child born out of a Brahmin was called as Brahmin.

Now, we have seen that many Sahaja Yogis also don't have Realized souls as their children. Maybe their own karmas, maybe the child, anything it is, but even I have seen some Sahaja Yogis having horribly devilish children.

So, it shows that it is not through your birth you can claim that you are a Brahmin or the one who has known the Brahma. Brahma is the All-pervading power. So you have to be a Brahmin by your karma, by what you do. That is how we have got Valmiki who was just a fisherman. He wrote Ramayana, he was a great Brahmin. Then you have got Vyasa who wrote Gita. He was an illegitimate son of a fisherwoman and he wrote Gita.

So this idea was flouted by Shri Krishna's incarnation. He wanted to flout this idea that Brahmins are the ones who can only worship God. So, to put another extreme to what Rama has created, to bring people into the centre – because through Rama, they went to another rigid form and rigidity of ritualism and too much of fundamentalism. So, to put an end to that, he wanted to bring the society to another extreme. Of course, Shri Rama himself incarnated as Shri Krishna.

So he started a new theme of which was absolutely eventual, it was just absolutely evolutionary that such a new theme should come up. And this new theme was that the whole thing is nothing but a Lila. It's just a play, it's a Lila. So not to be taken that seriously, not to be so rigid, not to be fundamental, not to be so particular about something. So, the whole thing is a Lila. And on this theme he worked out everything to establish that it is a play.

And that is what you see in America, very common that for people it has become a joke, life has become a joke. And they think that life is not to be taken seriously, there is more fun in doing all kinds of things than in getting into any kind of inhibitions, as they call it, or maybe some sort of forms or patterns. But it is a myth with Americans now because for that you have to have Shri Krishna, you have to have Realization. Like, if you are standing in the water, the waves of the water are there absolutely real for you and you- if you think it's an illusion you'll be completely finished. The illusion will prove that it's not an illusion by asserting itself. But if you are in the boat, then the water that is around is an illusion. So, it's the state at which you are.

If you are in the state of Self-realized mind, then everything is an illusion, but otherwise, it is not. It is a reality. So, what they

forgot this point, that you are not in that state to call it an illusion. So to call everything an illusion is just to delude yourself, thinking that it's an illusion and doesn't matter, what's wrong, so what. It's quite symbolic that in Shri Krishna's place this thing should be so commonly accepted that everything is an illusion. So who is wrong? Who is bad? Nothing is wrong! There is nothing like evil, nothing like good. And some people go to that limit to say that there's nothing like a "bhoot", nothing like a rakshasa, nothing like an evil force.

Now, for Shri Krishna how did he look at things was this way that for him even to kill a rakshasa was a play. To destroy a rakshasa was also a play. In that play, he was to be destroyed. So, he discriminated in a way that what play is to be destroyed, what not to be destroyed. The play of the evil he destroyed by his own play. So, to say there was nothing evil is also wrong. Like even if you think everything is a play, what happens that your attitude towards it is like a spectator. You see the whole thing as a spectator like in a drama you sit down and you watch everything as a spectator, but you know what is depicting tragedy and what is depicting comedy. You are not inert to that, then you are good for nothing. That doesn't mean that you become inert to that. You have a sense of discretion to know what is a comedy and what is a tragedy.

But if you are an actor, then to you it is not, it is not a comedy or a tragedy, it is a work for you. If you are acting then you are acting and you are an actor, you're involved in it. So, it is not, for you do not know the discretion between the tragedy and the comedy. For you, you are just an actor as long as you are paid well, if you do your job well then, it's a comedy, otherwise, it's a tragedy.

So, there are two types of awareness. Now, of one of a spectator, another of the one who is in it. So, one has to understand in that light, that when Krishna said the whole thing is a play, he was meaning for him, not for others. For him, it is a play. And that's why when they talk to you about the play and the illusion you must tell them then, why did he kill Kamsa? Why did he kill Jarasandha? Why did he kill all the people who were following Kamsa? So, to him it was a play, everything was a play and he did it in his own attitude of a play.

So, the first thing, if you are awakened by Shri Krishna's powers, then the first thing that should happen to you is wisdom. Now, the wisdom is something you cannot describe. You cannot say what is wisdom. It's very difficult to describe it or to delimit it. Wisdom is a temperament, is a quality of a personality which comes to you by balancing yourself, by trial and error method. All traditional countries innately have much more wisdom than people who are not traditional. But Krishna broke all the traditions. That's why you people are here without much tradition. He broke all the traditions, but he was Shri Krishna, so he did not need any tradition at all. But for you, you have to understand from the people who have tradition what is wisdom. So, we do trial and error. We make mistakes, from that, we learn. But when the ego is so strong in a country like America, when we do wrong, we do not want to accept it was wrong, it was against our ascent, it was against our higher goals. We get satisfied with the lower goals.

Like I've seen people who do some funny things in Sahaja Yoga. They don't realize that this is absolutely against them, whatever they are doing is against them, they should not do this, it was wrong to do it. On the contrary, they catch on the left Vishuddhi that is another catch they have on the Vishuddhi chakra. So, because you are indiscreet, you do wrong things. To develop discretion, outcome of all, this is discretion, you make mistakes. When you make mistakes, instead of developing the discretion about it that this was a mistake, next time we should not do it, facing up to it, what we do is to feel guilty about it, so you escape it, spoiling the other chakra also.

That is how people get a problem on the left Vishuddhi, and left Vishuddhi is that you feel guilty. It's very good to feel guilty than to do anything about it. That's the best way to escape it. Actually, we have seen that mostly left Vishuddhi comes from ego. When ego is too much, you can't bear your ego, so you put it in the guilty side of it, and you say, "I'm very guilty, I should not have done it."

Now, the another side which is also very dangerous is the right Vishuddhi. Right Vishuddhi is the one by which we try to justify all our indiscreet behaviour. So, "What's wrong?" "What is wrong in this?" "So what!" All these things are right Vishuddhi problems. So, it's very common you tell somebody that it is wrong to do, for example, they paint their hair. You tell them, "Don't do this, it will spoil your eyes." They will say, "So what, we have a right to spoil ourselves, we have a right to destroy ourselves," as if they

are Shri Krishna, that they can destroy themselves, can they? They cannot even create a little ant, leave alone ant, they can't even create a stone. And how do they have right to destroy themselves? So, this is the right thing where we think that we have the right to destroy.

As I told you about eyes yesterday, it's very important that eyes are the ones which give you the play of Shri Krishna, the power of Shri Krishna. Even a glance, a little glance of a person who has Krishna consciousness, as they call it, if he has Krishna consciousness, then should be able to awaken the Kundalini, should be able to redeem, should be able to comfort, should be able to cure anyone. Even a glance, a side glance can do it, if it has Krishna consciousness. But not self-certified ones who say, "We are Krishna consciousness," all the time taking the name of Shri Krishna or any mantra.

So, on the left-hand side, the escape is feeling guilty. When you feel guilty, they try to find out some method of expression. So, they say they go to some guru and then the guru gives them some sort of a mantra, and they accept that mantra, they go on saying. As a result of that, they catch more on the left Vishuddhi. Because if you go on saying mantra without the connection, you get completely caught up. So, the left Vishuddhi is again gone and your mantras are absolutely useless, they're destroying them. Actually, many people I've seen who get to heart attacks, who get anginas and also who get cancer are the people who have been doing mantras like this, without the connection with the Divine. If you're not connected, say for example this is not connected and I start using it too much, it will get spoiled. In the same way, the centre on the left-hand side gets spoiled when you start saying any mantra without being connected, without feeling the power of that mantra. So, in Sahaja Yoga, we've got mantras to neutralize these mantras on the left-hand side.

Right-hand side comes when we talk big. It's a common thing with your politicians, they talk very big. They think they are very responsible people and do all irresponsible things. So, when you want to spoil that chakra, one has to do some irresponsible talk. So, like that, we can say, "I will do this for you, I will do that. I like it, I can find this, I can manage this," finished. When you start saying, in the ego-form that, "I have to do this, I will do this," then our ego shows up. But on the contrary, if you say, "I have to do for you, Father; I have to do for you, Mother, it's your work I'm doing," then the whole thing disappears and you get that beautiful thing called "surrender" which is "Islam". "Islam" is nothing but surrender. So, you surrender yourself by saying, "This is your work, Father; I'm working for you, I'm your instrument, I'm your flute." So, you play the melody of God.

But, for that also, the central point of discretion has to be used: every time you go back to discretion. Like, some people do all kinds of wrong things and they say, "Mother, we did it for you." How can it be? Like somebody wants to drink. He says, "I got drunk because Mother I wanted to help you." Or Hitler can say that, "I killed so many people because I wanted to remove all the Jews who killed Christ." So, this right Vishuddhi gives you a kind of a mind which tries to justify everything and tries to explain everything, every action can be explained. "Why did you murder?" "Because this." "Why did you do that?" "Because of this." Once you start justifying your wrong deeds, right Vishuddhi goes up to your brain. And then, whatever you do has a justification.

Like, if I say that the Americans came to this country, they actually robbed the other people of their land and now very nicely settled down. Now, when I say that, immediately most of them will go to the left Vishuddhi. "Oh, we are very guilty, we did this, we did that." But a real Sahaja Yogi won't do that. A real Sahaja Yogi, what he will do, he'll say, "Alright, this is done by my forefathers, I did not do it. But I can try to rectify it, I'll try to be beyond racism; I'll look after these people who have been robbed, I'll try to give them whatever is possible." This is the way you face and not just to say, "Oh, I'm so guilty that my forefathers did this and all that." But what are you doing about it?

Like I went to Switzerland and I said, "Don't feel guilty." So, one lady said that "I'm feeling guilty for Vietnam." I said, "What did you do there? Why are you feeling guilty for Vietnam, of all the things, at least you did not go to fight there? Why did you feel guilty about it?" So, she says, "I'm feeling just guilty because I think we have done a wrong thing." I said, "But how do call yourself 'we'?" So, this is also another point which comes out of indiscretion that we suddenly become a personality which is a part and parcel of the whole. So, we think that "Oh, we Americans are of the world." Alright, how? The day you become the world most of the problems will be solved. They are the greatest headaches like Russians are. Both are headaches to the whole world. If they become the whole world, there's no problem, there's no problem because then they become the love.

But just assuming a situation where we think, "we are", "we". Who are the "we"? Husband and wife can't live together. Children and father cannot live together. Mother cannot live with the children. What are "we"? Where are "we"? Such fragmentations! They'll fight over small things like a pen-knife or something, which pen-knife to be bought. For that, they will fight. How are they "we"? There's no unison, there is no concord. Just the opposite of all that is the Vishuddhi chakra.

So, from the very beginning, if you see that a person who is a Realized soul should see everything as a play. Even the destruction of evil is important, even the killing of the evil is important. If you do not kill the evil, the evil will rule. Do you think Hitler should have been saved and should have been put in charge of God? He's saved by killing him. Because he was destroyed, because everything was destroyed, he's saved.

This is to be understood in his life, Krishna's life, that this is first thing happens so that for you people, evil is to be finished. So, what you have to pray that, "O Lord, finish all the evil of the world, all the destruction of the world, all the minds which build up our destruction, please try to neutralize it." This is what a Sahaja Yogi should ask for. Instead of that, they try to sometimes identify themselves with these ideas. That's not correct. You have to stand up and you have to say, "That it's wrong. "We are not to destroy anyone, we are not to kill anybody, we have no right. So, when Krishna told Arjuna that, "You kill everyone who are related to you, who are your friends and who look like your gurus, but they're already dead." It was Shri Krishna who said, it was the incarnation of Shri Krishna said it. That doesn't that you start killing everybody, becoming Arjuna, you are not Arjuna.

That is how "Anand Marg" [Tantric movement], this thing organization came up, which started killing everyone, thinking that they have a right to kill. How? You have no sense of right and wrong. How can you kill anyone or how can you save any? First of all, try to save instead of killing. Supposing you are faced with a boat which is in danger, people are getting drowned and you find that you have to save the people. Will you kill the people there or you try to salvage them? There is no occasion for killing now. You don't have to worry about killing, let God do that job. What you have to do is to save people. You have to save as many as possible all the time. And those who are wrong type of people, you just forget about them. You just move them out. Take them away. Have nothing to do with them. Do what you like, but do not kill them.

So, that is one thing one has to understand as Sahaja Yogis, that you are not here to kill anyone, to destroy anyone, to trouble anyone or to do something that is not proper. Even, there is no need to say harsh words. God is going to look after. He's so anxious today, you are on the stage and He's so anxious to help you in every way because you're doing his work. But doing his work, you don't take up his sword into your hands and start killing everyone.

That's a very common thing we do it, in Sahaja Yoga, I've seen people become very aggressive, they talk very aggressively. Especially the newcomers who come in, in a program. Instead of being kind, nice, compassionate, good to them, immediately they'll say, "You're a "bhoot"!" Very common. You won't find me doing that anytime, do I? Then you start aggressing each other also, which is against the principle of Vishuddhi. You are not to aggress. You see, because whole thing becomes discretion. What is discretion, it's diplomacy. The divine diplomacy is expressed through your discretion. If you have a sense of discretion, now you know – this man is dangerous, he is troubling you. Now, if you have a proper sense, you will remove that person in such a way from amidst yourself, that there won't be any more discussion or destruction.

But on the contrary, what you do is to challenge that person, and a big fight starts. And Sahaja Yogis then fight, I tell you, sometimes I don't know what to say about their fights. So must have discretion, must understand. A situation develops, for example, a situation develops where you find somebody is telling you, "You see, this person has said this about you." Then the same person goes and tells another person, "That person has said this about you." Then you start quarrelling instead of finding out the basic reason, instead of finding out, "Why? Why this is happening, why such a situation has come between ourselves. We were friends, what has happened?" Instead of that, one starts fighting, getting angry. That's not the sign of any Realized soul expression. Realized souls expressions have to be extremely discreet, delicate, beautiful.

Nobody should notice that you have been in any way effective, and that's how you'll work it out. So, the incarnation of Shri Krishna, as we say, is the incarnation of the divine diplomacy.

So, he plays. Give you an example of how he plays.

There was a rakshasa, a devil, who had a blessing from Shiva that nobody can kill him. And only a saint who has never opened his eyes all his life, if he puts his eyes on him, he will be killed.

So, there was a saint who had a blessing that: "You go into your Yoga, "Yoga nidra" [sleep], sleep in your yoga sleep, and once you open your eyes on whomsoever it will fall, such a person will die." "All right."

So, Shri Krishna was very clever. He was fighting this devil and this devil was about to kill Shri Krishna. And Shri Krishna knew all about this, his background. So, he started running away from the field, so he's got a name called Ranchodas, the one who runs away from the battle field, is regarded as something really derogatory, because it's not something great to run away from the battle field. So, he didn't mind, he ran away and then this devil started following him. And he went into the cave where this great saint was sleeping in his "Yoga nidra". And he removed his shawl and put it slowly, delicately, on that saint and hid himself.

So, this rakshasa came behind him. He saw him lying down there. He thought this was Shri Krishna. He said, "Ah, so now, you're tired, you're lying down here. Come along now, open your eyes!" And as soon as he pulled the shawl with little strength, you see, this fellow got up and his eyes looked at him and he just was burnt.

And he did not mind getting the bad name of Ranchodas. That is the sign of diplomacy. So, the whole discretion of his is playing throughout his life. The whole discretion, "what he should do? What is right? What is wrong?" is: he doesn't have this problem.

Then he had to have his powers, all of them brought on this earth. So, he played a trick. He got all those powers in the form of women, young women. And he made one king, you see, drag these women into his own court for him to use them. But he could never touch them. So, Shri Krishna went and defeated this man. He has to have justification also; he has to have a religious justification for doing something. So, he killed this king, brought all these women and they all became his wives, so-called. All kinds of tricks he used to play. I'll tell you the Radha's trick that he played.

Today, I'm wearing a dress like Radha, because she's Viratangana, she's the one who protects our Sushumna Nadi. She's the Mahalakshmi and she wears the sari like this to protect. She wears this way, while she leaves her left hand open because this is the Shakti of Mahakali and the right hand she closes because the right hand is the Shakti of Mahasaraswati, meaning the power of creation, because creation has been done already: She's created the earth and she's created human beings, everything is done, now, that is stopped.

And in India, Brahmadeva is not worshipped except there's one temple where they worship Brahmadeva, otherwise, Brahmadeva has no temple or anything. So, she closes this side [right side], she preserves it within herself and she opens her left side. And in front of her is the complete protection made for all her disciples. This is the whole big "anchal" [the end-piece of the sari] she makes. Normally, the "anchal" is other side of it, where the child is kept inside, hidden in other sari. But in this one, the one that they have here, is the child is kept underneath this, so the whole ascent takes place of Mahalakshmi. And that's why this is the Radha's powers is shown.

So, I'll tell you the last story about her which will conclude this talk about Radha and Shri Krishna. That, one day, one of the wives of Shri Krishna was befooled by Narada, and Narada said, "See, Krishna doesn't love you, he only loves Radha. He's just telling you stories that he loves you, that you are his wives, but he is not. He is only attached to Radha."

So, the rumour, you see, went into the women. All of them started feeling that, "O really, it is so." So, they went and told Shri Krishna that "You don't love us, you just love Radha." He said, "Who told you?" They said, "Narada." "No, no, who told you this." They said, "Narada." He said, "Narada is just telling you lies, you see, he is just trying to make some quarrel between you and me, so don't listen to him." They said, "No, no, it's true, we can prove it." He said, "All right. I don't know that, but just now I got terrible

pain in the stomach, terrible pain, I can't get over it." So, they got all worried. They said, "What's the matter? What sort of a pain is it, what can we do to overcome this pain?" He said, "There's very simple thing that you'll have to give me the dust of your feet to drink. If you can take out the dust of your feet and give me to drink, then I'll be saved."

So, these ladies used their brains. They said that "Already, he doesn't love us and then if we give him the dust of our feet, we'll be committing sins and then it is going to be much worse. So, what's the use of playing into his hands, he's very diplomatic, it's better to forget about it."

They said, "No, no, no we don't want to do such a sinful thing, is to give you the dust of our feet, it's non-protocolish, we have nothing to do like that, you don't teach us all bad things." You see, so they stopped him.

So Narada came, he said, "Now what to do, how to get rid of your pain in the stomach." He said, "There's only way out to go to Radha and tell her that I've got a pain in the stomach and this is the medicine."

So, he went to Radhaji and he said to her that, "You see, Shri Krishna is very sick, he's got pain in the stomach and what you have to do is to give the dust of your feet." She said, "Yes, why not? Take it. For that pain, of course, why not?" So, he said, "Aren't you worried about your punyas? Aren't you worried that you're committing sin?" he said, "You don't know this Shri Krishna, he has no sense of sin at all. He makes me do sin morning till evening. What am I to worry about sins? I'm not going to worry about that. You'd better take this for him, this is his worry." So, he took the dust of Radha's feet and took it down to Shri Krishna.

Shri Krishna: "Did she give you." He said, "Did she give you?" He said, "Yes, she has, I'm surprised, but she's not worried about her sins, she's not worried." He said, "That I know." So, he said, "But how do you explain it?" He said, "You'll understand just now." He took the dust of Radha's feet, you see Radha's feet were dusted or were full of dust of Vrindavan [sacred place where they grow the holy basil or tulasi], and Vrindavan has got yellow kind of clay, you see, the soil is yellowish and the whole yellow thing was on her feet which she removed and took it. So, when Shri Krishna drank that dust, Narada saw in the heart of Shri Krishna, Radha was lying down and playing with her feet on the lotus of his heart. The lotus had the pollen, the pollen of the lotus was touching her feet and was making it yellow. That's what she said that "What is it when I'm in his heart, my feet are in his heart, so what is the sin I can commit?" And when the ladies heard this, they realized that their idea about Shri Krishna is still not sufficient. They have to be Radha to understand him. And this is how he plays diplomacy, there are simple tricks, here and there, by which he did it.

And to introduce the beauty of Lila, he started Ras. Ras is, "ra" is energy, "sa" means "with". So, he made Radha dance- stand there with him, give him the power and everybody danced. And they looked like as if Radha and Krishna are dancing. And this is what he started. And then to make it culminate it, he made a festival of Holi in which he said, "Abandon everything! For a minute you abandon everything." And that abandonment has now become a- that's for only one day you have to abandon, here it has become a year-long Holi. So, people are busy with a year-long Holi without Shri Krishna and Radha.

So, what will be the situation of such a place? And that's why I think, what happens that when you try to attract others by all these stupid things, only the "bhoots" have to get attracted and they get into you. And once they get into you, you get funny, you don't know why you behave like this, why things work out that way. This is why we have to understand that we have to be attractive to God. And you'll be only attractive to God if you have got your Spirit. If the Spirit is shining, then only you can be attractive.

So may God bless you all.

## 1985-0603, A very ancient traditional understanding about the spirit

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A Very Ancient Traditional Understanding About The Spirit

Public Program

The Bayard Rustin High School for the Humanities, New York (United States)

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I bow to all seekers of truth. But when we are seeking the truth we have to understand that truth is to be known through our accent and through our awareness that is our central nervous system. Not through mental projections. For example what just now has been described to you is the knowledge of the roots. The west has developed and developed because of extroversion like a tree. It has reached its climax now. But it must find out its roots. If the tree is not sustained and nourished by the roots it is quite possible that it will topple down in no time. So we have to learn I think from India so much about the tree. But perhaps you have to learn something from us about the roots.

When we are developing outside too much the biggest problem I face is that people take easily to something that is new. They are charmed by anything that is out of the way and something new. But in Sahaja yoga when you see it clearly you will understand that it is not a today's thought. It is not a 100 year thought but it's a very ancient traditional understanding about the spirit. While in west people get very much enamored by things which are absolutely new, for example hundred years back. It's very surprising how they do not see something beyond and they want to try everything that is new which is not traditional. For a country like India 100 years is yesterday. That you can understand. So if you have to understand anything about spiritual tradition of India you have to go far back and you will be amazed that gradually everything evolved and whatever came in its way like Tantrism and all that was thrown away. Then again it came up and revived and again it came up. But about a hundred years back we had horrible people coming down who have introduced absolutely ideas of no value to your ascent but may be for your decent.

Like the other day I went to Pune. There were some western educated Indians and their age must be about 40 years to 50 years. Not very old and I found that they were all suffering from horrible diseases. From diseases like high blood pressure to paralysis, kidney trouble, liver trouble, cirrhosis, all kinds of diseases they had. And when I asked them, "How did you develop these diseases?"

They said, "We had a guru and he told us a path by which we went and we go into this trouble."

I said, "What was the path? What did he tell?"

He said, "Have you heard about Shaktipat?"

I said, "I've never heard. Where did you read it? Where is it written? Nowhere in the tradition it is written, no book, nowhere."

"No, there was one book 70 year old back."

Just imagine 70 years, what is 70 years. I am 63 so what is 70 years. One gentleman wrote a book, his name was Vishnutheerth. I got the book and I was amazed at that. All that was written was written was something out of the blue. Arunopaaye, Tarunopaaye, some words which are not even Sanskrit words. And this word shaktipat was there. And it was written that when sometimes you get this Shaktipat people start jumping like frogs. And with all the brain intact people accepted such absurd statements. That you just take out your clothes, you start dancing, you start jumping, you behave like a frog. Are we going to become like frogs? Use your brains. Are we going to take out our clothes like primitive people? What are we going to do? What are we supposed to get? This evolution upto human level is alright. What is beyond that? What is said? In any book whatsoever

take it Bible, or go to Kuran, or go to any book, Zen, go to Buddhist, books of Dhamapad, or you go to any other Shastras, like Vedas, they have talked of Kundalini alright.

Upto the time of Kabira which was hardly 1600 years, upto the time of Gyaneshwara was hardly 1200 years, nobody said these things about kundalini that it makes you jump like a frog, or it burns you off, or it gives you blisters. No one has said that. But people believed into these things blindfolded because perhaps they didn't know they were naive. And it was something new that the Indians believed into. They thought its coming...because that book was translated in English language. And when it comes from England then more acceptable to westernized Indians than it is from India and most done traditional the whole thing was. But as a result they were all sick people. Very very sick. And the guru has died now but made a big money, very big money himself.

Nowhere in the books is written that a guru takes money or lives on the earnings of the disciple, nowhere. And if he does that it is regarded and a person who is not a guru who is a devil. Any book you open there is a description, Guru Nanaka has described these gurus so elaborately that we cannot have any doubts about these people who are giving you such new funny ideas. All kinds of ideas are working out in the west. I am amazed how people have accepted that.

The traditional idea is the same as told by Christ to Nicadamus. He said that, "You are to be born again to understand God." As Shri Krishna has said that, "You have to be the spirit. Otherwise you will not know what God is. You have to be the spirit."

Buddha went to this limit that he said, "Don't talk of God. Don't talk of anything, just talk of self-realization. Just get to your spirit." That's what he wanted to delimit human beings who just become so ego oriented that they start thinking that they are Gods and things like that.

And Zen Vidhitama who started the Zen system, went even further or a lower than that. He said, "No, don't talk even about the spirit. Just talk about thoughtless awareness." That's the first step. Let us get it. All Zen expressions in art, in garden, in anything they have is to create that state within us so that we become thoughtlessly aware. It is not thoughtlessness, but it is thoughtlessly aware, that is when one thought rises it falls off and another though rises and it falls off. We live on the cusp of the future and the past. But to be in the present we have to be in the centre. For that kundalini awakening is the solution.

Holy Ghost now! No one knows what is Holy Ghost. They make a dove because the dove must have brought the olive branch to show the peace. So they must have used that symbol. Alright, but nothing more than that nobody knows what is a Holy Ghost. Even the Arch bishop of Canterbury doesn't know. Yes he was asked and I saw it with my own eyes. I could not have believed it. On the television he was asked, "What do you think about the Holy Ghost?" He says I am Agnostic. So the person who is the interviewer is a well known person. He asks him, "Then what are you doing here?" He said, "I am doing my job as you are doing your job." So he was quite happy. He said, "Yes, yes, I am also doing my job and you are also doing your job."

Now the problem is the way the organized religion they really try to bolt Christ into churches. This is the biggest problem of all such religions which are organized ultimately they all end up as fanatics or something like charismatic movement where people start becoming like possessed or seventh day Adventist sort of people or what you call the other ones are Pentecostalists and all that sort. Rastafarians, all sorts, these are not anywhere near Christ. So what we get is a branching off from religion. Is a branch, is a kind of a sect we can call it and these sects then go on dividing and dividing and ultimately end up into cults. So the sects become cults or may be that anti-religion things start as cults and anti-culture thing starts as cults. So actual happening that is the self-realization is just forgotten.

Even there are people who say that we are self-realization people. And what do they do? They cut the tongue and say put it back here. Why because it is said that when the kundalini rises there's a khechari that take place. The tongue is pulled back. But when the kundalini rises then. It's like when the car moves the wheels will move...but before that if you start moving the wheels will the car move. Will it move? And this kundalini awakening is a spontaneous happening. Is done by living force within us? How did we become human beings? What did we do about it? It all happens spontaneous. How much did we pay? To whom did we pay to become human beings? Which guru did that? No one. So the kundalini awakening has to be a spontaneous happening. But as in

evolutionary process one fish came out then few fishes came out and were followed by shoals of fishes. In the same way one person has to do it. That's different point but that you can pay for it is absurd and irrelevant thing because when you have to sow a seed, the seed has a power to germinate and the mother earth power to nourish it. That's how it works out. Spontaneously you don't pay anything to the mother earth, or for transforming flowers into fruits. Do we pay to the tree? So you cannot pay. Neither you can put in any effort for it. It is just spontaneous. Its said, even I would say, at the time of Shivaji who was there about 400 years back. Ramdasa, Shri Swami Ramadasa who was a great incarnation at that time I should say. Somebody asked him how much time does it take for kundalini to rise? He says, "Tat kshan." That moment but people don't read this. This is not translated. No one knows their names. Nobody knows about them. Even Shankaracharya I don't know. If people have translated him he was so late. And no one wants to understand Shankaracharya. It's very easy to understand once you become the spirit. Unless and until you are the spirit you can't even understand Christ. Like there theologians are now trying to prove that Christ had not immaculate birth, He had no miracles, and He was another theologian like all these people. They cannot understand that God is beyond this mind. He is the one who has created this mind. And this human mind is a limited factor. If you have to trigger yourself to that unlimited space you have to go beyond the mind. And then you see the mind in a new enlightened way. Now a new theory in England I don't know if you know that or not that Christ was just an ordinary human being. They can prove it they say. How? With your brains? With your arguments? That He never walked on water, that he was not an immaculate conception. This was Mr. Paul who came much later than Christ. When I saw him in Bible I said from where does he come in, Mr. Paul. Who is this gentleman? I couldn't recognize him because he is the one who is talking something through his hat as they say. He is not the one who talks like a saint. He does not. He is an organizer and you know he was epileptic patient. Not only that but he killed so many Christians. And then he becomes a great leader of Christians and then he becomes a great writer in Bible. I don't know how he came there. And then Augustine perhaps reincarnated and they have done this mischief. That's why I find many people who come to Me if I start talking about Christ they walk off. Christ was the son of God and it can be proved. He was whether you like it or not. Everything can be proved. Who was Moses can be proved. Now the time has come to prove all these scriptures. All these incarnations, all these prophets. What was the relationship between Christ and Krishna can be understood once you get your realization. Without that you cannot understand. But theologians can never understand Christ. Christ had said that very rich cannot enter into the kingdom of God. I sometimes feel these intellectuals or theologians can never enter into the kingdom of God. That's the area that they cannot enter. You cannot discuss God. You cannot. You have to feel your spirit on your central nervous system as you can feel something hot and cold you have to feel those divine vibrations in your being. Unless and until that happens we are living with falsehood and fraudulent things which are just imposed upon us. Anything can be imposed. People are so venerable. Like here I fine some image is created. Some sort of a funny image is created. Everybody tries to be that. Some sort of a... sort of a I can say an impression on the mind is given and then people just start following it. May be that you do not know what to follow. May be that you do not know what to find. But still one must find out one thing. Anybody who says this is true, you go and see his life. You see him. Is he righteous? Is he a pure personality? Is he what he says? Is he a person who can take you to a kingdom of God? Can he awaken the kundalini within you? If he cannot why are you with him? Why are you wasting your time and money with such a person? And also see the disciples. Are the desciples who are...what sort of life they lead. Are they compassionate are they knowledgeable? Are they kind? Or the disciples are like mad people you see going on the streets singing the songs of their gurus. You want to join them? Their procession of madness? All these diseases have come because you've tried new methods. All these brain diseases are coming because you have got all these horrible gurus here. It's not what your age is. In India people can be 80 years and 90 years, they don't become mad. Why should Americans become mad like that? Because you have got all these gurus here nicely settled down. They are spoiling your psychology. They are working it out. I said this in 1972 and people didn't like it. They said you better charge some money Mother for what you are doing. I said how much are you going to pay Me? This is what it is. How much are you going to pay Me? But they didn't like it. They said, "Even in England the BBC people told Me that an Anglo-Saxon brain cannot understand anything that is free. I said, "What about breathing this free air? How much are you paying for that?" Everything divine has to be free. God doesn't understand money. This is a fundamental thing you must understand. Is out of your ego of your money that you think you can purchase God. You cannot. God is what it is. It cannot compromise.

Now somebody told Me Mother don't tell them about thoughtless awareness. I said, "Why not?" An Indian will immediately understand it's called Nirvichar Samadhi written down in all the books.

"Why not?"

"Because they will be frightened."

I said, "Then such frightened people cannot enter into the kingdom of God."

It is not a compromise. You are not obliging God. The God's divine power is obliging you because you are special people, of course created by God himself because you are seekers. You are a special category because you are seeking beyond, its Gods grace that is going to work it out.

People have seen it in their unconscious despite all the effort of Paul and Augustine. Cause I went to see a church in Venice and I was amazed they showed all the disciple sitting, 12 of them. And I saw their kundalini on top of their head like the red thing coming up. And the grace of course, they have shown Holy Ghost as a dove as usual but the grace is falling upon the heads of these. And when they got their realization they also felt the cool breeze of the Holy Ghost. And they started talking in strange languages. That means people think irrelevant language. It is not an irrelevant language they talk. They don't talk an irrelevant language. They talk the language of the chakras. You'll find the sahaja yogis do the same. Now for example somebody is there, immediately they will know what chakras are catching. They talk in the language of chakras if the say somebody has got an Agnya. Means the person is very ego oriented. But they won't say its Agnya or may be the back Agnya means he is possessed. They talk the language of the chakras. The subtle centres within us. And when they move their hands they move the energy on your chakras on your head like the disciples of Christ move their hands. As you must have heard that they were making funny gestures and people thought they were mad. But first thing one has to know that you are not to depend on any hearsay. Or whatever bombastic claims people do. You have to yourself experience it. You have to know that it has worked out in you. You are not to be dishonest about it. You have to be very honest to yourself. You have to feel the experience yourself. No use wasting anymore of your life because this is the last judgment. Your Kundalini is going to judge you. You are going to judge yourself. You are going to correct yourself. You are going to redeem yourself. I will of course counsel you. I will of course comfort you. Also redemption one can do. But it is you who has to know each and everything about it. Like now we have...you have heard Danny. What Danny has talked is very little than what he knows and even much less than what he can do. In the same way you should be empowered.

The other day some gentleman interviewed Me. He said. "Mother, I don't want to be a guru." I said, "Who wants you to be a guru. You are your own guru means to know what is absolute. You have the full discretion to know what is absolute. What is wrong and what is right.

How will you know that a person is a saint or not? How will you find out? How will you find if Christ stands before you? Or how will you find out if the holy Ghost herself faces you? Is there any way of finding it out? No you do not have. You have not reached that state. That sensitivity has not come into you. And what is that missing is the spirit. That spirit has to shine into your awareness by which you feel. Now when you ask a question and if it is the truth you start feeling the cool breeze like a computer, as if the whole being is enlightened. And you become the communication of the truth and the absoluteness of the spirit. Then you can raise the kundalini of others. Like one enlightened light can enlighten another light. But the light which is not enlightened cannot enlighten another light. So you can enlighten other people. You can give them realization. That is happening everywhere and I must say despite the fact I think five times I have been to New York itself and I don't know why Americans are not so good for sahaja yoga. They don't work out. I don't know why. What's the reason I just still cannot understand. There are so many seekers born in this country. I came in 72. Most of the gurus came after Me. Perhaps some one or two came earlier. Of course now they are suffering from the pangs of those gurus no doubt. But somehow I find Americans are lagging behind. Europe is very fast growing India is of course much more. If I go to India and stay there even for a year I am sure I can do much much more. But I don't know why Americans are not trying for the reality. Of course I must say they are great seekers. They are after the truth. They are not frivolous people. I do not know the justification. Why Americans are very slow growing sahaja yogis. They don't want to have yoga in the real sense. Why I don't know. Even if they get realization they do not practice it. And they cannot go deep into it. I cured a man suffering from AIDS. I did. I told him you have to practice sahaja yoga after this. He did not. Again he went back to the same habit and now he is dying. It's that what it is. When you enter into the kingdom of God you have to

practice it. You have to settle yourself and establish yourself. If you cannot establish yourself then you again go like up and down. That's not the way. Only a person of that understanding can get to sahaja yoga. Actually I had decided last year that I'll never go back to America. It's out of My mind. But I know you are seekers. And I know you are suffering. I know that you are the ones who want self-realization. But you are attacked. You are under attack of the falsehood. So I warn you, please understand that you are not Americans. You are part and parcel of the whole. You have to become that. You talk of peace, you have no peace within. How can you create peace on this earth. It is not that atom bomb that is going to destroy us. It's from within we are going to be destroyed. If you do not get your chakras alright you'll be faced with all kind of diseases, all kinds of troubles that are not yet known. So please be careful I want to warn you. Be very careful. You can cure cancer, you can cure AIDS, you can cure all these things. But you have to get to the spirit. You have to be enlightened with the spirit. Your chakras are to be cured so that you can cure others chakras. I request you all of you who are here to be serious about it. To understand it's a very serious thing. We are on the verge of a great calamity I have told about this in 1972. Its on all My tapes. I have said that a horrible disease is going to come. Only about in my second visit I said, that brain is going to be affected. But nobody listened to Me and when I was on the television they started telephoning to Me, "Mother now we are already in it." Yes they are. Not by singing songs for them or collecting money for them you are going to save them. Only by becoming the spirit. That's the only way you can save them. So I would request you to consider it seriously that even I give you realization you should not fritter away. You should respect it. You should ascent because I don't take any money that's what they say Americans will have no value for this. You can't pay Me I am sorry to say, you can't pay Me. If Americans don't listen to Me Indians are very sensible people. I will work it out there. Yeah they are very sensible. They won't go to these fake gurus. None except for the cities. They run away from there. Because they are thrown out. They are very sensible wise people. Through trial and error, through tradition they have learned what is the truth is. I don't have to tell them much. They know about kundalini. I went to the foot hill of Himalayas only before coming and there were 3000 people...from all villages had gathered and they had written there is going to be Devi Jagaran. Devi is the Goddess of Kundalini and She is going to be awakened. They all knew about it and they came. Because that also is predicted. Very many years back, thousands of years back predicted that such a time is going to come when Kundalini is going to be awakened. By Bhrugu Muni the pioneer of our astrology. The complete description of sahaja yoga he has given. So they are waiting for it. You go to any village, you will get atleast 6-7 thousand people. I mean some people who have been with Me in India have seen. You don't have to tell them much, don't have to talk much. They get it like that. And they settle down is the point. You go to one villages, there will be 10 villages there, all of them settle down. And every time I go to a new village all of those people got realization at the foothills of Himalayas. But I feel concerned, very concerned and I hope you will understand that concern. I will have that concern for yourself.

I would like to have some questions from you. That doesn't mean you be aggressive with Me for nothing at all. I've not come here to sell anything. So please don't be aggressive and waste time of others because some guru says that, that guru says that, if you think some guru is good you can go away I have nothing to say. Here if you have to get something, you are here. Please don't upset everyone else by asking funny questions. Now if you have any proper questions please ask Me. I am here to answer you.

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Unless And Until You Reach Your Spirit, You Are Not Going To Get The Satisfaction Of Achieving Anything

Public Program

The Bayard Rustin High School for the Humanities, New York (United States)

Talk Language: English | Transcript (English) - Reviewed

Yesterday I told you how self is more important than anything else at the present state of human awareness. When you are at the human awareness first thing that should happen to you is to feel your self. As Shri Krishna has said, "Atmane atmane thushtaha." Unless and until you reach your Atma, your spirit, you are not going to get the satisfaction of achieving anything.

Because Kundalini, which you see here seated in the triangular bone which we call as the sacrum that means, Greek knew about it. Greek knew about the sacrum bone. Otherwise they would not have called it as sacrum, means sacred. Even when I went to Athens I was surprised that Athena the word 'Atha' comes from Sanskrit, means primordial. And She had a snake like thing on... in Her hand with all the chakras. So the Greeks knew about it. And when I talked to them they told Me that it is a fact that Indians came much before Alexander. We had rapport with Indians much before Alexander and they told us about the primordial Mother and Her three powers. It is very amazing how they knew all about it. And then it all got lost because of the extroversion, a moving out from reality.

So this bone, sacrum bone contains or here resides the Kundalini in three and a half coil. This is the power of our pure desire. The pure desire is a desire when it is manifested should give you full satisfaction.

For example, some people seek it in power. They indulge in power. Some seek it in possessions. Some seek it in other things. But all these seekings do not give them satisfaction. If they could give satisfaction then there would have been no problem. Because once you buy a car then you want to buy something else and then you buy...want to buy something else. You start moving from one to another. And as Economics says that in particular a want is satiable but not in general. So we have to understand that the wants that we have, the desires we have, are not pure desires but are impure desires. And when we deal with them we never get that satisfaction.

For example somebody wants to do something he does it but doesn't get any satisfaction. The only way you can get satisfaction is that you become one with the divine. And this power of desire which is a pure desire is residing in each and everybody's triangular bone. But we are lost. We are seeking our pleasures our joys into wrong things. We think that by doing this or by doing that, by buying this or becoming that we will be completely fully satisfied which we ultimately discover. In a evolutionary stage such people when they discover that the joy is not in all these things. There is no happiness in this kind of thing. We have to go beyond this. Once they discover this then they become a special category of people. And these special category of people are the seekers.

Of course today I find so many seekers are lost. Especially in America they are lost in various ways. We would say in all the cults, or in all other things like drugs, or homosexuality or whatever you may call it, they are lost into these. Into violence, many are indulging into violence. Or doing all kind of things which are not for their ascent but are degrading and will take them down not to their seeking but to their hell. But it is happening today. You can see it very clearly. It is happening because human beings do not understand that human awareness is a transitory phase you have to go beyond it. And that beyond stage, the stage we have to reach is the stage of your self.

To begin with, you have to become first of all self realized. Meaning you are to be born again. And to be born again you have to allow the Kundalini to work it out. So what do we do as people said, I told you yesterday, it is effortless, without any money. It just

happens spontaneously. Now it happens that a enlightened light can enlighten another light. In the same way I may be able to enlighten you but you can enlighten many others.

Like in India we have someone who has enlightened 10,000 people and has done so much good to people that it is amazing. Even there are people like the President of India, we can say the President of the High Court...Judge of the Hauge high Court which is the world high Court...the President of that...he's has got his realization and he is a Sahaja Yogi. So we have people of that caliber who are Sahaja yogis and who have felt the vibrations, who have become self realized. But they are very humble people, extremely humble people.

Indians are basically humble and they know who is a saint and who is not a saint. They are so sensitive that they know who is a saint and who is not a saint. But in the west as we have now lost our power to feel the saintliness in a person we do not know who is a saint, who is not a saint. So the first thing that has to happen to you to understand who is a saint, who is not a saint, is first to get your realization.

Without the spirit expressing itself into your awareness, into your attention, you cannot make out who is a saint, or who is not a saint. Like they crucified Christ for no reason at all. And they worshipped Hitler. The Jews, they refused to accept Christ, they refused. They said, no we don't accept Christ. Because Christ said that I am dying for your sins. They said, no we don't believe in that. We must suffer. So they suffered. They had suffering. If you ask for suffering you'll have sufferings. But if they had accepted Christ at least one thing would have happened. They would not have suffered. They asked for suffering. They thought unless and until we suffer we cannot go to God. This was a very wrong idea. Because Christ himself was a Jew. Himself He took birth in the...among the Jews. And it was the Jews He came to save. But they are the ones who refused to accept because they were blinded. They didn't want to see the point.

In the same way it has happened in every century. Anytime any incarnation came people did not want to accept. Not in India, I would say. Indians are much more sensitive to spirituality because they are not so much materialistic. They understand...because we have been for ages seeking and seeking from...traditionally. So we know what is..seeking is. What it means. For Me it's not difficult to talk to them about Kundalini. There I start on a different level altogether. Because they know everything whatever I'm talking, they know already, what it is. May be not in the cities where the people are westernized. But they know. But for other people I have to start it from A to Z. So this is the Kundalini. We have got it. Three and a half coils, and it has a mathematical calculation.

Now it's only Indians and Buddhists from Indians I would say believe in non-being. They believe there's a non-being. Being and non-being. What is that state of non-being? When you become the non-being means when you go beyond your conditioning and ego then you become the non-being. And once you become the non-being then nothing can touch you. As I told you yesterday...who are standing in the water have fear of getting drowned in the water but if you go to the boat then you start seeing that the water is down below it is not going to touch you. That state has to be achieved, is the non-being, is the fourth dimension within us. This is...is called also in Sanskrit as Turya dasha.

Now you might say why in India, these people discovered all that. See now the reason is India is a very ancient country. And there we didn't have these problems that you had to face when you came to America. You had to face the nature to begin with. We...our nature is very kind. You can live under a tree, eat the fruits of the forest and can enjoy ourselves. We don't need much in that country to cover ourselves or to have any elaboration. So the attention has been always inside to find out why are we here? What are we doing here? Are we wasting our lives? Are we doing any harm to ourselves or to others? Is it alright to exist as human beings or is there anything beyond? This search has been there for thousands and thousands of years. And because of this seeking they have been able to reach, write conclusions that there is this Kundalini within us. And this Kundalini is to be awakened. And if She is awakened then you can become self very easily. And this was the job I had to do. For that I had to work very hard for days together to understand, what was the problem with human beings, the permutations and combinations of problems that they had. And somehow I managed it, I think. Now em-mass realization is possible.

Yesterday despite some people being mischievous you did get realization. This is God's work and God's work will go on. Whether

some people come and trouble you, makes no difference. They are just like mosquitoes. They come and go away, has no meaning at all. Because you see God's work is much greater than what they think of themselves. So it is..it doesn't matter what happens or what people say or talk. The God's work will go on. But you must know it's a living work. It is not a plastic thing. You can produce thousands of plastic flowers very easily but you cannot produce one single living flower. So when this living force has to act it takes time. And it will take time, gradually it will grow. And you'll be surprised that gradually it will grow so beautifully that suddenly you find lots of people coming up and becoming. Because in Sahaja yoga what you become is important. It's the actualization. It is not some certificate or some organization that you belong to some organization or there is some certificate. But it is what you become. Your becoming is important if you cannot become something then you are no good in Sahaja yoga.

Many people who come to us we find they improve a lot and they become very great also. But some people do not. They just waste it. Energy is all wasted whatever you try they do not. Sometimes they are so conditioned that we cannot improve. There we feel helpless about them because they do not want to corporate also. And also they have many pressures on them. But 90 % people go up very well and they manifest whatever they have achieved. Now the main thing is to understand that this mechanism exists within us.

This energy exists within us. Now this is like a hypothesis for you. You need not accept it. It's an...hypothesis as one would put to a scientist. But scientist must have an open...open mind. They shouldn't have a closed mind. If they have a barrier you cannot put anything before them. If they are scientist they will have an open mind to listen to My hypothesis. And if it could be proved, if it could be proved then you have to accept it. If it is... doesn't prove then you can say alright that's not proved so far, alright. So you have to wait and have patience with it. This is what it is in simple words that I cannot be forced on you. It cannot be humbled before. You have to ask for it. Nobody can force you that you can become. I cannot guarantee yesterday I said. It's a fact. But still so many people got their realization, felt the cool breeze and felt the cool breeze out of their head. This you cannot do otherwise. All other things you can do but this you cannot do, is to take out cool breeze of your head which is a factual thing and experienced.

But as I told you, we live mentally much more than we live with reality. And mental projection can be anything like a person who murders someone. He has justification - I murdered someone because of this and this... But that justification does not allow you to get out of law. Does it? No. You will be caught in the law. You cannot. Whatever is wrong you are not supposed to do it? But that is human law. In the same way there is God's laws. And if you go against God's laws then what happens is that we are punished.

Now today I am going to tell you about other awareness that one can have. That one can know about. I am talking about the super-consciousness which is on top of our head. But when the attention moves to the left side too much or to the right side too much then also there could be a very, very big problem. And the big problem can come because when we are not knowledgeable about it. We do not know. What is unknown need not be divine. Not at all.

Now when you start say becoming extremely submissive, slavish or you start following something vey blindly, you start becoming fanatic about it. Just without thinking that what you are doing is not right or wrong you just follow something like that. We call it the left side movement of the attention starts where you start subduing yourself to something. Subjecting yourself to something. Accept the slavery of some ideas. Accept the condition of some sort of theories. Now once you start accepting such theories mentally the attention starts moving towards the left side. And also some people have a capacity to posses you like that. They can posses you and can do like that, that you lose all your freedom and you become that kind of person.

Then at that time what happens that you start moving from your conscious mind to the subconscious mind and then to the collective subconscious. If you move to collective subconscious then what happens to you. If you move to the collective subconscious then the person becomes possessed. This possession comes to you through what we call the protein 52 or protein 58 in medical terminology. They say that if a person is vulnerable to cancer it is triggered by the presence or entrance of protein 52 or protein 58. These are the names the doctors are given which trigger the disease and once that happens then a person cannot get out of cancer. Because then the triggering starts and he starts getting from bad to worse. This 52 and 58, where do you find it? According to doctors you find 52 and 58 in the area which is built within us since our creation. This area is

placed within us on the left-hand side as you can see. Somebody can come and show.

On the left hand side this area is placed. And this area one enters very easily. Say you go on taking somebody's name. Now a days it is a fashion to give you a mantra. Now start getting mantras, going on saying mantras, mantras, mantras. Now what happens that you are not connected with the divine. And you start taking the name of some x,y,z. So you are not connected and you are just pressing hard your mind to get connected. But it cannot because the Kundalini has not arisen so you move to the left side. And there you get caught up, and that's why you know in the cult people are so much mesmerized. In every cult people get mesmerized because they move to the left. For the domination of these gurus and things. Because they want to make money out of that. And then they cannot think of anything else. They just think this is the right thing.

I was amazed that some of the cults the guru don't even know Sanskrit language. Some of them have come out of the jail and they have become gurus. And they have give mantras which are so funny. That somebody has been given mantra of Inga. There is no word like inga except for this word in a colloquial way is called inga when a spider or something, you can say, a scorpion has got the sting that is called as inga. And this scorpion, when this scorpion hits it...to a person is called as the inga. Means that biting. Now that's the mantra given to many people I was shocked and it was told not to tell anyone about. So if you tell to anyone he will just start laughing and roaring with laughter.

Another mantra I heard was thinga. Meaning when you show someone like this is thinga. In colloquial word, not in Sanskrit language... There is nothing like a gerund 'ing' in Sanskrit language. It has no meaning. And everything is meaningful in Sanskrit. Even every syllable is meaningful. So such people have come over and have become great gurus. And they give you names. May be the names of some proteins which exists and which enter into you and you get possessed.

So this left-side movement is a very common thing. And once you get to this left-sided movement you cannot get out of it. Its very difficult. So the people who have been to such people or to such enticement show immediately when they come to us for realization and that we don't know how to deal with them. Because if you tell them, 'You forget your guru' they don't like. They go on contortions, their bodies start getting into contortions. They feel terrible. They cannot sit quite. They cannot move up. But if you tell them that this was wrong, they don't want to accept because they are still carrying on with the idea. And they don't want to believe that whatever they were carrying on was wrong. That they have to ascent. Even when they ascent they take time. This is one very big problem we face. But as a result of the left side movement you get most of the incurable diseases.

For example your AIDS disease that has come is because of the combination of the left side mooladhara center and heart...is that...that's the one. Of course it has to have swadishtana with it, left swadishthana. Is due to that. If somebody could cure these three centers of that person, that person can be cured.

Sclerosis comes from the same. If somebody is suffering from multiple sclerosis, same problem...that it comes [from] mooladhara chakra, void and also sometimes the right heart. Sclerosis...most of the muscular troubles go like that.

Then we have got cancer. Cancer could be due to any...any chakra which is on the left hand side. Must be the combination of two chakras on the left hand side depending on where the....where the trouble is. But when the cancer trouble comes into the centre then it starts ascending. Then it starts moving and you get galloping cancer. You can start going from one to another end and it can finish off a person. That's how you can be just finished with a galloping cancer.

Now when somebody is vulnerable like I would say a person who is a very very active person, who is very much under shock all the time, is very very active and hectic, supposing he is a...getting up in the morning, reading newspaper and getting up into his bath and then getting ready somehow or other...and getting into his car and then going out in a very hectic manner he lives under shock...because he is reading horrible news then he is seeing a big jam on the street and all this things are happening, he is so full of anxieties, such a person is venerable to another thing called blood cancer. But for that also the left nabhi, this side, is attacked. If left nabhi is attacked under these circumstances such a person can get a blood cancer.

Supposing your mother is like that, she is a very hectic person and she is trying to...she is trying to sort of do many things at the